



## A New Year Greeting from David Alfonso *JFGR Board Chair*



David Alfonso, MD

As we approach the end of 2021 many of us think about the resolutions we made that we achieved and those that we fell short of achieving. Even though we celebrate the Jewish New Year on Rosh Hashanah many of us view the secular new year as a fresh start. It is human nature to want to make changes in the year ahead, especially in areas of improvement in our personal lives. Experts say that the reason so many of us fail to meet our resolutions is that we often aim too high and create goals that, while lofty, are too overwhelming to accomplish. This year I would like to propose to all of you to make a resolution that is easy to achieve, and I believe will help you feel more fulfilled in 2022. Lets all make a resolution to do one more thing than the previous year to help live a Jewish life. If you never attended any shabbat services last year, resolve to attend at least one or more, in one of our houses of worship. If you only attended one event, whether in person or virtual, resolve to attend one more the next year. If you were generous enough to contribute to our campaign, resolve to give more for 2022. Resolve to perform one more mitzvah in 2022 than you did in 2021. All of these things are achievable if the desire is present. Making small resolutions and following through on them creates a feeling of accomplishment that can be used to tackle bigger goals. It creates a positive feedback cycle of good deeds that builds over time.

Lastly, look back on the challenges that we have faced as a nation and a community over the last year and be able to be thankful for what you have achieved in your lives in the face of adversity, rather than what you fell short of accomplishing. Meaningful changes in our lives are created by building on small successes that lead to larger ones. It's great to think big, but remember the small achievements you performed as well. If we can also resolve to do one more mitzvah and one more Jewish act our community will be a much better place because of all of our actions.

Best wishes for a happy and healthy 2022.

David

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**Our Mission:**

Jewish Federation of Grand Rapids unites the local Jewish community to sustain and strengthen Jews locally, in Israel and around the world.

This mission is accomplished by providing services to the community and through fundraising and allocation efforts.

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**Campaign Update**  
from **Linda Pestka,**  
**Campaign Chair**



*I am pleased to report that Campaign 2021, Branches of Giving, is off to a great start! Since our Kickoff Event with Randy Herman in October, donations have been steadily increasing. As of December, between pledges and gifts we are at approximately \$451,000 of our \$500,000 goal.*

*However, our work is not finished. Our community is still affected by the pandemic, and the need for social services is on the increase. Our programming for all ages, from PJ Library to Senior Schmooze, continues to rely on our support, as do our global initiatives and ties to Israel.*

*I'd like to thank those of you who have generously pledged and donated, and I ask those who are able and have not yet supported Federation help us achieve our 2021 goal by making your gift. Remember, any amount you increase - and any NEW pledges - will be matched by a generous grant from the **Louis and Helen Padnos Foundation**. And, if you are under 50 years of age, it will ALSO be matched by a generous grant from the **Hy and Greta Berkowitz Foundation**. The Jewish tradition of giving is strong, and tzedakah is an important part of our culture and religious identity. If we will not take care of our own, who will? Please continue to strengthen and grow the branches of our tree!*

*Linda*

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## Temple Emanuel Food Bank

In 1987, Temple Emanuel set up a food pantry in partnership with Feeding America. Since then, the food pantry has continuously served folks, who face food insecurity and who meet the poverty guidelines as defined by the USDA. The pantry distributes food on the third Wednesday of the month but is always open, by appointment, to anyone facing an emergency. Each month our statistics reveal that more than 50% of those benefiting from the program are seniors over 60 or children under 18.

The critical element in providing this service is the dedicated support we receive from the Federation and the community at large. Year after year supporters have sustained this Tikkun Olam project through donations of cash, food, and their time. Donors and volunteers are at the very heart of the food pantry and ensure our success.

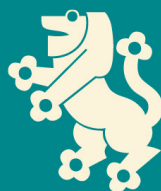
Each month clients receive 5 pounds of meat, fresh produce, grocery items, and personal care items. During the winter, our clients especially appreciate **oatmeal cereal, and hearty soups. Also needed are tuna fish, Mac & Cheese, pasta sauce, rice, and personal care items such toothbrushes and toothpaste, and diapers especially sizes 1 and 2.**

However you might choose to help the food pantry, know that you are making someone else's life a little less stressful. Thank you for helping to repair the world.

We distribute food on the third Wednesday of every month (unless it conflicts with a Jewish holiday). Contributions can be made to Temple Emanuel 1715 E. Fulton Grand Rapids, MI 49503. For more information contact Mary Kaneti or Burt Bach at [info@grtemple.org](mailto:info@grtemple.org).

## A celebration of powerful women with powerful impact

The 50<sup>th</sup> Anniversary of the Lion of Judah kicks off with our **Women Making History** celebration on **January 9th at 7pm ET**



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## Financial Focus

# Retirees Fear Becoming a Burden

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



Chad Zagel JFGR  
Board Member

It's human nature to want to make things easier for our loved ones – and to have great concern about adding any stress to their lives. In fact, 72% of retirees say that one of their biggest fears is becoming a burden on their families, according to the Edward Jones/Age Wave *Four Pillars of the New Retirement* study. How can you address this fear?

First, don't panic. In all the years leading up to your retirement, there's a lot you can do to help maintain your financial independence and avoid burdening your grown children or other family members. Consider these suggestions:

- *Increase contributions to your retirement plans and health savings account.* The greater your financial resources, the greater your financial independence – and the less likely you would ever burden your family. So, contribute as much as you can afford to your IRA, your 401(k) or similar employer-sponsored retirement plan. At a minimum, put in enough to earn your employer's matching contributions, if offered, and increase your contributions whenever your salary goes up. You may also want to contribute to a health savings account (HSA), if it's available.
- *Invest for growth potential.* If you start investing early enough, you'll have a long time horizon, which means you'll have the opportunity to take advantage of investments that offer growth potential. So, in all your investment vehicles – IRA, 401(k), HSA and whatever other accounts you may have – try to devote a reasonable percentage of your portfolio to growth-oriented investments, such as stocks and stock-based funds. Of course, there are no guarantees and you will undoubtedly

see market fluctuations and downturns, but you can help reduce the impact of volatility by holding a diversified portfolio for the long term and periodically rebalancing it to help ensure it is aligned with your risk tolerance and time horizon. Keep in mind, though, that diversification does not ensure a profit or protect against loss in a declining market.

- *Protect yourself from long-term care costs.* Even if you invest diligently for decades, your accumulated wealth could be jeopardized, and you could even become somewhat dependent on your family, if you ever need some type of long-term care, such as an extended stay in a nursing home or the services of a home health care aide. The likelihood of your needing such assistance is not insignificant, and the care can be quite expensive. In fact, the median cost for home health services is nearly \$55,000 per year, while a private room in a nursing home can exceed \$100,000, according to Genworth, an insurance company. To help protect yourself against these steep and rising costs, you may want to contact a financial professional, who can suggest an appropriate strategy, possibly involving various insurance options.
- *Create your estate plans.* If you were ever to become incapacitated, you could end up imposing various burdens on your family. To guard against this possibility, you'll want to ensure your estate plans contain key documents, such as a financial power of attorney and a health care directive.

It's safe to say that no one ever wants to become a financial burden to their family. But putting appropriate strategies in place can go a long way toward helping avoid this outcome.

*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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## Caught in Ice, Light, Silence

By Rob Franciosi

January is the month that tries our souls. Often bringing the year's worst weather, it turns post-holiday deflation into a sense of lingering dread, a looming despair fueled by bitter winds, interminable lake effect snow, and some of the calendar's shortest days.

Each January the physical cold I feel is at times accompanied by the harsher and icier winds of history. Sometimes they buffet me as I walk across a frozen parking lot in Allendale, or crunch my way through



drifting snow between buildings. More often they penetrate a warm classroom or the harbor of my office, when I pause to remember

the many thousands who once marched through the snows of Poland in 1945.

For a host of reasons, Yom Ha Shoah, which usually falls in April, has become the day when most Jews mark the Holocaust, but I sometimes think that in our northern clime January 27th, designated by the United Nations as International Holocaust Remembrance Day, may be the more appropriate commemorative choice. For on that date in 1945 troops of the Red Army liberated Auschwitz-Birkenau.

Liberation, though, is a misnomer, as ten days before the Nazis had evacuated nearly all the camp's prisoners, some 56,000 men and women, marching them west into the Polish winter. Elie Wiesel has written eloquently in *Night* of this infamous death march, though he seldom lingers over the cold felt by the malnourished and rag-clad victims. Still, when teaching *Night* during a Michigan winter, I always try to bring home this section to my students, asking them to imagine setting out, right then, without their North Face coats and Ugg boots, for a march through the snow to Big Rapids. With no food or water, with Germans shepherds tearing at their heels, and with pistol shots for those who could not continue.

In Dante's *Inferno* the deepest center of Hell is a vast frozen lake. Six hundred years later, what the poet

could only imagine had been enacted on the windswept plains of Poland. Among the many survivor accounts of Auschwitz there are some common observations: spring was a time of viscous mud that grabbed the prisoners' wooden-soled clogs; summer was the season when the camp's pestilential smell hung over them like a fog; but it was winter that most tormented them. Primo Levi, writing of the onset of winter 1944-45, recalls thinking that it would kill seven out of ten prisoners and that "whoever does not die will suffer



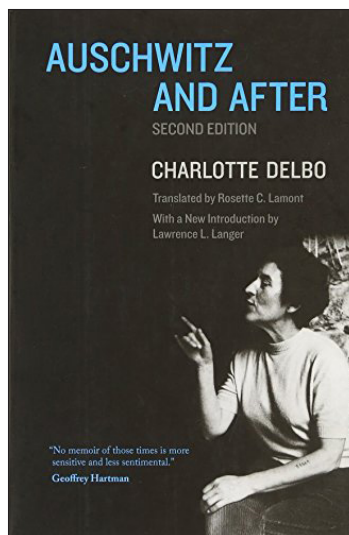
minute by minute, all day, every day." In fact, the very word "winter," he argues, seems inadequate to what the prisoners endure. "Just as our hunger is not the feeling of missing a meal, so our way of being cold has need of a new word," Levi writes. "If the Lagers had lasted longer a new, harsh language would have been born; and only this language could express what it means to toil the whole day in the wind, with the temperatures below freezing, wearing only a shirt, underpants, cloth

jacket and trousers, and in one's body nothing but weakness, hunger and knowledge of the end drawing near."

Writing in the wake of his liberation, Levi could not have known that a French woman, who had faced even harsher conditions at Birkenau, was also struggling to find new combinations of words to describe what winter had meant there. Charlotte



Rob Franciosi

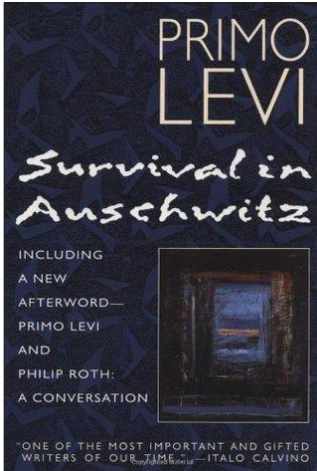


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Delbo was not a Jew, and had been sent to Auschwitz in January 1943 as part of a group of 230 women, nearly all of them political activists. Her account of the first winter she endured there comprises much of *None of Us Will Return*, a searing account she wrote in 1946, but declined to publish until twenty years later.



In one section she strives to convey the sensations of standing at roll call amidst the frozen Polish landscape. “The sky is blue, hard, and glacial. One thinks of plants caught in ice,” she writes. “It must happen in the Arctic region, when the ice even freezes underwater vegetation. We are frozen

in a block of hard, cutting ice, transparent like a block of pure crystal. And this crystal is pierced by light, as if the light were frozen within the ice, as though ice were light.”

With more of a poetic sensibility than chemist Primo Levi, she pushes figurative language almost to the breaking-point, as if only such excess could convey what she terms the “deep memory” of Auschwitz. She describes the light as “motionless, wounding,” the “light of a dead planet,” but then settles on evoking the sensations of her comrades as they stand for hours in the Polish winter: “Immobile in the ice wherein we are caught, inert, unfeeling, we have lost all living senses. Not one of us utters, ‘I’m hungry. I’m thirsty. I’m cold.’ Ferried over to another world, we are subject

to drawing breath in another life, we the living dead caught in ice, light, silence.”

Central to Dante’s scheme for his *Inferno* is the idea that all punishments suffered there are just, are based on sins committed in life. With her stark echo of Dante—a figure central to Levi’s own book—Delbo depicts a Hell in which sin rules, not justice, in which the innocent are trapped in its frozen center.

In his poem “Shema,” Levi addresses us directly, we who “live safe” in our “warm houses,” who return each night to “hot food and friendly faces,” entreating us not just to remember those who suffered in the Holocaust, but figuratively to affix reminders of their stories to the doorposts of future generations. “Carve them in your hearts” he entreats, “repeat them to your children.” And so, when late January comes, I gird myself against winter’s harshness, and in my heart join the marching thousands.

*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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Judith Joseph’s great granddaughter, Beverly, playing with her new Torah toy.



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# Social Services Update: Year in Review

By Julianna Schrier, JFGR Community Coordinator

The Jewish Federation of Grand Rapids has been working diligently on a variety of community outreach and social service projects. These social services are provided by JFGR to assist people who are in need in the community. During these unprecedented times, we have focused on the emotional and physical well-being of our local Jewish community.

In 2021, we have:

- Provided over 100 rides for community members to doctors appointments, grocery stores, and other essential locations. We are grateful to the Ravitz Foundation for a grant that has allowed us to provide transportation to community members.
- Distributed over \$2500 in gift cards for the Hanukkah Adopt-A-Family program, thanks to the generosity of Meijer and our outstanding community members who assisted families in need. Gift cards were distributed November 2021.
- Organized and facilitated a virtual seminar for local medical professionals to discuss the importance of children getting the COVID-19 vaccine that has garnered over 80 views. This seminar was made possible thanks to our collaboration with *Alison Bernestin, PhD*, and participation of the panelists: *Eve Bloomgarden Pfanzelter, MD, Jenny Bush, MD, Brian Hartl, MPH, and Cantor David Fair.*
- On November 18, 2021, facilitated a Unity, Equity and Inclusion training for the Kent County Department of Health & Human Services, on the history of the Holocaust and Jewish experience. Thank you to: *Linda Pestka, JFGR Board Member, Steve Pestka, community member, Rob Franciosi, Grand Valley State University English & Honors*

*Professor, and Nicole Katzman, Executive Director, Jewish Federation of Grand Rapids.*



Julianna Schrier

- Collected clothing and household items for families and individuals who had special medical circumstances and needed emergency supplies.
- Continued to provide concierge service to individuals in search of local doctors, assisted care, crisis intervention, counseling, pet care, appliance repair and more.
- Offered emotional support to community members in need of a virtual hug.
- We are excited to introduce Senior Schmooze - a pilot program that will begin in January 2022, that will deliver retired members of the community with a FREE Shabbat meal. Visit [www.jfgr.org](http://www.jfgr.org) to fill out the registration form. Thank you to the Ravitz Foundation for this generous grant

*“Tzedakah and acts of kindness are the equivalent of all the mitzvot of the Torah” – Jerusalem Talmud, Pe’ah 1:1*

Thanks to your continued support, we are able to offer assistance to the most vulnerable members of our community 24 hours a day, 7 days a week.

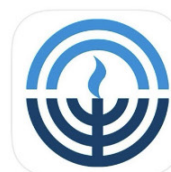
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## Camp Tavor: Summer Fun, Lessons for Life!

By Randy Lubratich, Community Engagement Coordinator for Camp Tavor

Sometimes, as the weather starts to change and the leaves begin their descent into fall, I like to stand outside, close my eyes, and see myself standing on the



beach of the lake at Camp Tavor. An easy feeling washes over me bringing peace and calm.

After the last two years, who

couldn't use a bit of an escape! COVID has upended our lives and chipped away at us all in ways we may never fully comprehend. But there is a place where kids can recapture some peace and simply be themselves.

At Camp Tavor in Three Rivers, campers do learn to be more independent, critical thinkers, but they also get to put the stresses of life behind them for a short time and just be kids, disconnected from computers, cell phones, and extracurriculars. They get to plug in to nature, community, and friendships. That is the *kesem* (magic) of camp, a healthy combination of nature and nurture and recovery. That recovery was present this

past summer. With the support of staff, our medical/health committee, and parent partnership, we were able to implement safety protocols that helped us provide a full, robust COVID-free summer program.

"I started coming to Tavor in 2012. Since then, I have spent 8 amazing summers at Tavor and can't wait to go back for my 9th! Camp Tavor is truly a second home to me and every year when I arrive for the summer, it feels like I'm coming home." Recalls Miriam Chrenka, 18, current freshman at University of Michigan in Ann Arbor. "Growing up in Grand Rapids, I was the only Jew in my grade at school. Having a special space where I didn't have to explain to other kids why I eat kosher, or why I celebrate Shabbat was an amazing change for me."

Camp Tavor strives to be a nurturing and inclusive community. A place where kids have fun being themselves while developing a strong sense of social and environmental responsibility, a caring connection with Israel, and a positive personal Jewish identity.

"Going to UJS on Sundays was great to be able to interact with other Jewish kids like me, but camp was where I truly felt like I could explore my Jewishness,"



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says Miriam. “This year was my first year on staff, and I loved having the experience to create the magic for others that I had for my

years as a camper. Seeing first time campers excitedly experience the classic Tavor kef (fun) for the first time, from singing silly songs after meals, to learning rikkud dances (Israeli folk dances we do on Friday night), throwing people in the lake, and all the daily silliness, made me realize how incredibly special of a space Tavor is.”

Camp Tavor blends its programming of social justice and inclusion with all the fun summer can offer like swimming, boating, paddle boarding, arts and crafts, music, singing and dancing. Akin to Kibbutz-living, Tavor campers also take care of their communal space through avodah (work).

Whether they’re cleaning the bathrooms, helping to prepare meals, or working the farm and caring for the animals, avodah offers a unique sense of self and a true understanding of community under the blanket of Judaism and Jewish values.

Camp Tavor offers enriching varied summer programs from one week to 5-weeks long for campers entering grades 2 through 10! Through our Small Communities Incentive we are able to also offer families in Kent County up to \$1500 off tuition for Summer 2022 and guarantee equal funding for Summer 2023. We understand that our kids need camp now more than ever and Camp Tavor is committed to being there for our campers and empowering the next generation of Jewish leaders.

“Spending my summers at Camp Tavor has shaped me as a person and helped me to develop a strong sense of self.” Miriam reflects, “Tavor has taught me compassion, the power of teamwork, and so much more. I am so grateful to have grown up with such an amazing place like Tavor, and I can't recommend it enough for others!”

*Randy Lubratich spent 15+ years at a summer camp in Vermont as a camper and counselor and following 25 years as a Television Media professional was delighted to return to the world of Jewish summer camp to inspire more generations of campers. She can be reached at [Randy@camptavor.org](mailto:Randy@camptavor.org) or 269-215-1399.*

### David and Susan Samrnick Youth Scholarship Fund

Your child may qualify for a camp scholarship through the David and Susan Samrnick Youth Scholarship Fund of the Jewish Federation of Grand Rapids. Applications are available on our website at [www.jfgr.org](http://www.jfgr.org), or by request by emailing [nicole@jfgr.org](mailto:nicole@jfgr.org) or calling (616) 942-5553. **Your completed application must be received by March 15, 2022.**

All applications will be reviewed by a scholarship committee and kept confidential.

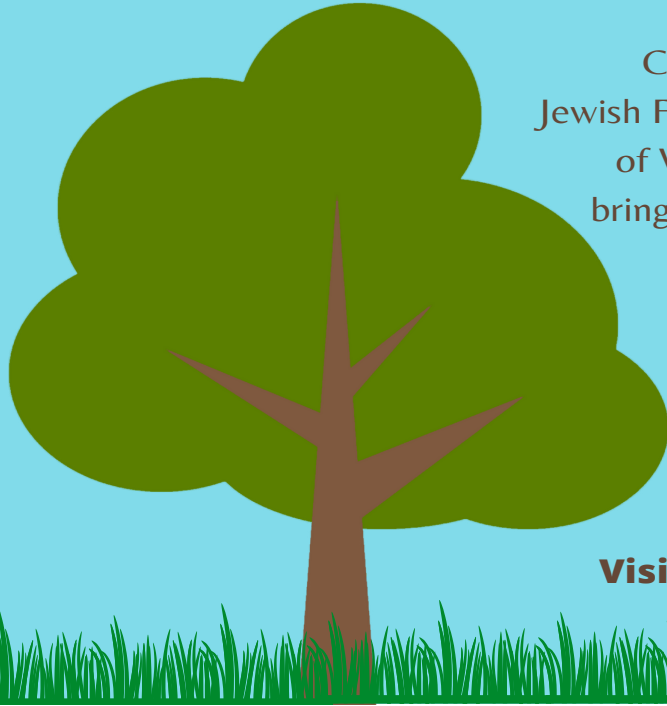


If your child is enrolled in PJ Library and attending an overnight summer camp for the first time, you may be eligible for up to \$1,000 in scholarships! Visit [onehappycamper.org](http://onehappycamper.org) for more information on eligibility, award details, and how to apply. Check out the [PJ Goes to Camp](#) page on [pjlibrary.org](http://pjlibrary.org) for additional details.





# Save the Date: Community Tu B'Shevat Seder, January 16, 2022



Congregation Ahavas Israel, Temple Emanuel, Jewish Federation of Grand Rapids & Chabad House of Western Michigan are partnering together to bring the community a virtual Tu B'Shevat Seder, the New Year for trees, on January 16.

The clergy will lead a service, available on January 16. A special PJ Library Tu B'Shevat program will be available for children. Fruit and juice will be available

**FREE to community members!**

**Visit [JFGR.org](http://JFGR.org) to sign up for your platter.**



# KEEP MICHIGAN SMILING

Mark L. Jesin, DDS

A.J. Lytle, DDS

At **Advanced Oral Surgery & Dental Implant Studio**, patients achieve healthier, happier smiles. We operate in-house as both a surgical office and dental lab, bringing patients expedited care and personalized results. We are passionate about delivering a phenomenal patient experience and use advanced technology in all facets of surgery, including dental implant surgery under computer guidance, full mouth smile reconstructions, wisdom teeth removal, and many other procedures. If you have any oral surgery needs, our board-certified oral surgeons are here for you and dedicated to your smile and oral health.



## Lentil-Bulgur Salad

By Evan Rossio, Campaign Director, JFGR

The holiday of Tu B'shevat, celebrated this year on the evening of January 16th through the evening of 17th, is considered the "New Year of the Trees." Tu B'shevat has become a symbol of Jewish attachment to the State of Israel as well as Jewish sensitivity to the environment. On Tu B'shevat it is customary to eat species of fruits and nuts native to Israel, like wheat, barley, grapes, figs, pomegranates, olives and dates. To help celebrate this Jewish Arbor Day, here is a recipe adapted from Mollie Katzen's Moosewood Cookbook.



Evan Rossio

### Lentil-Bulgur Salad

- |                                      |  |
|--------------------------------------|--|
| 1 c dry bulgur                       | 1/3 c finely minced shallots or red onion  |
| 1 c boiling water                    | 1-2 medium bell peppers, finely minced (I used a combination of colors)            |
| 1/4 c olive oil                      | 1 stalk celery, finely minced  |
| 1/4 c lemon juice                    | 1/2 c chopped Kalamata olives  |
| 1 t salt                             | 1/2 c crumbled feta  |
| 1/2 t oregano                        | 1 can diced tomatoes w/basil, garlic & oregano,<br>drained (or 1 med diced tomato) |
| 2 t dried mint (or 2 T fresh mint)   | 1/2 c toasted walnuts  |
| 2-3 dried dill (or 2-3 T fresh dill) | lemon wedges for garnish   |
| black pepper to taste                |  |
| 1/4 c minced parsley                 |  |

#### Directions:

Bring water and lentils to boil, then simmer partially covered for about 20 minutes until tender, but not mushy. While the lentils cook, put the bulgur in a bowl, add boiling water, & cover with a plate for about 15 min.

Transfer the lentils and bulgur to a large bowl. Add the remainder of ingredients, except for tomatoes, feta and walnuts. Cover tightly and refrigerate. Mix in tomatoes, walnuts & feta (unless you want it vegan). Garnish with lemon wedges.

This is a good base recipe to add other ingredients like cucumber, broccoli, quinoa, vinegars, pomegranate, and dates. Chag Sameach!



### News from the Nosh

Exciting news...we are going to be building the site in the next two months and plan on going live before spring! Thank you for continuing to submit recipes. We are looking for the following categories: appetizers, mains, desserts, Passover & holiday, Vegan/Vegetarian, sides, and international (e.g. Russian, Sephardic, Mizrahi, "old country" etc.)

A reminder that we are accepting recipes and content via [www.JFGR.org](http://www.JFGR.org), mailing to the Federation office, or by email: [evan@jfgr.org](mailto:evan@jfgr.org). Keep them coming!





## 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](mailto: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

### VIRTUAL TORAH CLASSES

**TUESDAY EVENINGS ON ZOOM AT 7:30PM**

For more Info or for zoom information, please contact

Rabbi Mordechai at [269.903.2770](tel:269.903.2770) or [Rabbihaller@chabadwestmichigan.com](mailto:Rabbihaller@chabadwestmichigan.com)

### 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 CTTeen 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 "ART WITH HEART":*

**SUNDAY, JANUARY 9<sup>TH</sup> | 1:00-3:00PM**

Create Motivational Canvas art for people in the hospital.

*CTEEN PRE-SHABBATON MEETING:*

**SUNDAY, FEBRUARY 13<sup>TH</sup> | 7:00PM**

A Session for teens and their parents.

*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!

Register online at [shabbaton.cteen.com](http://shabbaton.cteen.com)

Contact Rivka for more info and a discount code!

### CTEEN JUNIOR UPCOMING EVENTS:

For Jewish teens Grades 6-8. To RSVP or for more info contact Rivka at 616.206.9654

*CTEEN JUNIOR - HAPPY BIRTHDAY BASH:*

**SUNDAY, JANUARY 9<sup>TH</sup> | 4:00PM**

*CTEEN JUNIOR - PIZZA PARTY:*

**SUNDAY, FEBRUARY 20<sup>TH</sup>\* (Please note date change\*) | 4:00PM**

### 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/](http://Chabadwm.com/) JWC or email [Nechamy8@gmail.com](mailto:Nechamy8@gmail.com)

### *TU B'SHVAT/CHEESE BOARD CREATIONS:*

**MONDAY, JANUARY 10<sup>TH</sup> | 7:30PM**

Design a cheese board with your own personalized style. Come home with an artistically packaged bundle of goodies.

### NEW 6 WEEK JLI COURSE

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

**SIX WEDNESDAY EVENINGS: 7:30-9:00PM | CLASSES BEGIN ON WEDNESDAY, FEBRUARY 2<sup>ND</sup> 2022**

VIRTUAL OPTION ON TUESDAY EVENINGS VIA ZOOM | STARTING ON FEBRUARY 1<sup>ST</sup> AT 7:30PM

**Fee: \$99 (textbook included) | \$180 Sponsor**

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)

### BEAUTIFUL TU B'SHVAT DRIED FRUIT TRAYS

Available at Gan Yiladim Preschool

Donation \$20 Each or 3 for \$55

For more information and to order your trays, visit our website at [ChabadWM.com/TuBShevat](http://ChabadWM.com/TuBShevat) or contact Sarah at 616.375.9404.

### 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**

### 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**



*Ahavas Israel invites you to join us in conversation, social action, learning, and celebrations!*

**AHAVAS ISRAEL BOOK GROUP**

February, 2022 - Becoming Eve, by Abby Chava Stein (non-fiction)

"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>

**SOCIAL ACTION ACTIVITY:**

- **The Center for Community Transformation** is a collection of organizations working primarily with young people of color. Their mission is to develop, rebuild, and restore that sector of our city. If you are interested in volunteering, please contact Rabbi Krishef at Rabbi@AhavasIsraelGR.org or 616-949-2840.

**RABBI KRISHEF'S STUDY GROUPS AND CLASSES**

Sunday mornings, 9:00 - 10:00 "Foundations for a Thoughtful Judaism." Meeting at Temple Emanuel in a classroom, second from the end of the school wing, on the left side.

**MARK YOUR CALENDAR FOR NATIONAL EAT ICE CREAM FOR BREAKFAST DAY SATURDAY, FEBRUARY 5, 2022**

**MARK YOUR CALENDARS FOR PURIM**

Wednesday night, February 16

- Dinner
- Joint Purimshpiel, Temple Emanuel and Ahavas Israel
- Two Megillah readings/experiences, one by Ahavas Israel, one by Temple Emanuel



**SHABBAT SERVICES, SERVICES ARE AT 6PM**

**Friday, January 1 – pre-recorded and streamed at 6:00pm**

Happy New Year!, No In-Person Service

**Friday, January 7**

Torah will be read by Jack Novick

**Friday, January 14**

**A celebration of Dr. Martin Luther King Jr.**

Pastor James Jones will be our guest speaker

Darius Colquitt will be our guest singer

Special Tu B'Shevat Take-Home Oneg

**Friday, January 21, Family Shabbat Service**

Mishkan T'filah for Youth Prayer Book

Birthday and Anniversary Blessings

**Friday, January 28, Shabbat Shira Service**

More music than ever to celebrate the Sabbath

**PUT A LITTLE MUSSAR IN YOUR LIFE**

January 8 & 29, 10am.

Join the Rabbi for a discussion of the Torah portion of the week using, "The Mussar Torah Commentary", published by the Central Conference of American Rabbis. Mussar is the study of how to live a more meaningful and ethical life by growing our inner being. This class will meet on January 8 and January 29 from 10:00 to 11:15 AM. No experience necessary. Handouts provided. Books available for purchase at Temple for \$20 for those interested.

**INTRODUCTION TO JUDAISM**

Introduction to Judaism class begins on January 8 at 11:30am. Interested in learning the basics of Jewish life? This is the class for you. Join the Rabbi for one hour on eleven Saturday mornings to understand the core beliefs and traditions of Jewish life.

– Please visit our website to Register for events

- January 8 - What is Judaism and What do Jews Believe?
- January 15 - What Do Jews Study?
- January 22 - How Do Jews Worship?
- January 29 - What Does Shabbat Mean for Jews?
- February 5 - What Do Jews Celebrate in the Fall and Winter?

(Cont'd on page 16)



- February 12 - What Do Jews Celebrate in the Spring and Summer?
- February 19 - What Do Jews Think About God?
- March 5 - How Do Jews Mark Moments of Growth and Transition? Part A
- March 12 - How Do Jews Mark Moments of Growth and Transition? Part B
- March 26 - What Do Jews Care About Israel?
- April 2 - Why Do Some People Dislike Jews?

**SPECIAL SUNDAY TORAH STUDY**

January 9, 16, 23, and 30

The Rabbi is hosting a special Torah study class in his office on Sunday mornings this winter from 10:30 to 11:30 AM. Using a wonderful new resource entitled, The Social Justice Torah Commentary, published by the Central Conference of American Rabbis, this is a great chance to talk about the

issues of the day using the parashah as a jumping off point. No experience with Torah study needed. Materials will be provided.

**YOGA & MEDITATION SHABBAT**

Saturday, January 15, 10:00am

Parshat B'Shalach – Stepping Into A Sea Of Doubt  
Join certified yoga and mindfulness teacher – Corey Dane – to explore the themes of Tu B'Shevat, the New Year for trees, and Parshat B'Shalach, the crossing of the Red Sea, using yoga, the umbrella term for physical, mental, and contemplative practices that originated in India. Yoga & Meditation Shabbat provides opportunities to more fully embody prayer through movement, breathwork, meditation, and song. There will be mat-based and chair-based movement options, time for silent prayer, a brief Torah teaching, and a recitation of Kaddish. Mats and props to assist your prayer

practice will be provided; you may also bring your own. Everyone is welcome to attend. No previous experience with yoga, meditation, or prayer required. Attendees must be vaccinated, wear a mask, and maintain a safe distance from others at all times. Yoga & Meditation Shabbat is supported by The Roseman Adult Education Fund.

Questions about Yoga & Meditation Shabbat?  
Email Corey: coreydane@gmail.com  
Interested in sponsoring a Yoga & Meditation Shabbat?  
Email Na'amah: naamah@grtemple.org

**Notes On Attending:**

- Park on the street or in the circle drive and enter through the front doors.
- Doors aren't monitored after 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.

**TOT SHABBAT**

January 15, 2022, 10am  
10:00 am - 11:00 pm  
Tot Shabbat 11 AM in the Sanctuary

Join the Rabbi for Tot Shabbat on January 15 at 10:00 AM. This program is a celebration of the Sabbath that is for our youngest members and their parents and grandparents. Come for an hour of stories, songs, crafts, a chance to celebrate Shabbat in an age-appropriate way, and lots of high energy fun.

**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



## Thank you for supporting the Grand Rapids Jewish Community

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

*In memory of Elaine Lipshutz*

Jane & Harry Kutten

Diane Titcher

Mary & Rick Stevens

### Julian and Judith Joseph Endowment Fund

*In loving memory of my father, Julian Joseph during  
Chanukah*

Elisa Joseph

### Louis & Louise Weiner Fund

### Jerry & Judy Subar Endowment Fund

### Charles and Maxine Shapiro Endowment Fund

### Woman of Valor Endowment Fund

*In memory of Elaine Lipshutz*

Mark Appelbaum

Kristin & Douglas Siegel

### Leven Family Endowment Fund

### David & Susan Samrick Youth Scholarship Fund

### Lois and Sheldon Kahn Health Help Fund

*In memory of my parents*

Toby Weiner Dolinka

### Donna G. Boorstein Memorial Fund

### Sam and Jane Kravitz Social Services Fund

### Fox Family Fund

### The Finkelstein Brothers Fund

### Henry Pestka Memorial Fund

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

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.

## 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:

Send card to City/St/Zip \_\_\_\_\_

2727 Michigan NE, Grand Rapids, MI 49506

## The Shofar

A monthly publication issued 12 times a year.

Jewish Federation of Grand Rapids  
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Send article text to: [info@JFGR.org](mailto:info@JFGR.org)  
Phone: 616.942.5553  
[www.jewishgrandrapids.org](http://www.jewishgrandrapids.org)  
Email: [info@JFGR.org](mailto:info@JFGR.org)

**Next Issue's Information Deadline:  
January 15, 2022**

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Place your ad today! Contact [Nicole@jfgr.org](mailto:Nicole@jfgr.org) or 616.942.5553.



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“For All Your Insurance Needs”  
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