

The Voice of the Greater New Haven Jewish Community

SHALOM



Wood/leather carver
Harvey Paris on
Display at JCC *page 6*

NEW HAVEN

FALL 2023 • TISHREI/CHESHVAN 5784



SPECIAL HOLIDAY PULL-OUT SECTION

Shanah Tovah U'metukah! *pages 13-16*



FROM THE DESK OF
GAYLE SLOSSBERG
CHIEF EXECUTIVE OFFICER | gslossberg@jewishnewhaven.org



Connection, Community & Belonging

As the High Holy Days approach, and we reflect on the past year and the possibilities to come, I find myself thinking about connection, community and belonging. For me, this is central to my identity as a Jew, fuels my passion for Jewish life, and inspires me as I begin our journey together as your new CEO of the Federation.

The power of community was instilled in me at an early age by my rabbi in Natick, Massachusetts, where I grew up – the late Harold Kushner (who passed away earlier this year). He instilled in me that being Jewish means being a part of something greater than myself. It means that no matter where I am or how I express my Judaism, I belong.

I was starved for community in 1996 when my husband David and I moved our family to Milford. I found myself lurking in the Passover aisle at Stop & Shop asking who was from Milford. While no one called the police on me (thank G-d), it did lead to a meet and greet event where a small group of us invited every Jewish person we could identify. We hoped for twenty people and ended up with over a hundred people who responded to the call for community.

I have been on a listening tour over the past several months and heard that many in our community have common concerns about the times in which we are living: a society becoming more fragmented, antisemitism more pronounced, young people having trouble finding their way, loneliness a common commodity and Israel a topic of controversy. I believe that the antidote to these challenges is community – all of us together taking stock and going from strength to strength.

We must double our efforts and find new ways to connect with each other and new people in the community. We must establish networks and affinity groups where we help each other be

successful in our professional and personal lives, provide mentors and internships for our young people to build their leadership potential, continue to support Israel and our Jewish families around the world, and to support all who are in need in our community.

We are grateful for the strong professional and lay leadership we have in our community, especially our President Gerry Barker, who has led our organization this year with unlimited positivity. In this new year, we welcome new faces and bid others l'hitraoat, see you again. Thank you to Amy Holtz for her authentic, passionate commitment over the past year as our interim CEO and Chief Development Officer. Amy and her husband are relocating to New Jersey to be closer to their family and we wish them all the best!

We have a strong community with many assets, starting with you. Let me thank you for already being a part of the work Federation has been doing. In the coming year, I hope you will join me as we embark on an exciting and unparalleled effort to gather, connect, support and strengthen our Jewish community. Together we can meet the challenges and opportunities of our times just as generations before us have done.

This is our moment. As we contemplate the New Year and what we hope for, I hope it will be for more connection, for the sense of belonging and purpose that comes with being a part of our Jewish community. I am excited about what we will accomplish together.

Until then, from my family to yours, we wish you a happy, healthy and sweet New Year.

Gayle

Gayle Slossberg, Chief Executive Officer
Jewish Federation of Greater New Haven

SHALOM NEW HAVEN

SHALOM NEW HAVEN is published six times per year and delivered free of charge to the Greater New Haven Jewish community by the Jewish Federation of Greater New Haven.

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- March 28 for May/June issue
- May 29 for July/August issue
- July 28 for September/October issue

SUBMISSIONS

To submit an article or photo, please email snh@jewishnewhaven.org. Please include your contact information when submitting.

Space is limited; submission does not guarantee publication. All articles are subject to approval by the editorial board.

SHALOM NEW HAVEN STAFF

Derek Holodak
Director, Marketing & Communications

Judie Jacobson
Editor

Wendy Bowes
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A NOTE FROM OUR FEDERATION PRESIDENT
GERRY BARKER



“One Gift Touches Many Jewish Lives!”

When I asked Betsy Hoos for the best reason why someone would want to make the Jewish Federation of Greater New Haven their philanthropic partner, Betsy responded without hesitation: “Because one gift touches many lives.” One single gift. Regardless how small.

That simple statement has become one of the fundamental tenets of the Jewish Federations of North America. A mantra that is central to who we are, both as individuals and as a people.

This is exactly why the Jewish Federation of Greater New Haven is the charitable organization my family chooses to support. Because when we give to the Jewish Federation we know we are touching numerous lives. We are helping feed New Haven’s hungry, we are helping to provide our children with a solid Jewish education, we are caring for our elderly, and we are ensuring that our Jewish communities throughout Greater New Haven, Israel and in 70 countries throughout the world remain vibrant and healthy.

With just a few dollars, we leave a legacy of giving, and we touch Jewish lives everywhere. And we aren’t the only ones.

When we talk about touching Jewish lives, we would be remiss not to mention Amy Holtz, To be sure, there is no one who has had a more profound impact on our Federation — no one who has touched so many Jewish lives in so many different ways and with so much of her “neshama” (her soul) invested in it— than Amy.

Now, in mid-September, Amy, will leave us. She has served as our CDO and our interim-CEO for seven years, but also as our friend, our mentor, our leader, and as an engaged member of our community. Amy will be greatly missed and fondly remembered by everyone here at Federation...and well beyond.

While we are sad to see Amy depart, we are thrilled and excited to have Gayle Slossberg take over the reins as CEO. Gayle’s enthusiasm and passion for Judaism and for the Jewish people is infectious. It is with great anticipation that we look forward to working with Gayle.

As summer winds down, we have a number of events to look forward to, including our annual meeting on September 7th, at which time we will honor Amy Holtz and welcome Gayle Slossberg; the Murray Lender annual 5K Bagel Run on September 10th; and our new Jewish Aging Mastery Program. At that time, we will also share new projects and initiatives.

Most importantly, we can all be proud that in the past year, our Jewish Federation has allocated well over \$1,000,000 in funds to our Tier 1 agencies and a wide variety of local organizations, as well as substantial contributions to Israel and other countries. Our work never stops as we continue our mission to speak out against antisemitism, ensure the security of our community, and enhance the lives of our people.

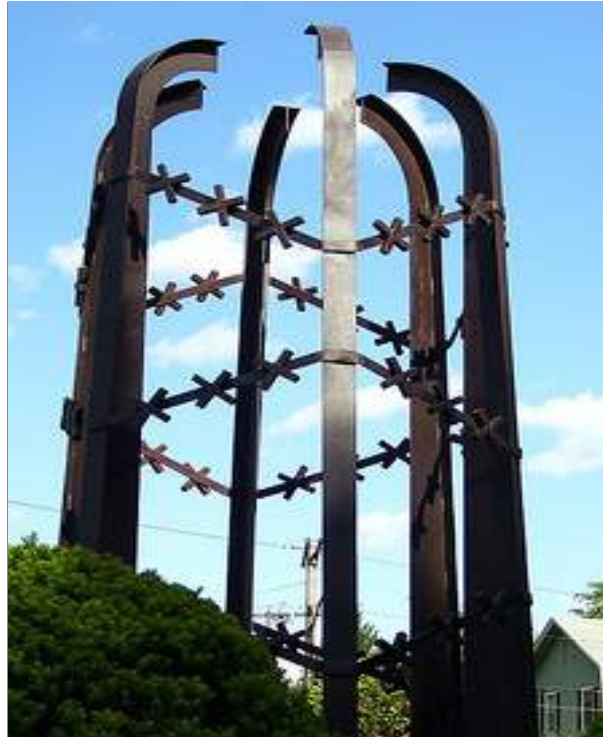
As we enter the Days of Awe and reflect on all our blessings, rest assured that you have all have made a significant difference in the world through your gifts to Federation!

On behalf of your Jewish Federation of Greater New Haven, I would like to extend warm wishes to you and your loved ones for a New Year of peace, health and happiness.

L’shanah Tovah, Gerry

Gerry Barker

Gerald Barker, President
Jewish Federation of Greater New Haven



KEVER AVOT WE REMEMBER...

Sunday,
Sept. 24
10 a.m.



Jewish Federation
OF GREATER NEW HAVEN

jewishnewhaven.org/keveravot

Historically, the Jewish community of New Haven offers a special program “Kever Avot” the Sunday between Rosh Hashanah and Yom Kippur for survivor families to come together to recite kaddish. Since survivors have no cemetery to visit, the Holocaust Memorial on Whalley Avenue provides the venue for the gathering. For details and a link to join us, visit jewishnewhaven.org/keveravot.

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Israel's "The Other City" comes to the



Courtesy "The Other City"

On Thursday, October 19, the Jewish Community Center of Greater New Haven will screen the 2022 Israeli documentary "The Other City," followed by a conversation with the film's creator/director Livi Kessel. A great success in Israel, the JCC screening will mark the film's US debut. It was launched at the "Doc Aviv" festival and recently started its run at international festivals worldwide.

"The Other City" tells the story of Livi, a photography student who, in 2007, moves into an empty building in downtown Haifa. Just before her loneliness urges her to leave, Shahar, Zvi, Iddo and Talia move into that very building – young artists themselves. The friendship ignites in an instant and, when Zvi can't pay his rent, they decide to rent a space together, half of which will be Zvi's dwelling and half – an art gallery and bar. Their joint effort thrives, but cracks begin to show. Ultimately, the gallery closes and the group disperses. For 12 years, Livi follows their journey to fulfill their dreams as they face several difficulties, unfolding both intimately and lovingly, revealing the story of five friends and their maturing process.

Recently, Shalom New Haven spoke with Livi Kessel about "The Other City" from her home in Israel.

SHALOM NEW HAVEN (SNH): What motivated you to make this film?

LIVI KESSEL (LK) — I started documenting my friends right after they moved to my building in downtown Haifa in 2008. I was a 24-years-old photography student living in a half empty building in downtown Haifa. I was very lonely and was planning to leave my apartment when Shahar and Tzvi—an artist and a musician—moved into my building. They were so different from anyone I had ever met but, most of all, it made me feel love and intimacy and more comfortable with who I was than ever before. I started shooting them because it was magical to me. I had never had anyone so close to me.

I was documenting our joint life and our urbanist cultural activities for several years.

Then, in 2016, months after our gallery was closed and we weren't living together anymore, I got depressed. I was a mother of a young child with no clear prospect. I was shooting weddings for a living, but not having the joint activities and life as a group left a big void in my life.

SNH: How does it feel to make a film about yourself?

LK: This documentary follows the journey of five artists for about 14 years—first as a group, but mostly as individuals, trying to make it through life obstacles while not giving up their dreams of being artists. The five deals with alcoholism, parenting challenges, financial crisis and manic depression. I get to watch the film every once in awhile at festivals, and I sometimes catch myself thinking "Damn, it's been a long journey. It really shows the essence of our life in the past 14 years"



Livi Kessel, creator/director of "The Other City" speaks at the film's international premiere at the Shanghai International Film Festival

SNH: What is the message you wish the audience to take away?

LK: I think It shows the price people pay in order to live for their dreams. It also shows that sometimes you have to adjust your dreams a little.

It's funny because in the film you get to see the "backstage" of being artists. Nothing fancy or glorious and yet many times people in the audience say they wish they were like the people in the film. It kind of shows "The road not taken" of most people.

The film gives you strength not to give up.

SNH: What is your next project?

LK: I have two new projects. The first one, "Nina," is a joint project with producer/director Ravit Markus, that will hopefully premiere in early 2024. It tracks Israeli para-badminton champion Nina

JCC for viewing



Gorodetsky's exciting three-year journey to try and defy the odds and fulfill her paralympic dream without sacrificing her maternal desires. It is supported by The Gesher Film Fund, NY Women in Film and TV, Israeli Paralympic Committee, Barbara Dobkin, and the Gilbert Foundation.

The second one that just completed The New Fund for Cinema and Television developing hub, deals with the epidemic of women being murdered by their partners or ex-partners. It tells my personal story as a high school student who got into a relationship. It's a very painful topic in Israel and, unfortunately, all over the world.

The Oct. 19 screening of "The Other City" is free and open to the public. Pre-registration is required at jewishnewhaven.org/other-city Or email Doron Wolf at: dwolf@jewishnewhaven.org.

Don't miss it!

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RSVP: jewishnewhaven.org/annual-meeting-2023



JCC of Greater New Haven
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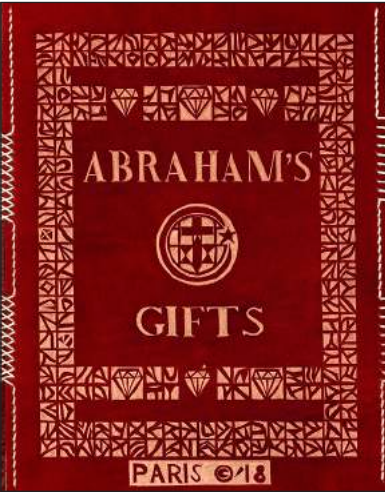
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HIGH-TECH FAMILY, COSMETIC AND IMPLANT DENTISTRY

JCC exhibit highlighting Abrahamic religions by wood/leather carver Harvey Paris

Includes 3 Clergy Panel Discussion on Sept. 10



On exhibit now through October 4 at Hoos Family Art Gallery of the Jewish Community Center of Greater New Haven is “Artistic Representation of Jewish Teachings and Later Religious Emergence,” an extraordinary body of wood and leather carvings created by Connecticut artist Harvey Paris. The featured piece, Abraham’s Gifts, is a 20-foot carved leather book that illustrates the teachings of Abraham and highlights the central beliefs of the three Abrahamic religions, Judaism, Christianity and Islam.

There will be a related panel discussion featuring three clergy — a rabbi, an imam and a pastor — to be held on Sunday, September 10 at 2 p.m. at the JCC.

Recently, Paris described to Shalom New Haven how his art and creative inspiration came together. Here is an excerpt of what he had to say.

“I garner inspiration for my work from traditional Jewish sources such as the Torah and other traditional Jewish writings as well as Jewish folk art, especially East European Paper Cuts. The great bulk of the exhibit features familiar Jewish themes such as the Torah, Revelation at Sinai, and the Wisdom of King Solomon. The exhibit also contains examples of Hidar Mitzvah



Harvey Paris

or the concept of beautifying ritual items. Included in the exhibit are original carved designs of a seder plate, a challah board and many others.” Paris added that “all of the carvings in the exhibit are original designs and were carved with just one hand held knife”.

Paris went on to say that “he believes that he has created a new and unique form of Jewish and multi-religious art that he hopes speaks to the soul. His art is an attempt to represent, as well as to explore, the spiritual nature of life from a religious perspective.

He concluded by adding that “I hope you enjoy the exhibit and gain a greater appreciation for the art of chip carving. I have taken traditional chip carving techniques, combined them with my original designs, and have created a unique body of carvings that reflect who I am as an artist and as a human being.



Rabbi Barbara Paris



Reverend Milton Brasher-Cunningham



Imam Saladin A. Hasan

CLERGY PANEL DISCUSSION:
The September 10th clergy panel discussion aims to provide perspectives on Abraham’s legacy to the three monotheistic religions. The distinguished panel includes: Rabbi Barbara Paris, Rev. Milton Brasher-Cunningham, and Imam Saladin A. Hasan.

Rabbi Barbara Paris, LPC, serves many communities. She is the Hillel advisor and adjunct professor at Southern Connecticut State University (SCSU) in New Haven, as well as the rabbi at Choate Rosemary Hall in Wallingford and at the Watermark Senior Living Center in Bridgeport. She is also the associate rabbi at the JCC in Harrison, N.Y., and vice president of Jewish Family Service in Fairfield where she heads up the adoption program.

Rabbi Paris earned her rabbinic degree from the Academy of Jewish Studies and took classes toward a Doctor of Ministry degree at Hartford Seminary where she was awarded the Celie J. Terry Prize for her interfaith community work. At SCSU, she works closely with the Muslim Student Association and the Newmann Club as well as other religious and multicultural groups. Rabbi Paris serves on the Board of Rabbis of New Haven and is a Fairfield Human Services Commissioner.

Reverend Milton Brasher-Cunningham is pastor of Mount Carmel Congregational Church UCC in Hamden. He was born in Texas, grew up in Africa, and spent the last 30+ years in New England and North Carolina. He is an ordained minister in the United Church of Christ, and has worked as a high school English teacher, a professional chef, a trainer for Apple, and an editor for Church Publishing. He is the author of three books, Keeping the Feast: Metaphors for the Meal and This Must Be the Place: Reflections on Home, and The Color of Together: Mixed Metaphors of Connectedness. He lives in Guilford, Connecticut with Ginger, his wife, who is also a UCC minister, and their two Schnauzer rescue pups. He writes regularly for donteatalone.com.

Imam Saladin A. Hasan started working for the Connecticut Department of Corrections in 1989, where he served as a corrections officer and staff trainer in the fields of behavior management, diversity, morals and ethics, pandemic response, recidivism etc. He retired from the Department in 2011.

Imam Hasan’s goal has been to develop the minds of the youth, through youth sports, summer camps, martial science (boxing/aikido/karate) and life skills courses. He speaks in the school system and bonds with those in need of parental direction.

Imam Hasan was elected Imam of the Abdul Majid Karim Hasan Islamic Center in January 2020, upon the passing of his father, Imam Dr. Abdul Majid Karim Hasan. The AMKHIC was launched in the early 50’s in the home of his maternal grandparents, Harold and Martha Peters. The Center is known as the establishment for Islam in New Haven County. It was in their home that El-Hajj Malik El-Shabazz – aka Malcolm X – came from New York to introduce his understanding of Islam to a small crowd.

For info on the exhibit and the panel discussion, contact Susan Skalka at susans@jccnh.org. For info about the wood carvings of Harvey Paris, visit jewishcarving.com

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Contact Kelly at Kellyd@jccnh.org for more information and pricing!
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2023 Elm City Kallah to feature: Maharat Rori Picker Neiss as Scholar-in-Residence

Maharat Rori Picker Neiss has been named scholar-in-residence of the 2023 Elm City Kallah, scheduled to be held October 27 - 29 at a diverse group of synagogues in the greater New Haven area.

Founded in 2014, Elm City Kallah is a collaboration of Westville Synagogue, Beth El-Keser Israel (BEKI), and Congregation B'nai Jacob, who come together to bring exceptional Jewish programming to congregations in the area. The three are noted for hosting scholars of national and international renown to share their ideas and encourage lively dialogue about topics of interest to American Jews at many stages of Jewish education, and political and denominational affiliation.

Rori Picker Neiss, one of the first graduates of Yeshivat Maharat, a pioneering institution that trains Orthodox Jewish women to be spiritual leaders and halakhic authorities, serves as executive director of the Jewish Community Relations Council of St Louis, Missouri. She will speak three times at learning

sessions held over the course of the weekend at participating synagogues. Members of Elm City Kallah congregations, as well as other interested community members, are encouraged to pray, sing, eat and study together, and to partake in communal Shabbat meals on Friday night and Saturday Kiddush lunch, as well as Sunday breakfast. There is no cost to any events with the exception of the subsidized Friday night Shabbat dinner, when a minimal fee will be charged. RSVPs will be necessary for that dinner. Accommodations will be made to allow for widespread participation. For example: All Shabbat services, Friday night dinner and Shabbat Kiddush luncheon will be held in Westville, at both BEKI and Westville synagogues, to allow those living in Westville who are Shomer Shabbat to easily participate.

There is parking available at both locations for those who prefer to drive. B'nai Jacob will host the Sunday morning event, so that all may participate without concerns about driving on Shabbat. Every effort will



Maharat Rori Picker Neiss

be made to reach out to unaffiliated community members.

Additional information will follow as the event approaches.

Contact Rabbi Rona Shapiro at rgshapiro430@gmail.com or Barbara Zalesch at barbal918@aol.com.

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IN THE COMMUNITY

The Towers Awarded National Chaplaincy Grant

The Towers at Tower Lane is one of four recipients nationwide to be awarded a grant from Brandeis University's Chaplaincy Innovation Lab with support from the Charles Revson Foundation. The project will expand chaplaincy services to residents, families, and community members of The Towers. Staff member Sarah Moskowitz, the residence's volunteer coordinator and spiritual leader, will head this project over the course of the year.

The project will help address loneliness, and support families, residents, and community members in making life transitions through a Jewish lens. The grant will enable The Towers to provide both individual and group spiritual care. Both Sarah Moskowitz and Ruthie Greenblatt will attend year-long classes and seminars, and receive mentorship through this special program.

Thanks to a generous Impact Grant from the Jewish Federation of Greater New Haven, The Towers is also delivering kosher Shabbat meals monthly to families in our area. Those families will also be eligible to receive spiritual care through the Chaplaincy Innovation Lab/Revson Foundation grant.

Weaving spiritual wellness into The Towers' work is just one component of its Proactive Partner Model, which provides person-centered and evidence-based programming that is driven by outcomes and data. The Towers will track the impact of this work to understand its effect and how its programming evolves moving forward. The goal for this year's work is to develop a new approach that will continue well beyond the life of the grant.

Associate Vice President Jennifer Bayer said The Towers is "thrilled and grateful to have received this funding from Brandeis University. This type of grant partnership and work has the ability to move our organization and community forward significantly. We are incredibly grateful, not only for the funding but also for the resources and education that will be provided throughout the life of the grant and beyond."

For more information regarding volunteer opportunities at The Towers, contact Sarah Moskowitz, sarah@towerlane.org or (203) 772-1816, x410. Learn more about the Chaplaincy Innovation Lab at chaplaincyinnovation.org and about the Charles Revson Foundation at revsonfoundation.org.



Sarah Moskowitz

IN THE COMMUNITY

Shabbat is a time for reflection at Camp Laurelwood

For over 85 years, Camp Laurelwood — Connecticut's only Jewish overnight camp — has worked to build a kinder world that is reflected through a strong and vibrant Jewish community. How do we do that? Among other things, each week we bring our campers together for a Shabbat rich in Jewish law and tradition.

First, campers and staff dress in white to usher in the Sabbath on Friday nights with services, Kiddush, candle-lighting, and blessing over the challah. A traditional Friday night Shabbat meal (including matzoh ball soup!) is a highlight of the week and is followed with singing. We continue our Shabbat celebration on Saturdays with a late wake-up time, a special breakfast, services, wellness and afternoon activities of the campers' choice, and a beautiful Havdalah under a star-filled sky.

Shabbat at Laurelwood is just one more example of how our camp is guided by a set of core Jewish values. We focus on one value/theme every week, and we integrate that value/theme into our programming and activities over Shabbat. The themes may include: Building Community, Inspiring a Connection to the Jewish People, From Generation to Generation, Promoting a Healthy Spirit in a Healthy Body, Bestowing Kindness

On Shabbat, two of our rising 10th grade Bonim campers are chosen to deliver a D'var Torah to our camp community, reflecting the value/theme for that week. One week, different campers and staff gave the following D'var Torahs to our camp community reflecting on the value/theme 'From Generation to Generation.'

We are proud to share the D'var Torah of two campers, Jenna and Zoe, who impressed the entire camp community.



Laurelwood campers Zoe, left, and Jenna, delivered a D'var Torah with the theme "Generation to Generation" one Shabbat.

"SHABBAT SHALOM CAMP LAURELWOOD!"

My name is Jenna Barr. And my name is Zoe Dvorin."

"When I first found out that this week's theme was generation to generation, I immediately thought of myself being the 4th generation of my family to come to Camp Laurelwood. My great grandmother was a counselor, and was followed by my Grandma who also became a counselor. My mom, aunt, and my sister all came to camp as campers. Hearing my family's memories and being able to experience my own memories is very sentimental to me. My name being up in the mess hall on a plaque, alongside my aunt's name shows how Camp Laurelwood traditions remain constant throughout the generations.

"Unlike Jenna, my [Zoe's] family's camp journey began with me, back in 2017. Now seven years later both my brother and sister have gained an immense amount of love for this camp, as it is now something that bonds my siblings and I. So, although we are the first generation to be campers, traditions and memories have been passed down to us through an older generation of campers and counselors. Generation to generation doesn't always mean family. In my final year as a camper, looking down at camp was a very special experience, as over my time here I have been able to watch the youngest campers grow up from the starting point that I once was at.

"For me, generation to generation is important at camp because families are able to share, and bond over Camp Laurelwood's traditions.

"And for me, generation to generation is important, as we are introduced to traditions by those older than us, and we get to pass it on and continue the cycle within our community."

To learn more about Jewish life at Camp Laurelwood www.camp Laurelwood.org. First time camper discounts and tuition assistance are available! Email info@camp Laurelwood.org or call (203) 421-3736 to learn more!





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Haim'ish | ha-mish\: friendly, warm and comfortable; homey; providing a sense of community



No two ways about it, moving is a big deal and we know that you need more stress like a hole in the head. Having served our community for more than **50 years**, we know the challenges that families face when considering a change and we're here to help.

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- Flexible apartment design
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Experience the Towers for the first time, again. Call us at (203) 772-1816 to start the conversation and schedule a visit or find us at www.towerlane.org.

Apartments available now! Limited availability.



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PJ GIVES BACK!

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PJ SHARES

September 11
5-6:30 pm
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Everyone welcome...best for families with children ages 2-12.

Celebrate Rosh Hashanah with a birthday party for the world while we give back to the community! Pack birthday party kits, create holiday cards, enjoy live music and inflatables.

Sign up today at: jewishnewhaven.org/pjcares

More PJ GIVES BACK UpcomingEvents:

PJ FEEDS HELPING THE HUNGRY NOVEMBER
PJ READS PROMOTING LITERACY DECEMBER

PJ Library is a program of Jewish Federation of Greater New Haven. The PJ Gives Back series has been made possible through a generous grant from the Jewish Federation of Greater New Haven.

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Experience vibrant community life and enriching programs for all ages at Temple Beth Sholom. As a cornerstone of Hamden, our egalitarian, conservative synagogue invites you to be part of our flourishing community.

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POWERED BY
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New Haven Federation PJ Library subscribers eligible for "Get Together" grants

PJ Library subscribers in Greater New Haven are eligible for \$100 grants from PJ Library to help families get together with friends for Jewish-themed gatherings.

Back by popular demand, "Get Together" grants are back as of August 28. If you need some ideas for your get together for the coming year consider Jewish themes of

- (1) Shabbat and Havdalah;
- (2) Jewish Holidays;
- (3) Volunteering and Giving; or you may plan a Get Together of your own.

"Get Together" hosts may request up to \$100 in reimbursement for hosting expenses. Note that host families can be reimbursed for a limit of three "Get Together" experiences, but you can host as many additional events as you'd like.

Check pjlibrary.org/gettogether for more info. PJ Library is powered by Jewish Federation of Greater New Haven.

AT THE JCC Metabolism and Weight Management

By Susan Donovan
JCC Director of Wellness & Group Exercise, JCC of Greater New Haven

Metabolism is a wide-ranging term that describes the constant work happening in each of the body's cells. This includes pumping molecules from the blood into the cells, as well as sending other molecules out of the cell, to be used for fuel. Energy is then released giving your body what it needs to function, in addition to the energy required to do the work within each cell. Your metabolism affects your health and certainly impacts your weight loss or weight maintenance efforts. Here are some basic definitions to better understand the role metabolism plays in your body:

Total daily energy expenditure is a term that encompasses all of the components of human calorie expenditure.

Resting metabolic rate (RMR) is the energy required to maintain homeostatic processes when a body is at rest. RMR contributes to about 60%–70% of your total daily energy expenditure.

Calories: By definition a calorie is the total energy needed to bump the temperature of one gram of water by 1.8° Fahrenheit (note: A 1/4 teaspoon of water = 1.42 g.), thus the phrase 'burn calories' has been coined.

Energy balance is the difference between calories consumed and calories expended over a sustained period of time. Decreasing the number of calories consumed and/or increasing the number of calories expended is the basic formula for a losing and managing body weight maintenance.

Metabolism and Weight Loss: According to the current Physical Activity Guidelines for Americans state that people who want to lose weight may need to do more than 300 minutes of moderate-intensity activity a week. Muscle-strengthening activities are also important since muscle tissue accounts for approximately 40% of a person's body weight making it the largest overall metabolically active tissue. Therefore, resistance training should be a priority since muscle-strengthening exercises are a most effective way to increase a persons' resting metabolic rate.

A recent study showed that participants who were successful losing and maintaining weight loss spent more time doing light physical activity, significantly less time in sedentary behaviors, and made healthy, sustainable dietary changes with a consumption of less calories.

A FEW WAYS TO LEAD A MORE ACTIVE LIFESTYLE:

- ☐ Walk more: before or after you eat lunch / dinner, while you are talking on the phone, and around the house when you wake up in the mornings
- ☐ Walk around the grocery store before you start shopping
- ☐ Bring your grocery bags in the house one at a time
- ☐ Walk instead of drive whenever you can
- ☐ Try doing walking meetings with co-workers
- ☐ Take the stairs instead of elevator or escalator
- ☐ Park at the far end of the parking lot
- ☐ Stand and do alternating knee lifts during commercials when TV watching
- ☐ Wash your car by hand
- ☐ Turn on some music and dance around the kitchen when preparing meals
- ☐ As exercise has a profound effect on energy metabolism - move more, eat less, and make your health a priority!

Need some help, motivation, and support? We have movement specialists, health coaches and weight management professionals at our JCC Fitness Center. Contact susand@jccnh.org for more information.

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& Hibiscus

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Our Partners:

Cafe J is made possible in part through a generous Community Impact Grant from the Jewish Federation of Greater New Haven.

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AT THE JCC

**OUR SUMMER
filled with fun '23**


JCC Day Camps
JCC OF GREATER NEW HAVEN

PHOTOS BY TYLER BROWN ORTIZ



Special thanks to the Jewish Federation of
Greater Fairfield County for the generous
transportation award.

**Join us for Events with
Beth Israel Synagogue, Wallingford**

2023 OPEN HOUSE WEEKEND
22 North Orchard Street, Wallingford, CT



- Shabbat Service and Dinner, 6:00 PM, Sept. 8
- Shabbat Service, 9:00 AM, and Torah Study, 10:00 AM, Sept. 9
- Sunday School, 11:00 AM, and Movie, 3:00 PM, Sept. 10

To learn more or to register for dinner, visit
www.bethisraelwallingford.org/services or email info@bethisraelwallingford.org.

COLORS OF MY JEWISH YEAR
www.bethisraelwallingford.org/comjy



This interactive education series is for children ages three to eight for affiliated, unaffiliated, and interfaith Jewish youngsters in the greater Wallingford area. Here are our first four events.

 Rosh Hashanah 4:30 PM Sept. 13 North Haven Public Library Sept. 14 Wallingford Public Library	 Hanukkah 4:30 PM Nov. 30 Wallingford Public Library Dec. 6 North Haven Public Library
 Sukkot 4:30 PM Sept. 27 Meriden Public Library Sept. 28 Wallingford Public Library	 Tu B'Shvat 4:30 PM Jan. 17 Meriden Public Library Jan. 18 Wallingford Public Library

This program has been made possible through a generous grant from the Jewish Federation of Greater New Haven.

HIGH HOLY DAYS



5784

**Your official guide
to the Greater
New Haven area
observances.**

**Jewish Federation
OF GREATER NEW HAVEN**

The importance of teshuvah

The place that those who do teshuvah can attain; —
those who are completely righteous can never attain

By Rabbi Michael Strassfeld

Be-makom she-ba'alei teshuvah omdin ein tzadikim gemurim ye-kholin l'amode (Tractate Berakhot 34b)

At first glance, this statement seems another example of the rabbis exaggerating to make a point. Could they really mean that someone who has been hurtful to others can reach a more elevated level of holiness than someone who has never strayed from the true path? Isn't this really a way for the rabbis to encourage people to repent by enabling them to feel that change is both possible and deeply valued?

Or just maybe they meant it. Are there completely righteous people without even a single flaw? Even if they are, do they offer a useful model for us to strive to emulate? After all, Adam and Eve spent only a short time in the perfection of the Garden of Eden before they were exiled into the imperfect world that we know so well. That exile comes about because they exercised choice, without which we could

not be fully human. Alternatively, the kabbalistic myth imagines that the world is created by a cosmic shattering that scatters the shards of holiness everywhere. In that myth we begin in exile, never knowing a world of perfection.

The importance of teshuvah is that it offers us the potential to choose goodness over folly. It is why the midrash says that teshuvah was one of the things that God created before the world was created. Without the ability to change, we would rapidly despair about our future. Humans are called to continue the work of God's creation. To be able to effectively do that, we need to believe in our ability to improve and to change.

It is difficult not to hear the voice that tells us we can't change or that reminds us of all our New Year resolutions that never make it past even Yom Kippur. The enemy of teshuvah abounds and it lies in wait within each of us. It is the voice of skepticism. It is the voice doubting our sincerity or questioning **(Continued on page 26)**

High Holy Day Messages from Our Spiritual Leaders

Recently, Shalom New Haven asked our local clergy for their spiritual thoughts and guidance on the upcoming High Holy Day. Here is what several clergy had to say.



Rabbi Eric Woodward, Beth El – Keser Israel [BEKI], New Haven
I love going to synagogue and being in community. BEKI is a thriving, growing community, and the energy around the High Holy Days is electric.

But to be totally honest, I think that the real spiritual work of

the High Holy Days — and the spiritual benefits — come from times we aren’t in synagogue, and the reflection and growth we do then.

Rebbe Nachman of Bratslav writes: “You may be in some place when suddenly you have a thought of growth and a deep longing for God. Stop then and, there in that very place, take a moment to focus on the thought and the feeling of longing. Turn them into a prayer. Put your longing into words straight from your heart.” (Likutey Moharan II, 124).

Take the time around the High Holy Days — the other weeks and days — and think about who you are, who you are becoming, and who you have been. If those thoughts bring you to a place of longing — “I wish I was still this person!” “I want to change in this way!” — then take some time to focus on those words and thoughts. (That’s prayer, by the way.) Take some time to reflect. Not just to reflect intellectually — rather, to take those words and ideas and connect them to your heart; to your feelings.

One of the lessons of the High Holy Days is that we can’t successfully change our thoughts or behaviors without also doing heart work, spiritual work, work on what our deep needs are. (Another lesson is that changing our actions also helps us to change our hearts.)

In the coming year, do this reflective work. Come to synagogue, but don’t only come to synagogue — do something that puts you in a touch with your longing and inspires you to growth.

Shanah Tovah!



Rabbi Dennis Ross Congregation Mishkan Israel, Hamden
It may not be obvious to many, but one of the wonderful and increasingly rare attributes of the Greater New Haven Jewish community is that it really is a community.
As soon as I got here in early

July, your rabbis extended themselves with congratulations and welcome, and made me immediately feel at home. That doesn’t happen everywhere. To be sure, the leaders and members of Congregation Mishkan Israel in Hamden graciously offered measures of support during my relocation and transition, and they continue to be present for me, as they are for the congregation and community. Yet, at a time when interdenominational and even interfaith involvement wanes, especially in the wake of Covid, this Jewish and, for that matter, inter-religious community stands remarkably strong.

The approaching High Holy Day season is a time for stock taking around oneself, one’s family, the local and world Jewish community, and of our larger community, all from a Jewish spiritual perspective. We reflect privately, yet, at the same time, together in our individual congregations. I hope, that if you are not yet affiliated with a synagogue, you open a membership soon. Being part of a Jewish community contributes a valuable spiritual dimension to life, one that we will not necessarily find elsewhere.

On the High Holy Days, I take much satisfaction calling attention to graces we enjoy that, until I notice them, passed unrecognized and underappreciated, as if hiding in plain sight. So, let me call out that this is a great community. I hope you appreciate it and that you don’t take it for granted. Members of many other religious communities and Jewish communities tell me that they wish they could participate in the kind of educational, social, worship, social justice, and other activities that are a hallmark of Greater Jewish New Haven.

It is my privilege to be called to Congregation Mishkan Israel and I look forward to greeting you in 5784.

With wishes for a year of health, sweetness and fulfillment,



Rabbi Benjamin Scolnic Temple Beth Sholom, Hamden
Every rabbi thinks long and hard about the sermons they will give on the High Holy Days. The most difficult decision is what to say about the major themes in current events. There are many rabbis who refrain from talking about these themes, afraid that they will be called “too political.” They beg people to listen to each other, to try to understand each other. They remind us that there are two sides to every argument. This is a safe thing to say, and in normal circumstances, a lovely message. Certainly, we should listen and try to understand.
These are not, however, normal times. Democracy, justice, equality, and progress are all under attack and in real danger of being diluted, ruined, and destroyed. Once I have determined that the person on the other



side is speaking high-sounding words that are a cynical cover for seeking power and rolling back rights to an earlier, racist, and misogynist time, why should I refrain from intense debate and substantive action? To hide behind the curtain of listening and understanding is a kind of easy cowardice that will be seen by those who view anything but active resistance as a green light for their drive toward tyranny.

And so, on these High Holy Days, I will talk about many themes, including the meaning of true happiness and ongoing grief. But I also will explain that Jewish people are witnesses to history and that we know where demagoguery and cult worship lead, that good people must have the courage to stand up to those who would take us down the road of darkness. This is not a time to hide, but to be counted in the fight against evil.



Cantor Kochava Munro Congregation B’nai Jacob, Woodbridge
When I was a child, I lived in Woodbridge, Connecticut, where I attended Ezra Academy until I was six years old. Since then, I have lived in four other states, married my husband Jacob, and

recently received Cantorial Ordination and a Master’s of Jewish Education from Hebrew College.

As I move back to Connecticut 20+ years later, I am struck by my changed perspective. Even when physical spaces may remain the same, people grow, as each new year brings its challenges, journeys, and achievements. As a daughter of a cantor, I remember falling in love with Jewish music from a young age and listening to my parents perform as a duo. Now I am able to bring that joyous music to Congregation B’nai Jacob to build community through song.

I consider the High Holy Days to be a time of deep self-reflection. We notice what has changed within us over the past year and how we can use that growth to build positive relationships and spread kindness to others and ourselves.

May we all have the strength to endure the challenges and embrace the joys over the coming year. Shana tova u’metukah!



CONGREGATION B’NAI JACOB 75 Rimmon Road, Woodbridge | (203) 389-2111 bnaijacob.org

Congregation B’nai Jacob wishes you a sweet new year filled with love, peace, and blessings!

Selichot
Sept. 9, 8 pm—Havdalah,n film and discussion, dessert reception

10:30 pm— service

Cemetery Service
Sept. 10, 1 pm— B’nai Jacob Memorial Park, Wintergreen Ave. In the event of raid, service will be held indoors at B’nai Jacob

Erev Rosh Hashanah
Sept. 15

5 pm — Apples & Honey Young Family Service

6 pm—Service

Rosh Hashanah, Day 1
Sept. 16, 8:30 am—service

10:30 am—12 pm

Rosh Hashanah, Day 2
Sept. 17, 9 am—service

5 pm—Tashlich

Kol Nidre
Sept. 24, 6:30 pm— Kol Nidre and Ma’ariv

Yom Kippur
Sept. 25, 9 am—service

10:30 am-12 pm— children’s programs

5:15 pm—Mincha

6:30 pm—Neil Under the Stars

7:25 pm— Final Shofar Blast

7:30 pm—Break Fast

Erev Sukkot

Sept.. 29, 6:30 pm— service

Sukkot, Day 1

Sept. 30, 9:30 am - morning service

Sukkot, Day 2

Oct. 1, 9:30 am—Morning Service

Shemini Atzeret

Oct. 6, 9:30 am—Morning service

6:30 pm—Evening service

Simchat Torah

Oct. 8, 9:30 am — Morning service

Celebratory Service and Meal

TEMPLE BETH SHOLOM

1809 Whitney Ave., Hamden

(203) 288-7748

Services are in-person and virtual services.

Selichot Sept. 9, 8 pm, services

Cemetery Service Sept. 10, 12 pm, Alling Street service

Eve Rosh Hashanah Sept. 15, 7:30 pm services

Rosh Hashanah, Day 1

Sept. 16, 9 am, services; 10 am, children’s services

Rosh Hashanah, Day 2

Sept. 17, 9 am

A Guide to High Holy Days Services in Greater New Haven

CONGREGATION MISHKAN ISRAEL 785 Ridge Road, Hamden | (203) 288-3877 cmihamden.org

Congregation Mishkan Israel, a Reform Synagogue in Hamden, invites members of the larger community to select High Holiday services on Rosh Hashanah and Yom Kippur when no tickets will be required.

Rosh Hashanah Sept. 16, 9:15, first day Young Family Service intended for households with children under the age of 5; 2 pm, Family Service or all ages.

Sept. 17, 10:30 am, second day services, including Tashlich at the bridge behind Eli Whitney Museum, 915 Whitney Avenue, Hamden, at 12:30 PM.

Yom Kippur Sept. 25, All are welcome to the Young Family Service at 9:15 am, and the Family Service at 2 pm. Yizkor Memorial Service at 5:15 PM.

Sukkot Sept. 30, 10:30 am, Sukkot service

Oct 6, 6 pm, Simchat Torah service

Oct 7, 10:30 am, Simchat Torah Service with Yizkor

BETH ISRAEL SYNAGOGUE 22 North Orchard St., Wallingford (203) 269-5983 | bethisraelwallingford.org

Selichot Sept. 9, 9 pm

Eve Rosh Hashanah Sept. 15, 7 pm, Shabbat/Rosh Hashanah Evening Service

Rosh Hashanah/ Shabbat Sept. 16, — 9:30am, Shabbat/Rosh Hashanah Morning Service

Rosh Hashanah, Day 2 Sept. 17, 12:30 pm, Lunch & Learn; 9:30 am, Morning Service;

Shabbat Shuvah Sept. 23, 9 am,Shabbat Shuvah Service; 10 am, Torah Study

Erev Yom Kippur Sept. 24, 7 pm, Evening Service

Yom Kippur Sept. 25, 9:30 am, Morning Service; 4:30 pm, Discussion Group; 6 pm, Yom Kippur Mincha-Ne’ila Service

Shabbat Sept. 30, 9:30 am, Torah Study

Sukkot Oct. 6, 6 pm, Shabbat/ Sukkot Service & Dinner

Simchat Torah Oct. 8 11 am, Simchat Torah Celebration

Kol Nidre/ Eve Yom Kippur Sept. 24, 6:45 services

Yom Kippur Sept. 25, 9 am; Children’s Service, 10 am

Yom Kippur Mincha-Yizkor-Ne’ilah Sept. 25, 5 pm, services

Erev Sukkot Sept. 29, 7:30 pm

Sukkot, Day 1 Sept. 30 9:30, morning children

Sukkot, Day 2 Sept. 30, 6:45 pm, services; 9:30 pm, services

Erev Shemini Ateret Oct. 7, 6 pm

Simchat Torah Oct. 8, 9:30 am

CONGREGATION BETH EI-KESER ISRAEL 85 Harrison Street, New Haven (203) 389-2108 x114 | beki.org

The sanctuary is handicap accessible and equipped with a T-coil hearing loop. Guests are welcome, but adults require reservations for most services. Free admission can be arranged for full time students, active-duty military and police personnel.

Selichot Sept. 9, 8:30 pm, Selichot service
Erev Rosh Hashanah Sept. 15, 6 pm, Erev Rosh Hashanah service

Rosh Hashanah, Day 1 /Shabbat Sept. 16, 9:15 am; First Day Rosh Hashanah service

Children’s services: 10:45 am (session 1) & 12 pm (session 2)

Rosh Hashanah, Day 2 Sept. 17, 9:15 am; Second Day Rosh Hashanah service

Children’s services: 10:45 am (session 1) & 12 pm (session 2)

Sept. 17, 4 pm, Tashlich at Whitney Covered Museum Bridge

Sept. 17, 4 pm, Tashlich at Edgewood Bridge (followed by Minchah)

Shabbat Shuvah Sept. 22, 6 pm, Kabbalat Shabbat service

Sept. 23, 9:15 am, Shabbat Shuvah service

Children’s services, 11 am

Cemetery Services Sept. 24 Kever Avot; 10 am, Warner Street cemetery; 11 am, Farwell Street cemetery

Erev Yom Kippur (Kol Nidre) Sept. 24, 6:30 pm, Erev Yom Kippur service

Yom Kippur Sept. 25, 9 am, service, 9 am

Children’s services ,10:45 a.m. (sess. 1) & 12:00 pm (sess. 2)

Study Sessions: 3 pm & 3:45 pm

Minchah: 5 pm, followed by Neilah 6:15; and Havdalah 7:25 pm

Erev Sukkot Sept. 29, 6 pm, Erev Sukkot Service, Minchah & Maariv

Sukkot Sept. 30, 9:15 am, First Day Sukkot Service

Oct. 1, Second Day Sukkot Service, 9:15 am

BEKI’s Westville Sukkah Hop, 12:30 pm

Minchah, 5:45 pm

Hoshanah Rabbah Oct. 5, Hoshana Rabbah Shacharit 7 am;

Minchah & Erev Shmini Atzeret 6:00 pm

Shmini Atzeret Oct. 7 Shmini Atzeret Service 9:15, including Yizkor

Erev Simchat Torah 7:00 pm

Simchat Torah Oct. 8, 9:15 am, Simchat Torah Service; 5:45 pm Mincha

TEMPLE EMANUEL 150 Derby Ave., Orange (203) 397-3000 | tegnh.org

All services require admission tickets for security purposes. Visitors and guests are welcome, but advance registration is required. Full-time students from local universities are welcome with free admission. Children’s Services for grades preK-5. Younger children welcome if accompanied by adult. Advance registration required for Rosh Hashanah’s Services.

Selichot Sept. 9, 7 p.m. Combined URJ Selichot service held at B’nai Israel Southbury, 444 Main St N, Southbury.

Rosh Hashanah Sept. 15, 8 p.m., Erev Rosh Hashanah service. Oneg following service.

Sept. 16, 10 a.m., First Day Rosh Hashanah morning service; Children’s Service at 9:45 a.m.; festive Kiddush after service, followed by Tashlich.

Sept. 17, 10 a.m., Second Day Rosh Hashanah service.

Yom Kippur Sept. 24, 8 p.m., Kol Nidre/Erev Yom Kippur Service.

Sept. 25, 10 a.m., Yom Kippur Morning Service; Children’s Service at 9:45 a.m.

Sept. 25, 4:30 p.m., Yom Kippur Mincha/Afternoon service.

Sept. 25, 6 p.m., Yizkor/ Memorial Service, followed by Neilah & Havdalah.

Sukkot Sept. 29, 6:30 p.m., Erev Sukkot service.

Sept. 30, 10 a.m., Sukkot Morning service.

Simchat Torah Oct. 6, 6 p.m., Erev Simchat Torah/Consecration Service.

Oct. 7, 10 a.m., Simchat Torah Morning Service.

Selichot Sept. 9, 8 pm, services

Cemetery Service Sept. 10, 12 pm, Alling Street service

Eve Rosh Hashanah Sept. 15, 7:30 pm services

Rosh Hashanah, Day 1

Sept. 16, 9 am, services; 10 am, children’s services

Rosh Hashanah, Day 2 Sept. 17, 9 am

Kol Nidre/ Eve Yom Kippur Sept. 24, 6:45 services

Yom Kippur Sept. 25, 9 am; Children’s Service, 10 am

Yom Kippur Mincha-Yizkor-Ne’ilah Sept. 25, 5 pm, services

Erev Sukkot Sept. 29, 7:30 pm

Sukkot, Day 1 Sept. 30 9:30, morning children

Sukkot, Day 2 Sept. 30, 6:45 pm, services; 9:30 M, services

Erev Shemini Ateret Oct. 7, 6 pm

Simchat Torah Oct. 8, 9:30 am

TEMPLE BETH TIKVOH 196 Durham Road, Madison 203-245-7028 | (203) 245-7028 | tbtshoreline.org

All services are in person at TBT and streaming live unless otherwise noted.

Selichot Sept. 9, 7 pm: Selichot and the consecration of the newly renovated Sanctuary

Rosh Hashanah Sept. 15, 8 pm: Erev Rosh Hashanah service

Sept.16, 10 am: Rosh HaShanah morning service

Sept. 16, 3 pm: Rosh HaShanah Family Service at East Wharf Beach in Madison (in person only)

Sept. 16, 3:30 pm: Tashlich at East Wharf Beach/Madison (in person only)

Sept. 17, 10 am; Rosh HaShanah second day morning service

Yom Kippur Sept. 24, 8 pm: Kol Nidre

Sept. 25, 10 am: Yom Kippur morning service

Sept. 25: Yom Kippur afternoon schedule: 2 pm: Discussion Group (in person only) 2:30 pm: Yom Kippur Family Service (in person only)

Sept. 25, 4 pm: Mincha, Yizkor, Ne’ila

Sept. 25, 6:30 pm: Communal Break-the-Fast (reservations required)

Sukkot Sept. 29, 6:30 pm; Shabbat and Erev Sukkot

Sept. 30, 10 am: Shabbat, Sukkot, Yizkor service

Oct. 6, 6:30 pm: Shabbat and Erev Simchat Torah service

CHABAD OF SHELTON 7 Rosedale Cir, Shelton (203) 364-4149 jewishshelton.com

No affiliation necessary. Traditional and inspirational services. Special Children’s Program. No charge for seats; donation greatly appreciated. Advance reservations suggested.

Rosh Hashanah Eve Sept. 25: 6:30, evening service; 7 pm, community holiday dinner

Rosh Hashanah Day 1: Sept. 26

Day 2: Sept. 27

10 am, morning service

11 am Children’s Program

11:30 am (Sept. 26) Shofar Blowing in The Park

Yom Kippur Eve Oct. 4, 7 pm, evening service

Yom Kippur Oct. 5

10 am, Morning Services

11:15 am, Children’s Program

12 pm, Yizkor Memorial Services

5:45 pm, Mincha/Neila Closing

7:08 Yom Kippur ends. Services followed by Buffet Break-Fast

Yom Kippur location: Courtyard by Marriott Shelton, 780 Bridgeport Ave., Shelton

CHABAD LUBAVITCH OF THE SHORELINE 2710 Boston Post Road, Guilford (203) 533-7495 chabad@snet.net jewishshoreline.org/higholiday

No membership or dues. Reservations required.

Erev Rosh Hashanah Sept. 15, 6:30 p.m., Erev Rosh Hashanah services followed by holiday dinner (RSVP required)

Rosh Hashanah Sept. 16, 9:30 am, Shabbat morning service

11 am, Children’s Program (RSVP)

8:30 p.m., evening services followed by holiday dinner

Sept. 17, 9:30 am, second day Morning Services

11 am, Children’s Program (RSVP)

11:30 a.m., Shofar Sounding

1:30 pm, Kiddush Lunch (RSVP)

3 pm, afternoon & Tashlich service

Yom Kippur Sept. 24, 6:30 pm, Kol Nidrei Services 6:30 PM

Sept. 25, 9:30 am, Kol Nidrei morning services

11 am, Children’s Program (RSVP)

12:15 pm, Yizkor Memorial Service

5:15 pm, afternoon & Neilah services

Fast ends at 7:24 pm. Followed by

The importance of teshuvah (Continued from page 13)

our motives, the voice that says it is a small violation or that everyone does it, or even that you deserve this more than all those other people who have what you desire. Buddhism teaches that, alongside the enemies of change or goodness, there are qualities called near enemies that are easily confused with good qualities but are actually bad. For example, compassion is a good quality. Indifference is the far enemy of compassion. The near enemy of compassion is pity. At first glance it seems the same as compassion—you care about those in need. However, pity suggests that you are different from the people in need. It comes with an attitude of patronizing superiority. Near enemies are particularly dangerous traps.

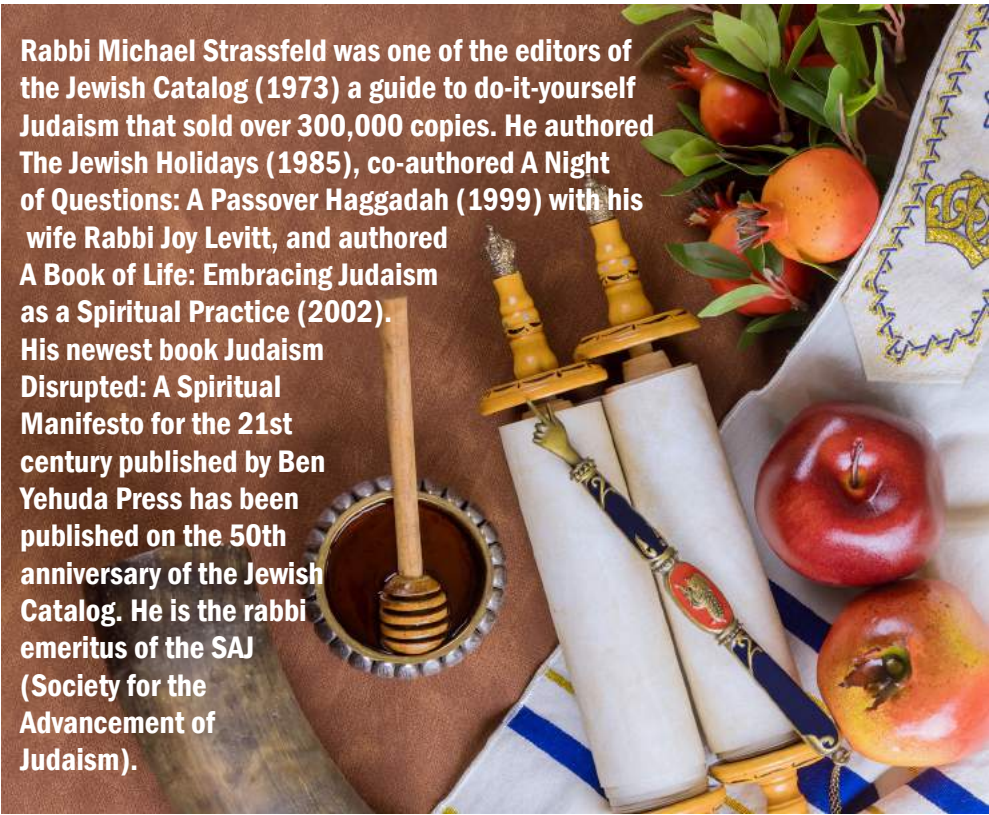
The near enemy of teshuvah/change is a sense of perfection. As a near enemy, perfection leads to a sense of futility when trying to change. Setting an impossible goal will surely lead to failure. Teshuvah is about the possible, not the impossible. The truth is we are all people born with imperfections who are then raised by imperfect parents, who themselves were raised by imperfect parents.

There is a traditional short blessing, (borei nefashot), recited after food that is not eaten as part of a meal. One understanding of the blessing is that it

recognizes and validates our imperfections. “Blessed are You Adonai, our God source of the universe who creates innumerable beings and their imperfections (ve-hesronan). For all that You have created to enable the life of all beings, we praise You, the giver of life to all existence.” The blessing suggests that imperfections enable us to live in the world. If we were all perfect, the world of human choice and freedom couldn’t exist.

Why can ba’alei teshuvah, those who struggle to change attain a place that those who are completely righteous never can attain? Because the ba’alei teshuvah know of the brokenness of the world from their own experience and are committed to making the world a better place. They are the agents of change in this new year. For like God they know that the world can only change for the better if we move from the seat of judgment to the seat of mercy. In the High Holiday liturgy over and over again we ask God to treat us with compassion. And God asks us to do the same to our fellow human beings and most of all to have compassion on our imperfect selves.

Based on the chapter on Teshuvah from Judaism Disrupted: A Spiritual Manifesto for the 21st Century by Rabbi Michael Strassfeld (Ben Yehuda Press 2013)



Rosh Hashanah RECIPES page 22

PJ Library A PJ Library Guide for Starting the Jewish New Year

A time to grow

We wanted to share with SNH families the two lesser known holidays that complete the three-week Jewish holiday season that begins with Rosh Hashanah. So, what better place to turn to than PJ Library? A free program for families raising Jewish kids from birth through 12 years old, PJ Library offers books that are a fun, easy way to share Jewish culture and values with your child.

Now, PJ Library has published a beautiful new guide that explores ways for your family to celebrate all facets of the Jewish holiday season. To download the guide or to register to receive PJ Library books, visit pjlibrary.org.

Check out this excerpt on the lesser known High Holy Days of Sukkot and Simchat Torah from the new guide.

CELEBRATE SUKKOT!

Five days after Yom Kippur, the moon grows full. It lights up a special celebration called Sukkot, a harvest festival that lasts for an entire week. Sukkot is known as “the time of our joy.” On Sukkot we celebrate completing the hard work of teshuvah (turning ourselves around). Now we can relax and embrace life’s simple joys.

Sukkot literally means “small huts.” For the week of Sukkot, it is a tradition to build a sukkah (hut) outdoors to relive experiences from the Jewish past. These include the desert encampments of our ancestors fleeing slavery in Egypt, the field tents used by farmers in ancient Israel during the fall harvest, and the tents of pilgrims visiting the Holy Temple in Jerusalem.



For seven days, the sukkah becomes our temporary home for eating, relaxing, and even sleeping. We hang fruits and vegetables in the sukkah and are grateful for the plenty in our lives.

It’s customary to shake a lulav and etrog in the sukkah on each morning of Sukkot (but any time of day is fine). The lulav is a cluster of plants: a palm branch, two boughs of willow, and three boughs of myrtle. The etrog is a citron fruit — basically an overgrown lemon. Together the lulav and etrog are called arba minim (ahr-BAH mee-NEEM), which is Hebrew for “the four species.”

The lulav and etrog reconnect us to a time 3,000 years ago when most Jews in Israel lived as farmers, and the rhythm of life was tied to the land. Sukkot comes right at the end of the fall harvest. When we shake the lulav and etrog in six directions — forward, right, back, left, up, and down — we create a force field, surrounding us on all sides. We hope to be surrounded by and protected by our many blessings this year.

REJOICE WITH THE TORAH!

The Jewish fall holidays end with one last celebration: Simchat Torah – “Rejoicing with the Torah.” Torah means “teaching” in Hebrew. The word is used to describe the first five books of the Bible that tell the story of the Jewish people.

Each year the Torah story is retold, with one new section read each week. On Simchat Torah we finish reading the very last part of the Torah scroll – and then roll it all the way back to read the beginning.

On this holiday we even dance with the Torah because its words are so important to us. The Torah is sometimes described as a “tree of life for those who take care of it” – like a tree giving people what they need to grow. Throughout the year, studying the Torah can provide us with new inspiration and new ideas.

Learn more and get your guide at pjlibrary.org/highholidays

Please join us for our Kristallnacht Commemoration 2023

“SYNDROME K”

A true story about a FAKE disease that saved Jewish lives in Italy



Dr. Vittorio Sacerdoti



Dr. Adriano Ossicini



Dr. Giovanni Borromeo



500-year-old Fatebenefratelli Hospital, “House of Life”, Rome, Italy

— LIVE & IN-PERSON —
SUNDAY, NOVEMBER 12 | 9-11 A.M.
REGISTER TODAY AT:

jewishnewhaven.org/kristallnacht



Congregation Or Shalom | Orange CT
(203) 799-2341 info@orshalomct.org | orshalomct.org

“There are times in life when we must act out of pure principle alone...”

Dr. Adriano Ossicini

This year, Italian Jewry celebrates the 80th anniversary of the daring Fatebenefratelli Hospital rescue operation. Our 17th annual Kristallnacht commemoration this year will therefore honor the trio of doctors who risked their lives to save Italian Jews from the clutches of Nazism, by inventing a fake disease: “Syndrome K.” For their deeds of conscience and courage, Dr Giovanni Borromeo has been honored by Yad Vashem, Israel’s Holocaust Remembrance Center; and Dr. Vittorio Sacerdoti has been honored by B’nai Brith’s Committee to Recognize Jewish Holocaust Rescuers. On November 12th we will shine a light on Dr. Adriano Ossicini and his life-saving heroism.

PROGRAM’S EVENTS:

- A representative of the Raoul Wallenberg Foundation will relate the story of “Syndrome K,” which lead the Foundation to declare Rome’s Fatebenefratelli Hospital a “House of Life.”
- Stephen Edwards, composer and producer of the 2021 acclaimed documentary, “Syndrome K,” will speak on what led him to create his film.
- United States Senator Richard Blumenthal will present a U.S. Senate Certificate of Special Recognition to Dr. Cristina Ossicini, daughter of Dr. Adriano Ossicini, which she will receive on behalf of her late father.
- Dr. Cristina Ossicini will speak on her father’s legacy.

We thank Or Shalom Men’s Club for their ongoing support of this annual program.



Foundation News

Women of Vision Society and The Towers at Tower Lane: Bridging the Intergenerational Gap

The Women of Vision Society was proud to fund a grant that played a pivotal role in bridging the intergenerational gap for Jewish seniors at The Towers at Tower Lane. Developed in collaboration with the Southern CT Hebrew Academy and Bais Chana Academy, the "Adopt a Bubbe" program aims to foster meaningful social connections and engagement between female elementary and high school students and female residents at The Towers, promoting companionship, engagement, and learning between the two generations.

The Women of Vision Society (WOV), through their dedicated endowment fund at the Jewish Foundation, has been committed to enhancing the lives of women in the community since its inception in 1996, resulting in over \$220,000 in grants to various agencies and programs in Greater New Haven and in Israel.

The 'Adopt a Bubbe' program, funded by the Women of Vision Society, served as a perfect catalyst to bridge the gap between generations and fulfill both missions, by

establishing a sustainable and impactful intergenerational initiative addressing the needs of female Jewish seniors in the community.

The program facilitates the creation of genuine connections, mentorship opportunities, and educational experiences between younger generations and Jewish seniors, and also addresses the feelings of isolation often experienced by seniors.

Education played a significant role in the program with each session focusing on a Jewish holiday or theme that was relevant to both age groups. By sharing their knowledge and experiences, the senior residents at The Towers offered wisdom and cultural insights to the younger generation, while the students shared fresh perspectives and youthful energy to each topic.

The Towers resident, Lil Liberman, was one of the program participants. "This program made me so happy. Today was one of the best days I've had in a long time," she said. "There was so much warmth and



Woman of Vision Bonnie Goldberg (right) with her daughter Stacey at the first "Adopt a Bubbe" session.

love in that room. And to think that this lovely little girl is actually related to my family! We call that b'shert that we were paired together. It was a perfect afternoon!"

WOV demonstrated their commitment to fostering lasting connections and enhancing the lives of Jewish women of all generations. This grant impacts Jewish education and Jewish seniors through community engagement, by enriching the lives of students and the senior residents at The Towers, and by promoting a stronger, more interconnected Jewish community.

Jewish Foundation Awards Grants to Empower New Haven's Elderly Community

Since its establishment in 2020, the Jewish Foundation's Jewish Elderly Grants Committee, chaired by Craig Sklar, has made a significant impact awarding \$620,000 to various Jewish organizations and agencies for innovative projects and programs that enhance the quality of life for the Jewish elderly in the New Haven community.

In 2023, the initiative continued its positive impact, by awarding \$176,000 to three deserving agencies: Jewish Family Service of Greater New Haven, The Towers at Tower Lane, and Chabad of the Shoreline — all previous grant recipients. The funds enable the agencies to develop new and innovative programs that address needs of the elderly in the Greater New Haven Jewish community.

The population of Connecticut is aging; between 2013 and 2025, the share of Connecticut residents 60 years and over will grow by 44 percent.* As the elderly population grows, the need for resources and support for older adults becomes even more significant. The Jewish Foundation's Grants for the Jewish Elderly is dedicated to serving and funding this need, thanks to the generous contributions from the former Jewish Home Building Fund Corporation and several funds of the Jewish Foundation of Greater New Haven, including the Isaac & Mary Liveten Fund, Marion Litsky Fund, Irvin Shiner 75th Birthday Fund, Benjamin & Freda Cohen Memorial Fund, Eva Kahn Fund, Harry Braffman Fund, and the Leo Links Fund.

"We are thrilled to continue to support the Jewish Elderly in Greater New Haven through these grants. The \$176,000 awarded to Jewish Family Service, The Towers at Tower Lane, and Chabad of the Shoreline reflects our dedication to addressing diverse needs as the aging population grows," said Craig Sklar, Chair of the Jewish Foundation's Jewish Elderly Grants Committee. "We are honored to collaborate with our partners, promoting innovative programs for food support, socialization, community outreach, and social work services, ensuring joyful, dignified, and independent golden years."

JEWISH FAMILY SERVICE OF GREATER NEW HAVEN

Jewish Family Service of Greater New Haven was among the recipients of the grants, supporting their Care Navigators Program. This program welcomes aging adults from all walks of life, regardless of socioeconomic status, faith, culture, or race. The Care Navigators program provides assessments, referrals, and support to ensure elderly individuals can safely stay in their homes or, where appropriate, help them find appropriate new housing.

THE TOWERS AT TOWER LANE

The Towers at Tower Lane is utilizing its grant to create a new Community Garden on its campus. This transformative project replaces a decaying and unusable basketball court with an accessible garden space. The community garden will feature a fruit and vegetable garden, equipped with wheelchair-accessible beds for seniors to plant while seated; an herb garden; a chicken coop for fresh eggs; reflection area; shaded gathering area; bocce court; and a dog run.

"Thank you to the Jewish Foundation of Greater New Haven for providing this grant for the second year in a row. These funds allow us to embark on an exciting project at The Towers at Tower Lane, which is scheduled to start in September," said Jennifer Bayer, The Towers Associate Vice President, Strategic Initiatives. "The Towers is dedicated to creating a thriving and inclusive community, where our seniors can enjoy nature, cultivate their interests, and connect with people of all ages. We are deeply grateful for being awarded these funds and look forward to seeing the Community Garden flourish in the months ahead."

(Continued on page 26)



The Towers at Tower Lane Community Garden

Tzedakah connects teen to the community

"On Saturday, November 27, 2021, our daughter, Marley Alexandra Bloom, became a bat mitzvah at Beth El Temple in West Hartford. Marley was surrounded by her friends and family and led the congregation in the week's Torah portion. To say we are proud of her is an understatement.

Another reason to be proud of her is how she is using some of the money she received from friends and family to open a fund at the Jewish Foundation of Greater New Haven. Marley is excited to continue her connection to the Jewish community by being able to give to organizations that align with her principles."

—Michael Bloom, new 'Build A Tzedakah' Fund holder



Michael Bloom and daughter Marley Bloom.

ABOUT 'BUILD A TZEDAKAH'

'Build A Tzedakah', a Jewish Foundation of Greater New Haven initiative, encourages philanthropy at a young age. B'nei Mitzvah families make a \$600 contribution (minimum amount) which receives a \$400 match from the Jewish Foundation, thus establishing a \$1000 charitable fund, at the Jewish Foundation, for the young adult. Every December, the young adult may distribute funds to chosen charities or causes that are meaningful to them. The goal is to foster a lifelong commitment to giving back and creating a positive impact on the community.

Contact the Jewish Foundation of Greater New Haven for more information today at: foundation@jewishnewhaven.org or www.newhavenjewishfoundation.org



What will your Jewish legacy be?

Jane Snaider Created a Legacy for the Jewish Cemetery Association of Greater New Haven

"My grandparents immigrated to New Haven from Vienna and Russia in the early 1900s. They joined and helped to establish synagogues and cemeteries and all four stayed and raised their families here. My grandparents, parents, and several aunts and uncles are buried in the New Haven area and I will be laid to rest here, too. I am excited to leave a bequest to the Jewish Cemetery Association in honor of my family and all those laid to rest, especially the pioneers, like my grandparents, who founded the early synagogues, lodges, and cemeteries." —Jane

For more information, contact the Jewish Foundation of Greater New Haven
Lisa Stanger, Executive Director | (203) 387-2424, ext. 382 | lstanger@jewishnewhaven.org
Tamara Schechter, Create a Jewish Legacy Manager | (203) 387-2424, ext. 325 | tschechter@jewishnewhaven.org



SYNAGOGUE SCHOOL SCHOLARSHIPS

The Jewish Foundation offers needs-based assistance for New Haven area synagogue schools. The deadline for the online application is October 2, 2023.

For more information and applications, visit jewishnewhaven.org/scholarships

BECKERMAN FAMILY PACE CHALLENGE



Established in partnership with the Beckerman Family Foundation, this is now a \$5 million community campaign for PACE. To date, \$4,008,333 has been raised and we have met our goal for the \$2 million Beckerman Family PACE Challenge match. This campaign is intended to secure the future of the Greater New Haven Jewish community through

newly established and increased Perpetual Annual Campaign Endowment (PACE) funds. Thank you to the families listed below for helping us successfully complete our challenge. If you would like to join them in helping us reach (and surpass!) our \$5 million goal, contact Lisa Stanger at (203) 387-2424 x382, lstanger@jewishnewhaven.org, or Amy Holtz at (203) 387-2424 x254, aholtz@jewishnewhaven.org.

CURRENT DONOR LIST

(as of 8/15/23)

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*= new fund established
**= added funds to existing PACE/LOJE

IN OUR SYNAGOGUES

Jewish Art for the High Holy Days

Congregation Beth El - Keser Israel | 85 Harrison St, New Haven | (203) 389-2108 | beki.org

“Off Our Walls” is the name of the fall show in the galleries at Beth El – Keser Israel [BEKI], organized by Helen Rosenberg, with input from other members of the Art Committee.

The artwork, which is in various media as well as ritual objects, broadly reflects Jewish and Israeli history, scenes of Jerusalem, synagogues, holidays and



practices, and biblical or cultural themes. The curator’s plan is that from the wealth of these resources, the viewer will be reminded of the complex and beautiful heritage of the Jewish people.

“The exhibition should provide insight into how Jewish artwork helps define the homes of various BEKI members, offering the congregation a peak into the items on their walls as well as



stories about the work,” Rosenberg said. “Congregants have offered to lend prints created by American and Israeli artists, as well as some original work and Judaica.”

BEKI always has a special High Holy Day show in the galleries. “I expect this year’s exhibit will allow the congregation to get to better know participating members and feel as if they’ve been guests in their homes—as if, say, they’d been to their homes for Rosh Hashanah dinner,” she said.

The exhibit will be up through mid-October. To arrange to visit the galleries, email art@beki.org.

CBSRZ CEMETERY ASSOCIATION, INC.

A 501(c)(13) not for profit cemetery association

is making ten plots available
in its scenic and historic Fountain Hill Cemetery,
located in Deep River, CT

CBSRZ Members and Jewish non-members are welcome
Cremains are also welcome

For more information please contact Wendy Bayor
Wendy@cbsrz.org 860.526.8920

For book lovers and others!

Temple Beth Shalom | 1809 Whitney Ave, Hamden | (203) 288-7748 | tbshamden.com

After evening minyan on the last Monday of every month, Rabbi Benjamin Scolnic of Temple Beth Sholom in Hamden leads an engaging book club discussion over Zoom.

Book selections cover a wide range of subjects in a variety of genres, including fiction, memoirs, historical novels, non-fiction and, notably, books that have been banned in some parts of the US, such as The Hate U Give. Other recent titles have included The Lincoln Highway, Crying in the H Mart, The Wager, Demon Copperhead, Hello Beautiful and Remarkably Bright Creatures.

UP FOR DISCUSSION THIS FALL:

August – Fourth Wing by Rebecca Yarros

September – “The Hill We Climb” by Amanda Gorman

October– The Covenant of Water by Abraham Verghese

Participants say Rabbi Scolnic’s brilliance adds to the enjoyment of the diverse contributions. As one Book Club member put it, “Rabbi Scolnic initiates the discussions with insightful questions that stimulate enthusiastic conversation. Sometimes, a title might not have initially inspired me, but by the end of the Book Club discussion I’ve gained new insights that enhance my understanding and enjoyment. It’s truly the best book club I’ve ever attended!”

Stay updated with what’s hot in the literary world and engage in stress-free conversations about books by joining us on Zoom. Participants are welcome to actively participate in the conversation or simply sit back and listen to the thoughts shared by others.

*Note from Wikipedia: “The Hill We Climb” is a spoken word poem written by American poet Amanda Gorman and recited by her at the inauguration of Joe Biden on January 20, 2021. The poem was written in the weeks following the 2020 presidential election, with significant passages written on the night of January 6, 2021, in response to the storming of the US Capitol.

For more information or to join the Book Club, contact Jo Ben-Atar at tbscommunicationsvp@gmail.com.



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Contact Sandy at sandyh@jccnh.org or call (203) 387-2424 x251
to book your event or discuss your ideas.

Shabbat Under the Stars & Open House

Congregation Mishkan Israel | 785 Ridge Road, Hamden | (203) 288-3877 | cmihamden.org

FRIDAY, SEPTEMBER 8 AT 6 PM –
PRE-ONEG AT 5:30 PM

Congregation Mishkan Israel welcomes the Greater New Haven community to experience the warmth and vitality of CMI on Shabbat. Rabbi Ross and Cantor Giglio will lead the congregation in prayer. Services will be followed by a BBQ Dinner and Ice Cream Social.

For information or reservations, contact the office at 203-288-3877.



HOLIDAY GREETINGS



*Wishing you a happy,
healthy and peaceful
Rosh Hashanah.
May this season be one
of joy and contentment.*

Chris Murphy
U.S. Senator Chris Murphy

PAID FOR BY FRIENDS OF CHRIS MURPHY

**Best Wishes for
a Happy, Healthy
& Peaceful
New Year**

Senator Richard Blumenthal

THIS AD PAID FOR BY RICHARD BLUMENTHAL




WISHING YOU AND YOUR FAMILY
A HAPPY AND HEALTHY
NEW YEAR!

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TOVAH**

Congresswoman
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**The Consulate General of
Israel to New England Wishes You a
Happy and Sweet New Year!**

שנה טובה ומתוקה!

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**The very best
wishes for a
happy, healthy
and joyful
New Year.**

**Orange First Selectman
James Zeoli**

Paid for by James M. Zeoli



The Jewish Federation Association of
Connecticut (JFACT) wishes you and your
family a New Year filled with health and
happiness, laughter and love, justice and
empathy, good times and good deeds,
prosperity and peace.

L'shana tova u'metuka!

Michael Bloom, Executive Director

**L'Shana Tovah U'Metukah
from BBYO**

Celebrating 100 years!



Rosh Hashanah on the table

Recipes



Autumn Gazpacho (Pareve)

(JNS) A slice of multigrain bread gives
this a gentle, nutty texture. If preferred,
substitute challah.

Ingredients:

1 (14.5 ounce) can diced tomatoes
1½-2 cups bottled Bloody Mary mix*
Juice of ½ lemon
½ cucumber, peeled and cut in chunk
1 medium tomato, cut into 6 chunks
1 slice multigrain bread, torn in chunk
2 teaspoons honey
Salt and fresh ground pepper to taste
¼ cup basil leaves packed

Directions: Unpeeled cucumber slices for
garnish (optional).

In blender or food processor, place all
ingredients except salt, pepper and basil.
Whirl 15 to 20 seconds at high for a
desired texture. Pour into a bowl. Season
to taste with salt and pepper. Shred the
basil with scissors and stir in. Refrigerate
overnight.

To serve: Pour into small glasses. Float 2
thin slices of cucumber on top (optional).

*May substitute 1½ cups vegetable juice
with ½ teaspoon each dried basil, dried
oregano and fresh ground pepper stirred in.

To Buy: Bloody Mary mix or vegetable
juice, lemon, tomato, cucumber, fresh
basil.

Moroccan Couscous With Currants and Carrots (Pareve)

(JNS) Couscous is not a grain. It's a pasta.

Ingredients:

2 packages (approximately 5.7 ounce each)
Near East couscous
½ cup currants
16-ounce package baby carrots, peeled
½ cup extra-virgin olive oil
¼ cup fresh lemon juice
½ teaspoon cumin or turmeric
½ teaspoon salt
½ teaspoon fresh ground pepper
½ cup finely snipped mint, divided

Directions: Prepare couscous according to
package direction. Stir in currants. Cover
and set aside. Whisk together the olive oil,
lemon juice, cumin or turmeric, salt and
pepper. Stir in ¼ cup mint. Set aside. In a
large saucepan, cover carrots with boiling
water. Boil and cook for 10 minutes, or until
fork-tender. Drain well. Transfer to a serving
bowl. Pour olive-oil mixture over and stir
gently to mix. Spoon carrots over couscous.
Sprinkle remaining mint over top to garnish.

*May be prepared a few hours ahead of time.
Cover loosely with plastic wrap. Reheat in
microwave for 2 to 3 minutes, or until warm.
Sprinkle mint over top just before serving.

To Buy: 2 packages couscous, currants,
peeled baby carrots, mint.

Ben's Mint Refresher (Pareve)

(JNS) Serves 6

Cook's Tips:

*Make Herb Refresher. Combine equal
quantities, fresh basil and mint.

*Simple syrup may be made ahead of
time. Extra may be refrigerated for three
weeks.

*To muddle ingredients means pressing
ingredients against the side of a container
to release flavors.

Ingredients:

¼ cup sugar
¼ cup water
(continued to next column)

4 to 5 sprigs mint, coarsely snipped
3 tablespoons freshly squeezed lime juice
1 bottle (about 1 quart) seltzer

Directions: In a small saucepan, stir sugar
and water over medium heat until sugar is
dissolved. Lower heat. Simmer for 1
minute. Pour into a bowl.

Add the mint, cover and steep for 30
minutes at room temperature.

Add the lime juice to the cooled syrup mix-
ture. "Muddle" the mint to release flavor.

To assemble: Just before serving, stir in the
seltzer. Pour over ice. Garnish with a sprig
of mint and a slice of lime.

50 Years Ago, Henry Kissinger Became Secretary of State

By **Yelena Gerovich** New American Acculturation Program Coordinator

A half a century ago – on September 22, 1973 – Henry Kissinger assumed the role of US Secretary of State, becoming the first Jew and the first naturalized citizen to hold this esteemed office.

“Until I emigrated to America,” Kissinger once recounted, “my family and I endured progressive ostracism and discrimination. My father lost the teaching job for which he had worked all his life; the friends of my parents’ youth shunned them. I was forced to attend a segregated school. Even when I learned later that America, too, had massive problems, I could never forget what an inspiration America had been to the victims of persecution, to my family, and to me during cruel and degrading years.”

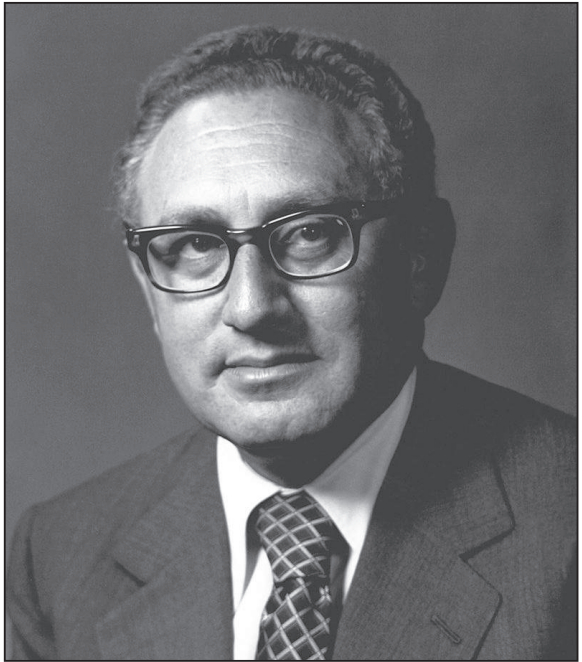
For Kissinger and many other 20th-century immigrants, America was a land of salvation, an embodiment of mankind’s hopes. A prominent figure in international diplomacy, who turned 100 this past May, he has left an indelible mark on the global stage. As the world witnessed the dramatic shifts in power dynamics during the Cold War, the US found itself navigating complex global challenges. Henry Kissinger, with his unparalleled insights into international affairs, emerged as the ideal candidate for the role of Secretary of State.

“Each success only buys an admission ticket to a more difficult problem,” Kissinger is quoted as saying, reminding us that the pursuit of success is a dynamic and ongoing process, encouraging individuals and leaders to remain adaptable, resilient, and forward-thinking, as new challenges and opportunities present themselves along the path of progress. Today, as the world faces new and constantly changing global problems, we can draw inspiration from Kissinger’s approach to diplomacy, striving for peaceful resolutions and international cooperation.

And so, let us remember September 22, 1973, as a pivotal moment in history when a naturalized citizen named Henry Kissinger became US Secretary of State, vividly illustrating the true potential of diplomacy and statecraft.

Refugees from the Former Soviet Union may now attend New American Acculturation programs – including citizenship classes –at the Jewish Community Center, which help them to prepare for and pass the US Citizenship Exam. We also congratulate those who have passed the exam and are now full-fledged American citizens, giving them the freedom to celebrate Jewish holidays – such as the High Holy Days – in the United States!

The New American Acculturation Program provides educational classes, programs and holiday celebrations. For more information, including sponsorships of specific programs, please contact Yelena Gerovich at 203 387-2424 x321, or email ygerovich@jewishnewhaven.org.



Henry Kissenger. U.S. Secretary of State, Sept. 22, 1973 to January 20, 1977.

WELCOME TO AMERICA

50 лет назад Генри Киссинджер стал государственным секретарем США

Ровно полвека назад, 22 сентября 1973 года Генри Киссинджер, еврей немецкого происхождения, занял пост Государственного секретаря США, став первым евреем и первым натурализованным гражданином, занявшим этот важный пост.

“Пока я не эмигрировал в Америку, - вспоминал Генри Киссинджер, - я и моя семья подвергались гонениям и дискриминации. Мой отец потерял работу учителя, друзья юности моих родителей сторонились их. Я был вынужден посещать сегрегированную школу. Даже узнав позже, что в Америке тоже были большие проблемы, я никогда не мог забыть, каким вдохновением была Америка для жертв гонений, для моей семьи и для меня в жестокие и унижительные годы. Я всегда помнил то волнение, с которым я впервые шел по улицам Нью-Йорка. Увидев группу мальчишек, я стал переходить на другую сторону, чтобы не быть избитым. И тут я вспомнил, где нахожусь“.

Для Киссинджера и многих других иммигрантов 20 века, Америка была землей спасения, воплощением надежд человечества. Выдающаяся фигура в мировой дипломатии, который в мае этого года отпраздновал свой 100 летний юбилей, он оставил неизгладимый след на всемирной арене. По мере того как мир стал свидетелем драматических сдвигов в динамике сил во время Холодной войны, США оказались перед сложными глобальными вызовами. Генри Киссинджер, обладая беспрецедентным пониманием международных дел, выдвинулся в качестве идеального кандидата на роль государственного секретаря.

“Каждый успех покупает входной билет в более сложную проблему“, - цитируются слова Киссинджера, напоминающие о том, что стремление к успеху - это динамичный и непрерывный процесс, побуждающий людей и лидеров оставаться стойкими и дальновидными, ведь на пути к прогрессу всегда появляются новые вызовы и возможности.

Сегодня, когда мир сталкивается с новыми и постоянно меняющимися глобальными проблемами, мы можем черпать вдохновение в подходе Киссинджера к дипломатии, стремясь к мирному урегулированию и международному сотрудничеству.

Итак, давайте вспомним 22 сентября 1973 года - поворотный момент в истории, когда натурализованный гражданин Генри Киссинджер стал Государственным секретарем США, наглядно продемонстрировав истинный потенциал дипломатии и государственного управления.

Беженцы из бывшего Советского Союза имеют и имеют возможность посещать образовательные программы, в том числе занятия по гражданству в Еврейском центре Большого Нью-Хейвена, которые помогают им сдать экзамен на гражданство и стать гражданами США. Мы также поздравляем тех, кто успешно сдал экзамен и стал полноправным американским гражданином, что дает им возможность чувствовать себя свободными, участвовать в политической жизни США, отмечать еврейские праздники.

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Для получения дополнительной информации о New American Acculturation Program, с вопросами и предложениями звоните Елене Герович по телефону (203) 387-2424 x321 (tel: (203) %20387-2424; 321) или посылайте сообщения ygerovich@jewishnewhaven.org (mailto:ygerovich@jewishnewhaven.org)

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*Tributes listed are up to Aug. 7, 2023

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In honor of Jake Perry Schwartz, grandson of Dana & Harry Schwartz <i>Amy & Mark Holtz</i> <i>Robyn & Jeff Teplitzky</i>	In memory of Stephen Meisel <i>Clifford Feldman & Tina Verder</i> <i>Stephen & Mary Beth Saltzman</i> <i>Sheila & Denise Apicella</i>
In memory of Rob Bayer's mother <i>Amy & Mark Holtz</i>	In memory of Stephen Meisel to the JCC Aquatics program <i>Steve & Lisa Germaine</i>
In honor of Cliff & Laura Skolnick's new grandson to Women's Philanthropy Dignity Grows Program <i>Susan & Lenny Skope</i>	In memory of Hannele Pat Sundermann to JCC Blue Marlins Swim Team <i>William Hoikala</i> <i>Brian Haeckler</i> <i>Barbara & Anthony Marinelli</i> <i>Ron & Lori Marinelli</i> <i>Nicole & Chuck Herrmann</i> <i>Jonathan Goldberg</i> <i>Marlene Warszawski</i> <i>Ira Zeid</i>
In honor of John Lichtman for a speedy recovery to Women's Philanthropy Dignity Grows Program <i>The Teplitzky Family</i>	In memory of Steven F. Meyerson <i>Myra & Andy Harris</i>
In memory of Lester David Mencis, father of Lauren Miller to Women's Philanthropy Dignity Grows Program <i>The Teplitzky Family</i> <i>Amy & Mark Holtz</i>	In memory of Arthur (Mickey) Pite <i>Helene Fein</i> <i>Michael & Phyllis Flaks</i> <i>Lew & Sue Miller</i>
In honor of Andy Sarkany's journey to the March of the Living <i>Steve & Lisa Germaine</i>	In honor of the 60th birthdays of Karen & Michael Diamond to the Barry Vine Send a Kid to Camp Scholarship Fund <i>Pam & Michael Feinberg</i>
In memory of Gerald Perloff to PJ Library, grandfather of Amy Korwin <i>Betsy & Jeffrey Hoos</i>	In honor of Lindsay Simon's engagement to the Barry Vine Send a Kid to Camp Scholarship Fund <i>Pam & Michael Feinberg</i>
In memory of Mikhal Milgram, father of Marina Milgram to Women's Philanthropy Dignity Grows Program <i>Robyn & Jeffrey Teplitzky</i> <i>Amy & Mark Holtz</i> <i>Andy & Aniko Sarkany</i> <i>Lisa Sandora</i>	In honor of Barry Vine on his 80th birthday to the Barry Vine Send a Kid to Camp Scholarship Fund <i>Jerry & Rivka Paley</i> <i>Avinoam, Rivkie & Yoni Paley</i>
In memory of the husband of Barbara Wagner Goldberg to Women's Philanthropy Dignity Grows Program <i>Robyn & Jeffrey Teplitzky</i>	In honor of Shelly Natkin's birthday <i>Tina & Richard Brogadir</i>
In honor of Robyn Teplitzky to Women's Philanthropy "Lion Behind the Pin" Event <i>Patti & Alan Masarek</i>	In celebration of Susan & David Millen's anniversary <i>Shari, Ken, Emi & Zoe Millen</i>
In honor of Dana Schwartz <i>Betsy & Jeffrey Hoos</i>	In honor of Debra Levine's birthday <i>Sheldon & Gerri Natkin</i>
	In honor of Elaine Feldman's 80th birthday <i>Sidney & Gladys Deutsch</i> <i>Amy & Mark Holtz</i>
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VELMA & STUART GRODD FUND FOR JEWISH COMMUNITY CENTER MEMBERSHIP In honor of Karen & Michael Diamond's 60th birthdays <i>Aunt Velma Grodd, Peggy Grodd, Ilene & Paul Kaufman</i>	TROOP 41 BOY SCOUTS OF AMERICA FUND In honor of Bill Scott's birthday In memory of Bob Glassman <i>Tina & Dick Brogadir & family</i>	ELLIOTT KERZNER MEMORIAL PERPETUAL ANNUAL CAMPAIGN FUND In memory of Elliott Kerzner <i>Bruce Kerzner</i> <i>Stuart & Donna Farber</i>
RUTH SHIFFRIN BLUM FAMILY FUND In honor of Richard Shiffrin's 75th birthday <i>Betsy Ratner</i>	GEORGE & SUSAN KRALL FAMILY PERPETUAL ANNUAL CAMPAIGN FUND In memory of Dr. Stephen Meisel & wishing Linda Meisel a speedy recovery <i>George & Susan Krall</i>	RONALD M. FARBER MEMORIAL PERPETUAL ANNUAL CAMPAIGN FUND In memory of Ronald M. Farber <i>Mark & Ellen Lescher</i> <i>Innerspace Electronics, Inc.</i> <i>Art & Barbara Cady</i> <i>Laura D. & Henry Cabin</i>

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Elderly Grants (Continued from page 19)

CHABAD OF THE SHORELINE

Chabad of the Shoreline received a grant for its Friendly Visitors program, pairing volunteers for weekly visits with Jewish elderly living in nursing homes and assisted living facilities. The program aims to bring joy and stimulation to seniors, reducing isolation and increasing socialization. Additionally, this program organizes Intergenerational Jewish projects that provide both the elderly and volunteers with uplifting and enriching experiences.

Rabbi Yossi Yaffe, Director of Chabad of the Shoreline, shares about the program: "Throughout the year, Chabad of the Shoreline's senior-services coordinator Mel Van Emmenes visits every assisted living and rehab center on the Shoreline and River region that has Jewish residents. This has allowed her to match residents with our friendly visitors. The impact of the friendly visitors has been tremendous. And some true friendships have blossomed, enriching both the visitors and their elderly hosts."

Chabad of the Shoreline's Friendly Visitor Program is expanding to reach seniors who are still living in their homes but would like a weekly visitor. Rabbi Yaffe sees these dedicated volunteers as a living example of the Torah's command to respect the elderly. "They are offering kindness and friendship in a dignified way to our community's seniors," notes Rabbi Yaffe. "A program like this is so important, especially in this time of increased isolation, fragmentation and disruption since the COVID pandemic. With the financial support of the Jewish Foundation of Greater New Haven, we can create a more connected and caring community for the Jewish elderly population on the Shoreline."

"Through the Jewish Senior Task Force and Jewish Senior Initiatives, The Jewish Foundation of Greater New Haven welcomes the opportunity to provide funding and support these initiatives," said Lisa Stanger, Executive Director of the Jewish Foundation of Greater New Haven. "Our goal is to ensure that the golden years of our elderly are filled with joy, fulfillment, and independence. We look forward to continued support of our partner organizations."

*Source: Agency of Aging of South Central CT. 'The Age-inclusivity of New Haven and Connecticut' https://www.aosccc.org/Customer-Content/www/CMS/files/info_library/Executive_Summary-Age-Inclusivity_of_New_Haven_and_Connecticut.pdf

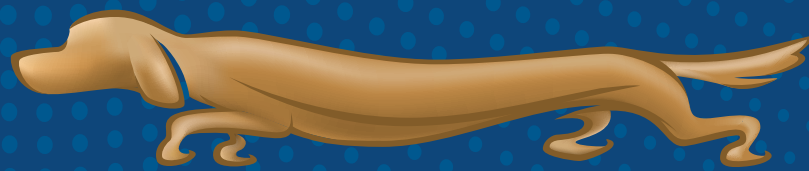


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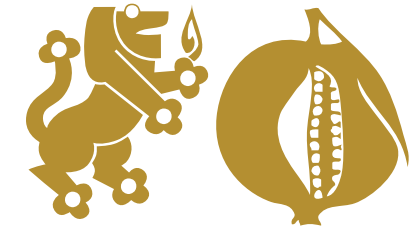
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