



THE VOICE OF CONGREGATION B'NAI TIKVAH

THE JCC OF NORTH AND SOUTH BRUNSWICK

Our Mission: To foster a vibrant egalitarian Jewish community founded in the religious customs and traditions of Conservative Judaism; offering excellent Jewish education and community activities for all ages with commitment to Israel and Jewish communities throughout the world.



Wednesday, May 1st



Friday, 3rd Sunday, 5th

Monday, 6th Wednesday, 8th

> Thursday, 9th Friday, 10th Saturday, 11th

Monday, 13th Wednesday, 15th Friday, 17th Saturday, 18th Sunday, 19th

Monday, 20th Tuesday, 21st Wednesday, 22nd Friday, 23rd Saturday, 25th Tuesday, 28th

Wednesday, 29th

Lunch with Rabbi Yom Hashoah Program Plugged-in Service **Congregation Breakfast Israel Lecture KADIMA Day Board of Directors Lunch with Rabbi** Falafel Ball Yom Hazikaron Yom Ha'Atzmaut **Birthday Shabbat Ritual Honors** Lunch & Learn

Mah Jongg & Canasta Night **Lunch with Rabbi** Plugged-in BBQ **KADIMA Convention**

Men's Club Israel Lecture

Board of Education Sisterhood Elections Lunch with Rabbi Lag Ba'Omer

First Round with Rabbi

USY Lunch with Rabbi

From Rabbi Robert L. Wolkoff

From Cantor Rockman

An Expression of Gratitude



When a person is truly grateful, their heart has been changed. They feel the embrace of the world, a warmth that has no physical source, a reaffirmation of their own value. The world becomes a more welcoming place, and a more vibrant one. And on top of all that—as if all of the above weren't enough—gratitude serves as a stimulus to give more in return. Not, I hasten to add, out of a sense of obligation (you gave to me, so now I have to give to you). But, instead, out of a sense of overflowing love. You gave to me, and it meant so much, so I want to give even more to you in the hope that I will make you feel as, well, *blessed* as I feel.

The expression of gratitude is an art form. No matter what kind of rhetorical skills one possesses, it is almost impossible to find the words to describe these kinds of feelings. And that is the quandary in which Ruth-Ann and I find ourselves after the spectacular Gala that recently celebrated our years serving the Jewish community. We were so moved—not just by the event, but by the dedicated and meticulous planning that went into the event. The table decorations, the logo, the food, the band, the speeches, the atmosphere and, above all, the overflowing sense of shared joy—everything one could think of was just perfect. Particularly when we have been going through such a difficult time, to celebrate life together with this community we love so much, well, words simply fail us. All we can say, from the bottom of our hearts, is thank you.

My colleague Rabbi David Holtz taught me that there used to be a private meditation for virtually every paragraph of the *amidah* prayer, to be recited while the Cantor was doing the repetition. Only one of those private prayers continues to be used and, no surprise, it is the *modim*, the prayer of gratitude. The message of the rabbis was clear. Most things have limits. Gratitude does not. And even in the world to come, the rabbis say, all sacrifices shall cease except for the *todah*, the sacrifice of thanksgiving. Because there can never be enough thanksgiving for all our blessings.

Brother David Steindl-Rast, an expert on gratitude, once said that "it is not happiness that makes us grateful, but gratefulness that makes us happy." And so deep is our gratitude, my fellow CBT-ers, that you have made Ruth-Ann and me the happiest people in the world.

B'shalom u'vididut, with peace and friendship, Rabbi Robert L. Wolkoff

Inspirational and Life Affirming It can be Very Satisfying!



"Al shlosha d'varim Ha'olam, ha'olam omed "
The world depends on three things - on Torah study, on the service of God and on kind deeds. –Pirkei Avot 1:2

Love God, Love Israel, Love the Jewish People. For a long time, these words have been my mantra. I have tried to live by these words, I am so thankful, our God, Israel and the Jewish people have in fact added monumental meaning and substance to my life. Throughout my years at B'nai Tikvah, I have been so grateful to you, my partners in many initiatives that have empowered our best intentions.

I often hear from adults in the congregation, in particular parents of our students about their longing for more Jewish knowledge, and their desire to be more comfortable during our services. Some find greater access by attending services with Barry Safeer. Another good place to start is by reading or listening to books, including the commentary in various prayer books. Witnessing our children leading services is inspirational and a very powerful passageway to engagement. It takes time to enrich your life; I believe the best pathway to understanding is by doing. Understanding and meaning will follow, not precede, attending services, and engaging with your community.

I have always been one who sees the glass as half full, not half empty. This month, on May 11th, we all will celebrate with our members who make such a strong contribution to our religious life at B'nai Tikvah. We will recognize our Torah and Haftarah chanters, our shiva minyan leaders, and the Ritual Committee members who facilitate our ritual activities.

Next month on June 1st, we will celebrate the B'not Mitzvah of eight remarkable women, each on a personal spiritual journey. Beside their teacher, Morah Stacey, have spent two years of intense study. The effort of these nine extraordinary women to attain this accomplishment can only be described as inspirational and life affirming.

The words at the top of this column from Pirkei Avot remind me that there is so much more for us to do. There are times when life interferes with your aspirations. I believe that when the prospect is presented, grasp the opportunity with all your heart and all your soul; it can be very satisfying!

I have been blessed with a great opportunity to turn my aspirations into actions. This year, you trusted me to direct the education of our children. With the support of our leadership and the talent of our teachers, a strong sense of community and our students' and parents' expectations of increased Jewish learning are growing. It is my hope and intention to engage as many adults as possible. I need your help; I know you already have the desire.

"Kedeshaynu B'mitzvotecha; instill in us the holiness of Your mitzvoth"

With joy, Cantor Bruce Rockman



Shabbat Service & Luncheon

With Special Honoree Sam Rosenzweig

Saturday, May 11 at 9:30am

We invite you to celebrate our Lay Ritual Leaders with a beautiful Shabbat morning service and delicious luncheon provided by Classical Caterers.

RSVP to Gale Dillman: dillmangale@gmail.com 609-301-8413 or on B'nai Tikvah's Website and search "Lay Ritual Honoring"

HAKOL

The Newsletter of Congregation B'nai Tikvah, JCC of North & South Brunswick 1001 Finnegan's Lane, North Brunswick, NJ 08902

Published monthly, except July and August. Submissions are encouraged about events, group activities, and anything relevant to the Jewish community. Submissions, subject to available space and editorial constraints, are due by the 15th of the preceding month. Please address all articles and correspondence to Hakol@bnaitikvah.org and try to avoid use of PDF files. Current issues are emailed via the CBT Newsletter. Archives can be found at bnaitikvah.org/hakol. Editors: Gary Bergman, Ann Gold, Art Biderman, and Janet Weiss. Advertising: Meryl Harris.

From our President Adrienne Ross

Bonfires, Celebrations, and Hope



With Pesach behind us, May always brings about Lag B'Omer and Israel Independence Day. These days are marked by bonfires and celebrations and feelings of hope for the future. Perhaps it is fitting that, this month, I share with you our plans for a "bonfire," "celebration," and "feelings of hope."

As anyone who has attended our Congregation Meetings over the past few years knows, we are marching toward the end of our mortgage. In fact, we are in the enviable position of having only 4½ years of payments left. You also will have heard that, unlike traditional home mortgages, we have an increasing burden in the final years—with a significant pre-payment penalty. The mortgage is the largest single line item in our budget, outside of salaries.

Over the past year, the Board has looked at several options for reducing our mortgage burden while enabling us to continue to serve the Congregation with the vision we all share...a strong, caring community. Options included refinancing (extending our debt), a bridge loan to offset the increases, and reaching out to our members who share our vision for a strong, vibrant community to help "burn the mortgage" and provide a reason to celebrate and truly enable us to live up to our name, B'nai Tikvah...Hope!

What can we do if we can reduce the mortgage burden by creating a "mortgage fund?" Some immediate ideas are:

- Prevent the looming mortgage increases from impacting the membership
- Use the opportunity to reduce the dues burden on every member
- Create an Annual Scholar-in-Residence series to deepen our connections and learning
- Increase programming at low/no cost
- Offer tuition free Hebrew School and outreach to young families

Over the coming months, we will be kicking off the "Burn the Mortgage" Fund. For those who share the vision outlined above, we hope you will provide a financial commitment (either as a single contribution or quarterly donation over the next 4½ years) to help us achieve our goals.. Monies will be placed in a special fund that will be used only for the mortgage. If you have questions about the plan or want to "raise your hand to help," Please contact either ms or key members of the leadership committee (Ruth Anne Koenick, Jeff Schwartz, Marty Abschutz).

I hope you will join Andy and me, along with many others in helping to "burn the mortgage" and look forward to our "bonfire celebration" on L'ag B'Omer in 2023!









Bat Mitzvah Jordyn Weintraub Daughter of Allyson & Paul Weintraub May 18

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WHAT'S MY MOTIVATION?



How many times have any of us felt like we couldn't find our motivation to do something? Anything? All of us face so many challenges in just our everyday lives and there are so many times the mountain seems much greater than our ability to climb it. "What's my motivation?"

The first time I can truly remember asking myself, "What's my motivation?," was when my sister was tragically killed in a fire at the age of 22. I was only 20 years old at the time. Besides the sorrow and self-questioning of what could I have done to have prevented this from happening, I found it so hard to face the thought of a world without her in it. "What's my motivation?" And then, at the funeral, someone who knew what to say approached me in my grief and said, "Charlie, remember one thing. If you stop living, your sister dies twice." "What's my motivation?"

I instantly found what I needed in order to move ahead. Allowing any disruption in the path and goals I need to set for myself would forever alter my own mission in a way she'd never have wanted to see for me. It's true; she would die twice.

Every day, from that moment on, I started to set goals on a daily basis of what I wanted to accomplish today. "What's my motivation?" They could be simple or complex. Plentiful or a singular item. Even if they're not completed, you still need to set out to make something happen on that day.

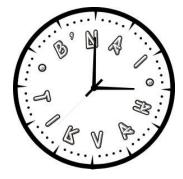
We sometimes associate success with winning, whether it comes from a competition or making things happen vs. them being accomplished by another person. "What's my motivation?" should never be about someone failing in order for you to succeed. I must admit, many times I get frustrated by goals, task, efforts that, in my mind, fail. Over the years I have

most certainly learned that jealousy over someone's ability to succeed can't be the benchmark of whether or not you've been successful.

There are many times people will do something better than you. As long as you can look in the mirror and say, "I did everything that I could do to ensure my ability to succeed," I should feel accomplished. As a retired competitive runner, I used to have a poster in my college dorm room that read "Every day, the other guy is training to beat you." "What's my motivation?" The mornings that were cold and I didn't really feel like going out on my morning training run, I'd see that poster and think, "The other guy is doing it." I can't blame him for getting better, only myself for not making the effort. "What's my motivation?"

When I was working on projects, everyone had something they "owned." Everyone needs to have that one key responsibility so they feel an effect of their contribution. It can be based on their background and ability, their strengths and readiness. I can remember coaching soccer with my kids and this was the first time I was exposed to "The Sandwich" motivation and teaching technique: Compliment them ("That was some incredible effort out there"). Now, feed them the lesson/criticism ("Next time, you might want to look to your left or right because you had two players that you could have passed off to"). Then, conclude with another compliment ("But you made that drive happen with your speed and energy").

Motivation comes in so many ways, but the key is having a vision and establishing a goal. Set out on what it is you want to accomplish. Raising self-doubt is not an obstacle, as long as you don't let it stop your efforts to try. "What's my motivation?" Always desire to make today better than yesterday and tomorrow better than today.



Daily Schedule of Services:

Sunday 9:00 am & 7:30 pm Monday 7:30 pm Tuesday 7:30 pm Wednesday 7:30 pm Thursday 7:30 am & 7:30 pm

Friday 8:00 pm







Lori Sookerman

Shelly Wistreich

Monday, May 13th, 7:30 - 9:30 pm - Mah Jongg and Canasta Night!

Looking for players! Looking for teachers!

Looking for those who want to learn to play!

All are welcome!

Join us for Mah Jongg, Canasta, and Sisterhood Elections! Or just come and meet up with people you know, or people you want to know!

Light refreshments will be served!

Enter a raffle for a Mah Jongg Set, Sisterhood Gift Shop Gift Card, and other surprises! Bring a friend – get an extra raffle ticket!

Bring a canned good for a local food bank – get an extra ticket!

50/50: bring your dollars!

This is the last Sisterhood Event until September! DON'T MISS OUT!!

RSVP to Sheryl Levine: cdm0710@optonline.net

If you are interested in joining our board for 2019-20 to help make Sisterhood the best it can be, please contact Kim Riemann at kim.riemann99@gmail.com

Mazel Tosses

Enhance the simcha of your child's special day by having Sisterhood provide these bags of soft candy in order to sweeten the day. Also great for an aufruf. Order your Mitzvah Baskets and Mazel Tosses at bnaitikvah.org at least one month before your mitzvah. Serena Blackin. 732-390-9515 or 848-702-3445

Torah Fund

The new pins are available with a \$180-or-above pledge. We'll love welcoming you as a Torah Fund benefactor, helping the Women's League for Conservative Judaism to support the Jewish Theological Seminary, its teachers, Cantors, and Rabbis.

Contact: Ann Rosenzweig 732-249-9141 Anndyapt@optimum.net

Gift Shop

Store Hours: Sunday 9 am - 12 pm May Special! 20% off all jewelry 50% off all clearance items. Serena Blackin. 732-390-9515 or 848-702-3445

Mitzvah Baskets

Help us decorate the bima with nonperishable food baskets. We also deliver baskets to other synagogues. Tell your friends about this service. Contact: Teresa Samtur 732-821-8163 or msamtur@comcast.net

Membership

Please visit bnaitikvah.org/sismember and discover the joy of getting involved in our circle. Sisterhood will love welcoming you. Lisa Seidman Lssnj9@verizon.net See: Lisa Seidman 732-297-6950 Lssnj9@verizon.net

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My Trip to Israel



Elyse Weiss (nee Ross)

I have not been to Israel in seven years and, honestly, this pains me. I miss spending the day on Tel Aviv's beach, wandering to Jaffa for hummus, and spending nights with friends at the city's bars. I miss hiking up north in the Golan and down south in the Negev and hitchhiking back to the bus stop (yes, I recognize this is ill-advised). I deeply miss Erev Shabbat at Machane Yehudah, hastily buying food and preparing for Shabbat with the entire city of Jerusalem. I miss the cottage cheese, the veggies for breakfast, the kanafe, the shnitzel, and all of the other delicious tastes of Israel.

This nostalgia depends on memories built across multiple trips to Israel, but started with my first trip to Israel on USY's Poland/Israel Pilgrimage. I only arrived in Israel after visiting the ghosts of our people that haunt Poland, and I landed in Israel with what I imagined to be their hopes and dreams. I traveled the country with a crew of forty Jewish teenagers, saying shecheyanu at almost every stop, and soaking it all in.

After five weeks in Israel, I knew there was so much more to discover and, like most teenagers, looked forward to exploring again without curfews and staff members.

I subsequently spent a semester abroad at Hebrew University in Jerusalem, returned with my family during my final year of college, traveled on my own dime in my early twenties, and staffed a Birthright trip in 2012. And now, I married into a family with deep connections to Israel, cousins living across Jerusalem and on a moshav up north. My husband and I just discussed when we can find the time to go back to Israel.

Consider donating to the "Passport to Israel" fund to help our next generation build strong bonds to Israel and their heritage.

Those teenage years may be awkward, but they're also deeply formative. USY Poland-Israel Pilgrimage, traveling from the ashes of the Holocaust to the Jewish state, gave me a true gift. I know that whatever my political disagreements or the badly designed bathrooms, just being, enjoying, eating, and exploring Israel is the true manifestation of our ancestor's dreams.

USY / KADIMA





Sydney Sookerman Advisor

April was another successful month for USY and Kadima! I want to congratulate our USY Chapter on winning this year's Hagalil award for Most Improved Chapter in the New Jersey region! I cannot wait to see what the future holds for this chapter. The board members happily accepted their award at Spring Convention, held nearby in Princeton.

April was filled with events that were fun for both USY and Kadima. USY had two successful events. Our first was a Saturday night event where USYers participated in games based on the game show program "Ellen's Game of Games" and enjoyed delicious Chinese food and hung out in the youth lounge watching a movie. The USYers also held our second Israel-themed event of the year, run by Bashe Rockman, with Krav Maga and where USYers created their own hummus and enjoyed a pickle tasting!

Our Kadimanicks also had two successful events this past month. Kadima and pre-Kadima (4th and 5th graders) came together for a delicious pizza-making event; they made some heart-shaped and stuff-crusted! Fun was had by all and our pre-Kadimanicks got the chance to hear from our Kadimanicks and experience a little of what they have to look forward to! Thank you to my father, Jon Sookerman, for assisting me and using his awesome pizza-making skills at the Kadima and pre-Kadima pizza making event! Secondly, the Kadimanicks had Passover Minute to Win It, an event based on the off-air television show hosted by Guy Fieri.

Upcoming Events

May 5 - N/S Brunswick Kadima Backyard Games

May 15 - NSBUSY Event

May 17-19 - Kadima Regional Spring Convention

May 21 - NSBUSY Elections

May 22 - N/S Brunswick Kadima Event

June 1 - NSBUSY S'mores & Bonfire Night Closing Event

June 2 - Israel Day Parade

June 7 - NSBUSY & Kadima End of the Year Banquet/Installations



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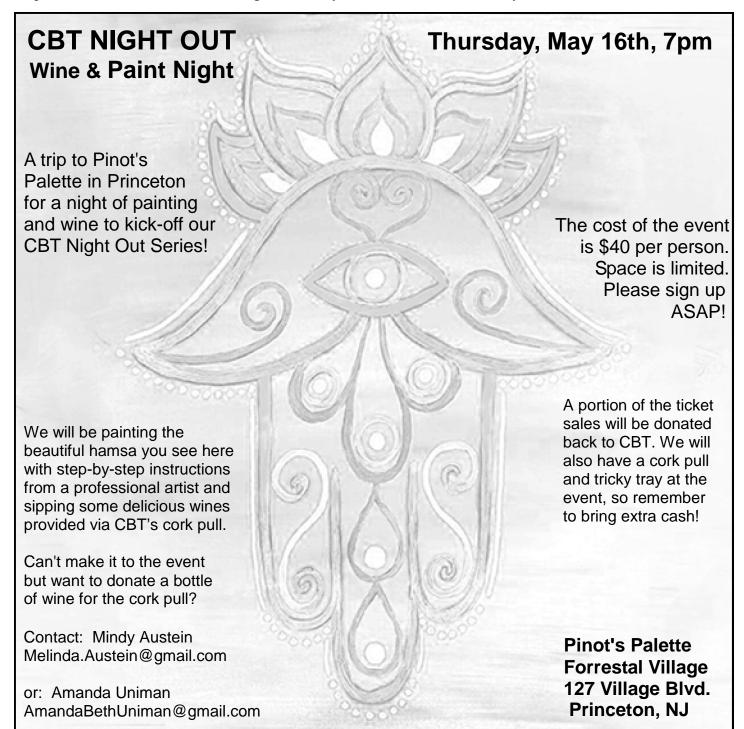


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Enjoy Lunch & Learn on Wednesday Afternoons, 12 - 2pm with Rabbi Wolkoff

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No learning on an empty stomach, right? So... we begin with a Classical Caterers lunch: a hot entrée, salad, and cookies (\$12).

Rabbi Wolkoff starts us off with an explanation of the week's parasha, or perspective on a holiday, or theories on an issue (based on a terrific handout). Examples: Chanukah, miracle or power grab? Contemporary parallels to 2500 BCE. Joseph, hero and/or manipulator?

We, the 6 - 13 "students," jump in with questions, comments, or our own take on the subject.

Interested? Call the office (732-297-0696) or email office@bnaitikvah.org to ensure that no one will have to learn on an empty stomach.

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HAKOL



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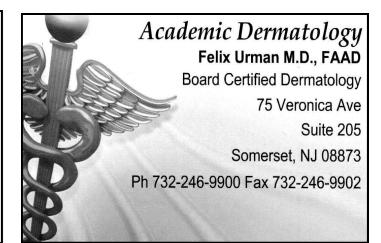




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Donations - March 15 - April 15, 2019

We gratefully acknowledge and thank the following contributors for their generous gifts. Your special donations make up a part of our synagogue's total income. We rely on you.

Rabbi's Discretionary Fund

Jeff & Rose Berger, in honor of Dahlia's Bat Mitzvah Herb Mars, in honor of Dahlia's Bat Mitzvah Carol & Mark Winter, in honor of Dahlia's Bat Mitzvah Joyce & Joel Gerbman, in honor of Dahlia's Bat Mitzvah Allen & Phyllis Pinsky, in honor of Dahlia's Bat Mitzvah Harriet Cohen, in honor of Dahlia's Bat Mitzvah

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Karen, Jeff, Coutney, and Jared Cohen, in honor of the Rabbi and Rebbetzin

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Jerry & Ronnie Levine, in honor of Dahlia's Bat Mitzvah
Susan Miller, in honor of Dahlia's Bat Mitzvah
Kilcoyne and Levine Families, in loving memory of Iris Levine
Gary & Mindy Pitkofsky in honor of Bruce London's 70th Birthday
Martin & Shirley Engel, in honor of Dahlia's Bat Mitzvah
Ben & Sandi Baum, in honor of Dahlia's Bat Mitzvah
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anniversary

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Roberta Bilker, in loving memory of Joseph Rubin and Charles Bilker
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Marvin & Betty Stark, in honor of Dahlia's Bat Mitzvah Elisa & Brian Berness, in honor of Dahlia's Bat Mitzvah Phyllis Horlick & Family, in loving memory of Leon Horlick Dr. & Mrs. Stephen Gordon, in honor of Dahlia's Bat Mitzvah

Shabbat Luncheon Fund

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Adrienne & Andy Ross, in honor of the baby naming of Devorah Arielle

Mark & Brenda Sherman, in loving memory of Iris Levine Mark & Brenda Sherman, in honor of Amanda Zimmerman's engagement to Georgio Zenere

Mark & Brenda Sherman, in honor of Josh Berger's engagement to Meredith Allenick

Blackin Family, in loving memory of Lenore Klein Susan Miller, in honor of Erwin Lewis' milestone birthday Susan Miller, in honor of Natasha Rosenbuam & Erwin Lewis on the birth of their new great- granddaughter

Susan Miller, in honor of Josh Berger's engagement to Meredith Allenick

Ruth Anne Koenick, in loving memory of Adeline M. Keonick

Shomrei Tikvah Fund

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Charlie, Laurie, Daria, Samantha and David, in honor of Brooke Valan's 17th Birthday

Alan Karp Memorial Fund

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Mark Kasdin Memorial Fund

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Ritual Schedule

May 1	Yom Hashoah-JNF Religious School Map Program
May 3	Friday Night Plugged-in Special Service Time 7pm
May 4	Bat Mitzvah of Morgan Zink
May 8	Falafel Ball-Wednesday 6PM
May 11	Honoring Sam Rosenzweig and our Lay Ritual Leaders

- May 17 Friday Night Plugged-In BBQ 6pm Special Service Time 7pm Honoring Maya, our Shinshit, and the Aleph Class.
- May 18 Bat Mitzvah of Jordyn Weintraub
- June 1 Adult B'not Mitzvah
- **June 2** Salute to Israel Parade (NYC)

Legacy Circle of Givers

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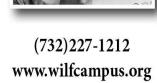
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Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Candle Lighting 3 rd 7:37 10 th 7:44 17 th 7:51 24 th 7:58 31 st 8:03			1 26 Nisan Religious School Lunch with Rabbi USY Event Yom HaShoah Program	2 27 Nisan YOM HASHOAH	Religious School Plugged-in Service	4 29 Nisan Jr. Congregation Bat Mitzvah Morgan Zink
5 30 Nisan Congregation Breakfast Israel Lecture KADIMA Day Rutgers Promenaders	Board of Directors Open Men's Basketball	7 2 lyar Open Men's Basketball	8 3 lyar Religious School Lunch with Rabbi Falafel Ball YOM HAZIKARON	9 4 Iyar	10 5 lyar Birthday Shabbat	11 6 lyar Jr. Congregation Lunch & Learn
12 7 Iyar Religious School MOTHER'S DAY	Mahjongg and Canasta Night USY Elections Open Men's Basketball	14 9 Iyar Open Men's Basketball	15 10 lyar Religious School Lunch with Rabbi USY	16 11 lyar	17 ₁₂ lyar KADIMA Convention Plugged-in BBQ	18 13 Iyar Jr. Congregation KADIMA Convention Bat Mitzvah Jordyn Weintraub
19 14 Iyar Religious School Israel Lecture Men's Club Promenaders KADIMA Convention	Board of Education Open Men's Basketball	21 16 lyar Sisterhood Elections Open Men's Basketball	22 17 lyar Lunch with Rabbi KADIMA Program Last Day of School	Executive Committee LAG BA'OMER	24 _{19 Iyar}	25 ₂₀ lyar First Round with Rabbi
26 21 lyar	27 22 Iyar Office & School Closed MEMORIAL DAY	28 23 Iyar USY Elections Open Men's Basketball	29 ₂₄ lyar Lunch with Rabbi	30 ₂₅ lyar	31 ₂₆ lyar	Shabbat Ends 4 th 8:41 11 th 8:49 18 th 8:57 25 th 9:04



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