



תְּקוּוֹתֵינוּ TIKVATENU



ISRAEL CENTER OF CONSERVATIVE JUDAISM

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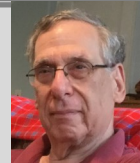
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LET OUR FAMILY WELCOME YOURS

MESSAGE FROM OUR CO-PRESIDENTS

DAVID SCHWARTZ AND SAM WEISS



Fellow Congregants,

Last month, we reported the steady progress we were making in a return to normalcy. This month, we're happy to say that progress has accelerated, and barring unforeseen events, we can finally see the light at the end of the tunnel.

Several weeks ago, our ICCJ Synagogue Officers voted to lift mandatory mask-wearing and social-distancing requirements that had been in place since the Spring of 2020. That enabled us to conduct a full Shabbat service, that included the carrying of the Torah around the sanctuary, for the first time in two years. Personally speaking, the fact that we were able to step off the Bimah, greet members with a smile, a handshake and a hearty Good Shabbos, as we participated in the Torah processional, was an especially gratifying moment.

As this bulletin is going to press, we anticipate that our synagogue community will have celebrated the joyous festival of Purim in pre-Covid style, with a full Megillat reading, Celebration and Seudah dinner at Ben's Deli. This month, we will begin holding regular monthly meetings of the ICCJ Officers and Board of Trustees in-person at the synagogue.

The ICCJ Leadership has approved this rapid return to pre-Covid activity as the pandemic continues to recede and the nation as a whole re-evaluates and drops the restrictions that were put in place during the health-care emergency. Needless to say, however, we will continue to monitor the situation closely and make adjustments in our procedures as necessary. The policy that all persons attending synagogue functions, with the exception of small children, must be fully vaccinated, remains in effect. Livestreaming of in-person services is now a permanent fixture and available to all those wishing to join us remotely. The wearing of masks, upon visiting the synagogue office when the Birch School is in session, is optional.

In addition, as always, the health and safety of the congregation is our primary concern. We hope to see you all back in the synagogue very soon.

Regards,

David and Sam

FROM OUR RABBI: Rabbi Moshe Saks



The true gift of Tzedakah is the act of helping a fellow human being in need. It is said that helping another is like lighting a candle – as one lights the candle from another, the flame increases, and does not diminish.

So too, in helping another, both the giver and recipient gain from the experience. Our Social Action projects, from collecting food, clothing and other items for the needy, in addition to ongoing programs to help those suffering in the Ukraine, are a crucial element of Tzedakah.

I want to publicly thank Phil Parnes and the Social Action Committee for all of their efforts in this area.

In my opinion, this is one of the basic tenets of our faith, and the mission of our congregation – the need to reach out to the community with love and compassion. I do hope that all of you share this vision with me. May ICCJ go from strength to strength.

Rabbi Moshe Saks



Not
feeling
well
today..

**The Chesed Committee,
headed by Sol Sturm, is here for you
Contact Sol: storm454@rcn.com
or Idan Corsentino:
idadances@aol.com
or call 718-591-5353**

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

MEMBERSHIP
★★★★★
is the Best Value

On February 27, we had the pleasure of listening to Rabbi Mike Uram, author of the book Next Generation Judaism. We hope to implement many of the ideas he discussed during his talk.

As I write this article, there are news reports that mask mandates are being rescinded in New York State. The prospect of things opening up is great news. Hopefully, by the time you read this, ICCJ will be scheduling more

in-person events including Friday night Shabbat Dinners. We have already been enjoying in-person Services. The Megillah reading for Purim and the Purim Seudah at Ben's was only the beginning.

ICCJ is truly a wonderful community, and everyone should be congratulated by the active participation in the Rabbi auditions over the past 2 months. With in person attendance, watching via Livestream, on Zoom or Facebook Live, we had an excellent turn out. Your response to the surveys was strong, and you have given the Search Committee your opinions on the candidates and who you recommend to be our choice for our next Rabbi. Yasher Koach to all.

Please watch the e-blasts and log on to our website ICCJ2004.org for upcoming events.

RELIGIOUS AFFAIRS: Michelle Fouks

Shalom from Religious Affairs

We hope you are all well, and are enjoying the warm days interspersed with the cold ones. This gives us hope that Spring is very close. I am sure that you enjoyed the full array of Purim festivities that were prepared for you by the various planning committees.



By now, your Passover cleaning and preparations are well on the way as Pesach starts April 15. To that end, please watch your eblasts, as there are many activities/services planned. First up, will be the selling of your Chametz, followed by the Fast of the First Born, then your personal Seders, and finally Services with your Synagogue family. We have much to be thankful for this year. Among them, we can celebrate holidays with friends and family as well as in-person services. Please be sure to join as many events as you can, that's what makes the festivities happier for all.

Looking ahead in the month, Yom HaShoah begins on the eve of April 27. During these times of turmoil, it is so important to remember this horrendous time in our history, in order that the horrors are not repeated. Please watch your eblasts and join us for the Yom HaShoah Program. It will be so encouraging to see you, our synagogue family, and share in this memorial together with our community.

Please remember we have **Minyan every evening** Sunday through Thursday on Zoom. It would be so helpful if you would commit to a night or two, as it would enhance the services. In addition, Kabbalat Shabbat and Maariv/Havdalah are on Zoom and finally Shabbat services are in-person and Livestreamed. Each week the times are sent out via eblast.

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.

Yossi and I wish you all, A Chag Kasher V'Sameach.

YOUNG FAMILIES: Emilee Wyner & Dina Yakar

In February, we had a Mitzvah day, where we made cards for the sick. We also collected many Arts & Crafts items with the ICCJ congregation's help. Thank you to all who donated Arts & Crafts for Cohen's Children's Medical Center.

The Young Families Purim program was so much fun. We made Hamantaschen, showed off our costumes and the story of Esther was told to us by Rabbi Saks. (Pictures will be in the May bulletin).

In April, we will be having a Passover program. Check your email for a flyer in the future! If you have any questions, or want to reach out, email Dina Yakar at iccjyoungfamilies@gmail.com.

Happy Passover! *Dina Yakar Young Families Coordinator*



BELLA M. & HARRY RICHTER LIBRARY NEWS: Librarian Arlene Ratzabi

BOOK DONATIONS



IMPORTANT ANNOUNCEMENT

The synagogue office can no longer accept donated books without prior approval from our ICCJ Librarian, Arlene Ratzabi

If you have books to donate, please contact Arlene at: aratzabi@gmail.com or call 718-591-5353 with a list of titles and authors

Thank you

YOUNG ADULTS: Jordan Brantz & Maxwell Greebler

Young Adults participated in the World Wide Wrap with the Men's Club and Ohr Chadash. It was an inspiring multigenerational event.

From that, we shifted our focus to March, which means Purim! We celebrated and gathered at ICCJ for a Young Adult hangout and video game challenge dressed in our Purim best, while enjoying pizza and Purim treats. So, what's next for the Young Adults?



On April 3rd, we are hosting our first social action program, a cemetery cleanup. We will be freshening up the ICCJ area of a local cemetery, and cleaning up what

needs to be cleaned. Due to cemetery restrictions, spots are limited. If you can't join us at the cemetery, that's ok, but please consider joining us afterwards, as we head back to ICCJ to host a BBQ. All ICCJ members are invited, come one, come all. There is a small cover charge of \$5.00 for the BBQ. Anyone who participates in the cleanup project will enjoy the BBQ for free. Keep an eye out for our flyer, and be sure to RSVP.



Check out our new Young Adults page on www.iccj2004.org and stay tuned for more updated content. If you or your friends are interested in joining our YA chat group, please send your info to Jordan Brantz at jaybeejordan@gmail.com.

SISTERHOOD NEWS: Presidents Hannah Feldman & Lisa Woliner

The number of positive Covid cases has thankfully gone down. Sisterhood's regular Bingo players were in favor of moving the games into the building. There games are now held there, as well as on Zoom.

The Shalach Manot program was very successful. The proceeds from the financial contributions, that would have been used for baskets, was donated to a food bank.

Sisterhood's Women's Seder was held on March 21. The seder honored Jewish women scientists who have won the Nobel Prize.

Thank you to everyone who sent in their tried and true recipes for our new cookbook which is just about ready for publication.

Thanks to our member, Judy Cohen, whose nephew Dr. Alan M. Reznik spoke to us regarding his book, "I've Fallen and I Can Get Up!" It was an informative meeting.

Sisterhood mourns the death of our member, Susan Barth.

**I've Fallen
&
I CAN Get Up!**



Live a happier fall-free life
with this head-to-toe guide for all ages.
Assess your own risk of falling and learn easy
preventative measures to stay safe.

As I mentioned last month, 2022 marks a significant anniversary year for the Torah Fund Campaign. Carol Simon, Past Women's League International President, recently shared these thoughts.

"We have reached a most notable milestone, 80 years of supporting Torah Fund!"

As our matriarchs gathered to create an entity that would assist our future clergy, the world was at war. 1942 was the year that the United States entered World War II . . . It was a time that saw women creating a variety of auxiliaries to make a difference in the world in which we lived. The Women's Coast Guard Auxiliary was established, as well as the Women's Army Auxiliary Corps, commonly known as WAAC . . . At the same time, the members of National Women's League realized that they also needed to mobilize to ensure that our students had proper places to live and study, and to provide tuition assistance. They founded Torah Fund.

At a time when a gallon of gas cost 15 cents, the average new car cost \$920, and the average home cost \$3,770, the first donation to Torah Fund was \$6.11. In gematria, the numerical value of Hebrew letters, "Torah" is 611. Our "sisters" rose to the occasion, giving "Torah" for future clergy.

The number 80 is represented by the letter Pey, the 17th letter in the Hebrew alphabet. 'The symbol represents the divine spark of God within the soul.'^{*}

Eighty years ago, our matriarchs knew that this undertaking of Torah Fund was essential. I am sure that there was much praying, as they led our membership through uncharted waters. Yet it was a time of activism. It was a time when women throughout North America knew that they needed to step up, that our soldiers needed their mothers, sisters, aunts, grandmothers, and friends, to provide comfort during a very trying time. I am sure that they never imagined that WE would be doing the same thing, 80 years later!

Our donations to Torah Fund still help provide comfort to our students worldwide – scholarships, programming, and a place to live and study.

*To celebrate this milestone, Women's League is asking Sisterhood members to make gifts of \$80 in recognition of this significant anniversary. **Thank you, ICCJ members, for making \$80 donations, today!***

*Also, let me take this moment to remind you that Torah Fund greeting cards, acknowledging life cycle events, are available at the very affordable price of \$5 each. **To buy one card or purchase a bundle, please contact Cynthia Begel, cbegel@gmail.com.***

*For more information about how you may be a part of the Torah Fund Campaign now, as well as the future, **please contact Anise Parnes, a.parnes8166@gmail.com.***

As Carol said, our donations to Torah Fund, are as important today as they were 80 years ago when the Campaign started. Let's continue to invest in our Jewish future, b'yachad, together, by investing in the annual Torah Fund Campaign. Todah rabah!

L'shalom,

Anise Anise Parnes ICCJ Sisterhood Torah Fund Chair

^{*}Flynn, Alexis, "What is special about the number 80?"
 Greedhead.net, February 11, 2021.



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

SYNAGOGUE FAMILY

Mazal Tov to:

Helena Shayer on the birth of her granddaughter,
Evelyn (Evie) Jude Shayer

Irene & Steve Meyerowitz on their 54th Anniversary

Sheldon Ornstein EdD, RN, LNHA for receiving the
ADHCA Journalism Award

Refuah Shlema to:

Naomi Matalon & Lisa Woliner

Hamakom Yenachen to: The family of our beloved
member, Susan Barth

DONATIONS

Bella M. & Harry Richter Memorial Library Fund:

In honor of the birth of Doreen and David Schwartz's
granddaughter, Millie Logan Schwartz - *Michelle & Yossi Fouks*

In honor of the birth of Helena Shayer's
granddaughter, Evelyn Jude Shayer - *Michelle & Yossi Fouks*

In honor of the engagement of Carol Gans' son, David
to Hillary Cohen - *Michelle & Yossi Fouks*

In memory of Selma and Alan Aaronson's son, Ira
Martin Aaronson - *Barbara & Martin Weinberg*

Henri Gros Outreach Fund:

Wishing a speedy recovery to Phyllis Levine - *Renee Freilich*

ICCJ General Fund:

In memory of Susan Barth - *Laura Silverberg*

In memory of Robert Sipkin's brother,
Glenn Sipkin - *Betty & Chuck Shaffer*

Ritual Fund:

In honor of the birth of Helena Shayer's granddaughter,
Evelyn (Evie) Jude Shayer - *Linda & Henry Korobelnik*

Wishing Refuah Shlema to Michael Becker - *Linda & Henry Korobelnik*

Wishing Refuah Shlema to Rayna Becker - *Linda & Henry Korobelnik*



Many thanks for all your kind wishes, donations and gifts in honour of the birth of my second granddaughter, Evelyn (Evie) Jude. I am truly blessed, Helena Shayer

SPORTS CLINIC: Paul Gorel



Our Congregational Women's Water Aerobics Class is going very well. If you would like to join in, call me at 347-502-3612 or email: sportsclinic@iccj2004.org

OHR Chadash: School Administrator Shari Zuber



On a weekly basis the Jewish people await and greet the Sabbath with much anticipation and preparation. When Shabbat is at our doorstep, we welcome it with light and warmth in our hearts. Similarly, when Shabbat departs we bid it farewell with light, as part of the Havdalah ceremony, which is generally acknowledged at the conclusion of Maariv prayers.

Each portion of the Havdalah ceremony has a part of Shabbat connected to it. We welcome in Shabbat with a cup of wine or grape juice and we say good-bye to Shabbat with a cup of juice. We light Shabbat candles to welcome the Sabbath and a special candle is a central part of the Havdalah ceremony. The wonderful aromas and sweetness of Shabbat gives the day a uniqueness which the rest of the week lacks. We inhale the *besamim*, or spices, at Havdalah, as we try to keep the specialness of Shabbat with us as we enter the new week.

Every Sunday, at the Opening Assembly, our students celebrate Havdalah. One child holds the *besamim*, one holds the kiddush cup, which is filled with grape juice, and one student holds the specially crafted, multi-wicked Havdalah candle.

Since Havdalah is a weekly beginning to our school day, on Sunday, February 13th, we afforded this ritual a place of honor by having a special Ohr Chadash enrichment program. The event began with the students watching a video of songs celebrating Havdalah throughout the globe, songs which included the Debbie Friedman melody our students chant at the Opening Assembly.

Next, our students partook of donuts and milk. The roundness of the donuts represented that the week always come full circle, from Sunday to Shabbat. The sweetness is symbolic of the extra sweetness which the Sabbath brings to our lives.

Following the little repast, the students were able to put their artistic talents to work. Our Gesher students created their own Havdalah candles, interweaving nine individual candles to form a uniform nine-wick candle,

which they were able to take home for use by their families. Giborim and Chalutzim put their artistic muses to work using either special foil sheets or velvet-coated sheets as coloring tools to bring Havdalah scenes to life.

Lastly, our Kochavim, or youngest students, made besamim holders. After coloring the individual parts, they were glued together, and before their eyes, the children watched in amazement as a transformation occurred. A beautiful flower materialized, which can accommodate the cloves and cinnamon sticks that add a tantalizing aroma to the Havdalah ceremony. We know our children will make this keepsake a vital part of their home Havdalah weekly celebrations.

Finally, our students witnessed a demonstration of how to make Havdalah candles from Chanukah candles, by softening the Chanukah candles in very warm water and then braiding them before they harden.

As February blended into March our annual Passover Candy Sale fundraiser came to a close. We thank all the families and all the congregants from each of our three supporting synagogues for their participation in this vital aid in our school's continuing efforts to enrich our students' Ohr Chadash experience.

As of this writing we are anticipating the Ohr Chadash Purim Carnival, which will be held on Sunday morning, March 13th. The entire school session will be dedicated to the holiday. Our students will engage in several pre-carnival activities. Kochavim will be making honey bear groggers, which they will be able to use on Wednesday evening, March 16th, to blot out the name of Haman as the Megillah is being read. Chalutzim, Giborim, and Gesher will take on the role of chocolatiers, as they make groggers and hamantaschen from chocolate. They will be able to earn tickets at various carnival games, which they can redeem for prizes, at the carnival's conclusion. The morning will conclude with ice cream cones and sundaes.

On Sunday, April, 10th, we look forward to our school's Passover Seder. Each child will have their own personal Seder plate, complete with all the elements of the holiday's ceremony.

As the Season of our Freedom approaches we want to wish all our students, their families, and our entire staff a *zissin* Pesach and we pray this world will be free from Covid one day soon.

PAIN, COMFORT & AGING: Sheldon Ornstein Ed.D, RN, LNHA



By definition, “comfort is a state of ease and satisfaction, of bodily freedom from pain and anxiety.” According to recent research, “The absence of physical pain is

not always sufficient to provide comfort. The aged may have their biologic needs satisfied but still be emotionally distressed.”

Nurses understand the significance of the word “comfort” which describes the goals and outcomes that aid in determining the nursing measures needed to administer care. However, the meaning remains vague and essentially abstract to the person who is the recipient of that nursing intervention. The researcher, Hamilton, studied the meaning and attributes of comfort from the point of view of the chronically ill elderly who is hospitalized in a geriatric setting. Hamilton’s definition of comfort is “multidimensional, and means many things to different people.” The researcher, McCaffery’s definition of pain is “whatever the person experiencing pain says it is.”

Pain, whatever its source, erodes personality, saps energy and foments anguish until that cycle is broken. It is important to realize that an individual responds in a certain way to pain. Young and old have been taught as children that this is “correct and normal.” Likewise, nurses and caregivers are likely to respond in a certain way based on their own pain experiences and what may have been taught in their nursing programs and even in family life. Pain tends to weaken and interrupt the elderly individual’s idea of their relationship to self, others and their environment. In the aged, fear and anxiety can generate negative effects that emanate from thoughts that pain will result in crippling and forced dependency or that it will be of such intensity that the ability to cope will be inadequate.

The elderly are at high risk for pain inducing situations. The following are several myths and facts about pain in the aged.

Myth: Pain is always expected with aging.

Fact: Pain is not normal with aging. The presence or absence of pain in the elderly would however necessitate a diagnosis and physical assessment to demonstrate otherwise.

Myth: An elderly person who has no functional

impairment and appears occupied or distracted from that pain must not have significant pain to begin with.

Fact: The elderly may have a variety of reactions to pain. Many are stoic and refuse to “give in” to the pain. Over an extended period of time they may also mask any outward signs of pain.

Myth: Pain sensitivity and the individual’s perception decreases with aging.

Fact: Data regarding age associated changes in pain perception must be demonstrated via observation of needless suffering, proof of under-treatment and an underlying cause.

In order to better understand the elderly’s pain, I recommend certain questions that can be asked in order to address the underlying causes. By using these questions, the nurse or caregiver can obtain a clearer idea of what the origin of the pain might be.

- Are you concerned about the pain sensation itself or about the implications of what the pain can produce?
- Are you afraid of what the pain may mean such as a sign of a serious illness? Can it deprive you of specific pleasures or a physical activity you had been enjoying?
- Do you want to be alone for fear of showing an unwanted emotional response that can be interpreted as a weakness?
- Do you want visitors to “share” your discomfort or rely on visitors only as a distraction?

One cold wintry morning I was asked to visit a resident by the name of John who wanted to talk about an issue that was disturbing him. Here then is his experience with pain and how he was dealing with it. Case Study: “When in agonizing pain and you lie at death’s door, praying to pass through it and it closes in your face, you realize there must be some reason you are ignored. Gathering strength for the struggle to recover, you find comfort in even small increments of strength and satisfaction in the tiniest improvement.” Unfortunately, John’s pain was caused by a malignancy that would eventually end his life. However, in the time he was with us he was under the care of a competent hospice staff. As the end drew near, John expressed his thanks to everyone for their kindness and excellent treatment, but most of all, for the lessening of his pain.

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The nurses who were involved with John's care were influential and meaningful in their concern for him.

Although this article does not discuss the various pain alleviating practices and interventions, it would be expected that the doctors, nurses, therapists, etc. providing care would be expected to have knowledge of the physiologic aspects of pain and the practices that are accepted as treatment by the medical community. Some examples would be meditation, transient cutaneous nerve stimulation (TENS), massage, imagery, hypnosis, placebo, and pharmacologic pain control.

Lastly, to those caring for an elderly individual with intractable pain, you need not look upon the pain with fear or trepidation. If the assessment is medically correct and the individual who is suffering is listened to, and the case is handled gently and wisely, the anxiety can be controlled. The intervention, whatever it may be, will prove effective to the resident's satisfaction, and you can be further assured that the care you render will bolster confidence with others who may also seek your guidance for that which is causing their discomfort.

Quotable Quote: "One act of kindness can change the world."

SOCIAL ACTION COMMITTEE: Philip Parnes

The ICCJ Social Action Committee, in looking to go "from strength to strength", following a highly successful clothing and food drive in December, visited and participated in helping out at the Food Pantry run by the Flushing Jewish Community Council (FJCC) located in Temple Beth Sholom (TBS) at 171-39 Northern Boulevard.

Three members of the Committee—Philip Parnes, Anise Parnes, and Karen Halper—went there in February to see how this monthly Food Pantry works. On Monday, February 14, they along with several other volunteers packed canned goods, rice, pasta, beans, and other items delivered to TBS by Met Council into small boxes and bags. The next day, February 15, Committee members returned to help hand out the packages to the roughly 80+ people who had lined up outside TBS despite the cold temperatures.

The FJCC Food Pantry which is held on the third

Tuesday of each month is now under consideration by the ICCJ Social Action Committee for possible ongoing support. We will let you know more in the near future.



Also in the planning stages is a Blood Drive. We hope that everyone who is eligible to participate by giving blood will do so. For those who cannot give blood, we ask that you consider helping out in other ways.

Watch your newsletter and eblasts! Thank you.

Respectfully submitted by,

Karen Halper on behalf of the Social Action Committee

EDUCATION: Hannah Feldman, Nina Greebler, & Adam Greebler

The Education Committee hopes everyone had a Freilichen Purim and is getting ready for Passover. Our March program, "My Journey Into Judaism", was a huge success. We learned exactly what made our two speakers, Chuck Shaffer and Deborah Braun, want to become Jewish. Listening to them made us all appreciate our religion even more and made everyone feel more like a family than a community. We have embraced these two members and are happy to have them as part of our synagogue family. Yasha Koach to both our speakers and to Rabbi Saks for planning and hosting this event.



In April, the Education Committee will be presenting a program on the topic of anti-Semitism. This topic is an important one considering the state of the world at the time this article is written. We hope that you and your family will attend this informative program.

Chag Pesach everyone and stay safe.

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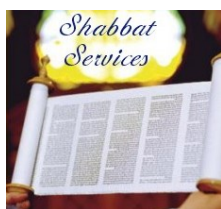
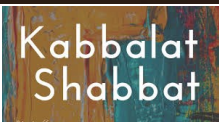
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Please join Rabbi Saks
for



SHABBAT & PASSOVER CANDLE LIGHTING TIMES APRIL , 2022

4/1 - 7:01 PM - Tazria
4/8 - 7:09 PM - Metzora
4/15 - 7:16 PM - PESACH
4/16 - 8:18 PM - PESACH
4/21 - 7:22 PM - PESACH
4/22 - 7:24 PM - PESACH
4/29 - 7:31 PM - Achrei Mot



Israel Center of Conservative Judaism
and
ICCJ Family Programming