

## COMMUNITY GIVES SUPER RESPONSE ON SUPER SUNDAY!

By Mary Klaus

As the icy Susquehanna River flowed by and snow sparkled in the sunlight outside, an almost palpable warmth filled the Jewish Community Center on Super Sunday.

Fifty volunteers contacted supporters of the Jewish Federation of Greater Harrisburg's annual campaign. Using about 16 telephones and considerable charm, volunteers made calls asking for financial pledges to provide critically-needed services to support both Jewish and communal life locally and beyond.

Despite the faltering economy and rising prices, the responses were as warm as the callers' greetings. Donors this year reached into their hearts and wallets to raise \$67,296 during the annual phone-a-thon highlighting the Federation's annual fund-raising campaign.

"Our Super Sunday goal was to have a 10-percent increase from last year's amount of \$55,000," said an ecstatic Stuart K. Gasner, Federation Development Director. "We almost doubled that goal. In addition, our card-for-card increase was around 13 percent, again above our goal." One first-time donor pledged \$500, he added.

Alex Halper, Super Sunday Chairman, said that this generosity will allow area Jewish life to follow the campaign theme of "Grow."

Volunteers ranging from 14 to 80 years old worked in shifts. Some organized the call lists. Others made phone calls soliciting donations. Some took care of the completed donation forms. Some babysat callers' children. Others provided food. All worked as a team.

"The Jewish Federation

of Greater Harrisburg has some financial distress," Gasner said. "But there are many programs and people in place to ensure a quick turnaround. We are in a position to grow."

He said that new leadership at the Federation has developed plans to increase revenues by more than \$200,000 for the 2014 fiscal year, with \$100,000 from new gifts and \$100,000 from increases by past donors. The overall campaign goal is \$1.2 million.

The plans also focus on recruiting and retaining children enrolled at the Brenner Family Early Learning Center, increasing Jewish Community Center regular and corporate memberships, and increasing summer camp enrollment.

Halper said that Super Sunday got off to a great start, both with the number of volunteers and the generosity of those solicited. By noon, "our contributions were up card for card," he said, grinning as his 3-year-old daughter, Jane, sat on his lap munching a bagel.

"Even though the economy is bad, people have a loyalty to and admiration for the Jewish Federation," Halper said. "We have the most callers we've had in four years."

Nearby, Mandy Cheskis and Neysa Maisel earnestly invited their contacts to increase donations. Rabbi Akiva Males listened intently as the person he called asked questions.

Dan Clearfield of Susquehanna Twp. smiled broadly while on his phone. "I called a senior citizen who said she loves the Jewish Community Center senior programs," he said. "She told me all about herself. Last year was rough for her because she

had three surgeries. Yet she quoted her late husband who said we need to keep living, loving and laughing." Then, he said, the woman sang a Frank Sinatra song to him before making her pledge. "I love calls like that," he grinned. Around him blue and white balloons bobbed. Volunteers rang bells each time they got a pledge.

Money raised on Super Sunday and in the overall Campaign supports the Jewish Community Center, from the Early Learning Center to senior adult programs, Jewish Family Service, The Silver Academy, the Community Review, Shalom Neighbor Directory, Jewish Film Festival, Hebrew High School, March of the Living, and more.

Gasner called the day successful. "Super Sunday is one component to the overall campaign where our community volunteers come together," he said. "They reach out to the whole community and invite them to make a pledge to the Campaign."

Margie Adelman, Federation CEO, expressed delight at the community response to Super Sunday. "I'm very encouraged for this year's campaign," she said. "We have terrific leadership and dedication from our campaign volunteers. I have a great sense of optimism."

Anyone wishing to donate to the Annual Campaign may send contributions to the Jewish Federation of Greater Harrisburg, 3301 N. Front St., Harrisburg, PA, 17110.

**More Super Sunday photos on page 7**



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## A Message from your CEO

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As we strive to improve our customer service we have taken the following steps to date:

- Implemented security protocol
- Staff wear name tags
- Mystery Shopper program launched
- Customer service training held for all staff by nationally renowned speaker Soni Dimond
- Regular Staff meetings and Lunch and Learns to educate all staff of the many offerings and how we can all be ambassadors for our work
- Special offers for Personal Training and Massage for members
- Board orientation held

In addition to these areas departments are working on specific plans to be the best they can be! We are all in this together and welcome feedback when we succeed as well as when we could have done it better! We know we have opportunities to strengthen our customer service and are committed to working on this goal throughout the year.

B' shalom,

## COMMUNITY REVIEW AD DEADLINES

**FEBRUARY 21, 2014 ISSUE**

**DEADLINE, FEBRUARY 7, 2014**

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## WE ARE ALMOST THERE!!!

Hopefully you have seen the flyers in the Community Review for our JCC 5-day/4-night trip to, Boston, Salem and The North Shore coming up June 19-23, 2014. We have 27 people signed up for this trip, and we need 30 people to go. Please let me know by February 28th if you have any interest in going with us! A \$75 per person deposit for this trip is by February 28th. If we do not get our required minimum, your checks will be returned to you.

Please call Cheryl at 236-9555 Ext. 3115 with any questions. These JCC vacations are open to everyone who would like to go – ask your family, friends or neighbors!

## Community Review

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The Community Review:

Inform readers about local,

national and international

events of interest to Jews.

Promote Jewish values,

Jewish identity and a

sense of Jewish community

in central Pennsylvania.

The opinions expressed in the *Community Review* do not necessarily reflect the position of the Jewish Federation of Greater Harrisburg. *The Federation does not endorse any candidate or political party for any elected office.*

A copy of the official registration and financial information of the Jewish Federation of Greater Harrisburg may be obtained from the Pennsylvania Department of State by calling, toll free within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement.



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# JCC ADULT SPORTS BANQUET HONOREES

The honorees for the  
2014 JCC Adult Sports Banquet are:

## Merv Woolf Award Winners:



**Bert and Myrna Rubin**



**Ron Plesco**



## Ben Cherry Inspirational Athlete Award Winner: **Ed Rothman**

Join us on Saturday, March 8 at the Harrisburg JCC. Doors open at 7 p.m. and program begins at 7:30 p.m. Cost is \$18 per person and includes appetizers, beer, soda and dessert.

## Sports Hall of Fame Nominations Being Accepted

The Sports, Fitness and Recreation Department is now accepting nominations for new members for to the Sports Hall of Fame. The Sports Hall of Fame of the Harrisburg JCC recognizes individuals who have contributed to the field of recreation and athletics through participation or program aid. Qualifications for those selected into the Hall of Fame include being of the Jewish faith, outstanding athletic achievement and being a respected member of the community.

Resumes will be accepted from individuals who would like to nominate themselves or another person. The SFR Department will also allow resumes to be submitted on behalf of deceased members of the community who met eligibility requirements. All resumes must be received by September 15, 2014.

Once resumes are received, the information will be verified before being compiled and sent to all current members of the Hall of Fame. Current members will then vote and return ballots to the Sports, Fitness and Recreation Director. The SFR Director, along with the Sports Hall of Fame Chairperson, will open the votes at a meeting to determine who the new members will be. Winners will be honored in early March at an Awards Dinner.

Anybody who is interested in sending in a resume should send it to the Harrisburg JCC at 3301 N. Front Street, Harrisburg PA 17110 and marked to the attention of Terri Travers, Sports, Fitness and Recreation Director. For more information about the Hall of Fame, please contact Terri at 236-9555 ext. 3110 or t.travers@jewishfedhbg.org.

## APPLICATION FOR THE HERM MINKOFF SPORTS AD BOOK

Proceeds from this book help to cover the costs of the JCC Sports Awards Banquet as well as help to offset costs of future upgrades within our department. Your support of the JCC is greatly appreciated.

NAME \_\_\_\_\_  
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SIZE OF AD \_\_\_\_\_

TYPE	PRINT AREA	RATE
INSIDE COVER	(4 ½" X 7 3/8")	\$300.00
FULL PAGE	(4 ½" X 7 3/8")	\$100.00
HALF PAGE	(4 ½" X 3 ½")	\$ 75.00
QUARTER PAGE	(4 ½" X 1 ¾")	\$ 50.00
EIGHTH PAGE	(4 ½" X 1")	\$ 25.00

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HARRISBURG, PA 17110

QUESTIONS: CHERYL  
236-9555 EXT.3115  
e-mail: c.yablon@jewishfedhbg.org

PERSON RESPONSIBLE FOR GETTING THIS AD \_\_\_\_\_

# Making Memories at the J

By Shari Dym

I remember spending my Sundays at the JCC when I was growing up. My mother would drop me off after Sunday School and pick me up in time for dinner. I would spend the day hanging with friends and doing all of the various activities. I was thrilled to realize that I have passed this gift on to my boys.

Sunday morning, I headed to the JCC for a Hadassah meeting. The program was on Growing up Jewish in Curacao. Bella Altman, the speaker, even made fabulous dishes from her home country for the ladies to enjoy. It was wonderful, and there must have been 30 women enjoying each other's company and, of course, good food.

Meanwhile, back at the ranch, my boys were packing up their bags for the day. Brian, my 10 year old, had swim team pictures, swim team practice, choir rehearsal and finished the night off strong with the 4-6th grade boys' basketball game. Ari, my 13 year old, attended his first AZA meeting. He got to hang at the J with other "young men" his age and do whatever they do. I think this Sunday it included ping pong and watching football. Then off to choir rehearsal and to watch his brother's basketball game. Then there is my husband; he got to exercise at the gym, undisturbed by any of us for a few blissful hours. Then cheer on his son in an intense basketball game.

This is what winter Sundays growing up should be about, hanging at the JCC doing the activities that you love with your friends and family. Where I grew up, there is not a JCC building anymore. I am so appreciative that the Harrisburg Community offers this opportunity to my children. Once again, our family is so incredibly fortunate to live in such an amazing community that has so much to offer. A special thanks goes out to those who work so hard at the J to make sure that the rest of us can relax and have fun. If your family is not spending Sundays at the J, please let them know what you are doing instead, so we can bring that activity to the J too. I would love to see all of you there every Sunday!



## RONALD MC DONALD HOUSE BOOK DRIVE DONATION

Please join our community as we donate gently used and new books to the Ronald McDonald House. Many members of our community have relied on this house and have been incredibly thankful during their treatments. It is now our turn to give back. Many families stay for long and short periods of time at the Ronald McDonald house, and these books will brighten their stay during this difficult time.

Thank you for donating. Donation boxes set up all over the JCC.

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**Day 1:** Depart your group's location in a spacious, video and restroom equipped Motorcoach and set off for historic Boston. This evening, you will enjoy Dinner and check into a Boston area hotel for a four night stay.

**Day 2:** Enjoy a Continental Breakfast and start off with a visit to the John F. Kennedy Library and Museum - dedicated to the memory of our nation's 35th President. Then depart for Lexington and Concord, known as the birthplace of the American Revolution. After a visit to the Lexington Visitors Center, you will go on a Guided Tour. You will visit the Minute Man National Historical Park and see the site of "the shot heard 'round the world". This evening, you will end your day with a relaxing Dinner.

**Day 3:** After enjoying a Continental Breakfast, you will depart for a Guided Tour of the historical City of Boston, travel along the Freedom Trail, and relive the birth of our nation. Then stroll the Quincy Market/ Faneuil Hall Marketplace and enjoy great shopping, eateries, and more. Also, see the U.S.S. Constitution, known as "Old Ironsides". She is the oldest commissioned ship in the United States Navy and is a symbol of Liberty and Freedom. You will also visit Cambridge, which is home to Harvard University. This evening, enjoy Dinner before returning to your hotel.

**Day 4:** Start your day with Continental Breakfast before departing for a Guided Tour of the beautiful coastal areas north of Boston. Visit Salem, a coastal city with more than three hundred years of New England history. This is the site of the Salem Witchcraft Trials of 1692. You will also go to historic Gloucester, "America's Oldest Seaport," which is located on Cape Ann. Also located on Cape Ann, you will visit Rockport, a seaside town with quaint shops, restaurants, and galleries. This evening, enjoy a relaxing Dinner and return to your hotel.

**Day 5:** Today, after enjoying Continental Breakfast, you depart for home... a perfect time to chat with your friends about all the fun things you have done, the great sights you have seen, and where your next group trip will take you!

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**(Mon - Fri)**  
**August**  
**25 - 29, 2014**

**Departure: Harrisburg Jewish Community Center, 3301 N Front St, Harrisburg, PA @ 8 am**

**Day 1:** Board your spacious, video and restroom equipped Motorcoach and set off for the beautiful French-Canadian Province of Québec. Tonight, you'll enjoy Dinner before checking into your Montréal area hotel.

**Day 2:** Today, after enjoying Breakfast, you'll go on a GUIDED TOUR OF MONTRÉAL. Visit the magnificent NOTRE DAME BASILICA noted for its beautiful interior - stained glass windows, paintings, statues, carvings and more. Next, enjoy some free time in Old Montreal. Then, you'll head to Québec City, have Dinner and check into your Québec City area hotel for a two night stay.

**Day 3:** After enjoying Breakfast, you will go on a GUIDED TOUR OF HISTORIC QUÉBEC CITY. Afterward, enjoy some free time in Old Québec and get a close-up feel for this incredible place. Go for a stroll or do some shopping in a distinct European atmosphere! Afterwards, you'll visit the famous MUSÉE de la CIVILISATION in Québec City. This evening, you'll dine at a local area restaurant.

**Day 4:** After Breakfast you'll head back to Montréal, and go to OLYMPIC PARK where you will see a spectacular view of the city's skyline from the top of the Montréal Tower. Next, you'll visit OLYMPIC PARK'S amazing "Biodome", which recreates some of the most beautiful ecosystems of the Americas. Then, your adventure continues with an additional Guided Tour of Montréal. This evening, you will enjoy Dinner before checking into your Montréal area hotel.

**Day 5:** Today after enjoying Breakfast, you depart for home... A perfect time to chat with your friends about all the fun things you've done, the great sights you've seen and where your next group trip will take you!

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**\$75 Due Upon Signing. \*Price per person, based on double occupancy. Add \$235 for single occupancy. Final Payment Due: 6/19/2014**

**FOR INFORMATION & RESERVATIONS CONTACT:**  
**Cheryl Yablon @ (717) 236-9555**

Form ID: 800-5A0506 WM Tour#: 974745

# Brenner Family Early Learning Center Students Celebrate the Holidays in Their Own Special Way

By Chana Tillman

Here at the Brenner Family Early Learning Center, we are always busy doing spectacular events, and December was no exception. The month took off with an extraordinary Hanukkah party/program for our children and their families. The children sang songs, danced, and ate latkes.

When Hanukkah had come to an end, it was time to begin planning for our New Year's event. The teachers from the older Turning Threes, Turning Fours, Pre K, and the Aftercare program got together to plan a New Year's celebration. Terry Fisher, Aftercare Director, offered up the Aftercare room to throw our party. The children arrived to school that day wearing their pajamas. The older children helped the younger children with our activities. The teachers came up with many different stations. We made your own New Year's top hat, tattoos, snowman movie, bowling, and made your own ice cream sundaes. The boys and girls also received party favors before they left. It was the perfect end to 2013, and the perfect way to begin 2014!



## WELCOME, ED ROTHMAN, TO THE BEN CHERRY INSPIRATIONAL ATHLETE OF THE YEAR AWARD

If you have been lucky enough to know Ed Rothman all of these years, you've been very fortunate. If you haven't, let me mention just a few things about this man and what type of a person he is. I happen to be one of the lucky ones knowing him well and the man that he is.

Ed played quite a few sports in junior high, high school and even playing baseball on a military base team while in the service. I, myself, played some sports with him, missing out on his early years, since Marlene and I moved here in the early 60s from Wilkes-Barre.

The big thing I noticed about Ed was, he was very competitive, played very hard and never gave up.

In his later years, and even now, with some of the physical problems that have occurred, Ed still comes down to the JCC and works out even when he's in pain.

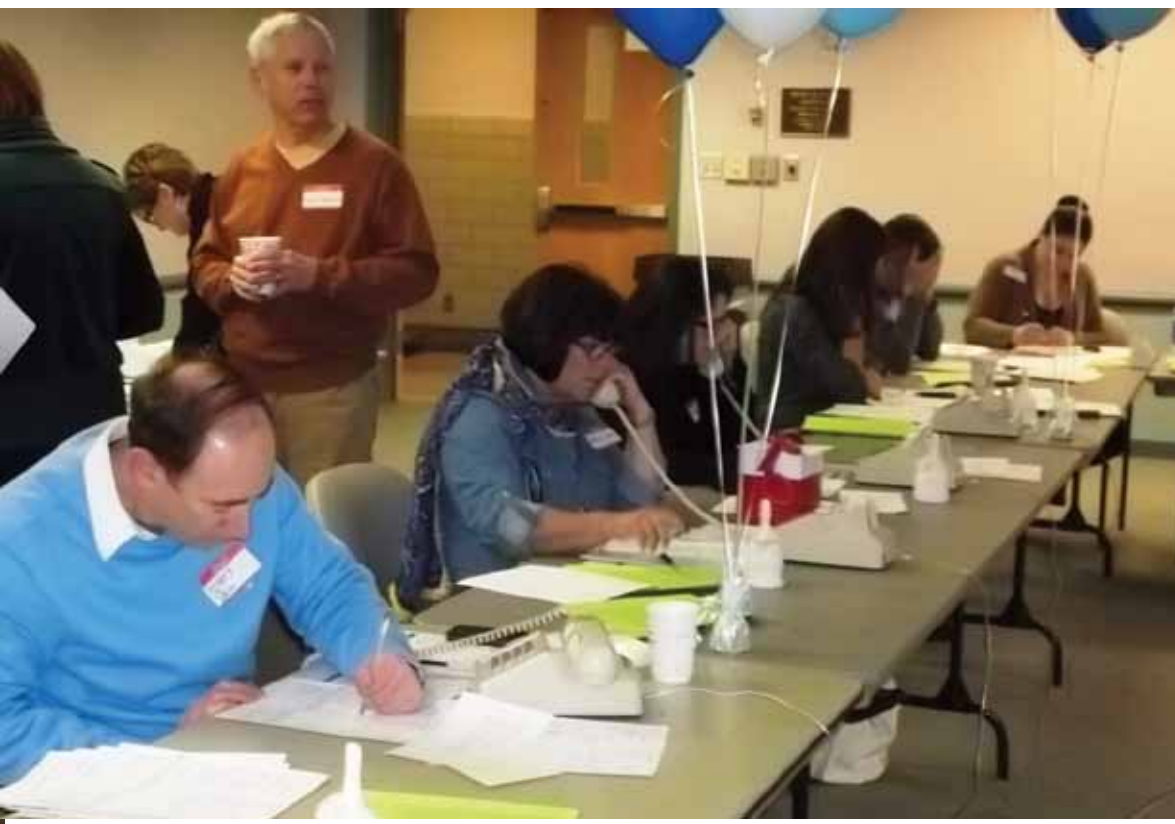
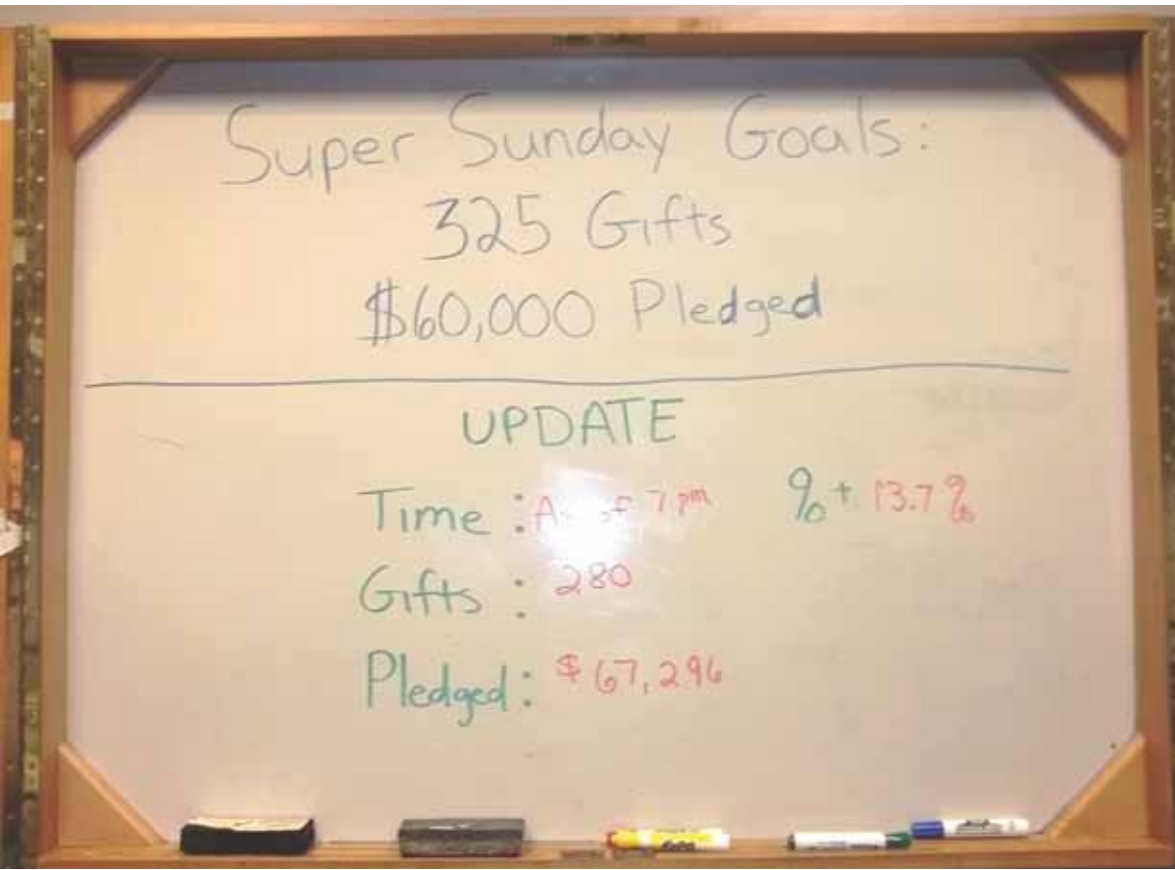
Ed, this award was named after a person like you, never knowing when to quit! I am very lucky to call you my friend, knowing what you stand for and how you inspire people.

I know the night you receive this award at the JCC Adult Sports Banquet on Saturday, March 8th, our good friend Ben Cherry is going to be looking down on you and thinking, "Ed, join the club. You are what this is all about"

My Best, Herm Minkoff



# COMMUNITY GIVES SUPER RESPONSE ON SUPER SUNDAY!



# BREAKFAST 'N LEARN AT BETH EL TEMPLE

Dr. Ted Merwin, Guest Speaker – Sunday morning, February 9 @ 9:30 a.m.

“You Don’t Have To Be Jewish: Non-Jews’ Growing Investment in Jewish Life”

Dr. Ted Merwin, PhD suggests that the future of American Jewish life may lie in non-Jewish hands as much as in Jewish ones. Using examples such as Madonna and other celebrities embracing Kabbalah, Passover Seders in thousands of contemporary churches, and non-Jewish women raising Jewish children, he notes that non-Jews are playing an increasingly important role in Jewish life.

Beth El Temple is delighted to welcome Dr. Ted Merwin as our guest speaker. Ted is Associate Professor of Religion and Judaic Studies and the director for

the Milton B. Asbell Center for Jewish Life at Dickinson College. He is the author of In Their Own Image: New York Jews in Jazz Age Popular Culture. His latest book, Pastrami on Rye: An Overstuffed History of the Jewish Deli will be published in 2014. His articles on Jewish culture have appeared widely in newspapers and magazines, both in the U.S. and internationally.

Please join us on February 9 at Beth El Temple for Breakfast 'n Learn. Sunday morning minyan is at 9 a.m. followed by breakfast at 9:30 and program at 10. There is a five-dollar suggested contribution to cover the cost of breakfast.

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## community calendar

### SUNDAY, FEBRUARY 9

Breakfast 'N Learn, 9:30 a.m., Beth El Temple  
Chisuk Emuna Cash & Cocktails, 5 p.m., CE

### TUESDAY, FEBRUARY 11

Senior Lunch Program, 10 a.m., JCC,  
Program: State Rep. Patti Kim, 12:30 p.m.

### THURSDAY, FEBRUARY 13

Senior Lunch Program, 10 a.m., JCC,  
Program: “Dr. Koones Lecture: “The White House – Fact and Trivia”, 12:30 p.m.

### SUNDAY, FEBRUARY 16

Daddy Daughter Dance, 5 p.m., JCC

### TUESDAY, FEBRUARY 18

Senior Lunch Program, 10 a.m., JCC,  
Program: “The Jewish Perspective”  
with Bob Axelrod, 12:30 p.m.

### THURSDAY, FEBRUARY 20

Senior Lunch Program, 10 a.m., JCC,  
Program: “Name That Tune” with Al Goodman

PUBLIC SERVICE ANNOUNCEMENT

## Writer Joel R. Burcat published in Kaleidoscope: Exploring the Experience of Disability through Literature and the Fine Arts

Akron, Ohio –The work of writer Joel R. Burcat of Harrisburg, Pennsylvania, has been published in the current issue of Kaleidoscope: Exploring the Experience of Disability through Literature and the Fine Arts. His fiction piece, "The Minyan," appears in issue number 68 of the magazine along with other thematic material that confronts misperceptions of disability. His work was selected from among more than 350 submissions considered for publication.

Burcat is an environmental lawyer who enjoys his work and especially loves writing fiction. His publication credits include The Montreal Review (January 2013), Hobo Pancakes (June 2013), Ragnarok, the e-lit journal of Valhalla Press (Spring 2013), and Diverse Voices Quarterly (October 2012), Burcat says, "If I can get people to see other people differently than they did at first, I am happy."

The award-winning Kaleidoscope magazine is published by United Disability Services in Akron, Ohio. Unique to the field of disability studies, the publication expresses the experiences of disability from the perspective of individuals, families, friends, caregivers, and healthcare professionals, among others. The material chosen for Kaleidoscope challenges and overcomes stereotypical, patronizing, and sentimental attitudes about disability. The publication is now available at no cost online by visiting [www.KaleidoscopeOnline.org](http://www.KaleidoscopeOnline.org).

## SAVE THE DATE!

### Jewish Federation Hosts Program on Academic Boycott

On Sunday February 23rd from 5-7 p.m., the Jewish Federation of Greater Harrisburg will host a program regarding the Academic Boycott. This program will feature local experts; Prof. Ed Beck, President Emeritus of Scholars for Peace in the Middle East and Past Chair of its Task Force on BDS and now Coordinator for the Steering Committee of the International Grass Roots Faculty for Academic Freedom and Integrity; Prof. Simon Bronner of Penn State-Harrisburg and a member of the National Council of the American Studies Association which recently adopted a boycott resolution; and Andrea Lieber, Chair of Jewish Studies at Dickinson College and instrumental in helping Dickinson develop a proactive institutional statement to resist academic boycott.

Since 2004, there has been a well-focused and financed, unrelenting, international effort, beginning in Europe which has now reached American shores to academically boycott Israeli scholars and academic institutions. It is part of what is known as the BDS (Boycott, Divestment and Sanctions) Campaign. Over the past two or three years, the battle has escalated in American higher education with resolutions by student governance bodies at colleges and universities and now it has reached faculty academic associations which create and inform the disciplines of academic standards.

This fall, three academic societies considered and passed academic boycott resolutions and an additional one, a major one, issued a harsh criticism of Israel. One academic/professional society has adopted a resolution to resist the BDS Campaign as not being part of its academic mission. Despite nearly 200 colleges and universities renouncing the boycott efforts, the BDS movement is growing and the debate is heating up. Harrisburg has been home to three faculty members who have been actively involved in these efforts who will share their perspectives, strategies, and suggestions for what the public can do to counter this movement which, in an historic document facilitated by one of the panelists, 41 Nobel Laureates and 55 college and university presidents agreed that academic boycotts are anathema to academic freedom, the guiding principle of Western academic institutions.

Please join us for what promises to be a very interesting and informative evening. For more information, please contact Lauren Jacobs at 717-236-9555 ext. 3133.



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## BETH EL TEMPLE

232-0556

[www.betheltemplehbg.org](http://www.betheltemplehbg.org)

Minyan 7 a.m. daily and 5:30 p.m.

Sunday morning at 9:00 a.m.

Friday night Kabbalat Shabbat 6:00 p.m.

Shabbat morning service 9:15 a.m.

Saturday night mincha/maariv/havdalah at same time as Friday evening candlelighting time

### Saturday, February 8:

Shabbat morning service includes Guided Meditation Musaf. Family Education Community Havdalah and Games at JCC, 6:30-8:00 p.m.

### Sunday, February 9:

Grade 7 Tefillin/Minyan Family Education program with Rabbi Cytryn, 9 a.m. Breakfast 'n Learn 9:30 a.m. with Prof. Ted Merwin on "You Don't Have to Be Jewish to Love Judaism: Non-Jews' Growing Involvement and Investment in Jewish Religion."

### Tuesdays, February 11 & 25:

Adult Education Series with Rabbi Cytryn: "Beth El Temple Sanctuary's Artistic Imagination" 7:15 p.m.

### Saturday, February 15:

Bar Mitzvah of Jacob Nudel Parshat KiTisa

### Wednesday, February 19:

Board of Directors Meeting, 7 p.m.

### Friday, February 21:

Tot Shabbat 5:30 p.m. Congregational dinner 6 p.m. Kabbalat Shabbat 7 p.m. Junior Congregation 7 p.m.

**Saturday, March 1:** Bat Mitzvah of Hannah Merwin Parshat Pekude Shabbat Shekalim 9:15 a.m. Mini Congregation 11 a.m.

### Saturday, March 8:

"Chaverim Shabbat"-Young Adults group leads Shabbat morning service followed by congregational Kiddush luncheon.

**Sunday, March 9:** Chaverim Bagel & Coffee Social 10 a.m.

*PUBLIC SERVICE ANNOUNCEMENT*

## CHISUK EMUNA CONGREGATION

232-4851 | [www.chisukemuna.org](http://www.chisukemuna.org)  
info@chisukemuna.org

Weekly Minyan times:

Sunday mornings at 8:30 a.m.

Monday, Thursday mornings, 6:50 a.m.

Tuesday, Wednesday and Friday mornings, 7 a.m.

Sunday through Thursday evenings, 7:15 p.m.

### Saturday, February 1:

Shabbat morning service, 9:15 a.m.; Mazel Tot Shabbat, Junior Congregation (delete: and Women's Torah Study

group, 10:00 a.m.)

**Friday, February 7:** Erev Shabbat service, 5:10 p.m.

### Saturday, February 8:

Shabbat morning service 9:15 a.m. Mincha, Maariv and Torah study, 5:15 p.m.

**Friday, February 14:** Erev Shabbat service, 5:20 p.m.

### Saturday, February 15:

Shabbat morning service, 9:15 a.m. Mincha, Maariv and Torah study, 5:25 p.m.

**Friday, February 21:** Erev Shabbat service, 5:25 p.m.

### Saturday, February 22:

Shabbat morning service, 9:15 a.m. Mazel Tot Shabbat, Junior Congregation and Women's Torah Study group led by Laura Monaco, 10:00 am. Shabbaton and Kiddush sponsored by Mort and Alyce Spector in honor of the craftspeople who helped construct our new home. Mincha, Maariv and Torah study, 5:30 p.m.

### Sunday, February 23:

Cash Raffle Drawing, 9:30 a.m. Rosh Hodesh: It's a Girl Thing, 3:30 - 5:00 p.m.

**Friday, February 28:** Erev Shabbat service, 5:35 p.m.

### Saturday, February 29:

Shabbat morning service, 9:15 a.m. Mincha, Maariv and Torah study, 5:40 p.m.  
*PUBLIC SERVICE ANNOUNCEMENT*

## CONGREGATION BETH ISRAEL

Lebanon | 273-2669

Visit the Congregation Beth Israel Web Site at [www.congregation-beth-israel.org](http://www.congregation-beth-israel.org)

All are welcome to our egalitarian services: Sundays at 9 a.m., Thursdays at 7:30 a.m. Our Shabbat services, led by Rabbi Paula Reimers, are at 7:30 p.m. on Friday evenings and on Shabbat morning at 9:30 a.m. followed by Kiddush.

## CONGREGATION

### BETH TIKVAH

Carlisle | 245-2811

[www.bethtikvah.org](http://www.bethtikvah.org)

*PUBLIC SERVICE ANNOUNCEMENT*

## HISTORIC B'NAI JACOB

Middletown | 319-3014

[www.bnai-jacob.org](http://www.bnai-jacob.org)

Historic B'nai Jacob Synagogue, Water and Nissley Streets in Middletown, will conduct Shabbat services on Friday, February 7th at 7:30 p.m.

We are a Community Shul - all are welcome

Visit our website or call our Voicemail, 717-319-3014

*PUBLIC SERVICE ANNOUNCEMENT*

## KESHER ISRAEL CONGREGATION

238-0763 | [www.kesherisrael.org](http://www.kesherisrael.org)

Participate in our daily Minyanim. Mornings: Sundays and Federal holidays at 8 a.m., Monday through Friday at 6:45 a.m. Rosh Chodesh and fast days at 6:30 a.m. Evening services begin at 20 minutes before sunset.

Please join us for our 9 a.m. Shabbat morning services - followed by kiddush

*PUBLIC SERVICE ANNOUNCEMENT*

## TEMPLE BETH SHALOM

697-2662 | [www.tbshalom.org](http://www.tbshalom.org)

Due to the fact that Rabbi Gendra will be on a six-month Sabbatical after September 17, Temple Beth Shalom will hold twice-monthly Saturday morning services conducted by Dr. Manel Frau. The schedule is as follows:

The Friday evening schedule remains unchanged - Services at 7:15 p.m.

**February 8:** No Saturday morning services

**February 15:** Saturday morning services, 9 a.m.

**February 22:** No Saturday morning service

**March 1:** Saturday morning services, 9 a.m.

**March 8:** No Saturday morning service

**March 15:** Saturday morning services, 9 a.m.

**March 22:** No Saturday morning service

**March 29:** No Saturday morning service

The Sisterhood Book Club will meet on Wednesday, February 12 at 7 p.m. at the home of Sonny Bowers to discuss the book, "The Light Between Oceans" by M.L. Stedman. Please RSVP to the Temple office if you plan to attend and for directions.

Contact: Jenny Kornfeld, TBS Ritual Chair, jenmarc55@comcast.net

To find out more about our programs and events, visit [www.tbshalom.org](http://www.tbshalom.org) or contact us at [tbs.temple@verizon.net](mailto:tbs.temple@verizon.net).  
*PUBLIC SERVICE ANNOUNCEMENT*

## TEMPLE OHEV SHOLOM

233-6459 | [www.ohevsholom.org](http://www.ohevsholom.org)

**Friday, February 7:** Shabbat Service, 7:30 pm, Sanctuary

### Saturday, February 8:

B'nai Mitzvah, 10:30 am, Sanctuary

**Friday, February 14:** Shabbat Service, 6:00 pm, Lehrman Chapel

**Friday, February 21:** Family Shabbat Service, 7:30 pm, Sanctuary

**Saturday, February 22:** Tot Shabbat Service, 10:30 am, Lehrman Chapel

**Friday, February 28:** Shabbat Service, 6:00 pm, Lehrman Chapel

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# Our Child's Inner Voice

By Faye L. Hall, MA, JFS FBMH Program Director



"The way we talk to our children becomes their inner voice," Peggy O'Mara www.TheSilverPenn.com.

During a recent search on Pinterest, I stumbled over the above quote, causing me to stop and reflect on its implications for the families in our Family Based Program. I asked myself, "How

do we talk to our children? What do their inner voices say?" I pondered on what many adults have reported about their childhoods. They "had their parent's voice in their heads". That voice assisted in decision making, assured them of their parent's love, and reminded them to maintain family values.

You may remember your parent's affirmations or negative comments that support or discourage you each day. In the world of psychology, this is referred to as having "internalized the parent," as in carrying your parent's presence with you wherever you go. What does your child's inner voice say? Often times out of frustration, a parent may say hurtful words without understanding the long-term impact. Simple statements like: "That's stupid." and "How many times must I tell you?" convey

negative meanings that the child carries--or internalizes--within him. "That's stupid" may become translated into "I am stupid." and "How many times" equates to "How dumb am I?" Each questions the child's worth and abilities. Imagine the impact of your mother's words, "You only have one speed and that is slow." No parent intentionally wants their children to internalize negative beliefs but may think these words will motivate their children to improve behaviors, as if criticism is a motivator.

For our Family Based Program, we developed parent handouts to prompt positive statements that parents can use to encourage their children. I would like to share a few simple ideas with you. A word of caution: a child will not believe your words if his or her experience of you does not match the words. Find words to convey to your child: 1. My parent thinks I can do this. 2. My parent thinks I am good. 3. My parent enjoys being with me. 4. My parent loves me unconditionally.

What are you saying to your children that will become their inner voices? For more information about this, contact Faye Hall, Healing Hearts Family Based Mental Health Program Director, (717) 233-1681. Healing Hearts Family Based Mental Health Program is a program of Jewish Family Service Mynd Works Children's Services.

## EDNA (SERBIN) BLUMENTHAL

Edna (Serbin) Blumenthal, 96, died Wednesday, January 15, 2014, at the Jewish Home of Greater Harrisburg. She was the wife of the late Benjamin Blumenthal. Edna is survived by daughters Elaine (Elliot) Strokoff and Joan (Gary) Goldman; grandchildren Harris (Niki) Strokoff, Franklin (Paula) Strokoff, Johanna Strokoff, and Jordan Strokoff, Justin Goldman, and Rachel Goldman; and great-grandchildren George Benjamin Strokoff and Lilly Anne Strokoff. Funeral services were held on Friday, January 17th at Geiple Funeral Home, Glen Rock, PA, with Rabbi Eric Cytryn officiating. Interment followed at South Hill Hebrew Cemetery, York, PA. Memorial contributions may be made to: American Joint Distribution Committee, P.O. Box 4124, New York, NY 10163; American Friends of Magen David Adom, 352 Seventh Avenue, Suite 400, New York, NY 10001; or the American Heart Association, 7272 Greenville Avenue, Dallas, TX 75231.

## ROCHELLE ZUMOFF

Rochelle Zumoff passed away, recently, in Pittsburgh, PA. Funeral services were held on Monday, January 20th at Shaare Torah Congregation, Pittsburgh. Condolences are extended to Rochelle's dear husband Bert, and to her entire loving family.

## CANDLELIGHTING

February 7 ..... 5:15 p.m.

February 14 ..... 5:23 p.m.

February 21 ..... 5:32 p.m.



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