	Coster a vibrant egalitarian Jewish community founded i	in the religious customs	
and traditions o	of Conservative Judaism; offering excellent Jewish educations with commitment to Israel and Jewish communities	ation and community	
High	Holy Day Services 5780 (201	19)-Service ⁻	Times
	Selichot		in a star
	Saturday Night, September 21		A A A A A A A A A A A A A A A A A A A
	Program	9:00 pm	SIM
	Service	11:00 pm	
	Rosh Hashanah Eve		N V
	Sunday, September 29		
	Candle Lighting	6:26 pm	
	Mincha/Ma'ariv	6:15 pm	
	Rosh Hashanah Day 1		
	Monday, September 30		
	Shacharit	9:00 am	
	Tashlich	5:45 pm	
	Mincha/Ma'ariv Candle Lighting	7:00 pm 7:22 pm	
	Candle Lighting	7.22 pm	
	Rosh Hashanah Day 2		
	Tuesday, October 1		
	Shacharit Mincha (Ma'ariy	9:00 am	
	Mincha/Ma'ariv	7:00 pm	
	Yom Kippur-Kol Nidre		
	Tuesday, October 8		
	Mincha Service	5:45 pm	
	Yom Kippur		
	Wednesday, October 9		
-1	Shacharit	9:30 am	
	Yizkor (Approx)	1:00 pm	
	Mincha/Ne'ilah/Ma'ariv	4:10 pm	
	Havdalah/Shofar blown	7:08 pm	

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THE VOICE OF CONGREGATION B'NAI TIKVAH

הקו

September 2019

Volume 42 Issue 1

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THE JCC OF NORTH AND SOUTH BRUNSWICK

UP-TO-DATE EVENTS POSTED AT: WWW.BNAITIKVAH.ORG - PHONE: 732 297-0696 - EMAIL: Office@BnaiTikvah.org

From the Desk of Cantor Rockman

"You are the Heartbeat of our Congregation"



A wonderful trend has been developing at B'nai Tikvah. When you stop in for our evening's service in our beautifully remodeled Beit Midrash, a minyan has greeted you. What a great feeling it is to know that when you arrive to pray, it is your prayers that you can focus upon, not the number of warm bodies in the building.

Except for Sundays, evening minyan has generally been a hard sell. This summer, that has begun to change. Thanks to a suggestion of one of our regular minyan attendees, who is a current mourner, the messaging of our nightly minyan leaders and our app administrator, Stacey Rockman, "WhatsApp" pings have sounded the nightly call to our prayers.

WhatsApp has been around for about ten years and has gained popularity among groups and families trying to keep in touch over various platforms and countries. The app is free and as long as you have an internet connection and are approved by your group's administrator, you can group message, share photos, and make calls all over the world for free!

At some point each day, any person in the group, usually that night's minyan leader, posts a text on the group's chat stating simply: "I'm #1" with that person's name or phone number.

WE ONLY RESPOND AFFIRMATIVELY, such as: "Cantor is #2" etc.

We do not send out cajoling messages or reasons why we cannot be present this particular evening. We only message that we will be there. And when we reach ten, we're done with messaging for the evening. The knowledge and peace of mind that you can count on the minyan is *our message of inspiration*.

Although you are welcome to join the group and new participants are always welcome, it is not our goal to send you a daily inspirational message. It is our goal to let you know that we can count on each other, that B'nai Tikvah is a Holy community dedicated to the spiritual welfare of every person who enters our doors. We'll be here for you.

Mah Tovu Oh-ha-lecha Yaakov Misk'no-tehcha Yisrael.

How lovely are your dwellings, people of Jacob, your sanctuaries, descendants of Israel. As for me, O G-d, Your great love inspires me to enter Your house, to worship in your holy sanctuary, filled with awe for you.

Worship the Lord with Gladness and Joy! Cantor Bruce Rockman

"Hi guys! Happy Wednesday! I am so proud of how the WhatsApp group is doing and that we have had solid minyanim for the past 4 days - which for summer- is no small feat!

Thanks so much for your help and encouragement and enthusiasm. You are the Heartbeat of our Congregation"

Stacey, WhatsApp Administrator

Note: Rabbi Wolkoff returned from Sabbatical after this issue went to print. Look for his article in next month's Hakol.

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. Advertising: Meryl Harris and Janet Weiss.

From our President Marty Abschutz



I am quite humbled to have been elected as the President of Congregation B'nai Tikvah (CBT). Perhaps many of you do not know me. My wife, Marci, and I have been members for about 30 years. Our daughters, Elyse and Caren, are 37 and 34, respectively; they became b'nai mitzvah here. Marci and I have had several roles at CBT, over the years. Among these have been: Chair of the School Committee (her), Vice President for Administration (me), Co-Chair of the Rabbinical Feedback Committee (me), Chairs of the Annual Gala (us), Fundraising Vice President for Sisterhood (her) and Chair of the Budget & Finance Committee (me).

Outside of CBT, we have been active in several community activities. Between us, Marci and I served as members of the South Brunswick Board of Education for almost 23 years combined, including five years as President. During my Board of Education tenure, I was one of three founding members and Vice President of the Education Foundation of South Brunswick Township, Inc. Currently, I serve as President. Marci served on the South Brunswick Municipal Alliance. In addition, I was a Member of and, subsequently, Chair of the South Brunswick Human Relations Commission. Professionally, I am a certified public accountant, recovering hundreds of thousands of dollars for hospitals in the New York metropolitan area.

As Summer begins to wane, we begin to think about the coming High Holy Days (even though they are "late" this year). Please introduce yourself to me. I will be the one sitting on the Bimah (most of the time) during the holidays. Looking past the High Holy Days, our Executive Committee has been planning and working on several programs; you may be interested in one or all of them. Participating in one is a great opportunity to meet other members and make new friends. You never know about someone else until you strike up a conversation. While that may seem obvious, it bears repeating, since we have much more in common than what differentiates us.

I would like to specifically highlight the CBT Day Out event on Sunday, September 22nd, beginning at 1:30 PM at Reichler Park (South Brunswick). More details on this free event are included in this issue of Hakol and on our website. This program is an extension of the successful "Night Out" series begun last fiscal year. The premise is to get together offsite for a fun time. The Ways and Means, Activities and Membership (WAM) Vice Presidents, Amanda Uniman, Mindy Austein and Bobbi Binder, respectively, have pooled their talents and energy to work together planning programs that will benefit us all. CBT Day Out is one of their themes for 2019/20.

Getting back to me for a minute. I am a very avid bicyclist. I have regularly cycled more than 3,000 miles a year for the past several years. I realize that's pretty extreme to most people. I sort of stumbled upon cycling. About 15 years ago, I was looking for a way to get a little bit of exercise as I was in my early 50s. My home treadmill kept needing repairs, so I had the bright idea to buy a bicycle for exercise. My first bike was a large (read that as heavy) hybrid bicycle with fat tires. My first rides were about four miles in a loop near my home, off the five corners intersection in Dayton. I picked that route because I only had to make right turns to complete it! My reason for mentioning this is that wellness is important to me. I will speak more about this in the coming months. The smallest initial step (four-mile bike ride?) can lead you to places you cannot imagine. As one of the Chinese philosophers said, "The longest journey begins with a single step." Chag Sameach to all for the coming year, 5780.

September 2019 1

1 Elul 5779 - 1 Tishrei 5780

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Lori Sookerman



Come join the Sisterhood for the 2019-2020 year as we focus on our Mind, Body and Spirit. At each event you attend, you will receive a raffle ticket, a drawing will take place at our last meeting in May. The more events you attend, the more chances you have to win! Prizes will be devoted to your Mind, Body and Spirit!

THIS MONTH

September 22, 2019 9:00 am -10:30 am With the hustle and bustle of everyday life ... Come have breakfast and learn:

> "The Element of Endure: Practical Strategies to Reduce Stress and Improve Well-Being"

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- Learn about different ways to enhance well-being

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RSVP to Sheryl Levine: cdm0710@optonline.net

Mazel Tosses

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Contact: Marci Abschutz, 732-735-1946.

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

NEXT MONTH

October 27th 10:30 am -12:00 Laugh your worries away with Laughter

Yoga

Join us to Yoga in a way you have never done before. Beverly Burns will lead us in ways to relax our souls using laughter. This is for everyone! The program allows people to release stress through laughter. All fitness levels are able to participate in this program.

Sisterhood members free Non members \$10

RSVP to Sheryl Levine: cdm0710@optonline.net

Gift Shop

Store Hours: Sunday 9AM-12PM By appointment, call Serena Blackin 848-702-3445 Opening day is Sunday, September 15th Entire store is 25% off (some exclusions apply) Take an additional 75% off clearance items

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. See our membership form in this edition of Hakol. Contact: JessicaZink@optonline.net



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Your Torah Fund contribution strengthens and perpetuates Conservative/Masorti Judaism throughout the world.



Receive the Torah Fund pin for 5780 as OUR GIFT TO YOU in recognition of your generous support.

Pin design by Eytan Brandes

Chesed

Chesed means "kindness" in Hebrew. The word can also be translated as "lovingkindness," to convey the deep love that animates Jewish acts of kindness, done without thought of reward.

The Bible has numerous examples of *chesed*, such as Abraham and Sarah welcoming three strangers to their tent in the heat of the day; Abraham's servant's prayer for a wife for Isaac, answered by Rebecca who offers water to him and to his camels; and Ruth, who shows loyalty and kindness to Naomi, adopting her religion and peoplehood, after Naomi has experienced great loss. The rabbinic tradition enacted many laws to formalize our commitment to kindness, making *chesed* one of the three central pillars of Jewish life, as Shimon HaTzaddik taught: "The world rests on three things, on Torah, on service of God, and on deeds of kindness" (Pirkei Avot 1:2).

The 5780 (2019-2020) Torah Fund pin depicts a heart surrounded by three circles, one larger than the next. This symbolizes the heart of kindness, which Jews enact in ever-widening realms of generosity: from family, to community, to the larger world; from North America, to Israel, to the world; or from sisterhood, to region, to the larger world of Women's League for Conservative Judaism. And as it is said in Psalm 89, may we build a world of kindness.

For information, please contact your Sisterhood Torah Fund Chair or Rabbi Lilly Kaufman at likaufman@jtsa.edu or (212) 678-8876.

Contact CBT Torah Fund Chair Ann Rosenzweig at 732-249-9141

Volume 42 Issue 1

RELIGIOUS SCHOOL COMMITTEE





Suzanne Oliver

Sharon Cohen

As summer comes to a close, we would like to take the time to welcome you back! We hope everyone had a relaxing summer and are ready to start a new school year! First, we would like to introduce ourselves to the new families. We are Suzanne Oliver and Sharon Cohen and we are the religious school committee co-chairs.

The religious school committee meets monthly to discuss issues that affect our children and their religious education. We also plan great events to support our children's education. We will have our annual Synagogue Chanukah party in December, a special exercise class, and what we hope to be a fabulous Passover Sedar in April. Our committee is always looking to grow! We encourage all those interested in helping to join us on the committee, even if it's not possible to make monthly meetings.

We do much of our planning through emails, phone calls, etc. Any input is greatly appreciated. Getting involved is the best way to truly feel like you are a part of the CBT family. Our first meeting of the year is on Sunday September 22^{nd} .

To learn more, please feel free to email us: Goldberg.sharon@hotmail.com Suzanneloliver@yahoo.com

We are very excited to start the 2019-2020 school year! Please be on the lookout for the religious school calendar for all important dates, Jews Eating Together (JET) parent programs and many more!!!

Thanks and enjoy the rest of your summer!!!

Suzanne and Sharon



Stacey Rockman

I have been a part of B'nai Tikvah for close to two decades, which is crazy for me to believe. I have seen my role change and evolve as I have tried to figure out what I want to do. I have led some shiva minyanim and taught people how to bake challah. In my early years, I sat with some women in my living room learning some Jewish songs. I have sort of done whatever struck me as fun in the moment.

TOT SHABBAT

In the past few years I have really settled into my role as morah or teacher. I have been teaching the smallest Hebrew school kids - and my first class will be beginning their B'nai mitzvah lessons this year. During the past two years, I have also found myself teaching adults - specifically the eight women who were b'not mitzvah this past spring. Teaching connects me to Judaism and to some of the amazing people we have in our community.

In the coming year, my plan is to continue with the very young children and the adult women in our community. On the third Shabbat of every month I will be doing Tot Shabbat from 10:30-12 in the old pre-k classroom. It is for children ages 1-6. Parents are welcome to stay. We will sing and dance and learn and have a small snack.

Our first Tot Shabbat will be Saturday September 21.

Also - on the 3rd Sunday of every month - I will be conducting a women's learning group during Hebrew school hours. Each session is a stand-alone class, so that anyone can join at any time.

The first session will be Sunday September 22. (which is actually the 4th Sunday this month). This first class will be about prayer- how we pray, what prayer means, and its meaning in our lives.

I am excited to continue my journey with all of you Stacey

USY / KADIMA



Summer definitely flew by with all the exciting things done by our USYers and Kadimanicks. We had six USYers go on summer trips including USY on Wheels, a trip all throughout the United States. As well as Eastern Europe & Israel Pilgrimage. From the Grand Canyon to Tel Aviv, everyone had a great summer. Our USYers and Kadimanicks also spent a week at B'nai B'rith Perlman Camp in Lake Como, PA for Encampment 2019 with the Hagalil Region (New Jersey) and Mizrach Region (South Jersey & Eastern Pennsylvania). At Encampment, our high schoolers and middle schoolers experience fun activities, such as Maccabiah, a talent show, spent Shabbat together on the lake and so much more! They met new people and strengthened their friendships, all while experiencing the joy of an authentic and dynamic Judaism.

We are looking forward to this upcoming year with our opening event around the corner, new incoming 6th graders joining Kadima, and our newly elected USY board! I look forward to another year with both USY and Kadima while truly keeping our title of Most Improved Chapter for 2019. Here is to another great year filled with fun and successful chapter and regional events!

North/South Brunswick Board 2019-2020

President: Corey Sookerman Israel Awareness VP: Bashe Rockman SA/TO VP: Maya Blackin Religion Education VP: Rafi Rockman Communications VP: Becca Smoller Co-Membership & Programming VP: Shea Krane and Sarah Wilk Co-Freshman Representatives: Reese Krane and Jenna Kozodoy

Looking Ahead! September Events

Sunday, September 8th: Hagalil Freshman Fun Day Sunday, September 15th: North/South Brunswick USY & Kadima Opening Event Sunday, September 22nd: Hagalil USY Opening Event with METNY



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We have a Dream: A Mortgage Free Congregation



Adrienne Ross

Over the past few months, in both Congregational Meetings and Hakol, we have discussed how, in just 4¹/₂ years, Congregation B'nai Tikvah has the potential to be mortgage free. A mortgage free congregation will enable us to enter a new era of sustainability and opportunity to provide different services to the Congregation. Some of these could include: annual scholarship-in-residence programs, featured speakers, tuition free Hebrew School, reduced dues, etc.

For those who have not been at the meetings, it is also important to note that over the next $4\frac{1}{2}$ years, our mortgage payments will increase by ~\$100,000. (That number could go up if interest rates were to significantly increase.) The Board agreed that the best way to close this gap would be to raise the money through pledges from those who are fortunate enough to be able to provide additional funds to help sustain our community.

In the 2019-20 fiscal year, the mortgage line should have increased by ~\$7000. Due to the generosity of some who pledged during our feasibility assessment and paid some of the obligation, this burden did not go to the members but was covered by our Mortgage Fund.

This summer we began the campaign with phone calls to secure pledges. The committee (Marty Abschutz, Ruth Anne Koenick, Jeff Schwartz, and I) have begun to reach out to Congregants to discuss their opportunity and seek support. At this time, through the generosity of those already reached, we are 40-50% towards our goal.

When the call is made to you, please consider a pledge towards the campaign. All contributions are welcome! Of course, if you want to save yourself from answering the phone, please feel free to reach out to me (adrienne.d.ross@gmail.com) or any of the above and we'll be happy to make the arrangements. One-time contributions, quarterly billing or annual billing are all possible. Monies raised are ONLY used for the mortgage line-item in the budget and are kept in a separate bank account.

If you have questions, don't hesitate to call...and I hope we can speak soon.

PASSPORT TO ISRAEL



Marc Rosen

In the summer of 2018, my family and I travelled with other members of our congregation to Israel. It was the trip of a lifetime and I truly wish I had visited Israel in my youth. Although there are several reasons I did not, the primary reason was cost. Visiting Israel was expensive, and without any financial assistance, it was not a possibility for my family.

Fortunately, today there are many programs available to assist families to give their teenage children the opportunity to experience Israel. One such program is CBT's Passport to Israel program (PIP). Through this donor-funded program, Congregation B'nai Tikvah will match up to \$1,000 per qualifying student to attend an approved educational program in Israel. This will not cover the entire cost of the trip, but partnered with Financial-support opportunities from other organizations, this will help put a significant dent in the personal outlay. This is an amazing opportunity for your children which I hope you will not pass up.

Happily, many of our youth have taken advantage of this opportunity; however, this has caused the fund to dwindle over time.. This program is NOT funded through congregation dues but rather through donations from generous individuals who believe in investing in both our youth and Israel. Please consider sharing your love of Israel and support of our youth by becoming one of those generous individuals. Your help will ensure that we may continue to provide our youth this amazing opportunity and help our children develop lifelong connections to the land of our people.

To learn more about the program or how to donate, please visit the congregational website under Membership, Passport to Israel Program and/or contact me at marcr58187@aol.com

Thank you! Marc Rosen, Chairperson - Passport to Israel Program

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All classes meet for 24 sessions. This class fulfills many of the educational requirements towards conversion to Judaism, but interest in conversion is not a prerequisite for the class. A project of the United Synagogue of Conservative Judaism and the Rabbinical Assembly, NJ Region Page 10 HAKOL www.bnaitikvah.org September 2019 1 Elul 5779 - 1 Tishrei 5780 Volume 42 Issue 1



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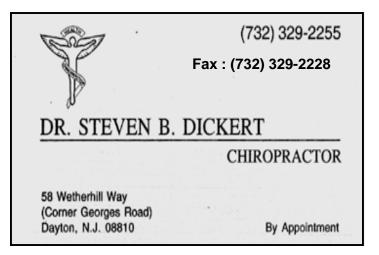
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September 2019

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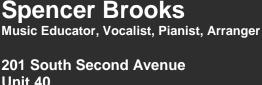
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Volume 42 Issue 1



Donations - May 15 - August 2019

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Lew Ackerman	Gary Ehrlich's grandson
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Joe & Susan Saloman, in honor of their granddaughter, Arielle	Valan & Laurie Bartels
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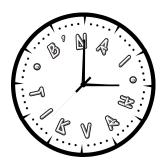
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½ page	3¾" x 10½" / 8" x 5"	\$525	\$90
¼ page	3¾" x 5"	\$400	\$65
Business card	2" x 3½"	\$300	\$50

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Sun	<u>[</u>	Mon		Tues		Wed		Thurs		Fri			Sat
1	1 Elul	2	2 Elul	3	3 Elul	4	4 Elul	5	5 Elul	6	6 Elul	7	7 Elul
ROS CHOD			e Closed DR DAY		n Men's ketball				ne Club ers Due			Evenin	ig Program
8	8 Elul	9	9 Elul	10	10 Elul	11	11 Elul	12	12 Elul	13	13 Elul	14	14 Elul
First I of Sch Jewish M Haga Freshma FAST GEDAI	nool luseum llil n Day 'OF	Board of Directors Open Men's Open Men's Basketball Basketball			Lunch with Rabbi Religious School USY Board		Birthday Shabbat		Lunch & Learn				
15	15 Elul	16	6 Elul	17	17 Elul	18	18 Elul	19	19 Elul	20	20 Elul	21	21 Elul
Religious Wine Pi Brunch Rabi USY/Ka Offsi Square I	ck-up with bi adima ite	Siste B Oper	meeting erhood oard n Men's ketball		ı Men's ketball	F Re	ch with Rabbi ligious chool	Biku	r Cholim				ngregation JCHOT
22	22 Elul	23	23 Elul	24	24 Elul	25	25 Elul	26	26 Elul	27	27 Elul	28	28 Elul
Religious Jet Bfast Shoras RSC Me Sisterh Men's G Break Hagalil O Day in th	t Gan/ him ceting cood Club fast pening	-	n Men's ketball		ı Men's ketball	F Re S	ch with Rabbi ligious chool Y Event		ecutive nmittee			Jr. Coi	ngregation
29	29 Elul	30 1 Tishrei							Candle	e Lighting	Shab	bat Ends	
No Reli Scho EREV R HASHA	ool ROSH		OSH HANAH							6 th 13 th 20 th 27 th	7:03 6:51 6:40 7:34	7 th 14 th 21 st 28 th	8:09 7:58 7:46 7:34



Daily Schedule of Services

Sunday 9:00 a Monday Tuesday Wednesday Thursday 7:30 a

9:00 am & 7:30 pm 7:30 pm 7:30 pm 7:30 pm 7:30 am & 7:30 pm