

THE VOICE

TEMPLE JUDEA
PALM BEACH GARDENS FLORIDA

TEVET/SH'VAT 5784 JANUARY 2024

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The Four Jewish New Years!

Rabbi Yaron Kapitulnik
Rabbi Feivel Strauss
Rabbi Rose Durbin
Cantor Abbie Strauss
Rabbi Joel Levine, DD, Rabbi Emeritus

Tu B'Shevat 2024

How Are You?

Shalom! When I chat with someone from our community and ask, "Nu, how are you?" and they're stumped, I like to break it down like we're preparing a Shabbat meal. Imagine we have four courses, each representing a different part of our well-being:

Physical - Challah (Appetizer): Just like we start our meal with challah, we start our well-being check with the physical. How's your body feeling? Any tension or discomfort? Or are you feeling strong and relaxed? It's like checking if the challah is perfectly baked – just right for the meal.

Emotional - Chicken Soup (Soup Course): This is about the heart, like our warm, comforting chicken soup. What emotions are simmering inside? Happiness, sadness, maybe a bit of worry or gratitude? And how strong are these feelings? It's like tasting the soup to make sure it has just the right amount of seasoning.

Mental - Fish (Main Course): Now we're at the main course, the fish. This is about our intellect and focus. Are you feeling sharp and clear-headed? Can you concentrate on a complex discussion or are you feeling a bit scattered? It's like making sure the fish is cooked to perfection, not too dry and not underdone.

Energetic/Spiritual - Dessert (Sweet Ending): For dessert, we reflect on our spiritual and energetic state. How connected do you feel to Hashem and our traditions? Is your spiritual energy high, making you feel uplifted, or do you need a bit of a boost? It's like savoring a sweet dessert, a delightful end that leaves you feeling satisfied.

Just as in a Shabbat meal, where you might focus more on one course depending on your appetite or preference, in life, you might need to pay more attention to one area over another. A young parent might focus on the 'challah' (physical) and 'dessert' (spiritual), while a student might need to concentrate on the 'fish' (mental).

So, think of your well-being like a Shabbat meal - which course needs your attention today to make it as fulfilling and balanced as it can be?

This is a useful awareness exercise that helps us focus on our physical, mental, emotional, and spiritual well-being as individuals.

We see this same pattern in the Jewish calendar but on a communal scale. This helps explain why there are actually 4 Jewish 'New Years'. First is the Rosh Hashana that we are most familiar with in the month of Tishrei; second is Tu b'Shevat, which we are celebrating now; third is the first day of Nisan that precedes Passover and fourth is the first day of Elul.

Throughout the year, we have four types of awareness with the four Jewish New Years creates an interesting framework, illustrating how each New Year can symbolize and encourage a different aspect of personal and communal awareness:

Rosh Hashanah and Emotional Awareness: Rosh Hashanah, the Jewish New Year, is a time for introspection and self-reflection. It's a period where emotions are often at the forefront, as individuals reflect on their actions and seek forgiveness. This time encourages emotional awareness, asking us to understand and process our feelings of regret, hope, gratitude, and more. It's a time to reconnect emotionally with ourselves, our community, and God.

1st of Nisan and Spiritual Awareness: The 1st of Nisan marks the beginning of the religious calendar and commemorates the Exodus from Egypt, a pivotal spiritual event in Jewish history. This New Year is deeply connected to spiritual awareness, as it celebrates liberation and renewal, encouraging reflection on one's spiritual journey and relationship with God. It's a time to consider how we're growing in our faith and understanding of our spiritual traditions.

Tu B'Shvat and Physical Awareness: Tu B'Shvat, the New Year for Trees, is closely tied to the physical world, especially the natural environment. It promotes physical awareness through a heightened appreciation of nature and our physical connection to the Earth. This day encourages us to think about how we interact with the physical world, our responsibility towards it, and the physical act of planting trees and engaging with the environment.

1st of Elul and Mental Awareness: The 1st of Elul begins a month-long period leading up to the High Holy Days of Rosh Hashanah and Yom Kippur. This time is traditionally used for self-examination and repentance. It corresponds to mental awareness, as it involves a conscious effort to review one's thoughts, actions, and attitudes. It's a period for introspection, learning, and mentally preparing for the renewal that the High Holy Days offer.

In this way, each Jewish New Year can serve as a reminder and catalyst for a different dimension of awareness, helping to create a balanced and holistic approach to personal growth and spiritual practice.

This year, Tu b'shevat begins the evening of Wednesday, Jan 24th. Here are some interactive awareness exercises to celebrate Tu b'Shevat.

"Halicha B'Teva" (Nature Walk): A mindful walk in nature, paying close attention to the environment, reminiscent of walking through the wilderness as our ancestors did, appreciating the beauty of God's creation.

"Ta'am HaP'ri" (Taste of the Fruit): A mindful fruit-eating ritual during Tu B'Shvat, where each fruit's unique attributes are savored, symbolizing the diversity and richness of God's creations. In the 16th century in the Land of Israel, Rabbi Yitzchak Luria of Safed and his disciples created a *Tu BiShvat seder*, somewhat like the Passover seder, where a variety of fruits and readings are shared as part of a festive meal.

"Hitbonenut BaTeva" (Reflection in Nature): Journaling about personal experiences and thoughts on nature and the environment, encouraging introspection and a deeper spiritual connection with the natural world.

"Hargashat HaGuf" (Body Sensation): A body scan meditation to cultivate gratitude for the body's capabilities and its connection to nature, echoing the Jewish value of appreciating the body as a gift from God.

"Shirat HaTeva" (Song of Nature): This exercise involves spending time in nature and creating a personal 'song' or poem inspired by the natural surroundings. Reflect on the beauty of creation, much like King David did in many of his Psalms, and express your feelings and thoughts about nature in a creative, lyrical form.

"Birkat Ilanot" (Blessing of the Trees): Go for a walk and offer a blessing or a prayer of gratitude for each tree you encounter. This practice is about recognizing the sacredness in nature and expressing thanks for the abundance and beauty of the natural world, as is often done in Jewish blessings.

Wishing you a Happy Tu b'Shevat!

Rabbi Feivel



See something....Do something!

Shalom Temple Judea,

Throughout my childhood, my dad reminded me that his dad, my beloved Zayda, came here as a child in 1904 to escape violence against Jews in his native Russia. I was familiar with phrases like “pogrom,” “inquisition” and “Holocaust” from an early age, and I have brought up my daughters similarly. It helps that our eldest daughter, like her parents before her, has always been interested in WW2 history, specifically the Holocaust. It has always felt essential for our daughters to learn about our communal tragedies- not only to help build their Jewish connection and pride, but also so they will use this knowledge to protect other marginalized peoples. It’s only been since October 7th when I’ve fully realized that- as much as we continually need to care about and for other marginalized peoples- we also must proactively and vigilantly stand up for Judaism. Because tragically- as we clearly see from the torrent of anti-Israel and antisemitic occurrences and social media posts that have occurred in the past few months- few others will. Of course, I’ve witnessed students experiencing antisemitism and anti-Israel harassment as a rabbi on campus- and I’ve lived in Israel- but I did not truly feel in my kishkes- in my guts- the fear of my persecuted ancestors, and the terror of our Israeli brothers and sisters, until now.

During Chanukah, a large sandcastle menorah in Juno beach, created by the Jewish Community Synagogue, was defaced with a swastika. A symbol of Jewish joy and light- a symbol of our continued resistance and resilience- replaced by the ultimate symbol of hatred and violence against Jews. I’ve had to accept, and through heartbroken tears I’ve had to explain to my daughters that antisemitism is not simply something that happened to our ancestors- it’s still very much real and present, and it’s our job to fight it. We fight it when I came to their classes to talk about being a rabbi during career day, we fight it when we did family presentations about Chanukah at their schools, and we fight it every time we speak up about being Jewish and when we call out antisemitic acts. And here at Temple, we can continue to help fight against Jewish hate by continuing to educate ourselves, and then spreading our message of tolerance to the greater community.

The cowardly testimony of the presidents of Harvard, Penn, and MIT, which demonstrated the double standard for antisemitic discourse on campus, should only motivate us to action. Yes, we should be outraged at these influential leaders who are reticent to protect Jewish students and organizations, both in word and in deed. Yet also- their testimony should motivate our own. If the powerful won’t speak up in advocacy for the Jewish community, then we must continue to speak truth to power. We must educate ourselves about the situation in Israel, and the current

status of our local community, to such an extent that we can serve as confident and passionate voices for the Jewish people. This is the time to show up, to commit to learning and then doing- for as the rabbis teach, "Study is essential, because it leads to action!"

To continue your study which we pray will lead to action, please join us for a panel discussion on "Combating Antisemitism" on Sunday, January 14th (1 pm) here at Temple. We will learn from Sara Gold Rafael, the Executive Director of Stand with Us Southeast, Josephine Gan, the Executive Director of Community Affairs for the Palm Beach JCRC, and Sapir Levy, the Israel fellow at Florida Atlantic University's Hillel, about what's been happening locally and how we can work together to advocate for Jews and for Israel at this critical moment.

Also, on Sunday January 28th, acclaimed author Anna Salton Eisen will be speaking at the Mandel JCC (1 pm) to commemorate International Holocaust Remembrance Day. Eisen was an adult when she finally broke her parents' silence about their Holocaust experiences in her heart-wrenching memoir "Pillar of Salt." You are all invited to attend this special event which I'm sure will inspire us all to keep learning about the Holocaust - and most importantly- to continue to educate others.

Just as we teach the next generation how much Jews have overcome through thousands of years and persecution and oppression- so must we remind ourselves that -Am Yisrael Chai- the Jewish people lives. We must have faith that we will continue to be here- that is the comfort, the peace that our tradition brings us- and we are so blessed to have this tradition- and this is the time to access the richness therein. Pray our traditional words of blessing and pray from your heart. Study our ancient wisdom. Be in community. And Act. As our prayer book reminds us each Friday night, "We should pray as if everything depends on God, and act as if everything depends on us." Action can mean calling your elected representatives and sharing your views on their stances re: the security of the Jewish community and Israel. Actions can be reading Jewish books, watching Jewish movies, and discussing them with your friends and neighbors. Action in this present moment can mean writing letters to the editor, and speaking up at dinner parties when guests share antisemitic opinions. We are long past the point of only sharing our anxieties and heartbreak with each other- we must use our despair to inspire action. As Bari Weiss, author of "How to Fight Anti-Semitism," reminds us:

"There are many forces in our world insisting, again, that all Jews must die. But there is a force far, far greater than that. And that is the force of who we are. We are a people descended from slaves who brought the world ideas that changed the course of history. One God. Human dignity. The sanctity of life. Freedom itself. That is our inheritance. That is our legacy. We are the people commanded to bring light into this world. Do we believe in our own story? Can we make it real once again? I believe that we can. And that we must."

As we enter this new year of 2024, may it be one of good health, light, joy and most importantly- shalom- for our community, for Israel, and for the world- and may it begin with us.

With gratitude,

Rabbi Rose

Update from Morli Josza, Executive Director

Dear TJ Family,

As we approach “season” in Palm Beach Gardens, I would like to update you on some important reminders.

MEMBERS ONLY

Please note that we have several Shabbatot that are members only (or in some cases, members with their immediate family only). These restrictions are highlighted in this publication. We have limited attendance on these dates so we can be sure we have space to accommodate our members at events/worship that we anticipate will be well attended.

PLEASE do not invite your neighbors or friends to these events. We will be happy to identify events that prospective members can attend – simply give me a call or email at morli@gotj.org and I will share what options are available.

REFUNDS

As you are probably aware, TJ has hired a new caterer, Kay’s Corner. We have committed to Kay to giving her an accurate headcount 3 days before any given event (lunches, brunches, dinners etc.) Once we have given her the headcount, we are accountable to pay her for that full amount. As such, our board has passed a policy that we are unable to issue you a refund once the headcount is given. TJ does not make any money on the meals we offer – and a refund would make the temple in the red.

ROOF

We want to thank Bob and Beryl Schneider, not only for their most generous donation to underwrite a new roof for the temple’s main building, but also for their help and advice in securing our contractor. We anticipate the new roof to be completed by the time you receive this publication. We are truly most grateful and relieved that we will continue to have a “roof over our heads.”

Respectfully,

Morli

TJ PRAYS

Shabbat Worship

**Friday, January 5, January 12, January 19, January 26
at 7:30 p.m. at TJ
with a dessert Oneg immediately following worship**

**ALL services are also available by Livestream at
<https://venue.streamspot.com/5795f45a>**

Minyan

**Mondays at 9:30 a.m. via ZOOM with
Cantor Abbie**

**Thursdays at 9:30 a.m. in person at TJ or via Livestream
with Rabbi Feivel and Cantor Abbie**



Want to meet some new friends?

Or mingle with old ones?

Stay after services for our amazing dessert Oneg!



Calling all our tiniest members, birth through pre-K and the parents and grandparents who love them!

Join Cantor Abbie for Tiny TJ - an interactive, music filled, Jewish themed parent and me program at the temple.

Sunday - January 21 - at 9:00 a.m.

Sunday - February 11 - at 9:00 a.m.

Friday, March 1st - at 5:45 p.m.



IMAGINE
YOUR
NAME IN
HEBREW

Never received a Hebrew name....

Want to change your Hebrew name?

NOW IS YOUR CHANCE....contact the office to speak to our clergy at 561-624-4633 and be a part of our special NAMING SHABBAT on Friday, January 5th!



Saturday, January 6th at 4:45 p.m.

(Carlin Park, 400 State Rd. AIA, Jupiter)

Don't Forget Your Beach Chair!

“A World Without Hatred”
Shabbat Worship
Honoring the Memory of
Dr. Martin Luther King, Jr.

Friday, January 12th
7:30 p.m.

"I HAVE DECIDED TO STICK
WITH LOVE. HATE IS TOO
GREAT A BURDEN TO BEAR."



MARTIN LUTHER
KING JR.

**Join us on Friday, January 12th for a special Shabbat worship
honoring the memory of Dr. Martin Luther King Jr.**

**Featuring guests from the
CFWA Choir and Pastor Samuel St. Fleur**

MEMBERS AND INVITED GUESTS ONLY

Presenting the Weingrow Family Endowment Grant

Dr. King espoused social justice, nonviolence, and human rights. He dreamed of an equitable society wherein all people are treated with dignity and respect. His philosophy was that individuals should not be judged by the color of their skin, gender, sexual orientation, religious beliefs, or class, but by the content of their character.

These values are needed today more than ever before.



Pastor Samuel St. Fleur
Lead Pastor



Christ Family
WORSHIP ASSEMBLY

1128 Martin Luther King Blvd
West Palm Beach, FL 33404
www.cfwonline.com
(561) 660-8291
@cfwa.online

Join us at Christ Family Worship Assembly
on Sunday, January 14th at 10:00 a.m.
to share in the worship honoring Dr. Martin Luther King, Jr.
at CFWA 1128 Martin Luther King Blvd, West Palm Beach

Temple Judea's

PINK SHABBAT

Friday, January 19th
7:30 p.m. Worship
Wear Pink!
9:00 p.m. Pink Oneg

Join us for an inspirational Shabbat of spiritual renewal and celebration as we honor our community of parents, children, sisters, brothers, grandparents and friends who have joined in the fight to beat cancer and have committed themselves to the blessing of life .

A TRIBUTE TO DEBBIE FRIEDMAN
SHABBAT SHIRAH
FRIDAY, JANUARY 26TH AT 7:30 PM

MEMBERS ONLY

Don't just celebrate Shabbat...Experience Shabbat



FEBRUARY

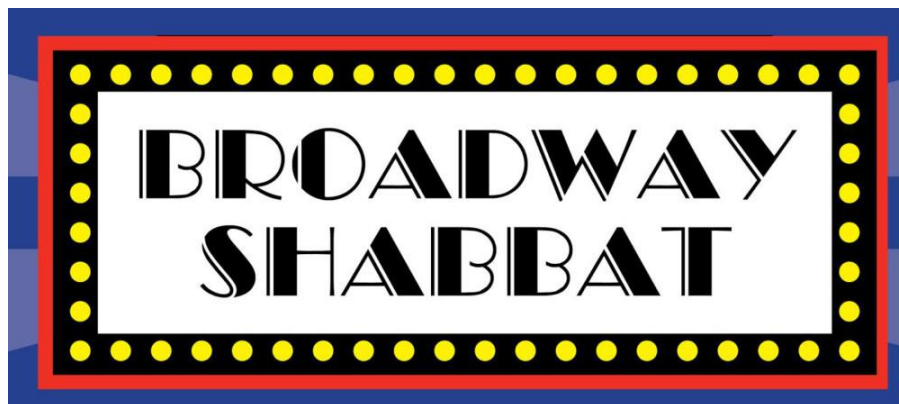


*Join us on Friday, February 2nd for Shabbat worship with
Rabbi Leon Morris, President of the Pardes Institute of Jewish Studies*



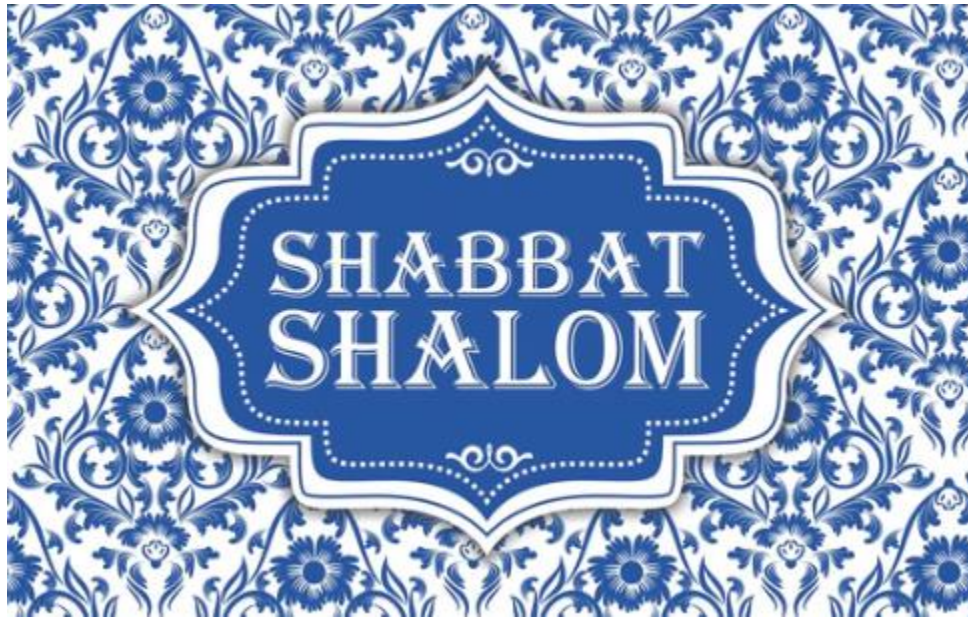
Join us on Friday, February 9th at 7:30 p.m.

Repro Shabbat is an annual Shabbat celebration that honors the Jewish value of reproductive freedom. It takes place annually on **Parshat Mishpatim**, the reading of which contains the verses commonly referenced as the foundation of Judaism's approach to reproductive health, rights, and justice.



Friday, February 16th at 7:30p.m.

MEMBERS ONLY



Join us for Shabbat Dinner!

\$30 / adult and \$20/ child ages 5-12. Children under 5 are free.

RSVP to the office at 561-624-4633.

Friday, January 5th – RSVP by January 2nd at noon. Dinner is at 6:30 p.m. before services.

Chopped romaine, cherry tomatoes, cucumbers, black olives, lemon and oil dressing, parmesan.

Roasted chicken breast and thighs with a lemon butter sauce.

Pan seared branzino, tomatoes and capers.

Garlic and EVOO broccoli.

Short cut spaghetti with basil marinara. Gluten free pasta is available upon request.

Friday, February 2nd – RSVP by January 30th at noon. Dinner is at 6:30 p.m. before services.

Israeli salad. Matbutca. Baba Ganoush. Pita Bread.

Grilled Chicken Shawarma with Garlic Sauce.

Chraime Poached Cod with Spiced Tomato Paprika Sauce.

Roasted Eggplant. Tahini Carrots.

Yellow Saffron Rice with Cranberries, Toasted Almonds, and Cinnamon.

***Please note that we cannot issue any refunds once the headcount for the dinner has been given.**



INSCRIBING THEIR FUTURE!

One letter at a time....Be a part of our new Sofer Torah!

According to a popular Talmudic tale, a stranger once approached Hillel and Shammai, the great sages of the first century, with a request: "Teach me the Torah while I stand on one foot." First, he brought the request to Shammai. According to the Talmud, Shammai picked up a builder's rule, smacked him alongside his head and dismissed him. So, he came to Hillel. "Teach me the Torah on one foot." Hillel taught him: "That which is hateful to you, do not do to your fellow. That is the whole Torah, all the rest is commentary. *Zil u'gemar*, now, go and learn."

We believe the idea of Torah truly is L'Dor Va Dor – from generation to generation. For us to pass on our values, traditions, and lessons to the next generation. As such, we are calling this year's Torah project "Inscribing Their Future – Letter by Letter."

We hope you will commit to being a part of it! Sign up TODAY for your personal session with our clergy and Sofer.

Each session will be approximately 30 minutes long. We ask that you find a time to come as a household – and if you are blessed to be one of our multi-generational families – please come with your children and/or grandchildren!

A special thank you to Earl Abramson and Sheila Schlaggar for their most generous gift to underwrite this year of Torah!

Upcoming scribing dates:

**Wednesday, January 31st, Sunday, February 18th, Sunday, February 25th,
Wednesday, March 7th, Monday, March 18th, Sunday, April 7th, Thursday, May 9th**

To sign up -simply go to:

<https://calendly.com/temple-judea/torah-writing>

We can't wait to see you and to complete this mitzvah of writing a Torah.

Rabbi Yaron, Rabbi Feivel, Rabbi Rose, and Cantor Abbie

SCHOLAR IN RESIDENCE



Rabbi Leon A. Morris

Rabbi Leon A. Morris is the President of the Pardes Institute of Jewish Studies in Jerusalem.

A leading educator in the field of adult Jewish study, Rabbi Morris made Aliyah with his family in June 2014 and served as a vice president for North American programs in Israel at the Shalom Hartman Institute and a faculty member at Hebrew Union College. Prior to his Aliyah he was the founding director of the Skirball Center for Adult Jewish Learning at Temple Emanu-El (now the Streicker Center) in Manhattan. Previously, Leon served as Director of New York Kollel: A Center for Adult Study at HUC-JIR.

Ordained from Hebrew Union College in 1997 where he was a Wexner Graduate Fellow, he has worked extensively as an educator with the Jewish community of India, beginning in 1990 when he served as a Jewish Service Corps volunteer for the American Jewish Joint Distribution Committee, and returned many times for shorter volunteer work. He is an alumnus of the Pardes and was a Mandel Jerusalem Fellow.

Tuesday, January 30th

Lunch and Learn at Noon

\$22 / person – RSVP by Friday, January 26th at noon to

561-624-4633

Adult Education



L'Chaim He - a Taste of Torah

NO EXPERIENCE NECESSARY!!! Now is your chance to study a little Torah - one hour at a time!

Mondays at 5:00 p.m. in person at Temple Judea - December 18, January 22, February 12, March 11, April 15

Together Torah, Nevi'im (Prophets) and Ketuvim (Writings) comprise what is known as the Tanach. This name for the Hebrew Bible is actually made up of the first letter of each of the three sections of the Bible.

T: for Torah

N: for Nevi'im

Ch: for Ketuvim

The Torah is made up of the first five books of the Hebrew Bible. Sometimes these are referred to as the Five Books of Moses. It may also be called the Chumash, which comes from the word five.

Numbers. In Hebrew, B'midbar. This book recounts the wandering of the ancient Israelites through the desert and spells out more of God's laws. **January 22**

Deuteronomy. In Hebrew, Devarim. Moses, in his speeches to the Children of Israel offers them an ethical will, beseeching them to follow God's ways as they prepare to enter the Promised Land. **February 12**

Prophets - **March 11**

Ketuvim - **April 15**



Conversational Hebrew Language with
Rabbi Feivel

Mondays at 2:00 p.m. - Beginners

Wednesdays at 2:00 p.m. -
Intermediate

Contact the office to register.



*Women in the Torah - Brunch with Rabbi Rose at 10:30 a.m.
This class is NOT just for women! But open to anyone interested in
learning.....*

January 18: 25 Years of the Red Tent: Hearing Women's Missing Voices

February 8: First Wives Club: Beruriah (Rabbi Meir), Rachel (Rabbi Akiva) and Michal (King David)

March 14: Basic Balabusta: The evolution of the female Jewish stereotype from Ghetto Girl to JAP
\$22/ person. RSVP required to the office at 561-624-4633

LUNCH & LEARN

Mysteries of the Torah with Rabbi Feivel

Everyone loves a good mystery, and the Torah is full of some of the greatest historical mysteries waiting to be solved! These unsolved mysteries will take you on an adventure back in time and take you on a wild journey around the world. Along the way, you will be amazed at how modern scholars and archeologists are chipping away at the past and helping us to understand our rich history in new ways!

Lunch is \$22. Reservations required. Call the office at 561-624-4633

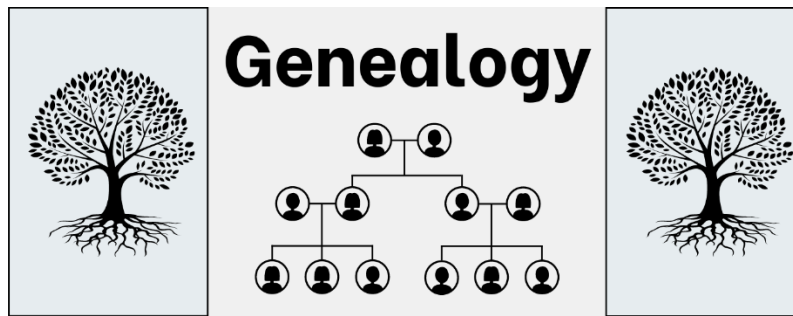
January 10 - Jewish Mysticism

February 14 - Apocrypha

March 13 - The Missing Years

April 10 - The Lost Ark

May 8 - Where was Noah's Ark? Where is the Garden of Eden?



Thursday, January 11th and Thursday, January 25th

4:00 – 5:00 p.m. at Temple Judea

Allan Huss is a retired lawyer, but still admitted to active practice in Florida and Michigan. He is the Program Chair and Newsletter Editor for the Jewish Genealogical Society of Palm Beach County. He is also a liaison between the International Association of Jewish Genealogical Societies (IAJGS) and several local societies in the United States and France. Allan has lectured at the JGS of Palm Beach County, the IAJGS, and at Rootstech in Salt Lake City – the largest genealogical conference worldwide. With over 3300 people documented in his family tree, he has documented his descent through 16 generations from Rabbi Meier of Worms, Germany (b. ca. 1450, d. 22 July 1540, Frankfurt am Mein, Germany).

Session 1 will focus on why we, as Jews, should study genealogy and learn about our ancestors. Each participant will construct a small family tree, and then will learn the tools necessary to help them fill it in. We'll talk about the myths and "bubbe meises" that get in the way of genealogical exploration, as well as some of the "incredible but true" exploits of our ancestors. What did they go through crossing to America? Why did they end up where they did? Most of the focus of this talk will be on our ancestors after they came to the United States.

Session 2 will dive into greater detail about how to find out the stories of our ancestors, including many online tools available to put "flesh on the bones" of our ancestors' lives. Do you know the town or shtetl your ancestors came from? It is key to researching records in Europe. Why did they leave a warm and comfortable place like that? And how do you find out? Much of the focus of this talk will be on our ancestors before they came to the United States.

TJ's Book Club at 10:30 a.m. at TJ or via Zoom

- | | | |
|--------|---|-------------------------|
| Jan. 8 | <u>The Vixen: a novel</u> by Francine Prose | Debbie Kinback |
| Feb. 5 | <u>The Papercutter</u> by Cindy Rizzo | Suzanne Chait-Magenheim |
| Mar. 4 | <u>Woman on Fire: a novel</u> by Lisa Barr | Loe Goldwasser |

Questions: Contact Beth Baker at bethloves@gmail.com.

JOIN US VIA ZOOM
SATURDAY MORNING TORAH STUDY WITH
RABBI FEIVEL AND RABBI YARON
9:00 A.M. WORSHIP
9:30 A.M. STUDY



Do you play an instrument? Do you like to sing?

If yes, join Cantor Abbie on Thursday, January 4th at 5:00 p.m. at TJ to become part of a special musical community. Together you will play and create music. While all levels of experience are welcome, this group will not be lesson based so some level of mastery is needed. Questions: contact Cantor Abbie at abbie@gotj.org.



CANDID CONVERSATIONS FOR WOMEN

Candid Conversations for Women is an energetic, enlightening, and enjoyable women's group designed for female members of Temple Judea. Topics are chosen for small and large group participation and discussion and are selected to strengthen the bond of friendship and support for all who attend. Topics are user friendly but not political. Join Marcia Grobman, LCSW, CAP, CSW-G, and female TJ members for the new 2024 series of Candid Conversations regarding various issues we face in our day to day lives.

The 2024 series begins, Thursday, January 4, 2024, 1:00 – 2:00pm, at Temple Judea. Registration is required and class size is limited – contact Randi at randi@gotj.org or 561-624-4633.

January 4, 2024	Bucket List for 2024!
January 18, 2024	Adults and Bedtime Stories for Better Sleep!
February 1, 2024	Emotional Baggage – Pack or Unpack!
February 15, 2024	Are You a Worry Wart?
March 7, 2024	Let's Talk About Loneliness!
March 21, 2024	Golden Age of Womanhood!
April 4, 2024	Is My Social Life what it should be?
April 18, 2024	Looking at what I see and don't see!
May 2, 2024	Mind and Matter, Advantages of Aging!

MEMBER APPRECIATION EVENT!!!!



TIZMORET A CAPPELLA GROUP

Tizmoret is Queens College Hillel's professional Jewish a cappella group. Tizmoret draws singers from colleges throughout the New York City area and has taken Jewish collegiate a cappella to the next level, performing classic Jewish melodies, American pop music and contemporary Israeli tunes!

Sunday, January 7th at 4:00 p.m. pre-Oneg; 4:30 p.m. Concert



Join Rabbi Yaron for an intimate tour and history of TJ.
Get an inside understanding of all the small details that make up our sacred space while getting to spend some quality time with our clergy.

Monday, February 26th at 4 p.m.

The tour is limited to 20 people – RSVP is required.

Call Randi at 624-4633 to register.

SISTERHOOD



Join TJ's Sisterhood for a private tour at the Norton Museum of Art of
Artists in Motion: Modern Masterpieces from the Pearlman Collection
With temple member and docent, Joanne Weingarten
Tuesday, January 9th at 11:00 a.m.

\$28 / person

RSVP required by January 2nd to the temple office at 561-624-4633

Annual Sisterhood Mah Jongg & Card Party
Wednesday, February 21st at 11:30 a.m.



See enclosed insert!!

Sign up now.... Spots are limited!

Sunday, January 14th * 1 pm
Join us at Temple Judea
for a panel on
COMBATTING ANTISEMITISM
Featuring:



Josephine Gon is the Executive Director of Community Affairs. In this role she oversees the Jewish Community Relations Council and the Palm Beach Center to Combat Antisemitism and Hatred. Jo spends much of her time educating about antisemitism, working with various organizations, entities and legislators to combat antisemitism and building relationships with the non Jewish community to bring allies and friends into this all important fight.



Sapir Levi is the Israel Fellow at FAU Hillel. She empowers students on campus to support Israel and to fight antisemitism on campus. She educates students about the conflict and develops student leaders on campus who can advocate for Israel and form meaningful relationships with non Jewish organizations.



Sara Gold Rafel is the Executive Director of Stand With US Southeast. This organization is dedicated to educating people of all ages and backgrounds about Israel while combating antisemitism/antizionism. Stand With Us teaches students, especially on campus, how to advocate for Israel.

RSVP by 1/8
to 561-624-4633



Sunday, January 28th

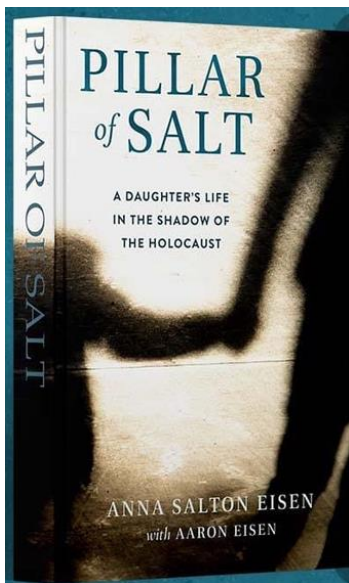
1:00 – 1:30 p.m. Dessert Reception and Meet and Greet with the Author

1:30 p.m. Lecture and Presentation

at The Mandel JCC, 5221 Hood Road, Palm Beach Gardens

Featuring: Anna Eisen, daughter of George* and Ruth* Salton (z"l), members of TJ

RSVP to www.jcconline.com/january28



Anna Salton Eisen is the daughter of two Holocaust survivors, George and Ruth Salton, who were longtime residents of Palm Beach Gardens, founding members of inSIGHT Through Education, and members of Temple Judea. Anna is the co-author of *The 23rd Psalm: A Holocaust Memoir* (A National Jewish Book Awards Finalist) and *Pillar of Salt: A Daughter's Life in the Shadow of the Holocaust*, as well as the executive producer of the upcoming documentary film *In My Father's Words* based on both of her books. Her acclaimed multimedia presentations combine the meticulous work of a researcher with the heartfelt perspective of a daughter, including her father's Holocaust artwork, original Nazi-era documents, and historical photographs. As the founder of Congregation Beth Israel in Colleyville, Texas, site of the antisemitic synagogue hostage crisis in January 2022, Anna has been featured in numerous major news outlets, including *CNN*, *The New York Times*, *The Washington Post*, and *Fox News*.

Sponsored by:



SOCIAL ACTION



Tuesday, January 9th - HELP FEED THE HUNGRY

To benefit St. George's Food Kitchen. PLEASE CONSIDER making sandwiches at home - on white, whole wheat, or whatever bread with PEANUT BUTTER AND JELLY or TURKEY AND CHEESE or 3 slices of ANY CHEESE and small amount of mustard. No need to cut the sandwiches. Put each one in a baggie. One loaf of bread makes 10 sandwiches. They distribute 300 sandwiches a day – so any amount is greatly appreciated. DROP OFF YOUR SANDWICHES AT TEMPLE – MAIN DOOR on January 9th any time from 9:30 a.m. – 11:00 a.m. Questions? Call the office at (561)624-4633.



Feeding Hope Village

Faith Deliverance Church & Feeding Hope Village Food Pantry,
3437 Avenue O., Riviera Beach

Wednesday, January 17th and Wednesday, February 7th
9:30 a.m. – 1:00 p.m. to distribute meals.

Call the office to register at 561-624-4633 or rose@gotj.org

TUTORS NEEDED!!!

Both Jupiter Middle and Jupiter High School have been approved to resume their homework (aka English conversation) clubs. As many of you know, both schools have hundreds of English Language Learners who are eager to practice their English with volunteers like you! You do NOT need to speak any other languages to volunteer for this. The details are below:

Jupiter Middle School:

Time: 12 to 1 pm every Friday

To sign up contact:

Thomas Witkop

[561-745-9860](tel:561-745-9860) - ext. 4102

Jupiter High School:

Time: Every Tuesday and Thursday from 2:45 to 4 pm

thomas@friendsofelsol.org



WE NEED YOU!!!

Please join our clergy to prepare a meal for families with children getting treatment at St. Mary's Children Hospital
Adults and teens welcome!

Sunday, January 7th - 3:00 p.m. to cook.
4:30 p.m. to serve and visit with the families.
Call the office to register at 561-624-4633

Be the change you wish to see!



*Blessed are those who are generous,
because they feed the poor.
- Proverbs 22:9*

Food Packing for Haiti

Your two hands are capable of more than you think! When banded together with hundreds of other individuals, in just two hours, your two hands can make a difference.

Join us on **Saturday, March 2nd!** Time will be shared next month.

when we work together to provide over 50,000 meals to the hungry and undernourished children in Haiti.

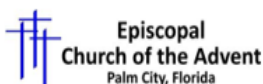
This is a perfect volunteer opportunity for anyone **ages 5-99!**

The only requirement is that you can stand for two hours.

Location: St. Mark's Episcopal Church – 3395 Burns Road, PBG

CALL RANDI TO SIGN UP at randi@gotj.org

This event is being presented by:





Are you a Caregiver ?

Five Warning Signs of Caregiver Stress:

- *Anger**
- *Difficulty Sleeping**
- *Health Issues**
- *Exhaustion**
- *Social Withdrawal**

**Would you like to participate in a
caregiver support group?**

Facilitated by Marcia Grobman, Director of Community Care
LCSW, CAP, Social Worker

To register, please call the office at 561-624-4633

Group will form in February



SO VERY

Grateful

FOR YOU

A special event for all our \$1000+ donors above full dues commitment

Sunday, March 10th at 4:00 p.m.

Join us for a good laugh with comedian, Rabbi Bob Alper.

Invitations will be mailed mid-February.

It is our philosophy to never allow finances to be a barrier for membership – but this is only possible because of the generosity of our donors – so we want to thank them for supporting our vision and our continued open-door policy!



JANUARY BIRTHDAYS

1	Doug Bush	11	Arielle Brandt	21	Eleanor Cohen
2	Maxwell Almassian	11	Diane M. Davidson	22	Holli McLean
2	Nathan Bush	11	Brooke Sandler	22	Joshua Nolan
2	Phillip Griffel	11	Robert Tanchum	22	Joshua Wysocky
3	Irene Anderson	11	Nathan Wayne	23	Jessica Krathen
3	Karen Fischer	12	Beth Ann Cohen	23	Lawrence Rothenberg
3	Harvey Morgan	12	Susan Cole	24	Sara Fleischman
3	Carla Schwartz	12	Wayne Gould	24	Richard Alan Ginsburg
3	Ellen Wright	12	Ellie Hart	24	Joseph Stolman
4	Lawrence Aronowitz	12	Eric Jagolinzer	25	Mark Albers
4	Andrea Cole	12	Dick Kuhr	25	Robert Landsman
4	Roger Coron	12	Stanley Littenberg	25	Gwen Richman
4	Rick Garrison	12	Carol Robbin	25	Howard Schwartz
4	Samantha Goodman	12	Emily Balloff	25	Bob Seidemann
4	Molly Seelig	13	Christi Chane	26	Shelly Ettinger
4	Samuel Uzzi	13	Bruce A. Levy	26	Loretta Fink
5	Hannah Axelband	13	Glenda S. Wolpert	26	Emily Schiff
5	Rachel Berg	14	Alan Goldberg	26	Zoe Zwart
5	Anna Dukor	14	Janet Grossman	27	Stephen Hertz
5	Tyler Francisco	14	Cameron Brody Rosenberg	27	Ever Segalowitz
5	Christopher Michaud	14	Analeigh Schacknow	28	Shari Bernstein
6	Louise Austin	14	Randee Schneider	28	Raymon Eisenman
6	Rosemary Elias	14	Robert Schneider	28	Wendy Gray
6	Jade Lefkowitz	14	Brian Schneiderman	28	Robin Rosenberg
7	Bryce Axelband	15	Lynda Arnberg	28	Hannah Welton
7	Jane Feinstein	15	Norman Barham	29	Davin Rafael
7	Martin Douglas Greene	15	Glenn Kurlander	29	Lauren Reiss
7	Nicole Levinson	15	Jack Pearlman	30	Sabine Carter
7	Aaron Mendelsohn	15	Nancy Pennea	30	Dina Kramer
7	Theodore Tashlik	15	Burt Tansky	30	Esther Levinson
8	Jacob Cohen	16	Benjamin Garine	30	Arielle Kyle Sheynfeld
8	Martin Cohen	17	Phyllis Kaufman	30	Adam Shleifer
8	Stephanie Lippman	17	Sybil Michelson	31	Harvey Meranus
8	Ayla Rafael	17	Michael Shrank	31	Irene Rulnick
8	Beryl Schneider	18	Olive Ruth Philipczyk	31	Morgan Schneider
8	Andrew Weltman	18	Alexandra Schneider	31	Doreen Smith
8	Carolyn Zackin	18	Larry Smith	31	Nancy Wolk
9	Earl Abramson	19	Carol Auerbach		
9	Peter Aschheim	19	Shirley Baratz		
9	Jody Levy	19	Robert Briskin		
9	Jeffrey Nadelson	19	Hunter Coron		
9	Roberta Sibilkin	19	Barbara Friedman		
9	Rona Sterling	19	Colin Halpern		
9	Michael Tannenbaum	20	Stephanie Wolmer		
10	Madeline Cody	21	Arthur Alexander		
10	Ethan Michael Lachman	21	Lara Balloff		
10	Anabel Quittman	21	Ilana Balloff		
10	Tamar Rubin				

♥ happy ♥
anniversary

1	Lawrence & Samantha Aronowitz	16	Chad & Sara Densen
1	Benjamin & Rachel Mendelsohn	16	Andrew & Julia Weltman
2	Harry & Maggie Kaufman	17	Alex & Erin Brock
6	Harvey & Suzanne Morgan	17	Colin & Gail Halpern
6	Jonathan & Randee Schneider	17	John & Amy Terwilleger
7	Steven & Isabel Berg	17	Leonard & Harriet Zysman
7	Jeffrey & Analeigh Schacknow	19	David & Jan Fox
9	Bruce A. & Marcia W. Levy	19	Jerry & Sheila Grant
11	Frederick & Anne Cogen	19	Irwin & Judith Wrubel
11	Marty & Beth Deitchman	21	Marc & Susan Cohn
12	Adam & Emily Schiff	22	Stephen & Deborah Paul
14	Ira & Dana Effron	23	Jonathan & Christi Chane
15	Alan & Rhoda Edelman		

Welcome our newest members...

Lynda Arnberg and Stephen Margaritov

Rina Dukor

Jill and Ira Gansler

Sara and Gerald Goldstein

Anna Kapustina-Fauci and Family

Susan and Myron Levine

Barbara and David Peltz

Laura Rosenberg Perlman and David
Perlman

Robert M. Reiner

Marcia Rubin and David Golden

Stacy and Jared Tafeen

Evelyne and Daniel Teres

Laurie Winston

Thank you to our January Oneg Sponsors!

Barbara Neuberg and Neil Roberts in appreciation of Temple Judea

Terry and Frank Vaccaro in loving memory of Muriel and Howard Weingrow

Nancy and Stanley Littenberg in honor of Stan's 90th birthday

Allison and Bradley Saft in honor of their daughters, Avery and Skylar, becoming B'Not Mitzvah

TJ GIVES

General Fund

Isabel and Steven Berg

*in loving memory of Elise Berg
in loving memory of Saul Fenichel*

Julie and Dave Buckner

*in memory of Rose Krantz, beloved
mother of Sheree Friedlander*

**Carolyn and Vaughn Cohan
and Bebe Cohan**

in loving memory of Anna Galfond

Rhoda and Alan Edelman

*in loving memory of Stanley
Edelman, brother of Alan*

Beth and Jesse Eisenman

thank you for your donation

Averell Eisner

*in loving memory of my father,
Robert Eisner*

Jane and Jerry Feibusch

*in loving memory of our dear
friend, Judy Bard*

Dale Frey

*in loving memory of my nephew,
Mark Rosenstein*

Brynn and Michael Friedman

thank you for your donation

Jill and Ira Gansler

thank you for your donation

Michele Lax and Barry Garber

*in loving memory of Harold Lax,
father of Michele*

Catherine and Jason Haselkorn

*in loving memory of Marsha
Haselkorn, grandmother of Jason
in memory of Rose Krantz, beloved
mother of Sheree Friedlander*

Bea and David James and Family

*in loving memory of Lisa James,
mother of David*

Marjorie Janicola

*in loving memory of my beloved
father-in-law, Philip Janicola*

Deanna and Robert Katz

*in loving memory of Bruce
Oppenheimer, father of Deanna*

Debbie and Todd Krasnow

*in loving memory of Harriet and
Morton Grossman, parents of
Debbie*

Marilyn and Alan Leroy

*in loving memory of Victor Ellins,
father of Sharon Ross*

Gloria Oppenheimer

*in loving memory of my husband,
Bruce Oppenheimer*

Margery Strauss

*in loving memory of my husband,
Steven Strauss*

Olivia Tartakow

*in loving memory of my mother,
Rose Newins*

Wendy and Justin Tulman

thank you for your donation

Marjorie Lesser Wallen and

Howard Wallen, and Craig and

Renee Lesser

*in loving memory of Harriet
Wainland, beloved mother and
grandmother*

Judith and Irwin Wrubel

*in loving memory of Doris Wrubel,
mother of Irwin*

Rabbi Yaron's

Discretionary Fund

Irene Anderson

*in memory of Bruce Oppenheimer,
beloved father of Deanna Katz*

Barbara and Peter Aschheim

*in loving memory of Max
Aschheim, father of Peter
in loving memory of Pearl B.
Stone, mother of Barbara*

Dr. David Bartos

*in loving memory of my mother,
Eva H. Bartos*

Sandy and Marty Bascove

*in loving memory of Eli Bascove,
beloved father of Marty*

Nancy Benson

*in loving memory of my father,
Sidney Lippman*

Suzanne Chait

*in loving memory of my
husband, Lawrence Magenheim*

Beth Cohen

thank you for your donation

Ellie and Bill Cohen

*in honor of Stewart Alpert's
birthday!*

Gail Star and Roy Erlichman

thank you for your donation

Sheree and Cary Friedlander,

Kandi Friedman, and Vicki

Muschkin

*in memory of our beloved
mother, Rose Krantz*

Phyllis and Neil Jagolinzer

*in loving memory of Charlotte
Jagolinzer, mother of Neil*

Bea and David James and

Family

*in loving memory of our
daughter and beloved sibling
and aunt, Alieen Nancy
Hammond*

Marsha and Richard Kuhr

*in loving memory of Fannie
Kuhr, mother of Richard*

Sue and Gerry Levy

*in appreciation of our special
Sunday "paper boy"*

Alan Loewenstein

*in loving memory of my wife,
Janee Loewenstein*

Debbie and Cary Luskin

*in loving memory of Martin
Mayblum, father of Jonathan
Mayblum*

Adrienne Rosenberg and

Harvey Meranus

*in celebration of Blossom
Fishman's 100th birthday!
Mazel Tov!*

Barbara Pariente

thank you for your donation

Debbie and Steven Paul

in loving memory of Dorothy Bilker Dorman, mother of Debbie in honor of Dale Barzilay's birthday! Mazel Tov!

in honor of Sue Levy's birthday! Mazel Tov!

Charlotte and Norman Plotsky

in loving memory of Dr. Samuel Wilen, brother of Charlotte

Dayle and Allan Rakowsky

Happy travels to Mimi and Ken Heyman with thanks for a wonderful Thanksgiving!

Kathryn Resnick

in memory of Rose Krantz, beloved mother of Sheree Friedlander

Lynda Rothstein

in loving memory of my husband, Martin Rothstein

Annette Schilling

in loving memory of my husband, Donald, from his loving wife

Neil Schlackman

in loving memory of my cousin, Jerome Schlackman

Jeri Siegel

in loving memory of my mother, Marjorie Adler

Ron Singer

in loving memory of my mother, Mary Singer

Steven Susel

in loving memory of my father, Richard Susel

Susan and Ted Tashlik

in loving memory of Milton Forman, father of Susan

Rhonda and Lee Weisberg and the Benson Family

thanking our clergy for their love and support. We are honored to be part of the temple family!

Nancy and Mickey Wollman

in loving memory of Victor Ellins, father of Sharon Ross

Harriet and Leonard Zysman

in loving memory of Julius Lebrecht, father of Harriet

Rabbi Feivel's

Discretionary Fund

Dale and Zvi Barzilay

Happy birthday to Sue Levy!

Sandy and Marty Bascove

in loving memory of Barry Bascove, our beloved son

Richard Ginsburg

in loving memory of my father, Edwin Ginsburg

Joan and Peter Hoffman

in memory of Judy Bard, beloved wife of Gary Bard

Iris and Richard Podell

in loving memory of Arthur Bram, father of Iris

Anita and David Reid

in loving memory of Harold Mogul, father of Anita

Jan and Chuck Silverman

in honor of Peter Hoffman. Mazel Tov on your special birthday!

Rhonda and Lee Weisberg and the Benson Family

thanking our clergy for their love and support. We are honored to be part of the temple family!

Cantor Abbie's

Discretionary Fund

Sheree and Cary Friedlander

in honor of the birth of Cameron Adam Brown, grandson of Karen and Rob Felder

Charlotte and Norman Plotsky

in loving memory of Sam Plotsky, father of Norman Carla and Howard Schwartz in honor of Gene Silverman's 90th birthday! Mazel Tov!

Rhonda and Lee Weisberg and the Benson Family

thanking our clergy for their love and support. We are honored to be part of the temple family!

Camp Fund

Sandra Geller

in loving memory of my brother, Steven John Berry

Gloria Hay Schwartz &

Calvin M. Schwartz

Caring Community Fund

Irene Anderson

thanking the Caring Community!

Isabel and Steven Berg

Mazel Tov to Karen and Rob Felder on the birth of their new grandson!

*Mazel Tov to Shana and Ryan Simovitch on their daughter, Sloane, becoming a bat mitzvah
Mazel Tov to Arona and Bob Landsman on the birth of their great granddaughter Addison Jacquelyn Norman*

Blossom, Mona and Andy Fishman

in loving memory of Claire Bernstein, beloved mother and grandmother

Ruth Gonzalez

*in memory of Rose Krantz, beloved mother of Sheree Friedlander
in honor of Helaine Kahn's special birthday!*

Shannon and Michael Higgins
thank you for your donation

Alesia and John Hoy

*in memory of Rose Krantz,
beloved mother of Sheree
Friedlander*

Helaine Kahn

*in memory of Rose Krantz,
beloved mother of Sheree
Friedlander*

Marilyn and Alan Leroy

*in memory of Shirley LeRoy,
beloved mother of Alan LeRoy*

Lynn Liss

*in loving memory of my aunt,
Lily Fisher*

Anita and Steven Tuber

*in loving memory of my
mother, Phoebe Garelick*

Susan and Douglas Warsett

*thanking the Caring
Community for the valuable
work they do!*

L'Dor VaDor

Endowment Fund

**Sheila Schlaggar and Earl
Abramson**

*appreciating Joan and Peter
Hoffman for delightful dinner
prepared for us - with love and
friendship*

Religious School Fund

Irene Steinberg Anderson
*in loving memory of my dad,
Samuel A. Steinberg*

Karen Felder

*in memory of Rose Krantz,
beloved mother of Sheree
Friedlander*

Amy and Dan Goldstein

*in memory of Rose Krantz,
beloved mother of Sheree
Friedlander*

Ellen Salth

*Mazel Tov to Debra and Seth
Kozak on their daughter, Sarah,
becoming a bat mitzvah
Mazel Tov to Elissa and Jeff
Miller on their son, Chase,
becoming a bar mitzvah
Mazel Tov to Stacy and Lance
Pillersdorf on their daughter,
Harper, becoming a bat mitzvah
Mazel Tov to Stacey and Scott
Podradchik on their son, Adam,
becoming a bar mitzvah
Mazel Tov to Shana and Ryan
Simovitch on their daughter,
Sloane, becoming a bat mitzvah*

Members who donate a minimum of \$18 per dedication to the various funds will be acknowledged in the Voice.

Acknowledgement letters will be sent to your friends and loved ones.

Thank you for your generous support!

General Fund

Rabbi Yaron's Discretionary Fund

Rabbi Feivel's Discretionary Fund

Rabbi Rose's Discretionary Fund

Cantor Abbie's Discretionary Fund

Adult Education Fund

Gloria Hay Schwartz & Calvin M. Schwartz Caring Community Fund

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Temple Judea just secured a very limited number of spots in the new section of UPRIGHT PLOTS in the Garden of Miriam at

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STAR OF DAVID CEMETERY OF THE PALM BEACHES
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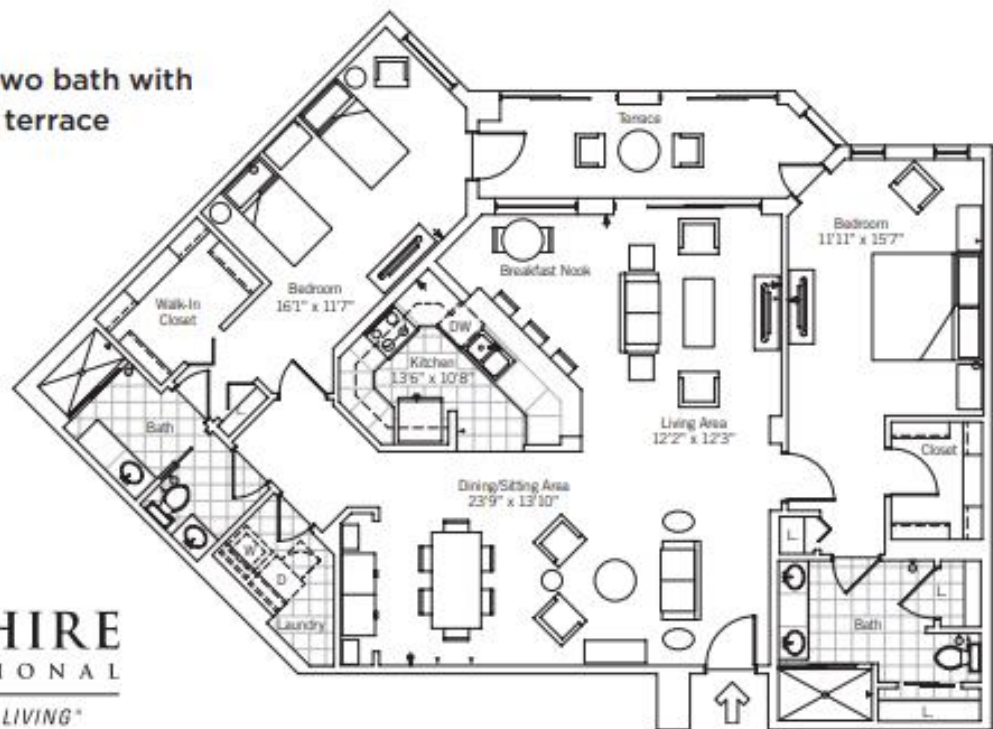
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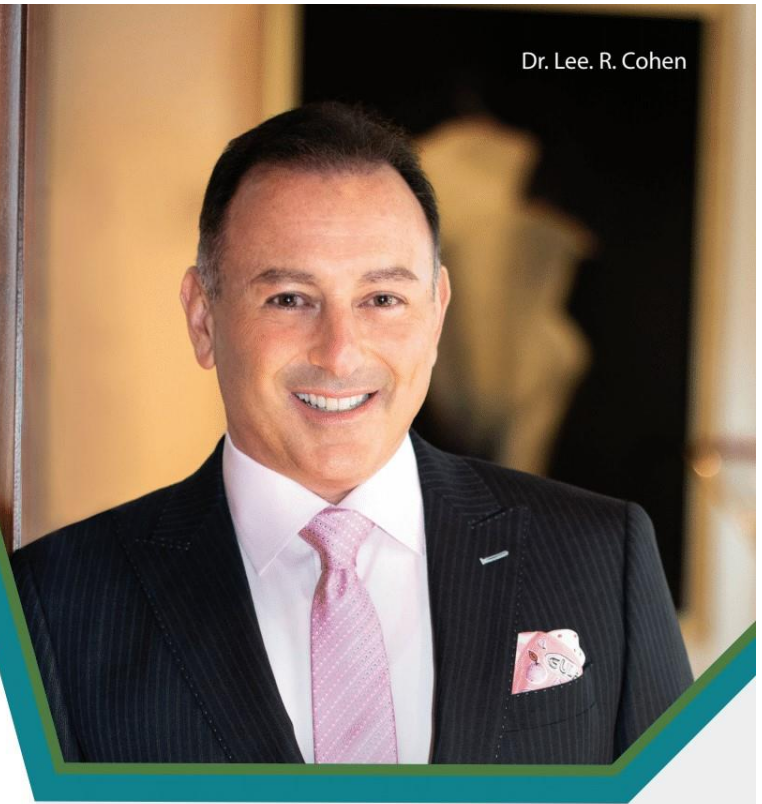


73001-17

Family History of Smiles

Family influences where we go in life. It's no surprise Dr. Lee R. Cohen became a renowned periodontist and dental implant surgeon. Both of his grandfathers were dentists.

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Dr. Lee R. Cohen is a dual board certified in Periodontology and Oral Implantology.

- Past President, Florida Association Periodontists
- Trustee, Florida Dental Association
- Fellow, International College of Dentists
- Delegate, American Dental Association
- NYU Doctor of Dental Surgery and Master of Public Health Policy
- University of Florida Master of Periodontology and Chief Resident, Shands Hospital
- Emory University Bachelor of Biology

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