

The Jewish Journal

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Jewish Federation
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Celebrating 49 Years!

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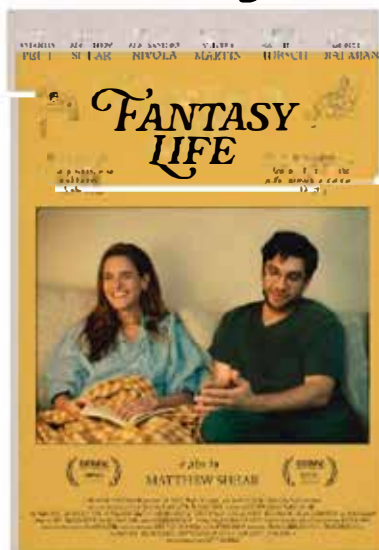
October 2026 ✨ Tishrei – Cheshvan 5787

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Local News - see pages 4, 5, 6 and 7

Jewish Cultural Festival - see pages 16 and 17

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Facing Double Standards



By Keith Krivitzky, Managing Director
Jewish Federation of Ocean County
keith@ocjf.org
www.jewishoceancounty.org
www.jewishoceancounty.org/donate
732.363.0530

In the lead up to the High Holidays, I've been thinking a lot about double standards. I tend to be allergic to them.

When I hear or see them, I tense up and my fight or flight response is triggered; usually it is more the fight reaction that comes to the fore. Of late, this has been especially true when it comes to Israel.

The way that double standards are playing out when it comes to Israel, and the number of people presenting them, have grown significantly in recent years. I often wonder whether or how people can believe some of the things they are claiming or even say them with a straight face. Israel as an "apartheid state" ... "committing genocide" ... "harvesting organs of Palestinians" ... "the tool of colonialist powers" ... the list goes on.

While I think the expression that there is a grain of truth in every lie has more than a grain of truth in it, and there are often real issues behind every slogan and

Our goal emerging from this holiday season of self-reflection should be to eliminate or minimize these double standards, out in the world and within ourselves.

soundbite – they often tend to be more complex and nuanced. And those who use slogans or argue by soundbite have their own agendas.

Do all those making these claims really believe – or understand – what they are saying? My guess is ... no. Not really. There are lots of people just following the crowd, wanting to believe in something and hopping on the bandwagon of a cause that sounds good and justified ... so they can "make a difference." Might they believe whatever it is they are saying or spouting? Yes. But do they really know what they are talking about, context, or what is really going on? Probably not.

Sadly, we live in an age when truth is more flexible, if even aspired to. Facts are inconvenient things that can get in the way of what you want to believe. Narratives and subjective lived experience can get in the way of context and data points more objective measures. This is a time that is ripe for charisma and pathos and manipulation and demagoguery.

Which brings me back to double standards.

During Rosh Hashana and Yom Kippur

we are supposed to take stock of our lives. To get beyond artifice and obfuscation and get to the core of our motivations and actions. Why do we do what we do? What should we do better? How can we get there?

Double standards are when one holds different people to different standards. Basically, these are lies one tells others about what is right or just, often claiming the moral high ground (unless one is an outright bigot, of which there are a few).

Hypocrisy is when one holds oneself to a different standard than others. In many cases these are lies one tells oneself about motives or why one behaves in a certain way.

Our goal emerging from this holiday season of self-reflection should be to eliminate or minimize these double standards, out in the world and within ourselves. It is a big challenge and a noble goal for a new year.

Especially this year, I see an additional challenge – how do we apply this when it comes to Israel? And, increasingly, antisemitism?

I want to share 3 thoughts...

One approach is to educate about hate and how it plays out through double standards – and to encourage people to stand up when they see this happening. That's the goal of our Heroes Against Hate program and the rationale for our efforts with the County educating students in Ocean County. Nominate a local Hero Against Hate. See page 3 for information.

I think another important area to call out double standards is with our political leaders and elected officials. There are elections coming up in the US and Israel. Let's hold our leaders more accountable and not make excuses for them.

The other challenge is a bit more difficult and centers around hypocrisy. We often hold Israel to a double standard. We buy into the rhetoric and want to be good citizens and people, so we criticize along with the crowd. Or we, too, think that Israel should behave differently than any other rational state or society. Further, and sadly, many young people have internalized an artificial view of Israel, as if it is some Disneyworld where everything is perfect, and when they discover that isn't the case they feel cheated and become among Israel's harsher critics. These are all a bit hypocritical, since we haven't done our own due diligence to understand what is really going on or put ourselves in the shoes of those living – and dying – in Israel.

That is why we are offering and promoting a special series of resources and programs this fall to learn more about the challenges facing Israel, the context for life in the Jewish state and its dangerous neighborhood, and the choices facing those who live there and care about the country and its people. Please see our ad about schedule and opportunities.

And may we all see a better new year.

B"H

A Leap Year - The Opportunity for Realignment



By Rabbi Shmuel Naparstek
Chabad Jewish Center of Jackson
www.ChabadofJackson.com

One of my mentors once said: "A fool is not someone who never makes a mistake. A fool is someone who does not learn from his mistakes."

Judaism teaches not only can mistakes be channeled into future success, but they can be repaired as well. On the holiest day on the Jewish calendar, Yom Kippur, we recognize our moral fragility and the many mistakes we are prone to make in life, but most importantly our ability to repair them all.

The structure of the new Jewish year of 5787 and the reasons for it provide an important lesson on the power of repair in every area of life.

There are two systems with which to set up a calendar. The 29.5-day lunar cycle is the source for the time unit we call "month." The 365.25-day solar cycle is

the basis for the annual cycle of seasons referred to as "year."

Most calendars are modeled on one cycle alone, but the Jewish calendar follows both. Dates follow the months of the lunar cycle, but the festivals must be in their respective season – Passover in the spring, Sukkot in the fall, etc. So, the lunar months must always align themselves with the seasons of the year, which are governed by the sun. Thus, the Jewish calendar is "Luni-Solar."

The problem is that these two cycles are not compatible with each other – twelve lunar months add up to 354 days, eleven days short of a solar year. Just a few

The structure of the new Jewish year of 5787 and the reasons for it provide an important lesson on the power of repair in every area of life.

years down the line, Passover can be celebrated during a fierce blizzard and the Chanukah candles lit in a heat wave.

To make up for lost time, every two to three years is known as a Jewish leap year. Unlike the Gregorian (and Julian) leap year, in which an extra day is added, the Jewish leap year has an entire extra month, which brings the lunar cycle up

Continued on page 6

Combating Hate



Who belongs on this year's list? At the Jewish Federation’s annual Community of Caring celebration in December, we will be honoring local “Heroes Against Hate”. We are seeking your help in identifying and nominating possible Heroes to recognize.

Ideal candidates would be individuals who or organizations that have had a concrete impact in our area:

- Countering hate or bigotry through individual action or initiating programs or activities to encourage standing up to hate
- Educating the community (especially younger audiences) about tolerance, diversity, and respect for differences
- Stepping up to respond to a crisis dealing with hate, bigotry, or bias
- Working to build bridges between different groups in our community, especially those where there may be differences or lack of understanding

When it comes to hate, bigotry, and discrimination no one community stands alone. Intolerance and attacks may be targeted to one particular group, but they seldom stop there; hate metastasizes and can spread easily. It takes people of faith and principle to step up, be upstanders, and to say: enough. That is the aim of honoring these Heroes Against Hate...to encourage more in our community to stand up, to speak out, and to make a difference. Please help us by identifying some of these local Heroes.

[**www.jewishoceancounty.org/communitycaring/nominations**](http://www.jewishoceancounty.org/communitycaring/nominations)

JFOC is proud to honor our county's Heroes Against Hate each year at our Community of Caring Celebration held in December.

2025 HONOREES

Sheriff Michael Mastronardy
Christ Episcopal Church
Daniel Hoffman

2024 HONOREES

Avi Kotler
St. Junipero Serra Parish
Chief Gregory Meyer
Reisa Sweet
Dr. Henry Jackson
Ariel Ifrah

2023 HONOREES

Prosecutor Bradley Billhimer
Caroline Winn
Jasmine and Mateo Guarin
Toms River Jewish Community Council

2022 HONOREES

Trevor Kalb
Ian Rosenzweig
Chief James Riccio
Sgt. Jim Kelly
Exit 82 Theatre

2021 HONOREES

Randy Bergmann
Sophie Braun
Tova Herskovitz
Chief Mitch Little
Toms Rive NAACP

Local News

Temple Beth, Brick, Held Many Events

Temple Beth Or relished in an amazing summer. Games at the BlueClaws baseball field for our teens together with other local shuls. Thank you to the Jewish Federation of Ocean County for your support in organizing and sponsorship. Of course, what's the summer without a BBQ? Nothing, obviously, so we had not one but two! We were honored to welcome new members and those returning members. As the days get shorter, we are in full swing for the High Holiday season which is more than just Rosh Hashanah and Yom Kippur. Events, speakers, and more are open for you to join. For further information, call the TBO Office at 732-458-4700.



Temple Beth Or

Real Torah.

Real Community.

Real Connection.

Engaging Shabbat services

Dynamic teen and adult learning

Thoughtful holiday experiences

Strong commitment to Israel

A welcoming, vibrant congregation

Discover Jewish life that speaks
to today while rooted in tradition.

Join us.

Temple Beth Or

Call us at 732-458-4700 or email us at templebethorbrick@gmail.com.
Chaim Respes, Rabbi Dr. Sharon Monter, President

One Ocean County
April 27 · 📍

See page 28 for details. ...



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Local News

Chabad of Jackson Presented “The Jewish Way to Celebrate America’s 250th Birthday”

By Susan Addelston

With all the celebrations marking our nation’s 250th Birthday, it’s notable that many Jewish ideals have a special relationship to that remarkable event. We were delighted to be part of Chabad of Jackson Rabbi Naparstek’s four session seminar on “Sinai to Civics” this past July. The text we used was divided into four segments: The Foundations of the Covenant; The Roots of Equality; In G-d we Trust; and Separation of Powers.

The co-ed class of varied backgrounds met on four Wednesday evenings. Coffee, tea, and cookies, along with a variety of sweet snacks on our tables, helped fuel our talks.

Our Framers knew the Bible. Several were fluent in Hebrew. Yale University’s motto (founded in 1701) used the Hebrew words “Urim and Thummim.” In Latin, “light and truth.” That’s Exodus’ description of the gems on the breastplates of the Temple’s priests conferring a divine aspect to learning. Several other symbols of America also have a Jewish origin:

1. The Liberty Bell’s inscription: “Proclaim Liberty throughout the land unto all the inhabitants thereof” – Leviticus 25:10
2. The central figure on the pediment of the Supreme Court building is Moses, the Lawgiver.
3. Maimonides is depicted on a seal in the House of Representatives.

Our foundational documents started with the 1620 Mayflower Compact, the 1776 Declaration of Independence then the Constitution ratified in 1789. They were written by ordinary people that created an extraordinary form of government.

As Judaism is the oldest monotheistic religion, so America is the oldest democratic republic in the world. There is no other country that has the same form of government in 1776 that it has today other than America!

When a ragged remnant of Sephardic Jews fleeing the Portuguese Inquisition arrived in New Amsterdam in 1654 there was no guarantee that American Judaism would remain and flourish here for the next four centuries. Exiled Jews did indeed find a “promised land” in a most unlikely place. We see this in the Biblical names of so many early settlements: Sa-

lem, Goshen, Sharon, Bethlehem, Newark and more. Jews practiced the Torah virtues of gratitude, pride, responsibility, and opportunity as new citizens.

Secondly, our Framers believed in the idea of “natural rights,” chief among them religious liberty. When Jefferson wrote “...all men are created equal...” he was referencing Genesis 1:27. G-d “created man in his own image.” Clearly, then all men were indeed creatures of divine origin equal before the law. From the beginning, we had no titled aristocracy, no royal families, no established church or powerful standing army. Another unique characteristic of our founding.

Our first Thanksgiving in 1621 was held in gratitude for the settlers’ survival aided by the natives. By practicing the ideas of social cooperation and equality the colonists had lived. As the prophets often had to remind the kings, no one was above the law, all had to obey the same Torah principles written into our own covenants. That was later codified into the 1868 Fourteenth Amendment: “no state shall deny to any person equal protection of the laws.”

Of course, people not only have rights, but responsibilities! Responsibilities of citizenship depended upon education in the rules that govern society. We call that civics. Jews were noted for making sure that their children were literate. We were an educated people at a time when only a tiny percentage of Europeans could even mark their names! Often, the first building in a colony was a school. Colonial literacy was remarkable and essential for conveying news throughout our 1200 miles.

Lastly, we learned that our unique system of the separation of powers in government is partially based on Biblical precepts. While not identical in form, it was fascinating to read of the power of judges and the prophets over the kings. The ability of the Sanhedrin (analogous to our courts) to rule on issues of law was part of a nascent system of checks and balances to prevent tyranny.

This is only a too-brief precis of the enjoyable sessions led by Rabbi Naparstek. It certainly encouraged us to discuss and read more deeply into the cited texts. Relating Jewish law and history to our founding 250 years ago was a fascinating way to appreciate the unique Torah concepts that influenced our republic’s creation. It

was intriguing to learn how The Rebbe in Crown Heights, who landed here as a refugee from Europe in 1941, encouraged essential Jewish teachings applicable to our schools and government.

In gratitude for Rabbi Naparstek’s lea-

dership, the adjacent certificate was given to him. “From Sinai to Civics” was a most worthy use of time. Do consider registering for other Chabad classes. For information about future offerings, call Chabad of Jackson at 732-523-5112



Many congregations are conducting prayer services and classes online which may be accessible from a computer or a telephone. Contact each congregation for further information to access these events.

Local News

Community-wide Selichot Service Held



On Saturday night, September 5, a joint Selichot Program and Service was held at Beth Am Shalom in Lakewood to formally usher in the High Holiday season and help the attendees spiritually prepare for this special season and for the new year. The event was cosponsored by Beth Am Shalom (Lakewood), Congregation Ahavat Olam (Howell), Congregation B'nai Israel

(Toms River), Temple Beth Or (Brick) and the Jewish Federation of Ocean County. The participating clergy were (pictured l-r) Cantor Vadim Yucht (CBI), Rabbi William Gershon (CBI), Cantor Daniel Green (CBI), Cantor Ruth Katz Green (CBI), Cantor Jon Saouma (BAS), Cantor Barbara Haimowitz (TBO), Rabbi Eli Perlman (BAS), and (not pictured) Rabbi Stephen Gold (BAS).

Realignment

Continued from page 2

to date with the solar cycle, with some extra days for “credit.”

On a deeper level, the sun and the moon represent two distinct characteristics.

The sun radiates its light in the same constant manner, without perceptible change from day to day. If the sky is clear, one sees the same amount of the sun’s globe every single day. The moon, on the other hand, becomes “renewed” or “reborn” at the beginning of each month. It begins as a narrow crescent, becoming fuller and brighter from day to day until it attains its complete fullness and brightness on the fourteenth or fifteenth day of the Jewish month. Then it becomes narrower and smaller in the month’s second half until it disappears.

The sun represents the element of sameness and constancy; the moon represents change and renewal. In Judaism, it is imperative to have both. Just as law without

the spirit is uninviting and repressive, spirit without law is flaky and transient. A healthy combination of both the sun and moon elements is a sure recipe for success.

And like in the case of the lunisolar year, this combination does not always exactly match up in a fine neat bundle and sometimes we need to “repair” the discrepancies. But we can certainly repair it and even gain extra credit. This is the message of Yom Kippur: the celebration of our ability and obligation to repair everything and then some.

The Jewish Journal is pleased to host a monthly Rabbi Column, rotating among our community’s pulpit rabbis. The views and opinions expressed are those of the writer, and do not necessarily reflect those of The Jewish Journal, the Jewish Federation of Ocean County or the author’s Congregation.

Congregation B’nai Israel, Toms River, to Host Lecture by a Renowned Israeli Journalist



With antisemitism and antizionism on the rise, and tensions in the Middle East approaching new heights, congregants and guests will have the opportunity to hear from a renowned Israeli journalist on Wednesday, October 14, at a special event at Congregation B’nai Israel in Toms River.

The journalist, Haviv Rettig Gur, is the guest lecturer for this year’s Rosen Adult Education Fund program, an annual event that brings experts in Judaism and Israel to the synagogue at 1488 Old Freehold Road to share their knowledge and perspectives.

Gur, the host of the “Ask Haviv Anything” podcast, is a Middle East analyst at The Free Press, and senior analyst at The Times of Israel. According to his official bio, he has reported from more than 20 countries and has “covered Israeli politics and the country’s foreign and regional policies, as well as its relationship with the Jewish diaspora.”

Gur is also a former director of communications for the Jewish Agency for

Israel, Israel’s largest nongovernmental organization, and he was an early advocate and lobbyist for SpaceIL, a nonprofit promoting science and scientific education through innovative space missions. He also teaches at Israeli premilitary academies about the intersection of journalism, history and politics.

The focus of his talk will be guided by current events, including the national elections in Israel scheduled for October 27 that are largely seen as a referendum on the government of Prime Minister Benjamin Netanyahu.

Rabbi William Gershon said the event promises to be inspiring. “Haviv Rettig Gur is one of the world’s leading analysts and commentators on the state of Israel and the Middle East,” Rabbi Gershon said. “His in-depth perspective, scholarly analysis and journalistic acumen make him uniquely qualified to discuss the complexities and challenges of this moment.”

The annual lecture is possible because of the generosity of the Irving and Esther Rosen Adult Education Fund, overseen by CBI congregants Zev and Fran Rosen, and with support from Jewish Federation of Ocean County.

The lecture, which begins at 7:00 PM, will be free, but advance registration is required, and attendees will have to show identification for entry. To register or learn more, contact the synagogue office at 732-349-1244.

Women of Beth Am Shalom, Lakewood, Prepare for the High Holidays



In preparation for the High Holidays, members of the Women of Beth Am Shalom gathered on September 1 to polish the Torah silver. Yads, crowns, conversation, sweet treats and coffee brightened a Tuesday morning.

**The Jewish Federation of Ocean County wishes you a
Happy Sukkot/Shemini Atzeret/Simchat Torah - Chag Sameach!**

**REGISTER
NOW**



**Congregation
B'nai Israel
presents**



HAVIV RETTIG GUR

**DISTINGUISHED ISRAELI
ANALYST & JOURNALIST**

**Sponsored by The Rosen Adult Education Fund,
with support from Jewish Federation of Ocean County**



**Wednesday,
October 14, 2026**

7.00 - 8.30 PM

RSVP: 732-349-1244



**Congregation B'nai
Israel**

**1488 Old Freehold Rd.
Toms River, NJ**

www.cbitr.org

Registration required at:
<https://tinyurl.com/rosenhrgh>

Combating Hate

Letter to the Editor of The SandPaper (Long Beach Island)

When Antisemitic Language Becomes Normalized, It Has Consequences

By Rabbi Michael Jay, Jewish Community Center of Long Beach Island

The normalization of antisemitic language in our public discourse is not harmless. Words matter. They can create an atmosphere in which hatred becomes easier to express – and, eventually, easier to act upon. I was reminded of this harsh reality recently by two deeply disturbing incidents that occurred during and after the Dog Day Race in Harvey Cedars. The target of both incidents was a 13-year-old Jewish boy, the grandson of one of my congregants.

The boy, who wears a kippah (a traditional head covering), was participating in the race when, at some point, he stopped running. At that point, a group of young men whom he described as being in their 20s shouted at him (to the best that he recalls), “You dirty Jews have enough money that you should be able to recover from that.” The young victim wisely chose not to respond. That should have been enough. It wasn’t. As the boy,

still wearing his kippah, walked back to his family’s home with his mother, an adult woman passing in a car yelled out the window, “Go back to New York. We don’t want you here!”

Think about that for a moment. A 13-year-old boy was singled out and verbally attacked, not once, but twice, because he was visibly Jewish. Both comments were typical antisemitic tropes – Jews are all wealthy and therefore somehow deserving of mistreatment and Jews are different and do not belong. Think about people believing that it is okay to say these things out loud; let alone think them.

These were not abstract political arguments. They were personal, anti-Jewish, attacks directed at a child. This is precisely why the normalization of antisemitic language is so dangerous. When stereotypes about Jews – our supposed money, our supposed power, our supposed lack of belonging – are repeated often enough, they can begin to sound acceptable to people who don’t know any better,

and who should know better. When people become accustomed to hearing Jews described in demeaning or conspiratorial terms, the boundary between “just words” and actual harassment becomes dangerously thin.

We must also recognize the courage and decency of those who respond differently. At some point after the first incident, Paul Rice, the Chief of the High Point Volunteer Fire Company in Harvey Cedars, spoke at length with the family and expressed his deep disappointment that they had experienced this. I am grateful to the Chief, to all of our first responders (the Long Beach Township Police Department is among the JCC of LBI’s more important community partners), and to all those in the community who understand that protecting our neighbors means standing against hatred directed at them.

I have been the Rabbi of the JCC of LBI for 13 years and I do not believe these recent incidents define Long Beach Island

or its residents. Nor do I think they are related to the Dog Day Race, which is a longstanding, very positive, community building event. But neither should we minimize them. The fact that the victim was 13 makes the incidents especially troubling. A person, especially a child, should be able to participate in a community event wearing a kippah without being subjected to antisemitic abuse.

If we want to prevent antisemitism from becoming normalized, we need to challenge it wherever it appears – not only when it becomes physical violence, but when it first appears as a joke, a stereotype, an insult, a casual expression of exclusion, or in large gatherings.

Silence in the face of such language does not make it disappear. It makes it easier to repeat. Our children deserve better. Our communities deserve better. And we all have a responsibility to make sure that antisemitic hatred – whether directed at a 13-year-old boy or anyone else – is never treated as normal.

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FedBeat from JFNA – Jewish Federations of North America

jewishfederations.org

Jewish Community Security Spending Surpasses \$1 Billion, New Data Shows



From JFNA
September 3, 2026

A week ahead of the High Holidays, when more Jews gather in synagogues than any other time of year, new Jewish Federations of North America data shows that the community's spending on security has hit a record high, surpassing \$1 billion a year (\$1.015b).

This data reflects the cost of rising levels of Antisemitism across the country and comes as leaders call for the urgent passage of the Jewish American Security Act that would fully fund the Nonprofit Security Grant Program (NSGP) at \$1 billion.

"The fact that Jewish communal spending has shot up 33% is a measure of how much more dangerous life has become for Jewish Americans, and sadly we know that we need even more investment to protect ourselves against the rising level of threat," said Eric D. Fingerhut, President and CEO of The Jewish Federations of North America. "We are grateful for the partnership of Congress and this Administration, but the need has outpaced the resources. Passing the Jewish American Security Act and fully funding the Nonprofit Security Grant Program at \$1 billion is the single most important step lawmakers can take to keep Jewish Americans and all faith communities safe."

The new study finds that the average spend across over 4,500 Jewish communal institutions amounts to roughly \$225,000 per institution. This represents

a 33% increase compared to the previous estimate of \$765 million in 2024. These institutions include Jewish community centers, synagogues, schools, summer camps, and other Jewish nonprofit institutions. This analysis does not include privately owned businesses including 1,600+ kosher restaurants, some 500 kosher markets and groceries, and the Judaica shops and Jewish bookstores found in Jewish neighborhoods across North America.

By far, the largest share of the cost is devoted to security personnel, including both guards and security directors. The Jewish American Security Act would address this significant cost by allowing a greater share of NSGP funding to go towards personnel. An additional \$150 million in spending is related to security technology and building hardening, including both new installation and maintenance of existing systems.

Despite the increased spending, events of recent years have proven that further security investments are still needed. Antisemitic threats and violence are rising, and Jewish Americans are having to increase their spending on security just to practice their faith without fear of violence. The latest FBI Hate Crime data unveils that anti-Jewish hate crimes accounted for 64% of all religiously motivated hate crimes in 2025, despite being just 2% of the U.S. population. The same FBI report revealed that in 2025 American Jews were the most-targeted religious group and the second-most targeted for hate crimes of any kind.

By Jewish Federations of North America estimates, the total spend currently devoted to security would be enough to send 44,000 kids to Jewish Day School, cover the costs of every child attending Jewish summer camp, or fund every Birthright Trip for a decade. "Every dollar our community spends on guards and cameras is a dollar not spent on Jewish education, on caring for our elderly, on taking care of those in need," Fingerhut added.

Note from the Jewish Federations of North America: Our core partners at the JDC are on the ground in Nepal, providing clean water, hygiene kits, sanitary supplies and disease-outbreak prevention tools to aid those affected by the floods.

JDC Responds to Catastrophic Flood in Nepal

Jewish Humanitarian Organization to Provide Critical Water, Sanitation, Hygiene, and Disease Outbreak Prevention

August 28, 2026
jdc.org

The American Jewish Joint Distribution Committee (JDC) is responding to the catastrophic flash floods that struck northern Nepal, causing widespread destruction to critical infrastructure and a growing toll of casualties and missing people. Working through local partners in the region, JDC is providing critically needed clean water, hygiene kits, sanitary supplies, and disease outbreak prevention tools to aid people affected by the floods. To support JDC's relief efforts in Nepal, visit: JDC.org/NepalFlood2026.

"We are heartbroken by the enormous loss of life and devastation these floods have inflicted on communities across Nepal," said JDC Deputy CEO Pablo Weinstein. "JDC stood alongside the people of Nepal in the aftermath of the 2015 earthquake, and the trusted partnerships built during that response enable us to mobilize quickly once again to address urgent humanitarian needs."

JDC's response is informed by its experience in Nepal supporting relief and recovery efforts following the devastating 2015 earthquake and by working with trusted local partners and community-based initiatives. These efforts helped communities rebuild, strengthened local resilience, and established relationships that continue to support effective humanitarian action today.

The disaster relief programs of JDC

are funded by its Disaster Fund, special appeals from the Jewish Federations of North America, and tens of thousands of individual donors to JDC. JDC's relief efforts in Nepal and elsewhere are coordinated with local and international partners.

JDC, which leads the Jewish community response to disaster and international development crises worldwide, has most recently responded to the earthquakes in Venezuela and Colombia, earthquakes in Myanmar, Turkey, Morocco, and Haiti, the COVID-19 pandemic in Africa and Asia, as well as natural disasters in Jamaica, Mozambique, the Bahamas, Guatemala, Indonesia, and Mexico. JDC also leads the Jewish Coalition for Disaster Relief (JCDDR), comprising 49 mostly North American Jewish organizations that address disasters and development challenges worldwide.

About JDC

JDC – the American Jewish Joint Distribution Committee or "The Joint" – is the leading Jewish humanitarian organization, working in 70 countries to lift lives and strengthen communities. We rescue Jews in danger, provide aid to vulnerable Jews, develop innovative solutions to Israel's most complex social challenges, cultivate a Jewish future, and lead the Jewish community's response to crises. For over 100 years, our work has put the timeless Jewish value of mutual responsibility into action, making JDC essential to the survival of millions of people and the advancement of Jewish life across the globe. For more information, please visit www.JDC.org.

**War with Iran - Weekly updates are available
at www.jewishoceancounty.org/israelupdate.**

Donate now: www.jewishoceancounty.org/IsraelEmergency.

Ah Yes, We Remember it Well

Do you have historical recollections or reflections from fifty or more years ago about the Jewish Federation of Ocean County or the Jewish Community that you want to share as we approach JFOC's 50th anniversary? Send them to: jewishocean@gmail.com. Submissions will be reviewed for possible publication by the Jewish Journal Editorial Committee.

Elections in Israel



Israeli Elections Webinar Series

Before the webinars – Primer Video available now at www.jewishoceancounty.org/jvu



Wednesday, September 9 at 2:00 p.m. ET

Israeli Elections 2026: What Can We Expect?

with Haviv Rettig Gur

Get an early look at Israel's political landscape, the major issues driving the election, and the parties, personalities, and trends to watch in the weeks ahead.



Monday, October 19 at 2:00 p.m. ET

One Week Until Israel's Elections

with Miri Eisin

With Election Day just one week away, take stock of where the race stands, what has changed during the campaign, and the key developments that could shape the final outcome.



Wednesday, October 28 at 2:00 p.m. ET

24 Hours After the Results: What Do We Know?

with Haviv Rettig Gur

One day after Israelis vote, we'll unpack the results, what they tell us about the Israeli electorate, and what comes next as the process of forming a government begins.

Recordings of these webinars will be available.

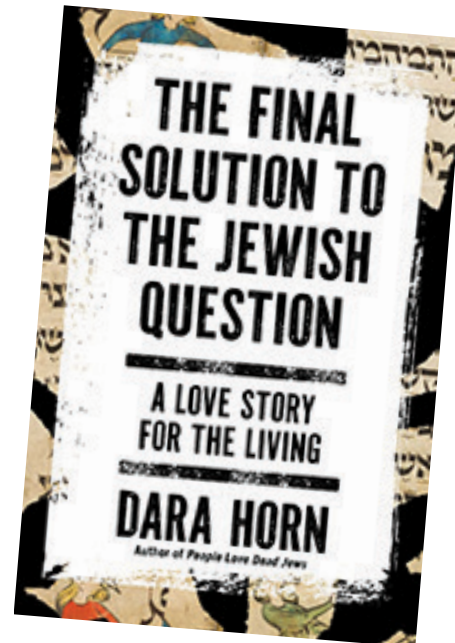
See more of Haviv Rettig Gur in our community on page 7.

Register for these sessions at www.jewishoceancounty.org/jvu/programs

We are offering our community the opportunity to receive one of these two books for free:

When We See You Again, by Rachel Goldberg Polin
and **The Final Solution to the Jewish Question: A Love Story for the Living**, by Dara Horn

You can join a book club on one of these two books



and receive the book for free. Sign up here for more information or to join a group.

www.jewishoceancounty.org/israelbooks Or you can make a new contribution of \$72 or more to our Israel Resilience Fund, which is continuing to assist those in need in Israel especially after October 7.

www.jewishoceancounty.org/israel2026

About the two books . . .

In **When We See You Again**, Rachel Goldberg-Polin pours her pain, love, and longing onto paper, giving voice to the broken among us, and reminding us that even when the world feels choked with darkness, light exists in a different way. How do we find it? Her own experience has been extreme, but at its essence, this is a universal story of trying to live with grief. It is a story of how we remember and how we persevere, of how we suffer and how we love.

Combining deep historical research, investigative reporting, and storytelling bravado, **The Final Solution to the Jewish Question: A Love Story for the Living** is both diagnosis and prescription. Dara Horn explores and exposes the failures of Holocaust education, the long history of the antizionist movement, the compromises of the American Jewish “Golden Age,” and the organized plot to poison artificial intelligence with anti-Jewish propaganda, and weaves it all into an erudite, audacious, and convincing series of arguments that invites readers of every background and inclination to become curious about their blind spots and to absorb new and uncomfortable truths. From there, she proposes a dramatic solution rooted in a new understanding of freedom and responsibility and clears a path toward a shared future.

See above about obtaining these books.

Elections in Israel

New Year – New Elections for Israel’s Knesset

By Rabbi Robert Rubin

If you are not clear on all the steps in Israel’s election system – as the country approaches Election Day on October 27 – then this article is for you. If you are very familiar with how Israel’s election system works, you may find this article helpful in explaining it to others. Feel free to copy it and share it.

Israel is a democracy. It is a robust democracy with many opinions expressed on many issues, and it is important to understand Israel’s democracy and how it functions, particularly at this time.

The election process in Israel is based on a parliamentary system that is used in many countries around the world. (The U.S. does not have a parliamentary system; it has a representative system, in which people are elected from within specified districts – local districts for the House of Representatives and states for the Senate.)

Here are the basic steps of an Israeli national election. As you will see, when Israel’s Election Day is over, the actual process of forming a government is only just beginning.

1) There are 120 seats in the Knesset. There are no districts. The national election is for all 120 seats.

2) Before the Knesset election, each Party submits a list of individuals in a numbered sequence and runs that list in the election. The higher up on the list, the safer that slot is to becoming a Knesset Member (see No. 5).

3) Each individual voter gets one vote to select one party and its list from the various parties that are running. There are usually 25-35 parties running in the election.

4) Each party receives a percentage of the Knesset seats based on the percentage of the votes received. Fractions of seats are worked out through various calculations, and sometimes through agreements between parties to share excess votes. There is a qualifying threshold of 3.25% of the national vote that a party needs to exceed in order to receive any seats in the Knesset at all. This qualifying threshold means that the smallest list of a Knesset party is four seats.

5) An individual listed on their party’s election list gets “elected” to serve in the Knesset (receives one of the 120 Knesset seats) based on how many seats his or her party wins: if a party wins 20 seats, then the first 20 individuals listed on the list become members of Knesset; if a party wins only 10 seats, then only the first 10 receive a Knesset seat; and so on until all 120 seats are assigned according to the percentage of vote totals for each individual party.

After an election, if a Knesset member should pass away or resign, the next person on that Knesset member’s party list – who did not make it into the Knesset in the election itself – moves up and becomes a Knesset member.

6) A ruling majority needs to be formed of 61 Knesset members. Since the first election in 1949, no one party has ever won a majority of 61 or more Knesset seats. Thus, without a one-party majority, a coalition of parties needs to be formed that adds up to a majority of at least 61.

7) Following the calculation and distribution of the Knesset seats, the president of Israel – mostly an honorary figurehead but with this one important political responsibility – meets with delegations of the parties that were successfully elected into the Knesset and charges the leader of one of the parties with the assignment of forming a majority coalition with four weeks to do so. Who does the president choose for this challenge? The President can choose any party leader, presumably the one who is thought to have the best possibility of success, often – but not always – the leader of the party with the most votes or seats.

8) Discussions and negotiations take place between various parties. If the party leader chosen by the president is successful in forming a majority coalition, then the proposed governing coalition is presented for acceptance. If that party leader is not successful, the president can grant an extension of another two weeks or can choose another party leader to attempt to form a majority coalition with four weeks to do so. If the second party leader chosen by the president is successful in forming a majority coalition, then the proposed governing coalition is presented for acceptance. If attempts to form a majority coalition are not successful, a new election can be called, and the entire election cycle would begin again.

Who will lead the next government? The answer will be determined with a process that begins on October 27.

Israel’s Knesset Election – A Hypothetical Example

Votes cast = 4,000,000
3.25% qualifying threshold to get into Knesset altogether = 130,000 votes

Ten parties run in the election. In Israel, there are often 25-35 parties that run in an Israeli election, but only ten parties are listed here as an example of the overall process.

Results of Votes Received

Party A = 940,000
Party B = 770,000
Party C = 680,000
Party D = 540,000
Party E = 440,000
Party F = 320,000
Party G = 150,000
Party H = 90,000
Party I = 55,000
Party J = 15,000

Results for Knesset Seats – Calculation Phase

Three parties (H, I and J) did not make it over the qualifying threshold at all. Their combined vote total was 160,000. The remaining seven parties now receive Knesset seats based on their percentages of the remaining votes (3,840,000). For the seven parties that did pass the 3.25% qualifying threshold, a Knesset seat is earned for every 32,000 votes (1/120th of the total) that they received.

Results for Knesset Seats – Actual Totals

Party A = 940,000 = 24.48% = 29 seats
Party B = 770,000 = 20.05% = 24 seats
Party C = 680,000 = 17.71% = 21 seats
Party D = 540,000 = 14.06% = 17 seats
Party E = 440,000 = 11.46% = 14 seats
Party F = 320,000 = 8.33% = 10 seats
Party G = 150,000 = 3.91% = 5 seats

Forming the governing majority coalition follows a process described in No. 7 and No. 8 in the article.

Dr. Irit Cohen L.Ac.

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Securing Our Community

JFed Security Receives Major New Jersey State Grant for Our Security

On August 12, Senator Jim Beach, Majority Leader Louis Greenwald, and Assemblywoman Melinda Kane presented the Jewish Federation of Southern New Jersey (JFSNJ) with \$2 million in state funding to support critical security initiatives facilitated by Jewish Federations across the state of New Jersey (which includes our Jewish Federation of Ocean County).



The Threat is Here and Now

Antisemitism has reached unprecedented levels across North America. The institutions at the heart of Jewish life — synagogues, day schools, JCCs, camps, early childhood centers, and Jewish Federations — have become targets. The Jewish community in the U.S. faces its highest threat level in generations and security needs are urgent.

17

Antisemitic incidents recorded every day in the U.S. in 2025

55%

Of Jewish Americans personally experienced antisemitism last year

The Need in Our Community

Participation in Jewish life depends on people feeling safe enough to walk through the door and no institution is too small to be targeted. Jewish Federation of Ocean County supports 7 Jewish institutions throughout Ocean County serving families who deserve to feel safe.

Many lack the resources to maintain a consistent security presence. Without increased investment, vulnerable institutions face an impossible choice: leave people unprotected or divert funds from the programs that make Jewish life meaningful.

Your Gift Protects Our Community

While government funding provides valuable support, it falls short of what is needed—your gift is essential to safeguarding Jewish life in our community.

Every gift funds:

- Trained security personnel for institutions that cannot otherwise afford it
- Security infrastructure (cameras, access control) for vulnerable institutions
- Training for staff, clergy, and volunteers in threat recognition and emergency response
- Rapid-response capacity including real-time coordination with law enforcement
- Security assessments to identify which protective measures institutions need most
- Technology infrastructure that identifies vulnerabilities and potential threats

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Jewish Federation of Ocean County IMPACT



On behalf of all of us at **Youth Futures** and the community of **Afula**, we want to express our profound gratitude for your support and partnership, especially during these incredibly challenging times since October 7. We are proud to share Yali's story of resilience: Yali, a 12-year-old boy from Afula, experienced bullying that began at first grade. Children mocked him and his haircut. In second grade, Yali transferred to a new school and joined the Youth Futures program. Ruti, his Mentor, noticed that Yali constantly wore a hat. She chose not to ask about it right away, instead taking the time to build trust. Gradually, Yali shared that at his previous school he had been ridiculed, and since then, “the hat protects me.” Throughout the year, Ruti and Yali worked together on body image, self-confidence, and a sense of belonging. They talked about his fears as well as his strengths. After a year of this process, one day Yali came to school without his hat. He shared that he had realized he had nothing to be ashamed of. Then something magical happened: his classmates responded with encouragement and showed him that he is loved just the way he is. Yali chose to strengthen others by sharing his message with other children: “There is a way out of shame, and it’s possible to learn to feel safe without protective layers. Thanks to your contribution Yali's ordeal took a positive turn. We are attaching a short clip of Yali sharing his story: https://youtube.com/shorts/lzqL48xtq_U?feature=share



Your continued partnership will enable us to continue to support the children and families of Afula.

Thank you once again for your trust, commitment, and belief in the children of Israel. Your support enables us to continue strengthening families, rebuilding communities, and creating lasting change — especially in these complex and fragile times.

JOIN US for Ocean County’s Jewish Cultural Festival!

Highlighting programs and events throughout our community: movies, food, games...

FILMS: \$10/EACH OR ALL 4 FOR \$36



◀ Thursday, October 15
Beth Am Shalom
Fantasy Life
starring *Amanda Peet*

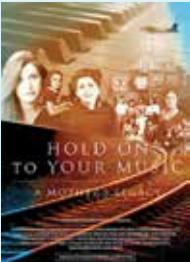
After losing his job as a paralegal, Sam Stein suffers a panic attack and stumbles into a job babysitting his psychiatrist’s three granddaughters. The girls’ mother, Dianne, is an actor whose once-promising career has stalled; she’s in a difficult marriage to David, a rock bassist. When David goes abroad on tour, Dianne and Sam discover an easy rapport.

Sunday, October 18 ▶
JCC of LBI

**Hold On To Your Music:
A Mother’s Legacy**

with guest speaker *Manny Lindenbaum*

A young pianist escapes Nazi occupied Vienna on the Kindertransport, carrying nothing but her music and her mother’s final words. That act of love creates an artistic legacy that resonates across generations.



◀ Sunday, October 25
Marquee Cinemas, Toms River
The Everything Pot
starring *Lisa Edelstein*

A comedy of errors ensues when empty nester Rachel hastily sends a gift to Charlie, a former colleague, upon receiving his wedding invitation. The young couple’s wedding gets Rachel out of her perpetual state of ennui in her own marriage and brings unexpected excitement, which inadvertently causes chaos in both unions.

Sunday, October 25 ▶
Marquee Cinemas, Toms River

Ethan Bloom starring *Josh Malina*

Thirteen-year-old Ethan is supposed to be preparing for his bar mitzvah – but despite his Jewish family, Ethan is convinced his spiritual calling is with the Catholic church, where he secretly finds solace under the guidance of Father Diaz.



Jewish
Cultural
Festival
events
coming
this
fall!



This program is made possible in part by a grant administered by the Ocean County Cultural & Heritage Commission from funds granted by the New Jersey State Council on the Arts.



Sunday, November 1 ▲
Chabad of Toms River

Babka Baking

Join a hands-on, social workshop where participants learn to mix, fill, twist, and bake traditional sweet yeast breads together. Connecting neighbors through shared culinary traditions and the joy of creating fresh pastry. \$5 to register.



Thursday, November 5 ▲
Ocean County Library

PJ Library Game Show

Participants and the audience will get to test their Jewish cultural knowledge. Pre-registration is required, include adults in number attending.

More information on these events is available at:
WWW.JEWISHOCEANCOUNTY.ORG/CULTURALFESTIVAL
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WWW.JEWISHOCEANCOUNTY.ORG/SPONSORSHIPS

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☐ Oct. 15 – Fantasy Life ☐ Oct. 18 – Hold On To Your Music ☐ Oct. 25 – The Everything Pot ☐ Oct. 25 – Ethan Bloom
#Tickets _____ x \$10 per film/ \$36 for all four films = _____

☐ November 1 – Babka Baking
Attending _____ x \$5/person = _____

☐ November 5 – Game Show by Mainstages
Attending (including parents) _____

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Impoverished Venezuelan Jews Open Synagogues to Help Shelter Hundreds of Earthquake Victims

5,000-strong Jewish community, already diminished by decades of political turmoil, provides aid while straining depleted resources as rescue efforts continue.



Rescuers search a building for earthquake survivors in La Guaira, Venezuela, Sunday, June 28, 2026. (AP/Matias Delacroix)

By Zev Stub
June 30, 2026
timesofisrael.com

When two powerful earthquakes rocked Venezuela's capital city of Caracas and nearby La Guaira on June 24, volunteers from the country's Jewish community sprang into action almost immediately, opening synagogues and community centers to hundreds of frightened residents.

The magnitude 7.2 and 7.5 quakes struck seconds apart, killing more than 1,700 people, leaving tens of thousands missing or trapped, destroying hundreds of buildings, and causing billions of dollars in damage, according to reports. "It was just after 6:00 PM, and it was a national holiday, so most people were in their homes," recalled Roberto Mishkin, president of Venezuela's main Ashkenazi congregation, Union Israelita de Caracas. "It was a massive earthquake. I don't know of anyone who didn't have some sort of damage in their house."

The Jewish community is well organized when it comes to security procedures, said Mishkin, and in the hours that followed the quake, hundreds of people arrived at the Hebraica Jewish Community Center and the main synagogue, buildings that serve as the community's main hubs. "They were filled with people whose homes were damaged or destroyed, as well as many who came because they were too frightened to sleep in their buildings," Mishkin said. "We started looking for food, water and blankets for everyone. Only around midnight, after everyone had checked on their own families, did the community's crisis committee finally have a chance to sit down to meet."

As of June 28 evening, three members of

the country's 5,000-strong Jewish community have been confirmed dead, and four are still missing, Mishkin said. At least 15 Jewish families have seen their homes destroyed, along with another 30-35 families whose apartments have been rendered unlivable. About 100 people continue to sleep in the Hebraica center every night since the tremor, Mishkin said.

The disaster struck when things were finally starting to look up for Venezuela's Jewish community after the United States captured President Nicolás Maduro in January, following decades of anti-Zionist and authoritarian rule under Maduro and his predecessor, Hugo Chavez. Government officials have sharply changed their antisemitic tone since Maduro's replacement, Delcy Rodriguez, was installed, members of the community said.

But even as rescue teams from around the world, including Israel, arrive to provide assistance, many fear that the rebuilding process will be a long and difficult one. "This is an impoverished community that has always relied heavily on social services," Mishkin said. "Now, people have lost their livelihoods and their homes, and we are starting to think about how we will be able to help everyone. We appreciate that Jewish institutions and communities around the world are offering their support, but we need a lot of help." A fundraising campaign by the community had raised just under half of its \$2 million goal as of June 30 afternoon.

Years of challenges

Venezuela's Jewish history dates back at least 200 years to around the time the country achieved independence from Spain in 1821, with an influx of Sephardic Jews engaged in trade and commerce. Later waves of immigration in the 20th century swelled the community's ranks, and the country peaked at around 30,000 Jews in the years before authoritarian leader Chávez came to power in 1999. "We used to be a very prominent, prosperous community that contributed to Jewish causes around the world," Mishkin said.

But Venezuelans fled the country in droves as the Chávez government openly punished political opponents and nationalized the economy, turning wealth



Volunteers in the Hebraica Jewish Community Center in Caracas, Venezuela, following dual earthquakes that devastated the country in June 2026 (Courtesy/Fuente Latina)



Volunteers stock supplies at the Hebraica Jewish Community Center in Caracas, Venezuela, following dual earthquakes that devastated the country in June 2026. (Courtesy/Fuente Latina)



(L-R) Roberto Mishkin, President of the Unión Israelita de Caracas, and Isaac Benjamin, President of the Asociación Israelita de Venezuela, in a fundraising video for Venezuela's Jewish community (YouTube Screenshot)

into rampant poverty. That trend only escalated after Maduro replaced Chávez in 2013. Today, the Jewish community has dwindled to just about 5,000 people, mostly elderly people who couldn't afford to leave.

"Demographically, we are an inverted pyramid, with mostly older folks who are not economically productive, and very few young people," Mishkin said. Meanwhile, about 2,500 Venezuelan nationals currently live in Israel, according to Diego Sarmientos, who emigrated from Caracas 10 years ago.

Today, nearly all of the country's Jews live in Caracas, and the community provides an extensive network of social services for its poorest members. Even before the earthquakes, a massive centralized charity operation was feeding more than 300 families every day, Mishkin said.



An elderly community member (face blurred) sheltering at the Hebraica Jewish Community Center in Caracas, Venezuela, following dual earthquakes that devastated the country in June 2026 (Courtesy/Hebraica)

The community is tight-knit, with the Ashkenazi Union Israelita de Caracas and the Sephardic Asociación Israelita de Venezuela working together to provide social services for everyone, Mishkin said. A few synagogues and the Hebraica Jewish Community Center comprise the country's primary Jewish institutions.

Since the earthquakes, community members have been working around the clock to provide food, shelter, medical care, and a sense of safety for victims. Volunteers from local organizations such as Hatzalah have sourced medication for elderly people, arranged cots and mattresses in the JCC, and even organized Shabbat services in the synagogue, residents said.

"We are currently working very hard at a collection center, where people are bringing us all sorts of supplies for us to distribute among the needy," noted Miguel Truzman, national coordinating director of the Confederation of Jewish Associations of Venezuela (CAIV), which serves as an umbrella organization for Venezuelan Jews. "This tragedy has been very hard for the country, [but] we are united and in solidarity in the face of the tragedy."

Global aid efforts

International response teams are also helping out, including 17 search and rescue volunteers sent from Israel by the Magen company, and nonprofits Ready for Rescue and SmartAID. The group has begun to work alongside local forces on the ground to locate and rescue survivors and provide humanitarian aid, said a spokesperson for the delegation.

Cadena, a Jewish-led humanitarian group based in Mexico, also arrived in the country on June 26, Mishkin noted. Jewish organizations IsraAid, NATAN Worldwide Disaster Relief, and the Joint Distribution Committee have also been working to offer assistance.

The United States, meanwhile, is wor-

Continued on page 20

Venezuelan Jews

Continued from page 19

king to provide a strong disaster response to a country that it now calls an ally after Maduro’s deposition in January. The government promised an “unprecedented, large-scale response” that includes a 250-person emergency response team and \$150 million in humanitarian assistance.

Changing geopolitics

Some in the Jewish community are hopeful that all this signals broader changes in Venezuela’s relationship with the country’s Jewish community, the United States, and Israel. “Maduro would have refused any assistance from Israel, but our current president, Delcy Rodríguez, has no problem with it,” said Óscar Reyes-Matute, a Jewish scholar based in Caracas. “After the US incursion in January, our geopolitical situation has completely changed.”

Venezuela hasn’t had diplomatic ties with Israel since Caracas severed them during Israel’s Operation Cast Lead in Gaza in 2008-2009. But after Maduro was deposed in January, many in the Jewish community were wary of celebrating the prospects of regime change too early.

Years of violence and threats to appropriate Jewish schools, restaurants, and other institutions, as well as the government’s pro-Iranian, anti-Israel political stance, made any public declarations against the government risky for the entire Jewish community, said some of its members. “There was always a fear that if something happens, people will blame Israel and the Jews,” Daniel Behar, a Venezuelan expatriate, previously told The Times of Israel. Unlike in Europe and elsewhere, antisemitism in Venezuela has been largely tied to the regime’s policies, not public sentiment, he noted.

But the new government, headed by Delcy Rodríguez, has been quietly changing its tune, even if its policies regarding Israel remain unchanged, sources in the community said. Anti-Israel rhetoric from government officials has tapered down, and Rodríguez sent the community a blessing on social media before Passover, something that would have been unthinkable previously.

Now, some are even quietly hoping that Venezuela could one day reestablish diplomatic relations with Israel. “The Jewish community was starting to feel a bit more confident before the earthquake, and the discourse of hatred is fading,” Reyes-Matute said. “During this tragedy,



Ezequiel Frontado looks at covered bodies while searching for missing relatives three days after earthquakes struck Catia La Mar, Venezuela, Saturday, June 27, 2026. (AP Photo/Fernando Vergara)

there is a strong feeling of solidarity throughout Venezuela. I hope it will help awaken us to a new era.”

For Mishkin, though, diplomacy can wait. “Right now,” he said, “our priority is making sure every family has somewhere to sleep, food to eat, and hope that we’ll rebuild together.”

(Editor’s Note: To help, you can donate through the Jewish Federation of Ocean County at this website, www.jewishoceancounty.org/disaster.)



SmartAID volunteers in Caracas, Venezuela, following dual earthquakes that devastated the country in June 2026 (Maya Barak/SmartAID)



This screengrab, taken from the X account of Rapid Response 47, an official White House account, shows Venezuelan President Nicolas Maduro (center) escorted by DEA agents inside the headquarters of the US Drug Enforcement Administration in Manhattan, New York City, January 3, 2026. (X account of Rapid Response 47 / AFP)



This handout picture released by the Miraflores Palace press office shows Venezuela’s Vice-President Delcy Rodriguez (C) speaking next to Venezuelan Defense Minister Vladimir Padrino Lopez (2nd-L) and Venezuela’s Minister of Interior Relations, Justice, and Peace, Diosdado Cabello (2nd-R) during a council of ministers meeting at the Vice Presidency headquarters in Caracas on January 4, 2026. (Marcelo Garcia / Miraflores press office / AFP)

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Brick Friday, September 25 10 a.m. to 5 p.m. Church of the Visitation 755 Mantoloking Rd	Toms River Saturday, September 26 10 a.m. to 2 p.m. Church of Grace and Peace 1563 Old Freehold Rd	Manchester Thursday, October 1 9 a.m. to 4 p.m. Manchester Township Town Hall 1 Colonial Dr
Toms River Wednesday, October 7 10 a.m. to 5 p.m. St. Luke’s Catholic Church 1674 Old Freehold Rd	Little Egg Harbor Thursday, October 8 10 a.m. to 5 p.m. Little Egg Harbor Community Center 319 West Cala Breeze Way	Bayville Thursday, October 15 10 a.m. to 5 p.m. St. Barnabas Church – Fr. Brennan Hall 33 Woodland Rd
Toms River Friday, October 16 10 a.m. to 3 p.m. JBJ Soul Kitchen 1769 Hooper Ave	Bayville Tuesday, October 27 10 a.m. to 5 p.m. Berkeley Township Recreation Center 630 Atlantic City Blvd	Barnegat Thursday, November 5 10 a.m. to 4 p.m. Ocean Township Community Center 239 11th St



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We continue our prayers for Israel:
May those who are wounded have a complete recovery.
May the memories of those who died be forever a blessing.
May all have peace.

Jewish Holiday Family Photos

We invite our community members to submit a few
photographs of their family's recent holiday celebrations.
Include a one-line caption describing the activity in the photo.

You may include everyone's name or just your
family's name or without any names at all.
All submissions are subject to our editorial review,
and we do not promise that all submitted photos
will be published.

Email your submission to jewishocean@gmail.com.

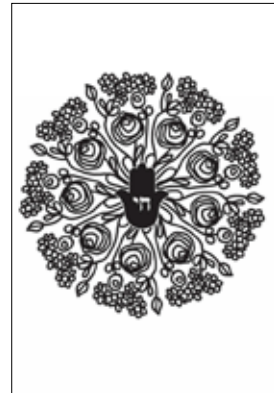
We invite our community members
to submit original poetry or short essays
(500 words or less) to the Jewish Journal.
All submissions are subject to our editorial
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Email your submission to jewishocean@gmail.com.



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FULFILL THE MITZVAH OF TZEDAKAH WITH AN INDIVIDUAL TRIBUTE CARD FOR \$18 EACH.

Jewish Federation of Ocean County accepts a minimum donation of \$18 and sends a Tribute card as well as lists your tribute in the Jewish Journal to anyone you may want to acknowledge; a simcha, graduation, an award, new grandchild, starting a new adventure, get well, loss of a loved one, or any other life-altering event. Call the Jewish Federation of Ocean County at 732-363-0530, email federation@ocjf.org or visit our website www.jewishoceancounty.org/tribute.



Special Offer

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JFOC Tributes

August 11 – September 1

In Memory of
Marion Salka Diamond by Beth Gottesman





PJ Library Photos with Children

Do you have a photo of your child reading or holding a PJ Library book? We would like to publish some of them. We omit the names of children. The names of any adults in the photos could be included or omitted based on the guidance of the adult submitting the photo(s). Email them to jewishocean@gmail.com.

Here is How You Can Support Our Holocaust Survivors and Seniors

- Please contribute to:**
- Friends of JFCS
 - The Holocaust Survivors’ Special Fund
 - The Seniors Lunch Program Special Fund
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The Jewish Journal
Published Monthly in Cooperation With The Jewish Federation Of Ocean County

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Betty Rod
Managing Editor

Gildardo Cruz
Production Manager

Our Mission:
The Jewish Journal of Ocean County is dedicated to the dissemination of information concerning significant events; social, cultural, and educational, that impact upon the Jewish community of Ocean County.

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Jewish Journal Editorial Committee of
the Jewish Federation of Ocean County

Phone: 732-363-0530.
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Holocaust Survivors Alert

If you are a Holocaust Survivor who has never applied for compensation, or was turned down previously, there are new funds and guidelines. For more information, you may call the Claims Conference in NY at 646-536-9100 or go to their website: www.claimscon.org. Click on survivor resources, then click on compensation programs. They have a FAQ (frequently asked questions) section which should be read prior to applying.

What's the Recipe for Vibrant Jewish Life?

By Heather Morgan, Managing Director
JDC Global Marketing & Communications

At JDC (Joint Distribution Committee), this question is at the heart of our 111-year mission – lifting lives and strengthening communities in 70 countries. Though the ingredients for cultivating a proud Jewish future differ from place to place, the timeless value of arevut – the Talmudic notion that all Jews are responsible for each other – is always part of the mix. For the many Jews we serve around the globe, food is a crucial way they put this value into action. From JDC volunteers delivering challah to elderly, isolated Jews in Ukraine to a young leader in India making her grandmother's fish curry, Jews everywhere draw physical, spiritual, and emotional sustenance from dishes passed down generation to generation. I want to give you a taste of this dynamic Jewish world – as well as some much-needed joy – with this delicious cuisine. I hope you find the recipes as delightful as I do. Let's take inspiration from the rich and diverse culinary traditions that unite Jews everywhere.

Editor's Note: Here is one of the recipes – **Duff Goldman's Mandelbrot Cookies**. Watch future issues of the Jewish Journal for more recipes or check them all out at www.jdc.org/learn/recipe.



"The only memories I have of my great-grandmother are cooking with her ... those memories, they really stick with you. I want that for my daughter – for her to learn our history through the food that we're going to make."
~ Duff Goldman, Food Network Star



Ingredients –

- 2 cups/264 grams all-purpose flour
- ½ cup/85 grams potato starch
- ½ cup/55 grams almond flour
- 2 tsp. cinnamon
- Pinch of kosher salt
- 1 ¼ cup/250 grams granulated sugar
- 1 ½ sticks/170 grams non-dairy margarine, room temperature
- 3 eggs
- Zest of one navel orange
- 1 tsp. vanilla
- ¾ cup slivered almonds, rough chopped
- ¾ cup dark chocolate chip

Instructions –

1. In a bowl, cream the butter, zest, and 1 cup of the sugar. Add the eggs and vanilla and mix until smooth. In another bowl whisk together almond flour, potato starch, flour, salt, and 1 tsp. of cinnamon. Add to the flour mixture and stir to combine. Add the chopped almonds and the chocolate chips and stir in by hand.
2. Divide the dough in half, wrap in plastic, and refrigerate for 30 minutes. Remove each half and shape into a log about 9 inches long and 2 inches wide. Refrigerate for another 30 minutes.
3. Preheat the oven to 350 degrees. Bake the logs for 40 minutes or until they just begin to brown. Let cool for one hour. With a serrated knife, cut each log into ½” segments. Make cinnamon sugar with the remaining cinnamon and sugar and dip the cut sides of each segment into it. Bake, cut side up, for 12 minutes. Flip the pieces and bake another 12 minutes or until they are beginning to turn golden brown.

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Living Mindfully in the New Year

Rita Sason, LCSW, JFCS Director and
Yaakov Friedman, LCSW, Guest Writer

The High Holidays are a powerful time for self-introspection and change. Self-reflection symbolically represents the harvest you've planted and tended. In other words, realizing the consequence or end result of anything you have done. It could be a conversation you were meaning to have or the completion (or failure to complete) a task you have set out for yourself. This outcome or "harvest" is your very own and it is the result of your words and actions – or lack thereof. It is a time for reflection on the past year, as well as a time of preparation for the year ahead.

Living mindfully is a process of becoming aware of the life inside us and surrounding us at all times. By choosing to connect with and experience the joy of living, you can choose life.

Personal change can be very hard and can lead to us being too hard on ourselves and engage in negative self-judgment. By using compassion towards ourselves, instead of focusing on what went wrong last year and what you would change, focus instead on the ability to change, right now in this moment. Choosing a concrete, small change, that can be implemented immediately can help you manage the feelings of guilt usually associated with the High Holidays.

But just implementing a change is usually not enough. For true change to occur, you also have to identify the negative thought patterns and self-talk that are associated with the behavior we want to change. Statements like "I can't believe I just did that again" or "I have no self-control" are some of the things to be aware of.

By being mindful of such negative self-talk, you can then ask yourself in that moment, what can I do right now to change this behavior. With time and practice, mindfulness leads you to recognize thoughts and feelings, even before you act on them. So, instead of becoming angry and reacting to someone with anger, such as by screaming at them, recognizing you are becoming angry can lead you to ask yourself what can I do right now to be less angry.

Using self-compassion is very important once you start noticing your behaviors. Knowing that you are not alone and everyone has struggles and things to work on can help. Treat yourself with the same compassion you would to someone else who shared their struggles with you. Zen Master, Rabbi Don Ani Shalom Singer Sensei, often taught that meditation itself is a practice of at-one-ment. Using mindfulness is a unique way of engaging in practices of "atonement."

This is different from the idea of atonement as change. It is instead engaging in a life of living mindfully and being at one with yourself and the whole of life and its experiences. Use each moment as a learning opportunity to check in with yourself and change what is in your control.

Start off with small and realistic goals and expectations for starting to become more mindful. Even starting to be aware of our negative thoughts and becoming more attuned to our feelings is a good place to start. Giving all thoughts, especially negative ones, a space to exist with compassion is essential.

Many times, we feel that if we would just push forward and persevere, our issues will stop and resolve themselves. But using mindfulness to explore all our feelings, even the ugly and dark ones can actually help us get to the root causes of our distress and behaviors that are bothering us.



CHILDREN'S SERVICE

...making a difference

We are sharing a page from our PJ Holiday Guide "A Time To Grow" for Simchat Torah. Not just for families, the guides are great sources of recipes and crafts that can be used for Get Togethers! If your family has not yet received a holiday guide, please ask to borrow one of ours. Contact sharron@ocjf.org.

SIMCHAT TORAH: GETTING READY

PJ Library

APPRECIATING RAIN

"Whenever the rainbow appears in the clouds, it will be a reminder of the partnership between God and all living creatures." Genesis 9:16

Restarting the Torah comes at the beginning of the rainy season in Israel. On the day before Simchat Torah (or on the holiday itself) is a celebration called **Shemini Atzeret** (she-MEE-nee ah-TZEHR-eh). On this day it's traditional to say a special blessing for rain to remind ourselves how all growing things depend on water.

Mizrahi (Middle Eastern) Jews say a special prayer that describes different kinds of rain:

- With rains of light, brighten the earth.
- With rains of blessing, bless the land.
- With joyful rains, fertilize the soil.
- With singing rains, make the ground sing.
- With rains of life, bring life to the land.
- With rains of goodness, help reclaim the earth.

FAMILY DISCUSSION

What words would you use to describe different kinds of rain? Think about warm summer rains soaking your hair, the sound of an autumn thunderstorm (a little scary?), or the fun of splashing in puddles anytime!

Together with the **Conference on Jewish Material Claims Against Germany (Claims Conference)** and a grant from the State of New Jersey, the Jewish Family and Children's Service of the Jewish Federation of Ocean County has been providing the sacred obligation of pikuach nefesh (saving a life in jeopardy) to Holocaust Survivors for many years. We realize that unless you are impacted directly, you may not fully appreciate how important this work is. **Every dollar you contribute will be matched 25 times!**

ועידת התביעות
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Conference on Jewish Material Claims Against Germany

Refer a friend.

If you or someone you know needs help, Jewish Family & Children's Service is there to help.

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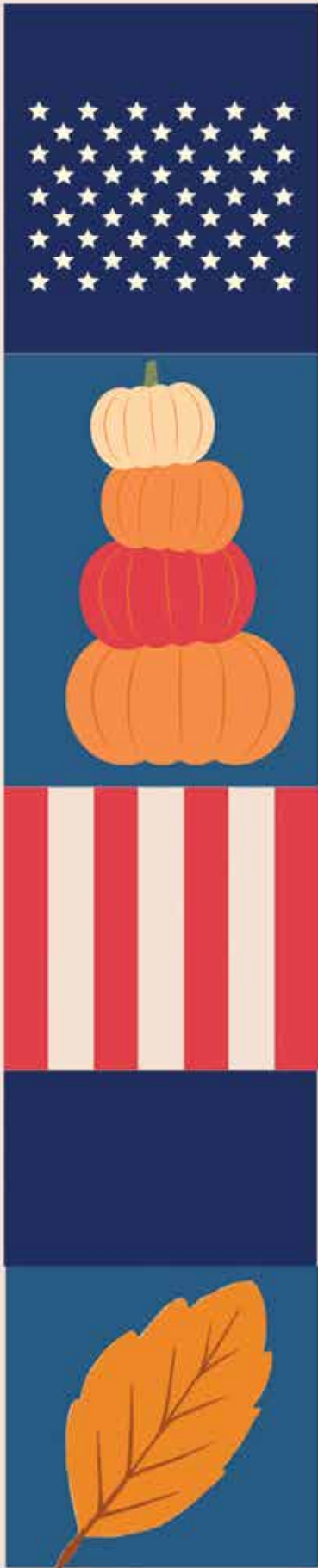
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SHABBAT & HOLIDAY
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IN LAKEWOOD

* We apologize for two incorrect dates and times listed in the September issue.
See corrected lines below.

September 18	6:42 PM
September 20	6:38 PM
September 25	6:30 PM
September 26	after 7:30 PM
October 2 *	6:19 PM
October 3 *	after 7:19 PM
October 9	6:07 PM
October 16	5:57 PM
October 23	5:47 PM
October 30	5:38 PM



For Shabbat without a Holiday:
Blessed are You, Ad-nai our G-d, Sovereign of the universe, who hallows us with mitzvot, commanding us to kindle the light of Shabbat.

For Shabbat with a Holiday:
Blessed are You, Ad-nai our G-d, Sovereign of the universe, who hallows us with mitzvot, commanding us to kindle the light of Shabbat and Yom Tov.

For Yom Kippur:
Blessed are You, Ad-nai our G-d, Sovereign of the universe, who hallows us with mitzvot, commanding us to kindle the light of Yom Hakippurim.

For a Holiday without Shabbat:
Blessed are You, Ad-nai our G-d, Sovereign of the universe, who hallows us with mitzvot, commanding us to kindle the light of Yom Tov.

For all Holidays:
Blessed are You, Ad-nai our G-d, Sovereign of the universe, who has kept us alive and sustained us and enabled us to reach this moment in time.

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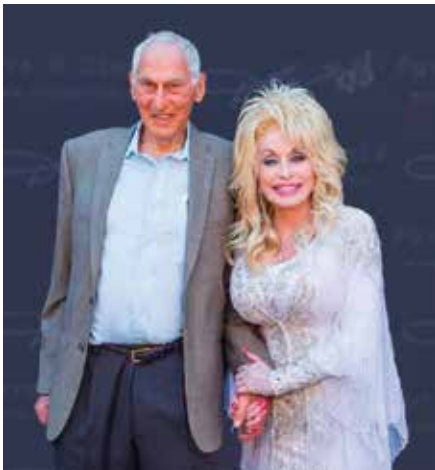
PJ Library Inspired by Dolly Parton, z”l



PJ Library and the Harold Grinspoon Foundation team are sad to learn of the passing of musician, philanthropist, and American legend Dolly Parton. Dolly's Imagination Library helped inspire Harold Grinspoon to found PJ Library in 2005.

When Harold had the privilege of chatting with Dolly in 2023, she shared the following with him: "I am honored to get to help inspire a love of reading in children. They truly are our future."

Harold remembers Dolly as "a truly amazing person – not only a great artist, but a great entrepreneur and philanthropist. We honor Dolly for educating millions, for her remarkable career, her kindness,



her art, and especially her generosity."

Listen to some great music and read a beautiful storybook today in her memory. We send our heartfelt condolences to her family, friends, and fans. May her memory be a blessing.

The Jewish Federations of North America (JFNA) established the Secure Community Network (SCN) in 2004. The SCN is a nonprofit organization that works to ensure the safety and security of the Jewish community in North America. The SCN's mission is to help individuals and organizations develop a culture of awareness, preparedness, and resilience through training, consultation, and information sharing. The SCN works with over 300 independent communities, 146 federations, and 50 partner organizations, as well as with partners in the public, private, academic, and non-profit sectors.





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As One

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WED., SEPTEMBER 30TH
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WED., OCTOBER 28TH
THE ALCHEMIST BY PAULO COELHO

TUES., NOVEMBER 24TH
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