



תְּקוּוֹתֵינוּ TIKVATENU



ISRAEL CENTER OF CONSERVATIVE JUDAISM

Volume XVIII - No. 7

APRIL 2021

NISAN/IYAR 5781

Rabbi
Moshe Saks

Cantor
Shiya Ribowsky

Co-Presidents
David Schwartz
Sam Weiss

Immediate Past President
Marilyn Kaufman

Executive Vice President
Irene Meyerowitz

Vice Presidents
Adrienne Simons
Shari Zuber

Treasurer
Alan Aaronson

Financial Secretary
Irma Goldman

Corresponding Secretary
Arlene Ratzabi

Chaverim Co-Presidents
Susan Losow
Betty Shaffer

Men's Club Presidents
Joel Rothman
Chuck Shaffer

Sisterhood Co-Presidents
Hannah Feldman
Lisa Woliner

Board of Trustees
Susan Alvarado
Rita Ash
Limor Brantz
Zvi Braun
Barbara Feinberg
Hannah Feldman
Paul Gorel
Adam Greebler
Nina Greebler
David Hasson
Danny Kurz
Robert Losow
Ed Martin
Judy Mermelstein
Barbara Miller
Philip Parnes
Mark N. Plaut
Clarissa Weiss
Naomi Wolfgang
Jay Woliner
Emilee Wyner

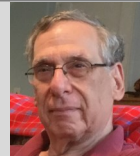
Ohr Chadash Religious
School Director
Rabbi Dr. Boaz Tomsky

Editor-in-Chief
Linda Korobelnik

Layout & Design
Helena Shayer

LET OUR FAMILY WELCOME YOURS

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



Fellow Congregants,

We're pleased to announce that regular weekday evening minyans have resumed, Sunday through Thursday, at 7:30 p.m. via Zoom. These sessions, led by Rabbi Saks, or other members of the congregation, take only 10 to 15 minutes of time, are meant to provide adequate attendance for those members wishing to say Kaddish and to fulfill our daily congregational obligation as a House of Prayer.

Members with a Yahrzeit should inform Rabbi Saks in advance so we can make especially sure to have the necessary number of congregants present on these occasions.

Unlike our other religious services, which will resume in person after the synagogue eventually reopens, evening minyans will continue via Zoom even after the current health emergency abates. Remember: You don't have to leave the comfort of your home and you will be doing a Mitzvah by participating in these services.

Needless to say, we are carefully monitoring the situation as the vaccination process gathers momentum.

We cannot provide any guaranteed assurance of when the synagogue will reopen, but we are hopeful of doing so by early summer provided enough people are vaccinated and there is no resurgence of Covid cases in the area. Needless to say, we will continue to keep everyone informed about developments.

Unfortunately, we celebrate Passover this year, again in relative isolation from each other. We pray this long nightmare is almost over and that next year will be joyously different.

Meanwhile, stay safe, stay healthy and stay connected through our Zoom links.

Chag Sameach,

David and Sam



TIKVATENU

is now available to read online

@ iccj2004.org

FROM OUR RABBI: Rabbi Moshe Saks



Passover and its Message of Freedom

The holiday of Passover, celebrated by Jews the world over, commemorates the Exodus from Egypt by the Israelites from slavery at the hands of Pharaoh. The special nature of this holiday is exemplified by the ritual of the “*Seder*”, a meal patterned after Greek Philosophical meals of ancient times. At the *Seder*, the symbols of the holiday (Matzah, bitter herbs, mortar - called “*Haroset*”, hard -boiled eggs, green vegetables, and the like) are eaten as a part of the ritual. In addition, the story of the Exodus is told, along with various interpretations from the Rabbis, so as to bring the events to life. So important is the symbolism of Passover; that Jews are forbidden to eat anything which contains leaven during the holiday. This requires an extensive spring cleaning and changing of kitchen equipment in preparation for the holiday. The imagery of Passover extends to Jewish life and liturgy all year, as it is to be found in many prayers which are recited during the year. Certainly, then, Passover, with its message of religious freedom and fight against tyranny, has eternal meaning, not only for the Jewish people, but for all the Human Family.

The question is: what exactly is the freedom of which we speak? Are we still free today? How does the Passover story relate to the modern, educated person of our contemporary culture? We tend to think of freedom as being liberated *from* persecution, enslavement, and the like. But, the truth is that freedom can only be enjoyed when we take a proactive stand for the betterment of society. When we live our lives with the freedom *to* use our religious heritage in order to build a better community, then freedom is more than a word.

Religious fundamentalism and sectarianism are often used as stumbling blocks to freedom. Clearly, the benefit of modernity is a sense for a greater use of the concept of pluralism – the

notion that no one philosophy or group can claim to have “the truth”, at the exclusion of everyone else. The Sages of Jewish Tradition tell us that the grievous sin of Pharaoh in Egypt was not only the enslavement of the Israelites, but an attempt to deny them the opportunity to worship their god, even to the extent of trying to force the pagan religion of Egypt upon them. This is the reason for the Ten Plagues, say the Rabbis. God could have simply brought the last plague (which was the most destructive) first – but He wanted the first nine plagues to both punish the Egyptians and to negate their many deities.

History has shown us that persecution is the end result of one people separating themselves from the majority, by triumphalism and the feeling of moral superiority over another group. In that sense, it can become very easy to “enslave” others – both by categorizing them as unbelieving or different, and by designating that group as worthy of punishment for their “heresy”. No matter what time period you may examine – from Biblical times until today – this “slavery” of others by an elitist few is easily taught to the masses. It is often easier to find fault with others than to seriously examine one’s own beliefs and dogmas.

Thus, the message of Passover goes far beyond its place in history. This is the reason why it is examined so thoroughly each year by means of the *Seder* ritual. It is not enough to merely repeat the historical event of the Exodus – we must understand its significance as a religious event that has eternal meaning, especially for us today. Slavery, in its various forms, is always a threat to Humanity. Passover reminds us to be ever vigilant.



We should follow the lesson of Passover. Our goal must be to live in a pluralistic world where we can celebrate our diversity and learn from one another. Only then can we achieve God’s ultimate task for the Human Family – to build a better world in which to live.

Rabbi Moshe Saks

RELIGIOUS AFFAIRS: Michelle Fouks

Shalom from Religious Affairs

We hope you are all well, and starting to thaw out from our many snowstorms. I hope all of you who are eligible received your vaccines, or have your appointments scheduled. By now, your Passover cleaning and preparations are behind you as well.



April, this year, is an interesting month as Passover was early. Now, we have a month filled with sad and happy events. Yom HaShoah is April 8, then we have Yom Hazikaron (Israel's Memorial Day) April 14, and finally we quickly turn to a festive event of Yom Ha'Atzmaut (Israel's Independence Day) on April 14-15. The various committees are working hard to organize programs to commemorate these events and celebrate them appropriately. Please watch your eblasts and join us. It is so encouraging to see all of you and share these events with you.



Yom HaAtzma'ut

Keep in mind that, before you know it, Shavuot

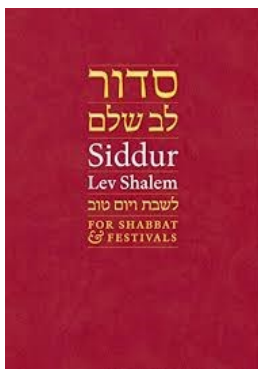
will be here. Shavuot this year is on Sunday evening May 16 through Tuesday, May 18. Mark your calendars. We will be sharing our exciting Shavuot events with you shortly. Once again, keep your eye out for eblasts.

I'm sure you have seen that we have added daily evening services to the weekly schedule. The zoom address is in your weekly eblast. Please join so we get a minyan every night.

I keep repeating the following, (and I will until I see more of you join), we have our Shabbat Services Friday evening and once a month there is an Oneg where you can stay after services and enjoy a discussion and/or a glass of wine with your fellow ICCJ friends. There is a morning service where we have great discussions on the Torah portion and other topics and finally, Havdalah. Surely, one of these services peaks your interest. Best of all you don't have to venture outside in the cold or snow. The Rabbi works hard to get these going, they are participatory and fill you with happiness when you see fellow congregants.

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

Stay warm, safe and most of all healthy.



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



SAYING KADDISH

If you would like to say Kaddish,
please contact Rabbi Saks @
rabbims@iccj2004.org,
rabsaks@gmail.com or 718-591-5610

MEMBERSHIP: Betty Shaffer



On April 11, Membership, Sisterhood and Young Families will be holding our Virtual Mosaic Craft Afternoon. We hope you have responded to the flyer and ordered your projects. It promises to be a wonderful event for everyone.

Do you or anyone you know have family or friends looking for a synagogue, or interested in attending a few of our events? If so, please send their email information to us and we will forward the appropriate eblasts so they can join us at these virtual events.

SCHOLARSTREAM

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

There are new links available for streaming classes on our website iccj2004.org. Go to Education Opportunities on our homepage and click on JTS & Streicker on the drop down tab for the code needed to register. All classes are FREE and open to all members of ICCJ and their families.

We hope that everyone who is eligible has gotten vaccinated. We also hope that you are well and staying safe. Please know that you are important to us and if you need help, we want to help. If you need assistance, please call Rabbi Saks or the office.

Stay well and safe.



Presidents Joel Rothman & Chuck Shaffer



The most recent "Zoom" event of ICCJ's Men's Club was held toward the end of March, right before Passover.

The featured speaker for the evening was Michael "Mike" Cragg, the Director of Athletics at St. John's University. In his opening remarks, Mike Cragg told us that during the past 30 plus years, he has overseen St. John's 17 varsity sports and nearly 350 student athletes. Before he started working at St. John's, he held many positions as part of Duke University's Sports Program. What followed next was a question and answer session. Attendees to this zoom event included sports fans from neighboring shuls, as well as those from ICCJ Men's Club.

It was indeed an interesting evening for those who follow the college sports scene.

**Not
feeling
well
today..**

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

COMMUNICATIONS: Nina Greebler & Linda Korobelnik



The Communications Committee is once again hard at work getting the bulletin, eblasts, flyers, Facebook page and website updated and running efficiently. These will keep our congregants informed of what is happening at ICCJ.

Adam, our new Web designer, is working very hard to make our website more user friendly. These changes include an improved calendar.

Event flyers will be available to view when clicking on the corresponding date.

We are currently creating a new Instagram page and YouTube account for the “new” ICCJ. Both of these will be used as tools as additional sources for our congregation. It will also be a means to attract new members.

Please continue to check the Educational Opportunity tab for new classes from JTS and Streicker.

Wishing you and your families a Happy Passover.
Be safe.

SISTERHOOD NEWS: Presidents Hannah Feldman & Lisa Woliner

On March 8, our Annual Women’s Seder brought the ladies of ICCJ together for a lovely evening. This year’s theme was “Women in Politics”. We had two guest speakers: Patrice Arent, Representative of the Utah State Senate, and Nily Rozic, Assemblywoman representing New York’s 25th District.

Our unique Zoom Seder led by Judy Mermelstein, included readings and songs. Our 4 Questions were asked by young Caleb Knox. The mock seder and singing of the beautiful songs brought tearful memories from earlier seders at our shul. (With G-d’s help we’ll be back next year). Many thanks to Judy, Cynthia, Shari and Paul.

Name That Tune was on the agenda for March 18. Hooray for Hollywood 30’s and 40’s style. Thank you Shari and Paul Zuber for your hard work. It was a fun evening.



Watch for information about Sisterhood Shabbat. It will be led by Sisterhood members and congregants. We hope to see everyone participate in this special Shabbat Service via Zoom.

On April 11, Sisterhood, Membership & Young Families will team up for a craft event led by Teri Fields. Our beautiful Mosaic Art will be displayed in a later bulletin.

Finally, a hearty Yasher Koach to Irma Goldman and Betty Shaffer for all their hard work on our Shalach Manot Fundraiser. It was a huge success. Thank you to all the ICCJ members for their participation. In the next bulletin, we will share the names of the food organizations that will receive a donation.

**UNTIL WE MEET AGAIN IN PERSON
SEE YOU ON ZOOM!**

H2I YOUTH GROUP: Youth Director Jennifer Gold

A Joint Venture of HJC, HHBJC & ICCJ

March was an amazing and program jam-packed month! Throughout this month, our H2I members were busy discussing our Jewish world and immersing themselves into summer camp culture in our C-A-M-P-F-I-R-E S-O-N-G program! The USY Chapter Board led a phenomenal program where our parents were invited to share and talk about their careers! Our Kadimaniks became scavengers to celebrate Pesach as well. In April, we plan for

some unique programs such as Sunday Night Live, fun paint nights and CUP CAKE WARS!

We are looking forward to a great month filled with amazing programs! Please also take a look at our April programs below!

If any questions arise, please feel free to reach out at any time at my email: h2iyouth@h2igroup.org



Kadima (Grades 5-7, 6:15-7:15pm)	USY (Grades 8-12, 7:30-8:30pm)
---	---------------------------------------

3/28 - 4/4: No Meetings - Spring Recess		
4/11	<u>Chalutzim & Kadima: Sunday Night LIVE</u> Join us as we play some super silly games from our favorite late-night talk shows!	<u>Oh, The Places You'll Go!</u> Tonight, we're inviting many of our USY parents to speak about their professions. Bring questions about any career you may be interested in!
4/18	<u>DIY Paint Night</u> This isn't your typical paint night! Learn how to make your own paint and use it for your new creation! <i>Stay tuned for the list of materials needed for this program!</i>	<u>DIY Paint Night</u> This isn't your typical paint night! Learn how to make your own paint and use it for your new creation! <i>Stay tuned for the list of materials needed for this program!</i>
4/25	<u>Cupcake Wars</u> Special Time: 6:30-9:00pm for Kadima AND USY You've done Cupcake Wars, but never like this! Come on down for the ultimate Kadima-USY competition as we complete the entire process of baking and decorating cupcakes in the comfort of our own home!	

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

EDUCATION: Adrienne Simons

Among all the arms and committees that have sponsored Zoom events this season, the Education Committee may win the prize for most programs in the shortest time: three programs in one week! As always, we strive to educate, enlighten, and sometimes entertain. This time, we may have achieved all three!



On February 28, we proudly welcomed Jason Woliner, nephew of ICCJ Sisterhood Co-President Lisa Woliner. Jason grew up in the Bronx. At age 3, he assisted his dad in magic shows. At age 4, he acted in commercials. As a youngster, he appeared on the PBS television show, *Shining Time Station*, with Ringo Starr. Further, he acted with Judd Hirsch in the Broadway show, *“Conversations with my Father,”* appeared in movies, and directed Sacha Baron Cohen in the 2020 Golden Globe award winning film, *“Borat Subsequent Moviefilm.”* We were captivated by Jason’s funny, behind-the-scenes directorial experiences working with *“Borat”* star, Sacha Baron Cohen, real-life people in the movie (no actors) and even Rudy Giuliani in this sequel. Jason lamented that during the pandemic, we cannot go to movie theatres, and most new movies will be streamed on television.

On March 5, just five days later, ICCJ members continued our traditional participation in NJOP’s Shabbat Across America. This year, we did NJOP’s *At Home* version on Zoom. Twenty-six members joined Rabbi Saks for Kabbalat Shabbat, Ma’ariv services and the various Shabbat rituals of Kiddush and blessing the children. Then, we went off to our respective dining rooms for either a home-cooked gourmet meal, or one catered by Seasons. After the Grace after Meals, Rabbi Saks led a discussion of Abraham Joshua Heschel’s *“Shabbat, an Oasis in Time.”* Particularly during the COVID pandemic, some of us related the same boring/

repetitive/lonely routines every weekday, but the holy day of Shabbat is different. I think most of us agreed that Shabbat is special, especially these days.

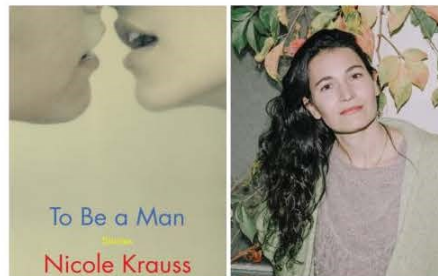
Finally, on March 7, the Education Committee sponsored a Zoom lecture by Dr Benjamin Sommer, Professor of Bible at JTS. With Pesach around the corner, Dr Sommer’s lecture was entitled, *“The Torah’s Law of Slavery: A Case of Tradition and Change in Biblical Law.”* We read from Exodus 15 and Deuteronomy 21 about the laws and rituals of Israelite slaves who remain with or leave their masters (i.e., if the slave wants to remain with the master, he gets his ear pierced in the doorway). Dr Sommer explained that in Biblical times, an Israelite might have a slave who was in debt and sold himself into slavery. The passages in both Exodus and Deuteronomy allow the slave to go free after six years of servitude. Yet, in Deuteronomy 21, the freed slave is treated better, as he does not have to leave his wife and children behind, and his master would give him something from the flock or threshing floor. And, these updated rules apply to women slaves as well.

Although no one keeps slaves in Flushing in 2021, Dr Sommer pointed out how these later rules/laws show a change in tradition. The later Deuteronomy passage exemplifies Rabbinic Conservative Judaism as a denomination of Tradition and Change. As with slavery, the later law treated the slave with more compassion, fairness, and morality. In modern times, Conservative Judaism continues to, in some cases, make rabbinic traditions more compassionate, fair, and moral.

On a personal note, we owe thanks to Helena and Mady for coordinating flyers and payments (for Seasons’ dinners). Also, a big thank you to Rabbi Saks, Lisa Woliner, Education Co-Chairs Hannah Feldman and Adam Greebler, and Education Secretary Nina Greebler for getting everything together in such a short time.

ICCJ BOOK CAFÉ

JOIN US ON
SUNDAY, APRIL 18, 2021 @ 10:30 AM
WHEN WE WILL DISCUSS



“TO BE A MAN: STORIES” BY NICOLE KRAUSS

THE BOOK

Nicole Krauss plunges fearlessly into the struggle to understand what it is to be a man and what it is to be a woman, and the arising tensions that have existed in all relationships from the very beginning of time. Set in our contemporary moment, and moving across the globe from Switzerland, Japan, and New York City to Tel Aviv, Los Angeles, and South America, the stories in *To Be a Man* feature male characters as fathers, lovers, friends, children, seducers, and even a lost husband who may never have been a husband at all. Echoes ring through stages of life: aging parents and new-born babies; young women’s coming of age and the newfound, somewhat bewildering sexual power that accompanies it; generational gaps and unexpected deliveries of strange new leases on life; mystery and wonder at a life lived or a future waiting to unfold.

THE AUTHOR

Nicole Krauss is the author of the international bestsellers, *Forest Dark*, *Great House*, a finalist for the National Book Award and the Orange Prize, and *The History of Love*, which won the Saroyan Prize for International Literature. She is currently the first Writer-in-Residence at the Zuckerman Mind Brain Behavior Institute at Columbia University. Krauss lives in Brooklyn, New York. She has two children, Sasha and Cy, by her former husband, the novelist Jonathan Safran Foer. She and Foer married in 2004 and divorced in 2014. Krauss enjoys swimming and dancing.



Israel Center of Conservative Judaism
167-11 73rd Avenue, Flushing, NY 11366
718-591-5353 aratzabi@gmail.com

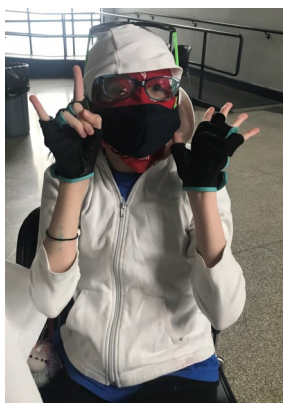
We have signed bookplates from Anna Solomon, our recent Book Café guest author of *The Book of V*. If you would like one, email Arlene with your address and it will be sent to you.



OHR CHADASH: Rabbi Boaz Tomsky

The students at Ohr Chadash had a blast being engaged in numerous fun activities in honor of the Purim holiday. The students, during one of their many arts and crafts activities, made their very own groggers! They beautifully decorated their groggers so that they would be ready for our Purim celebration.

The children have been learning all about the story of the Book of Esther and all of the hidden miracles found within. In celebration of Purim, the children came to Hebrew school in all sorts of original and creative costumes. We explained that the custom of wearing masks and costumes is to recount how Esther also hid her true identity to the king, regarding her connection to the Jewish faith.



At the Purim celebration, the children enjoyed eating delicious Hamentashen and other treats, all while being socially distant from each other, to ensure the safety of all of our students. During the celebration, the children enjoyed an entertaining, animated video of the story of Purim. Afterwards, we

had a child friendly Megillah reading led by Morah Shari. All of our students were great listeners, being quiet throughout the reading. That is except for when we got to the name of Haman, at which point all of the children made lots and lots of noise with their hand-made groggers.

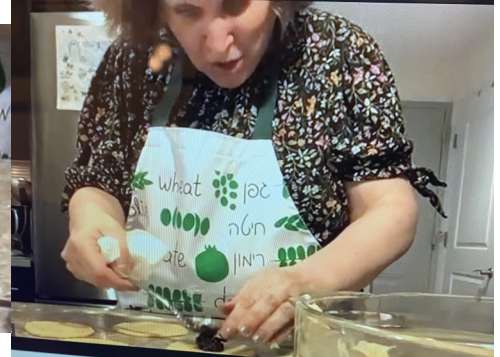
At Ohr Chadash, we have both in-person learners as well as remote learners. We work hard to create programs that are engaging to all of our students. To this point, the remote students received a special delivery to their homes of their very own Mishloach Manot treats. In addition, we thank Morah Shari's brother Paul, who helps ensure that the remote students are able to enjoy the video presentations with the same level of sound quality as all of the other in-person students.



Right after Purim ended, we jumped right into the next holiday, Passover. The students at Ohr Chadash are beginning to learn all of the traditional songs from the Haggadah and the entire story of the Exodus of Egypt. We look forward to the students making more hands-on arts and crafts projects and activities related to the holiday, culminating with our annual Model Seder. Your children will certainly impress everyone at your Seder with their vast knowledge of the holiday and their ability to lead in many of the traditional Passover songs. We thank you for choosing Ohr Chadash and may you have much Nachat from all that they have learned about the holiday and throughout the year.

FROM THE REBBETZIN'S KITCHEN – Meira Saks

Todah Rabah to Rebbetzin Meira Saks for teaching us the art of making
Hamentashen for Purim



PLEASE SUPPORT OUR PASSOVER FOOD DRIVE

CITY HARVEST
RESCUING FOOD FOR NYC

PASSOVER FOOD DRIVE

Monday, March 1–Monday, April 5, 2021

**DONATE TO CITY HARVEST'S
2021 PASSOVER FOOD DRIVE!**

Even before the COVID-19 pandemic, half a million Jewish New Yorkers lived at or below the poverty line. Now, many more are struggling to put kosher food on their tables. Help City Harvest feed our neighbors in need during Passover.

Donated items require at least one of the following certifications, in addition to a kosher for Passover designation. Chometz items require one certification:



Kosher for Passover
כשר לפסח P

Food Donations
may be
dropped off at
ICJ
Mon.—Thurs.
10:00 AM—3:00PM
or Friday
10:00AM -1:00PM



THE SIGNIFICANCE OF HUMOR & AGING: Sheldon Ornstein Ed.D, RN, LNHA



Research scientists have recognized the importance of humor in the recovery from illness. The physiologic effects of humor can stimulate certain hormones that increase the level of pain tolerance. Psychologically, humor, according to the researcher Raskin, is “cognitive and perceptual as well as social and behavioral.” According to Sullivan and Deane, “Aged patients are more willing to share their concerns with a deeper significance that can improve the quality of their relationships when humor is expressed thoughtfully.” Further, “Humor as an intervention must, however, be individualized to suit an elder’s preferential style.” How can this be accomplished? Careful observation gives us clues for assessing the elderly’s appreciation of the humor they are experiencing.



Humorous songs, cartoons, and slapstick movies can generate a desired chuckle and perhaps a full blown laughter. Healthy humor should not be tasteless or offensive, nor give the impression of disregard for an individual’s concerns. Nahemow, a researcher in aging states, “The study of aging must recognize the numerous elements that give meaning in later life, ie: an awareness of time, of memories, an integration of those memories, and above all, a sense of humor.” Maslow states, “Humans have the ability to step back and see the total context of an event.” He also defines humor as “a high level of awareness.”

The aged are not a humorless group and are frequently able to laugh at themselves. Objections

to jokes about old age appear to emanate from the young far more than the old. Perhaps the old, from their vantage point and with a lifetime of experiences, can see more clearly the results of the human condition via the use of humor. Humor is often mentioned as an attribute of wisdom and of Maslow’s theory of self-actualization. The subject of humor can be further illuminated with the telling of a joke that can describe how humor is beneficial to an individual.

In a recent synagogue newsletter, our rabbi published a humorous joke in story form and as a teachable moment but with a healthy chuckle. And now to that joke!

It is a torrential rain with the river levels rising and threatening the surrounding town, with the water coming into the ground floor of a particular house. A rowboat with several police on board approach. The officer in charge shouts out to the owner of the house, “Sir, let us take you to safety. The water level is getting dangerous.” The man replies, “No thank you. I trust in a higher authority to deliver me.” At that point the man is forced up to the second floor of his house. A second rowboat comes by and the officer shouts out once again, “Sir, let us evacuate you. The level is getting dangerous.” Once more the man replies, “No thanks, I trust in the Almighty and I am confident he will rescue me.” The rain does not stop and the man is forced up onto the roof of his house. A helicopter flies over and the officer shouts down, “Sir, grab hold of the rope and we’ll pull you up! You are in terrible danger.” Again he replies, “I am confident He will deliver me.” The deluge continues and the man is swept away in the current and drowns. He goes up to heaven and arrives at the Pearly Gates and comes before the Divine Presence. The man asks, “Dear Lord, I don’t understand? I’ve been a good and righteous person and have depended on you to save me in my hour of need. Where were you?” The Lord answers, “I sent two boats and a helicopter, what more do you want?” It is a humorous and fitting punch line for a joke that is in sinc with the

Continue on page 15

profound principle mentioned earlier. We can all learn a great deal about ourselves if we make the effort. In other words, have faith in a higher authority but it will still be up to you to take the practical initiative when threatened with a serious and challenging crisis.



Here yet is another true and compelling story about how humor literally cured the writer, Norman Cousins, of a serious and debilitating illness. In his novel entitled

"The Anatomy of an Illness," Cousins describes his gradual recovery of moving his jaw. The doctor put it to him bluntly, "Only one of every five hundred people diagnosed with the affliction fully recovers." To beat the odds, he decided he would need to actually pursue why his body was reacting the way it was and how to reverse the damage. Relying on previously read books on the subject such as Hans Selye's "The Stress of Life," he learned that negative emotions such as repetitive frustration and/or suppressed rage are inextricably linked to each other. To combat the unbearable pain, he began watching movies by the Marx Brothers, the Three Stooges, Candid Camera and selections from E.B. White's Sub Treasury of American Humor. He soon discovered

that merely ten minutes a day of induced hearty laughter would produce a few hours of painless sleep. After several years of continuous laughter therapy, Cousins experienced little to no pain in his day-to-day living although he relied on medical treatment to physically repair his failing immune system. He also relied on that often overlooked medication "laughter" to mentally cure his condition and live a happier existence. Positive thinking, positive actions, positive habits and positive results are the bedrock of a healthy outcome. Cousins' philosophy about humor as a "healing drug" can be summed up with his own words, "Hearty laughter is a good way to jog internally without having to go outdoors."



Final thought: It doesn't require much to appreciate the insight and words of the rabbi's joke, or Norman Cousins' application of the positive principles of

positive thinking while he watched comedy and comics on film. Whether it be a chuckle or a belly laugh as it was delivered by Uncle Miltie, Jackie Gleason, the Ritz Brothers, or Abbot and Costello with their zany baseball skit entitled "Who's on First," the rabbi said it best, "What better way to inspire us than with a joke and with great meaning." Where there is humor there will always be a gladdening of the human spirit.

Monday, April 5 - Sisterhood Bingo - 7:30 PM

Yom HaShoah Program - TBA

Saturday, April 10 & April 24 - Tot Shabbat - 10:30 AM

Sunday, April 11 - Craft Day - 2:00 PM

Sunday, April 18 - Book Café -10:30 AM

Saturday, April 24 - Sisterhood Shabbat -10:00 AM

Friday, April 30 - Lag B'Omer Oneg Shabbat



Watch the weekly eblasts for all our services, programs, events and Zoom links!

Israel Center of Conservative Judaism
167-11 73rd. Avenue, Flushing, NY 11366

Rabbi
Rabbi Moshe Saks
718-591-5610
rabbims@iccj2004.org
rabsaks@gmail.com

Cantor
Shiya Ribowsky
Synagogue Office
Office Manager
Helena Shayer
718-591-5353 x 2
helena@iccj2004.org

Bookkeeper
Mady O'Brien
718-591-5353 x 3
madyo@iccj2004.org

Webmaster
Adam Lepp
website: iccj2004.org

Custodian
Willie Cooper

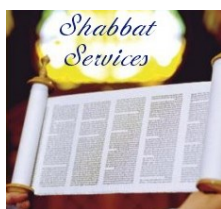
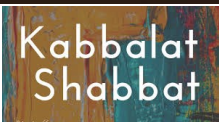
Ohr Chadash Religious School
Rabbi Dr. Boaz Tomsy
tomsyba@aol.com

H2I Youth Leader
Jennifer Gold h2iyouthgroup18@gmail.com

Tot Shabbat Leader
Hannah Brenman hannahbrenman@gmail.com

Librarian
Arlene Ratzabi aratzabi@gmail.com

Please join Rabbi Saks
for



CANDLE LIGHTING TIMES
APRIL 2021
END OF PASSOVER
& SHABBAT



4/2 - Passover - 7:03 PM

4/3 - Passover - 8:04 PM

4/9 - 7:10 PM

Shmini

4/16 - 7:17 PM

Tazria - Metzora

4/23 - 7:25 PM

Achrei Mot-Kedoshim

4/30 - 7:32 PM

Emor



ISRAEL CENTER OF CONSERVATIVE JUDAISM
and
ICCJ FAMILY PROGRAMING