SPECIAL HOLIDAY PULL-OUT SECTION

Shanah Tovah U’metukah!  pages 13-16
We must double our efforts and find new ways to connect with trouble finding their way, loneliness a common commodity and fragmented, antisemitism more pronounced, young people having heard that many in our community have common concerns about I have been on a listening tour over the past several months and ended up with over a hundred people who responded to the call Jewish person we could identify. We hoped for twenty people and While no one called the police on me (thank G-d), it did lead to Passover aisle at Stop & Shop asking who was from Milford. and I moved our family to Milford. I found myself lurking in the Kushner (who passed away earlier this year). He instilled in me The power of community was instilled in me at an early age by my me as I begin our journey together as your new CEO of the As the High Holy Days approach, and we reflect on the past year and the possibilities to come, I find myself thinking about As the High Holy Days approach, and we reflect on the past year and the possibilities to come, I find myself thinking about...
Israel’s “The Other City” comes to the JCC for viewing

This Sunday, September 10, 2023, join us at 7 p.m. for the world premiere of the new Israeli documentary, “The Other City.”

Recently, Shaloni New Haven spoke with Livi Kissel about “The Other City” from her home in Israel.

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

LIVI KISSEL (LK): I started documenting my friends right after they moved to my gallery in downtown Haifa. It was 2007, and I was 24 years old, and not yet comfortable with my identity. A lot of my friends were living in an empty building in downtown Haifa, and I was very lonely and in pain.

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

LK: I think “The Other City” is free and open to interpretation. I would like the audience to take away the message of love and intimacy, but also the price people pay in isolation and loneliness.

SNH: What is your next project?

LK: I have two new projects. The first one is called “Shalom New Haven,” which is a project about the ties between Jewish and Arab communities in Israel. The second one is called “The Other City,” which is a documentary about the lives of young people in downtown Haifa.

SNH: What is your favorite memory from making this film?

LK: My favorite memory from making “The Other City” is the first time I saw the screening of the film. It was at the “Doc Aviv” festival in Jerusalem, and I was overwhelmed with emotion. It was magical to me. I had never seen my friends portrayed in such a way before.

SNH: How does it feel to see your friends on screen?

LK: It feels like a dream come true. I had no idea that this project would become a reality.

SNH: Have you had any reaction from your friends or family?

LK: My friends and family have been incredibly supportive. They appreciate the genuine and raw portrayal of their lives and struggles.

SNH: How important is it for you to document the experiences of young people in downtown Haifa?

LK: It is important because it is a reflection of the current social and political climate in Israel. It is a powerful tool to raise awareness and spark conversations about the challenges faced by young people.

SNH: How do you feel about the premiere of “The Other City”?

LK: I am incredibly excited! It has been a long journey, but I am ready to share the film with the world.

SNH: What is your goal with this film?

LK: My goal is to bring attention to the issues faced by young people in Israel and to encourage dialogue and understanding.

SNH: Do you have any advice for young people facing similar challenges?

LK: My advice is to never give up. It is important to keep fighting for what you believe in and to surround yourself with supportive and loving people.

RSVP: jewelchnewhaven.org/annual-meeting-2023

JCC of Greater New Haven
Solomonuder Center
Community Building
428 Woodbridge

Celebrating 43 years

As we celebrate 43 years in Stratford, we would like to welcome Dr. Zachary Korwin to our Brush & Floss Family!

We have expanded our office to better meet the needs of our patients. As always, all of our consultations are complimentary.

To accommodate your busy schedule, we are open four evenings and every Saturday!

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 Hixson Family Gallery of the Jewish Community Center of Greater New Haven is “Artists’ Representation of Jewish Teachings and Later Religious Experience,” an extraordinary body of wood and leather carvings created by Connecticut artist Harvey Paris. The National piece, “Golgotha,” is a 20-foot carved leather busk 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 these carvings — a rabbi, an imam and a pastor — to be held on Sunday, September 11 at 2 p.m., at the JCC. 

**Harvey Paris**

Paris described to Shaloms New Haven how his art and creative inspiration came together. Here is an excerpt of what he felt: “I feel inspired 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 Jewish themes such as the Torah, Resurrection at Sinai, and the Wisdom of King Solomon. The exhibit also contains examples of Hidai Mizvah or the concept of beautifying ritual items. Included in the exhibit are original carved designs of a larger scale, a chasen 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-faith art that he hopes will become part of the soul. He is not resorting 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 use of 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.”

---

**CLERICAL PANEL DISCUSSION: The September 10th clergy panel discussion will offer different perspectives on Abraham’s legacy to the three monotheistic religions. The distinguished panel includes: Rabbi Barbara Paris, Rev. Milton Brasher-Cunningham, and Imam Sulayman A. Hassan.**

**Rabbi Barbara Paris, UPJ, serves many communities. She is the Hillel adviser and adjunct professor at Quinnipiac University. She has researched and written in New England on the rabbi at Chosse Rosemary Hall in Waterbury and at the Watermark Senior Living Center in Bridgeport. She is also the associate rabbi at the JCC in Hamden. H.C., 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 courses toward a Doctor of Ministry degree at Hartford Seminary where she was awarded the Gale T. Jerry Prize for her interfaith community work. At SBSU, she works closely with the Muslim Student Association and the Newman Club as well as other religious and multicultural groups. Rabbi Paris serves on the Board of Rabbis of New Haven and is a Fairlady Human Services and Gender Equity Director. 

**Reverend Milton Brasher-Cunningham** is pastor of Mount Carmel Congregational Church (UCC) in Hamden. He was ordained in Georgia, grew up in Alaska, 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 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, The Place of Refuge: Reactions on Homer, and The Clock: Toward Metaphysics of Connections. He lives in Guilford, Connecticut with Ginger, his wife, who is also a JCC clergy, and their two schnauzer rescue pups. His entries regularly for the local news. 

**Imam Sulayman A. Hassan** 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 in 2017 as an assistant professor. 

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

Imam Hassan’s career has been comprised of the leaders of the Mecha, the Independence of Islam, and the Salvation of Muslims. He is raised in a Muslim home in Calabasas, CA, far from his 500 members. He is professor of the Damascus, California and for his work in the Islamic world. 

Imam Hassan was elected Imam of the Abdul Majid Karrim Islamic Center in 2000, upon the passing of his father, Imam Dr. Abdul Majid Karrim Hassan. The AMICC was elected in the early 50’s in the home of his maternal grandparents. Imam Hassan is the founder, name of the organization is the Islamic Center in New Haven County. It was in their home that Imam Noor Talib Shabazz – aka Malcolm X – came from his home to introduce his understanding of Islamic to a crown. For more information on the panel and the discussion, contact Susan Skala at susans@jccnh.org. For info about the wood carvings of Harvey Paris, visit jewishcarving.com

**Mahanat Rori Picker Neiss has been named scholar-in-residence of the 2023 Elm City Kallah, the Jewish educational network’s largest and as well as other intercessory community members, are encouraged to pray, sing, study together and, to partake in communal Shabbat meals on Friday night and Saturday Kiddush lunch, as well 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. RSVP’s will be necessary for that dinner. Accommodation applications are also available for widespread participation. For example: All Shabbat services will be open to all. The Monday night Shabbat lunchon will be held in Westville, at both BDWI and Westville synagogues, to allow those living in Shelton and surrounding who have no road participation. There is parking available at both locations for those who prefer to drive. Brai Jacob will host the Sunday morning event, so that all may participate without concerns about driving on Shabbat. Every effort will be made to reach out to unaffiliated community members.**

Additional information will follow as the events approach. Contact Rabbi Rona Shapiro at rjshapiro430@gmail.com or Barbara Zalesch at barb928@aol.com.

---

**OUR AFTER SCHOOL PROGRAM INCLUDES:**

- Transportation currently offered to students from Euro Academy,Border Brook Road, Schen, Bethany Community School, Southern CT Hebrew Academy & Edgewood School.

- Ezra Academy discount offered thanks to school provided transportation.

Participation also offers discounts on Natwick Gym Programs, access to the Westville, Youth Program & Transportation to all scholars’ locations and the JCC. 

**Other after school program information: Contact Susans@gmail.com for more information.**

**HOURS: 3-PM 6-MP**

To save your spot for the fall, place a deposit at jccnh@jccnh.org.

---

**ShopKosher at the ShopRite of Hamden**

**VISIT THE KOSHER DEPARTMENT**

Enjoy expanded varieties of Kosher products, including weekly deliveries from AgriStar meats, Flaim’s, and Beigel’s bakery!

We are proud to add David Elliott chicken to our fresh kosher meat offerings. David Elliott chicken only available at ShopRite of Hamden.

---

**SUPERCOUPON**

**$5 OFF**

3 or More Packages of David Elliott Chicken

**SUPERCOUPON**

**$5 OFF**

Purchase of $50.00 or more

**SUPERCOUPON**

**$10 OFF**

Beigel’s Fresh Chicken

**The Towers Awarded National Chaplaincy Grant**

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 in Jewish law and tradition.

First, campers and staff dress in white to welcome in the Sabbath on Friday nights with services, Kiddush, candle-lighting, and blessing over the matzah. 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 camper’s 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 that is driven by outcomes and data. The Towers will build 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.

**Revson Foundation grant.**

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/Rebranding Partnership grant.

We are proud to share the D’var Torahs to our camp community, reflecting the value/theme for that week. One week, Healthy Spirit in a Healthy Body, Bestowing Kindness, and Inspiring a Connection to the Jewish People, From Generation to Generation, Promoting a healthy spirit in a healthy body. The themes may include: Building Community, Living a Jewish Life, and Community Engagement.

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, Living a Jewish Life, and Community Engagement.

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.

Associate Vice President Jennifer Bayer said The Towers is “limited and grateful to have received this funding from Brandies University. This type of grant partnerships 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.”

For more information regarding volunteer opportunities at The Towers, contact Sarah Moskowitz, sarah@towerlane.org or (203) 772-8830, x402. Learn more about the Chaplaincy Innovation Lab at chaplaincyinnovation.org and about the Charles Revson Foundation at revsonfoundation.org.

"**Shabbat Shalom Camp Laurelwood!**

My name is Jenna Barr. And my name is Zoe Dorfman.

“When I first found out that this week's theme was generation to generation, I immediately thought of myself and my family. I come to Camp Laurelwood. My great grandmother was a counselor, and was followed by my Grandpa, 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 is Zoe Dorfman, and I am the 4th generation of my family to come to Camp Laurelwood. 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; it is now something that holds my sibling's heart. And I, although we are the first generation to be campers, traditions and memories have been passed down to us through our 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 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, 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."

"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."
PJ Librarians in Greater New Haven are eligible for $100 per year to help families get together with friends. Three locations have been set up, one per month:

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

Get Together grants are back as of September 11. PJ Library subscribers eligible for "Get Together" grants are reimbursed for a limit of three "Get Together" experiences. 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.

PJ Library subscribers in Greater New Haven are for “Get Together” grants. PJ Library is powered by Jewish Federation of Greater New Haven.

POWErED BY
Jewish Federation of Greater New Haven

PJ GIVES BACK!
VOLUNTEER EXPERIENCES FOR FAMILIES

BIRTHDAY PARTY FOR THE WORLD
Everyone welcome...best for families with children ages 2-12.

SHALOM NEW HAVEN
September 11
5-6:30 pm

Location provided with registration.

By Susani 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.

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 maintaining 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 person’s 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 while watching TV
- 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 wellness management professionals at our JCC Fitness Center. Contact susand@jccnh.org for more information.

Take Your Bank Anywhere!

Download the easy to use mobile app today!
Need Reliable Homecare Assistance? Call us – We Can Help!
Home health aids • PCAs • Companions • Homemakers • & More
203-777-1234
Serving Southern Connecticut
CALL US FOR FREE IN-HOME CONSULTATION
Bonded and Insured
Stuart Rosenkrantz, General Manager
Visit us online at aidesandcompanions.com

Shana Tova
Happy New Year from Big Y
Stop by these Big Y locations:
830 Boston Post Rd., Guilford
22 Spencer Plains Rd., Old Saybrook
772 North Main St., West Hartford
For all of your Shabbat & holiday needs!
Visit bigy.com

AT THE JCC
OUR SUMMER filled with fun ’23
JCC Day Camps
JCC of Greater New Haven
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/synagogue or email info@bethisraelwallingford.org.

COLORS OF MY JEWISH YEAR
This interactive education series is for children ages three to eight for affiliation/unaffiliation, and interfaith Jewish youngsters in the greater Wallingford area. Here are our first four events:
Beth Hashkana | 4:30 PM
Oct. 11 | North Haven Public Library

Hanukkah | 4:30 PM
Dec. 21 | Wallingford Public Library

Tu BiShvat | 4:30 PM
Feb. 13 | North Haven Public Library

Rosh Hashanah | 4:30 PM
Sept. 6 | Meriden Public Library

This program has been made possible through a generous grant from the 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

Bamakor, she-barulike teshuvah omidin ein taazikim gemarrin ye-khiton lamode (Tevatol Beinoket, 34).
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 we know so well. That exile comes about because we can’t be fully human. Alternatively, the kaalidistic 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 mishnah 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.
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 Days. Here is what several clergy said:

Rabbi Eric Woodward, Beth El – Keser Israel (Beth El)

I love going to synagogue and engaging with like-minded, growing community, and I love the High Holy Days; it is electric.

But to be truly honest, I think the lack of meaningful spiritual work of the High Holy Days – and the spiritual benefits – come from times we are at home in deep reflection and growth we do then.

Rabbi Nachman of Breslov writes: “You may be in some place where suddenly you have a thought of growth and a deep longing for God. Stop there and, without also doing heart work, spiritual work, work on 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...” – now is the time to change in this direction.

There are some things that put you in a touch with your longing. (That’s prayer, by the way.) Take some time to reflect.

As soon as I got here in early September, I knew that the community is that it really is a place of longing for God. Stop then and, as soon as you do, take us down the road of darkness. This is not a time for easy cowardice that will be seen by those who are witnesses to history and that we know where ongoing grief. But I also will explain that Jewish people are witnesses to history and that we know where themes, including the meaning of true happiness and what it means to embrace the joys over the coming year. Shana tova u’metu Balt.

Rabbi Steven Karp, Beth El/Congregation Mishkan Israel (Beth El)

As a daughter of a cantor, I remember falling in love with the joyous music to Congregation B’nai Jacob to build positive relationships and spread kindness to others and ourselves. May we all have the strength to endure the challenges of life and embrace the joys over the coming year. Shana tova u’metu Balt.

Rabbi Eric Woodward, Beth El – Keser Israel (Beth El)

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

Rabbi Steven Karp, Beth El/Congregation Mishkan Israel (Beth El)

In the coming year, do this reflective work. Come to synagogue, but don’t only come to synagogue – do something that puts you in touch with your longing and inspires you to growth. Shana tova u’metu Balt.

Rabbi Steven Karp, Beth El/Congregation Mishkan Israel (Beth El)

In the coming year, do this reflective work. Come to synagogue, but don’t only come to synagogue – do something that puts you in touch with your longing and inspires you to growth. Shana tova u’metu Balt.

Rabbi Steven Karp, Beth El/Congregation Mishkan Israel (Beth El)

In the coming year, do this reflective work. Come to synagogue, but don’t only come to synagogue – do something that puts you in touch with your longing and inspires you to growth. Shana tova u’metu Balt.

Rabbi Steven Karp, Beth El/Congregation Mishkan Israel (Beth El)

In the coming year, do this reflective work. Come to synagogue, but don’t only come to synagogue – do something that puts you in touch with your longing and inspires you to growth. Shana tova u’metu Balt.

Rabbi Steven Karp, Beth El/Congregation Mishkan Israel (Beth El)

In the coming year, do this reflective work. Come to synagogue, but don’t only come to synagogue – do something that puts you in touch with your longing and inspires you to growth. Shana tova u’metu Balt.

Rabbi Steven Karp, Beth El/Congregation Mishkan Israel (Beth El)

In the coming year, do this reflective work. Come to synagogue, but don’t only come to synagogue – do something that puts you in touch with your longing and inspires you to growth. Shana tova u’metu Balt.

Rabbi Steven Karp, Beth El/Congregation Mishkan Israel (Beth El)

In the coming year, do this reflective work. Come to synagogue, but don’t only come to synagogue – do something that puts you in touch with your longing and inspires you to growth. Shana tova u’metu Balt.

Rabbi Steven Karp, Beth El/Congregation Mishkan Israel (Beth El)

In the coming year, do this reflective work. Come to synagogue, but don’t only come to synagogue – do something that puts you in touch with your longing and inspires you to growth. Shana tova u’metu Balt.

Rabbi Steven Karp, Beth El/Congregation Mishkan Israel (Beth El)

In the coming year, do this reflective work. Come to synagogue, but don’t only come to synagogue – do something that puts you in touch with your longing and inspires you to growth. Shana tova u’metu Balt.

Rabbi Steven Karp, Beth El/Congregation Mishkan Israel (Beth El)

In the coming year, do this reflective work. Come to synagogue, but don’t only come to synagogue – do something that puts you in touch with your longing and inspires you to growth. Shana tova u’metu Balt.

Rabbi Steven Karp, Beth El/Congregation Mishkan Israel (Beth El)

In the coming year, do this reflective work. Come to synagogue, but don’t only come to synagogue – do something that puts you in touch with your longing and inspires you to growth. Shana tova u’metu Balt.

Rabbi Steven Karp, Beth El/Congregation Mishkan Israel (Beth El)

In the coming year, do this reflective work. Come to synagogue, but don’t only come to synagogue – do something that puts you in touch with your longing and inspires you to growth. Shana tova u’metu Balt.

Rabbi Steven Karp, Beth El/Congregation Mishkan Israel (Beth El)

In the coming year, do this reflective work. Come to synagogue, but don’t only come to synagogue – do something that puts you in touch with your longing and inspires you to growth. Shana tova u’metu Balt.

Rabbi Steven Karp, Beth El/Congregation Mishkan Israel (Beth El)

In the coming year, do this reflective work. Come to synagogue, but don’t only come to synagogue – do something that puts you in touch with your longing and inspires you to growth. Shana tova u’metu Balt.

Rabbi Steven Karp, Beth El/Congregation Mishkan Israel (Beth El)

In the coming year, do this reflective work. Come to synagogue, but don’t only come to synagogue – do something that puts you in touch with your longing and inspires you to growth. Shana tova u’metu Balt.
understanding of the blessing is that it (borei nefashot), recited after food that is parents.

Teshuvah is about the possible, not the futility when trying to change. Setting an is a sense of perfection. As a near dangerous traps.

superiority. Near enemies are particularly is a good quality. Indifference is the far enemy of compassion. The near enemy of is the same as compassion—you care about the enemies of change or goodness, there desire. Buddhism teaches that, alongside all those other people who have what you small violation or that everyone does it, Judaism).

Advancement of emeritus of the SAJ anniversary of the Jewish published on the 50th Manifesto for the 21st A Book of Life: Embracing Judaism Disrupted: A Spiritual Manifesto compassion on our imperfect selves.

To the seat of mercy. In the High Holiday if we move from the seat of judgment the world can only change for the better this new year. For like God they know that never can attain? Because the ba’alei those who are completely righteous struggle to change attain a place that couldn’t exist.

that imperfections enable us to live in to all existence.” The blessing suggests beings, we praise You, the giver of life You have created to enable the life of all imperfections (ve-hesronan). For all that recognizes and validates our

of it” – like a tree giving people what they need to grow. Throughout the year,

directions — forward, right, back, left, up, and down — we create a force field, The lulav and etrog reconnect us to a time 3,000 years ago when most Jews in 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 field tents used by farmers in ancient desert encampments of our field of Questions: A Passover Haggadah (1999) with his Judaism).
Women of Vision Society and The Towers at Tower Lane: Bridging the Intergenerational Gap

The Women of Vision Society was proud to form a group 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 B’nai 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 $225,000 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

supporting 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 seniors residents at The Towers offered wisdom and cultural insights to the younger generation, while the students shared fresh perspectives and youthful energy to enrich the interaction.

The Towers resident, Liz Liberman, was one of the program participants. “This program made me so happy. It was a perfect afternoon!”

WOV demonstrated their commitment to fostering engagement, by enriching the lives of students and Jewish seniors, and also addresses the feelings of isolation often experienced by seniors.

“Thank you to the Jewish Foundation of Greater New Haven for providing this grant for the second year in a row. This $1,000 award to Jewish Family Service, 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 community.”

The population of Connecticut is aging; between 2013 and 2025, the share of Connecticut residents 60 years or older 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 of Greater New Haven for the Elderly is dedicated to serving and funding this need, thanks to the generous contributions from the former Harry Braffman Fund, and several funds of the Jewish Foundation of Greater New Haven, including the Isaac & Mary Leifert Fund, Morton Libicky Fund, Irene Shriver 75th Birthday Fund, Benjamin & Freda Cohen Memorial Fund, Eva Kahn Fund, Helen M. Cohn Fund, and the Leo Links Fund.

“Thank you to the Jewish Foundation of Greater New Haven for providing this grant for the second year in a row. This $1,000 award 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 of Greater New Haven’s Elderly Grants Committee. “We are honored to collaborate with our partners, promoting innovative programs for food support, socialization, community outreach, and social-service services, ensuring joyful, dignified, and independent golden years.”

Since its establishment in 2020, the Jewish Foundation of Greater New Haven’s Elderly Grants Committee, led by Craig Sklar, has made a significant impact awarding $500,000 to various Jewish organizations and agencies for innovative projects and programs that ensure the dignity 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 community.

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

(Continued on page 26)
Established in partnership with the Beckerman Family Foundation, 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 surpass (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.

To date, $4,086,333 has been raised and we are well on our way to the $2 million Beckerman Family PACE Challenge match. This campaign is intended to bring the total amount raised to $5 million, allowing the congregation to get to "Off Our Walls" as planned, and to establish a new fund to support arts programming at Beth El – Keser Israel.

"The exhibition should provide insight into how Jewish art helps define the homes of various BEKI members, and offer a glimpse of the complex and beautiful heritage of the Jewish people."

"I expect this year’s exhibit will have met our goal for the $2 million Beckerman Family PACE Challenge." Rosenberg said. "Congregants have offered to lend prints created by American and Israeli artists, as well as some original works by BEKI artists, as well as some original works by BEKI artists. The exhibition should provide insight into how Jewish art helps define the homes of various BEKI members, and allow the congregation to get to "Off Our Walls" as planned, and to establish a new fund to support arts programming at Beth El – Keser Israel."

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

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

Best Wishes for a Happy, Healthy & Peaceful New Year

Senator Richard Blumenthal

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

Orange First Selectman James Zoell

Moroccan Couscous With Currents and Carrots

Ingredients:
- 2 packages (approximately 5.7 ounce each) Near East couscous
- 1 cup currents
- 15-ounce package baby carrots, peeled
- 1 cup extra-virgin olive oil
- ½ cup fresh lemon juice
- 1 teaspoon salt or turmeric
- ½ teaspoon salt
- ½ teaspoon fresh ground pepper
- ½ cup finely chopped mint

Directions: Prepare couscous according to package directions. Stir in currents. Cover and set aside. While the couscous is cooking, combine carrot, olive oil, lemon juice, salt, turmeric, pepper and mint. Stir to combine. Stir in raisins. Cover and set aside. To serve: Stir the couscous and carrot mixture into a bowl. Pour olive-oil mixture over and stir to coat evenly.

Ben’s Mint Refresher (Pareve)

Ingredients:
- 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 mixture. “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.
By Yelena Gerovich New American Acculturation Program Coordinator

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

"Until I emigrated to America, Jews were considered to be a separate race, and there was the teaching in schools in Europe which for which he had worked all his life the friends of my parents’ youth shunned them. I was frequently confronted with anti-Semitic propositions. When I arrived in New York City, I was told by an American from the Midwest, ‘Until I met Jews, I never thought Jews could be good people.’

"In the late 1920s, I moved from St. Petersburg to Moscow, and lived there until the first of April, 1932, a day that changed the history of the world forever. That day, Hitler and his Nazi army invaded the tiny remnant of the former Czarist kingdom of Latvia, which my family had fled a year before. From that day on, my entire life was focused on surviving the destructive power of the Holocaust. The 1930s and 1940s were a time of change, transformation, and growth for Jews around the globe, and the only thing that remained constant was the persecution of Jewish people.

"When World War II ended, I was among the first Jewish refugees to arrive in the United States. I had to learn a new language, adapt to a new culture, and navigate the complexities of assimilation into American society. I was fortunate enough to find support and guidance through programs like the New American Acculturation Program at the Jewish Community Center, which helped me to integrate into the larger community.

"Today, I am proud to be a part of the New American Acculturation Program, where I assist refugees and individuals in adapting to their new lives in America. I am grateful to Henry Kissinger, whose legacy as Secretary of State has inspired generations of Americans to embrace the values of democracy, human rights, and international cooperation.

"As we look back on the past 50 years, and look forward to the future, let us remember the importance of diversity, inclusion, and the power of cooperation. Together, we can create a world where every person is valued and respected, and where all have the opportunity to live in peace and prosperity."
Elderly Grants (Continued from page 18)

Chabad of the Shoreline received a grant for its Friendly Visitors program, pairing volunteers 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, the program organizes intergenerational Jewish projects that bridge both the elderly and volunteers with uplifting and enriching experiences.

Robin Yaffe, Director of Chabad of the Shoreline, shares about the program: “Throughout the year, Chabad of the Shoreline’s senior services coordinator Mal Van Emmens 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. Robin Yaffe sees these dedicated volunteers as a living example of the Talmud’s command to respect the elderly. “They are offering kindness and friendship in a dignified way to our community’s seniors,” notes Robin Yaffe. “A program like this is so important, especially in the 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. “That 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.”


Lion of Judah & Pomegranate Dinner
SAVE THE DATE: OCT. 4 | 6 PM
Open to all women donors who make a gift of $1,800 or more to the 2024 Jewish Federation Annual Campaign
For more information contact rteplitzky@jewishnewhaven.org

May you have a sweet New Year filled with health & happiness!

1973 CELEBRATING 50 YEARS OF SERVICE TO SENIORS 2023
Formerly Jewish Senior Services
The Harry and Jeanette Weinberg Campus
4205 Park Avenue, Bridgeport, CT 06604 • 203-365-6400 • mozaic.org
For information about Mozaic Senior Life services, please call 1-833-MSL-LINK (675-5465)
It’s moments like this...

When Leah arrived in Israel for the first time as a participant on our Israel 2023 trip, she discovered a connection to the land and its people that she’d never felt before. This moment is thanks to you. Your generous support of the Federation’s #AnnualCampaign helps strengthen Jewish community across the globe.

jewishnewhaven.org/donate