



## Chesed or Loving-Kindness

by Nicole Katzman, JFGR Executive Director



Nicole Katzman

Recently over the span of just two days, I was notified by my daughter’s high school and my son’s university that two young men have taken their lives by suicide. As a parent, educator and volunteer at the Crisis Hotline, an organization that provides anonymous counseling to people in crisis, my heart aches for the individuals that took their own lives and for their families as they suffer through an incomprehensible loss.

Perhaps it’s a sign of the times, anxiety and depression, as we embark on a second full year of a pandemic that has uprooted our lives and created havoc on our daily routines. The statistics are alarming, five million people have perished globally due to COVID. It is no wonder that children and adults feel the deep pain of isolation, loss and hopelessness.

We just celebrated the holiday of Hanukkah and as I lit my menorah surrounded by family, I was reminded of the beauty of life and the importance of kindness. In the Jewish tradition, kindness is expressed

with the Hebrew word *chesed* (beginning with a “ch” sound, as heard in the name “Bach,” and rhyming with “*bless-ed*”).

*Chesed*, like many Hebrew words, does not translate precisely into English. The

word means more than simply “kindness.” Often translated as “loving-kindness,” *chesed* means giving oneself fully, with love and compassion. The concept of *chesed* appears in the Torah more than 190 times. For this reason, many Jewish thinkers hold the value of loving-kindness up as Judaism’s primary ethical virtue.

I challenge each of you to do an act of loving kindness every day. Help someone who is not in the position to help themselves. A smile, hug or words of positivity make a huge difference in a person’s life who may be going through a challenging time. Making another person feel loved and appreciated is invaluable.

Judaism teaches us to lift up each day and make it special. With acts of *chesed*, we do just that.

Wishing you and yours a HAPPY & HEALTHY Hanukkah!

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## The Language of Longing

By Torri Blue

Across the street from my house is a towering sugar maple, its leaves gone gold for the season. In the morning, when I turn to face it, I get pangs of gratitude that feel almost immortal, creaky and ancient. Whenever I have gone in search of the divine, I have found myself instead face to face with the earth, and all the beauty that fills me with longing. I've found myself face to face with poetry, too.

Longing has many forms—love, wonder, grief, curiosity, even teshuva. It's the wish to see the soul of a moment, to hear its voice, and to respond with our presence.

Sometimes that presence is enough to fulfill longing. When my wife and I light our Shabbat candles each Friday night, it is as a hearty, heavy exhale. At the end of all our busyness, my family huddles together around a fluttering light to say our blessings, to rest and to connect and to look each other in the eye more thoughtfully. So the yearning for this moment is complete.

Other times, there is nothing to fulfill and our longings go unanswered—chronic pain or illness, the uncertainty of living through a pandemic, the loss of a loved one. As my son nears his first birthday, I wish more than anything my grandmother could celebrate him with us. She passed away last year, a couple months before he was born. Some yearning is meant simply to be kept there, tucked quietly beneath the breastbone, to be felt and remembered, and that is the best we can do.

Poetry, I've found, is the language of longing. It's the work of a person who turns to face their own hunger without ambition to crush or control it, but rather to see it, to treasure it, to learn from it, and perhaps to satisfy it on the way.

I write poetry for a living now. And while it's nice to pay bills doing work I love, I'd keep writing regardless of whether or not it was practical, profitable. Creating space in my life for poetry, reading and especially writing it, is among the most precious of my spiritual practices. It's challenged me to not look away from my longing, or yours. It has taught me to befriend my own darkness, to hold my anxiety with peace and patience, to have courage to make amends, love to give a complicated world.

As these days get shorter and nights get longer still, as we muddle through these cold months and contend with all our troubles, I wonder: What might it ignite in us to make a little room each day for a poem?

*And in the deep night  
we light a candle & watch it  
flicker, small & steady.  
It is no sun—no wild inferno.  
But it illuminates our skin as we  
rest, your forehead against mine.  
In the fluttering light we  
see, if nothing else, each other.  
until the morning comes,  
That is enough.*

*Torri Blue is a writer, poet, artist, photographer, and advocate. She sells prints of her poems and writes custom poetry. You can read and purchase her work or get a custom poem of your own at [www.notesontheway.com](http://www.notesontheway.com)*



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Judith Joseph's great  
granddaughter, Beverly,  
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## Financial Focus

# Don't Avoid Taboo Topics with Older Parents

By Chad Zagel, CFP®, AAMS®, JFGR Board Member



Chad Zagel JFGR  
Board Member

If your parents are getting close to retirement age, or are already retired, it may be time to talk with them about financial and aging issues, some of which may involve difficult conversations. For the sake of everyone in your family, don't avoid these "taboo" topics.

You'll need to be careful about approaching these subjects with your parents. Mention ahead of time that you'd like to talk to them about their future plans and reassure them that you want to understand their wishes, so their affairs will be taken care of as they would like.

If your parents are agreeable, choose a location comfortable for them and ask whom they might like to invite (or not invite). Then, think about how to open the conversation, preferably not with what they want to do with their money – this could be interpreted as your seeking information about your inheritance or being skeptical about their financial decisions. Instead, build a broad-based discussion about their vision for their aging years. A series of shorter conversations may allow you to cover topics more comfortably, one by one, rather than trying to solve everything at once.

Try to address these areas:

- **Health care** – You'll want to learn if your parents have established the appropriate health-related legal documents – a health care power of attorney, which gives someone the authority to make important decisions about their medical care if they become unable to do so themselves, and a living will, which spells out the extraordinary medical treatments they may or may not want.
- **Independence** – As people age, they may begin to lose their independence. Have your parents

considered any options for long-term care, such as a nursing home stay, or the services of a home health aide? And do they have plans in place? If they plan to receive support from family members, do their expectations match yours?

- **Financial goals** – Focusing on the personal and financial aspects of the legacy your parents want to leave can be a valuable conversation. Have your parents updated their will or other arrangements, such as a living trust? Have they named a financial power of attorney to make decisions on their behalf if they become incapacitated? Do they have the proper beneficiary designations on their insurance policies and retirement plan accounts? If you can position these issues as being more about your parents' control over their financial destiny, rather than "who will get what," you'll more likely have a productive conversation.
- **Last wishes** – You'll want to find out if your parents have left instructions in their will about their funerals and last wishes. Express to them that you, or another close family member, should know who is responsible for making sure their wishes are met.

Money, independence and aging can be sensitive topics. Don't think you have to go it alone – you can enlist help from another close family member. Or, if you know your parents are working with a trusted advisor, such as an attorney or financial professional, you could see if they'd be willing to have this person participate in your talks. You might even be able to introduce them to one of your advisors.

In any case, keep talking. These conversations can be challenging, but, if handled correctly, can be of great benefit to your parents and your entire family.

*Chad Zagel, CFP®, AAMS®, is a Financial Advisor with Edward Jones, a University of Michigan graduate, and in his free time, Chad enjoys spending time with his family and volunteering*

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## Deck the Halls with Boughs of Challah

By Rob Franciosi



Rob Franciosi

I was sorry when Jewish Theatre of Grand Rapids had to cancel its holiday performance of *Coney Island Christmas*, especially since it's based on a wonderful short story by Grace Paley. "The Loudest Voice" is a memory tale told by character Shirley Abramowitz that centers on her performance in a Christmas pageant staged during the 1930s at her Lower East Side elementary school. Most of the students are Jewish and Shirley, with her big voice, is cast as the Narrator/Jesus, causing much tsuris among her family and neighbors.

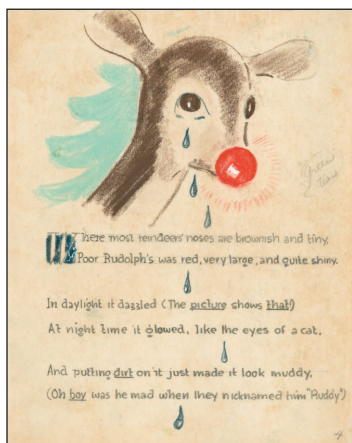
Like the best of Philip Roth, the story combines hilarity with a wicked insight regarding what it means to negotiate Jewishness in America. A child of immigrants, Paley well understood the assimilation pressures "The Loudest Voice" illustrates; but she could not resist poking fun at her parents' generation. "I'm surprised to see my neighbors making tra-la-la for Christmas," says Shirley's mother, which receives a "Ho! Ho!" from her husband, who then says, "Christmas. What's the harm? After all, history teaches everyone."



Indeed, any history of Christmas practices in America over the last 100 years must be told with a Yiddish inflection and include stories like those recounted by my friend Gil Davis, ten years younger than Paley. With his classmates, Gil belted out "Deck the Halls with Boughs of Challah" and schlepped the class Christmas tree given to his older brother, the teacher's pet, down back

alleys of Jewish Detroit to avoid community scandal.

Growing up in New York, I had also heard stories about my great-great grandfather. A learned man with a white beard, Alter Brawer could never understand one annual feature of life in America. "Zantee Claus! Zantee Claus!" he would lament,



"Why do they call me Zantee Claus?"

But Jews have played such a large role in the popular culture of Christmas that American celebrations seem practically a Jewish holiday. Consider "Rudolph, the Red-Nosed Reindeer," a poem originally conceived by Robert L. May, an ad copy writer for Montgomery Ward in Chicago, who was raised in a secular Jewish home. For several seasons Ward's gave away millions of picture books featuring May's red-nosed hero. Eventually the copyright itself was given to May, who in 1947 convinced his brother-in-law Johnny Marks, also Jewish, to set the story to music. Twenty-five million Gene Autrey records later, "Rudolph, the Red-Nosed Reindeer" was forever fixed in America's Christmas consciousness. And Marks, no doubt knowing a good thing when he saw it, went on to write such holiday classics as "Rockin' Around the Christmas Tree," "A Holly, Jolly Christmas" and Chuck Berry's "Run Rudolph Run."



That Jews had created Rudolph surprised me only for a moment—a creation who is viewed as an outsider because of his prominent nose? whose reindeer pal's name sounds like Blintze? If two Jewish boys from Cleveland could bring Superman to our world in the 1930s, when he was so desperately needed across the Atlantic, why couldn't two others imagine a story in which the outsider is both needed and finally welcomed home?

Of the Christmas songs that overwhelm the holiday season, though, "Rudolph," is just one among many penned by Shirley Abramowitz's Jewish brethren: "White Christmas" and "Happy Holidays" by Irving Berlin; "The Christmas Song" ("Chestnuts Roasting on an Open Fire") by Mel Tormé; "Let It Snow! Let

(Cont'd on page 8)



(Cont'd from page 7)

It Snow! Let It Snow!” by Sammy Cahn and Jule Styne; “Silver Bells” by Jay Livingston and Ray Evans; and my favorite, the World War II-era ballad, “I’ll Be Home for Christmas” by Walter Kent and Buck Ram.

How to explain this embrace of the holiday by so many great Jewish tune-smiths? Two forces seemed at play—the power of Tin Pan Alley and Hollywood, of course; but also the culture-wide secularization of Christmas. Or to put it in Michiganian terms, its Frankenmuthanization. Christmas in America has become an orgy of consumption, but is also a celebration of celebration itself to which all are welcome. Sadly, this embracing spirit may be falling victim to our ongoing culture wars. I’ll know it’s beginning to look a lot like Christmas when I read about the latest teen-aged barista who has been harassed for wishing customers “Happy Holidays” instead of “Merry Christmas.”

“Christmas . . . the whole piece of goods,” Shirley’s mother opines, “they own it.” That was certainly true during those tenement years so embedded in Jewish-American memory--but not anymore, and it was Jewish

songwriters who first broke up the monopoly.

For many years my mother hosted a Christmas Eve party which was exclusively attended by her Jewish relatives. I’ll think about them this month and of the tree which was big and encompassing enough to hold both a satin ball of Pope John Paul II—my mother’s nod to her husband’s religion—and popsicle-stick Stars of David her children had made in public school. And I’ll play my favorite Christmas album by Barbra Streisand.



*Rob Franciosi is a professor of English and Honors at GVSU where he teaches courses on the Holocaust and American Literature. Rob welcomes questions or comments about his article. You may contact him at francior@gvsu.edu*

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## A Dress Rehearsal for 2022

By Coach John Robinson

In the world of theater, a dress rehearsal is a time to prepare for an upcoming performance. Many of us make New Year's resolutions. Using December as a dress rehearsal for the new year is a great way to build success and galvanize your support network, particularly if you make resolutions.

Many people cast inspiring New Year's resolutions to achieve ambitious goals in the upcoming new calendar year. A struggle I've heard much about is when people stumble with the goals, causing them to lose momentum or abandon them altogether. That's where using December as a dress rehearsal can help.

One definition in Merriam-Webster for dress rehearsal is, "a practice exercise for something to come". December can be a great chance to practice what you've envisioned your life to be like in 2022. I encourage you to start practicing your New Year's resolutions in December.

The first step is to pick your resolution or resolutions. Think about what you want your life to look like in 2022. Use that thinking to create a "Dream Blueprint" (a vision for what you want your life to look like) for 2022. With that you can find the "One Thing" you should be focused on to make your dream a reality. With that focus, you can create one or more resolutions (I suggest no more than three) that you can follow in 2022. Those resolutions should be realistic, within your reach, and something you can keep working toward even if you stumble.

Here's where the dress rehearsal comes in. You can use each day in December as a chance to live your

resolutions before the New Year starts. Follow through with them like you are in the actual performance. In other words, pretend it is 2022 now. This gives you more chances to really see your resolutions in operation.

The fact that it is a dress rehearsal, meaning still December, you can see where you have stumbled and course correct, tweak your resolutions, or both.

With multiple opportunities to practice and your steps to building new habits, you give yourself the best chance to succeed. You start off January 1 with resolutions that have been tested and a better sense of the routines that will help you follow the path you desire. An added bonus is that you can use December to determine the people you want to call on to assist you in reaching your dream, both professionals and friends. Find those people who will give you the support and expertise you need.

With that, I encourage you to make December a dress rehearsal for the New Year, and a time for gathering people around you who will help you be most successful. New Year's resolutions are very common. Borrow from the world of theater and utilize the tradition of a dress rehearsal to make your preparations for 2022.



Coach John Robinson

*Coach John Robinson serves in multiple ways, including as a Leadership Coach, community volunteer and poet. He invites you to reach out at [info@CoachJohn.help](mailto:info@CoachJohn.help) with any questions or comments.*



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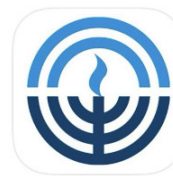
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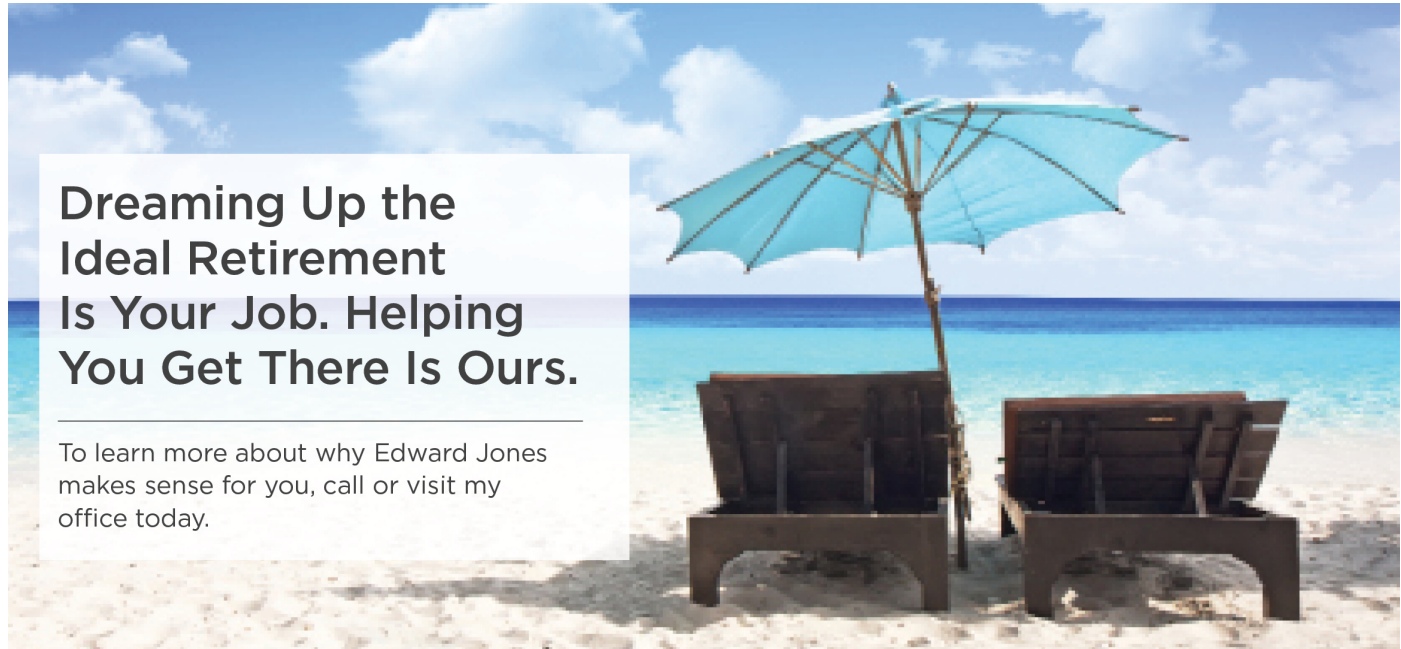


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## Hoot Mukli

By Evan Rossio, Campaign Director, JFGR

Mizrahi Jewish cuisine is a style of cooking of Jews from the Middle East, North Africa, Asia, and Arab countries like Syria, Tunisia, Yemen and Morocco. This month's recipe is from [www.afooda.com](http://www.afooda.com), a website created by Huppit, an Israeli-American mother and foodie, whose grandparents were from Tunisia. Huppit's website is a treasure trove of traditional and new recipes, and her enthusiasm and passion for all things food is infectious.



Evan Rossio

### Hoot Mukli Tunisian Fried Fish with Olives, Preserved Lemons & Harissa Tapenade

#### Ingredients:

[4-6 Servings]

4-6 Fish fillets (Tilapia, Trout, Flounder/Sole,  
Seabass, Mullet)

Lemon Juice (Freshly squeeze)

2/3 cup Semolina Flour

Lemon Zest of one Lemon (about 2 tsp.)

1 tsp. Salt

#### For the Tapenade:

2 tbsp. Olive Oil

3-4 Garlic cloves

1 cup Olives (Mix of your choice)

1 tbsp. Capers

1 pint (about 1-2 cup) Cherry Tomatoes

1 tbsp. Preserved Lemons (finely chopped)

1 tbsp. Harissa (or chopped Red Hot Pepper)

2 tsp. Lemon juice fresh (the juice of 1/2 lemon)

1/2 tsp. Cumin

1/4 tsp. Black Pepper

#### Directions:

Squeeze Lemon Juice onto Fish portions.

Mix Semolina, Lemon Zest and Salt to a unified mixture.

Coat the Fish in Semolina mixture.

Fry Fish portions in Olive Oil on both sides. Remove fried fish and set aside.

Mince Garlic Cloves.

Sauté minced Garlic in Olive oil on low-medium heat for about a minute.

Finely chop Olives, Cherry Tomatoes and Preserved Lemons.

Add Chopped Olives, Capers and chopped Cherry Tomatoes to the pan.

Cook on medium heat for 5-7 minutes.

Add Preserved Lemon, Harissa, Cumin, Black Pepper and Salt.

Cook together for a couple more minutes.

Add freshly squeezed Lemon Juice and cook for an additional minute.

Top fried Fish portions with the warm Tapenade and serve warm.



## News from the Nosh

Thank you to the community members who have submitted recipes for our "cookbook" project. Now that the holiday season is behind us, we'd like to renew our efforts to collect content for the website. Do you have a favorite family recipe? We are also interested in collecting more vegan, Sephardic or Mizrahi recipes. Do you have any recipes from the old country?

We would like to make it easy for you. We are accepting recipes and content via [www.jfgr.org](http://www.jfgr.org) by mailing to the Federation office, or by email: [evan@jfgr.org](mailto:evan@jfgr.org). Please send us your favorite recipes.





## CHABAD OF WESTERN MICHIGAN

CHABAD OF WESTERN MICHIGAN

WEBSITE: [WWW.CHABADWM.COM](http://WWW.CHABADWM.COM) | FACEBOOK &

INSTAGRAM: @CHABADWM | PHONE: 616-957-0770 | EMAIL:

CHABADWESTERNMICHIGAN@GMAIL.COM

All events are subject to change. Please stay safe and reach out if there is anything we can do for you.

**CHECK FACEBOOK @CHABADWM FOR VIRTUAL ZOOM LINKS AND PASSWORDS OR TEXT RIVKA AT 616.206.9654!**

### Weekly Virtual Torah & Tea

For the connection we all need right now.

A Torah Study for ladies with Nechamy.

MONDAY EVENINGS ON ZOOM AT 8:00PM

Meeting ID: 966 6623 3600 Password: jwc

### JEWISH WOMEN'S CIRCLE:

The Jewish Women's Circle brings together Jewish women of all ages and backgrounds to learn, laugh, experience and rejuvenate the mind, body and soul.

For more information or to RSVP go to [Chabadwm.com/JWC](http://Chabadwm.com/JWC) or email [Nechamy8@gmail.com](mailto:Nechamy8@gmail.com)

### LOAVES OF LOVE:

THURSDAY, DECEMBER 16<sup>TH</sup> | 7:30PM

Invite the warmth of Shabbat and the taste of freshly baked Challah to permeate your home. Discover the beauty of the tradition unique to Jewish women. Bake Challah for your own Shabbat table and pass one on to a friend.

### Camp Gan Israel Winter Camp

DECEMBER 20<sup>TH</sup> & 21<sup>ST</sup> | 10:00AM-3:00PM

Why wait for summer to experience the excitement of camp Gan Israel?!

Bring the fun of Gan Izzy right into your winter break!

Camp activities include: Games, cooking, outdoor fun, crafts, sports, Awesome Chanukah and CGI activities, hunts and more!!

For Jewish children Ages 5-12 | \$60 both days (including a hot lunch) | For more information call Sarah at 616.375.9404.

### CTEEN GRAND RAPIDS UPCOMING EVENTS:

CTeen is a part of the fastest growing teen network in the world! It's the place for ALL Jewish high school teens!

For more information about CTeen or to RSVP, contact Rivka at 616.206.9654 or [Rivkahweingarten@gmail.com](mailto:Rivkahweingarten@gmail.com).

### WEEKLY VIRTUAL CTEEN LOUNGE NIGHT:

SUNDAY EVENINGS ON ZOOM AT 8:00PM

Meeting ID: 970 8155 3747

Password: 7Fqhvfln

### CTEEN DAY "HOT CHOCOLATE FOR THE SOUL":

SUNDAY, DECEMBER 12<sup>TH</sup> | 1:00-3:00PM

DIY Hot Chocolate & Soulful discussion.

### CTEEN INTERNATIONAL NYC SHABBATON:

THURSDAY, FEBRUARY 24<sup>TH</sup> – SUNDAY, FEBRUARY 27<sup>TH</sup>

Meet thousands of Jewish teens from around the world for an unforgettable weekend together in NYC!

## 10 REASONS TO VACCINATE YOUR 5-11 YEAR OLD AGAINST COVID-19

1

COVID-19 is a top 10 leading cause of death for this age group. In the US, over 1.9 million 5-11 years olds have been infected, >8300 hospitalized with COVID 19 and 94 children have died.

2

30% of infected hospitalized children had no underlying condition.

3

MIS-C (multisystem inflammatory syndrome in children) is a severe complication of COVID-19 affecting multiple organs. It is most common in this age group.

4

Long COVID occurs in at least 7-8% of children infected with the virus.

5

Myocarditis (inflammation of the heart muscle) is more common and more severe after COVID-19 infection. No post-vaccine cases were observed in clinical trials for this age group.

6

COVID-19 cases in kids have increased dramatically since the Delta variant arose. Vaccines protect again Delta and other variants.

7

Vaccines prevent death and hospitalization from COVID-19 and make COVID-19 illness less severe.

8

Vaccination allows schools to stay open and for kids to stay safely in school and participate in activities.

9

These vaccines are very safe. Long-term side effects are extremely unlikely, including for fertility.

10

The pandemic will only end when enough people have immunity, whether through vaccination or infection. Vaccination is the safer, less risky, less disruptive, and faster way out of this.

By Alison Bernstein, PhD

Assistant Professor of Translational Neuroscience  
College of Human Medicine  
Michigan State University

Co-Founder, SciMoms  
Author and Creator, Mommy PhD



Register online at [shabbaton.cteen.com](http://shabbaton.cteen.com)  
Contact Rivka for more info and a discount code!

### **JLI CLASSES**

Experience Jewish Learning Like Never Before. JLI makes Jewish learning accessible & personally meaningful to every Jew, regardless of background or affiliation.

For more Info or to register go to [Chabadwm.com/JLI](http://Chabadwm.com/JLI) or contact Rabbi Mordechai at 269.903.7916 or [Rabbihaller@chabadwestmichigan.com](mailto:Rabbihaller@chabadwestmichigan.com)

### **FEBRUARY 2022 ~ MEDITATION FROM SINAI. DIVINE SPIRITUALITY TO HELP YOU THINK, FEEL AND LIVE DEEPER.**

This course will explore the world of authentic Torah- and *Chasidus* - based meditation and spirituality in a down-to-earth and accessible way. Capitalizing on the popularity of meditation and mindfulness, this course will expose students to the unique Jewish approach to meditation, give them practical techniques to incorporate these teachings in their lives, and communicate Chasidic teachings in an entirely new light.

### **Gan Yiladim Preschool – Kindergarten**

Gan Yiladim is a licensed preschool for Jewish children ages 2-5 open to the entire Jewish community, regardless of background or affiliation.

Gan Yiladim has been serving the Grand Rapids and nearby Jewish communities, offering a joyful and enriching educational experience to our students while fostering a love for their Jewish heritage.

We take the best of both worlds – secular and Judaic – and blend them into a program that is at once rich, fulfilling, and stimulating.

The Gan believes in nurturing children with the SPICES of life - focusing on their Social, Physical, Intellectual, Creative, Emotional and Spiritual development.

Our students are given tools to find expression in art, music, dance and drama. Through teamwork and friendship-building, the children learn skills for life as they explore and play in a loving and nurturing environment, guided by experienced and dedicated staff.

**For more information or to schedule a tour call Sarah at [616.375.9404](tel:616.375.9404)**



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616-233-9160

[www.westmichigandivorce.com](http://www.westmichigandivorce.com)

### **JText ~ Jewish Trivia for Teens!**

**EVERY MONDAY & THURSDAY AT 7:00PM.**

Be the 7th to answer correctly and win a **\$20 AMAZON GIFT CARD** straight to your phone!

Are you a Jewish teen in grades 6-12 that lives in West Michigan and would like to join?!

**Text “CTEENGR” to 616-207-1218** to be let in on the fun!

### **Jewish Trivia Game for Adults in Western Michigan!!**

It's fun, it's quick, it will stimulate your mind- and best part is?

**YOU ARE COMPETING TOGETHER WITH OUR COMMUNITY AND FRIENDS!**

The 7th player to answer correctly will win a **FREE** bottle of Kosher wine!

Every **SUNDAY & WEDNESDAY AT 7:00PM SHARP** you will receive a TRIVIA question via text message!

Reply with the number you think is correct. The 7th participant to answer correctly wins!

It is amazing watching our community unite together to play, connect, and learn.

**To Join: text “CHABADWM” to 616-207-1218**



### **It's not too late to join a Havurah!**

Young families, Movie watching, Vegan topics, outdoor activities, and more! Do you want to join in on the fun? You can find the Havurah selection form online at [forms.gle/quaZxLaDoWSDq5VX7](https://forms.gle/quaZxLaDoWSDq5VX7), you can fill out the form below and send your responses to the synagogue office, or you can submit your responses by email to Melissa Hillman or Shoshana Jackson.

**Interested in movies? Join the movie Havurah!** From Diane Rayor: The Movie Lovers Havurah watched *Tel Aviv on Fire* (about Palestinians and Israelis) and had a good discussion, very fun. For now, we are doing the movies like the book club (watch it ahead of time and discuss on zoom). The next meeting will be on Dec. 7. Contact me know if you are interested. [rayord@gmail.com](mailto:rayord@gmail.com)

### **Torah Reading with Cantor Fair**

On Tuesdays, beginning January 4, Cantor Fair will teach a six week class on how to chant (or “leyn”) Torah on weekdays and Shabbat. Students will study how to chant, what the trope markings look like, perfect Hebrew-reading skills, and even learn a bit of history behind this sacred and holy art. Contact Cantor Fair ([Cantor@ahavasisrael.org](mailto:Cantor@ahavasisrael.org)) to register.

### **Ahavas Israel Book Group**

February 9, 2022, 7:00 p.m. - *Becoming Eve*, by Abby Chava Stein (non-fiction)

*(Cont'd on page 16)*



“Holy Creator, I am going to sleep now, and I look like a boy. I am begging you, when I wake up in the morning, I want to be a girl...God, you have enough boys. You do not need me to be a boy. I promise, if I wake up as a girl, I will make up for it by having many boys, who will be the most studied and pious boys.”

Abby Chava Stein remembers saying this nightly prayer as a child, which encapsulates much of what makes her memoir captivating: the balance between her love for the Jewish community and Jewish learning, and the restrictiveness of communal norms, the balance of humor and heartbreak in her recollections of growing up, and the core personality of an inventive girl, always hungry for learning, living in a world where inventiveness was frowned upon.  
<https://www.jewishbookcouncil.org/book/becoming-eve>



## News from Temple Emanuel

Our clergy, along with the Board of Trustees of Temple Emanuel, and our entire membership, extend our best wishes to the Grand Rapids Jewish Community for a joyous Chanukah and many blessings as we begin 2022.

We are excited to partner with Congregation Ahavas Israel, the Jewish Federation, and the United Jewish School in welcoming Elana Arian to our community as our Musician-In-Residence during Chanukah weekend, December 5-7.

Join us at Temple for Shabbat Services on Friday evening December 5 at 6:00 PM. Elana will join with Cantor Fair and Rabbi Schadick on the bimah. We ask everyone to bring a menorah and 7 candles to light as part of our service.

Elana will be at Temple on Saturday evening December 6 at 7:00 PM for Havdalah and a festive Chanukah concert. We ask everyone to bring a menorah and 8 candles to light. Take home fresh sufganiyot at the end of the evening.

Our monthly Family Shabbat will take place on Friday evening, December 10 at 6:00 PM. Using a child-friendly liturgy, and lots of music, we extend a hearty invitation for families with children of all ages to join us.

Our next Yoga and Meditation Shabbat is scheduled for Saturday, December 11 at 10:00 AM. Join Jewish yoga and mindfulness teacher Corey Dane for a morning of movement, meditation, and music. RSVP required. There is a charge of \$18 for those who are not members of Temple Emanuel.

Join Rabbi Albert Lewis and Cantor Fair for Shabbat Services on Friday, December 17 at 6:00 PM. Rabbi Lewis is our Rabbi Emeritus.

Shabbat Services for Friday, December 24 and Friday, December 31 will be streamed to the community via our YouTube link. Contact the Temple office for more information. We will not be gathering for services in-person on either of the two nights.

### *Mark your calendar for December Yoga & Meditation Shabbat:*

*Parshat Vayigash  
Saturday, December 11 / 14 Tevet, 10:00 am  
Free For Members, \$18 For Non-Members*

*Please join Jewish yoga and mindfulness teacher (and Cantor Fair's partner!) – Corey Dane – for a morning of movement, meditation, and music at Temple Emanuel!*

*Yoga & Meditation Shabbat provides an opportunity to more fully embody the Saturday morning liturgy through movement, meditation, and song. There will be a mat-based and chair-based option, modifications for all levels, time for silent prayer, commentary on Parshat Vayigash, and a recitation of Kaddish.*

*You're invited to bring your own mat, as well as props like bolsters, blankets, and blocks, to support your practice. We will supply a few sets if you don't own your own. Wear comfortable clothing to allow for ease of movement. No previous experience with yoga, meditation, or prayer necessary.*

*Please note:*

- In order to attend, you must register prior to December 10th, at noon.*
- Park on the street or in the circle drive and enter through the front doors.*
- Doors will lock at 10:05 am. Please be on time.*
- Arrive early enough to settle into the space.*
- Vaccination required.*
- Attendees must wear a mask and maintain a safe distance from others.*

*Yoga & Meditation Shabbat is supported by  
The Roseman Adult Education Fund.*

*Are you interested in sponsoring an upcoming  
Yoga & Meditation Shabbat?  
Email Na'amah: [naamah@grtemple.org](mailto:naamah@grtemple.org)*



## Thank you for supporting the Grand Rapids Jewish Community

**JFGR General Endowment/L'Dor Vador Fund**

**Julian and Judith Joseph Endowment Fund**

*In memory of Janine Fixler Calkins*

David A. Fixler

**Louis & Louise Weiner Fund**

**Jerry & Judy Subar Endowment Fund**

**Charles and Maxine Shapiro Endowment Fund**

**Woman of Valor Endowment Fund**

**Leven Family Endowment Fund**

**David & Susan Samrick Youth Scholarship Fund**

**Lois and Sheldon Kahn Health Help Fund**

**Donna G. Boorstein Memorial Fund**

**Sam and Jane Kravitz Social Services Fund**

**Fox Family Fund**

**The Finkelstein Brothers Fund**

**Henry Pestka Memorial Fund**

Life cycle times, both happy and sad, are traditional times to make donations to Jewish causes. You can make a donation of \$10 or more to the Jewish Federation of Grand Rapids in honor or in memory of members of our community.

We then will acknowledge that donation with a card to that individual or family. This is a wonderful way to send your good wishes and be able to fulfill the mitzvah of tzedakah.

Please be sure to indicate what the occasion is and who is to receive the card. Please specify which of the following funds you would like your donation to be credited to:

**Woman of Valor Fund** To honor the women in our lives who have made a difference personally, locally or nationally.

**Federation General Endowment/L'Dor Vador Fund** To help ensure the continued work of the Jewish Federation of Grand Rapids for now and the future.

**Julian and Judith Joseph Fund** To provide for local programming and events through the Jewish Federation of Grand Rapids.

**David and Susan Samrick Youth Scholarship Fund** To provide scholarships to Jewish sleep away camps and experiences.

**Charles and Maxine Shapiro Fund** To help ensure long-term aid to Israel and Jews around the world.

**Louis and Louise Weiner Fund** To help ensure local programming for seniors in the Grand Rapids Jewish community.

**Jerry and Judy Subar Fund** To help ensure funding for overseas Jewish communities' needs.

**Leven Family Fund** To establish and provide Jewish facilities, and support for cooperative programming among the congregations that support Jewish education for our youth.

**Sam and Jane Kravitz Social Services Fund** To support Jewish social services in Grand Rapids.

**Donna G. Boorstein Memorial Fund** To help ensure funding for Jewish arts, culture and history in Greater Grand Rapids.

**Lois and Sheldon Kahn Health Help Fund** To support health services for Jewish community members not covered by other financial resources.

**Fox Family Fund** To ensure that the PJ Library, a program of the Harold Grinspoon Foundation, for children ages 6 weeks- 12 years old, remains in the Western Michigan community and to provide high-quality educational children's programs.

**The Finkelstein Brothers Fund** Mort, Raleigh and Edward's commitment to educate the residents of Michigan about the Jewish families that settled in West Michigan during the mid 1800s through community events and educational programs.

**Henry Pestka Holocaust Memorial Fund** To make certain that the Holocaust is an essential part of the human story forever through educational programs and events that teach awareness, compassion and to ensure these inhumane acts against humanity never happen again.

*Make a tribute gift to  
Thank, Honor, Memorialize  
friends and loved ones.*

### JFGR Endowment Fund Donation Form

Donation from: Name \_\_\_\_\_

Fund (pick from list) \_\_\_\_\_

Donor Address \_\_\_\_\_

In honor of \_\_\_\_\_

Donor City/St/Zip \_\_\_\_\_

In memory of \_\_\_\_\_

Send card to: Name \_\_\_\_\_

Notes: \_\_\_\_\_

Send card to address \_\_\_\_\_

Send your donation and this form to:

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## The Shofar

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[www.jewishgrandrapids.org](http://www.jewishgrandrapids.org)  
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**Next Issue's Information Deadline:  
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