



תקותינו TIKVATENU



ISRAEL CENTER OF CONSERVATIVE JUDAISM

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SHEVAT/ADAR 5781

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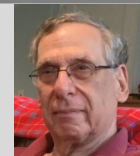
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LET OUR FAMILY WELCOME YOURS

AN UPDATE FROM OUR CO-PRESIDENTS, DAVID SCHWARTZ AND SAM WEISS



Fellow Congregants,

We're afraid it's a bit of good news, bad news once again. The bad news, of course, is the synagogue remains closed for the most part till the pandemic abates. However, the synagogue office has reopened. The abbreviated office hours are Monday thru Thursday from 10 A.M. to 3 P.M. and Fridays from 10 A.M. to 2 P.M. Everyone is reminded to call in advance if they wish to see either Helena or Mady.

Meanwhile, ICCJ continues to flourish online, providing a whole range of religious, social and educational programs through Zoom. We hope all congregants take advantage of these opportunities to stay connected in this way.

We are pleased to announce that Rabbi Saks has accepted a one-year extension of his current two-year contract, thus ensuring the stability we need as we move forward to reopen in the months to come.

The ICCJ leadership greatly appreciates the Rabbi's response to the Covid crisis and our community needs.

Cantor Ribowsky remains on administrative leave, on account of the Covid pandemic, but informs us that he is hopeful of joining us for our virtual Purim services at the end of February.

Finally, we hope all of you are keeping informed about the availability of vaccination against Covid. Stay healthy and stay safe.

Regards,
David and Sam

FROM OUR RABBI: Rabbi Moshe Saks



I write this the day after the terrible attack on the Capitol in Washington. By the time you read this, Joe Biden will be our new President, and we will have discussed what happened this day *ad nauseum*. Let us all rally behind our President to make America a better place. What better way to inspire us than a joke (with great meaning...)?

It is pouring rain in the flood plain of the Mississippi Valley, and the rising river begins to threaten all manner of private homes, including that of the local rabbi.

With water coming into the ground floor, a rowboat with police comes by, and the officer shouts, "Rabbi, let us evacuate you! The water level is getting dangerous."

The Rabbi replies, "No thank you, I am a righteous man, who trusts in the Almighty, and I am confident he will deliver me." Three hours go by, and the rains intensify, at which point the Rabbi has been forced up to the second floor of his house.

A second police rowboat comes by, and the officer shouts, "Rabbi, let us evacuate you! The water level is getting dangerous."

The Rabbi replies, "No thank you, I am a righteous man, who trusts in the Almighty, and I am confident he will deliver me."

The rain does not stop, and the Rabbi is forced up onto the roof of his house. A helicopter flies over, and the officer shouts down, "Rabbi, grab the rope and we'll pull you up! You're in terrible danger!"

The Rabbi replies, "No thank you, I am a righteous man, who trusts in the Almighty, and I am confident he will deliver me."

The deluge continues, and the Rabbi is swept off the roof, carried away in the current and drowns. He goes up to heaven, and at the Pearly Gates he is admitted, and comes before the Divine Presence.

The Rabbi asks, "Dear Lord, I don't understand. I've been a righteous observant person my whole life and depended on you to save me in my hour of need. Where were you?"

And the Lord answered, "I sent two boats and a helicopter, what more do you want?"

This famous joke can teach us a very profound principle – no matter how much we believe in God, it's up to us to take the initiative. We don't believe that prayer alone will accomplish what needs to be done. Prayer and study can inspire us to work vigorously in the act of "Tikkun Olam" – the fixing of the world, but the primary responsibility lies with us.

In addition, this story implies that we are *partners* with God. His presence may be closer than we think. He gives us the tools to fulfill our mission of Tikkun Olam, and when we acknowledge His presence in our lives, our task takes on a deeper meaning, than if we were simply to help others "because it feels good".

Remember this story and tell it to your friends – we can all learn a great deal about ourselves and God, if we make the effort.



RELIGIOUS AFFAIRS: Michelle Fouks

Shalom from Religious Affairs

We hope you enjoyed the wonderful Tu B'shvat Seder prepared for you by Rabbi Saks together with the Religious Affairs Committee. It was truly a work of love. During these hard times it is so wonderful to get together via Zoom, with our ICCJ community for Happy Events. You know what makes these events successful? When you join us. We have our regulars joining almost all events, but it would be so nice to have new people join, as they say the more the merrier.

As I state monthly, we have our Friday evening service, with an Oneg once a month, where you can stay after and enjoy a conversation with your fellow ICCJ friends, a Shabbat morning service where we have great discussions on the Torah portion and other topics, and in the evening Havdalah. Surely, one of these services peaks your interest. Best of all you don't have to venture outside in the cold. The Rabbi works hard to get these going, they are participatory and fill you with happiness when you see fellow congregants.

Now, we are well into planning for Purim—February 25 and 26, so watch your eblasts as we dust off our costumes and get ready for the fun. Thinking back, my last time in a restaurant was the



ICCJ Synagogue Purim Seudah in Ben's. Hopefully, we can return to that next year. But in the meantime, plan to join us for the Megillah and festivities.

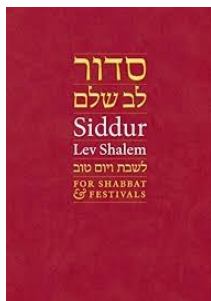
Keep in mind not too far after Purim will be Pesach so while you are locked up at home start your cleaning early. By now you are recovering from the Chanukah festivities.

Looking forward, we are working on a Tuv B'shvat Seder and Purim Services. Put on your thinking caps and send any ideas you might have to make Purim more festive.

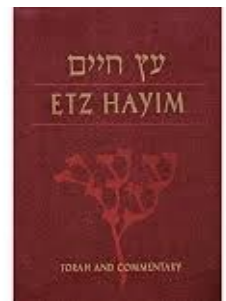
Remember, if you have a yartzeit coming up try to let the Rabbi know the month before so we can include the minyan on our monthly calendar.

Stay warm, safe and most of all healthy.

Looking forward to seeing all of you in person soon.



If you would like to order your own Lev Shalem Siddur (\$36 each) and/or Etz Hayim (\$68) to have at home, contact the synagogue office @ 718-591-5353 or info@iccj2004.org



FOOD DONATIONS



ICCJ is once again collecting non-perishable food

Due to Covid 19, many people of all ages and religions have found themselves out of work and unable to feed themselves and their families. Please do what you can to help our food collection and/or donate to these organizations:

feedingamerica.org mazon.org cityharvest.org and fundraise.humanityfirst.org/fundraiser/2752794

Thank you

MEMBERSHIP: Betty Shaffer

The Membership Committee would like to thank everyone who participated in our Talent Show during the Chanukah Party. It was so nice to see so many of our members sign on and join in the fun. I would be remiss if I did not extend a hearty Yasher Koach to Lisa Woliner and Hannah Feldman for their help and support making our virtual Chanukah Party a huge success. Hopefully, next Chanukah we will be able to enjoy latkes and soufganiot in person.

Even with 2021 underway, and the anticipation of everyone being vaccinated, ICCJ is still being cautious and planning for events we can do virtually. With that in mind the Membership

Committee will be joining again with Sisterhood and Young Families for a congregation wide virtual crafting event to be held between Purim and Pesach (date to be determined). Everyone will be able to purchase kits which will be sent to your homes. Instructions for assembly will be provided via Zoom. The only cost will be for the kits. Watch for additional details on flyers and the e-blast.

As always, we pray that everyone is safe. To keep up to date with everything going on at ICCJ, please log on to our website (www.ICCJ2004.org) for the latest events, dates, times and Zoom links. If you need help, please call the office or Rabbi Saks.



YASHER KOACH TO THE STARS OF OUR TALENT SHOW!



Hannah & Rachel Brenman, Adam Greebler, Sam Grudnikoff, Shelly Ornstein, Caleb Mermelstein Knox, Rabbi Saks, Chuck Shaffer, Cathie Sturm, Emilee, Barry, Levi & Chloe Wyner, Cathie Sturm & Shari Zuber

EDUCATION: HOW WE CAN MAKE A DIFFERENCE - Rita Ash



For those who attended the Climate Change discussion on December 15th, and for those who may not have had the opportunity, I am including resources that the presenter, Mrs. Susan Golden, offered.

1. Purchase a reusable (stainless steel) water bottle and reusable shopping bags
2. Consider Meatless Mondays (each year one cow contributes about 200 lbs of methane which warms the atmosphere)
3. Save electricity by using power strips and turn off lights and appliances, computers, etc. when not in use
4. Go paperless converting to more online transactions
5. Ask local and national authorities to engage in initiatives that don't harm people or the planet
6. Follow local news and stay in touch with the Global Goals online or on social media @GlobalGoalsUN
7. Compost food scraps (food waste in landfills produces methane which is 20x more potent in trapping heat than carbon dioxide)

Compost is being accepted at these following locations: Queens County Farm ~ 73-50 Little Neck Pkwy
Tel: 718-347-3276 drop off all week

Queens Botanical Garden ~ 43-50 Main Street Tel 718-886-3800 (bins are located near the parking garden) drop off is available all week

Kehilat Pantry ~ 150-62 78th Rd. Kew Gdns, Sundays 10-AM - 2:30 PM

8. This is an online resource for additional composting: commongroundcompost.com

Please refer to January 5, 2021 eblast, entitled Climate Change: Ways We We Can Help , for links to some additional suggestions on how we can make a difference on a more basic level:

NAME THAT TUNE: Shari Zuber

The Music Went Round and Round and It Stopped in TV Land

“Return with us now to those thrilling days of yesteryear.”

On Sunday evening, December 27, 2020, nearly 40 time travelers accepted the invitation to journey to the days of yore and recollect the program themes of the first quarter century of television history, when TV was in its infancy and then quickly advanced to its Golden Age.

The night’s viewing audience consisted of members of the Greatest Generation, who had grown up with radio and who parented the Baby Boomers, the first generation nurtured by the small screen.

Also among the competitors were GenXers, Yers, and Millennials, testing their knowledge of shows learned from their encounters with cable TV.



The TV Western, the most popular and numerous format of the 1950s, came to life once again; the hooves of Silver and Scout galloped through the West, carrying the Lone Ranger and Tonto on their justice-seeking adventures; from their Ponderosa ranch the

Cartwright family brought morality to 19th century Nevada; and Matt Dillon tried taming lawless Dodge, along with Doc, Chester, and Miss Kitty.

The evolution of American home life was reflected in our weekly TV fare. The Cleaver family left it to Beaver and his brother, Wally, while mom, June, cared for her home in her pearls and heels, and dad, Ward, exemplified the belief that “father knew best.” Going from this sublime existence of the 1950s, we morphed into the bizarre, but hilarious, view of Americana in the 1960s, with *The Addams Family*, perhaps a reflection of the eventual craziness of that turbulent decade.



The Space Race opened a new frontier in reality, which was reflected in our television viewing. The Robinson family got *Lost in Space*, while on

Earth, astronaut Anthony Nelson flew not only in a space capsule but also on a magic carpet while he dreamed of Jeannie.

Not only were we seeking escapism on the “Boob Tube” but we also sought shows which made us think, which tested our ability to



endure suspense, and which made us laugh and cry all in the same program. Alfred Hitchcock’s Theater often made us squirm in our seats, *The Twilight Zone* challenged our imagination, and *M*A*S*H* brought the realities of the Korean War into our living rooms, just as the Boomers had been raised with the realism of Viet Nam as part of their dinnertime experience.

Statistics once claimed that the average American watched between four and five hours of television on a daily basis. Considering the scores of our winners, that may very well hold true. It also reflects the impact that television had upon our lives and how much we remembered what we had seen during our formative years.

Congratulations to Barbara Hammerling, Judy Mermelstein, and Vivian Wolf, whose grey matter proved to be in the pink.

Thank you to everyone who joined in the fun-filled evening, but don’t change that dial. Before you know it, Name That Tune will be back with a new edition which will test your entertainment knowledge. Until then, Good Night and Good Luck.

FROM THE REBBETZIN'S KITCHEN – Meira Saks

APRICOT CHICKEN

Ingredients:

1 jar of apricot preserves

1 tablespoon onion soup mix

1 jar of French dressing

**1 small can of chunk pineapple with the juice —
take 1 teaspoon of juice**

4 – 6 skinless chicken breasts

In a pan lay the skinless chicken. Make sure they do not overlap

In a small bowl mix the entire jar of apricot preserves, entire bottle of French dressing and the tablespoon of onion soup mix. Mix well. Mixture should be a pinkish orange color.

Add the teaspoon of juice to the mixture in the bowl. Mix well

Pour the mixture from the small bowl over the chicken thighs

Place the pineapple chunks all around the chicken

Finish by pouring the pineapple juice still in the can over the chicken

Cover with tin foil and cook at 375 for 30 minutes

After 30 minutes, remove the tin foil and cook for 30 - 45 minutes more until chicken is golden brown

Serve over rice

For more from the Rebbetzin's Kitchen, visit our website: iccj2004.org



TZEDAKAH OPPORTUNITIES

**ICCJ has many ways for you to honor or remember
the important people in your life.**

**If you would like to make a contribution, email
helena@iccj2004.org or call 718-591-5353**

Abraham & Yetta Paletz Memorial Youth Fund -

Contributions are used to directly benefit the youth of ICCJ

Education Fund - Contributions are used to support the speakers and seminars for congregational enrichment

Bella M. and Harry Richter Memorial Library Fund -

Contributions are used to purchase books and other print or electronic media for the synagogue library

Henri Gros Outreach Fund - This fund helps to serve our fellow congregants in times of joy, need and sorrow

ICCJ Synagogue Fund - Contributions are used to assist with all synagogue financial needs

Rabbi's Discretionary Fund - This fund allows our Rabbi to contribute to institutions or give to individuals in need

Ritual Fund - Contributions are used to purchase and maintain prayer books and other religious material for the synagogue

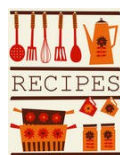
Youth Fund - Contributions are used to support our youth programs

COMMUNICATIONS: Nina Greebler & Linda Korobelnik



The Communication Committee is once again hard at work getting the bulletin, eblasts, flyers, Facebook pages and website updated so all our members have the Zoom events available to them. We are working very hard updating committee pages with pictures and images that represent our ICCJ community. Please forward any pictures to us for use on the website.

Starting this month, we will be hosting a recipe contest. Recipes will appear under From the Rebbetzin's Kitchen tab. Recipes will appear



monthly on the website and in the Sisterhood Cookbook. One winner will be announced monthly in the bulletin. Winners will receive prizes; such as free bingo game, baskets, craft kit etc. Please send your recipes to info@iccj2004.org.

SCHOLARSTREAM

AN INITIATIVE OF THE RA, USCJ, JTS, AND ZIEGLER

Please check out the Educational Opportunities page for educational opportunities available to all the ICCJ members from JTS/Streiker

Stay safe everyone!

SISTERHOOD NEWS: Presidents Hannah Feldman & Lisa Woliner

THE NEW YEAR HAS STARTED OFF WITH A BANG!



Sisterhood began the year with another rousing Bingo game. Our Bingo game has attracted people from Pennsylvania, New Jersey, California and Florida. Congratulations to our ICCJ winners: Abigail Rivera, Michelle Fouks, Cynthia Begel and Jay Woliner.

On January 10, Rachel Ornstein Packer was our guest speaker, Rachel spoke about healthy living, the blueprint to wellness that can be found in our own sacred texts and Jewish sources. Rachel explored the 3 pillars of health and wellness. It was thoroughly entertaining and very informative. Thank you to Linda Korobelnik for setting this up for Sisterhood.

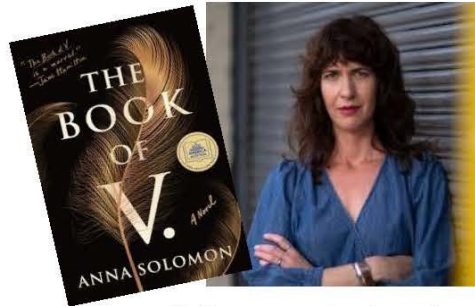
The next day, January 11, brought Sisterhood and Men's Club together again for ICCJ's version of **I've Got a Secret** – The evening began with questions that were being asked in a yes or no response from our contestants. The fun part was trying to figure out the answer. Thank you to all our contestants.

Be well/stay healthy!



We look forward to seeing you
all at our Zoom events...

JOIN US ON
SUNDAY, FEBRUARY 21, 2021
WHEN WE WILL HOST
ANNA SOLOMON



Author of “THE BOOK OF V”

Anna will discuss her book followed by a Q&A

THE BOOK

The book is described as kaleidoscopic novel intertwining the lives of three women across three centuries as their stories of sex, power, and desire finally converge in the present day. Lily is a mother and a daughter. And a second wife. And a writer, maybe? Or she was going to be, before she had children. Now, in her rented Brooklyn apartment, she’s grappling with her sexual and intellectual desires, while also trying to manage her roles as a mother and a wife in 2016. Vivian Barr seems to be the perfect political wife, dedicated to helping her charismatic and ambitious husband find success in Watergate-era Washington D.C. But, one night, he demands a humiliating favor, and her refusal to obey changes the course of her life—along with the lives of others. Esther is a fiercely independent young woman in ancient Persia, where she and her uncle’s tribe live a tenuous existence outside the palace walls. When an innocent mistake results in devastating consequences for her people, she is offered up as a sacrifice to please the King, in the hopes that she will save them all.

THE AUTHOR

Anna Solomon is the author of three novels—*The Book of V.*, *Leaving Lucy Pear*, and *The Little Bride*—and a two-time winner of the Pushcart Prize. Her short fiction, essays, and reviews have appeared in *The New York Times Magazine*, *Ploughshares*, *One Story*, *The Boston Globe*, *Tablet*, and elsewhere. Anna is the recipient of awards from MacDowell, Yaddo, Bread Loaf, the Rhode Island State Council for the Arts, and *The Missouri Review*, among others, and her short story “The Lobster Mafia Story” was chosen as Boston’s One City One Story read. Anna is co-editor with Eleanor Henderson of *Labor Day: True Birth Stories by Today’s Best Women Writers*. Previously, she worked as an award-winning journalist for National Public Radio’s *Living on Earth*. Anna is a graduate of Brown University and the Iowa Writers’ Workshop and teaches writing at Barnard College, Warren Wilson’s MFA Program in Creative Writing, and the 92Y Unterberg Poetry Center.

ZOOM LINK WILL BE SENT PRIOR TO THE EVENT



718-591-5353 aratzabi@gmail.com



H2I YOUTH GROUP: Youth Director Jennifer Gold

A Joint Venture of HJC, HHBJC & ICCJ

Dear Congregants,

Happy New Year! January has been a jam-packed month full of amazing programming.

Our members snuggled up with some delicious cookies to watch one of the greatest movies of the year, "Soul." They also played some games by kickin' it old school and playing some of the games that our parents and grandparents played when they were kids! Our members also got to understand the true meaning of Tu B'Shvat through a phenomenal Tu B'shvat seder. They ended January with bonding in a coming-of-age program about building confidence and maintaining positivity.

Please take a look at our February programs below.

February 2021

2/7	<p><u>What Do You Meme?</u> What Do You Meme?! Come join us as we create hilarious memes of current life events! Bring your creativity!</p>	<p><u>Blast From the Past</u> Cue the nostalgia! Travel back in time to enjoy everything we loved as children. We'll watch cartoons, color, and snack just like we used to!</p>
2/14 - 2/21: No Meetings - Midwinter Recess		
2/28	<p><u>D-R-A-M-A</u> Remember those games that didn't always make sense but were SO MUCH FUN? Venture out into the world of drama through engaging improv and acting games!</p>	<p><u>Slam Dunk Street Art</u> Learn some new ways to illustrate the alphabet and create your very own custom name art! <i>Stay tuned for the list of materials needed for this program!</i></p>



AN OHR CHADASH CHANUKAH: Shari Zuber

In this unusual year, the Ohr Chadash staff and students had to adapt to the limited circumstances for holiday celebrations.

Not able to make our annual latkes and chocolate menorahs and dreidels, our in-shul classes still were able to find fun in their Chanukah Program. After their early morning classes, both the on-premises and the remote students assembled in the Moreida room of their host synagogue, Hillcrest Jewish Center, and lit the menorah for the third day of the Festival of Lights. Reading from their Chanukah song books, the children's voices happily filled the room with joyous melody. Following the songfest, the students watched the video entitled *Lights*, which related the story of Chanukah during the days of the Maccabees. After the movie, the children were able to

celebrate with individually wrapped desserts and juice boxes. Gift bags were distributed to everyone so that the happiness of Chanukah could be shared at home.

For the last day of classes, the younger students participated in Bereshit Bingo, learning about Joseph's rise to viceroy of Egypt. The oldest class, Chaverim, tested their Torah knowledge by competing in Jewpardy. To reinforce the Bible teachings of the day, the pre-winter break session concluded with the viewing of Joseph, who was the true Prince of Egypt in his day. The youngsters were able to pick out the differences between the Torah truth and the accommodations Hollywood made for the art of film.

We hope 2021 will be a happier time for all.

HARDINESS-COPING & AGING: Sheldon Ornstein Ed.D, RN, LNHA



Buffering and hardiness are terms that capture the imagination of researchers interested in determining the difference in the coping capacity of the older individual. Buffers are the fabric of social support systems and are usually seen as an important coping resource.

Researchers Funk and Houston state, "Hardiness is a combination of personality characteristics consisting of commitment, control and challenge, and that can buffer the illness-related defects of stress." Assisting individuals to regain a sense of control over their lives and an opportunity for them to participate in life, can be exciting and emotionally rewarding. Using coping strategies acts as a stabilizing factor that helps individuals to maintain their psycho-social balance during stressful periods. More broadly, coping strategies tend to emphasize a coherent approach toward a healthy stress management, such as things that people can do to avoid being harmed by the multiple stresses of life.



According to researchers Mitchell, Cronkite and Moos, "Problem-oriented coping strategies have been known to moderate the effects of adverse life events and that they are associated with reduced depression." Apparently, those who become depressed, tend to use various coping strategies. One in particular is known as an "avoidance coping" mechanism that functions when the depression becomes more profound.

Here are several types of coping devices.

Cognitive Strategies

- Try to see the positive side of a situation.
- Draw on past experiences.
- Accept the belief that nothing could be done.
- Pray for guidance and/or strength.
- Take things a day at a time.

Behavioral Strategies

- Talk with spouse, relatives, significant others about the problem.
- Discuss with professionals such as clergy or lawyer.
- Get away from things for a while.
- Seek help from persons or groups with similar experiences.
- Try reducing tension by exercising more.
- Become busy with other pressing issues to keep one's mind off a problem.

Avoidance Strategies

- Keep negative feelings to one's self.
- Refuse to believe that "it" happened,
- Trying to reduce tension by resorting to increased use of tranquilizing medications.
- Taking it out on other people when feeling angry or depressed.
- Trying to reduce tension through overeating.
- Trying to reduce tension by smoking more, going from moderate to heavy drinking.

A major problem with coping is having a chronic illness and always being in danger of repeated flare-ups over some minor issue or change. Because of this vulnerability, the older person may become obsessed with everything that can trigger an exacerbation of that flare-up and consequently

Continue on page 15

relate their concerns to anyone who will listen. To others, the elderly individual may appear as boring and thus shunned at a time when they urgently need someone to listen to them.

The following comments are from Jim, a patient I once cared for as an RN while working in long term care. I had an opportunity to interview him on how he was able to cope with his disability. His thoughts still resonate with me and in sync with the concept of hardiness. "I have to continually try not letting my disabilities define me nor to present to others as my identity. It is almost instinctual to seek others for sympathy. I tend to avoid groups who will always remind me of my disabilities, rather than my remaining abilities."

The researcher, Orem devised a concept described as a "self-care movement." It is based on an increasing awareness of the older individual's impact on their disease and the impotence of professionals to effect a positive change for the depressed and mentally declining individual. As a result, he or she is no longer able to cope nor care.

Hardiness has become increasingly popular as a research tool that is used to explain survival capacity of those who have become frail and vulnerable. Characteristics of the oldest-old is still

poorly understood other than in relation to their degree of dependency. The one element they all appear to share is the recognition that they are old, although many may still feel the presence of self as not being old...only their outer trappings.

Might I request that we all try embracing our age, no matter how old we may be. Continue believing we can make it the best time of our lives.

We tend to celebrate life after 40, embracing the 50s, 60s, 70s and beyond as powerful, wonderful years to savor and enjoy. We all want to live a long life, one that is healthy and fulfilling. Therefore, allow me to wish everyone a creative 2021, a year that holds positive expectations for all who yearn for it.

A thought: if you have a tendency to jump out of bed each morning and start rushing through the day, and causing unnecessary stress, I suggest you "take five" and experience the gratitude of being alive to pursue your goals.

Each morning, wake with a deep sense of purpose and a desire to celebrate the coming of a new day, a brighter tomorrow, and in the company of loved ones once again. But most of all, I wish you the happiest of New Years.



Presidents Joel Rothman & Chuck Shaffer

"The Men's Club is appreciative of the Book Café and Sisterhood for its generous offers to co-sponsor events in recent months.

Going forward, Men's Club is planning a very special event in March. We are going to have a Zoom presentation from a local sports personality that should be a special treat for sports fans and non-fans alike. Look for the flyer and eblasts in the near future for more information on this program. Joel Rothman and I as Co-Presidents would like to see some "new faces" in attendance. When the special guest is revealed, we're expecting a substantial amount of new faces.

**Not
feeling
well
today..**

**The Chesed Committee,
headed by Sol Sturm,
is here for you
Contact Sol at:
info@iccj2004.org
718-591-5353**

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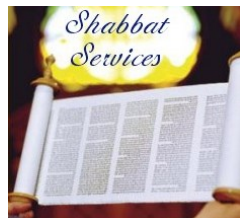
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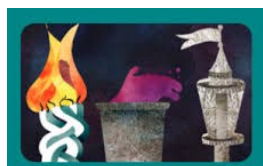
Tot Shabbat Leader
Hannah Brenman hannahbrenman@gmail.com

Librarian
Arlene Ratzabi aratzabi@gmail.com

Please join Rabbi Saks
each week *at*



and HAVDALAH



SHABBAT CANDLE LIGHTING TIMES



February, 2021

2/5 - 4:56 PM
Yitro

2/12 - 5:05 PM
Mishpatim

2/19 - 5:13 PM
Terumah

2/26 - 5:21 PM
Tetzaveh

SAYING KADDISH

If you would like to say kaddish,
please contact
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ISRAEL CENTER OF CONSERVATIVE JUDAISM
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