

A Happy New Year

5783 - 2022

לשנה טובה תכתבו

TO THE ENTIRE CONGREGATION
AND ALL THE MEMBERS
OF THEIR FAMILIES

WE EXTEND OUR VERY BEST WISHES
FOR A NEW YEAR AMPLY BLESSED
WITH HEALTH, HAPPINESS &
WORTHWHILE ACHIEVEMENTS

The Rabbi, Cantor and
the Entire Professional Staff,
the Officers and Board of Trustees
of the Congregation



HIGH HOLY DAY SERVICES ☆ 5783 - 2022

*Our High Holiday services will be in person as well as available
to livestream except where noted!*

SELICHOT SERVICE

Saturday, September 17 8:45 PM Zoom

EREV ROSH HASHANAH

Sunday, September 25 6:30 - 7:30 PM In person/Livestream

ROSH HASHANAH - 1ST DAY

Monday, September 26 9:30 AM - 12:30 PM In person/Livestream

TASHLICH/MINCHA (Outdoors)

Monday, September 26 6:15 - 7:30 PM In person only/No Livestream
(tickets required)

ROSH HASHANAH - 2nd DAY

Tuesday, September 27 9:30 AM - 12:30 PM In person/Livestream

MINCHA/KOL NIDRE/MAARIV

Tuesday, October 4 5:45 - 7:30 PM In person/Livestream

YOM KIPPUR DAY

Wednesday, October 5 9:30 AM - 1:00 PM In person/Livestream
(Yizkor approximately 11:15 AM)

MINCHA/NEILAH/MAARIV

Wednesday, October 5 4:45 - 7:22 PM In person/Livestream

SUKKOT SERVICE - DAY 1

Monday, October 10 9:30 AM In person/Livestream

SUKKOT SERVICE - DAY 2

Tuesday, October 11 9:30 AM In person/Livestream

VIRTUAL EARLY YIZKOR SERVICE

Sunday, October 16 5:45 PM On Zoom

SHEMINI ATZERET/YIZKOR

Monday, October 17 9:30 AM In person/Livestream

SIMCHAT TORAH EVENING CELEBRATION

Monday, October 17 7:15 PM In person/Livestream

SIMCHAT TORAH

Tuesday, October 18 9:30 AM In person/Livestream

SELICHOT 2022



Our annual Selichot observance will take place on Zoom on Saturday evening, September 17th at 8:45PM. We hope you will join us for this service, which serves as the formal beginning of the High Holiday season.

During this service, we recite prayers that concentrate on the great ideas of the High Holidays. The prayers and the High Holiday *nusach* (melodies) are meant to help us focus on *T'shuvah* (repentance), *Slichah* (forgiveness), and *Kaparah* (atonement). One of the highlights of the service is the repetition of the 13 Attributes, a descriptive passage from Exodus (34:67) that expresses God's merciful nature:

The Lord! The Lord! A God compassionate and gracious, slow to anger, rich in steadfast kindness, extending kindness to the thousandth generation, forgiving iniquity, transgression, and sin; yet He does not remit all punishment...

Sephardic communities begin reciting Selichot at the beginning of Elul so that a period of 40 days, similar to the time Moses spent on Mount Sinai, is devoted to prayers of forgiveness. The practice among Ashkenazi Jews is to begin saying them on the Saturday night prior to Rosh Hashanah. However, if there are fewer than four days between the beginning of Selichot and Rosh Hashanah, the prayers are begun the previous Saturday night. As my revered teacher, the late Rabbi Dr. Reuven Hammer wrote some years ago in his masterful explanation of the High Holidays, "the conclusion of the Sabbath was considered particularly propitious for such prayers of forgiveness, since it marks the beginning of a new week and the completion of a sacred day of rest and study."

The Selichot service can be quite moving. We sense the extraordinary nature of the prayer and turn introspectively within ourselves. The prayers themselves are pleas for mercy. The melodies are sad and full of longing. As Cantor Weiss leads the prayers wearing his *Kittel*, the white garment reserved for the High Holidays, he is expressing the despair that accompanies separation from God and the desire to change and repent. Selichot helps us to consider how we can break the cycle of our lives and change ourselves for the better.

Live Streaming 5783-2022 High Holiday Services

We are pleased to be offering live streaming of our High Holiday services again this year, except for Tashlich. In general, our programs and services have been through Zoom, which allows participants to see, communicate and share information with one another through a two-way broadcast. In contrast to Zoom, which is interactive, Livestream is a one-way broadcast, a bit more formal, and thus appropriate for the High Holidays. All our Shabbat morning services have been Livestreamed this past year.

Our camera is positioned to view the entire bimah area where Rabbi Weiner, Cantor Weiss, Rabbi Kogen and our members will be davening. Unlike Zoom, you will be able to view the service, but you will not be seen on screen. We still would love to see you in person but hope that congregants will feel like a part of our community from home if they are unable or hesitant to attend in person. Please join us on livestream services at Jccparamus.org/livestream. You can find the link at the top of the JCCP/CBT website. *Chag Sameach!*

Jewish Community Center of Paramus/ Congregation Beth Tikvah

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From the Rabbi



Rabbi Arthur D. Weiner

I spend a lot of time in cemeteries. Now that may be a strange way to start a High Holiday bulletin article, but there are a lot of important lessons and a lot of wisdom that can be learned there if you know how to listen. When one spends time in a cemetery and pays attention, you see a great deal of history. There are pillars and plaques that record the name of burial societies that were established by generations of Jews who arrived between 1880 and 1920. There are markers that announce the names of synagogues that own land for the burial of their members. In their own way, they tell the story

of the commitment of Jews to ensure the burial of their loved ones and community members according to Judaism's values, customs, and laws. I have learned so much about the history of Jews in New Jersey by my hundreds of visits over the years local cemeteries throughout the state.

But even more important, cemeteries tell stories of individuals. As you wander through the cemetery you pay attention to the stones. What do you find there?

Beloved mother, devoted father, a friend to many

Rabbi, teacher, communal leader

Holocaust survivor

An honorable man

A woman of valor

A man/woman of compassion, generosity, kindness, and good deeds

A proud Jew

You too have been to cemeteries and have seen these stones. You find that they attest to the loving relationships that individuals forged, their work on behalf of the greater community, the positive influence they had upon their families and communities, and the kindness and compassion they devoted to others during the course of their lifetime. I have helped hundreds of families over the years with their headstones and footstones, and almost every one faced the same problem. How can we sum up all we want to say in the five or seven or nine lines that are allotted to us?

In 1888, the obituary section of a French newspaper mistakenly eulogized Alfred Nobel. It was actually his brother, Ludwig, that had died. You may recall that Nobel was the inventor of dynamite. The newspaper characterized him as someone who had grown rich by developing new ways to "mutilate and kill." Nobel was both hurt as well as shaken by this premature obituary and the statement it made about his life. As a result, he rewrote his will leaving most of his fortune to a cause that would be admired and celebrated by all. He established the Nobel Prize that to this day is given to scientists, writers, and peacemakers to recognize and encourage efforts that better all humanity. He wanted to be remembered differently.

What do you want your tombstone to say about you? And more importantly, what statement about our lives do we want to make to ourselves? This season of the year, during the Hebrew month of Elul that precedes Rosh Hashanah, is the time that Jewish tradition challenges each of us to ask these questions, and answer them honestly.

What do you need to do right now to make sure that you are living your life in such a way that you are leaving a positive impact on those who look to you for guidance and values?

What do you need to do to live your life with more purpose, more satisfaction, and more joy?

Who do you need to repair a relationship with?

What simple (or maybe not so simple) pleasure or joy have you denied yourself?

And what efforts are you willing to expend to try to make the adjustments that could improve lives, and whose benefits will be enjoyed now and in the future?

Your parents, spouses, or children cannot answer for you. This is work for you alone.

What do we need to accomplish this year? I'm a firm believer that each one of us knows the answer to these questions. It's simply a matter of taking the time to ask the hard questions that can lead to real growth and improvement. That is what the High Holidays are all about. They remind us that our time on this earth ultimately is finite. What can we do this year that will help us to live in a manner that matches our true potential?

L'Shanah Tovah from my family to yours,

Rabbi Arthur D. Weiner



We use a variety of Hebrew words and terms throughout the High Holidays days. It is increasingly clear to Rabbis and Jewish educators that many of the terms and words we use are familiar, but are not fully understood by all. We need to change that. I want to share and define some words and terms in the hope that they will add to your understanding as well as provide additional opportunities for you to connect with the great ideas, themes, observances, and traditions of Rosh Hashanah and Yom Kippur.

Must-Know Rosh Hashanah Words and Phrases

Akedah. Pronounced ah-keh-DAH. Literally "binding," the *Akedah* refers to the biblical story of the binding of Isaac, which is traditionally read on the second day of Rosh Hashanah.

Chag sameach. Pronounced KHAG sah-MAY-akh. Literally "happy holiday," a common greeting on Rosh Hashanah and other Jewish holidays.

Elul. Pronounced el-OOL (oo as in food). The final month of the Jewish calendar, it is designated as a time of reflection, introspection and repentance.

Het (also chet). Pronounced KHET (short e). Sin, or wrongdoing

L'shana tovah u'metukah. Pronounced l'shah-NAH toe-VAH ooh-meh-too-KAH. A Hebrew greeting for the High Holiday season that means, "For a good and sweet year."

Machzor. Pronounced MAHKH-zohr. Literally "cycle," the *machzor* is the special prayer book for the High Holidays, containing all the special High Holiday liturgy

Selichot. Pronounced slee-KHOTE. Literally "forgivenesses," *Selichot* are prayers for forgiveness. *Selichot* refers to two related types of penitential prayers. The first are the prayers that are customarily recited daily at morning services during the month of *Elul*. This is also the name of the service that takes place late at night on the Saturday preceding Rosh Hashanah (August 28, 2021) and consists of a longer series of these penitential prayers.

Shofar. Pronounced shoh-FAR or SHOH-far (rhymes with "so far"). The ram's horn that is sounded during the month of *Elul*, on Rosh Hashanah, and at the end of Yom Kippur. It is mentioned numerous times in the Bible, in reference to its ceremonial use in the Temple and to its function as a signal-horn of war.

Tashlich. Pronounced TAHSH-likh. Literally "cast away," *Tashlich* is a ceremony observed on the afternoon of the first day of Rosh Hashanah, in which sins are symbolically cast away into a natural body of water. The term and custom are derived from a verse in the Book of Micah (Micah 7:19).



President's Message



Rob Chananie

Once again, it has been an especially challenging year. The only constant is change and this past year certainly highlighted that reality.

The JCCP/CBT clergy, staff, officers, and diligent volunteers have all worked hard as a team to make our synagogue as great as it can be. It is a challenge and every day we attempt and adjust to find that new normal. We really strive to do our best to continue to offer the best programming and services while maintaining the safest environment for our congregants. We truly thank everyone for their cooperation; it is not

easy or necessarily fun, BUT.. it is safe... and knowing we are there for our congregants, protecting them and truly caring about them, is very special.

The daily minyans and services have been extremely well attended. Sadly this year brought many deaths, but the JCCP/CBT was there for mourners and their families.

I personally thank each and every one of you for your understanding and patience, as we still navigate the stormy Covid virus, which is still here, affecting our congregants and their families and friends daily.

Please remember that the JCCP/CBT clergy, staff, and officers are always here for you.. in good times and bad... to listen, react, and help as best as we can. We really do try. Feel free to continue sending messages and suggestions — we are a family! Community is part of our name!

Stay strong everyone!

Wishing everyone a happy HEALTHY, sweet and prosperous New Year!

Rob and Beth, and our wonderful loving family:

Josh, Arlene, Kylie and Taylor Chananie
Rachel, Adam, Rebecca and Abigail Jay
Michael, Alyson and Sadie Chananie

FUNDRAISING

Consider supporting our shul by participating in these fundraising efforts:

- ❖ Leaf on the Tree of Life
- ❖ Yahrzeit Plaques
- ❖ Sisterhood Gift Shop, including yarmulkes
- ❖ Amazon Smile



amazon smile
You shop. Amazon gives.

L'SHANA TOVA

Register Now!!!

The Jewish Community Center of Paramus/Congregation Beth Tikvah and the Fair Lawn Jewish Center/Congregation B'nai Israel are proud to have had another successful year and look forward to 2022-2023.



Community Hebrew School
of Bergen County

over 100 years of Jewish education experience

Register for our Regional Hebrew School located in Fair Lawn and Paramus

Family Activities and Holiday Celebrations!
Pre-Kindergarten - 7th grade

Contact Educational Director Marcia Kagedan
for registration information:

<http://www.chsbc.org/parents/registration-form/>
201-815-8136 or edudirector@chsbc.org



COVID COMMITTEE UPDATE

Dear JCCP/CBT members,

We want to update you regarding our progress with continuing to resume the operations of the synagogue in a safe manner. As you know, we have put safeguards into effect to protect the congregation against the COVID-19 virus and the variants which now present a problem. We have mandated that all individuals wishing to attend events within the building be double vaccinated, have at least one booster, and wear a mask.

During the past year

- We installed Zoom capability in the chapel, and plan to use it shortly for in-person Board of Trustees meetings, minyans, and other synagogue events.
- We have added full lay participation to Shabbat and holiday services.
- Our in person social activities now include mah-jongg, canasta, exercise classes, movies, and a book club (all following the masking policies).
- In person Hebrew School has returned to our building.
- Our gymnasium continues to be used for basketball rentals on Sundays and several nights during the week.
- The synagogue is open for committee meetings and gatherings, following our policy of masking and no food (being served indoors).
- Adult education will return to the building in the fall.

The COVID Committee, in consultation with the Medical Committee and the Rabbi, will continue to act in the best interest of the synagogue and every congregant. We are continuing a stepwise approach to safely open the synagogue. We have been conducting in person Shabbat services successfully. We must continue to be vigilant and maintain the use of masks to prevent possible asymptomatic spread of COVID-19. We are sensitive to your needs and would like to proceed in the safest manner possible. At this time we are allowing people to sit with their friends at services if they desire. We will frequently review our decisions so that we can move forward to opening up the synagogue for more events, while considering the medical and scientific information.

Sincerely,

Dr. Steven Rubin

Chairperson Medical and Covid Committees

Stuart M. Smith

Co-Chairperson Covid Committee

From the Executive Director



Rita Miller Greenberg

A new normal. We seem to be hearing this all the time. We are living a new normal. While we are not yet "over" Covid and the pandemic is still upon us, we have managed with this "new normal". We have managed to open the synagogue to daily life, which includes cards and games, exercise and discussion groups, and movies. The only things that separate us from the days before Covid are that we are still wearing our masks to protect those around us and we are not yet eating in the synagogue.

We now have the option to Livestream services and have both Zoom and in person classes and meetings. I think that is a plus. We have been steadfast in our desire to keep all of our congregants safe and thus far have done a very good job of it. We have dealt with the ups and downs of infection transmissions by always thinking about what is best for all, what is best for our community. I am

hopeful for the future and certainly look forward to the day when we will not have to be masked, but, for the time being, it is a small price to pay to keep everyone safe.

I choose to think about all the "positive" that has come out of the pandemic. I think everyone is even more connected now than we were before. Our frequent meetings on Zoom have given us the ability to include many who perhaps would not be able to drive to the synagogue for meetings – for whatever reason. Our Zoom minyans continue to be well attended, by both our members and family members, many of those saying Kaddish. People on vacation have frequently joined into meetings. Zoom has definitely opened up a whole new world of connections for us.

This is not to say that we do not want you at the synagogue – we do! The JCCP/CBT is open for business. Want to schedule a meeting? Give me a call! Every month we have movies with surround sound in the sanctuary, book clubs with interesting discussions, exercise 3 times a week, and Canasta and Mah Jong every week, all in person. If you have an idea for an activity, let us know! We are always looking for new and exciting activities to include. Community Affairs has monthly projects to get involved with and Sisterhood would love to have your help. So, yes, we are open for business.

A new year brings new possibilities. *L'Shanah Tovah to you and yours.*



Light the Shabbat Candles



Friday, September 2	7:09 PM
Friday, September 9	6:57 PM
Friday, September 16	6:45 PM
Friday, September 23	6:33 PM
Friday, September 30	6:21 PM

Light High Holiday Candles

Rosh Hashanah-Sun., Sept. 25	6:30 PM
Rosh Hashanah-Mon., Sept. 26	7:37 PM
Yom Kippur-Tues., Oct. 4	6:15 PM
Sukkot-Sun., Oct. 9	6:07 PM
Sukkot-Mon., Oct. 10	7:14 PM
Shimini Atzeret, Sun., Oct. 16	5:56 PM
Simchat Torah, Mon., Oct. 17	7:03 PM



JFCS

JEWISH FAMILY & CHILDREN'S SERVICES
OF NORTHERN NEW JERSEY



In conjunction with this year's High Holy Day Operation Isaiah food drive, the JCC of Paramus/Congregation Beth Tikvah is partnering with JFCS to help our community!

We are collecting these items for JFCS's Corner Market Food Pantry:

- Paper Towels
- Ziploc Bags
- Cereal
- Olive Oil
- Pretzels/Chips
- Tuna Fish
- Pasta
- Marinara Sauce

**Unopened and not expired.*



**Please drop off all items in the bin in front of the JCCP/CBT from Sept. 9 through Kol Nidre, Oct. 4.
Machzor pick up is from Sept. 11 to 22.**

Monetary donations are also welcome. Checks are payable to "JFCSNNJ"

For information, call Debbie at (201) 906-8257 or email Beth, Beth@JewishMediaGroup.com



Want to Volunteer at JFCS? Contact Sharon Kolb: 201-837-9090 x238

To make an appointment to pick up food from the Corner Market for your family, visit:

www.jfcsnnj.org/market

JFCSNNJ.ORG 201.837.9090
Serving Bergen, Passaic, and Hudson counties!

COMMUNITY HEBREW SCHOOL OF BERGEN COUNTY
An Open House Special event!

CHILDREN AGES 4-7

Bring along an adult (parent/grandparent) to enjoy

“GETTING READY FOR THE JEWISH NEW YEAR!”

Sunday, September 18th, 9:45 - 11:00, in Paramus



Make a 'shofar', sing songs, hear great stories, celebrate the birthday of the world and make a centerpiece for your holiday table.

Kosher, nut-free snacks, including delicious apples and honey!

Next monthly Sunday Special is on Sunday October 16th in the Sukkah.
Sunday Special events scheduled from October-May and are for 3-5 year olds.

There is no fee but PLEASE let us know you are coming. Contact Marcia Kagedan, CHSBC Principal at 201-815-8136 or edudirector@chsbc.org



CHSBC classes meet in Fair Lawn and Paramus

On Sunday September 18th CHSBC and this Open House Special will be at the Jewish Community Center of Paramus/CBT, 304 East Midland Avenue, Paramus



HAPPY NEW YEAR 5782!

A new school year is beginning and with the help of G-d and the CDC let's hope for a full year of in person classes. 2020-2021 was 95% remote. 2021-2022 was 70% in person. I am planning and praying that 2022-2023 will be 100% in person! Our calendar is jam-packed with learning opportunities, special activities, Shabbat happenings, family programs and school trips. Sure hope that all that is planned can come to fruition, in person!

With Rosh Hashanah coming toward the end of September we are able to fully prepare our students for all the fall holidays. We will maximize our limited classroom time with as much learning and activity as possible. We will have a special surprise activity before Rosh Hashanah: the children and their parents will help to decorate the sukkah. We are planning a brunch in the sukkah during the holiday, at which time the parents will have the opportunity to meet our teachers too.

We have a lot of wonderful things planned for the coming year. This year there are two grades that will receive their first siddurim in November. Also in November our oldest students have a guest speaker who will make a present about Kristalnacht.

Trips are planned for all students. We will be going to the Brooklyn Jewish Children's Museum and older students will also go to the Holocaust Museum and Center for Tolerance and Education in Suffern, NY.

A study unit about Shabbat will include baking challah, designing a challah cover and learning the prayers we say at home on Shabbat. The children will all have the opportunity to participate in synagogue services too.

Our teachers are looking forward to greeting the children on Sunday September 11th. We will continue to rotate between our two locations, the Jewish Community Center of Paramus/CBT and Fair Lawn Jewish Center/CBI. Miraculously, last year only one person went to the wrong location one time. Pretty impressive!

On Sunday September 18th we will be hosting an open house for prospective students and there will also be a program for pre-schoolers. Please help to spread the word to your neighbors and friends that we have a wonderful school and would welcome new families. Have them call me or send me their contact info and I will reach out to them.

I take this opportunity to wish you all a Happy and Healthy New Year.

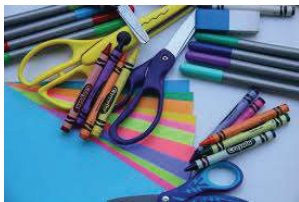
Marcia Kagedan

CHSBC Educational Director

edudirector@chsbc.org or (201) 815-8136

SUKKAH BUILDING EVENT

Sunday October 9th starting at 9:45 a.m. after MINYAN



The JCCP/CBT and the FLJC/CBI SUKKOT need to be built and decorated.

CHSBC FAMILIES

BRING YOUR **WORK GLOVES** AND **CREATIVITY**.

Families choose the location. Fair Lawn or Paramus!?! (NO REGULAR CLASSES)

CHSBC WILL PROVIDE **COFFEE, DONUTS AND CRAFT SUPPLIES**

PARTICIPATE IN THIS SPECIAL, FUN and MEANINGFUL MITZVAH!!

QUESTIONS? Call Marcia at 201-815-8136 or edudirector@chsbc.org



HIGH HOLIDAY RECORDINGS ON OUR WEBSITE

HIGH HOLIDAY MELODIES, IN THE SYNAGOGUE AND AT HOME

Please visit the JCCP/CBT website's [Listen and Learn](#) page to hear MP3 recordings of favorite High Holidays congregational refrains, which are matched to Hebrew and transliterated PDF sheets of the prayers. The sheets can be read and printed from the same webpage, plus you may pick up the same sheets as you enter the High Holidays services in the JCCP/CBT sanctuary. Slip one into your new Lev Shalem Machzor — at home or in the synagogue — and get into the spirit!

Please take advantage of this material to make your High Holiday prayer experience more enjoyable — especially by singing at home some melodies that might be skipped due to this year's abbreviated services.

Also check out the *Listen and Learn* page of prayers for the home:

How to bring **Rosh Hashanah**, **Festivals** and every **Shabbat** to our mealtimes with the appropriate versions of the **Kiddush**, as well as how to mark the conclusion of Shabbat and Holidays with the **Havdalah** ceremony.

The *Listen and Learn Birkat Hamazon* section now also includes the blessings made before eating various foods.

For all of the above prayer sheets and song files go to: www.jccparamus.org/education/listen-and-learn-prayers/



COOKING CORNER

~ from Beth Chananie ~

Thought it would be great to include this VERY simple yummy recipe to make for a break-the-fast get-together or Sukkot lunch, or honestly for any time, brunch or otherwise. It comes from the 2003 JCCP Sisterhood cookbook, "*Recipes From the Heart*." I have made this blintz dish countless times – it's one of my favorites and has a paper clip to save the page in my book (which is held together by a rubber band). Anyway, it was submitted by a former congregant, Myrna Levine, who passed away last month. She was an amazing woman.

So, Myrna, z"l, this one is for you... and for all your JCCP/CBT friends, old and new, to enjoy! She would have loved that.



BLINTZ SOUFFLE

Ingredients:

- 12 frozen blintzes**
- 1 cup sour cream
- 6 eggs
- 1/2 cup sugar
- 1 stick butter
- 1/2 cup orange juice
- 1 teaspoon vanilla
- Cinnamon sugar for sprinkling

Instructions:

Preheat oven to 350 degrees. Spray a lasagne size Pyrex baking dish (or any oven proof pan) with Pam spray. Melt 1/4 stick butter in the dish for 2 minutes in the oven and then remove the pan, swirling around the butter. Line the blintzes up in the dish.

Quickly melt the remaining butter in the microwave and pour over the blintzes.

Put all the other ingredients (not cinnamon) in the blender on high for about 1 1/2 minutes until frothy. Pour over the blintzes. Sprinkle with cinnamon sugar.

Bake uncovered for 1 hour. Serve warm. Enjoy!

**Note from Beth... Lately, I have been cutting the frozen blintzes in half. It is tricky and be careful when cutting... but it truly makes for easier placement and serving. I also only use cheese blintzes; if Rob ever got a bite of fruit one – I think he would gag... but feel free to use cheese and all kinds of fruit.. try to keep the same blintz sections together.



5783/2022 NEW YEAR'S GREETINGS

Renee & Arthur Abrams
Zelda Abrams
Sandra & Richard Alpern
Natalia & Yan Anchipolovsky
Rebecca & Dennis Angelani
Estelle Argaman
Fran Aronesty
Laura Ashkenazi
Randy & Paul Auerbach
Joan & Carl Bagner
Shiri & Koby Bambilia
Deborah & Richard Barbash
Jill & Jeffrey Bart
Sara & David Barzillai
Sandra & Jacob Bauer
Asi & Hagit Berger
Marilyn & Ralph Berkowitz
Irene Brickman & Adolph Berman
Ruth & Donald Berman
Randie & Howard Berner
Marceline Bernstein
Claire Beslow
Frances Blackman
Stanley Blecher
Karen & Bernard Blick
Diana Bodeen & Jon Rothschild
Helga Bodeen
Gilda & Herb Botwinick
Lana & Peter Brach
Dina & Jeff Braun
Carolyn Kaufman & Alan Breda
Lois & Arnold Brown
Lotte Buff
Beth & Robert Chananie
Lisa & Michael Cleaver
Beverly & Arthur Cohen
Lori & Harlan Cohen
Jeanette Cohen
Elaine & Martin Cohen
Judith & Raymond Cohen
Nancy & Stanley Cohen

Iris & Uri Cohen
Susan & Howard Cohn
Linda & Sheldon Cole
Shana & Stuart Conboy
Susan & Paul Corriel
Betty D'Ver
Siona & Sandu Davidovitch
Beverly & Milton Diamond
Lindsay & Justin Donovan
Bernice Drapkin
Linda & Paul Duboff
Barbara & Philip Edlin
Sylvia & David Egleston
Judy & Michael Elfenbein
David Elliot
Barbara & Michael Epstein
Alyce & Joseph Esrig
Phyllis Esterow
Benjamin Fais
Louis Fallon
Candice & Michael Feiler
Sandy Feinberg
Ina Feinstein & Ian Shore
Mr. & Mrs. Craig Fenster
Joanne & Nathan Fink
Frieda & Alan Finkelstein
Jacqueline & Steven Finkelstein
Beverly & Barry Fishman
Iris & Herbert Fleishman
Amy & Stephen Forman
Beverly Fox
Judith Freund
Jeffrey Friedlander
Corinne Frolow
Linda & Arthur Gaer
Roselyn Gerard
Adele & Michael Ginsberg
Nina & Gary Glaser
Phyllis & Kenneth Glatzer
Marni & Aaron Gold
Stephen Gold

Stacey & Charles Goldberg
Irma Goldberg
Nicole & Marco Goldish
Roberta Goldstein
Ruth Goldstein
Shayna & David Gombas
Hope & David Goodman
Rhonda & Daniel Gordon
Nancy & Roy Gordon
Mark Gould
Marylin Granat
Janice Greenberg
Bobbi & Robert Grodsky
Sharon & Jeffrey Gross
Janet & Ira Grotsky
Leo & Beth Guttman
Merle & Fred Harris
Rachael & Lionel Hausman
Linda & Arthur Hirschberg
Lynn & Charles Holz
Barbra & Kenneth Horner
Janie & Philip Horowitz
Helen & Gary Hutmacher
Audrey & Lloyd Hyman
Gina & Louis Izower
Bunny Jaffe
Lisa & Scott Japko
Sandra Jonas
Suzana & Steven Julis
Larry Kahn
Susan & Bruce Kaminer
Donna & Alan Kaminsky
Esther Kantrowitz
Harold Kaplan
Steven Karpen
Marcia Katz
Arnold Kessler
Leni Kirsch
Linda & Leslie Klein
Melissa & Jeff Kolodkin
Renee & Bruce Konigsberg



Marcia Kopeloff
 Gladys & Marcel Kozuch
 Claudia & Harry Kramer
 Alexander Kushner
 Irma & Kurt Landsberger
 Mrs. Sally Lax
 Janet Leeds
 Leslie & John Lehman
 JoAnne & Richard Lehner
 Daniel Leib
 Sheila & George Leipsner
 Julie & Howard Leopold
 Jennifer & Kevin Leopold
 Mildred Lerman
 Miriam Levin
 Rita Levin
 Craig Levinsohn
 Jon Levinson
 Susan & Steven Lichtenstein
 Barbara & Daniel Liebgott
 Rhoda Liebowitz
 Susan & Stanley Liebowitz
 Rachel & Herman Lindenbaum
 Joan & Donald Link
 Andrea & Jeffrey Link
 Frances & Marvin Lipton
 Michael Long & Emily Klotz
 Marsha & Eric Lowenthal
 Nancy & Gary Luks
 David Luria
 Edith Maclin
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 Rhoda Manndel
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 Greta Waxman
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 Blanche & Stuart Weinberg
 Shira & Arthur Weiner
 Melanie & Lawrence Weisberg
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 Diane & Peter Weiss
 Roberta Weiss
 Roslyn & Sam Weiss
 Sharen & Robert Weissman
 Sheila Wides
 Francine & Richard Winters
 Jill & Leon Wiser
 Dale Witkin
 Marshall Wofsy
 Ruth Wolf
 Debbie & Wayne Zeiler
 Diane & Arnie Zettler
 Seymour Zuckerman

SISTERHOOD

Hi all,

Hope you are having a great summer!

Watch for new exciting upcoming Sisterhood programs.

Just to name a few...

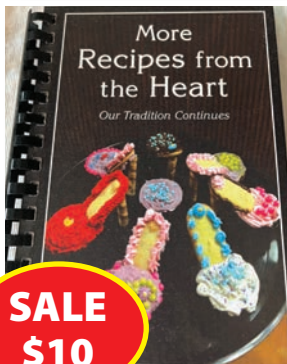
- A Trish Chambers production:
"The Secret Rosies"
- Zoom baking for Chanukah
- Wood crafts
- Walk across the Mario Cuomo Bridge
- Meet and greet with tasty treats!!

and... don't forget our Birthday Grams!!

Remember to visit **Sisterhood's Gift Shop** at the shul for High Holiday and every day great gifts. There's a Blowout Sale going on now — Sisterhood's cookbook is \$10 per copy. For information on the Gift Shop, call the JCCP/CBT office at (201) 262-7691.

On the heels of our busy year, we wish you all a very Sweet New Year, as sweet as the honey from our successful Honey Fundraiser.

See you soon!!!



JCCP/CBT EVENTS



Fran Leib Memorial Spring Food collection was a success



Shabbat Under the Stars – July Kabbalat Shabbat services at Fran and Richard Winter's home



Hebrew School Family Fun Day at Petruska Park to celebrate L'ag B'omer



45 members of 4 synagogues in the newly formed Bergen County Synagogue Alliance participated in a cleanup of the riverbank at Fair Lawn Memorial Park



Volunteers sorted and packed dinner we donated for 150 people at the Family Promise shelter in Hackensack



ADULT HIGH HOLIDAY LEARNING SERVICE

Sam Weiner will lead **Adult Learning Services** this year on **Day 1 of Rosh Hashanah** as well as on **Yom Kippur morning**. Our congregation has always enjoyed this alternative and meaningful **High Holiday** experience.

This is the **6th year** we are offering this to our **JCCP/CBT** family. It's an opportunity for adults to learn more about the **High Holiday** service and prayers, and encourages a different type of experience than the one offered in the sanctuary service. Perhaps you would enjoy a deeper discussion about the prayers or a further explanation of the Hebrew. This service just might be for you!

Look for more information in the upcoming weeks.

Introducing our Rabbinic intern for 2022-2023 Samuel Vingron

Samuel "Sami" Vingron is a fourth-year rabbinical student at Jewish Theological Seminary of America with a major in Jewish Thought. He was raised in Berlin and completed a BA in Jewish Studies and History in Germany at the Hochschule für Jüdische Studien Heidelberg (Institute for Jewish Studies Heidelberg) at the Ruprecht-Karls-University of Heidelberg. Sami also studied at the Rothberg International School at the Hebrew University in Jerusalem Israel before coming to New York. He has served synagogues and worked for Jewish communities in Germany, Israel, and looks forward to his work at the JCCP/CBT.



Samuel Vingron

The most beautiful aspect of being Jewish for Sami is "that one is able to connect with Jewish communities no matter where one finds oneself in the world." Sami enjoys listening to music, playing drums and writing poems. We look forward to welcoming Sami this September.

JCCP/CBT BOOK CLUB FALL 2021

Upcoming Book Club Events!

Tuesday, September 20

Woman Is No Man by Etaf Rum
Facilitated by Claire Beslow

Sunday, October 23

The Orchardist by Amanda Coplin
Facilitated by Stephen Waterstone

Tuesday, November 15

The Personal Librarian by Marie Benedict

Tuesday, December 13

We Are Not Like Them by Christine Pride

Tuesday, January 17 – TBA

Tuesday, February 21

My Name is Lucy Barton by Elizabeth Strout
Facilitated by Dina Stein

Times and places for all meetings to be announced.

Please share any questions or exciting book club suggestions with Mimi at (201)265-0454 or (201)362-5593, email Grandmamimil@verizon.net

Have a great time reading!





WALK INTO THE NEW YEAR

FRIENDSHIP
is sweeter than
HONEY



Friendship WALK

SUNDAY, SEPTEMBER 11
MA'AYANOT YESHIVA
HIGH SCHOOL
1650 Palisade Ave., Teaneck
10:00AM REGISTRATION
10:30AM WALK

www.NJFriendshipWalk.com

Community Affairs Group Is Always Looking For New People & New Ideas!



COME JOIN US!

Current and Future Projects:

Helping Ukraine
Gardening
Card Making
Senior Visits
School Supplies
Pet Supplies Collection

September 21st
October 26th
November 30th
December 21st

Tuesdays at 8:30 pm
Zoom or in person, TBD
(Dates and times subject to change)

Past Projects Include:

Food, Clothing and Toy Drives
Delivering Challahs to Members
Clean Up Projects
Feeding the Homeless
Recording Books for Kids

Some Examples Of Organizations We Have Contributed To:

Center For Food Action • Family Promise • Boys and Girls Club of Paterson and Passaic
American Heart Association • Jewish Family and Children's Services of Northern NJ

Please Contact

Debbie Zeiler at (201) 599-1392 or Roz Gerard at (201) 262-5828)

With Questions or New Ideas!



Are you sandwiched?

Do you take care of your kids and your parents?

If you answered yes, then please join us.

The Sandwich Club

**Where we talk, share, strategize, and listen to each other
as we navigate our sandwich worlds!**

September 13th

October 25th

November 8th

December 6th

Wednesdays at 7:00 pm

(Dates and times subject to change)

Meetings will be via zoom or in person based on current Covid policies and/or weather conditions.

The above dates are tentative and we may as a group decide to change to Sundays.

Reach out to Joan or Debbie to join our email list and/or to get more information.

Joan Link

201-800-2231

joaniespumoni@yahoo.com

Debbie Zeiler

201-906-8257

dibble.one@gmail.com



Jewish Community Center of Paramus Congregation Beth Tikvah

~ ADULT EDUCATION 2022-2023 (5783) ~

"He who does not increase his knowledge, decreases it ..." (Pirke Avot, 1:13)

Dear Fellow Congregants,

The Adult Education Committee is planning courses and events for the New Year, 2022-2023 (5783). We have offered a varied adult education program on Zoom throughout all of the COVID era and will continue, with your generous assistance, to offer programs and opportunities for learning, no matter what the new year may bring.

Make this the year you take a class or attend a Book Club meeting whether from the comfort of your own home or in person. We hope you will expand your Jewish horizons by joining us for a variety of offerings, something for everyone:

**Classes taught throughout the year by
Rabbi Weiner, Rabbi Kogen, Rabbi Gold,
Rabbinic Intern Samuel Vingron,
and talented lay leaders**

We have a series of special events planned for this year as well, including an 8-part lecture series **Jewish History from Biblical Times to the Present**, led by leading historians and scholars and an expanded virtual Jewish Travel series where we will learn more about the Jewish communities and history of Japan, Berlin, London and Amsterdam.

We look forward to our 5th Spring event sponsored by the **Harold Lerman Fund for Israel Education and Engagement** rescheduled for May 2023.

Adult Education increases your knowledge and helps you be more comfortable at services. You can visit our website's **Listen and Learn** page, (under the "Learning" menu), for MP3 recordings of favorite High Holiday congregational refrains, melodies for Torah aliyah blessings, and more, matched to Hebrew and transliterated PDF sheets of the prayers.

Every Adult Education class and event at the JCCP/CBT is offered at little or no cost. In order to continue to provide free classes and cover our expenses for other events like we've had this past year, we rely on donations from our **Annual Adult Education Appeal**. **The money we collect now is our only funding**; Adult Education is not funded by the synagogue. In these times, your generous donations would be especially appreciated.

We look forward to hearing from you and thank you in advance for your continued support and commitment to Jewish education and our synagogue.

Sincerely,

Mark Topel

Adult Education Committee Chairman

✂.....



~ ADULT EDUCATION SPONSOR FORM ~

You can count on my/our support for the coming year. A check for \$ _____ is enclosed.

- | | | |
|------------------------------------|-----------|----------------------------|
| <input type="checkbox"/> Patron | \$ 136.00 | (Per individual or couple) |
| <input type="checkbox"/> Sponsor | \$ 100.00 | (Per individual or couple) |
| <input type="checkbox"/> Builder | \$ 36.00 | (Per individual or couple) |
| <input type="checkbox"/> Supporter | \$ 18.00 | (Per individual or couple) |

Name(s) _____ email _____

Address _____ Phone _____



ORDER YOUR LULAV & ETROG SET

In order to increase the awareness and observance of *Sukkot* among our membership and the larger Jewish community, the Jewish Community Center of Paramus/Congregation Beth Tikvah will again provide *Lulavim* and *Etrogim* from Israel for those who wish to order them. They will be delivered to our congregation straight from our supplier in Israel, ready for the joyous festival of Sukkot. **Sukkot begins on Sunday evening, October 9, 2022.**

Each year, more and more of our members purchase *Lulavim* and *Etrogim*. We encourage each family in the congregation to purchase a set and observe this great *Mitzvah*. Each set will include all the four species: the **etrog**, the **lulav**, the **hadassim** (myrtle), and **aravot** (willow). The price for each set is \$45.00.

Your *Lulav* and *Etrog* will be ready for pickup on Sunday morning, October 9, 2022.

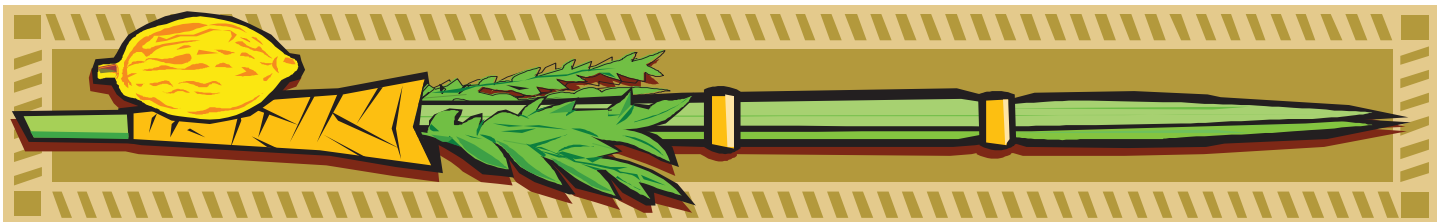
To order your Lulav and Etrog please do one of the following:

- 1. Call the Synagogue office at 201-262-7691**
- 2. Email the office at office@jccparamus.org**
- 3. Return the following order form by September 30, 2022.**

Name: _____

Address: _____

Telephone: _____



Support the JCCP/CBT when you shop for
Rosh Hashanah

ShopRite ♦ Stop & Shop ♦ Fresh Grocer
\$50 or \$100

To purchase, please contact:

Eileen Schneider at 201-914-0366
(EileenSchneid@gmail.com)

or

Mimi Levin at 201-362-5593
(Grandmamimi@verizon.net)



Delivered to your home!

The JCCP/CBT receives a 5% donation for each card sold!

CARE PACKAGES FOR YOUR KIDS IN COLLEGE

The JCCP/CBT sends holiday packages to our undergraduate college students. This year we will once again send different packages based on what year your child is in, so throughout their college years, they will have received packages covering several Jewish holidays. If you would like your child/ren to receive a JCCP/CBT care package, please send us their mailing address for the upcoming year, as well as their academic year (freshman, sophomore, junior, senior).

And because this academic year has so much uncertainty, we are leaving the option open as to what we send. This year will most certainly be different from the past but no less fun for our kids!

This program is for children of our members. However, if you would like us to send a care package to your grandchildren or other family members, please submit a check for \$20, which covers the cost of the 2 care packages plus shipping.

Please submit the addresses via email to Roz Mehr (rmehr5@hotmail.com) If you have any questions, please send an email or give a call to Roz at 551-486-4743.

ALL YOUTH WELCOME AT OUR OPENING EVENTS

Synagogue affiliation not required

USY – grades 8-12

KADIMA – grades 4-7

FLIPPER chapter of USY and Kadima are sponsored by

Fair Lawn Jewish Center/Congregation Bnai Israel

Jewish Community Center of Paramus/Congregation Beth Tikvah

Temple Israel & JCC of Ridgewood.

USY OPENING EVENT

Sunday October 2, 1-2:30 pm

Temple Israel Jewish Community Center • 475 Grove Street, Ridgewood

Lunch and Sports Activities

KADIMA OPENING EVENT

Sunday October 23, 12:30-2:00 pm

Fair Lawn Jewish Center/CBI • 10-10 Norma Avenue, Fair Lawn.

Lunch and Sports Activities

1st Event is FREE. ALL ARE WELCOME!

ANNUAL FLIPPER MEMBERSHIP IS JUST \$18. Free in house events!

Synagogue membership is not required to join FLIPPER youth.

RSVP: Youth advisor Marcia Kagedan, 201-815-8136 or edudirector@chsbc.org



We are pleased and excited to announce that the JCCP/ CBT has entered into an informal partnership with five other congregations in our area to establish the Bergen County Synagogue Alliance. The purpose of the Alliance is to create a forum in which member synagogues will collaborate with one another to offer joint social and educational programming, social action, and Men's Club and Sisterhood events to all members of our respective communities. The objective is to broaden the individual outreach efforts of each synagogue to include the broader Jewish communities in Fair Lawn, Paramus, Ridgewood, Glen Rock, and Franklin Lakes.

At this time, the members of our Synagogue Alliance are:

Fair Lawn Jewish Center/ Congregation B'nai Israel

Glen Rock Jewish Center

Jewish Community Center of Paramus / Congregation Beth Tikvah

Temple Beth Sholom of Fair Lawn

Temple Emanuel of North Jersey in Franklin Lakes

Temple Israel & JCC in Ridgewood



The presidents and representatives of each synagogue have been meeting regularly over the past few months to discuss ways to collaborate and to plan our joint events. Thus far, we have offered a joint Men's Club event sponsored by Temple Beth Sholom of Fair Lawn, a joint Social Action event sponsored by FLJC/CBI, and a Golf Outing sponsored by the Men's Club of Temple Israel & JCC. You will be seeing many more such events in the near future. They will be identified by our newly-established logo.

Please join us in helping to promote a greater level of partnership with our fellow synagogues and unity within our Bergen County Jewish communities. It is only through our members' active participation that we will succeed in expanding our outreach and making our collective Jewish communities more inclusive and welcoming.

Rob Chananie, President, JCCP/CBT

Wayne Zeiler, Past President, JCCP/CBT

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