

קולנו

KOLENU

Jewish Federation of Ulster County

One Albany Ave., Suite G-10, Kingston, NY 12401

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בס"ד



September/October 2017

HIGH HOLIDAYS

Elul/Tishri 5777-5778



IMPOSSIBLE

As you make your plans and resolutions for the New Year – don't be afraid to think big. Remember, nothing is impossible.

Happy Rosh Hashanah. We wish you a sweet New Year.

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Kolenu is filled with facts and information about Israel, the community, and world Jewry.

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Reminder: The deadline for submitting information to our Chanukah issue is Monday, November 6.

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Kolenu is published 4 times a year:

Passover, Annual Meeting, High Holiday & Chanukah

You are important to the Federation. We are a community without borders. We hope this issue will inspire, inform and increase your participation and support.

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We are a community-building organization that enriches Jewish life locally, nationally, in Israel, and around the world by helping those in need and fostering Jewish values for the greater good.



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Why Give to Federation? Because Together, we Change the World

As we look forward to the Jewish New Year 5778, we reflect What can each of us do to care for people in need or comfort those in distress? How can we stand up for Israel? What simple actions can each of us take to strengthen our community?

Here's one way: **DONATE** to our Jewish Federation of Ulster County's Annual **CAMPAIGN**. It's a powerful step that has a dramatic, positive impact on the lives of others and the world we share.

In addition to providing for our local community through such fundraisers as our wonderful **FallforArt** event that supports the Hudson Valley Food Bank, Family of Woodstock, CASA, People's Place and Jewish Family Services of Ulster County among others, we also respond to emergencies nationally and worldwide with our campaign dollars.

We provide scholarships for local high school students, for children with disabilities to attend camp, and to aspiring scholars for educational travel and study. Through the Federation Network of North American and its Joint

Distribution Committee, our campaign also helps needy children, adults and the elderly in Israel, in the Ukraine, and throughout the world as emergencies arise. Our Federation dollars are all earmarked for humanitarian causes.

The Jewish Federation of Ulster County remains committed to helping others and it is your participation that makes it possible. So, with great appreciation for your past support, I entreat you to consider increasing your gift this High Holiday season by whatever you can. Each Double Chai (\$36) makes a difference. We endeavor to fulfill our mission and are counting on YOU to help us. Gifts may be charged on-line at www.ucjf.org, by phone at 845-338-8131, or you may send to our office at One Albany Ave, G-10, Kingston, NY 12401. Thank you, as always.

May you and your family have a blessed holiday season.
Warm wishes,



Gail S. Levy, Campaign Chair

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Jewish Family Services of Ulster County Inc.

by Sharon Murray-Cohen, Executive Director

Le'shana Tova Tikoteiv Vetichoteim 5778.

Hard to believe it is the end of another year and summer is almost over.

Highlights from the last Quarter

- **The Annual David Fletcher Community Service Award Luncheon** was held on July 18. This event, co-sponsored by Jewish Federation of Ulster County, honored Ward Todd, President and CEO of the Ulster County Regional Chamber of Commerce. Many thanks to all who attended, helping us to honor Ward, and make the day special for him.
- **The David Fletcher Center for Elder Abuse Education and Prevention** in Collaboration with the Ulster County Elder Abuse Prevention Task Force received a mini-grant from Lifespan and the New York State Office for the Aging to establish an EMDT. (Elder Abuse Multi-Disciplinary Team) to review financial abuse and to make recommendations. This funding also allows us to hire a forensic accountant to review cases of suspected financial abuse.

Looking forward to the New Year... 5778

- **Our 10th Annual Circles of Caring Conference on November 6th at The Best Western** in Kingston. This year's conference focuses on Care Givers. Our Keynote Speaker is Dr. Lawrence T Force, Director of the Center on Aging and Social Policy at Mount Saint Mary College Newburgh. The Luncheon Speaker is Maria Alverz, Executive Director of State Wide Senior Action Network. Maria's presentation will focus on the Home Health Aide crisis.
- Meeting the needs of our Community. Thank you for your continued support.

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Finding Inspiration In Trying Times

By Arlene Gould

Fortunately, we have many role models, historic examples, and reams of writings to help us to cope with today's problems and challenges.

Right here in Ulster County, we are blessed to have inspiring spiritual leaders and counselors willing to share their learning and wisdom – all we have to do is ASK for help.

I wish to express my deepest thanks to our Rabbis and Cantors, rabbinical students and lay leaders, who work every day to help our community to search for meaning and to bring us together.

We are lucky people – to live here – in this beautiful location. We are blessed to have educational opportunities and institutions that provide food and shelter for those in need. **AND we have a responsibility to give what we can** to ensure that the needy are cared for. That's why there is Federation!

Our Federation is part of a worldwide effort that works to ameliorate hunger, poverty, suffering, and ignorance. As our mission says: *We are a community-building organization that enriches Jewish life locally, nationally, in Israel and around the world by helping those in need and fostering Jewish values for the greater good.*

I encourage you to become involved with our work - as we practice the ageless Jewish values of *Tikkun Olam* (repairing the world) and *Tzedakkah* (charity and social justice). Be encouraged that there is strength of character and love here in our community. Join us!

At this time, I give special thanks to Rabbi Yael Romer for introducing my husband and me to “The Empty Chair: Finding Hope and Joy” by Rebbe Nachman of Breslov (1772-1810). During this time of reflection and looking forward to a new year, 5778 (amazing!), we find inspiration and comfort in Rebbe Nachman's observations. Here are a few I'd like to share:

Peace heals.

When your own world is fractured, increase your knowledge of G-d. It will spawn inner peace.

When the outside world is fractured, promote the search for truth. It will spawn universal peace.

Seek the sacred within the ordinary. Seek the remarkable within the commonplace.

Is not the Song of Songs at once a love song and the holiest of all sacred teachings?

Speech has a great power to awaken a person spiritually.

Address G-d in your own prayers.

Doing this will draw forth your soul and stir your meditative faculties.

& finally:

Finding true joy is the hardest of all spiritual tasks.

If the only way to make yourself happy is by doing something silly, do it.

May 5778 be a healthy and happy year for you and yours.

Warm regards,

Arlene Gould, Executive Coordinator



Sweet Recipes for the New Year

Submitted by Amy Barash

Pomegranate Brisket with Cranberry Succotash

Ingredients

- 4-pound brisket
- Salt and pepper
- 2 Tbsp grapeseed oil
- 2 medium white onions, chopped into large pieces
- 2 garlic cloves, minced
- 2 cups pomegranate juice
- ½ cup dry red wine
- 1-2 cups chicken broth
- 2 sprigs rosemary
- 2 springs thyme
- 2 ears corn, shucked and removed from the cob
- 1 cup dried cranberries (or fresh pomegranate arils)
- 2 Tbsp extra virgin olive oil
- 2 tsp honey
- 2 tsp red wine vinegar
- ¼ cup cilantro, minced
- Salt to taste

Rainbow Israeli Salad

Ingredients

- ½ small red cabbage, shredded in small pieces
- 3 small ripe tomatoes, diced
- 1 yellow bell pepper, seeded and diced
- 1 lb persian cucumbers, diced small with skin on
- 4 oz small white button mushrooms, sliced
- ¾ cup pitted kalamata olives
- 3 tbsp fresh lemon juice
- 2 tbsp olive oil
- ¼ tsp salt, or more to taste

Directions

Combine all vegetables in a large mixing bowl and mix well. In a small mixing bowl, combine lemon juice, olive oil and salt. Pour over the chopped vegetables and mix well. Serve.

Directions

Preheat oven to 275 degrees F.

Season brisket on all sides with salt and pepper.

In a large Dutch oven or oven-safe pot, heat the grapeseed oil over medium-high heat and brown the brisket on all sides, about 5 minutes per side.

Remove the brisket to rest, and add in onions and garlic. Sauté until browned, about 5 minutes.

Add brisket back in over the vegetables fat side down and cover with pomegranate juice, red wine, and enough chicken broth so the brisket is covered about ¾ of the way. Add in rosemary and thyme.

Cover the brisket and braise in the pre-heated oven for 3- 3.5 hours or until tender.

Once cooked, remove brisket to rest and heat pan juices over medium- high heat until reduced by at least half and sauce is thickened. Strain and add salt and pepper if needed.

In a bowl, combine corn and cranberries.

In a separate bowl, whisk together extra virgin olive oil, honey, and red wine vinegar. Toss with corn mixture and add in cilantro and salt to taste.

Once brisket has cooled, slice against the grain and top with sauce and succotash. It is best reheated in a 200 degree F oven covered in its sauce to retain moisture. Enjoy!

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A Note from Rabbi Yitzchok Hecht

*Congregation Agudas Achim &
Chabad of Ulster County*
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Shanah Tova to You and all your loved ones!

As another year has passed and we prepare for the New Year, we look back to go forward. We look at the year past to take account of our yiddishkeit accomplishments and achievements. This way we can take it to the next level.

Just as this is with serving Gd, so to should your blessings for the upcoming year rise to the next level. With a New Level of Joy and Success both physically and spiritually!

Wishing you and your loved ones be blessed with a VERY
Happy, Healthy & Sweet New Year!! The Fire-Keeper

A Note from Rabbi Jonathan Kligler

Woodstock Jewish Congregation
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Dear Friends,

I find it disorienting but also amazing how the landscape of American Jewish life has changed in my lifetime. When I was a kid, if you married “out”, you were essentially declaring that you were opting out of the Jewish community – I didn’t know any intermarried families in my suburban town, and certainly not in my synagogue. I would entertain myself by scanning the phone book (remember the phone book?) and searching for all the Jewish last names. That’s how I could figure out who was Jewish. My Jewish community was an ethnically homogeneous, Ashkenazi crowd, sharing cultural referents and Yiddish-speaking grandparents as touchstones of our identity.

That world is gone. Today’s Jewish community is multi-colored and multi-ethnic. People from all kinds of religious backgrounds are now members of synagogues. The 1950’s ideal of “family” – heterosexual, nuclear, homogeneous – has been replaced by an ever-expanding rainbow of family configurations.

Of course, I feel some nostalgia for my old *mishpoche*. At times I feel disoriented, trying to get my bearings in this new and rapidly changing landscape. That’s entirely natural. But I truthfully find this new world to be exciting and enticing. As a rabbi, I can no longer rely on ethnic inertia to keep people involved in Jewish life. That paradigm is fading rapidly. Rather, I am forced to reckon with an enlivening challenge: creating an expression of living Judaism that is so compelling and meaningful and joyous and engaging that folks want to join in.

I was speaking about this topic recently with some congregants, and a felicitous phrase popped out of my mouth: At this point in my rabbinate, I am much more interested in being the fire-keeper rather than the gatekeeper.

That is, I find that I no longer have much interest in policing the boundaries of the Jewish community, nor am I particularly concerned with the question of “Who is a Jew?” It’s not that these questions are not important, but being the “gatekeeper” into Jewish life is not primary for me. Rather, I want to keep the fire at the heart of Judaism burning brightly, and invite anyone and everyone to come warm themselves and gain illumination by that blazing hearth. I want to leave all the gates and doors open, and focus my effort on being an able fire-keeper. Come, all you seekers, an ancient, nourishing flame abides in Judaism, shedding light and meaning in every generation. Even as the make-up of the Jewish community transforms, the flame abides. Come near, warm yourselves, learn from it, and grow with us. Help us tend this precious inheritance, and keep it burning brightly. I feel privileged and nourished and blessed to be a fire-keeper of Judaism. The gates are open; come on in!

May you, your loved ones, the Jewish People, the State of Israel and all who dwell on our precious planet be inscribed for a good year,

With love,
Rabbi Jonathan Kligler

A Note from Rabbi Moshe Plotkin

Chabad Jewish Student Center
Serving the Students of SUNY New Paltz
rabbi@newpaltz.edu

Does G-D only give us good if we do what (s)he wants?

Sounds kind of petty. Sounds like that vengeful G-D that western society has taught us to hate. Most of all, it doesn't seem to concur with the data. There are many wicked millionaires, and many saints dying from cancer.

Yet on Rosh Hashanah we pray for a good year. We pray to G-D for blessings and happiness. On Yom Kippur we ask for forgiveness and partially to seal our year for the good. So what gives? Does G-D only care about those who prove their allegiance?

While most of us growing up on a healthy diet of western axioms are automatically repulsed by that idea, we don't have a problem with (and probably believe pretty strongly in) karma, cosmic justice, or what goes around comes around. We even identify with Chassidic advice like "think positive and things will be positive", "You need to make yourself into a vessel for blessings", "the giver gains more than the receiver", and "spending some time getting in touch with your soul, helps you in all areas of life". We even (rightfully) attribute success to things that have nothing to do with good or evil – confidence, clarity, centeredness.

So yes, having a clear and unblemished relationship with G-D does lead to a good year. Aligning our daily habits to a G-Dly path is a channel to blessings. Even aligning parts that don't seem to us to have anything to do with good or evil.

Maybe that is why G-D begs us to do just that. Maybe that's why G-D gave us a time to make those adjustments more natural. Maybe G-D cares about and loves every one of us even those who don't pledge allegiance (or pledge it all wrong), and that's exactly why G-D gave the high holidays for those of us who need it most.

Wishing you all a Happy Sweet New Year. A year in which we have the strength to make the changes that we want, a year in which our souls flow freely, and a year where the good is visible, apparent, and easy to appreciate. May we all be truly aligned with G-Dly energy flowing through everything and may we feel the freedom that Torah and Chassidic teachings can bring to our lives.

A Note from Rabbi Yael Romer, DD

Congregation Emanuel of the Hudson Valley
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Na'asehv'Nishmah

Judaism is a religion of **doing**.

As we **act**- so we shape our understanding.

As we **do**- so we become.

As we **practice**- our identity and faith evolve.

This is an extraordinary gift, as well as a great challenge. Ultimately the decisive essence of our *Judaism* is not the blood that flows through our veins, nor our DNA, but the identity we embrace through daily, weekly, and yearly practice and action.

The parents who sit on the floor of our Synagogue Sanctuary with their infants and toddlers, reciting Israeli nursery rhymes and singing Hebrew prayers, are laying the foundation of comfort and joy for their children's Jewish hearts and homes. It is not uncommon for me to receive a recording of their little ones singing the *Shema* as part of their nightly bedtime ritual.

"Take to heart these instructions with which I charge you this day. Impress them upon your children. Recite them.... when you lie down and when you get up." -Deuteronomy 6:6-8

These are the toddlers who grow into teenage girls and boys, comfortable leading the Sabbath morning service, full of *kavod* as they flawlessly chant Torah on Rosh Hashanah and Yom Kippur. These are the teenage girls and boys who grow into adults, learning to *wrap tefillin*: "bind them as a sign on your hand and let them serve as a symbol on your forehead" -Deuteronomy 6:9. They love their Jewish identities, ask the hard questions, and carry their Judaism with them in the world.

"Recite them when you stay at home and when you are away..." -Deuteronomy 6:6-8. Being Jewish means that we don't leave our values at the door. Our practice shapes our identity and our faith shapes our deeds. *V'ahavtal'ray'echakamocha* "you shall love the other as yourself" -Leviticus 19:9 challenges us to treat every other human being with dignity, respect, and kindness. Our teaching to "leave the four corners of our field for the orphan, the widow, and the poor" -Leviticus 23:22 holds us responsible to a commitment for the most vulnerable in our society. Being good stewards of the earth *baltaschit* requires

that we care for the environment as a way of life. Judaism is not a faith that is relegated to the Synagogue alone.

Living *Jewish* means providing for and protecting the vulnerable in our community, feeding the hungry and speaking out for the immigrant. Acting *Jewish* means standing up for the rights of people of all races and genders. Doing *Jewish* means demonstrating and speaking out for a women's right to self-determination in body, mind, and soul. Practicing *Jewish* means guaranteeing LGBTQ rights everywhere, in the military, in the workforce, and in our Synagogues.

As the New Year unfolds and we find ourselves yearning for connection, yearning for authenticity, and yearning for integrity, I welcome you to participate in the daily, weekly, and yearly energy and excitement that has taken root and is expanding beyond the walls of the Synagogue.

Our doors are truly open to **all** who choose to join us. Your little ones are encouraged to engage in children's services and guided children's activities throughout the holidays. Indulge yourself in meaningful contemplative Jewish prayer in the Synagogue and in the field. Join us for the inspiration of traditional worship throughout the Days of Awe, or for the multiple opportunities for creative expression, meditation, dialogue, and second day observance at Poet's Walk.

Our Synagogues must reflect the values that we cherish; if we believe in egalitarianism, inclusivity, and justice, this must be reflected in our worship. We *cannot* leave our Judaism at the door. Just as we believe in justice, so too are we required to speak out: "Cry out with a full throat, do not hold back; let your voice resound like a shofar". -Isaiah 58:1

I look forward to learning with you, praying with you, and celebrating with you in Shul.

I look forward to standing with you at demonstrations, marches, walks, and community forums.

I am prepared to work with you to provide sanctuary and protect those who are being targeted.

I am eager to work with you in community action projects.

I am honored to stand shoulder to shoulder with you as we continue to forge meaningful interfaith dialogue.

Nishmahv'Na'aseh, may it be that our **understanding** and **faith** lead us to practice, doing, and action.

Shannah Tovahu' Metukah, blessings for a New Year of meaning, joy & life, Rabbi Yael

A Note from Reb. Sally Wittenberg

Spiritual Leader The Kerhonkson Synagogue
shorewit@verizon.net

Amidst the oceans of words we pour out during the Days of Awe, a part that has caught my attention is a special three-paragraph insertion (U'vchen) into the Sanctification of God section of the Amidah. I notice two hinge points in the U'vchen; the first is a rarely used word - **u'vchen** - **and then**. Rabbi Dov Elkins teaches that this word alerts us to the essence of the High Holiday season - the movement of changing course and turning, returning to our authentic selves. A second hinge point is the centrality of awe/reverence - Yirah. That through our awe/reverence of God we will turn to join others and become of one heart. We are taught in Psalm 111 that the beginning of wisdom is the awe/fear/reverence of God. How does one cultivate that feeling? For most people, a feeling of awe is rare; standing at the edge of the Grand Canyon, holding your newborn's tiny hand in yours, a feeling of being loved unconditionally.

In Hebrew, the verb to see is very similar to the verb to be in awe with only a small difference in the root letters. The difference gives us the key to the cultivation of awe. The difference in the words is found in the letters *yud* and *heh*, which make up the word Yah, one of the names for the Divine. When we see, with eyes that seek the Divine in all places, we find awe.

I suggest a change of course and movement for the coming days. Open your eyes and seek the divine spark wherever you are: in the bud of a flower, in the eyes of your spouse, in the beauty of the hands of an Alzheimer's patient, in the pure sound of the shofar. May the ensuing dance of raised sparks illuminate you and all paths to wholeness and peace. Blessings for a High Holiday season rich in meaning and possibilities for healing.

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A Note from Rabbi Bill Strongin

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Kehillat Ahavat Achim Thoughts for the New Year

In Sue Monk Kidd's novel *The Mermaid's Chair*, she uses a phrase that stopped me cold and made me enter into a meditation. She describes a woman who could perceive "the musculature of grace." Musculature. So strange an expression with regard to grace, which is usually pictured as an illumination of light, or a fluttering of dove's wings, or a breeze that wafts through our soul. But is it always so benign a touch? Is it not sometimes more like a slap in the face, a punch in the solar plexus? After all, God's grace in delivering us from slavery is described as a strong hand and an outstretched arm. Musculature certainly seems like an apt image.

Hebrew has a variety of forms for the word: cheyn, chanun. The names Chuna, Yochanan. It is an ancient concept perceived by all human beings throughout time. The Jewish and Christian versions of grace are not very different. For that matter, this phenomenon is described in all of the world's religions, each with its own vocabulary, but all describing a common human experience. We all have been grabbed by power and made to see. We have all been shaken up by the divine fist and realized we have become complacent when there is work to do.

Again, those of us who do not readily or willingly speak a spiritual language might chalk this up to a mere psychological phenomenon. If that makes you happier, then let it be so. But really, grace is not *merely* psychological. It is bigger than us; it is an intersection of the human with the divine.

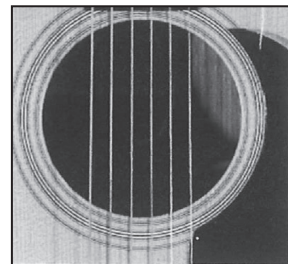
Grace itself may come upon us without warning and without being earned. But we earn it afterwards. The result of being awakened, of having one's eyes opened is not smug religious self-righteousness. The result of grace is sweat, action, movement, service. It is going into the world and making it better. It is Tikun Olam, fixing the world. It is Tzedakah, Tzedek and Tzidkut. Charity, Justice and Righteousness. It is the mechanism, the musculature, whereby we fix the world. The end result of having been blessed with seeing when one has been blind. Of having been found, when one has been lost. (To quote words from a famous Christian song about the phenomenon.)

To speak in a more Jewish idiom. The famous tale of a pagan who had come up to Hillel asking him to explain all of Torah while he was standing on one foot:

If I am not for me, who will be for me?
And when I am being for myself, what am I?
And if not now, when?

Note the second line carefully: "and when I am being for myself, what am I?" My translation is a bit different than the usual. The second line does *not* mean sometimes I work for myself and sometimes I work for others. Any half-educated clod could have said that. Hillel means that when I am myself, that self must not be the petty, egoistic self that a bad reading of the first line would imply. It means that my very self is so large and mighty that in doing for myself I *am* doing for others. That the very distinction between selfish and selfless has blurred. This sort of self appears as a result of grace. Grace makes us larger, deeper, stronger persons than we can manage on our own. For Jews and many others, but not all others, this sort of grace-filled self exists only as a part of a community, not as a lone spirit.

May grace grab you muscularly this High Holy Day season and help you and all of us become the better people we know we can be.



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“The Israel Advocate”

By Nathan Borsky, Israel Advocate Chairman

Dear Friends of Israel,

On Friday, July 7th, 2017 the United Nations Educational, Scientific, Cultural Organization (UNESCO) declared Hebron an endangered Palestinian world heritage site - another “delusional” resolution by the UN body. The Tomb of Avraham, Isaac and Jacob, Sarah, Rivka, Leah, our patriarchs and matriarchs is now a “Palestinian world heritage site”.

More recently on Israel's Independence Day, UNESCO passed a resolution denying Israeli claims to Jerusalem. Nothing is more disgraceful than UNESCO declaring the world's only Jewish state the ‘occupier’ of the Western Wall and Jerusalem's Old City.

Last December, 2016, the U.N. Security Council adopted a resolution by a vote of 14-0 that said Israeli settlements violate international law and are a major obstacle to achieving a two-state solution.

These delusional absurdities emanating from the UN have been flowing endlessly throughout the years. How does one respond to these abominations?

Prime Minister Netanyahu found a way. In his polite but stern speech to the General Assembly he managed to lay down the historical facts - so blatantly ignored and distorted by the U.N. As we approach the High Holidays and rededicate ourselves to our heritage, this polite lecture to the GA and thereby the World, resonates with me and I wish to share it with you. Here is the first part of his speech.

Netanyahu's Speech at UN

Thank you very much Mr. President.

It's a pleasure to see the General Assembly presided by the Ambassador from Israel, and it's good to see all of you, distinguished delegates.

Ladies and Gentlemen,

Three thousand years ago, King David reigned over the Jewish state in our eternal capital, Jerusalem. I say that to all those who proclaim that the Jewish state has no roots in our region and that it will soon disappear.

Throughout our history, the Jewish people have overcome all the tyrants who have sought our destruction. It's their ideologies that have been discarded by history.

The people of Israel live on. We say in Hebrew **Am Yisrael Chai**, and the Jewish state will live forever.

The Jewish people have lived in the land of Israel for thousands of years. Even after most of our people were exiled from it, Jews continued to live in the land of Israel throughout the ages. The masses of our people never gave up the dream of returning to our ancient homeland.

Defying the laws of history, we did just that. We ingathered the exiles, restored our independence and rebuilt our national life. The Jewish people have come home. **We will never be uprooted again.**

Every year, for over three millennia, we have come together on Yom Kippur, the holiest day of the Jewish year, a day of reflection and atonement. We take stock of our past. We pray for our future. We remember the sorrows of our persecution; we remember the great travails of our dispersion; we mourn the extermination of a third of our people, six million, in the Holocaust.

But at the end of Yom Kippur, we celebrate.

We celebrate the rebirth of Israel. We celebrate the heroism of our young men and women who have defended our people with the indomitable courage of Joshua, David, and the Maccabees of old. We celebrate the marvel of the flourishing modern Jewish state.

In Israel, we walk the same paths tread by our patriarchs Abraham, Isaac and Jacob. But we blaze new trails in science, technology, medicine, agriculture.

In Israel, the past and the future find common ground. Unfortunately, that is not the case in many other countries.

For today, a great battle is being waged between the modern and the medieval.

The forces of modernity seek a bright future in which the rights of all are protected, in which an ever-expanding digital library is available in the palm of every child, in which every life is sacred.

The forces of medievalism seek a world in which women and minorities are subjugated, in which knowledge is suppressed, in which not life but death is glorified.

These forces clash around the globe, but nowhere more starkly than in the Middle East.

Israel stands proudly with the forces of modernity. We protect the rights of all our citizens: men and women, Jews and Arabs, Muslims and Christians – all are equal before the law.

Israel is also making the world a better place: our scientists win Nobel Prizes.

Our know-how is in every cell-phone and computer that you're using.

We prevent hunger by irrigating arid lands in Africa and Asia.

Recently, I was deeply moved when I visited Technion, one of our technological institutes in Haifa, and I saw a man paralyzed from the waist down climb up a flight of stairs, quite easily, with the aid of an Israeli invention.

And Israel's exceptional creativity is matched by our people's remarkable compassion. When disaster strikes anywhere in the world – in Haiti, Japan, India, Turkey Indonesia and elsewhere – Israeli doctors are among the first on the scene, performing life-saving surgeries.

In the past year, I lost both my father and my father-in-law. In the same hospital wards where they were treated, Israeli doctors were treating Palestinian Arabs. In fact, every year, thousands of Arabs from the Palestinian territories and Arabs from throughout the Middle East come to Israel to be treated in Israeli hospitals by Israeli doctors.

I know you're not going to hear that from speakers around this podium, but that's the truth. It's important that you are aware of this truth.

It's because Israel cherishes life, that Israel cherishes peace and seeks peace.

We seek to preserve our historic ties and our historic peace treaties with Egypt and Jordan. We seek to forge a durable peace with the Palestinians.



ADVOCATE FOR ISRAEL USEFUL REFERENCES FOR STAYING INFORMED AND BEING PRO-ACTIVE

- **American Congress for Truth**
www.americancongressfortruth.com
- **Arabs for Israel** - www.arabsforisrael.com
- **CAMERA** - www.camera.org
(Committee for Accuracy in Middle East Reporting in America)
- **Honest Reporting** (www.HonestReporting.com)
- **Israel 21C** - www.Israel21c.org
(Covers science, medicine, technology and research)
- **JTA** - www.jta.com (Jewish Telegraphic Agency)
- **NGO-Monitor** - www.ngo-monitor.org
- **PMW** - www.pmw.org.il (Palestinian Media Watch)
- **Shurat HaDin** - www.israelawcenter.org
(Defense of victims of terror)
- **Simon Wiesenthal Center** - www.wiesenthal.com
- **Stand With Us** - www.standwithus.com
- **TIP** - www.theisraelproject.org
- **UCI** - www.uc4i.org (Unity Coalition for Israel)
- **UN Watch** - www.unwatch.org (Monitors UN Compliance)

Good News from Israel

submitted by Bruria Bodek Falik

OUR FIRST TRIP TO ISRAEL by Carol Super Gold

"Next year in Yirushaleiyim" finally became "this year" for my husband, David and me.

Three years ago, we had plans to travel to Israel with Rabbi Jonathan and other members of the Woodstock Jewish Congregation. Unfortunately, my breast cancer prevented us from going.

So, now was our time. We chose to fly El Al and it felt wonderful to be on an Israeli airline and hear the captain speak in Hebrew.

We went ahead of the group with Gwen Tapper and Ann Silverman to visit the North of Israel, which everyone said was a must...and they were right. Gwen, a Tsadiket, from our shul was a magnificent guide. She knows *everything* including the best drink in Israel: freshly squeezed pomegranate juice. What a treat!

Our first stop was Akko, which is a picturesque, medieval, primarily Arab city. And, the first thing I did was kiss the ground of my ancestors.

It was so enlightening to be with Israeli Arabs, who warmly welcomed us to Akko. We felt like we had traveled back in time—with tunnels, crusader flags, Roman baths, and an Arab shook. Our hotel reeked with authenticity and even had its original walls from the medieval period.

As Akko is a seaport, we naturally dined on the shores of the Mediterranean--- what a view! We ordered a "mezza," which were 10 to 15 different types of appetizers like the ubiquitous Israeli salad: a mixture of tomatoes, onions and cucumbers. So fresh, so good and then they offered us a complimentary dessert—that is what I meant about the graciousness of the Israeli Arabs, who owned the restaurant.

And, we had our first taste of fish in Akko at Uri Buri restaurant (who could forget that name), which was named the #1 restaurant in the Mid East and it certainly lived up to its reputation.

Having picked up our brand new Chevy Impala rental, which was easily able to handle all of our luggage, David drove us, with Gwen's expert guidance, to the border of Lebanon to visit the water grottos of Rosh Hanikra. You really felt how Israel is surrounded by so many and mostly hostile countries. As everywhere, there were Israeli soldiers there making us feel safe.

After visiting Copernicum, a holy Christian site right on the Sea of Galilee that included an extant synagogue, where perhaps Jesus worshiped and where Peter is believed to have lived, we arrived in Tsfat. What a beautiful and holy city! As you may know, Tsfat is known as the place where the Kabbalah is studied. And for the many talented artists and craftspeople who live there.

We met one of those artists whose ceramic work is embedded in the town center and what she said summed up the place. She told us that by living in Tsfat and by studying the Kabbalah she feels that God helps her to be more creative and express her creativity through her love of Judaism. Wow! And, her work was indeed beautiful.

We left Tsfat and headed to Jerusalem via Caesarea, the Roman seaport that Herod built (He built a lot!), and that thanks to the Rothschild's, it is now excavated for us to enjoy. It is a fantastic place reminiscent of, but much, much larger than the Greek ruins in Sicily. Words can't express the beauty and drama of the Mediterranean waves crashing around us in such an ancient and wondrous place.

We had been told about Shabbat in Jerusalem, but you have to see it to believe it. Around 3pm as we tried to find our hotel, there was a palpable feeling in the air of everyone rushing, and I mean rushing around, to get home for Shabbos. Almost all the stores were closed or closing and we couldn't even find a bathroom available. And, as we arrived at our hotel in Jerusalem, the parking lot was already filled and David had to drive a couple of blocks to be able to park.

Dinner at the hotel was not to be believed. There were so many families there with so many beautiful children and everyone lit the Shabbat candles. David pointed out to me that the kids in Israel really rule. They are so loved and cherished and it is such a heartwarming sight to see everyone, including secular Jews, prepare for Shabbat.

On Shabbat, we decided to go on a free walking tour of Jerusalem and sponsored by the City. We walked for 3 ½ hours and learned so much. I felt great. But then came the rain and the wind and cold and we were at the end of our tour---nowhere close to anything, so we had to walk all the way back. We very cold and very wet and very tired. And then suddenly, out of the blue, when we reached a road near the Wall, a car pulled up and the driver shouted, "Get in; I'll take you to a taxi stand." We were so grateful that we instantly discarded any concerns about our getting into a car with a stranger. We thanked him profusely for his mitzvah and he proudly told us that he was an Israeli Arab schoolteacher and realized we needed to get out of the rain. We will never forget that act of kindness and humanity.

And, so it was that our best remembrances of our trip to Israel were the people we met as well as the ancient places we visited: The trip to Masada, floating in the Dead Sea, being at the Kotel, experiencing the many holy and intensely fascinating places in Jerusalem (much too numerous to mention), relishing the visit to Yad Vashem in spite of my own trepidations because of losing family in the Holocaust, seeing the Dead Sea Scrolls and the sculpture garden in the Israel Museum, driving through the incredible Negev Desert and seeing the beautiful crater of Mizpah Ramon, enjoying the beauty of Eilat and Tel Aviv and, of course, buying beautiful jewelry from crafts people in Tel Aviv and finally mitzvah buying from Ethiopian Jews and wonderfully talented elders in Jerusalem.



At the Dead Sea with Emma Pittelman, Carol Super Gold, RonDavid Gold, Laura Pittelman, Kim McEvoy, Lindsey Pittelman, Rachel Pittelman

This trip to Israel, organized brilliantly by our amazing Rabbi Jonathan, revolved around meeting remarkable people and it certainly lived up to the hype. Each person was indeed more remarkable than the next.

Who was the most remarkable? Was it the brilliant and personable former Supreme Court Justice who spoke to us of the Israeli court system or actually seeing courtroom justice in action even though we couldn't understand what was being said? Was it Danny Tirzi, who was recently featured in *Forbes* magazine, the man in charge of Israeli border security, who took us to the place where, Palestinians were shooting at ordinary people's homes, just outside the walls of Jerusalem, and explained to us how he had to balance security concerns with the Palestinian people's rights and how he even had to work personally with the Vatican to assure Christians their rights and their desires? It

made me so proud to know we had a person of Danny's stature and caring on our team.

Or was it the head of Keshet or the Hampton Institute who gave us their views of the most complicated of issues: Peace for Israel?

Or was it the most extraordinary Bedouin Arab woman, who was educated at Hebrew University, who started a technical and science high school in Lod all on her own and later on with lots of help from the Israeli government and businesses to make sure that young Bedouins could become doctors, biologists, etc. and not criminals? I will never forget her and many members of our group plan to continue supporting her efforts.

Or was it the internationally renowned painter, Avner Moriah, in whose home we were treated to a riveting talk on how he creates masterpieces of the Bible as a secular Jew? I was fortunate to have received a phenomenal souvenir of his beautifully illustrated Haggadah. Our new friends from Westchester whom we just met on this trip bought me a copy to celebrate my Bat Mitzvah.

The trip came to a climax for David and me at Kibbutz Ketuvah, near Eilat, where we celebrated a Tu Ba Shavat Seder with its residents and children who were dressed as trees and flowers singing *Oseh Shalom* and having one of their visiting workers from Kenya speak in Swahili and then in English praying for Shalom.

And, of course, my personal highlight of the journey to Israel was my Bat Mitzvah at the Kibbutz. It was a beautiful day as everything came together at the Mincha (afternoon) service where Rabbi Jonathan and the members of our group celebrated with me as I read and chanted with the aid of my yad given to me by a close friend from Woodstock, Harriet Kazansky. I learned Hebrew this year thanks in part to Julia Boylan and learned trope thanks to Ellen Triebwasser, our dedicated Federation board member, in order to make our trip to Israel that much more special. And that is was: a trip of a lifetime.

I fervently hope that you all can go one day and see what this incredibly brave little band of Jews, including our own magnificent, Bruria Falik, holocaust survivor, Israeli Air Force officer, dedicated member of our Board, and fellow traveler with us, did to make a nation flourish out of a desert, make this a Jewish homeland that we can all be proud of and that still retains the core values of Judaism.

I welcome your comments and questions: carol@carolsuper.com.

5778

*L' Shana Tova Ti'kateivu v' Tekhateimu. May you be
written and sealed for a good year. May we all
increase our kindness to each other.*

5778

Shula & Eli Aizer and Family

Yale, Amy & Zoe Barash

Susan & Eli Basch

Selma & Kenneth Bitz

Alyson, Craig, Eric & Abigail Brener

Chabad of Ulster County

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Congregation Agudas Achim

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Beth Cohen and Joshua, Isaac & Jason Gerow

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RonDavid & Carol Super Gold

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Richard & Francesca Husted

Linda & Ron Hutchinson

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The board & staff of Jewish Family Services

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Ronald Augustine & Eileen Katatsky

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Anna, Benjamin, Jaime & Daren Klein

Philip Weiss & Gabrielle Kleinmann

Arlene & Harvey Kronick

Marie & Ellis Lader

In Memory Of Marty Laforse

The Lefkovits Family

5778

*L' Shana Tova Ti'kateivu u' Tekhateimu. May you be
written and sealed for a good year. May we all
increase our kindness to each other.*

5778

Ellen & Howard Leifer and Family

Gail Levy

Joyce, Ross & Erica Lieblich and Leila Holzman

Charles Lippman

*Marco, Ellen, Jeremy, Arielle, Joshua, Leslie,
Jackson & Mallory Luksberg*

The Margolis Family

The Markiewicz Family

Sandy Mehl

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Nancy & Joe Michaels

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Trott and Scutaro Family

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Van Deusen House Antiques

Renee & Howard Vichinsky

Barbara & Philip Warshaw and Family

Julian & Maida Weiner and Family

Harriet & Bob Werner

India Ruby Wilkes & Willow Shi Qing Wilkes

*Wendy Wolfenson, Stephen Molmed,
Harrison & Grace*

Phyllis & Ron Wolfeld

Zoe B. Zak

High Holy Days Schedule of Services 5778

Chabad Jewish Student Center

Rabbi Moshe Plotkin

plotkinm@newpaltz.edu

10 S. Oakwood Terrace, New Paltz New York 12561

845-255-8191

Selichot

Saturday, Saturday 16 midnight -12.51am

Erev Rosh Hashanah Wednesday, September 20

Day 1 (in SUB)

Holiday Service 7:30pm

Holiday Dinner..... 8:00pm

Rosh Hashanah, Thursday, September 21

Morning Service 9:00am

Shofar Blowing noon

Kiddush 2:00pm

Afternoon Service 2:30pm

Tashlich 3:00pm

Holiday Service 7:30 pm

Holiday Dinner..... 8:00 pm

Rosh Hashanah Second Day Friday, September 22 @ Chabad)

Service 9:00am

Shofar Blowing noon

Kiddush..... 2:00pm

Lunch 2:30pm

Erev Yom Kippur Friday, September 29

Pre-fast meal..... 5:30pm

Kol Nidre 6:30pm

Yom Kippur Saturday, September 30

Morning Service 9:00am

Afternoon Service..... 4:30pm

Neilah 5:30pm

Break Fast 7:20pm

Sukkoth Wednesday, October 4 & Thursday October 6

Service 7:00pm

Dinner 7:30pm

Thursday, October 5 & Friday, October 6

Service 10:30am

Lunch 1:00pm

Shabbat in the Hut Friday, October 6

Services 7:00pm

Dinner 7:30pm

Simchat Torah Wednesday, October 11

Warm-ups Dinner & Dancing 7:00pm

All Out Bash Thursday, October 12

Dinner & Dancing 7:00pm

Restart the Torah Friday, October 13 11:00am

Congregation Agudas Achim

"Where All Are Welcome"

254 Lucas Avenue • Kingston, NY 12401

Telephone/Fax: (845) 331-1176

www.ChabadUlsterCounty.org

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Bruce Tuchman & Howard Vichinsky, Co-Presidents

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- Traditional and Inspirational Services • Hebrew/English Prayer-Books
- Warm and Friendly Atmosphere • Special Children's Program & Service

There is NO CHARGE for seats; your donation is greatly appreciated. Advance reservations are suggested.

For more info and reservations:www.ChabadUlsterCounty.org
845-331-1176 or RabbiAB@ChabadUlsterCounty.org

Rosh Hashanah Community Dinner & Traditional Apples

Dipped in Honey - Wednesday, September 20 immediately following services. Fee: \$25 Adult, \$15 Child (under 12)

RSVP by September 17. For more information and to RSVP call 845-331-1176 or email RSVP@ChabadUlsterCounty.org

Erev Rosh Hashanah - Wednesday, September 20

Make Eruv Tavshilin**

Light Candles6:38 pm

Evening Services6:45 pm

Community Dinner following services, You MUST RSVP for dinner

Rosh Hashanah - Thursday, September 21

Morning Services..... 9:30 am

Shofar Sounding 11:15 am

Kiddush following services.

Afternoon Services5:15 pm

Followed by Community Tashlich together with

Congregation Ahavath Israel at Spring Lake

Light Candles*after 7:36 pm

Rosh Hashanah 2nd Day Friday, September 22

Morning Services..... 9:30 am

Shofar Sounding 11:15 am

Kiddush following services

High Holy Days Schedule of Services 5778

Light Shabbat Candles* before 6:35 pm
 Evening Services 6:45 pm

Do you know someone who is housebound or cannot make it to Synagogue to hear the shofar? Please let us know and we will try to visit them & blow shofar for them on Rosh Hashanah so that they too can take part and enjoy this beautiful holiday!

Shabbos Shuva - Saturday, September 23

Morning Services 9:30 am
 Kiddush following services
 Evening Services 6:45 pm
 Shabbat Ends 7:32 pm

Fast of Gedalya - Sunday, September 24

Fast Begins 5:15 am
 Fast Ends 7:15 pm
 Learn more @ ChabadUlsterCounty.org/TzomGedaliah

Yom Kippur

Kol Nidrei Friday, September 29

Fast Begins / Light Candles 6:23 pm
 You can light candles and Yahrzeit lamp in Shul
 Kol Nidrei Services 6:30 pm

Yom Kippur Saturday, September 30

Morning Services 9:30 am
 Yizkor Memorial Service 12:15 am
 Afternoon & Neilah Closing Service 5:20 pm
 Fast Ends 7:20 pm
 Followed by Break-the-Fast

Sukkos To purchase your own Sukkah or a Lulav & Esrog contact us at 845-331-1176 or RabbiABChabadUlsterCounty.org
 Shul Sukkah is open to the public 24/7! The lights are left on for you to come and enjoy this mitzvah whenever it's convenient for you!

Sukkos Wednesday, October 4

Make Eruv Tavshilin**
 Light Candles 6:14 pm
 Evening Services 6:30 pm
 The Rabbi & Rebbetzin invite you as their guest for a meal in the sukkah following services. Please RSVP by Sunday October 1st at 845-331-1176 or RSVP@ChabadUlsterCounty.org.

Thursday, October 5

Morning Services 9:30 am
 Kiddush in the Sukkah following services.
 Evening Services 6:30 pm
 Light Candles* after 7:12 pm

Friday, October 6

Morning Services 9:30 am
 Kiddush in the Sukkah following services.
 Evening Services 6:15 pm
 Light Shabbat Candles* before 6:11 pm

Shabbat Chol Hamoed Saturday, October 7

Morning Services 9:30 am
 Kiddush in the Sukkah following services
 Evening Services 6:15 pm
 Shabbat Ends 7:08 pm

Chol Hamoed Sunday - Tuesday October 8 - 10

Morning Services 8:00 am

Hoshanah Rabbah Wednesday, October 11

Morning Services 8:00 am

Shemini Atzeres & Simchas Torah Wednesday, October 11

Make Eruv Tavshilin**
 Light Candles 6:03 pm
 Evening Services 6:15 pm
 Followed by Israel Solidarity Hakafof

Thursday, October 12

Morning Services 9:30 am
 Yizkor Memorial Service 11:15 am
 Kiddush following services
 Evening Services 6:15 pm
 Followed by full holiday meal & Hakafof - dancing with the Torahs
 Light Candles* after 7:00 pm

Friday, October 13

Morning Services 9:30 am
 Followed by Kiddush & Hakafof
 Light Shabbat Candles* before 5:59 pm
 Evening Services 6:00 pm

Saturday, October 14

Morning Services 9:00 am
 Evening Services 6:00 pm
 Shabbat Ends 6:57 pm

** Light only from a pre-existing flame*

*** To learn more about Eruv Tavshilin visit www.ChabadUlsterCounty.org/eruv*

Note: For Candle lighting times in other areas, visit ChabadUlsterCounty.org/times.

High Holy Days Schedule of Services 5778

Congregation Ahavath Israel

100 Lucas Avenue • Kingston, NY 12401

(845) 338-4409

E-mail: ahavath.israel@gmail.com

Rabbi Gary Karlin

Cantor Devorah Gartner

Bernard King-Smith, President

Like Avraham and Sarah, our doors are open to welcome guests.

High Holy Day attendance is always free and no reservations are required. We warmly invite singles, seniors and families of all kinds to join us in celebrating a very sweet New Year.

SCHEDULE of SERVICES

SELICHOT – Saturday, September 16th

with Cantor Devorah Gartner & Jeremy Schiffres

Havdalah @ 7:51pm

Ma'ariv (evening) Service7:30pm

Join us for an intimate Havdalah & Selichot Service

as we prepare for the Yamim Noraim, the Days of Awe.

EREV ROSH HASHANAH –Wednesday, September 20th

Candle lighting @ 6:36pm

Minchah (afternoon) Service.....6:15pm

Ma'ariv (evening) Service6:30pm

ROSH HASHANAH I – Thursday, September 21st

Shacharit (morning) Services.....9:00am

Children's Service11:00am

Shofar Service (approximately).....11:30am

Please join us for apples & honey following services.

Walk from CAI to Dutch Village4:15pm

Tashlich @ Dutch Village4:45pm

Minchah Services @ CAI.....5:30pm

Candle lighting @ 7:43pm

ROSH HASHANAH II – Friday, September 22nd

Morning Services.....9:00am

Children's Service11:00am

Shofar Service (approximately).....11:30am

Please join us for apples & honey following services.

SHABBAT SHUVAH with Rabbi Karlin & Cantor Devorah

Candle lighting @ 6:33pm

Friday, September 22nd6:30pm

Saturday, September 23rd9:30am

Please join us for deli luncheon following services.

Havdalah @ 7:39pm

EREV YOM KIPPUR – Friday, September 29th

Candle lighting @ 6:21pm

Minchah (afternoon) Service.....6:00pm

Kol Nidre (evening) Service6:15pm

YOM KIPPUR – Saturday, September 30th

Shacharit (morning) Services9:00am

Children's Service11:00am

Yizkor (memorial-approximately).....11:45am

Break.....2:00pm

Study with Rabbi Karlin.....4:00pm

Minchah (afternoon) Services4:45pm

Ne'ilah (concluding) Service6:00pm

Ma'ariv/Havdalah Services.....7:00pm

Final Shofar Sounding7:20pm

Please join us for a Break the Fast Meal following services.

SUKKOT

Sukkah Building – Sunday, October 1st

Please join us for light refreshments.

Sukkah Building/Decorating.....10:30am

CHOL HAMOED SUKKOT

Sunday, October 8th1:00-5:00pm

Please join us for a Dairy Pot Luck Open House in the Sukkah.

SHEMINI ATZERET with Yizkor

Thursday, October 12th.....9:30am

Please join us after services for Kiddush.

Congregation Emanuel of the Hudson Valley

243 Albany Avenue, Kingston, NY 12401

Main Office: (845) 338-4271 x 101

Rabbi's Study: (845) 338-4384 x 102

Main office: templemanuel@hvc.rr.com,

Rabbi's Email: Rabbiromer@hvc.rr.com

www.templemanuelkingston.org

Rabbi Yael Romer

Cantor Robert Cohen

President Arnie Zepel

Religious School Director: Samara Genee

Youth Group Director Alexis Hanauer

*Congregation Emanuel is a Reform Congregation
with an open door policy.*

High Holy Days Schedule of Services 5778

Erev Selichot / Saturday September 167:30pm

Erev Rosh Hashanah Wednesday, September 20

Evening Service7:30 pm

Rosh Hashanah Thursday, September 21

Morning Service9:30am-12:30pm

Children's Service 10am-11 am
(*runs concurrent with morning service*)

A Kiddush of Apples & Honey 12:30pm
will follow morning services

Dialogue with Rabbi Yael2pm-3pm
– *bring your intellectual questions.*

Tashlich Service leave Synagogue3:30pm

Refreshments will be served after services

Rosh Hashanah Second Day

Friday, September 22 10am-12pm

New Year return to nature on the Poet's Walk in Rhinebeck; a guided meditation around the circuit, culminating at about 12 pm with a ½ hour service & sounding of the shofar in the gazebo. Meet at the Poet's Walk parking lot in Rhinebeck at 10 am.

Shabbat Shuvah

Friday September 227:30pm

Saturday September 23 10am

Kol Nidre Friday, September 29

Services7:00pm

Doors will open for services after Kol Nidre Prayer

Yom Kippur Saturday, September 30

Morning Service 9:30am-12:30pm

Children's Service 10am-11 am

Dialogue with Rabbi Romer2pm
bring your intellectual questions

Afternoon Service 3:30pm

Yizkor Memorial Service4:30pm

Concluding Neilah Service5:30pm

*A Break the Fast Kiddush sponsored by Sisterhood
will follow the Neilah Service*

Sukkot

Sukkah Building Sunday, October 1 10am

Veggie/Dairy potluck in our Sukkah

Wednesday October 46pm

Free community event all are welcome.

Yizkor Service5:30pm

Sukkot Service6pm

Sukkot Shalom Welcoming the Muslim and Christian

communities to our sukkah7pm

Dessert in Rabbi's Sukkah at her home.

Saturday October 77-9pm

Congregation Emanuel welcomes Jewish Federation of Ulster County & Friends to our Sukkah Monday, October 96pm
Community Event all are welcome.

Coffee & Conversation with the Kingston City School Board,
Members of the Interfaith Community and Guests

Tuesday October 107 pm

Simchat Torah Friday, October 13

Service, Hakafot Celebration & Consecration7:30 pm

Jewish Congregation of New Paltz

Kehillat Ahavat Achim

Synagogue/Sanctuary: 8 Church Street, New Paltz 12561

Community Center: 30 North Chestnut Street, New Paltz 12561

Office phone number: (845) 255-9817

www.jewishcongregationofnewpaltz.org

Mailing address: JCNP, P.O. Box 577, New Paltz, NY 12561

Rabbi Bill Strongin

President Marc Schain

Slichot Service:

Saturday eve, September 16 7pm in library (Community Center)

ROSH HASHANAH

Evening Wednesday, September 20 7:30pm Shul

First Morning Thursday, September 21

Services9:30am Shul

Concurrent Children's Services: 3rd-5th grade: 10 -11:00am

4 year olds-2nd grade: 11:15am-12:15pm Shul

Tashlichapp. 1:45pm by the River Wallkill

Luncheonapp. 2:30pm Community Center

Second Morning Friday, September 22 10:00am Shul

YOM KIPPUR

Kol Nidre Friday September 29 6:30pm Shul

Morning Saturday, September 309:30am Shul

Concurrent Children's Services: 3rd-5th grade: 10 - 11:00am

4 year olds-2nd grade: 11:15am-12:15pm Shul

Jonah Study 4:30pm Shul

Avodah Service 5:30pm Shul

Yizkorapp.6pm Shul

Neilahapp. 6:30pm Shul

Break-the-Fast:app. 7pm Community Center

High Holy Days Schedule of Services 5778

Sukkah Building & Potluck Sunday, October 8..... 11:00am
Community Center

Simchat Torah Friday, October 13..... 7:00pm Shul

The Kerhonkson Synagogue

Congregation Tiferet

Yehuda V'Yisrael

26 Minnewaska Trail Kerhonkson, New York 12466

845.626.7260

www.kerhonkonsynagogue.org

shorewit@verizon.net

Rabbi Sally Shore-Wittenberg

President governed by our Synagogue board

Goldie Goldberg: thousanddances@yahoo.com

Glenn Pomerantz: gapfef@yahoo.com

Rosh Hashanah

Erev Wednesday, September 20.....7:00pm

Rosh Hashannah I Thursday, September 21 10:00am

Kiddish will follow service

Rosh Hashannah II Friday, September 22..... 10:00am

Kiddish will follow service.

Yom Kippur

Kol Nidre Saturday, September 29..... 6:30pm

Meditation & Service Sunday, September 30 10:00am

Afternoon contemplative service & learning 5:45pm

Concluding Service (Neilah) 7:00pm

Havdalah & Pot Luck Break-fast..... 7:49pm

Sukkot

Shabbat Service Saturday, October 7 10:00am

Pot Luck Brunch in the Sukkah

Bring a dish to share Dairy or Parve / Vegetarian

Kol Hai: Hudson Valley Jewish Renewal

PO Box 75 241 Main Street, New Paltz, New York 12561

kolhai.org

845-477-5457

hello@kolhai.org

Rabbi: Reb Shir Yaakov

President: Dave Nidorf

Erev Rosh Hashanah Wednesday, September 20

Services 6:30 pm

Rosh Hashanah Thursday, September 21

Services 9:30 am - 12:30 pm

Potluck Lunch and Kiddush..... 12:30 - 2:00 pm

Water-healing Ceremony (Tashlich) 2:30 pm

Erev Yom Kippur Friday, September 29

Doors Open 6:15 pm

Candle Lighting 6:22 pm

Kol Nidre..... 6:30 pm

Yom Kippur Saturday, September 30

Services 9:30 am - 2:00 pm

Yizkor yoga, chant, embodiment approximately 1:00 pm

Neilah 6:00 pm

Potluck Break Fast..... 7:30 pm

Woodstock Jewish Congregation

Kehillat Lev Shalem

1682 Glasco Turnpike, Woodstock, New York 12498

845-679-2218

www.wjcshul.org

info@wjcshul.org

Rabbi Jonathan Kligler

President: Jerry Lerner

Executive Director: Susan Mack

"Our doors are always open." We chose this passage from the Book of Job as our theme for this new Jewish Year of 5778.

It is our goal at the Congregation of a Full Heart to extend ourselves in genuine welcome to all who enter our doors and our tent, so that we might be a community of sincere openness and exceptional hospitality. Please join us in that spirit, and together we will set a courageous and vibrant course into the New Year. As the Psalmist sang, "Open for me the gates of righteousness; I will enter and give thanks!"

-Rabbi Jonathan Kligler

Everyone is welcome to attend High Holy Day Services. For security purposes everyone attending the High Holy Days needs to register. You can register in advance (preferable), or onsite during the High Holy Days. Donations are appreciated; they keep our doors open to everyone. Registration information can be found on the website: wjcshul.org.

Children are welcome at all services. There are children's services followed by supervised activities on the first day of Rosh Hashanah and on Yom Kippur.

Selichot Service Saturday, September 16 10:30pm

Erev Rosh Hashanah

Wednesday, September 20 7:00pm

Kiddush following services

On-site parking for members with passes only. Shuttle buses will run continuously from two off-site lots from one hour before services until after Kiddush.

*Woodstock Jewish Congregation Continued...***Rosh Hashanah (1st Day)**

Thursday, September 21 10:00am

Children's Services & activities..... 10:30am – 1:30pm

Kiddush following Morning Service

Tashlich Service following Kiddush

On-site parking for members with passes only. Shuttle buses will run continuously from two off-site lots from one hour before services until after Kiddush.

Rosh Hashanah (2nd Day)

Friday, September 22 10:00am

Kiddush following services

On-site parking available to everyone; no off-site parking.

Kol Nidre Friday, September 29 7:00pm

On-site parking for members with passes only. Shuttle buses will run continuously from two off-site lots from one hour before services until everyone has left the premises.

Yom Kippur Saturday, September 30

Morning Services..... 10:00am

Children's Services & activities..... 10:30am – 1:30pm

Yizkorafter 12 noon

Musaf Service2:30pm

Book of Jonah4:30pm

Neilah Service6:00pm

On-site parking for members with passes only from 9:00am - 2:30pm. Shuttle buses will run from two off-site lots from one hour before services until 2:30. After 2:30 everyone parks on-site.

Erev Sukkot – Sunday, October 4, 6pm – Come welcome Sukkot with a festival/pot luck dinner in the Sukkah. Please bring a dairy or vegetarian dish to share.**Yom Tov Sukkot Service** – Monday, October 5 10am Service & Pot-Luck Lunch in the Sukkah. Please bring a dairy or vegetarian dish to share.**Sukkot**

October 5 - October 12 - The Sukkah is open throughout the holiday. Please feel free to come “dwell” in the Sukkah on your own time throughout the week. Please bring only dairy/vegetarian food.

First Friday Service and Pot Luck Dinner October 6 6pm
Please bring a dairy or vegetarian dish to share.**Shabbat Chol Hamoed Service Saturday, October 710am**
followed by potluck lunch in the Sukkah. Please bring a dairy or vegetarian dish to share.**Shemini Atzeret and Yizkor Service Thursday, October 12.....10am****Simchat Torah Celebration Thursday, October 12.....6pm****SYNAGOGUE
NEWS***Pages 23-30***Congregation Agudas Achim****“Where All Are Welcome”**

254 Lucas Avenue • Kingston, NY 12401

Telephone/Fax: (845) 331-1176

www.ChabadUlsterCounty.org

Stay up-to-date and follow us on

Twitter @RabbiHecht

Rabbi Yitzchok Hecht**Rabbi AB Itkin**

(412) 401-0238

Bruce Tuchman & Howard Vichinsky, Co-Presidents**The Hebrew School of Ulster County**An innovative and creative new program and curriculum!!!
Exciting, educational, hands-on learning! A must for every child!! Bringing Judaism to life! No one will be turned away due to lack of funds. No membership required or previous affiliations. Located in Kingston & Ellenville.For more info contact: Binie Itkin, 845-331-1176 or
www.ChabadUlsterCounty.org/HS**cKids**

Join CKids Club each month for the freshest and most exciting events, empowering kids to tap into their talents and interests, while connecting to their own Jewish identity and impact.

September 13-Elul 22**Rosh Hashanah Sweet Shoppe**

Start this year off sweet! Aspiring confectioners and candy connoisseurs get buzzy as they melt, mix and knead holiday sweets and treats. Starring magnificent edible honey challah dishes, flavorful honey sticks, honey taffy, and make your own honey flavored lip balm.

October 8 - Tishrei 18

Shakes in the Shack

Get your shake on at this Sukkos dance party and groove to beats mixed by popular Jewish DJ. Features games, party favors, and craft your own signature milkshakes.

Tea 'n' Torah

Engaging, Enlightening Study & Conversation facilitated by Rebbetzin's Leah Hecht & Binie Itkin. Enjoy delicious kosher pastries and teas as you delight in the company of friends and gain appreciation for the insight and wisdom of the Torah. RSVP is appreciated. For women only. Every Thursday beginning November 3 from 11:00-12:00pm at Agudas Achim. Call 845-331-1176 for more details.

Jewish Mysticism in Woodstock

Join us as Rabbi Hecht leads us through the Kabbalistic and Chassidic philosophy of the Tanya. For more details and to confirm class is on schedule, call Renee at 845-679-7148. Tuesday nights at 8:00pm at the Woodstock Library.

cTeen:

Designed for today's teenagers. Providing a nurturing environment where teens can learn about themselves through giving to others, identify with individuals who share the same faith, and be part of a group that focuses on building core values and stresses positive character development.

Be a Minyan-aire

Tuesday @ 8:00 am; guaranteed to be done by 8:45 am. Davening followed by great coffee and kosher danish.

Shabbos Services

Join us Friday evenings; services begin 10 minutes after candle lighting. Join us Shabbos morning at 9:00 am, service followed by Kiddush with vegetarian Cholent.

Jewish Women's Circle of Ulster County

An opportunity for Jewish women in our area to meet new friends, socialize and learn in an informal setting. Check it out and see for yourself what it's all about!

For more information: Visit: ChabadUlsterCounty.org/JWC
Email: JWC@ChabadUlsterCounty.org Call: 845-246-0177

Cookies for Cops, Firefighters and First Aid Responders.

Sunday September 10th (Rosh Hashanah theme)

Bake delicious Rosh Hashanah cookies that we can give to our local first responders who keep us safe every day.

Knitting and Kaballah with Mrs. Horowitz

Sunday November 5

Knitters and non knitters will enjoy this wonderful teacher.

Jewelry making with Nomi Monday December 5

Make beautiful jewelry in time for Chanukah gift giving.

Great Debates in Jewish History: JLI (Jewish Learning Institute)

Debate and disputation are not only encouraged within Judaism but reside at the very heart of Jewish history and theology. The Rohr Jewish Learning Institute (JLI) presents Great Debates in Jewish History, a six-session course exploring six fundamental conflicts that pit the greatest Jewish minds against each other--six instances of vastly divergent perspectives from throughout our history, including several that remain questions for us today.

Discover a stirring and surprising account of Judaism's intellectual history, from the ancient to the modern-day; as you relive epochs rich in narrative that provide fascinating context for six of the most monumental intellectual and theological debates in our history.

The parade of characters presented in this course spans two millennia of biblical, rabbinic, and modern disputation, reflecting the panorama of Jewish history with its monumental political, ethical, and spiritual challenges.

Whether it's at home, in the office, or in your personal life, everyone craves success. This course provides uniquely Jewish ways of thinking to help you develop a growth mindset, identify and cultivate your signature strengths, deal with your weaknesses, and overcome the obstacles to your success.

For full information and to join the course, visit ChabadUlsterCounty.org/JLI or call 845-331-1176.

Jewish Law

An interesting discussion on practical application of Jewish Law in our daily lives. Every Shabbos afternoon approximately one hour before the end of Shabbos.

Emails

Featuring updates, announcements, words of Torah and more. To join email RabbiHecht@ChabadUlsterCounty.org

Jewish Holiday Guides

A Jewish magazine about the Holidays mailed directly to your home. It is printed 4 times a year. If you do not receive this magazine presently, please email us your mailing address. We will gladly add you to our mailing list.

Katz Family Hospitality Suites

Need a place to stay for a Shabbos or Holiday? Join us! For more information call 845-331-1176.

Need a new Mezuzah or Tefillin?

Do you have a Mezuzah adorning your Home or Apartment? We would love to help you participate in this wonderful Mitzvah!

Ancient tradition teaches that this small mitzvah brings blessing and serenity to your home. A person introduces holiness and harmony into the world by placing a Mezuzah on his or her door. Call Rabbi AB at 412-401-0238

Chabad Chesed Network

We are very excited to announce a new program that will benefit our community. We will be starting the Chabad Chesed Network. Please read below and see the different ways you can get involved with the program and what we offer.

What we offer:

- Hospital visitations.
- Shiva calls and visitation.
- Visit nursing homes, senior residents and home bound.
- Send cards and phone calls.
- Reciting prayers for healing and well-being.

How you can get involved:

- Become a volunteer by filling out the volunteer signup sheet. Your response to a request is optional based on your availability.

- Both men and women volunteers needed.

Contact Chabad Chesed Network to volunteer or request our services: 845-334-1176. Chabad Chesed Network Committee: Rebbetzin Leah Hecht, Rebbetzin Binie Itkin, Jody Sotanoff

Congregation Agudas Achim Sisterhood

by Shirley Crystal

Sisterhood Gift Shop: We are here to serve the community for the High Holidays and during the year with your Judaica needs. For the holidays and year round we have a wonderful selection including challah covers, kiddush cups, honey servers, talleisim, tallis bags, children's book and various other Judaica. For further information call Shirley Crystal at 331-4646.

Kiddush: Kiddush is provided every shabbos and holidays following services. To sponsor a Kiddush for a birthday, anniversary, yahrzeit, or other occasion, contact Shirley Crystal at 331-4646 or Rosemary Lewis at 331-0766.

Memorial Plaque: At this time of the year when we remember our departed loved ones, their memory may be honored by purchasing a yahrzeit plaque for the memorial board located in the sanctuary. For more information contact Barbara Blas at 338-3499.

Tree of Life: The Tree of Life located in the front lobby of the synagogue is a beautiful way to honor a birth, anniversary, birthday, Bar or Bat Mitzvah by purchasing a leaf inscribed with the name and event. For more information, contact Lorraine Trast at 331-3513.

Tribute Cards: To have a card sent in honor of contact Rosemary Lewis at 331-0766 or Brenda Fletcher at 338-5980. For a nominal donation a card will be mailed for you.

Congregation Ahavath Israel

100 Lucas Avenue • Kingston, NY 12401

(845) 338-4409

E-mail: ahavath.israel@gmail.com

Facebook: Congregation Ahavath Israel - Kingston, NY

President Bernie King-Smith

Services: Congregation Ahavath Israel will be holding services each month and to get our latest schedule please consult our website or facebook page. The final dates were are not available at press time. Our President Bernie King-Smith also leads Friday Night services twice a month at Mountain Valley Manor at 5:30 pm, so if you are looking for a place to say kaddish, contact Bernie King-Smith or Mountain Valley Manor for the current schedule. We always have a minyon at Friday night services.

Slice Of Torah: We will be continuing our popular "A Slice Of Torah" education sessions led by Zoe B. Zak. The sessions are at least once a month on a Wednesday night with a short education session while having a slice of pizza. Upcoming sessions will be posted on our Facebook page and website. If

you want to be added to our e-mail notification, send an e-mail to ahavath.israel@gmail.com

Other Events: We are planning on several other events later this fall like Havdalah or discussions on current events or topics. The dates, times and locations for these sessions will also be posted on facebook and our website.

To join our e-mail list send us an e-mail and we will notify you of upcoming events.

Congregation Emanuel
of the Hudson Valley

243 Albany Avenue, Kingston, NY 12401
Main Office: (845) 338-4271 x 101
Rabbi's Study: (845) 338-4384 x 102
main office: templemanuel@hvc.rr.com,
Rabbi's Email: rabbioromer@hvc.rr.com
www.templemanuelkingston.org

Rabbi Yael Romer
Cantor Robert Cohen
President Arnie Zepel
Religious School Director Samara Gilman
Youth Group Director Alexis Hanauer

Temple Worship Services

First Friday Early Service 6:00pm

All other Friday's 7:30 pm with an Oneg following.

Morning Minyan Saturday's Service 10:00am
Beginning September 9

Rhinebeck Meditation and Torah Study most Tuesdays from September through June, beginning at 8:45am followed at 9:15am with Weekly Torah Study.

Lunch with the Rabbi & Guests. A point of social connection for the adults, join our lively monthly group for a lunch held on the first Tuesday of each month, October 3, November 7, December 5. Integrating "food for thought" and "ideas to sustain us". A free home-made lunch is served at noon and

monthly presentations & topics are shared at 12:45pm forging stimulating discussion and deepened community.

Hebrew Trope: Taught by Rabbi Yael Romer, held weekly on select Wednesdays September through May 12:30-1:30 pm.

Conversational Hebrew: Taught by Rabbi Yael Romer, held weekly on select Wednesdays, September through May from 4:30pm to 6:00pm. Beginner and Intermediate Conversational Modern Hebrew presented through the textbook curriculum created by the professors of Hebrew at Brandeis University.

Tot Shabbat: Select Saturday's September - June 9 am. Bring your tot's and celebrate Shabbat with Rabbi Romer Next Tot Shabbat's are Saturday September 9, November 18, December 2nd. A Healthy Kiddush follows service.

Our Religious School offers innovative programming geared for age's pre-k through 10th. We offer rolling registration and we encourage you to visit our school and take a tour. Contact Samara Gilman our Religious School Director 338-4271 x110. First day of School is Saturday, September 9.

Social Action in conjunction with UCJF & Woodstock Jewish Congregation Sunday, September 10 will be doing a fall clean-up at Montrepose Cemetery at 10am. (meet at front gate), rain date Sunday September 17.

Interfaith Thanksgiving: Tuesday November 15 at 7pm
Celebrate the power of healing through our connection to each other. Free Community Event all are welcome. Please bring a dessert to share. Sponsored by the Ulster County Religious Council & Congregation Emanuel

Ann "Jean" Semilof
GRI, ABR, SRES / Licensed Associate R.E. Broker

Office: (845) 340-1920 ext 105
Fax: (845) 340-9265
Home: (845) 331-4559

jean@westwoodrealty.com



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16 Hurley Avenue - Kingston, NY 12401



Congregation Tiferet Yehuda V'Yisrael Kerhonkson Synagogue

26 Minnewaska Trail • Kerhonkson, NY 12446
Synagogue Phone: (845) 626-7260
www.kerhonksonsynagogue.org

Rabbi Sally Shore Wittenberg
President governed by our Synagogue board
Goldie Goldberg: thousanddances@yahoo.com
Glenn Pomerantz: gapfef@yahoo.com

November

Shabbat Service November 11 10:00am
Pot Luck Brunch Kiddish
Bring a dish to share Dairy or Parve/Vegetarian

December

Shabbat Service December 9 10:00am
Pot Luck Brunch Kiddish
Bring a dish to share Dairy or Parve/Vegetarian

Chanukkah (Havdalah and Party) December 16.....6:00pm

Jewish Congregation of New Paltz

Kehillat Ahavat Achim

Synagogue/Sanctuary: 8 Church Street, New Paltz 12561
Community Center: 30 North Chestnut Street, New Paltz 12561

Office phone number: (845) 255-9817
website: www.jewishcongregationofnewpaltz.org
Mailing address: P.O. Box 577, New Paltz, NY 12561

Rabbi Bill Strongin
President Marc Schain

HEBREW SCHOOL

Our Hebrew School has classes from pre-school through seventh grade. Aleph class is open to non-members for a small fee; all other classes require membership in our congregation. Please call the synagogue with any questions regarding membership and registration 255-9817

ALEPH (4 year olds through kindergarten) 9:00-10:30am,
BET (1st and 2nd graders) 10:00-11:30am *monthly* on
Shabbat mornings. 10:00-10:30am is a brief children's Shabbat
service with both classes.

GIMMEL, DALET, HEY (3rd through 5th graders) 4:00-
5:30pm on Wednesdays.

VAV and **ZAYIN** (6th and 7th graders) 3:30-5:30pm on
Thursdays. Zayin Class are students preparing for B'ney
Mitzvah. Both Vav and Zayin students also attend a monthly
Shabbat Morning Service/Torah Class.

OTHER SERVICES & EVENTS

CARING COMMITTEE LUNCHEONS Community
luncheons feature creative menus conceived, prepared, and
served by members of the JCNP community. Cost is \$5 for
members and \$9 for non-members. The scheduled dates for
this fall are September 12, October 10, November 14, and
December 12. All are Tuesday and they begin at noon. The
location is 30 North Chestnut Street in New Paltz.
For additional information, to make a reservation, and to
confirm the date, contact Myra Sorin either at 845-255-5015
or email at myrasorin@gmail.com

BIBLE STUDY Sometimes we go through the Parashat
Hashavuah, the Torah portion of the week. Some years we
devote to the study of other biblical books. This last year we
have been reading many other biblical books. Beginning with
Monday, October 9, we restart Torah cycle study. Monday
evenings, 7-8:30pm in the library of our Community Center.

THURSDAY NIGHT LIVE On many Thursday evenings
in our community center building we have wonderful social
and educational events: crafts, films with discussion, guest
speakers, some food events as well. Check our website.

PLEASE NOTE: OUR SHABBAT EVENING SERVICES ARE
AT 6:00pm DURING EASTERN STANDARD TIME, AND AT
7:00pm DURING DAYLIGHT SAVINGS TIME. SEPTEMBER
THROUGH JUNE, SERVICES ARE EVERY WEEK.

MUSIC SHABBAT One Friday evening service each month will be a “Music Service” featuring our Choir (the Chai Notes), as well as extra congregational singing with our soon-to-be-ready Shiron (songbook). October 20, November 17, December 1, January 19, February 23, March 16, April 20, May 4, June 8.

FAMILY EVENING SERVICES Usually the first Shabbat eve of month unless otherwise noted:

September 8, 7pm (*2nd Shabbat of Month*)

October 13, 7pm (*2nd Shabbat of Month*) with Simchat Torah

Nov. 3, Zayin class leads, preceded by Potluck Dinner 5:30pm

December 1, 6pm Erev B. Mitzvah

January 5, 6pm Vav class leads

February 2, 6pm Hey class leads

March 2, Dalet class leads, preceded by Potluck Dinner 5:30pm

April 13, 7pm (*2nd Shabbat of Month*) Gimmel class leads

May 4, 7pm Erev B. Mitzvah

June 1, 7pm with Graduation

JUNIOR CONGREGATION is open to registered students in our Hebrew School only. It meets in our community center building concurrently with a regular service in our shul building. Shabbat evenings monthly: September 15 at 7pm, October 6 at 7pm, November 17 at 6pm, December 8 at 6pm, January 12 at 6pm, February 9 at 6pm, March 9 at 6pm, April 20 at 7pm, May 11 at 7pm.

SHABBAT MORNING SERVICES ARE NOT WEEKLY. THERE ARE ONE TO THREE SERVICES EACH MONTH (INCLUDING THE VAV/ZAYIN CLASS/SERVICE MENTIONED ABOVE). THEY BEGIN AT 10am. B'NEY MITZVAH SERVICES ARE IN OUR SHUL BUILDING, OTHERS ARE IN OUR COMMUNITY CENTER BUILDING.

B'NEY MITZVAH SERVICES IN 2018

May 5, Shabbat Emor

July 7, Shabbat Pinchas

September 8, Shabbat Nitzavim

September 22, Shabbat Ha'azinu

September 29, Shabbat Chol HaMoed Sukkat

October 6, Shabbat Breishit

HAVURAT HaLEV on Shabbat mornings Guest Rabbi Rena Blumenthal facilitates meditative services on these dates: October 7, November 4, January 27, February 24, March 24.

Kehillat Lev Shalem

Woodstock Jewish Congregation

1682 Glasco Turnpike, Woodstock, New York 12498

845.679.2218 | info@wjcsul.org | www.wjchul.org

Rabbi: Jonathan Kligler

President: Jerry Lerner

Executive Director: Susan Mack

SHABBAT SERVICES

- Winter Fridays: 6pm
- Summer Fridays: 7:30pm
- First Fridays of each month, Year-Round: Tot Shabbat 5pm, Intergenerational Pot Luck Celebration 6pm
- Saturdays: 10am

Family School

The mission of Woodstock Jewish Congregation's Family School is to engage families in our loving and caring community; to help our families to create a foundation of Jewish literacy and spiritual development; and to establish an environment that allows families to explore and reflect on their Jewish learning and practice.

- Pre-school class meets monthly on third Saturdays from 10am-12pm.
- Tot Shabbat meets on the first Friday of each month at 5pm.
- First through sixth grades meet on Tuesday afternoons from 4–6:30pm.
- Our B'nai Mitzvah class is a student and parent class that is taught by Rabbi Jonathan twice a month on Tuesday evenings at 6pm.
- Our post-bnai mitzvah teen and parent class is taught by Rabbi Jonathan once a month on Tuesday evenings 6-8pm

ONGOING PROGRAMS

First Sunday Brunches

First Sunday of each month, 11am-1pm, starting November 5
Cost: There will be a basket for donations to offset our costs, but all are welcome.

Join us for stimulating discussion, good company, and a nosh. We provide bagels and cream cheese and hope you will bring a dairy dish to share.

Women's Rosh Hodesh Group with Rabbi Emily Cohen

Sundays, 10am-12pm, Oct. 22, Nov. 19, Dec. 17, Jan. 21, Feb. 18, Mar. 18, Apr. 15, May 13

Cost: Free and open to all, donations welcome
Join WJC's Student Rabbi Emily Cohen for ritual, prayer, community-building, and discussion.

Chane's Yiddish Vinkl, led by Naomi Halpern

Wednesdays, 10am-12pm Cost: Free and open to all.
If you have even a *bissel* Yiddish and love to hear a *Yiddishevort*, join us. Beginners and all levels of speakers are welcome. *A shaine dank*.

Men's Group

Second and fourth Tuesdays, 7:30pm-9pm
Cost: \$5 voluntary donation per meeting, not required – all are welcome

The mission of the Men's Group of the WJC is to engage men in a community of camaraderie, support, and *ruach*, and to strengthen and support the Congregation.

We enjoy each other's company, participate in field trips, and do *mitzvot*. No need to be a WJC member – all men are welcome. Some of our recent and upcoming activities include volunteering at the Daily Bread Soup Kitchen, attending a Yankees game, and organizing a series of Saturday workshops about building community and accepting and welcoming everyone among us.

PROGRAMS, CLASSES, AND EVENTS

Spiritual Preparation for the High Holy Days with Rabbi Jonathan

Thursdays, September 7 and 14, 12:15pm-2pm
Cost: \$7.50 per class for members; \$15 general admission

Intake for Gallery Lev Shalem's Judaica Show

Thursday, September 7, 11am-3pm Cost: \$5 per entry
Gallery Lev Shalem enriches the experience of all members and visitors by presenting a series of juried exhibitions that celebrate the artistic efforts of our community and the region, and to express both secular and Judaic themes. To have your work considered for the exhibit, please bring it to WJC during the hours stated above.

Yiddish is a M'Khaye! (Yiddish is a Joy): Songs and Stories performed in Yiddish and English by Hy Wolfe, Miryem-Khaye Seigel, and Steve Sterner

Sunday, October 15, 1pm-3pm
Cost: Free and open to all. Nosh included.
The whole family is invited to join us for an afternoon of Yiddish songs and stories – all gems! Don't understand a word

of Yiddish? Your parents spoke it when they didn't want the children to understand? Do not worry! We will translate every song and story. This is an exceptional opportunity to enjoy some of the leading voices in the world of Yiddish culture. This program is made possible by WJC's ChaneYachness Memorial Fund for Ashkenaz Culture through Yiddish Language, Song and Literature.

Jewish Mindfulness/Heartfulness Practice Group with Rabbi Jeff Roth and Gail Albert

Mondays, October 16 – December 18, 7pm-8:30pm
Cost: Free and open to all, donations welcome
The practice of mindfulness/heartfulness is to pay clear loving attention to what is arising in the here and now of each moment of life. It is a practice of awakened attention to life as opposed to the usual "automatic" mode we often times find ourselves using as we sleep-walk through life. Each week, we will work with some practice instructions leading to a 45 minute silent period. After practicing, each person will be invited to share their experience of the evening's practice. We will have the chance to explore the impact of this practice on our daily lives. Some didactic material regarding the practice and its Jewish components will be explored as part of the process. Rabbi Jeff Roth is the co-creator of the Awakened Heart Project for Contemplative Judaism. He is a renowned teacher of Jewish meditation practices and the author of two books, "Me, Myself & God: A Theology of Mindfulness" and "Jewish Meditation Practices for Everyday Life". Gail Albert, PhD is a clinical psychologist and a certified teacher of Jewish meditation. She is the author of "Mending the Heart, Tending the Soul: Directions to the Garden Within", a guide to the spiritual journey through contemplative meditations on each week's Torah reading.

Café Lev Shalem

Saturday, October 28, 7pm-10pm
Cost: \$10 suggested donation, all are welcome
Come for a night of music, dancing, and friendship, and fun. The band Pops and the Weasels featuring Tom Colello and Nathan Brenowitz will be playing jazzy blues for your dancing and listening pleasure. Light refreshments will be served. Come on out and bring your friends!

Intake for Gallery Lev Shalem's Small Works Show

Thursday, November 6, 11am-3pm Cost: \$5 per entry
Gallery Lev Shalem enriches the experience of all members and visitors by presenting a series of juried exhibitions that celebrate the artistic efforts of our community and the region,

and to express both secular and Judaic themes. To have your work considered for the exhibit, please bring it to WJC during the hours stated above.

“Random Acts”: One Woman Show by Renate Henrichs

Sunday, November 19, 3pm-5pm

Details TBA

Holiday Bazaar

Sunday, December 3, 10am-3pm

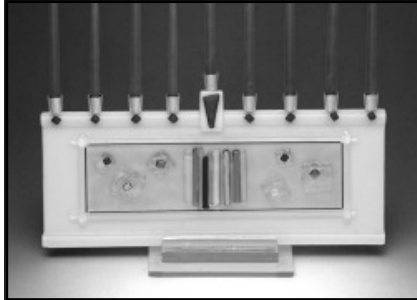
Cost: Free and open to all, donations welcome

The bazaar is a great opportunity to buy gifts from local craftspeople and vendors. We will offer, books, crafts, and jewelry for everyone, and all your Channukah needs – dreidels, gelt, and candles

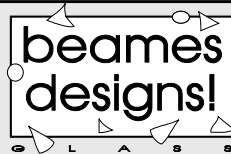
Film Series: The Other

Sundays, Dec 10, Dec 24, Jan 14, Jan 28, Snow Date Feb 25, 3pm-6pm

This four part series will be led by Ellen Foreman. Each film will be followed by discussion. Join us for one or all! Details TBA.



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Sunday, May 6, 2018

Pencil in that date in your calendar

**We're planning A Big Bash to celebrate
Israel's 70th Anniversary**

The Israel Advocacy Committee of the Ulster County Jewish Federation invites YOU
and your friends to come and celebrate Israel's 70th Anniversary on the grounds of the
Woodstock Jewish Congregation

Date: Sunday, May 6, 2018

Time: 1:00 - 5:30pm

Place: Woodstock Jewish Congregation

Admission: Free

We are planning many activities, exhibition booths and
entertainment for adults and children as well.

The planned schedule of activities and performances are:

- | | |
|----------------------|--|
| 1:00 - 3:00pm | Exhibits, booths, activities, snacks,
Israeli food and music |
| 3:00- 3:30pm | Local & state dignitaries will read
proclamations |
| 3:30 - 5:30pm | Livia and Bill Vanaver, Musicians and
The Caravan Kids -
perform and demonstrate Israeli Folk
Dances and then involve and
teach/lead children and adults from
the audience in these dances. |



Jewish Federation of Ulster County, Inc.

One Albany Ave., Suite G-10 • Kingston, New York 12401

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Join Us!



✧ Thursday, September 7, 5-9pm

Fall for Art- 21st annual juried art show, sale & cocktail reception benefitting area charities & featuring 29 local artists. At The Chateau, 240 Boulevard, Route 32, Kingston Special Recipient: The Kingston Library. Advanced reservations \$45 (\$50 at the door.) Call 845-338-8131, on-line www.fallforart.org.



✧ Saturday, September 9, noon

At The Matthew Persen House - Museum & Cultural Center, 74 John St., Kingston, one of the county's oldest buildings. Keeping Ulster County History Alive! Enjoy a special program hosted and created by the Reher Center for Immigrant Culture & History. FREE Admission. www.rehercenter.org; info.rehercenter@gmail.com.

✧ Sunday, September 10, 10am to 1:00pm (rain date Sept. 17)

Cemetery gravestone restoration project hosted by the Community Action Committee of Congregation Emanuel and the Jewish Federation of Ulster County at Montrose Cemetery in Kingston. Learn the proper way to clean gravestones and about making rubbings, as well as the meanings of grave stone symbols and rituals. Wear old clothes. No experience necessary. For further information, contact Rick Mahler at (845) 901-0988, or call the Federation office at: 845-338-8131.

✧ Tuesday, September 26, 5-8pm

2ND ANNUAL DELI DINNER, Old Dutch Church, Uptown Kingston

A benefit for the Reher Center for Immigrant Culture & History. Enjoy traditional Kosher delicatessen favorites catered by Lew and Amy Kirschner. For information about take out orders or reservations, visit: rehercenter.org or call 338-8131.



✧ Monday, October 9, 7:00pm

Enjoy a fun evening of Israeli food, songs, dance, and shaking the **Lulav**, in the Sukkah at Congregation Emanuel, 243 Albany Avenue, in Kingston. Hosted with the Jewish Federation of Ulster County's Israel Advocacy Committee. Admission FREE.

Lulav is a closed frond of the date palm tree. It is one of the Four Species used during the Jewish holiday of Sukkot. The other Species are the hadass (myrtle), aravah (willow), and etrog (citron).

Please visit www.ucjf.org or Call 845-338-8131 for details.