

# 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 **September 2016** Av — Elul 5776

## Congregation Kehilat Shalom

253 Griggstown Rd.  
Belle Mead, NJ 08502  
Phone: 908-359-0420  
Fax: 908-359-8848

### Rabbi

Susan Falk  
rabbi@ksnj.org

### President

Robert Neusner  
president@ksnj.org

### Administrator

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

### Religious School Principals

Ann Kanarek (K-7)  
principal@ksnj.org  
Karen Fridkis (8-12)  
kehiloftprincipal@ksnj.org

### Lay Cantor

Kate Mende-Fridkis

### Board of Trustees 2016-2017

#### Officers of the Board

*1st Vice President*

Steve Weinstein

*2nd Vice President*

Leonard Edelstein

*Past President*

Susan Waskow

*Treasurer*

Gregory Corsan

*Financial Secretary*

Bill Ries

*Recording Secretary*

Amy Rosenthal

*Corresponding Secretary*

Sheryl Rosenberg

### Trustees

Jill Fraticelli

Iris Rubinstein

George Cohen

Hilary Crist

Tim Kowalski

Francine Pfeffer

**Affiliate: Jewish**

**Reconstructionist Federation**

## Bulletin from the Board—Iris Rubinstein

Welcome to September – the month for back-to-everything! For kids it's back-to-school. For some it's back-to-work. And for a lot of us at CKS it's back-to-planning the various events we hold each fall. Susan Waskow mentioned several of them in the August newsletter. I'd like to tell you a bit more.



A lot of CKS events take place at the synagogue on Sundays. It's convenient since numerous folks are there already for religious school (Nesiyot). Many of these programs are not just for families with school-age children and we invite all to experience these happenings.

### Here is a list of September events:

September 11<sup>th</sup> 9:00 am, Sunday - First day of Religious School

September 11<sup>th</sup> 12:00 pm, Sunday - Welcome back BBQ (after religious school)

September 18<sup>th</sup> 9:15 am, Sunday – Adult Ed: On One Foot: Basic Judaism, Part 1

September 13<sup>th</sup> 7:15 pm, Tuesday - Meditation and Chanting: first in the series of six

September 24<sup>th</sup> 7:00 pm, Saturday - S'lichot

The Welcome back BBQ is one of my favorite events. I get to eat lots of kosher hot dogs and scrumptious salads, and greet friends I haven't seen all summer. I also get to welcome and cheer new families who have just joined CKS as they receive their new, shiny name tags!

I can't wait for the first Adult Ed program. Even though I know a lot about Judaism, there is so much I still don't keep straight in my mind. Like what is the difference between tu b'shevat and tisha b'av....or Torah and Tanach?

And this year Rabbi Susan is leading a Saturday night service for S'lichot. I am looking forward to this the most and really hope you all join us for this special start to the Days of Awe. S'lichot means "forgiveness" in Hebrew and is a time of inner reflection and penitence. During the prayers we repeat the Thirteen Attributes of God found in Exodus..."God, merciful and gracious, slow to anger, fount of goodness and truth; keeping mercy to the thousandth generation; forgiving iniquity, transgression and sin; and acquitting..." reminding me that "to err is human, to forgive divine". At this time of year I not only ask forgiveness, but also emulate God by forgiving as well.

Begin your Rosh Hashanah season of amends and tolerance with this beautiful service too. See you at CKS.

With a warm welcome,

*Iris Rubinstein*, Trustee

Published by:

**Calli-Graphics**

Proofreader: Shana Bartels

## CKS Donations

CKS gratefully acknowledges the generosity of our members and friends.

### General

- ♥Hal & Jennifer Rappaport  
In memory of their daughter, Lena Nicole
- ♥Bob Neusner & Helen Pu
- ♥Lisa Roe  
In memory of Janet Green
- ♥Hal & Jennifer Rappaport (made at time of membership renewal)

### Rabbi's Discretionary Fund

- ♥Karyn Waller

### Remember CKS when you donate:

Dues only cover a portion of the CKS operating budget. Consider making a donation in memory of a loved one, honoring an accomplishment, or recognizing a friend or colleague.

## CKS High Holidays Schedule

### S'lichot:

Saturday, September 24<sup>th</sup> 7:00 pm

### Rosh Hashanah:

Sunday, October 2<sup>nd</sup>,  
7:00 pm Erev Rosh Hashanah service  
Monday, October 3<sup>rd</sup>,  
9:30 am Rosh Hashanah Day 1 service  
9:30 am Children's service  
4:15 pm Tashlich  
Tuesday, October 4<sup>th</sup>, 9:30 am Rosh Hashanah Non-traditional service

### Yom Kippur:

Tuesday, October 11<sup>th</sup>, 5:45 pm Kol Nidre service  
Wednesday, October 12<sup>th</sup>,  
9:30 am Yom Kippur morning service  
9:30 am Children's service  
1:15 pm Yizkor service  
4:15 pm Avodah  
5:30 pm Neilah  
6:30 pm Final Shofar blast  
followed by Break Fast

### Sukkot:

Friday, October 21<sup>st</sup>, 6:30 pm Pizza in the Hut  
7:30 pm Shabbat service

### Simchat Torah:

Sunday, October 23<sup>rd</sup>, 6:30 pm Service with live Klezmer music and dancing with the Torahs.

All CKS High Holiday services are free and open to the public. Members do not need tickets. Non-members do need tickets and can obtain them, **after mid-August**, by going to our website - [www.ksnj.org](http://www.ksnj.org)

## Join us at the Welcome Back BBQ



Please join us for the annual CKS Welcome Back BBQ! The BBQ will be held in the back yard at CKS on September 11, 2016 starting at approximately 12:15 pm., (right after Religious School). If it rains, we'll eat inside.

If you are able, please bring a non-dairy, non-meat side dish, salad, or dessert. CKS will provide hamburgers, hot dogs, veggie burgers, chips, fixings, and drinks.

We look forward to seeing you there to begin another great new year at CKS!

### Meditation and Chanting

Led By: Rabbi Susan Falk

Dates: September 13, November 15, December 13, February 7, March 7, April 4

Time: 7:15 pm

Is "mindfulness" Jewish? Is there such a thing as "Jewish meditation"? Absolutely! Through sitting, walking, and chant, learn how to practice mindfulness meditation and discover Judaism's rich history with this ancient practice.

### Youth Services – High Holidays

Children's services at high holidays will begin at 10:30 am on October 3 and October 12. The service for ages 3-10 and their families and is concurrent with morning services. A full schedule for the holidays is on our website.

### Tot Shabbat

Dates: September 23, November 11, January 27, March 31, May 12

Time: 6 pm

A friendly, musical service with song and story for toddlers through kindergarten-age children, their families, and friends. Note: Children must be accompanied by an adult.

### Robert M. Fass

Sales Associate  
Relocation Certified

Callaway Henderson  
Sotheby's International Realty  
1325 Route 206, Suite 30  
Skillman, NJ 08558  
o 908.874.0000 c 609.577.8909

[bfass@callawayhenderson.com](mailto:bfass@callawayhenderson.com)  
[callawayhenderson.com](http://callawayhenderson.com)

Each Office is Independently Owned and Operated



## Message from the Rabbi

### Rosh Hashanah and the History of Honey



Traditionally, from Rosh Hashanah through Sukkot, honey is served at every meal as we smear it on our challah, dip apple slices in it, or use it to glaze our carrots or to make honey cake. Of course, the history of honey dates back thousands of years – its natural history approximately 100 million years, as bees and flowering plants developed a mutual relationship that, to this day, gives the honey bee its livelihood and ensures the health, diversity, and maturation of countless species of flowers and fruits.

As for us humans entering the equation, scientists believe that early hominids were “hunting” honey more than 2 million years ago, a practice carried over into the Homo sapiens line. The first record of this is a cave painting in Spain dating from 9 thousand years ago that depicts a human figure, surrounded by a cloud of bees, dropping a honey comb into a pot while standing on a ladder propped against a cliff face.

The earliest evidence of actual beekeeping comes around 2400 BCE from the ancient Egyptians who created the first apiaries by coaxing and coercing bees into long cylindrical dried mud pipes. In fact, honey in Egypt was not only a valued food source, but also was revered for its healing and preservative properties and for making offerings to the gods. (These properties are being looked at anew as we see sales of honey, bee pollen, and propolis taking off in health food stores around the country.) During this time, we also find references to honey in China and India. It wasn't until the Greek and Roman civilizations, however, that the life cycle of bees was written down by Aristotle and in-depth descriptions of bees and beekeeping are found in the works of Virgil and other Greek and Roman authors. In Northern Europe in the early Middle Ages, we find honey being brewed and fermented into mead (think of the epic poem, *Beowulf*). As Christianity spread, many monasteries had apiaries, often to supply the Church with highly-prized beeswax for votive candles.

Meanwhile, in the Jewish world, references to honey date back to Biblical times from calling the land of Israel the “land flowing with milk and honey” to the famous story of Samson stealing a honey comb from wild bees. The use of honey on Rosh Hashanah to symbolize a “sweet new year” is first recorded in the late rabbinic period in the 7th century. This practice stems from the blessing (the same one I use at the end of every Erev Rosh

Hashanah service) that asks God to grant us a *shana tova u-metukah*, or a “good and sweet new year”. This word, *metukah*, however, does not just mean “sweet to the taste”. It also connotes that which is precious, enjoyable, secure, and peaceful, thus summing up, in one packed word, our hopes and dreams for the year to come.

This year, High Holidays come late, falling entirely in the month of October. But I hope you'll come on Sunday, September 18<sup>th</sup> to our first adult education session to learn about these important holidays, as well as attend our first *S'lichot* service in many years on Saturday, September 24<sup>th</sup> as we spiritually prepare together for the deep personal work of *teshuvah*, or the act of returning to our best selves.

In the meantime, I wish each and every one of you a *Shana Tova u-metukah*/A Joyous and Sweet New Year!

Rabbi Susan

## Kindercapers

Now in its 23<sup>rd</sup> 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





### Tree of Life

Purchase a leaf for \$54 to celebrate a *simcha!* Each leaf includes three lines of engraving.

**Contact Shelley Nord**  
908-874-8464



## The CKS Gift Shop

is open each Sunday

11 am - 12 noon

when Religious school is in session or by special request

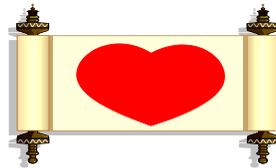
Questions?

Susan Waskow 609-333-1113

or Iris Rubinstein [irubinstein@gmail.com](mailto:irubinstein@gmail.com)

or the synagogue office for more information





**B'RUCHIM HABAYIM  
WELCOME TO A NEW SCHOOL YEAR**

As we head into **5777**, we look towards the start of a new religious school year with renewed enthusiasm and great anticipation. As the years pass, we mark our Jewish lives through study, prayer, rituals and deeds. Each year our school teaches the constant values and themes that connect the Jewish people to God. We continue to seek ways that make the time-tested tenets of Judaism relate to the modern world in which we live. Yes, the principles, knowledge, and values stay the same but the methods and approaches to teaching are current, creative and exciting. The summer months have been spent in preparation for a year filled with the integration of updated curricular material and new enriching experiences.

As in past years, our school continues to thrive. New projects and new activities are planned, new students enrolled and new teachers joined our staff. Changes take place, but some things do not change. We are here to bring the highest quality of education to our children and we resolve to remain warm, personal, and caring. We can only continue to do so by maintaining a close and strong relationship with you, our religious school families. Please remember that my heart and door are always open to you and your children. Your questions and concerns regarding your child's Jewish education are my concerns, as well. I urge you to keep the lines of communication between us open. As we work together, we can help ensure our children's Jewish future.

**I wish you all a year that is sweet, rich in learning, and filled with good health, happiness, and peace!**

**From my family to all of you, best wishes a *Shanah Tovah!***

\*\*\*\*\*

**PARENT/STUDENT ORIENTATION DAY  
SUNDAY, SEPTEMBER 11  
9:00am - 12:00pm**

All are invited, especially new families, to come together for an orientation to our Nesiyot-Religious School program with Rabbi, Religious School chairperson, and myself. Bring your children to class at 9:00am and then come to the sanctuary for a brief orientation, learn about our school program and Shabbat Minyannaire program, parent volunteer opportunities, and exciting upcoming events. From 10am-11:30am, you will have scheduled time to meet the teachers and become acquainted with the curriculum, books, and special class activities. I look forward to seeing you then!

**RELIGIOUS SCHOOL REMINDERS:**

- Sunday, September 11:** *Parent Orientation & Reception* day and first day of school for grades K-7, 9:00AM  
Tentatively scheduled: Sing-A-Long with our music specialist, **Sabrina Gutwilik**,  
11:30 am  
Welcome Back BBQ (12pm)
- Sunday, September 18:** Regular day of school, 9:00am - 12:00pm (5<sup>th</sup> grade siddur cover project);  
COOKING
- Sunday, September 25:** Regular school session, Special program: SHOFARMAKING; Tefillah with the Rabbi
- Sunday, October 2:** NO RELIGIOUS SCHOOL, *Erev Rosh Hashanah*
- Friday, October 7:** Shabbat Mishpachah, 7pm; 5<sup>th</sup> grade prayer book presentation
- Sunday, October 9:** Regular school session; Kehiloft Sukkot project (11:15-12)
- Sunday, October 16:** Sukkah visitation, regular school session COOKING; 3<sup>rd</sup> grade family workshop (PACT)

## Kehiloft, the next step in your Jewish journey



Hello everyone! I hope everyone had a great summer, and is ready for an even greater school year. This year, Tess Kowalski and I will be co-presidents of Kehiloft. Also, on our student board are Lea Goldhammer and Ally Rosenthal as co-vice-presidents.

Kehiloft is excited to start off this school year by jumping right into things. On Sunday the 18<sup>th</sup> we're having our annual car wash between 9:00 and 12:00. This will take place during religious school. If your car is looking a little dirty, please bring it by and we will transform it so it looks brand new (within reason)! Immediately after the car wash, we'll be setting up the loft for High Holidays, which is arguably the most challenging event of the year. This will take place from 12:00 to 1:30 on 9/18. All Kehiloft members are encouraged to come to these events, even if you aren't working in the religious school. On Wednesday the 28<sup>th</sup> is our first traditional meeting, so please plan on coming to that as well! This will be a fun meeting where we welcome new members, plan upcoming events, and just shmooze. And all of this is only September, we have much more planned in the coming months!

If you haven't signed up for Kehiloft yet, it's not too late. You can find the application on our CKS website. In my wholly unbiased opinion, Kehiloft is an incredible experience that you just can't get anywhere else. I'd highly recommend joining for the astounding sense of community, friendships, all of the fun volunteer activities we do, the opportunity to work in the religious school and interact with the younger students, and the chance to eventually become a board member.

*Jack Weitze*

תשרי

### September

- Sunday, Sept 18** - 9:00 am- 12:00 pm Car wash fundraiser
- Sunday, Sept 18** - 12:00 - 1:30pm Set up for High Holidays
- Wednesday, Sept 28** - 6:00 - 8:00 pm Welcome to Kehiloft

### October

- Sunday, Oct 3** - Rosh Hashanah aliyah
- Wednesday, Oct 5** - 6:00 - 8:00 pm Prep Sukkot Religious School craft
- Sunday, Oct 9** - 10:30am - 12:00 pm Prep 10:30. Craft 11:15 - 12:00 Sukkot craft in RS
- Sunday, Oct 9** - 4:00 - 6:00 pm Stonebridge for High Holiday program. *Date tentative.*
- Sunday, Oct 16** - 11:00 am- 2:30 pm build succah
- Wednesday, Oct 19** - Rabbi Susan leads discussion #1
- Sunday, Oct 23** - 6:30 - 8:30. Pm Simchat Torah.
- Sunday, Oct 30** - 9:00 am - 12:00 pm Trip with Religious School students

## 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@gmail.com



# Learning Is For Everyone

*Jewish LIFE wishes everyone Shanah Tovah!*

The new season of Jewish LIFE begins in September. The new calendar year includes many wonderful opportunities for Jewish Learning in our community, including classes taught at our synagogues. Jewish LIFE has an extensive lineup of special events, featuring authors, scholars and other guest speakers, as well as films. In addition, Jewish LIFE is pleased to continue to offer The Melton School of Adult Jewish Learning. The Core Class and Graduate Class both begin on November 1 at the Birnbaum JCC, Bridgewater and classes are open to all.

The Jewish LIFE brochure will be available on line in September posted at [ssbjcc.org](http://ssbjcc.org). Printed copies will also be available at the Shimon and Sara Birnbaum JCC in Bridgewater. Below is a preview of upcoming programs and special events taking place in September:

The **Temple Beth-El, Hillsborough Jewish Film Series** kicks off **Saturday, September 10, 7pm** with the screening of *The Green Dumpster Mystery*. Traveling on his scooter through Tel Aviv, filmmaker Tal Haim Yoffe finds a discarded box of old photographs in a green dumpster. In the wake of this find, he sets out on a quest to find the people in the photos. This tightly-paced story vividly evokes the lives of an anonymous but typical Israeli family. Recipient of the Yad Vashem award, Jewish Experience at the Jerusalem Film Festival (2008). Cantor Pincus will lead a discussion following the film. Wine & Cheese will be served. Register by calling 908-722-0674.



Chopped Champion **Chef Rachel Reuben** returns to Jewish LIFE with *Feasting on the Seven Species, A Late Summer Harvest*, **Tuesday, September 20, 6pm** at the Birnbaum JCC, Bridgewater.

Fee: \$55/person includes samples of the food prepared and recipes. Appropriate for ages 13 and older. Register by calling 908-725-6994 x201.

*A Personal History of the Jews of Ethiopia*, **Wednesday, September 21, 7pm** at the Birnbaum JCC, Bridgewater. Israela Tabela will her personal history of the Jews of Ethiopia and her experience as a first generation Israeli. Sponsored by Jewish Federation of Somerset, Hunterdon and Warren Counties. Free to all. Register by calling 908-725-6994 x 261.



*The New Mediterranean Jewish Table* with Joyce Goldstein takes place **Thursday, September 22, 12:30pm** at the Birnbaum JCC, Bridgewater. Joyce will share the story of how Jewish cooks successfully brought the local ingredients, techniques and traditions of their new homelands into their kitchens. Fee: \$5/person includes bagel "and". Register by calling 908-725-6994 x201.

**Pre-Rosh Hashanah Mega Challah Bake, Thursday, September 22, 7:30pm** at the Birnbaum JCC, Bridgewater. Reservations Required: \$10/person or \$15/person after September 18. Register at [NJMegaChallahBake.com](http://NJMegaChallahBake.com). Event sponsored by Chabad of Somerset & Hunterdon Counties.

**Sukkah Design Workshop with Yoshi Silverstein, Sunday, September 25, 9am** at the Birnbaum JCC, Bridgewater. This program is the first in the **JOFEE Adult Learning Breakfast Series**. Fee: \$5/person. Register by calling 908-725-6994 x201. The JOFEE Adult Learning Series is generously sponsored by the Bella Foundation.



**Debbie Golden - Special Projects and Marketing Director**  
Shimon and Sara Birnbaum JCC  
775 Talamini Rd, Bridgewater NJ 08807  
908-725-6994 x210  
[dgolden@ssbjcc.org](mailto:dgolden@ssbjcc.org) • [www.ssbjcc.org](http://www.ssbjcc.org)





- ♦ 25 years' experience
- ♦ Virus and Spyware Removal
- ♦ New computer setup
- ♦ Software installation
- ♦ Fair Prices

**Jon Bartels**  
**PC WHISPERER**

**609 921-1811** **[bartels@gmail.com](mailto:bartels@gmail.com)**

# SEPTEMBER 2016



Su	Mo	Tu	We	Th	Fr	Sa
				1 Executive Committee Meeting 7:30pm	2	3
4	<u>5 Labor Day</u> Mah Jongg 7:30 pm	6	7	8 Board Meeting 7:30 pm	9 Shabbat Services 7:30 pm	10
11 Religious School 9 am Welcome Back Barbecue 12 noon	12 Mah Jongg 7:30 pm	13 Meditation & Chanting 7:15 pm	14	15	16 Shabbat Services 7:30 pm	17
18 Religious School 9 am Kehiloft Car Wash 9am Adult Education - Judaism on One Foot: Basic Judaism, Part 1 9:15 am Kehiloft High Holiday Set-Up 12 noon	19 Mah Jongg 7:30 pm	20	21	22	23 Tot Shabbat Services 6 pm	24 S'lichot Service 7:30 pm
25 Religious School 9 am Synagogue Clean Up 9:15 am	26 Mah Jongg 7:30 pm	27	28 Kehiloft 6pm Ritual Committee 7 pm	29	30 Shabbat Services 7:30 pm	

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

**September 2016**

Deadline for next newsletter:  
**September 15<sup>th</sup>**

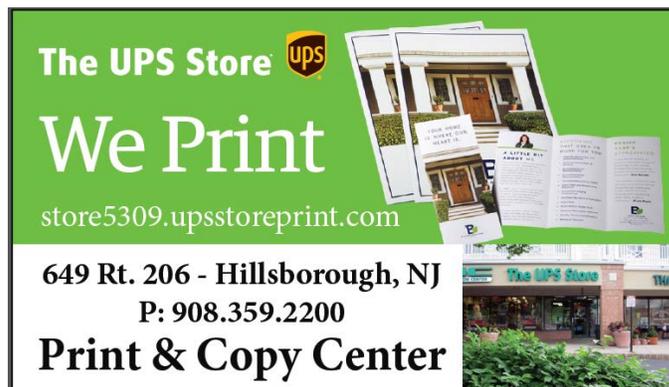
Whom to contact for...	
Adult Education	Susan Waskow <a href="mailto:susan.waskow@gmail.com">susan.waskow@gmail.com</a>
Beautification	Debbie Gartenberg <a href="mailto:dgart1518@gmail.com">dgart1518@gmail.com</a>
B'nai Mitzvah	Iris Rubinstein
Billing/Payments	Robin Bengochea 908-359-0420
Board of Trustees	Bob Neusner <a href="mailto:president@ksnj.org">president@ksnj.org</a>
Building & Grounds	Marty Millman
Building Usage/Access	Robin Bengochea 908-359-0420
Congregants' Assistance Fund	Rabbi Falk 908-359-0420 <a href="mailto:rabbik@ksnj.org">rabbik@ksnj.org</a>
Education	Lisa Ries
Financial Aid	Bill Ries
Fundraising	Debbie Gartenberg <a href="mailto:dgart1518@gmail.com">dgart1518@gmail.com</a>
Gift Shop	Iris Rubinstein <a href="mailto:igrubinstein@gmail.com">igrubinstein@gmail.com</a>
Hospitality(Kiddush & Oneg)	Robin Bengochea 908-359-0420
Kindercapers	Natalie London 908-874-6955
Kehi-Loft (Hebrew High)	Karen Fridkis 609-333-1119
Life Cycle (Caring for Each Other)	Sheryl Rosenberg 908-253-7049 <a href="mailto:swellcourt@verizon.net">swellcourt@verizon.net</a>
Long Range Planning	Ron Lubin
Marketing & Publicity	Jen Rappaport
Membership	Matt Rosenthal
Pastoral Emergencies	Rabbi Susan Falk 908-359-0420
Ritual	Susan Waskow <a href="mailto:susan.waskow@gmail.com">susan.waskow@gmail.com</a>
Technology - Website and Social Media	Amy Rosenthal <a href="mailto:webmaster@ksnj.org">webmaster@ksnj.org</a>
Technology - Computer and Networking	Michael Galkin 908-281-4499

**The UPS Store** 

# We Print

[store5309.upsstorereprint.com](http://store5309.upsstorereprint.com)

**649 Rt. 206 - Hillsborough, NJ**  
**P: 908.359.2200**  
**Print & Copy Center**



© 2016 by CKS. All rights reserved. Permission required for reuse.

**The CKS Newsletter is published monthly, except July. Deadline is the 15<sup>th</sup> 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 temple office.