



JEWISH COMMUNITY SERVICES OF HAWAII

A nonprofit agency serving the Hawaii Jewish Community

Fall 2022

Save the Date for JCS's Annual Dinner Returning November 12th



Everyone here at Jewish Community Services is looking forward to a great night of togetherness and celebration at our annual dinner event on November 12. This year we are combining a delicious buffet at The Pacific Club with a special performance from Jewish theatre troupe 'The Braid,' flying in from Los Angeles! There will also be a Lucky Draw with great prizes like restaurants, golfing, experiences, and many surprises!



Formerly known as the Jewish Women's Theatre, The Braid will be presenting a piece called "Belonging", a collection of funny, engaging stories about ways in which we find a sense of belonging, curated especially for our special evening.

Mark your calendars for Saturday, November 12, for a wonderful evening of dinner and theater! Stay tuned for your invitation by mail. And reservation announcements are also at www.jcs-hi.org. See you at The Pacific Club!

Know others who would like to attend? Send us their contact info at admin@jcs-hi.org



Client Corner: It's OK to Ask for Help

By Mimi Lind, LCSW

Not a day goes by where someone isn't brought to tears by their gratitude for JCS – whether it's a grant to help pay the rent of a Jewish senior on a fixed budget, a homeless family that thought they could make it here in Hawaii but just couldn't, or a young professional trying to decide if he should find a therapist for a recent conflict. JCS is there because we all have a moment when we could use another ear or a helping hand.

It's an exciting time as we plan more services for the community, including social events to foster connection. In the pipeline are workshops on parenting issues, a support group for those experiencing a loss, and an opportunity to exercise and play Bingo at the same time with "Bingosize!"

Most importantly, our community is small and news travels fast. Everyone should know that we are discrete, confidential and that no one has access to documentation or records except the professional you speak with. I look forward to helping clients figure out next steps in their lives, find resources to help meet a need, and/or to hear ideas for JCS. Call Mimi Lind, LCSW at (808) 258-7121 to see if we can help, or point you in the right direction.

Expanded Mission Means Expanded Staff at JCS

JCS of Hawaii has a new team, hired to meet the challenges of providing social services as well as meaningful connections within our Hawaii community.

Introducing....

Mimi Lind is a kama'aina and grew up at Temple Emanu El, but like so many high school graduates, she went off to college (Brandeis University) and finally returned after many years. She is a licensed psychotherapist, social worker, and has specialties in working with domestic violence, substance abuse and trauma across all stages of the life cycle. A major extrovert, Mimi is up for the challenge as JCS's first Executive Director and full time clinician. You can contact her at admin@jcs-hi.org.



Adam Luchs joins JCS as the Director of Communications bringing with him extensive experience in marketing, event planning and strategic development. Our expansion includes improved communication through social media and events, which is right up his alley. Adam is happy to take the challenge of helping JCS outreach to a broader audience given the growth of the Jewish community across the islands. He is also excited to bring his wife and 6 month old son into the Hawaii Jewish community. You can contact him at communications@jcs-hi.org.

Many of you will already know Chris Gerson as the President of OJO, but her passion for supporting the Jewish community and the mission of JCS couldn't keep her away from taking the role of Executive Assistant. Chris brings with her many years of project management, leadership and technology skills that will greatly benefit JCS. She and her wife Jodie (of JCS fame) are the proud parents of 4 dogs! You can contact her at assist@jcs-hi.org.



A Different Save the Date: FREE Performance on November 13, 2022

Join JCS for an afternoon of Jewish theater! This event is the Hawaii premier of TheBraid's performance of **TRUE COLORS**, a piece that explores Jewish identity through true stories that help "open hearts, foster learning, and promote real change."

Here is a sneak preview from their website: <https://the-braid.org/true-colors/>

With a grant from JCS, this live performance will take place at Temple Emanu-El stage on November 13 at 3PM. A stimulating discussion with the actors will follow.

Can't make it in person? The performance will be recorded and available on our website.

To register for your free tickets (*first come first served*) please visit us at www.jcs-hi.org in October.



“As a newcomer to Hawaii it was a little hard to break in. I joined everything in the Jewish community that I could, and it was great. Everyone was very nice and welcoming, but there was no continuity after the events. In 2020 it was COVID and nearly impossible to find community, so I decided to create the Jewish Community of Hawaii Facebook group,” founder Leah Kaplan explains.

The Facebook page has almost 300 members and has been a go-to place for newcomers and kama’aina alike. People give advice to each other about everything from the island's best bagels, where to find hanukkah candles, or connect for activities for teens, play dates for little ones, or hikes and book clubs with adults. Under Leah’s leadership, the group is private and open to all residents of Hawaii who self- identify as Jewish. “That way we know it’s a safe space and inclusive of everyone. Our members range from young adults to seniors, and it’s exciting to see people connect and help each other out. I know that JCS sends people to the Facebook group to ask questions and get ideas for jobs, babysitters and other resources.”

JCS has enjoyed watching the Facebook group grow with Leah and other members to create more Jewish community. It’s great that JCS and other Jewish groups can post their events there too!

For more info and to participate visit www.facebook.com/groups/jewishinhawaii

No Guilt Vegetarian Chopped Liver

TASTES THE SAME BUT MUCH HEALTHIER!

Chef Judy Lind

- | | |
|----------------------|---------------------------------------|
| ½ cup dried lentils | 1 large onion |
| 2 tbsp olive oil | 1 hard boiled egg - <i>white only</i> |
| ½ cup ground walnuts | Salt and Pepper to taste |



1. Cook lentils until soft. Drain and set aside.
2. Dice onion and saute in olive oil until brown. Cool.
3. In a food processor, combine lentils and cooked onions. Add ground walnuts.
4. Dice white part of hard boiled egg and add to mixture.
5. Chill until firm. Serve with crackers or thinly sliced rye bread.

Have a favorite Jewish recipe? Send it to admin@jcs-hi.org



7 Seconds of Stress Reduction

Stress happens. To all of us. Stress comes from a thought. “There is a police car behind me” or “Why didn’t she text/call me back?”

Changing our thought is usually the answer. And the best way to be ABLE to change your thought is first by taking a breath. But not any breath - it is more effective when you engage your vagus nerve. So try this:

Pretend you have a balloon in your belly (not in your chest but lower). When you inhale you blow up the balloon and your belly extends. When you exhale the balloon deflates. To make it easier – but one hand on your belly and the other on your chest. Don’t move your chest when you inhale – just your belly.

Breathe in for 3 seconds and out for 4 seconds.

Give it a try – most people need to practice, to make perfect.

A Mitzvah Partnership with Chevra Kadisha Kavod of Oahu

By Alice Wahl Lachman - Coordinator, Chevra Kadisha Kavod of Oahu

The Chevra Kadisha Kavod of Oahu is a group of “Holy Friends” honoring the many end-of-life Jewish rituals from our tradition. It includes everything

from visiting the sick, caring for the dying (vidui), accompanying the deceased with shmira, “Midwifing the Soul” through tahara—ritual washing, dressing the body in traditional white muslin



garments (tachrichim), to supporting grieving families through their year of mourning.



Last February, thanks to a grant from JCS, we held 2 workshops inviting the Jewish community to help cut and sew tachrichim, our

traditional shrouds for burial made from simple white muslin.

Fifteen participants came together at Temple Emanuel's to pin and cut out the patterns, sew and iron the pieces. Volunteers ages 12 to 78 worked together while entertained by Jewish musicians and homemade brownies. We are grateful to JCS who helped us purchase materials and helped bring together volunteers from around the Jewish community. We are planning to resume this project after the 2022 High Holidays, and we look forward to again building Jewish community through Tikkun olam. Our events are on the JCS calendar so join us, do a mitzvah, and make new friends at the same time.



For a deeper understanding please see www.kavodvnychum.org.



give aloha

Foodland's Annual Community Matching Gifts Program

ADD TZEDAKAH TO YOUR FOODLAND GROCERY LIST
Our code: 77215

Email or Call JCS to let us know!

Throughout September you have the opportunity to donate (up to \$249) to JCS at any Foodland using your Maika'i Card when you check out. No Maika'i card? You can get one at the register at check out. It gets better – Foodland has a MATCHING program, so your donation goes even further. Thank you to Foodland and YOU!



Jewish Life in Hawaii

If you are new to Hawaii or just feel like enjoying the unique flavors of an Island/Jewish lifestyle

then take a regular look at our **Jewish Life in Hawaii** page www.jcs-hi.org/jewish-life-in-hawaii.





Chabad Torah Fest 2022

By Rabbi Itchel and Pearl Kranjansky

Torah Fest, a very successful full day event organized by Chabad of Hawaii, was generously subsidized with a grant from Jewish Community Services.

Torah Fest was designed to heighten attendees' awareness of the Biblical holiday of Shavuot - when the Torah was given to the Jewish people on Mt. Sinai.

The venue at Chabad House decorations included a 3-D Mt. Sinai, topped by a full-size "Ten Commandments." The activities featured the fascinating work of a Sofer, or Jewish scribe, who was flown in from New York. He demonstrated many facets of his trade – including making scribal ink from scratch with mortar and pestle and then helped children and adults write their names in Hebrew, using specialized quill and ink.

The day included so many activities: making ornamental floral arrangements which is a Shavuot custom to beautify our homes and synagogues, stuffing mini-velvet Torahs, decorating Torah-shaped cookies, imaginative no-bake "cheesecake" with a large selection of toppings, painting multi-layered Torahs on canvas, crafting Torah sand art, and much more. All of these activities represented creative ways of connecting to the Torah and aspects of the Shavuot holiday.

All the joyous activities and spirited attendees contributed to the festive, hugely enjoyable atmosphere of food, crafts, music, fun and education all wrapped up in one innovative package!



On behalf of Chabad of Hawaii, we are so grateful to Jewish Community Services for supporting our very successful Torah Fest.

Mainland Mitzvah Project Inspires JCS of Hawaii

What a wonderful surprise that Amanda Seidler, from New Jersey, chose JCS of Hawaii as the beneficiary of her Bat Mitzvah "mitzvah project." Why Hawaii? Her love of Magnum PI. The actual service and party was held on a farm in Holmdel, NJ, complete with fire dancers, hula, and "Amanda PI!"



When asked about why she chose JCS of Hawaii, Amanda explained, "I wanted to help Jews in Hawaii because of my passion for Hawaii and helping those in need." She raised money for JCS through social media, her Temple B'nai Shalom bulletin, and her speech at the ceremony. She asks that the money go to help children and families who we serve.

In addition, Amanda inspired JCS to reach out to our own Jewish teens as they brainstorm their own mitzvah projects. JCS would love those teens to create a mitzvah project for clients of JCS, or think of a new program that they could help lead. If you know someone studying for their B'nei Mitzvah and would like to discuss an opportunity to work with JCS, give us a call!

We are so grateful to Amanda for raising \$2,368, from 5,000 miles away, and for inspiring other Hawaii teens to choose our agency for their own Mitzvah projects.

COMMUNITY CALENDAR at www.jcs-hi.org



Our calendar is growing! Check it out for everything from Israeli dance lessons, hikes, pot lucks and book clubs, to talks at UH on Jewish themes or by Jewish professors, and activities for young adults (20's – 30's Jewy Hui), and more!

We are constantly updating it as new events come in – so check more than once when planning your day, week, month or year! And, don't forget to send us your events to post.

SOME UPCOMING EVENTS

September 17 - Sunset Cruise with Jewy Hui
September 18 - Makapu-u Sunrise Shofar Hike
September 25 - Israeli Dance class
October 1 - Hadassah Art, Sweets & Wine



Jewish Community Services of Hawaii

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JEWISH COMMUNITY SERVICES OF HAWAII

Our Mission:

To support and enhance Jewish life in Hawaii through communication, coordination and provision of appropriate social services to those in need.

To learn more about the important work that JCS does in our community or to make a donation online visit

www.jcs-hi.org

Phone: (808) 258-7121

Email: admin@jcs-hi.org

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JCS of Hawaii is a 501(c)(3) non profit organization