

BETH OHR NEWSLETTER

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10 Top New Year's *Resolutions* for Success and Happiness in 2020

Researchers say about 60 percent of us make New Year's resolutions but only about 8 percent are successful in achieving them.

Another year has come to an end, and another has just begun. So, now that the new year is here, what resolutions are you going to make? Making New Year's resolutions is a time-honored tradition all around the world. We all hope for a better future--especially when the year we're leaving behind has been a tough one.

According to research on the topic, about 60 percent of us admit that we make New Year's resolutions but only about 8 percent of us are successful in achieving them. Regardless of whether we achieved our previous resolutions, most of us go right ahead and make a new set of resolutions -- hoping for the best.

Here are a few more interesting facts about New Year's resolutions:

- Saving money is one of the top five New Year's resolutions and also in the top five for most commonly failed.
- More than half of respondents said they fail their resolution before January 31.
- Women make health-focused resolutions while men pledge to find a new job and lay off the alcohol.

So, what are we all wishing for in 2020? Here are the top 10 New Year's resolutions according to a survey of 2,000 people:

- 1. Diet or eat healthier (71 percent)**
- 2. Exercise more (65 percent)**
- 3. Lose weight (54 percent)**
- 4. Save more and spend less (32 percent)**
- 5. Learn a new skill or hobby (26 percent)**
- 6. Quit smoking (21 percent)**
- 7. Read more (17 percent)**
- 8. Find another job (16 percent)**
- 9. Drink less alcohol (15 percent)**
- 10. Spend more time with family and friends (13 percent)**

Are any of these resolutions on your personal list? Who knows -- this just might be the year that you achieve every goal you set for yourself. Here's to a new year filled with much success and happiness.

SCHEDULE OF SERVICES

Wed. Jan. 1	New Year's Day Office Closed	
Thurs. Jan 2	Heschel Class	9:30AM
	Jews in America	10:30AM
Fri. Jan. 3	Shabbat Evening Service	7:30PM
Sat. Jan. 4	Shabbat Morning Service	9:30AM
Sun. Jan. 5	Sunday Morning Service	9:00AM
	& Men's Club Pancake Breakfast sponsored By Lana & Harvey Cohen & Phyllis & Mel Ward	
Tues. Jan. 7	Book Discussion	11:00AM
	Perkei Avot	7:30PM
Thur. Jan. 9	Heschel Class	9:30AM
	Jews in America	10:30AM
Fri. Jan. 10	Shabbat Evening Service	7:30PM
Sat. Jan. 11	Shabbat Morning Service & Lunch & Learn	9:30AM
Sun. Jan. 12	Sunday Morning Service &	9:00AM
	Men's Club Breakfast	
	Sisterhood Membership Meeting	10:00AM
	& Book Discussion "Open Doors" by Gloria Goldreich	
Wed. Jan. 15	Rabbi's Timely Topics Class in Monroe	11:00AM
Thurs. Jan. 16	Heschel Class	9:30AM
	Jews in America	10:30AM
Fri. Jan. 17	Shabbat Evening Service	7:30PM
Sat. Jan. 18	Saturday Morning Service	9:30AM
	Simcha Shabbat	
Sun. Jan. 19	Sunday Morning Joint Men's Club & Daytimers	9:00AM
	Service & Breakfast with Seymour Nussenbaum talk On Judaica Collection	
Tues. Jan. 21	Book Discussion	11:00AM
	Perkei Avot	7:30PM
Wed. Jan. 22	Sisterhood Board Meeting	7:00PM
Thurs. Jan. 23	Heschel Philosophy Class	9:30AM
	Temple Exec. Board	7:30PM
	Temple Board of Directors	8:00PM
Fri. Jan. 24	Shabbat Evening Service	7:30PM
Sat Jan. 25	Shabbat Morning Service	9:30AM
Sun. Jan. 26	Sunday Morning Service &	9:00AM
	Men's Club Breakfast	
Thurs. Jan. 30	Heschel Class	9:30AM
	Jews in America	10:30AM
Fri. Jan. 31	Shabbat Evening Service	7:30PM



Rabbi's Message

“Remembering Mr. Rogers”

It struck me the other day that there are currently not one, but two major movies about the life of Fred Rogers, some sixteen years following his death. Suddenly Mr. Rogers has become one of the most thought about and prominent public figures in the country. On the surface this is an odd phenomenon, to say the least. Many of us who came of age in the sixties and the seventies remember Mr. Rogers. Soft spoken and gentle, kind and caring, sneakers and red sweater, his television show ran for thirty-one seasons and influenced generation after generation of children. He had a certain knack for gently spinning stories, relating life lessons and unpacking issues like anger, sadness, jealousy and disappointment.

Mr. Rogers died only a couple of years after his show went off the air. While the episodes were replayed as part of the early morning PBS schedule, the person of Fred Rogers entered a dormant period. He was remembered, but mostly in a nostalgic way, the way we remember with fondness a time in our lives – or in the life of our country – with a golden sheen. Fifteen years ago – probably even ten years ago – if someone had told you there would be two major motion pictures made about the life of Fred Rogers, you probably would not have taken that person's investment advice. And yet here we are.

Fred Rogers is so popular right now that there was recently an article about his wife Joanne in the New York Times!

I have always felt that we create the hero we need at the time when we need him – or her – and evidently at this contentious time in our country there is a sense that we need Fred Rogers more than ever. Maybe it is the soothing tone of his voice during a time when people, especially public figures, seem mostly to yell at each other. We might be attracted to his calm demeanor when everything, and everyone, seems to be so frantic. Perhaps it has to do with the way he listens in an age when all anyone seems to want to do is talk. Or maybe it is his unshakeable optimism that appeals to us, when so much of the world seems dark and hope is hard to come by. We are living in unsettled times, and Fred Rogers had a way of making us believe everything could work out if we would only trust one another.

Today evidence indicates otherwise. Even if we forget about our country and the deepening divisions that we see everywhere, all we have to do is look at the Torah portions we have been reading this past month to remember how difficult we humans can be, even to the people closest to us. These Torah portions contain some of the Bible's best known stories, all of them focusing on the family of Isaac and Rebecca, and their sons, Esau and Jacob.

You remember the story. It begins with one of the most fundamental of all parenting mistakes, namely one parent favoring one child, while another parent favors the other child. In this case it is Rebecca who loves her son Jacob but doesn't care much for his older brother Esau. But just to make sure things in the family are truly impossible, Isaac does the same thing in reverse, always proud of and talking about Esau, but seemingly not terribly fond of Jacob. If you've ever known a family like this, it's a recipe for disaster, and that is what ensues. We witness countless conflicts that will occupy this already-fragile family.

(Continued from page 3)

And you thought Washington DC was bad! Of course the sad truth is that people do nasty things to one another all the time. People cheat, betray and steal from each other. The list could go on but we get the point. It is not always easy for us to treat one another the way we believe that God would expect of us. To respect one another, care for each other, help and support one another, sacrifice for one another, give one another the benefit of the doubt. To live honestly and admirably, and to regularly ask not what others can do for us, but what we can do for them. Our Torah lays out the very worst human behavior in front of us, because once you see the worst you have a deeper appreciation for how important it is to strive to be the best.

Mr. Rogers came at that idea, but from the opposite direction. He also wanted to show us that we should strive to be the best we can be, but he illustrated that by focusing on the positive rather than the negative. It wasn't that he denied the difficulties of human nature. He acknowledged that people make mistakes, hurt others, and fall short on a regular basis. But in Fred Roger's world that moment of failure was seen as the beginning of something better. Growing, changing, understanding more deeply, and figuring out how, the next time around, to do it right.

Perhaps that is why Mr. Rogers is at the front of the national consciousness these days. We all have grown weary of the negativity. We like seeing the spirit of a person who said, over and over again, there is a better way, and you can, with a little help from friends, figure out what that better way is. So let's remember dear Mr. Rogers for his valuable lesson!



President's Message January 2020

Hello, Congregation Beth Ohr members and followers,

It is hard to believe another secular year has passed. Are the years getting shorter or does it just seem so? Of course, time passes at a regular pace but it does seem to change as our perspective changes. I remember clearly, 20 years ago, living through the anxiety of Y2K. The world was going to end because computers couldn't deal with the new century designation of year 2000. We survived that panic. The year 2020 will not be so traumatic but it will bring numerous comments about clear, strong vision.

I want to refer to the great November we had this year. I hope I don't leave anything out as we had the Scholar in Residence, Kristallnacht commemoration, Global Day of Learning and, finally, the Interfaith Thanksgiving service. It was a wonderful display of what our synagogue offers throughout the year. Thank you to Linda Benish who was instrumental in planning and organizing some of these programs. Also, thank you to everyone else who helped with these programs. It takes the efforts of many to bring these programs to fruition.

December saw the return of our classes on their regular schedule. We have a book discussion group, a class taught by Linda Benish, a class led by Rabbi Mishkin on Tuesday nights and Thursday mornings. If you have the time, stop by and experience these wonderful and engaging classes.

On Saturday, December 28, we will dedicate the 'Wall of Bricks' that recognizes those who have contributed to the Securing Our Future fundraiser. Everyone still has the opportunity to contribute for the first time or to add to their previous contributions.

I hope you are having a fun Hanukkah and will have a safe, enjoyable New Year's Eve. May 2020 bring you success and good health.

Stan



Thank You

Phyllis Greenberg wants to thank all who volunteered to sit in the office during my recent illness: Ira and Lee Donenfeld, Helene Grynberg, Edna Yourman, Ann Branfman, Meryl Finkelstein, Phil Rabinowitz, Liz Aroyo, Ilene Gray and Allen Skupp. I'd also like to thank the volunteers who opened and closed the office: Ira Donenfeld, Stan Perlman, Phil Rabinowitz, Roberta Karpel and Allen Skupp. She would also like to thank everyone for the telephone calls, donations to Sisterhood, the Gold Cards and everyone's concern.

Dara & Ken Deitz want to thank Phyllis Greenberg, Rabbi Mishkin and Chuck Rogol for the beautiful ceremony to honor their granddaughter Sadie Blair upon her naming. We also want to thank both the Men's Club and Sisterhood for their lovely gifts. We are also thankful for all the good wishes sent by temple members by way of Sisterhood donations.

Terri Polovsky has renewed subscriptions to Moment Magazine for Beth Ohr members in memory of Stuart Polovsky

Linda Skupp thanks the following people for helping to make the Daytimers Paid Up/Chanukah Party a huge success:

Lee & Ira Donenfeld
Harriet & Phil Rabinowitz
Harriett Feld
Edna Yourman
Allen Skupp
Phyllis Greenberg
and all those who helped set up and clean up.

Special thanks to our entertainers and to Seymour Nussenbaum for bringing his stamp collection to share with us.

I couldn't have done this without your help.

**JANUARY CELEBRATION OF
BIRTHDAYS, ANNIVERSARIES AND
OTHER SIMCHAS**

The Ritual Committee will honor members celebrating a birthday, anniversary or other simcha once a month at a Shabbat service.



Mazel Tov to the following congregants whose birthday and/or anniversary will be recognized on Saturday, January 18, 2020

January Birthdays

Eileen Birnbaum
Ralph Karpel
Stephen Lerner
Chuck Rogol
Susan Ross
Dorothy Shafran
Arlene Silver
Cathy Silver
Marjorie Simon
Estee Spiegel
Deborah Weintraub
Edna Yourman

January Anniversaries

Monica and Mark Atzbi
Bonnie and Stephen Lerner

DAYTIMERS NEWS

**SUNDAY, JANUARY 19: DAYTIMERS/MEN'S CLUB JOINT PROGRAM
WITH SEYMOUR NUSSENBAUM**

Seymour Nussenbaum will discuss his unique and very interesting Judaica collection. He will show gems from the collection which appeared in some of the 58 articles he has contributed to a continuing series published world wide.

**Minyan at 9:00 AM
Bagel Breakfast at 9:50 AM
Program at 10:15 AM**



**Join Congregation Beth Ohr
Exploring Israel Adult Tour
Led by Rabbi Joel Mishkin
May 3 – 14, 2020**

Optional Eilat—Petra extension May 14-17, 2020

View and download itinerary and application at www.israeltour.com/rmishkin

**DISCOUNTED PRICE FOR CHECK
PAYMENT**

Land only Package - \$4145
per person in a double room

Land and Air Package - *\$5475
Per person in a double room

Single Room Supplement - \$1250

**FULL PRICE FOR CREDIT CARD
PAYMENT**

Land Only Package - \$4311
Per person in a double room

Land and Air Package - *\$695
Per person in a double room

Single Room Supplement - \$1299

REDUCTIONS

Third in a Room \$300

Round trip air: EWR – Tel Aviv – Return

Added to the costs above are tips for guide, Driver, Restaurants, and Porterage - \$180

*Air price is subject to change as are fuel and security surcharges

***Tour price is based on 20 participants; price will increase with less participants and be reduced at 25 or more participants

The Secret is Out: Israel is #trending

Join Congregation Beth Ohr's adult Israel trip where you can walk through the tunnels under the Old City, Float in the Dead Sea, become part of the daily life in Jerusalem and Tel Aviv. Visit the Palmach Museum, Historic Neve Tzeddek neighborhood, City of Sand and Sea mosaic fountain, Founders' Monument, New Israeli Innovation Center, Tel Aviv Stock Exchange, Yitzhak Rabin Center, Palmach Museum, Western Negev, Kibbutz Alumim, Briefing on local regional security from Rafi Babian, Salad Trail on Moshav Talmei Yosef, Encounter/ workshop with local sculptor Yaron Bob, Makhtesh Ramon, Traditional Bedouin community, David Ben Gurion's House, Kitchen Queens of Yerucham, Torah Study session at Bamidbar, Discover the archaeological story of the Western Wall , Western Wall Tunnels, Tour of the Archaeology Wing at the Israel Museum, Greet the Sabbath at the Western Wall, pray together as a congregation at the "Masorati Kotel", Meet Lone Soldiers, New sound and light show at the Tower of David, Ruins of Qumran, where the Dead Sea Scrolls, Masada and the Dead Sea, Guided tour of Yad Vashem Campus focusing on Holocaust art, Tasting tour of the bustling Machane Yehuda Market, Hebrew Music Museum, Update on Israeli politics, New Six Day War Heritage Museum on Ammunition Hill, Your senses will be filled with the life, smells, sounds and textures of modern Israel, along with an appreciation of our connections to our Jewish roots and biblical history. Your experience will be a exciting fantastic, fun-filled spiritual adventure! Come join us.

For additional information please contact:

Rabbi Joel Mishkin by email; rabbijoelmishkin@gmail.com or call Rabbi at 732.257.1523

Tour arranged by ITC: call Janine at 800.247.7235.- 973.535.2575 or email janine@israeltour.com

One does not travel to Jerusalem, one returns



See next page for itinerary

Sunday, May 3 – Depart USA Monday,

May 4 – Going up into the Land •

Morning arrival in Israel to be met and assisted by your ITC representative (today's program depends on arrival time) •

Walking tour of the historic **Neve Tzeddek** neighborhood, once home to Zionist cultural pioneers Eliezer Ben Yehuda, S.Y. Agnon and Rabbi Kook, which 25 years after its founding gave birth to Tel Aviv – The first Hebrew city in 2,000 years

• **ITC Touch: Discover City of Sand** and Sea, a mosaic fountain created by artist and writer Nachum Gutman portraying scenes from the history of Jaffa and Tel Aviv

Hear about the establishment of Tel Aviv at the Founders' Monument then stroll down Rothschild Boulevard to view the Bauhaus architecture for which central Tel Aviv was declared a UNESCO World Heritage Site •

Visit the new Israeli Innovation Center located in the Tel Aviv Stock Exchange to learn how Israel became the Start Up Nation •

Lunch on own•

Tour the Israeli Museum at the Yitzhak Rabin Center for a critical look at Israeli history and society

1st Timers Option: Multimedia tour of the Palmach Museum to learn about the elite underground organization that played a critical role in founding the State of Israel•

Check-in to the Carlton Hotel on Tel Aviv's Mediterranean Coast

Welcome Dinner at Maganda Restaurant in Tel Aviv's old Yemenite Quarter. • Overnight: Carlton Hotel, Tel Aviv

Tuesday May 5 – Defense and Pioneering in the Western Negev

Travel to the western Negev

Visit Kibbutz Alumim to meet with a local kibbutznik and hear first-hand about living on the Gaza border, pioneering in the Negev and kibbutz as a community

Briefing on local regional security from Rafi Babian, security coordinator of the Sdot Negev Regional Council and Kibbutz Alumim member

Lunch at Kibbutz Alumim•

Discover hi-tech agriculture and innovative crops on the Salad Trail on Moshav Talmei Yosef • Encounter/workshop with local sculptor Yaron Bob, who has created works of art out of Kassam rockets that have fallen in the region

Travel to the Negev Highlands•

Check-in to the Ramon Inn in Mitzpe Ramon • Dinner at hotel

Overnight: Ramon Inn, Mitzpe Ramon

Wednesday, May 6 – Negev Highlands: Primeval Desert Beauty

Learn about the natural history of the region at the multimedia Makhtesh Ramon Visitors Center dedicated to fallen Israeli astronaut Ilan Ramon

Explore Makhtesh Ramon (Ramon Crater) on foot and by jeep to discover magnificent desert landscapes and a fascinating window into the earth's past

Lunch on own

ITC Touch: Encounter with a traditional Bedouin community in the Negev Highlands for a "non-touristy" Bedouin tourism experience - Hear about how social changes are impacting their community

Dinner at hotel

Overnight: Ramon Inn, Mitzpe Ramon

Thursday, May 7 – Vision and Development in the Negev

Walk in the stunning white canyon of Ei Avdat in the Zin Valley in the Zin Valley

Tour of David Ben Gurion's House on Kibbutz **Sde Boker** to learn about his vision for developing the Negev

Travel to the Negev development town of

Yerucham

Lunch with the **Kitchen Queens of Yerucham** - a true gastronomic experience •\

Tour of **Yerucham** with a local social activist to hear about its transformation from a downtrodden development town to a dynamic growing community •

Study session on the role of the desert in the Torah at **Bamidbar**, a Yerucham based educational and social action center • Travel north to **Jerusalem** \

Check-in to **Leonardo Plaza Hotel in Jerusalem**

Dinner on own • Overnight: Leonardo Plaza Hotel, Jerusalem

Friday, May 8 – The Old City of Jerusalem: An Ancient Jewish Legacy

Discover the archaeological story of the **Western Wall** and episodes of Jewish life in Jerusalem 2,000 years ago at **Robinson's Arch** and the **Southern Wall Excavations**, including a recent discovery related to the Hanukkah story •

Unique tour of the Western Wall Tunnels, including impressive new discoveries with **Dr. Avi Solomon**, the site's former chief archaeologist (subject to availability)•

Tour of the Archaeology Wing at the **Israel Museum** with an emphasis on Jewish Archaeology, followed by free time to explore additional exhibitions on own

Lunch on own

Free time to relax and prepare for Shabbat

Friday/Shabbat Evening Options:

Join hundreds of other Jews from around the world to Greet the Sabbath at the Western Wall. Option to pray together as a congregation at the "Masorati Kotel", where men and women can stand together or attend Friday night services at a local Jerusalem synagogue.

Festive Shabbat Dinner at hotel – Lone Soldiers invited, subject to availability. • Overnight: Leonardo Plaza Hotel, Jerusalem Saturday/

Shabbat, May 9 – And on the Seventh Day....in Jerusalem •

Shabbat morning services at a local Conservative/Masorati synagogue.

Traditional Shabbat Lunch at hotel

Shabbat Afternoon Options:

Late afternoon walking tour to the historic **Montefiore Windmill** to discover the first neighborhood built outside the walls of the Old City and/or Walking tour to the First Temple period Jewish burial site at **Ketef Hinnom** – Where archaeologists discovered the oldest biblical text ever found

Havdalah with Rabbi Mishkin •

Dinner on own •

Evening: Watch the **New sound and light show at the Tower of David** •

Overnight: Leonardo Plaza Hotel, Jerusalem

Sunday, May 10 – Nature, Rebels and Refugees in the Judean Desert

Tour the ruins of **Qumran**, where the **Dead Sea Scrolls** were discovered and hear about the ascetic Jewish sect that lived there 2,000 years ago

Lunch on own

1st Timers Option – Masada and the Dead Sea: Freedom Fighters or Fanatics?

Set out across the **Judean Desert** and ascend Masada by cable car to tour the ruins of Herod's palace and the last outpost of Jewish independence.

Discussion: Which Jewish Legacy – Masada or Yavne

Swim in the **Dead Sea**, the lowest place on earth, at a local resort. The resort also has a fresh water pool and spa facilities. Massage and spa treatments available by prior reservation at own expense. •

Lunch at Dead Sea resort

Return to Jerusalem •

Free evening •

Dinner on own

Overnight: Leonardo Plaza Hotel, Jerusalem

Monday, May 11 – Holocaust, Remembrance and Continuity

Guided tour of Yad Vashem Campus focusing on Holocaust art. This tour will examine both art created to memorialize different aspects of the Holocaust and art produced during the holocaust by its victims, including visits to the **Museum of Holocaust Art, the Yad Vashem Synagogue** and viewing sculpture installed at Yad Vashem.

1st Timers Option: Yad Vashem Tour of Yad Vashem – Israel's national Holocaust memorial and museum, including the Holocaust History Museum and Children's Memorial

Tasting tour of the bustling Machane Yehuda Market to discover Jerusalem's many flavors from East and West •

Lunch on own, if still hungry•

Guided tour of the new Hebrew Music Museum in downtown Jerusalem's Nachalat Shiva neighborhood to learn about the history of Jewish music from biblical times and through seven different regions of the Diaspora

Free evening •

Dinner on own

Overnight: Leonardo Plaza Hotel, Jerusalem

Tuesday, May 12 •

Update on Israeli politics by Steve Linde, editor-in-chief of the Jerusalem Report and former editor-in-chief of the Jerusalem Post •

Multimedia tour of the **new Six Day War Heritage Museum on Ammunition Hill**, the site of the fiercest and most costly battle of the Six Day War •

Lunch on own

Geopolitical tour of Jerusalem to examine several key geopolitical issues impacting on the city, including borders, building and settlement (Jewish and Arab) and Israel's security fence •

Dinner on own •

Overnight: Leonardo Plaza Hotel, Jerusalem

Wednesday, May 13 – Modern Realities and Departure •

Engage in **hands on tzedakah** preparing food packages for distribution to some of Israel's neediest people at **Pantry Packers** in southern Jerusalem

Tour of less visited sites in the **Jewish Quarter: The Israelite Tower**, a 2,600 year old "archaeological puzzle" beneath the modern day neighborhood, the restored **Karaites Museum** and hear about the remarkable new discoveries under the ruins of the **Tiferet Yisrael Synagogue**

Lunch on own •

Remainder of afternoon free to explore on own and get in last minute shopping

Late check out

Farewell Dinner at Olive and Fish Restaurant

Transfer to Ben Gurion Airport

Thursday, May 14 – Arrive in USA

Yahrzeit Memorial Fund

We honor the memories of our loved ones whose Yahrzeits occur during the months of **December and January**. We acknowledge the following for their contributions to the Yahrzeit Memorial Fund:

DONATED BY:

The Aroyo Family

Sid & Eileen Birnbaum

Susan M. Cannata

Brenda Corrao

Sue Edwards

Elias Engber

The Feders

Linda Garfinkel

Pat & Don Gordon

Herrman & Belmont Families

Marty Israel

Marshall Morris

Ashna & Bernard Pincus

Sheila Reinstein

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Doris Schulsinger

Clifford Shulman

Arlene & Nelson Silver

Linda & Allen Skupp

Sara & Steven Ullman

Len & Irene Ullmann

Phyllis & Mel Ward

IN LOVING MEMORY OF

Lewis Woods, Beatrice Woods
& Eva Blumenthal

Ida Birnbaum

Ted Cannata, Ruther Masher

David Abstender

Lydia Edwards

Paul Kaminsky, Yetta Kaminsky, Solomon
Kaminsky & Irwin Kaminsky

Albert Berman

Barry Fass

Irving Gordon

William Greenspan

Ralph Israel

Sam Morris

Charles Pincus

Lillie Winter & Bennie Winter

Sam Saks

Sadie Wishnick

Sylvia Shulman, Jacob Shulman

David Obsatz

Morris Silver

George Skupp

Sadie Wishnick

Lillian A. Ullman

Bertha Ullmann, Paul Kalefsky

Lillian Warshofsky



BETH OHR CEMETERY

Congregation Beth Ohr owns and operates a cemetery which is located on Ernston Road in Sayreville. The cemetery is a non-profit entity using existing funds and fundraising as its source of operating revenues. Membership in Beth Ohr entitles each congregant to one individual plot which must be reserved at a cost of \$50. All other costs such as perpetual care, administrative fee, funeral, plot opening, headstone, etc. are borne by the family of the deceased. Please call Phyllis Greenberg in the office at 732-257-1523 for further details.

January Yahrzeits

The actual date that the Yahrzeit is observed is to the right of the name. It is customary to light a memorial candle on the eve of this date and to give tzedakah in memory of the Yahrzeit. One should recite the Mourner's Kaddish at services the evening before as well as the day of the Yahrzeit. Please call Phyllis in the Synagogue office at 732-257-1523, if you need information about the schedule of worship. The name of your departed will be read at the Friday evening and Shabbat morning services the week before the Yahrzeit date which are represented by the dates in the column which are in bold print.

<u>Jan. 3/4</u>		<u>Jan. 10/11 Cont'd</u>		<u>Jan. 23/24 Cont'd</u>	
Alfred Feld	1/4	Robert Lionheart	1/15	Barbara Lipp	1/30
Louis Moss	1/4	Manny Friedman	1/16	Florence Noah	1/30
Naomi Strassberg	1/4	Howard Pfeffer	1/16	Melvin Bondy	1/31
Katie Waldman	1/4	Sadie Rankowitz	1/16	Leo Fuchs	1/31
Hyman Wexlin	1/4	Jacob Shulman	1/16	Samuel Gold	1/31
William Zarfes	1/4	Lillian Warshofsky	1/16	Betty Karp	1/31
Ray Cimring	1/5	Mary Blitzstein	1/17	Edward Nightingale	1/31
Sam Heimlich	1/5	Floyd Shumer	1/17	Robert Sheffler	1/31
Benjamin Noah	1/5	<u>Jan. 17/18</u>		Gussie Zaret	1/31
Sally Posner	1/5	Miriam Goldstein	1/18	<u>Jan. 31/Feb. 1</u>	
Peggy Clark	1/6	Ida Rubrum	1/18	Sol Borenstein	2/1
Joseph Fusfeld	1/6	Leonard Finkelstein	1/19	Sara Feinman	2/1
Arthur Meyers	1/6	Morris Radvinoviez	1/19	Elaine Gallin	2/1
Yetta Silverstein	1/6	Sam Schnitzer	1/19	Jennie Kornreich	2/1
Charles Albertson	1/7	Florence Trechak	1/19	Jerry Newman	2/1
Otto Elkan	1/7	Solomon Kaminsky	1/20	Helmut Fuerth	2/2
Isadore Feinman	1/7	Lillian Persky	1/20	Elaine Leibowitz	2/2
Leo Greenstein	1/7	Martha Prussack	1/20	Herman Rosenfeld	2/2
Miriam Lieberman	1/7	Bella Hyman	1/21	Ephraim Ruchelman	2/2
Dora Geller	1/8	Samuel Glazier	1/22	Harold Shapiro	2/2
Milly Golden	1/8	Mary Karmin	1/22	Leon Praport	2/3
Fannie Sass	1/8	Phyllis Nightingale	1/22	Yitzkof Shleifer	2/3
Anna Wishnia	1/8	Rose Rothstein	1/23	Clara Star	2/3
Samuel Branner	1/9	<u>Jan. 23/24</u>		Belle Vogel	2/3
Gussie Goldberg	1/9	Bessie Davis	1/25	Jacob Finkelstein	2/4
Mindy Nightingale	1/9	Jonathan Frank	1/25	Johanna Diamant Katz	2/4
Abraham Block	1/10	Ruth Risman	1/25	Esther Solomon	2/4
Sharon Gallo	1/10	Mollie Schneider	1/25	Dorothy Katz	2/5
Esther Moss	1/10	Joanne Shapiro	1/25	Joel Kirschner	2/5
Lillian Sofan	1/10	Isidore Sibelman	1/25	Philip Shindelman	2/5
<u>Jan. 10/11</u>		Meyer Fusfeld	1/26	Sofia Shulman	2/5
Tessie Davis	1/11	Joseph Gray	1/26	Isadore Zaviak	2/5
Eleanor Schneider	1/11	Leonard Pulchin	1/26	Marilyn Dorfman	2/6
Miriam Waxenberg	1/11	Irving Steuer	1/26	Mayer Ettner	2/6
Sidney Bienenfeld	1/12	Gerald Wasserman	1/26	Rubin Ross	2/6
Paul Kaminsky	1/12	Benjamin Feldheim	1/27	Minnie Wernick	2/6
Rose Rosenblum	1/12	Irwin Kaminsky	1/27	Sheila Klein	2/7
Morty Gallin	1/13	Ignatie Kardos	1/27	Samuel Rosenthal	2/7
William Greenspan	1/13	Bronia Shindelman	1/27		
Jerry Shindelman	1/13	Iris Sweig	1/27		
Lillian Simkin	1/13	George Dragunoff	1/28		
Esther Solomon	1/13	Bahckmal Kikorov	1/28		
Vera Nussenbaum	1/14	Sylvia Rauch	1/28		
Beckie Tischler	1/14	George Skupp	1/28		
Morris Akronowitz	1/15	Bette Kushner	1/29		
Sonia Feinman	1/15	Aaron Narol	1/29		
Erich Hollander	1/15	Fannie Seidner	1/29		
Yetta Kaminsky	1/15	Benny Feld	1/30		
		Henry Kanter	1/30		

CONGREGATION BETH OHR SPECIAL FUNDS

The following is a listing of the Special Funds to which tax deductible donations may be made.

David Benish Memorial Fund

Stephen Edwards Memorial Youth Fund

Elaine Leibowitz Memorial Fund

Beautification Fund

Herman & Frieda Lipp Memorial Fund

Mindy Nightingale Memorial Fund

Stuart Polovsky Memorial Fund

Herb Reinstein Memorial Fund

Heidi Rogol Memorial Fund

***When donating to these funds, please make your checks out to **CONGREGATION BETH OHR** and write the fund's name in the memo portion of the check.

For your convenience, we have included this **Yahrzeit Memorial Plaque Form**. If you would like to order a plaque, please fill out and return this form with a check in the amount of **\$300** to the Synagogue office. If you have any questions about Hebrew names and/or dates, please call Phyllis at the office at 732-257-1523.



(Print Name in Hebrew Here)

(Print Name in English Here)

(Date in English) _____

(Date in Hebrew)

PLEDGE

I hereby authorize you to supply and maintain permanently on your Memorial Tablet, a name plate *in memory of*

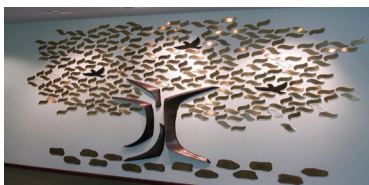
NAME IN FULL _____

for which I agree to pay \$300.00. It is mutually agreed that each year, on the Yahrzeit of the departed, and on other appropriate occasions in accordance with Jewish custom a Memorial Prayer will also be said.

Signed by

Date _____

Tree of Life
to honor or memorialize a loved one
Leaf - \$118.00



WINTER CLOTHING DRIVE



**PLEASE BRING IN YOUR
COATS, HATS, GLOVES, ETC.
AND DROP THEM OFF IN THE BIN
IN THE LOBBY.**

**YOUR DONATIONS
WILL KEEP FAMILIES WITH CHILDREN WARM
THROUGHOUT THE WINTER MONTHS.**

**IF YOU HAVE CLOTHING TO BE PICKED UP,
PLEASE CALL IRA DONENFELD
(732-679-2652).**

**THANK YOU IN ADVANCE FOR YOUR
KIND DONATIONS.**



NEWS FROM SISTERHOOD

By the time you read this article, Hanukkah will be a memory and it will be 2020. We wish all our snowbirds a wonderful stay in the sunny climates and look forward to their safe return in the spring.

Our Annual Paid Up Membership Dinner was held on Wednesday, November 6, 2019. We are honored that Margie Miller, Women's League President, was our guest. She presented an interactive program titled "Coping with the Challenges of Life". She led a lively discussion and our members enjoyed her presentation. The Torah Fund Committee announced that our honoree for 2019-2020 is **Linda Skupp**. Thank you to Lee Hyman and her committee for their efforts. The Torah Fund Luncheon will be held on Sunday, April 26, 2020.

Our Annual Hanukkah Penny Auction was held on Wednesday, December 18, 2019. Thank you to Elizabeth Golden for serving as our auctioneer.

We will be reading ***Open Doors*** by Gloria Goldreich at our Book Discussion to be held on January 12, 2020 at 10:00 a.m.

Our Joint Brunch with Men's Club is scheduled for Sunday, March 8, 2020 at 9:45 a.m. Our guest speaker is Charles Clarkson who will discuss how to protect yourself from scams, specifically in health care.

Our annual Sisterhood Shabbat will be held on Saturday, March 14, 2020 at 9:30 a.m. Please contact Roberta Fachler if you are interested in participating.

Remember that our Crafts for Israel program will continue throughout winter. Please feel free to bring your projects with you to our meetings and programs. We continue to knit and crochet scarves and hats for Israeli soldiers, as well as baby blankets and caps for infants and young children. If you want to support this wonderful community service project, please feel free to knit and crochet the suggested items at your leisure. All completed items should be given to me by March 1, 2020 so we can arrange for them to be packaged for Rabbi Mishkin to take to Israel on the May 2020 trip.

Please note the following guidelines:

- All soldier hats and scarves must be made from machine washable plain black worsted weight yarn. Acrylic yarn is acceptable.
- The soldier scarves must be 50 inches in length. Standard width is acceptable.
- All items must be washed, dried and placed in zipper bags.

Shalom,

Harriet Rabinowitz
Sisterhood President

P.S. I am excited to announce that we are planning a very special program for Sunday, May 31, 2020. Sisterhood will welcome an author who will be on tour with her newest book. Further information will be available in our next Newsletter.

Gold Cards - Paula Yourman

I will be very happy to be your Hallmark lady. You can always send your personal cards through Sisterhood by emailing me with the information @ bubbe513@gmail.com, or call me at 561- 687-1481. We have cards for speedy recovery, good wishes and remembrance. Each card is \$1.50 which includes the stamp. Some of you believe that cards can only be sent to temple members, this is not true, I will send to anyone.

Also when responding to messages that I send out, I would appreciate it very much if you would respond to me and not to ALL.

If you want a message to go out, please let me know as I will not send anything out that comes to me second-hand; it needs to come directly from you.

SCRIP

Sisterhood sells **Shoprite**, **Stop 'n' Shop**, and **Acme** Supermarket Gift Cards. This ongoing fundraiser helps support **Oneg Shabbat** and other activities of our congregation. (Sisterhood members receive donor credit equal to 5% of their scrip purchase.)

Your contacts are the following people for purchasing scrip and/or information:

Monica Atzbi 732-390-5890

Sharen Silverman 732-266-2389

Marcia Trechak 609-655-9507 (summer months)

Phyllis Greenberg --Temple Office 732-257-1523

When ordering from Phyllis at the temple office, please try to call in your order at least one day earlier and pick up your order during the following hours: 10 am-12 noon or 1:30PM to 3:00PM

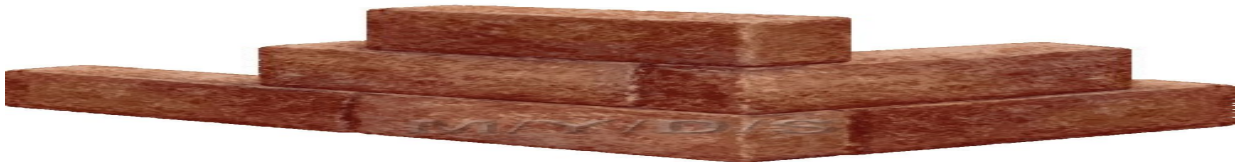


*SCRIP IS
FUNDRAISING
WHILE YOU*



Sisterhood Bricks

Bricks are available @ \$6.00 to send to anyone to commemorate a death, birth, in honor of, or good wishes. Call Ronnie at 732-254-1135 or send info to emrmcats@aol.com



MAH JONGG CARDS

Small card \$8.00

Large card \$9.00

Please mail your checks with names, addresses & size of cards you want to:

Maxine Kaufman

118 Willet Way, West Deptford, New Jersey 08086

Please have your checks to me

NO LATER THAN January 15, 2020

Questions - please call me at (856) 848-3113.

Thank you

Maxine



A-K

Date: 12/11/19

			Carry				Carry
Name		Amount	Over	Name		Amount	Over

Appel	Wilma	\$67.00		Finkelstein	Meryl	\$ 70.50	0.5
Aroyo	Elizabeth	\$ 313.25	3.0	Fox	Helene	\$ 5.00	
Atzbi	Monica	\$ 357.50	31.5				
				Garfinkel	Linda	\$ 110.00	5.5
Benish	Linda	\$ 90.00	6.5	Gasior	Ellen	\$ 5.00	
Bernstein	Roberta	\$ 65.00	7.0	Gilbarg	Marilyn	\$ 17.00	
Birnbaum	Eileen	\$ 5.00	0.5	Golden	Elizabeth	\$ 10.00	12.0
Boshak	Rochelle	\$ 55.00		Goldenberg	Susan	\$ 82.50	1.5
Branfman	Ann	\$ 85.00	3.0	Greenstein	Barbara	\$ 5.00	
				Grynberg	Helene	\$ 224.00	11.0
Cadel	Cheryl	\$ 20.00					
Cannata	Susan	\$ 5.00		Hillman	Pearl	\$ 5.00	4.5
Clark	Lisa	\$ 5.00		Honig	Alice		
Cohen	Harriet	\$ 72.50		Honig	Eloise	\$ 5.00	
Cohen	Lana	\$ 5.00		Hyman	Lee	\$ 77.50	3.0
Donenfeld	Lee	\$ 49.00		Kagan	Sylvia	\$ 60.00	
				Kamenitz	Marilyn	\$ 37.00	
Edwards	Sue	\$ 25.00	0.5	Karlstein	Marilyn		2.5
				Karpel	Roberta	\$ 68.00	5.5
Fachler	Roberta	\$ 139.00	3.0	Kaufman	Maxine	\$ 39.00	7.5
Falkowitz	Marion	\$ 57.00		Klein	Caroline	\$ 17.00	
Feder	Barbara	\$ 45.00	0.5	Krieger	Karen		
Feld	Harriet	\$ 29.50	0.5				

PLEASE NOTE SISTERHOOD DONOR CREDIT:

SISTERHOOD DONOR CREDIT OF \$5 WILL BE AWARDED TO MEMBERS WHO PAY THEIR DUES ON OR BEFORE WEDNESDAY, NOVEMBER 6, 2019. MEMBERS WHO HAVE NOT REJOINED SISTERHOOD BY DECEMBER 31, 2019 FORFEIT ALL PREVIOUSLY ACCUMULATED DONOR CREDIT.

L-Z Liz Aroyo

Date: 12/11/2019

Name		Amount	Carry Over
Lazarowitz	Andrea	\$45.00	2.0
Levenstein	Glenda	\$40.00	
Mason	Lisa	\$74.00	
Mendlowitz	Ronnie	\$130.50	11.0
Nadler	Elinor	\$17.50	
Perlman	Ryselle	\$48.00	
Pincus	Ashna	\$53.00	0.5
Polovsky	Terrie	\$5.00	2.5
Rabinowitz	Harriet	\$238.50	22.5
Reinstein	Sheila	\$5.00	
Rogol	Lysa	\$27.00	0.5
Rosenzweig	Ronnie	\$15.00	
Gray	Ilene	\$196.50	4.5

Name		Amount	Carry Over
Saks	Diane	\$36.00	
Schlussfeld	Mindy	\$5.00	
Schneider	Barbara	\$124.00	6.5
Shafran	Dorothy	\$115.00	1.0
Silver	Arlene	\$71.50	1.5
Silverman	Sharen	\$213.50	2.0
Simon	Mala	\$85.50	2.5
Simon	Marjorie	\$121.00	1.0
Skupp	Linda	\$224.00	12.0
Spiegel	Estee	\$165.00	5.0
Trechak	Marcia	\$195.00	14.5
Ulman	Sara	\$40.00	
Ulmann	Irene		
Ward	Phyllis	\$5.00	
Weinstein	Sue	\$2.00	
Weintraub	Deborah	\$5.00	
Weiss	Harriet	\$125.00	2.0
Widom Levine	Melinda	\$5.00	
Yourman	Edna	\$37.00	1.0
Yourman	Paula	\$125.00	1.5
Zussman	Virginia	\$5.00	

Men's Club News

Minyan every Sunday. All are Welcome.



Leading us at a Sunday Minyan: Allen Appel, Chuck Rogol, Morty Kamenitz and Phil Rabinowitz.

Men's Club Happenings!

Participate with the Men's Club any Sunday morning.
Shul, Schmooze and Schmeer! Just show up!

Men's Club Program of Events (partial listing)

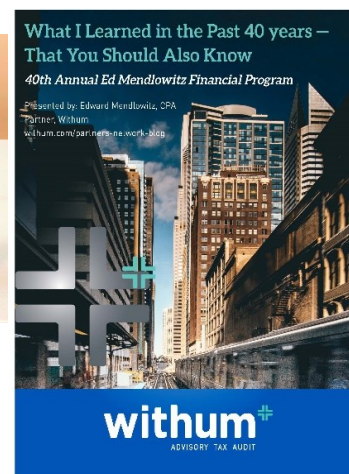
Jan 5 - Pancake breakfast catered by the Cohens and Wards. Thank you to Roberta and Ralph Karpel for the gift of bottles of pure New Hampshire Maple Syrup for the pancakes.

Jan 19 - Joint Program with Daytimers. Seymour Nussenbaum will discuss his unique and very interesting Judaica collection. He will show selected gems from his collection which appeared in some of his 58 articles from his continuing series published world wide.

Feb 2 - World Wide Wrap & 40th Annual Ed Mendlowitz financial program. Topic: What I learned in the past 40 years that you should also know. A handout will be distributed. Rabbi Mishkin will provide some interesting info about Tefillin during the minyan.

Mar 8—Joint program with Sisterhood sponsored by the Herman and Fredda Lipp Memorial Fund in memory of Barbara Lipp. Speaker is Charles Clarkson on how to protect yourself from becoming a victim of healthcare scams. He was voted by his peers as the Director of the Year for Senior Medicare Waste, Fraud and Abuse programs. You are guaranteed to walk away with new tidbits of knowledge that will benefit you.

Email or call Ed if you want additional details about any program. Emcpa1@aol.com or 732 890-3344.



The Men's Club wishes everyone at Beth Ohr a Happy and Healthy New Year.

Ed Mendlowitz, Men's Club President

More Men's Club News

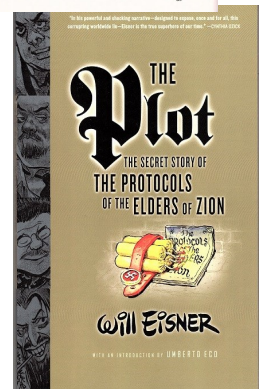


Photo descriptions

Top row: The families of Paul Roth and Rochelle Epstein attended the minyan on Nov 24 and sponsored the breakfast in memory of their beloved father. Photo in sanctuary and also enjoying the breakfast.

Middle row: Cliff Shulman with his painting that he donated to the Temple. The frame will be provided by the Men's Club. Elliot Leibowitz with a Richmond hat. Greg Fortune with Tefillin for the first time. Stan Perlman holding a platelet donation Tee. He was recognized as one of the top 20 donors this year.

Bottom row: Gift book distributed by Ed for the 11th year at a pre Hanukkah Minyan. Bernie Pincus with Lisa and grandchildren Rebecca and Ian holding the book. Shown is a page from the graphic book and the book cover. The book is about a very serious matter that needs to be understood by all of us. Ed distributed 50 books. If you did not get one, then borrow it to read or purchase a copy at your local book store or on line.



Sydney Lustgarten Mensch Award presented by Men's Club to
Phil Rabinowitz
Sunday Dec 15, 2019



**6th Annual Sydney Lustgarten Men's Club Mensch Award
endowed by Lawrence Schacht Foundation, Milton Heumann, Trustee.**

Top: Presentation to Phil. Mitch presented some insights about his beloved father. Part of the nice gathering.

Middle: Award certificate. The Rabinowitz family at the presentation.

Bottom: Sign at front of Temple. The growing Rabinowitz family..

Beth Ohr Photo Gallery



Photos happenings

Top: Thanksgiving photos of Goldenberg family and Paula Yourman's family

Middle: Roberta Bernstein's birthday with her family. A "small" gathering on Thanksgiving at the Lipps.

Bottom: Bob Weiss, Dan Grynberg, Bob Zussman, Ken Kaufman, Andy Mendlowitz and Ed at their annual Atlantic City jaunt.

The MahJong ladies at lunch: Ronnie Mendlowitz, Harriet Weiss, Phyllis Geller, Terrie Polovsky and Harriet Rabinowitz

Beth Ohr Photo Gallery



A lot goes on at Beth Ohr

Top: Getting the Synagogue back to normal after the High Holidays. Ken Deitz, Morty Kamenitz and Chuck Rogol changing the Torah and Ark covers back. Myles Schwartz replacing light bulbs and Andy Mendlowitz, Chuck Rogol, Phil Rabinowitz, Harvey Cohen and Myles Schwartz taking down the Sukkah.

Middle: Some signs in front of Temple announcing events. A lot is going on.

Bottom: The Temple Officers and Board of Directors hard at work at a meeting. Bonnie and Steve Lerner provided Flu Shots from Walgreens. Herb Goldenberg being presented with a tallis and bag on occasion of his 80th birthday.

Beth Ohr Photo Gallery

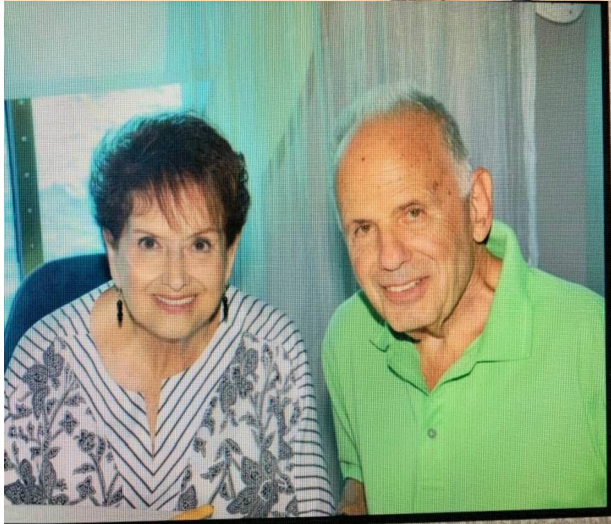


Photo Descriptions

Top two rows: Joint program by Sisterhood and Men's Club sponsored by Steve Edwards Memorial Fund courtesy of Sue Edwards with Jewish folk music presentation by Larry Wolfert.
 Bottom row: Marcia and Perry Trechak, Ed with former U.S. Ambassadors Margaret Pearson and W. Robert Pearson with Stanley Goldstein, founder of Goldstein Golub & Kessler. Marvin Winston's daughter opened a kosher bagel place in Berkeley California at 3170 College Ave. When in that part of California,

Beth Ohr Photo Gallery



Photo descriptions:

Top: Global Day of Jewish Learning held at Beth Ohr. From left: Rabbi Efrayim Unterman, Rabbi Jeff Pivo, Rabbi Eric Eisenkramer and Rabbi Joel Mishkin. Also shown is a photo with part of the huge audience.

Middle: **DAYTIMERS** Hanukkah party in Dec.

Bottom: **DAYTIMERS** visiting Old Bridge Historic Society in Nov. Photo with Ira Donenfeld as demonstrator.

Beth Ohr Photo Gallery



Photo Descriptions:

Top: Roberta and Eugene at Planet Hollywood in Las Vegas. Seymour Nussenbaum at a Stamp Show with his grandchildren and also with Ed.

Middle: Two photos found in archives: From 2005 and 1997.

Bottom: Rabbi Wishnia who served as our scholar in residence (shown with his wife), and at Roberta and Eugene's.

A candle loses nothing by lighting another candle.

Sunday evening, December 22, began the observance of Hanukkah.

Unlike many of the major Jewish holidays during the year, there is no obligation to attend services for Hanukkah. Rather, this is a joyful celebration within the comfort of our homes.

**But what about those who are not comfortable in their homes?
The senior who is isolated and alone.
The family facing the emptiness of a bare table.
The person battling an internal darkness in their own mind.**

How can their light shine?

A candle loses nothing by lighting another candle.

During Hanukkah, the *shammash* (helping candle) is used to light a new candle each night. We are the *shammash*, we can spread the light of **help**, **hope** and **healing** so it shines into the homes of our neighbors.

When you light the candle each night,
consider how you can share your light...

- Volunteering your time for a Friendly Visit with an isolated senior.
- Donating to the JFCS food pantry so that no family sees hunger.
- Making a contribution to help make therapy more accessible to those who need it.
- Helping provide a hot lunch at a Kosher Café for low-income seniors.
- Delivering Shabbat on Wheels so a Jewish older adult may enjoy the warmth of tradition.
- Encouraging your child to participate in Jewish Community Youth Foundation to learn the importance of philanthropy in the local, national and broader Jewish community.
- Taking time to understand the importance of mental health and needs of those close to you.
- Make a meaningful gift to JFCS so that we may spread your light even further into the lives of those we serve.

A candle loses nothing by lighting another candle.

May your holiday glow warm and bright.



Announcements

The deadline for the next newsletter will be
Monday, January 13, 2020

Please send all of your thanks, articles
and announcements via e-mail to:
congregationbethohr@gmail.com
or call Phyllis in the Synagogue office at 732-257-1523

“Ritually Speaking” Sponsor a Kiddush

If you are interested in sponsoring a Kiddush to celebrate a simcha, commemorate the Yahrzeit of a loved one, or “just because,” contact Phyllis in the office at 732-257-1523.

If you need to reach Rabbi Mishkin, please use any of the following:

Office Phone # 732-257-7031

Home phone #732-967-6710 after hours for emergencies

e-mail address: rabbijoelmishkin@gmail.com

Rabbi Mishkin will be available for counseling by appointment.



Hello Everyone,

Congregation Beth Ohr has partnered with Community Recycling and their Shoe-Box Recycling program. Together we are on a mission to help promote the importance of shoe recycling while raising funds to help further our efforts. Shoe-Box Recycling is easy, engaging and rewarding for everyone involved.

Participating is simple. We are collecting gently used shoes for reuse, meaning all the shoes we recycle as a group are destined for another home. From South America and Africa to areas right here in the United States, our ShoeBox Recycling efforts will go to help people and communities in over 50 countries.

And what's even better is the many ways that our community benefits as well. Not only will your recycled shoes help Congregation Beth Ohr raise funds, it will also help keep usable shoes out of our local landfills. ShoeBox Recycling also gives us a chance to connect with the people and places that receive our recycled shoes. By writing a SoleMate Note to include with your shoes, you can let their new owner know about where they came from, what they were used for, or even any special memories attached to them. In return, they can write back to us and we can make a SoleMate connection.

So start cleaning out your closets and start looking under your bed for gently used shoes. Every pair you recycle means extra funds for us, less landfill waste and the potential to connect us to a SoleMate!

For more information contact Allan Benish at abenish@aol.com and check out Community Recycling online at www.communityrecycling.biz.

You can drop off your shoes at the synagogue and place them in the box labeled "SHOES" in the lobby during regular office hours of 9:00AM to 3:00PM.

What is Allowed

Gently Used Pairs, Men/Women's/kids, Soccer Cleats, Casual Shoes, Dress Shoes, Work Boots, Sneakers, Sandals, Heels, Flats, Loafers

What is Not Allowed

Damaged/Holes, Wet Mildewed, Single Shoes, Metal Spikes, Flip Flop/Plastic Shoes, Slippers, Dress Boots, Ski/Winter Boots, Skates/Blades

Dear Friends,

By volunteering your time, you can brighten the day for hundreds of seniors -- or just one special senior. Our partners, Jewish Family & Children's Services of Monmouth County (JFCS) and Jewish Family Services of Middlesex County (JFS), both need volunteers. Here are the details:

JFS in Middlesex needs drivers for Kosher Meals on Wheels

Delivery is daily Monday-Friday but volunteers can give their time once a week, once a month, etc. It's your choice.

There are 2 pickup locations: The Orchid in Metuchen and the JFS office in Monroe.

Various routes are in need.

Meal pick up is typically between 10am and 11am. Meals are to be delivered by 1pm. Some routes June run later than 1pm based on pick up time.

To volunteer reach out to Michelle Belay-Bianco at michelleb@middlesexjfs.org

Nothing feels better than connecting with people who really appreciate you. As a volunteer, you will be giving your time to those who appreciate you, but most often it's the volunteer who feels the experience has been a gift for them!

Please sign up to volunteer!

Sincerely,
Stacy Feldman, Director of Community Impact





Congregation Beth Ohr
P.O. Box 206
Old Bridge, NJ 08857

Shabbat Candle Lighting Times For November, 2019

January 3, 2020	4:25
January 10, 2020	4:32
January 17, 2020	4:39
January 24, 2020	4:47
January 31, 2010	4:56

