The Pandemic’s Second Wave: JFS Responds to Mental Health Crisis

According to the National Institute of Mental Health (NAMI), 1 in 5 Americans has a mental health condition. That’s more than 40 million Americans, or put another way, more than the population of New York and Florida combined.* Those were pre-pandemic numbers.

“Statewide data shows symptoms of depression and anxiety have tripled amid the pandemic...” reports North Carolina’s Citizen Times in a recent article. It continues, “In a typical year, 1 in 9 (11%) people report symptoms of anxiety and depression disorders in a given week ... But, for every week since April, 1 in 3 (33%) North Carolinians have reported these types of symptoms.”**

These numbers are all too familiar to Howard Olshansky, Executive Director of Jewish Family Services (JFS). Providing mental health services is a significant part of the work they do as part of their emotional health and well-being services. When the coronavirus pandemic first closed their doors last April, JFS had to quickly pivot and figure out how to become an “agency without walls” in order to avoid disruption of services to current clients. Olshansky credits JFS, have been recipients of generous donors in our community for their ability to adjust and creatively navigate in unknown territory. At first, mental health counselors maintained continuity with clients by telephone, but quickly they worked out technological challenges and identified a HIPAA compliant platform and began offering telehealth services.

It wasn’t long before JFS saw the demand for their services increase. Initially past clients, already vulnerable to extraordinary pressures, returned for services. Before long, however, a second group began to emerge — individuals who had never received JFS services but found themselves struggling with the sudden fallout of having their lives turned upside down, seemingly overnight. With this increased need for mental health counseling services, JFS received an emergency allocation from the Jewish Charlotte Emergency Response Fund to hire additional counseling staff. The fund, which was created by Jewish Federation of Greater Charlotte, has raised close to $500,000 from generous donors in our community.

JFS identified yet another need. Individuals with no previous mental health diagnosis were struggling to adapt to the new stressors. Uncertainty about the future, a sense of isolation, and disrupted routines combined with the loss of familiar coping mechanisms such as gyms or social gatherings, created an entirely new population in need of support. For these, JFS launched several initiatives, including a variety of workshops and online offerings.

A fourth group who found themselves in need is one that JFS has always considered a priority — seniors. Seniors are already vulnerable to the same stressors as everyone else during this pandemic but are more likely to suffer from the effects of isolation. Not only have we been protecting them from the risks of exposure to the coronavirus by distancing ourselves, but they also tend to be less technologically savvy or equipped to stay connected.

Here, too, JFS quickly responded. Volunteers were trained to maintain home visits by telephone. With a grant from the United Way, they were able to partner with senior living facilities and purchase iPads for seniors, and help train them in their use.

In addition to providing services that address emotional health and well-being, JFS exists to provide crisis response. With rampant job loss and economic fallout, they have seen more than a 50% rise in the need for their foodbank services. Here, again, JFS adapted to the situation and created touchless delivery and curbside pickup. Currently, JFS supplies more than 100 bags of groceries per week.

As we try to function and silence the incessant hum of anxiety that is always just below the surface, we all wish for a return to something that resembles normal. But not even the re-opening of businesses nor the end to wearing masks will signal that the pandemic is over. Olshansky noted that we haven’t begun to see the full implications of the pandemic. So far, we have been in crisis mode, but the long-term recovery process will see the impact on our economy and mental health will be ongoing for years to come. Each fall JFS launches its annual Family to Family campaign and is grateful for the past support of its donors. This year, the need will be greater than ever. To find out how you can donate, visit www.jfscharlotte.org.

*https://naminc.org/the-state-of-mental-health-in-america/
**www.citizen-times.com/story/news/local/2020/08/05/covid-anxiety-depression-tripled-substance-abuse-up-15-
nc/5547156002/

FCJC Part of $1 Billion National Legacy Initiative

Local Jewish organizations have secured in excess of $26 million in legacy commitments.

Four hundred local donors have made 904 legacy commitments to support the Charlotte Jewish community. These commitments are part of a collaborative endowment building effort that includes 10 Jewish organizations and congregations, the Foundation for the Charlotte Jewish Community (FCJC), and the Harold Grinspoon Foundation’s LIFE & LEGACY initiative, the goal of which is to provide future financial stability to Jewish organizations.

“We are very honored to be part of such an amazing initiative that has helped to create a culture of philanthropy here in Charlotte and throughout the country,” said Phil Warshauer, Executive Director of Foundation for the Charlotte Jewish Community. “The success of our local efforts is a reflection of the uniqueness of our Jewish community. Our community members show great passion for the long-term sustainability of Jewish Charlotte and its continued evolution. This initiative has successfully identified and connected those passions with our community’s future needs.”

(Continued page 14)
From the Editor

Shira Firestone, Editor CJN

It has been a year since we last heard the calls of the shofar, since we were last moved by the plaintive cries of the Kol Nidre, since we were last moved by the prayers and rituals of these Holidays. It has help connect to what we share in common with all Jews across the world, regardless of which denomination we identify or level of observance we choose, and, when we do it “right,” what we share in common with non-Jews, as well.

I had to laugh when looking for a slightly less dry take on the word and I ran across this for a slightly less dry take on the word and I ran across this comment from a blogger that said, “While shopping for grocery classes a few weeks ago, I picked up a pack of salad and flipped it up a pack of salad and flipped it around to learn about its origin. Immediately something caught my attention: my salad was inviting me to join its Facebook community.”

“...Immediately something caught my attention: my salad was inviting me to join its Facebook community.”

What is it?

Join The Jewish Federation of Greater Charlotte for a culinary series to whet your appetite and bring you into the world of creating Jewish identity through food. Breaking bread and connecting through food has always been a way for communities to gather and support each other. Food, like language, exists as a vehicle for expressing culture. It has the power of being both a biological necessity as well as a vehicle for expressing culture. Food, like language, exists as a vehicle for expressing culture. It has the power of being both a biological necessity as well as a deeply symbolic cultural artifact, one that connects us to one another and also allows us to express our identity.

In Jewish life, food plays a crucial role, with recipes telling the stories of how Jewish people live and love, how they celebrate and mourn, and the way they cook. At the Education & Engagement Department of the Jewish Federation, we believe these recipes carry with them the marrow of who we are as individuals, as families, and as a people. Together, we’ll help tell those stories through virtual gatherings in the upcoming months, exploring the rich scope and diversity of Jewish cuisine. It’s not all bagels, pastrami, and babka. There will be Mizrahi, Latin, and soul foods that you will want to know and to taste.

Why Now?

This initiative was created out of a moment of opportunity, as people are at home and in their kitchens, when food professionals are seeking new opportunities to share their expertise, and when we can hold these gatherings with relative ease — no travel required!

Who’s it for?

We’ve designed programming for all ages and interests. Whether you’re an experienced cook or a novice who’s just getting started in the kitchen, or simply see yourself as a “Foodie” who wants to learn more about Jewish food, you are welcome!

When?

Our kickoff event is a Rosh Hashanah virtual cooking class with James Beard Foundation award-winning chef Michael Solomonov. This event is co-sponsored with the Jewish Federation’s Women Philanthropy, and is scheduled for Monday, September 14 at 8:00 p.m. It is free and open to all.

We look forward to breaking bread with you. For more information, contact Kara Culp, Engagement Coordinator, at kara.culp@jewishcharlotte.org.
A new year is a time of reflection, a time for new beginnings, and a time to connect with our families. This High Holiday season is an especially difficult one, as we will continue to Zoom and stream with our families rather than share the holidays in the traditional manner. On the plus side, perhaps we will achieve a new level of honesty and compassion as we continue to lean on each other virtually during this global crisis.

That’s why I’ve chosen the themes “Family” and “Family Secrets” for this month’s column. Perhaps reading about other families will help us rethink some of the decisions we’ve made, or our relatives made on our behalf. I know that my family kept secrets, and this pattern caused me and my brother to rethink the way we’ve shared difficult situations with each other.

Author Amy Meyerson has written two books that I loved — both are about families, are unconventional mysteries, and teach us how we learn about the past based on what is left behind. The Bookshop of Yesteryears appealed to me initially because of its title … as I love bookshops and have always dreamed of owning one. Miranda inherits her Uncle Billy’s struggling bookstore, and although she has wonderful memories of spending time with him, she hasn’t had contact with her uncle since the night of her 12th birthday when he and her mother had a huge fight. Throughout the novel, Miranda unravels her family’s secrets by connecting with the bookshop employees and her Uncle Billy’s friends, and by piecing together the clues from a literary scavenger hunt.

Published in May 2020, Amy Meyerson’s second book is The Imperfects. Real historical events and fictional family dynamics form the basis of this novel. When estranged siblings discover that their recently deceased grandmother left behind a multimillion-dollar diamond known as the Florentine Diamond, they put aside their differences to unearth the secrets of their grandmother’s past. As the siblings learn about their grandmother’s childhood and her narrow escape from the Nazis, they also learn each other’s secrets. According to Kirkus Reviews, The Imperfects is “a solidly entertaining multigenerational saga about sacrifice, self-reliance and what it means to be a family.”

The third novel about family secrets is Florence Adler Swims Forever, the debut novel of author Rachel Beanland. It is based on a true story that begins with a tragedy. In 1934, Florence Adler dreams of becoming the first Jewish woman to swim the English Channel, but while training, she drowns off the coast of Atlantic City. The novel is a family saga and an intimate portrait of just how far a family will go in order to protect its loved ones. I felt very uncomfortable with this premise; however, the book was an interesting portrayal of life in Atlantic City in the 1930s. And knowing the book was based on an actual secret in the author’s family drew me into the story.

All three books are available at the Levine-Sklut Judaic Library and Resource Center, www.jewishcharlotte.org.

The next meeting of the Center for Jewish Education Book Club is Wednesday, September 9 at 10:30 a.m. via Zoom. We will be discussing Maybe You Should Talk to Someone by Lori Gottlieb. For more information, please contact sueb.littauer@jewishcharlotte.org.
Federation Commitment to Racial Justice

The Jewish Federation of Greater Charlotte has been saddened by the racial unrest we have seen this year. We stand with all communities of color in mourning the deaths of all who have lost their lives simply because of the color of their skin. We commend our local authorities for speaking out against this brutality and for working with our community organizations, activists, and citizens during this time.

The Jewish community is all too familiar with how it feels to be targeted simply because we are different. Our faith teaches us to embrace and work toward a vision of a more just world.

Our mission clearly states, “...Through education and community building, the Federation’s mission ensures that Jewish values, goals, traditions, and connections are preserved for current and future generations.” We are compelled as Jews, to build a more just and ethical world and to call out and fight injustice, wherever it exists.

In keeping with our mission, values, and strategic objectives, the Jewish Federation of Greater Charlotte commits to engaging around issues of race, racism, and racial justice by leveraging our existing organizational structure. Through the work of our Center for Jewish Education and our Jewish Community Relations Council, we commit to providing meaningful opportunities for our community to engage, educate, and act on these powerful issues.

In doing this work, the Federation is guided by the following principles:

1. The Jewish Federation of Greater Charlotte does not tolerate racism in any form.
2. In the spirit of Klal Yisrael (Peoplehood), the Jewish Federation will actively seek to create a community that is welcoming, inclusive, and affirming to all. There is vast diversity of understanding and involvement among members and organizations in our Jewish community on issues of racial justice, and we will provide appropriate opportunities for our community to engage and educate at all levels.
3. To do this work with integrity, the Federation Board and Staff commit to educating ourselves.
4. Making this a priority within our existing strategic objectives, our Center for Jewish Education and Jewish Community Relations Council will lead our pursuit of racial justice through actions, programs, and partnerships.

Jewish Education and Identity:

- We will provide a diverse platform to support our schools, synagogues, students, and adults to educate, engage, and strengthen Jewish identity through a deeper understanding of race and racism, as well as the Jewish values and teachings on these issues:
  - Curriculum development and acquisition
  - Diversification of resources in the Levine Sklatt Judaic Library
  - Professional development for our Jewish educators

Enhanced agency partnerships:

Community Building:

- We will strengthen our relationships within the Jewish community and leverage opportunities to build new relationships in the broader Charlotte community by:
  - Providing resources to encourage and support opportunities to learn, engage, and enhance Jewish presence in the community.
  - Facilitate workshop training on civil discourse and difficult conversations.
- Standing in solidarity and collaborating with African American and other minority communities to advocate for systemic change regarding racial justice and equity.
- Working with community partners, exploring opportunities to assess and map the Charlotte Jewish community’s racial justice activity and unidentified opportunities.
- Israel:
  - In keeping with our commitment to global Jewry, Federation will leverage its overseas relationships and partners to increase understanding of the diverse fabric of Israeli society by:
    - Engaging with the racially and ethnically diverse populations of olim in our Partnership region, Hadera.
    - Addressing the challenges facing Israeli society around inclusion and cohesion.
- Celebrating the ethnic diversity of global Jewish communities.
- Funder:
  - While maintaining our standing commitments and aspirations to serve and sustain the Jewish community, demonstrate our commitment to eradicating racism by designating funds through the Allocations process:
    - Support community programs, educational opportunities, and community building focused on racial injustice.
- Support national Jewish organizations engaged in the work of racial justice and inequity.

PJ Library: Enriching Jewish Family Life

PJ Library Charlotte is proud to continue to keep your family connected to Jewish life during these unprecedented times. Through top-quality, Jewish books being sent directly to your home monthly, or our virtual learning and engagement opportunities, we strive to enrich the lives of families in our community raising Jewish children. Our virtual offerings include weekly virtual storytime with Ms. Debby, online parenting programs such as “How to Talk to Your Child about Racism” and “Parenting Tips and Tricks” with Dr. Terri James. We also offer our Baby & Me series for parents of newborns through age one in partnership with Mind, Body, Baby.

Coming soon, PJ Library Charlotte on Facebook for more information on High Holiday kits, upcoming programs, and more!
A Jewish Community Relations Council (JCRC) represents the organized Jewish community to the broader community, advancing core Jewish interests through education, advocacy, and building meaningful relationships.

We do this by convening, mobilizing, and advocating on issues of vital concern within and beyond the Jewish community based on common Jewish values. We base our work on the core pillars of:

- **Combatting antisemitism and anti-Zionism:** In the past two years, our JCRC has addressed over 50 local incidents involving antisemitism and anti-Zionism by working in direct collaboration with local educators and lay leaders. We have educated by hosting national agencies, such as the Simon Wiesenthal Foundation, the Anti-Defamation League, and the Israel Action Center to provide self-advocacy trainings to Jewish community members. As we expand we will continue to include issues related to racism and social justice.

- **Advocating for Israel:** We support a peaceful, secure Jewish and democratic state of Israel by bringing in relevant speakers and participating with local, national, and international agencies to address Boycott Divestment and Sanctions (BDS) and promote peace partnerships. As part of our past JCRC speaker series, several notable experts have provided candid in-depth analysis on Israeli, US, and Palestinian relations, including David Makovsky of the Washington Institute, Former US Ambassador Dennis Ross, Dr. Michael Kopolow, and Dr. Shira Efren from the Israel Policy Forum.

- **Building Community Relationships:** We work with local minority communities to collaborate on common issues. In the past, our JCRC has developed relationships with multi-cultural organizations through intergroup programming. These joint efforts included Open Table with the Simmons YMCA, a candidate forum with the Latin American Chamber of Commerce, an interfaith dinner and dialogue with MeckMIN congregations, and a cosponsored anti-hate table at the 2020 Women’s March with the Sisterhood of Salaam Shalom.

**Engaging in Racial Justice:** We will start by educating our own community with relevant speakers and programs. The current resources and advocacy efforts of the JCRC will continue to grow in this area as they become more dynamic, inclusive, and participatory.

We welcome your feedback, questions, and suggestions. Reach out to us anytime. Until then, watch this space for further details on how to join us on the road ahead.

To learn more about our JCRC’s initiatives, contact the Director of Community Relations and Israel Affairs, Laurel Grauer at laurel.grauer@jewishcharlotte.org.
At this time, New Year’s blessings and wishes sustain our family and community. Despite the challenges we face, your support of Federation helps fulfill those wishes — making an important difference in Jewish lives everywhere.

**MAY WE ALL HAVE A SWEET NEW YEAR.**

Jewish Federation
OF GREATER CHARLOTTE

www.jewishcharlotte.org
JPS: Enjoying Summer and Preparing for Fall

With all that is going on in our world, it is easy to feel bogged down by negativity, worry, and fear. We are all making difficult decisions in the hopes that we are doing what’s best for our families. This summer, we have reopened our summer program and are busily preparing for fall. We are so enjoying the children who are here now and are excited to greet the many families and teachers who will be joining or returning to JPS at that time. Teacher workweek will be packed with important sessions, including workshops given by medical professionals, sessions focused on how to help students re-adjust to school, the usual safety and CPR courses, etc. We are focused on preparing a program in which every child can succeed, and we will follow all current guidelines and recommendations. Will COVID affect the way school operates? Of course — but the love, attention, and education that parents have come to expect of JPS will remain the same. We can’t wait to see you all back and pray for continued health for all.

JPS: Enjoying Summer and Preparing for Fall

Greenyspon & Associates

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Be a part of shaping Charlotte's Jewish future. Join the JPS Annual Fund!

Donate at jpskids.org/support-jps
Thank you for your support!
By Becca Green

Every July we get to welcome our teachers back to school after a relaxing five week vacation. This year, due to COVID-19, our teacher orientation looked very different than in years past. Our goal was to onboard our staff, work on team-building, and prepare our building to welcome back our full-day students once more, all while upholding the intensified health and safety protocols that this pandemic has required.

Our first day of orientation is focused on team-building so that we can introduce new staff members and underscore the importance of trusting relationships between co-workers in a school setting. Being in Phase Two meant that we could not have all 40 of our staff members in the same room together, so VentureUP curated a team building activity for us that took place entirely on Zoom. Teachers worked together to solve clues in different groups so they were able to meet teachers on all different teaching teams.

Following team-building we had safety and security training led by the Foundation of Shalom Park’s head of security, Mike Philbeck. All of our teachers were trained on the enhanced health precautions that are being taken on Shalom Park and how we can be partners in keeping all of our stakeholders healthy. We also welcomed Rachel Raz, former Director of the Early Childhood Institute at Hebrew College, to lead us in a training on the Reggio Emilia philosophy of education. At the Charlotte Jewish Preschool (CJP) we incorporate multiple educational philosophies in our classrooms, Reggio Emilia being one of them. This philosophy encourages student-centered learning and the use of real, authentic materials with young children. Raz’s training was a great refresher for our seasoned teachers and an excellent introduction for our new ones!

After our teachers all experienced virtual orientation, they were welcomed back into their buildings where they noticed that things looked a little bit different. This year we quartered our school so each age level has its own wing. In each wing we have three to four classrooms, a break room for the teachers, and a gross motor room where students can run and play every day. We have added enhanced cleaning procedures for all of our classrooms, gross motor rooms, and playgrounds. Teachers have multiple opportunities throughout the day to wipe down high touch surfaces and disinfect classroom materials.

We prepared for students all week long and on Sunday, August 2, we hosted our very first virtual meet-the-teacher. Students logged into Zoom so they could see their teachers face with and without a mask as teachers explained that when they come back to school, all teachers will be wearing a mask. We were a little hesitant about how drop off would go on our first day, but all of our students (and their families) were thrilled to return. Monday morning was a huge success as parents and caregivers brought eager students back to the Charlotte Jewish Preschool and we were able to welcome them safely back into our building.

As I write this article we are wrapping up our first week back, and we could not have been happier to welcome students back into our building or be more proud of our teachers for their innovation, creativity, and positive attitude. Our first week back to CJP has exceeded all of our expectations! We are moving into Shabbat with gratitude in our hearts for all of our stakeholders and their trust in us to run an excellent school with fidelity. We recognize that this school year will present very different bumps in the road than years past, but we feel prepared and excited for all of the challenges this year will bring!
By Rochel Vorst,
CJDS Kindergarten Judaica Teacher

My dramatic play center is a COVID-19 casualty.

Honestly, it has taken me a long time to come to terms with the upcoming school year.

Kindergartners with masks? Keeping kids six feet apart? Who are we fooling?

I wrote an impassioned letter to the Charlotte Jewish Day-school COVID-19 Task Force begging that I be allowed to have the students play together and experience conflict and conflict resolution.

I had all these plans and thoughts as to how I could make up the social and academic growth my incoming kindergartners missed in their last few months of preschool.

But then I almost had a meltdown when looking at the new rules. How creative could I get when teaching through a mask? When children won’t be allowed to play with the same set of Legos and fight over the wheels?

I like to say that I’ve been teaching kindergarten for nineteen years because, for the good or bad, at heart I’m still in kindergarten.

— And it’s time for me to learn the lesson I am hoping to impart to my kiddos this year.

Gam Zu L’Tovah — this too is for the good.

As I thought about it and planned my classroom, I realized something crucial. We tend to lump social and emotional learning together, but what if emotional learning can come first?

If I teach my students to breathe and how to calm their hearts down, they’ll learn self-regulation so that when the inevitable fight over a toy comes up, maybe it will be less intense.

If I teach my students how to ground themselves and focus on tattling in with the world around them, maybe they’ll be better equipped to tune in to the feelings of people around them — even if faces are covered by masks.

If I teach my students to trust in G-d, they will develop resiliency and flexibility to changes in their lives.

If I move the paradigm just a bit, it no longer feels like my hands are tied; instead it’s a garden of opportunities.

Don’t wait for the storm to pass — learn to dance in the rain (or splash in the puddles!).

Many have written with fear and anxiety about the coming school year. But I know my fellow teachers and I pledge to make Gam Zu, this school year as well, L’tohvah for the good!
At Generations at Shalom Park, you can have all of this and so much more.

Generations will be an intergenerational lifestyle that honors Jewish values and traditions while also embracing people of all faiths and beliefs.

We believe that living your best life is living the life you want:

• Living your life with others, both young and old
• Living where your needs are cared for as life changes
• Services and amenities that address your every need

... and so much more.

What are you waiting for?
Become a priority member today!

(704) 532 - 5400
generationsatshalompark.com
W.O.W: Who Are We?

What exactly is W.O.W.? I’ve heard of it, but isn’t it just for religious women who are part of an Orthodox congregation? What is their raison d’etre, and what exactly do they do? If you’ve had these or similar questions, we hope you’ll take a few minutes to read about us. W.O.W. stands for Women of Wisdom and is a non-congregational, non-denominational, nonprofit sisterhood of Jewish women based in Charlotte.

Our mission is to connect, inspire, and empower Jewish women, regardless of background or level of observance. We wanted to create a diverse group who had the common denominator of Judaism and Jewish values as their uniting force rather than a specific affiliation to a particular organization or agency. We strive for unity without uniformity and believe that Jewish women have the power and ability to create and inspire our families and communities— but especially our own selves.

When Besty Olinger was asked why she joined W.O.W., she said, “I enjoy the unique style of learning and being part of W.O.W.’s nurturing, inclusive, lively and fun group of women.”

We offer social and educational activities based on time-honored Jewish wisdom. Sometimes there is a class about the ABCs of a particular holiday or a social event celebrating it. We have couples’ events, movie nights, crafts, and Challah and Hamentash bakes that get rave reviews every time we do them.

Another thing that unites us is our love for Israel and it’s people. We learn about Israeli culture and history and regularly have Israel-related events and speakers. One of our greatest assets is the annual, highly subsidized trip to Israel, which some have called a birthright for Moms. Just because you are no longer in college doesn’t mean you have to miss out on the Miracle of the Mediterranean. We hike, tour, and put everything on hold for eight days so that we can connect the land Jews have felt attached to for centuries. It is a trip of a lifetime and has incredible impact on its participants, many of whom become more active in their synagogues and other Jewish organizations upon their return. We are counting the days until our 2021 trip.

We enjoy partnering with other organizations in town and feel fortunate to have developed partnerships with other agencies in Charlotte, such as Jewish Family Services and Hadassah.

We look forward to expanding our partnership base this year.

A special shout out goes to the Jewish Federation of Greater Charlotte’s Impact and Innovation Fund, which enabled us to kick off a speakers series. Our first speaker was Adrienne Gold, a Canadian Television host for over 15 years. Her story was captivating and her message of strength and resilience was inspiring. In 2021, we are looking forward to welcoming Pixar animator Saul Blinkoff.

We are working hard on next year’s calendar and looking forward to sharing that with you next month. Our first main event of the coming Jewish year will be our 13th annual pre-Rosh Hashanah Challah bake, led by Suzy Catenazzo. In addition to the bake, we will have a professional meditation guide lead us in a guided meditation about the new Jewish year. Please join us from the safety of your home for this year’s bake, which will be via Zoom, at 7 p.m. on September 14. We will also have premade challahs available for purchase.

Details about the bake and other upcoming events, please visit us at www.charlottewomenofwisdom.com.

Hadassah Maintains Robust Programming

The Hadassah Charlotte Leadership Team has been busy thinking of virtual ways to keep our members excited and engaged during these difficult times we are facing with COVID-19. We hope you will join us at any or all of the events we have planned. Details for all events can be found at www.hadassahclt.org.

Virtual Programs
August 2 through September 11 — Vintner Wine Market, located at the Arboretum Shopping Center, will be selling kosher wine for Rosh Hashanah. 10% of the proceeds will go to Hadassah. Please be sure to mention Hadassah when you call and place your order at Vintner’s at 704-543-9909.
September 15 — Hadassah, in partnership with W.O.W. will host a virtual honey cupcake bake for the New Year. Virtual baking starts at 7 p.m. and the list of ingredients will be sent to you after you register.
October — No Show Gala for the Celebrate the TaTas will be held during Breast Cancer Awareness Month. Invitations will be sent out soon.
November 26-29 — Virtual 5K Turkey Trot December — Latkes and Vodka’s Hanukkah event. Details to follow.
In addition to our virtual programs, Hadassah has a new Sunshine Committee that has been formed to express congratulations, sympathy, or concern to members of Hadassah in the event of illness, bereavement, or milestone events. The committee will provide a connection among our members. If you or any member need a little “sunshine” from us, please contact Elissa Vining at xvining@aol.com or 904-333-3994.
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For details about the bake and other upcoming events, please visit us at www.charlottewomenofwisdom.com.

Hadassah Holds 2021 Preparations

Catherine Brodie, Hadassah Leadership Team, has been busy with the planning for our upcoming events. October 13 — Latkes and Vodkas Hanukkah event. Details to follow.
December — Latkes and Vodkas Hanukkah event. Details to follow.
In addition to our virtual programs, Hadassah has a new Sunshine Committee that has been formed to express congratulations, sympathy, or concern to members of Hadassah in the event of illness, bereavement, or milestone events. The committee will provide a connection among our members. If you or any member need a little “sunshine” from us, please contact Elissa Vining at xvining@aol.com or 904-333-3994.
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The High Holy Days Experience

October 16—29
November 1—9
December 1—10


Rosh Hashanah
Saturday @ September 19 @ 10:00 am
Kol Nidre
Sunday @ September 27 @ 7:00 pm

Joining us will be several special guests including Josh Nelson, Joe Buchanan, Sheldon Low and Hadar Orshalmay, Nefesh Mountain and members of the Charlotte Symphony Orchestra...just to name a few.

To receive updates about the High Holy Days Experience, “Like” and “Follow” The Ruach on Facebook, SUBSCRIBE to our YouTube channel, or email the.ruach.band@gmail.com to join our email list.
We Are Better Together with BetterTogether

By, Mrs. Montoni, Teacher

As we all still mostly stay in our homes throughout the struggle against COVID-19, the landscape for all of us seems to blend together. I have even heard each day of the week referred to as “Blursday.”

So for teens, the stay-at-home school year and the summer vacation are really beginning to merge into one big smoothie of unnatural flavors.

Hebrew High has come to the rescue for some of our teens, making their stay at home experiences this summer a little more interesting, at least for a few hours a week. Ten students are participating in a national program from the Legacy Heritage Foundation. The program is called BetterTogether and involves the kids interacting with seniors from the community.

The teens meet for classes once a week, but between classes they are required to do some writing, create some activities, and participate in Shabbat services. Every other week, they are joined by seniors from the Charlotte community when the kids and the adults participate in conversations about their lives, their favorite activities, their favorite foods, and more. Here in Charlotte, we have added a weekly Shabbat service with the residents of Carriage Club where some of the teens have even led some of the prayers.

In their own classes, the students are learning about good listening techniques, our Jewish connections to food and music, and ways to keep themselves healthy during these difficult times.

Here is what some teens and seniors are saying about BetterTogether:

Asher Yesowitch, rising 9th Grader:
This summer I have been part of a group that combines local Jewish teens with local Jewish senior adults. We meet virtually and spend time learning more about each other and how things have changed since the seniors were our age. I think it is interesting listening to the seniors talk about their childhoods, and it fascinates me how much has changed and how some things have stayed the same. My favorite thing about this experience so far has been meeting new people and having something fun to do during these times. Hebrew High provides a lot of other interesting opportunities for Jewish teens in Charlotte to think about how to participate in the Jewish community.

Sydney Adamo, rising 8th Grader:
Over the past few weeks, BetterTogether has taught me so much already and I have met so many amazing people. My mom told me about BetterTogether and I loved the idea of it. Because of this program, I am so excited for Hebrew High!

Lindsay Pfeffer, rising 8th Grader:
I decided to do BetterTogether and I’m really glad I did. I am so excited to start Hebrew High this year and it was a great way of entering that community. So far, we have learned about things like the concept of listening to others and we have gotten to know each other and the seniors.

Haven Lail, rising 9th Grader:
Hebrew High’s theme is “The Place to be on Wednesday Nights,” and it’s true. Hebrew High is a lot of fun. I love it so much that my Mom and I drive for almost 2 hours each way so I can go there. I was nervous to start Hebrew High because I did not know anyone, but I made friends quickly. We have done fun things over the summer with Hebrew High. I didn’t think anything on Zoom would be fun, but I was wrong! We’ve played trivia and had a scavenger hunt and we are even cooking together on Zoom! My favorite thing I did with Hebrew High this summer was called BetterTogether. I got to meet senior citizens and learn about them. Their lives were different than mine because they were born Jewish and I’m converting to be Jewish. But I was surprised to learn that we are alike. I also got to celebrate Shabbat with them and I liked that too. I am learning a lot by going to Hebrew High and by doing BetterTogether!

The Work is Much More Difficult Than the Posts

By David Cygielman
Moishe House Founder & CEO

Over the last few months, I have received countless emails from seemingly every company that has my contact info, sharing how they feel about racial inequality in America. Social media posts and commentary have flooded my feed. Imagine if all of the time, energy, and money that has gone into the countless social media posts shared and mass company emails about racial justice sent recently were surpassed by time spent on doing the difficult work that can create real change in the next months and years ahead. Like every company and organization I am associated with, Moishe House moved quickly to stand in solidarity with the Black community in speaking out against the racial injustice. But, where were our voices before May 2020? At Moishe House, how have we ensured that Moishe House is not only a place where Black and Brown people are welcome, but also a place where those voices are elevated and thrive?

I have always hoped that we would be a place where the full spectrum of Jewish life and Jewish backgrounds can find a home — but hope is not a strategy. It is important for us to acknowledge that up to this point, while we have a strategy for expansion, for Jewish learning, for Israel engagement, for fundraising and so much more, we have not had a strategy for diversity, equity, and inclusion. It is easy and natural to feel like we must focus on fixing the things that are most broken, and for most of us in the white community, we do not feel the daily effects of racial inequality. We have the privilege of feeling welcome in...
BBYO Is Alive and Well

Charlotte B’hai B’rith Youth Organization (BBYO) is alive and well even during these challenging times. We are creating virtual chapter programs for the fall as well as forming our chapters to meet in person as soon as we are able.

Our mission in BBYO has not changed. We believe that we can enrich the life of a young person in a very profound way. We bring Jewish teens together so they can form powerful, authentic relationships with each other and with inspiring adult role models. We do this by creating compelling Jewish environments and experiences where they feel pride in who they are, in control of their own destiny, and a part of something greater than themselves. Char-destiny, and a part of something where they feel pride in who they are, in control of their own destiny, and a part of something greater than themselves. Charlotte BBYO is ready to welcome all Jewish 8th – 12th graders to be a part of the process that can lead to the most impactful outcomes. The service, called BBYO On Demand, launched Friday and includes new employees up to the most impactful outcomes. The service, called BBYO On Demand, launched Friday and includes new employees up to the most impactful outcomes. We are excited, anxious and even a bit nervous to be starting this work by engaging Dr. Dieta Hawkins to be our partner and guide. Dr. Hawkins is a licensed Clinical Psychologist and holds a faculty appointment as an Assistant Clinical Professor at Yale University. We will do our best to explain how creating or planning programs for the site, as well as hundreds of BBYO members guiding strategy for what kind of programs teens want, such as ways to play video games together, register to vote or go online shopping via video chat. The program is free to use for anyone who wants to join.

“Right now, while teens all over the world need a place to escape and rally and be with each other, and connect; we’re using every relationship we have to try and push that all online for the next couple of months,” he said. Ari Feldman is a staff writer at the Forward. Contact him at aefeldman@forward.com or follow him on Twitter @aefeldman

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10,000 chemo hats have been donated to facilities for cancer patients around Charlotte

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Thursdays 9 AM - 5 PM at the home of Lynn Edelstein 3802 Columbine Cir.
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Most spaces and can find comfort in knowing that there are excellent examples of diversity that we can call upon when needed. But having examples on hand isn’t the same as doing the work.

The challenge for leaders is that we must not only focus on the things that are broken for us, but we must also find ways to learn and understand what is broken for others and work together to fix them. This does not happen with a social media post, by reading a book, or by having a deep conversation. These steps can elevate our awareness, but without bringing in expertise and investing in this work the same way we would for a strategic plan, fundraising strategy, or expansion work, it will not create real change or impact. I am talking about investing serious dollars and significant time for the long haul. It cannot be just for those who are most interested in joining the committee — it has to be across all departments and include new employees up through the board. If today, as an organization, we were able to declare the changes that we will be making, then I would argue that we have already come up short. Even the process of learning where we need to change is part of the process that can lead to the most impactful outcomes.

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(continued from previous page)

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Bal Tashchit and Beyond: Tech It Forward

There is one obvious downside to our increasing reliance on technology — electronic waste. E-waste, discarded rather than recycled electronic and electrical waste, is rapidly accumulating in landfills, and is putting our planet and its inhabitants at risk.

According to UN Environment, the world produces 20 to 50 million tons of e-waste every year and currently, only about 20% of e-waste is formally recycled.

E-waste represents 2% of America’s trash in landfills, but it equals 70% of overall toxic waste. Many consumer electronics contain toxic substances such as mercury, cadmium, and lead, and when disposed of in landfills, these carcinogenic substances contaminate soil and groundwater, damaging food supply systems and water sources.

By 2040, carbon emissions from the production and use of electronics is expected to reach 14% of total global emissions. This is one-half of the total global transport sector today. By 2050, the volume of e-waste, in the worst-case scenario, could top 120 million tons annually, according to estimates from the United Nations University in Vienna.

So, what to do?

There is an adage: “If you cannot reuse — recycle.” It’s always better to hand down tech to those who can use it, whether it’s a family member or friend, or a donation to a community center, school or faith-based organization. But when it is time to ditch your device, make sure it is properly recycled.

The US Environmental Protection Agency (www.epa.gov/recycle) lists several ways to donate or recycle electronics. You can see all the options for drop-off locations across the country where you can take your larger tech items (like computers and printers), including retailers, as well as information for smaller items (like smartphones) that can be traded in or mailed through companies. There are a few differences from state to state, so be sure to tap or click the links to read the details. We will focus on North Carolina, Mecklenburg County and Charlotte given the readership of this publication.

In North Carolina, it is illegal to dispose of a TV or computer in a landfill, and your curbside collector will not pick them up. Mecklenburg County will process residential plug-in type electronics at no cost when you bring them to one of the Full-Service Drop Off Centers. Acceptable items include: monitors, telephone equipment, printers, cables, cords, computers, keyboards, power supplies, scanners, copiers, electronic typewriters, televisions, VCRs, stereos, speakers, projection equipment, mouse units, head-phones, fax machines, and digital cameras. Limitations and fees may apply. For more information, visit www.tbed.org.

Retailers may also offer e-waste recycling drop off. Look for specific Best Buy locations. Retailers will accept various tech items (like computers and electronics) at no cost. Onsite recycling Points, and Goodwill Industries locations.

It is advised you properly back up any information from the device or drive you are recycling to an external location and then properly remove data from your digital devices before you recycle them — just in case your device falls into the wrong hands. For computers, there is free downloadable software capable of properly erasing your hard drive, sometimes referred to as “shredding.” Tools like Eraser and CBL Data Shredder can combine through every sector to clear all your data. The process can take a while, so wait it out and be patient. As for smartphones and tablets, the good news is iOS and Android devices support encryption, so opting for a “restore” or “factory reset” should be fine.

The Charlotte Jewish News - September 2020 - Page 14

National Legacy Initiative

(Continued from page 1)

In fewer than eight years, LIFE & LEGACY has motivated more than 17,000 donors in 63 communities across North America, including in Charlotte, to commit more than a billion dollars in current and after-life assets to the Jewish organizations that have shaped their lives. In challenging times like these, endowments provide organizations with the financial stability to meet evolving needs. Legacy commitments ensure that organizations are providing impactful programs and services as they continue to expand and transform to meet the ever-changing needs of today’s world.

The cooperation and collaboration fostered by LIFE & LEGACY as local organizations work to a shared goal of endowment building is especially critical now,” said Arlene D. Schiff, national director, LIFE & LEGACY. “In the midst of so much disruption and uncertain- ness, we continue to empower many generous and committed individuals and families to give back to the Jewish organizations that have played and are playing an important role in their lives.”

The commitments made by Charlotte’s legacy donors are just the beginning of a community-wide effort to ensure a bright Jewish future. A full list of LIFE & LEGACY participating organizations and the donors who are supporting them can be found at charlottejewishlegacy.org.

“Providing Jewish organizations with a strategy to help secure their long-term financial stability is absolutely vital, especially now in the middle of an economic crisis,” said Harold Grinspoon, founder of the Harold Grinspoon Foundation. “Supporting our Jewish institutions is critical to ensuring future generations are able to enjoy our rich culture and heritage. I am thrilled that LIFE & LEGACY is motivating donors to make legacy commitments that will sustain vibrant Jewish communities for years to come.”

To learn how you can be part of securing Charlotte’s Jewish future, call Nancy Kipnis at 704-973-4554 or visit www.charlottejewishlegacyfoundation.org.

The Foundation for the Charlotte Jewish Community (FCJC), is a supporting organization of Foundation For The Carolinas. Established in 1997, FCJC was created to facilitate charitable planning, build and distribute endowment assets and support lifetime and legacy giving. FCJC collaboratively partners with individual donors and more than 25 Jewish organizations. FCJC-managed funds support both Jewish and secular causes in the Charlotte region and beyond.

LIFE & LEGACY is an initiative of the Harold Grinspoon Foundation (HGF) that assists communities across North America, through partnerships with Jewish Federations and Foundations, to promote after-life lifetime giving to build endowments that will sustain valued organizations and vibrant Jewish communities for the next generation and beyond. Through training, support, and monetary incentives, LIFE & LEGACY motivates Jewish organizations to secure legacy gifts, steward donors, and integrate legacy giving into the philanthropic culture of the Jewish community.

The Foundation for the Charlotte Jewish Community

North Carolina electronic equipment recycling drop-off locations in Charlotte as of July 2020:

- Foxhole Recycling Center
  1711 Lancaster Highway
  Charlotte, NC 28277

- North Mecklenburg Recycling Center
  12300 N. Statesville Road
  Huntersville, NC 28078

- Hickory Grove Recycling Center
  8007 Pence Road
  Charlotte, NC 28215

- Compost Central and Recycling Center
  140 Valleydale Road
  Charlotte, NC 28214

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Oh How Wonderful Are Your Dwelling Places Israel

By Rabbi Yoshi Groner
Congregation Ohr HaTorah

We are living in extraordinary times. It is stormy outside with a virus raging throughout the world. Here at home, we are experiencing cultural and political turmoil with new issues unfolding weekly. As we hunker down, we need to re-examine our relationship to our home and community, and what it means to us.

The Jewish home has been our anchor since we identified as a distinct people going back to the Biblical days of Abraham and Sarah. Our homes are more than spaces for us to sleep and eat; actually, our homes shape who we are.

In Jewish tradition, the home is the most important institution in Jewish life. The home is a sanctuary for both our physical well-being and spiritual development. This statement is not meant to minimize the importance of our synagogues or day schools, etc.; rather, these institutions are of tremendous significance in supporting Jewish life. The home is a microcosm of Judaism alive under the most trying circumstances.

Today, thankfully, we do not face the kind of challenges that our people faced during the days of Channukah or the days of Communism. Yet, the challenges are of tremendous significance in supporting Jewish life. The home is a Jewish home ought to have a strong core in order to thrive. Yet the Jewish home is where our homes, and within our souls, to rediscover our inner core.

Our core is composed of our inner and unshakable principles that make us who we are and guide us through life, especially when we confront turbulence and turmoil.

It is during these tumultuous times that we test. So, as we begin the New Year with Rosh Hashanah and Yom Kippur, it is time to examine our core values which have allowed us to survive all its challenges, both external and internal.

The Torah compares humans to trees in the field. A healthy tree needs deep roots and a strong core in order to thrive. The Talmud teaches that a tree with deep, solid roots cannot easily be toppled, even with hurricane-force winds. Similarly, for humans, our ancestry and education are that anchor us in place. Our cores are the principles that we develop in our homes along with a proper education, which reinforces those principles.

It is tempting to go with the flow, to tap into the current sentiments and show that we are on board, even if these currents are at odds with our principles of decency, morality, and Jewish identity. To tree with weak roots will easily uplift and flies in the direction of the gale-force winds.

This scenario has played itself out many times in our long history. Think of the bright holiness. A tree with week roots will eventually spread to the whole tree. The holiness will eventually spread to the entire home and make the home a mini synagogue. Who knew that we would actually face a time when of us would need to implement the Rebbe’s call in real-time?

May this New Year bring us the blessings of G-d for health, harmony, and tranquility. May G-d renew our energy and may we come together again as a community, with unity of heart, soul, and mind.

Chadesh Yameinu: A Season of Renewal in the Midst of a Pandemic

By Rabbi Asher Knight
Temple Beth El

Pandemic. These are the words that have made this year so painfully difficult is the sense of powerlessness in the midst of the pandemic. Many of us have made “if only” statements. If only we could turn back the clock. If only we could have done more to prevent illnesses and death. If only we could have averted harm to the economy and the suffering that comes with loss of employment. If only we could prevent the death of so many who we love. If only we could turn to the past, to the days of Chanukah or the days of Yom Kippur, it is time to examine our core values and principles. He almost paid with his life, but he was undeterred and successfully galvanized an army of Jewish leaders who kept the flame of Judaism alive under the most trying circumstances.

Today, thankfully, we do not face the kind of challenges that our people faced during the days of Channukah or the days of Communism. Yet, the challenges are of tremendous significance in supporting Jewish life. The home is a bastion of inner tranquility, serenity, and confidence.

In the mid ‘80s the Lubavitcher Rebbe, Rabbi Menachem M. Schneerson, asked that we make our homes mini holy sanctuaries by designating one room as a holy room. This room is filled with Torah books, a charity box, and holy Jewish items that will help us identify the room as a sacred space. This should be the room where we study and pray (when we cannot attend synagogue services). The holiness will eventually spread to the entire home and make, the home a mini synagogue. Who knew that we would actually face a time when of us would need to implement the Rebbe’s call in real-time?

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In the mid ‘80s the Lubavitcher Rebbe, Rabbi Menachem M. Schneerson, asked that we make our homes mini holy sanctuaries by designating one room as a holy room. This room is filled with Torah books, a charity box, and holy Jewish items that will help us identify the room as a sacred space. This should be the room where we study and pray (when we cannot attend synagogue services). The holiness will eventually spread to the entire home and make, the home a mini synagogue. Who knew that we would actually face a time when of us would need to implement the Rebbe’s call in real-time?

May this New Year bring us the blessings of G-d for health, harmony, and tranquility. May G-d renew our energy and may we come together again as a community, with unity of heart and mind.

From the Bimah

Chadesh Yameinu: A Season of Renewal in the Midst of a Pandemic

By Rabbi Asher Knight
Temple Beth El

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From the Bimah
Will You Bring Your Light?

By Rabbi Chanoch Oppenheim

Charlotte Torah Center

I love stories. They contain such powerful messages for us. Here is one of my favorite stories.

In a mountain village in Europe many years ago, there was a nobleman who was concerned about the legacy he would leave to the people of his town and decided to build a synagogue. In the course of his planning, he decided no one would see the plans for the building until it was finished. He erected a wall around the building and began construction. The workers were sworn to secrecy. Day and night, they worked until the new synagogue was finished. When the work was completed, the townspeople were excited and curious about what they would find within the new synagogue. They lined up early in the morning and anxiously waited for the wall to come down.

The doors opened and the townspeople began to enter. They marveled at the synagogue’s magnificence. No one could ever remember so beautiful a synagogue anywhere in the world. They sat admiring the intricate designs and beautiful windows. They were in awe of the craftsmanship and attention to detail.

Then, noticing a seemingly obvious flaw in the design, one of them asked, “Where are the lamps? What will provide the lighting?” He built such a beautiful building and forgot to place lamps so that we could see when we worshipped. How could this be? And the crowd began to laugh.

The proud nobleman held up his hand to silence the crowd. A hush came over the congregation. He then pointed to brackets which were strategically placed all along the walls throughout the synagogue. He then gave each family a lamp as he explained, “Whenever you see a few seconds before it comes. I want you to bring your lamp, and light it. And your light will fill this place of prayer. But each time you are not here,” he said, “a part of the synagogue will be dark. This lamp will remind you that whenever you are absent, some part of God’s house will be dark. Your community is relying on you for light.”

“We need to use our light to illumine the darkness that surrounds us. Light is a powerful tool. Our tradition looks to light as a distinct creative power. From the first steps of creation, light was called good and a welcome addition to the darkness that was. Central to the growth of that light was the creation of man and women, partners with God in the ongoing growth of the created world. Each generation brought their light into play as we moved from the Genesis narratives to the Exodus adventures to the Promised Land and then into exile. Light has taken many forms from the physical to the spiritual. But along the way, the key was us. Our light — our relationships — our engagement with one another.

7581 must be different for us. While we are still living in a pandemic world, we have to work harder to reconnect to our communities. We have to bring our light to bear and seek to dispel the darkness in which so many lives are lived. In this New Year, we must become the light of peace, hope, love, and truth and cast our light into the darkness that we see. We need to use our light to illumine the darkness that surrounds us. Light is a powerful tool. Our tradition looks to light as a distinct creative power. From the first steps of creation, light was called good and a welcome addition to the darkness that was.

It’s a tiny step, like the prince putting on the first layer of clothes — do one small mitzvah like drinking a cup of wine on Friday night in honor of Shabbat.

This year for the High Holidays, no matter whether you are participating in a formal religious service or not, give it a shot; try doing some small authentic Jewish act. By doing so, you will be taking the first steps in allowing the royal soul you possess to be nourished and joined with the other unique souls from the Jewish past, present, and future.

Blessings and best wishes for a happy, healthy, and sweet New Year.

Shana Tova
Cheshbon HaNefesh: An Accounting of the Soul for 5780

By Rabbi Michael Walk

On Yom Kippur we will recite these words: “You know the mysteries of the universe, the deepest secrets of everyone alive. You probe our innermost depths; You examine our thoughts and feelings. Nothing escapes You. Nothing is secret from you.”

The theme of this prayer, which is included before the Vidui or confession, is that we have nothing to hide behind when we stand in front of God on the High Holidays. We may be able to fool those around us and maybe even ourselves, but God knows what is truly in our hearts and how we have acted in the past year. Tradition teaches that we should use the month of Elul to engage in introspection so that we actually do know ourselves when we ask God for a happy and sweet new year. For some people, introspection is natural, but for others it can be very difficult.

This past year has provided us all ample opportunity to learn about ourselves. Starting in early March, we were asked to make tremendous sacrifices to protect as many people as possible from the ravages of COVID-19. Without the distractions of restaurants, movies, concerts, parties, playdates, and the other ways that we normally entertain ourselves, we could get to know ourselves. How did you interact with the people in your house? I hope you love them, but how did you treat them after months of spending time only with them?

How did you treat the other people with whom you came in contact over Zoom or from a distance? Did you recognize that everyone is stressed and that every little decision is now hard, or did you refuse to give them a break?

Most importantly, did you honor the Jewish imperative to protect your life and do you play a part to bring this pandemic to its end? I was part of two Jewish communities this year as I moved from Louisville to Charlotte. I watched both communities grapple with how to address unprecedented conditions. Before this year the value of pikuach nefesh (preserving life) was a vague idea that we learned about in Talmud classes, but rarely had the chance to apply. In 5780 pikuach nefesh had concrete ramifications. I am proud of all the Jewish communities who made the devastating choices to shut down their buildings and move to online services. I have missed the regularity, comfort, spiritual nourishment, and companionship that synagogue has always given me, but I know that we have adhered to Jewish values by helping keep our fellow congregants safe.

When we first closed our buildings in March, we thought that we would safely return in a matter of weeks. Now that we know the virus will be part of our lives for some time, we have had to make more choices that demonstrate what we value. In deciding that the High Holidays would be completely online, we show that we value the inclusion of all Jews in our congregational life. Instead of welcoming in young and full healthy people into the building and excluding Jews above a certain age or who were immuno-compromised, we choose that everyone should have the same experience.

The year 5780 has challenged us to make difficult choices. None of them were convenient and none of them were our first choices, but they were all choices that we had to make based on our values. While we would like to believe that we first consider what our values are and then make choices, I think that we often learn what we consider important from the choices we make. In this way, 5780 was a year in which we learned about ourselves. On this Rosh HaShanah and Yom Kippur our prayers for a much better 5781 will most likely be some of our heartfelt ones, I hope that our experiences during this year will help us decide how to spend the next one.

L’Shanah Tovah Tikatevu. May you and all your loved ones be written and sealed in the book of life.
Join Temple Kol Ami for Virtual High Holydays

By Shari Baum

Temple Kol Ami (TKA) of Fort Mill, SC invites you to join us for the High Holidays. We will be conducting full services via Zoom, and are thrilled to be led this year by Rabbi Bruce Aft and cantorial student Shayna Burack. Rabbi Aft is a wonderfully engaging clergy who has spent may Shabbats with Temple Kol Ami in the past. He recently retired from Congregation Adat Reymin of Springfield, Va after 29 years of service. Rabbi Aft is currently a visiting scholar at George Mason University in the Jimmy and Rosalyn Carter School for Peace and Conflict Resolution. He is also the President of the community board for Operation Understanding DC. A huge baseball fan (and former college player), he and his wife Sue will be volunteering for the Washington Nationals Youth Baseball Academy. We are looking forward to very meaningful and spiritually uplifting High Holidays under Rabbi Aft’s leadership. Please contact us at verkysynagogue@gmail.com or 803-701-0149 for more information, or check our website www.templekolamisc.org.

Additionally, it is not too late to enroll your child at Temple Kol Ami Religious School which starts September 13. Classes will be conducted virtually initially; the possibility for in-person meetings will be reassessed at a later time. The TKA Religious School teachers and administrators have been hard at work all summer exploring on-line curriculums to ensure that we can continue to provide a meaningful Jewish education. For more information, please contact us at tka.religiouschoo@gmail.com.

If you live in York County or the Ballantyne area, Temple Kol Ami might be the place for you! We are a warm and inclusive Reform congregation comprised of Jews from diverse backgrounds. We wish you and your loved ones Shanah Tovah Um’Tukah, a sweet, healthy and prosperous New Year!

Temple Solel Chooses Joy Over Happiness

By Shelley Pawlyk

How does one choose joy when facing health issues, financial hardships, relationship challenges, loss, pain, loneliness, or fear? As I sought to learn more about this topic, I found that learning from others in our Temple Solel congregation was the most tangible and valuable way to find some wise answers.

I started with a Google search resulting in a definition that read, “Joy and happiness are both emotions where a person has feelings of contentment or satisfaction. But both of these feelings may differ from each other based on the reasons causing the feeling and the nature of the feeling.” It seemed a bit boring, leaving me wanting more substance.

I found great quotes too: J.D. Salinger, the author of CATCHER in the Rye, once wrote, “The fact is always obvious much too late, but the most singular difference between happiness and joy is that happiness is a solid and joy a liquid.” Another one by Henri Nouwen leaves us with a similar thought, “Joy does not simply happen to us. We have to choose joy and keep choosing it every day.”

In our Biblical texts a verse can be found in Nehemiah 8, where Ezra the scribe reads the words of God’s law to the people with great rejoicing in reverence for hours. As they understood God’s communication to them they began weeping. Ezra encouraged the people and he said to them, “Go your way, eat the fat and drink sweet wine and send portions of it to those for whom nothing is prepared, for this day is holy to our Lord; and do not be grieved, for the joy of the Lord is your strength.” My search led then me to an online video where I learned the most by listening to our own congregant, Dar Finkelstein, who hosts a YouTube blog called “Choose to Live with Joy.” In 2006 Dar was diagnosed with stage-two breast cancer, and even after ten years living cancer-free, on June 13, 2019, she was told her breast cancer spread, becoming metastatic, — a terminal cancer with no cure. How could she be happy and positive while having terminal cancer? That’s when the “aha” moment took place because, like many people might do, I confused her joy with happiness.

On Dar’s video she explained she can still have joy while being sad, mad, frustrated and scared. There are times we have to “fake it until we make it, but having joy doesn’t mean she is pretending to be happy.” Often she is not happy, but she chooses joy. Dar goes on to explain, “Happiness is based on external circumstances and is much like seeking a destination or a pot of gold. The caveat is that happiness requires control, and we don’t have much control over much that happens in life. We cannot tie our wellbeing to happiness.”

Dar gave her listeners hope by saying joy can be present even in the very darkest of times because it isn’t based on those external circumstances like happiness is. Joy is internal and actually the very attitude that defies those circumstances in life “happening to us” when we least expect them.

She continued to talk about how easy it was to lose who she was during those dark moments, then explained her choice to put the pity party aside and decide how she is going to actually live the rest of her life. Dar said the more she chooses to focus on joy, then share her joy, the more “real” joy returns back to her. She shared her listeners to leave seeds of joy to others as a gift, so the more we look for joy, the more we will find. Dar recently shared one of her favorite quotes from Danielle LaPorte: “Happiness is like rising bubbles — delightful and inevitably fleeting. Joy is the oxygen — ever-present.”
By Rabbi David A. Lipper

Temple Kol Tikvah

As congregations all over the country prepare for unprecedented Holy Days without

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5781 - A Year of Renewal

The moon is growing again as I sit down to write this article on July 28, 2020, on “evre evre” Tisha b’Av. While these words are due in the next 24 hours, you will not read them until the beginning of September. I have always struggled with the need to offer words that have a built-in delay “date of first read,” but this year the due date feels particularly precarious. Four and a half months into a pandemic whose deleterious effects show no sign of slowing, it feels close to impossible to plan more than a week out, much less a whole month!

And yet. The sun rises and sets, the moon waxes and wanes. The Hebrew calendar, as Rabbi Alan Lew notes, “is the only calendar in the world that is both lunar and solar,” and it has been described by Rabbi Lew as our “small sanctuary.” How might you transform your home into your own mikdash me’at, a small sanctuary?” How might you transform this time of the year as special and sacred? As an idea, check out page 15 in this issue of CJN. The words read, “Asu li mikdash v’shachanti b’tocham — Make for me a sanctuary, that I may dwell among them.”

This year, these messages of these Holy Days are found in an open dialogue from the Talmud in tractate Shavuot. The phrase is “Kol Yisrael Arevim Zeh L’Zeh … All Israel is responsible for one another.” This phrase is the basis of the notion of communal responsibility in Jewish law. If one Jew sees another Jew in need, he/she has an obligation to step in and help. It implies an obligation on all Jews to ensure that others have their basic needs for food, clothing, and shelter taken care of.

During these past months of the pandemic — protests since the death of George Floyd, we have learned the meaning of responsibility. So, during our Holy Day season, we will be exploring this message and learning about our responsibilities toward changing our broken world. It is only when we begin to honestly confront our own thoughts and feelings that we can make the necessary change to move our community forward. Understanding our broken past and charting out a new future is exactly the soul work we need at this season.

If you would like to join us on this sacred journey, for the Holy Days or beyond, please contact the Temple office for information at info@templekol-tikvah.org.

Rabbi David A. Lipper is the spiritual leader of Temple Kol Tikvah of Lake Norman and the Campus Rabbi for Davidson College.

Create, Transform, Adapt: Building Your Very Own Mikdash Me’at, Small Sanctuary
Chabad of Charlotte is pleased to announce the establishment of a new perpetual endowment fund for the Epstein Family Chabad Center on Sardis Road. The fund was generously established by David and Aileen Epstein for the purpose of ensuring the upkeep and preservation of the building that was recently constructed for Chabad on Sardis Road.

Chabad of Charlotte expresses their profound gratitude to David and Aileen Epstein for their foresight, benevolence, and generosity in establishing this fund through which they can help sustain and grow what has been built.

The beautiful new Chabad Center, named by Chris Epstein (not related) in honor of his grandfather, Harry A. Epstein, was opened on September 15, 2019. The new center, which features the magnificent Levine Sanctuary — an inviting social hall, and the BECO Beit Midrash, houses Congregation Ohr HaTorah, the Jewish Learning Institute, and many of the Chabad of Charlotte activities. It also is the base of operation for Kosovo Charlotte with a state-of-the-art commercial kitchen.

David Epstein states, “I believe very strongly in Chabad and the commitment of Chabad to the betterment and sustainability of Judaism. Therefore, when my family and I help Chabad, I believe that we are similarly acting for the betterment and sustainability of Judaism.”

The new endowment fund, which was established with the Foundation for the Charlotte Jewish Community, encourages members of the Charlotte community to donate to the fund so that it can sustain the new Chabad Center for years to come. The Epsteins have also committed to growing the fund with continuous contributions over the coming years.

Rabbi Yossi Groner, Regional Director of Chabad, says that the Epsteins’ benevolent and magnanimous deed follows the Torah adage of “planting tzeda-ka like seeds and growing great results that bring salvation.”

A special thank you to Dave Cantor, past president of Congregation Ohr HaTorah and current board member of FCJC, as well as Phil Warshauer, FCJC Executive Director, for their invaluable guidance and assistance in setting up the new endowment fund. David and Aileen Epstein

If you wish to contribute to the endowment fund or to support the Chabad Center, please contact Rabbi Yossi Groner or Rabbi Shlomo Cohen at 704-366-3984 or chabadnc.org.

Pre-High Holiday Classes at Chabad of Charlotte

Moses, the great Jewish leader and teacher of the Jewish people, established a special tradition in Jewish life. Thirty days prior to every major Jewish holiday, the Rabbi should assemble the Jewish community to explore the laws, practices and meaning of the upcoming holiday.

In keeping with this tradition, Rabbi Yossi Groner will lead a unique series of exploratory study sessions in the laws, practices, and inner meaning of the High Holidays, which begin with Rosh Hashanah. This year, Rosh Hashanah starts on Friday evening, September 18, and culminates with Yom Kippur, which begins Sunday evening, September 27.

The sessions will begin on September 1 and will go for four consecutive Tuesdays at 6:45 p.m. All classes will be live streamed via Zoom and on www.facebook.com/ohrhatorah. If you would like to join via Zoom, please send a request to brenda@chabadnc.org.

This year, in the current situation, it is even more timely to join these special study sessions, as many people in our community will be observing the holidays at home and transforming their homes into mini-sanctuaries.

Rosh Hashanah is more about connection and transformation than asking and begging. It is a sublime time when the entire purpose of creation is examined and life itself is lifted to an elevated form of reality. During Rosh Hashanah and Yom Kippur, the soul yearns to connect to its source and refashion itself into a better and loftier being.

The best way to experience the inner meaning of these important days is through proper preparation, where one can collect the precious jewels of knowledge which develop into a more passionate experience of the high holidays.

Happy New Year
Anne Yudell

The Charlotte JEWISH news

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Perpetual Endowment Fund Established for Chabad Center of Charlotte

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TORAH TOTS

BIM BAM SHABBAT SERVICE
Friday, September 11, 5:30 p.m.
Join Rabbi Kornfeld and Mr. Calef, along with your Torah Tots friends (on the 2nd Friday of each month) as we welcome in Shabbat with songs, prayers, and movement! Details at templeisraelinc.org/upcoming-programs.

TOTS HIGH HOLIDAYS SCHEDULE
ROSH HANSAHANAH - Sunday, September 20 at 9 a.m.
SUKKOT - Sunday, October 4 at 9:30 a.m.
SIMCHAT TOIRAH - Sunday, October 11 at 5 p.m.

YOUTH

JOIN TOT YOUTH GROUPS ONLINE FOR SOME ENGAGING VIRTUAL PROGRAMS!
MAHAR MAVENS [3-12 grades] - Mondays, 5 p.m.
Join your Mahar Youth Group friends for fun activities, games, and challenges!
KADIMA KISHLEHA [6-7 grades] - Thursdays, 5 p.m.
Join your fellow Kadimakids for programs planned by the Kadima Leadership Council.
IR HA MAIKA USY HANGOUT (rising 9-12 grades only) - Sundays, 4:30 p.m.
Join your fellow USYers for fun and exciting programs run by the Ir Ha-Malka USY Executive Board.
For more details about upcoming events, please visit templeisraelinc.org

TORAH ON TAP
NEW YEARS' SOCIAL
Thursday, September 10, time TBD
Location: Zoom
Rosh Hashanah has arrived! Celebrate the New Year with us in collaboration with other Jewish adult organizations in Charlotte. Keep an eye out for more details!

BREAK THE FAST
Monday, September 28, 8 p.m.
Location: Zoom
Torah on Tap's Annual Break-the-Fast is coming! You bring the food - we’ll bring the fun.

LIFELONG LEARNING

UNETANEH TOKEF:
WHAT DOES IT MEAN TO STAND BEFORE GOD IN JUDGEMENT?
Wednesday, September 9, 8 p.m.
Unetaneh Tokef is one of the most well-known and captivating parts of the High Holiday service. We will learn about the history of the prayer and what it teaches us about working for a better new year.

THE MUSIC OF THE HIGH HOLIDAYS WITH CANTOR LISSEK AND RABBI WOLK
Wednesday, September 2, 8 p.m.
The music of Rosh HaShanah and Yom Kippur is an important part of the High Holiday experience. Join Rabbi Wolk and Cantor Liseek to learn about their highlights of the holidays.
Details at templeisraelinc.org/upcoming-programs

EDUCATING AND INSPIRING FUTURE JEWISH LEADERS
K-7th Grade Classes Begin September 13

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HIGH HOLIDAYS 5781/2020

The High Holidays at Temple Israel will be observed virtually this year.

EREV ROSH HASHANAH, FRIDAY, SEPTEMBER 18
Erev Rosh HaShanah Service, 6:15 p.m.

ROSH HASHANAH DAY 1, SATURDAY, SEPTEMBER 19
Family Service, 9 a.m.
Morning Services, 10 a.m., Shacharit
10:30 a.m., Torah Service
11:30 a.m., Rabbi’s Sermon
11:45 a.m., Musaf
Evening Service, 5:30 p.m.

ROSH HASHANAH DAY 2, SUNDAY, SEPTEMBER 20
Torah Tots Rosh Hashanah Program, 9 a.m.
Morning Services, 10 a.m., Shacharit
10:30 a.m., Torah Service
11:30 a.m., Rabbi’s Sermon
11:45 a.m., Musaf
Evening Service, 5:30 p.m.

KOL NIDRE, SUNDAY, SEPTEMBER 27
Kol Nidre Service, 7 p.m.

YOM KIPUR, MONDAY, SEPTEMBER 28
Family Service, 9:00 a.m.
Morning Services, 10 a.m., Shacharit
10:30 a.m., Torah Service
11:15 a.m., Rabbi’s Sermon
11:30 a.m., Yizkor
12 p.m., Musaf
Mincha Service, 5:45 p.m.
Ne’Hah Service, 6:45 p.m.
Break Fast, 7:55 p.m.

All virtual service links will be emailed to congregants on September 1. For the latest information and service schedules, please visit our website at templeisraelinc.org.

SPECIAL EVENTS

CONSERVATIVE MOVEMENT PRESENTS “SELICHOT NIGHT LIVE”
Saturday, September 12, 8:30 p.m. – 9:30 p.m.
Join in as the Conservative Movement comes together to learn, sing, and connect as a community. Over 60 rabbis and cantors will present, and a variety of Selichot services will be offered throughout the evening. We will usher in the High Holiday season focusing on Teshuva (Repentance) (If I Am Only for Myself, Who is for Me?), Tellah (Prayer: And if I Am Only for Myself, What Am I?), and Tzedakah (Righteous Acts: And If Not Now, When?), along with the plea of Shema Kolenu (Hear our Voice. Accept our Prayer). Free and open to all. Register at tinyurl.com/jelb/hol. Full schedules and zoom links provided to all who register.

ROSH HASHANAH 2020 L’SHANAH TOVA DRIVE-BY
Sunday, September 13, 10 a.m.-1 p.m.
Temple Israel wants to wish each of our congregants a “L’Shanah Tovah” IN PERSON! Drive-by and ring in the New Year in a special L’Shanah Tovah Holiday Parade. Each family will receive a sweet honey cake (donated by Teresa & Irving Brenner) and have the opportunity to borrow Mahzorim (holiday prayer books) to use at home over the High Holidays. For those interested in borrowing Mahzorim, kindly register in advance at https://bit.ly/Mahzor2020.

MIXING WITH MISHPACHA: MATRIARCH EDITION
Sunday, September 13, 2 p.m.
The Mishpacha is back for a special High Holidays bake. Join Anna Bobrow and her mother Karen Knoble, as they demonstrate how to bake apple cake and rugelach, two favorites handed down to them from their grandmothers. To join in, visit our “Upcoming Programs” page on templeisraelinc.org.
Jewish Studies at Queens: Cycles of Jewish Learning and Action Never End

Jewish Life and the Stan Greenspon Center at Queens University is proud to offer meaningful Jewish educational opportunities and avenues for advocacy to create a more just world. Creating virtual community is our passion and our strength. Join us!

Queens Jewish Life/Jewish Studies Celebrates the High Holidays

Rosh Hashanah Morning Sacred Study
“Tests in Torah and Tests in Life — The Akeidah and the Journey To Becoming Our Better Selves” with Rabbi Judy Schnidler
Saturday, September 19, 9:00 a.m. (Virtual program)
The text that Jews across the globe read on Rosh Hashanah opens with God testing Abraham calling him to sacrifice his son. Just as Abraham found himself tested in Torah, this past year has tested all of us. The Jewish year 5780 has been one of global trials. We will delve into the well-springs of Torah and the wisdom of today. What is the test? Who is testing us? What are we meant to learn? (Co-sponsored with Temple Beth El)

Yom Kippur Afternoon Sacred Study
“Kedoshim — Holiness & a Vision for Healing our World” with Rabbi Schindler
Monday, September 28, 1:00 p.m. (Virtual program)
The early liturgists of Reform Judaism chose Leviticus 19 as the scriptural center of Yom Kippur afternoon. At the heart of the holiest day of the Jewish year, the text of Kedoshim’s Holiness Code demands that we bring compassion and justice in our world. Social justice isn’t just a 21st century concept; 2500 years ago our ancestors taught that while ritual life matters, holiness requires economic justice, immigrant justice, environmental justice, and more. Hear ancient sages’ voices on modern issues. (Co-sponsored with Temple Beth El)

Charlotte College Connection Virtual High Holiday Worship Experiences
Music, spoken word, art & more
Welcoming Rosh Hashanah, Friday, September 18, Time TBD
Closing Yom Kippur, Monday, September 28, Time: TBD
Connect with other Charlotte college-aged young adults for creative High Holiday experiences with Rabbi Schindler, musician Patty Torcellini, and artist Betsy Rosen. Relate what’s happening on campus to this Jewish sacred time. From racial justice to COVID-19 to simply getting our lives on track and staying balanced and healthy, how can the themes of the High Holidays speak to our lives? This program is sponsored by Jewish Life at Queens University, Belk Chapel, Hillel at UNC — Charlotte, Johnson C. Smith University, and Temple Beth El. If you know a college-aged student who’d like to take part, contact dippoldt@queens.edu.

An eight-week community course that explores the complexity of the historical relationship between the American Black and Jewish communities. Participants learn texts on race in the Hebrew Bible to delving into the writings of Rabbi Abraham (Continued on page 27)

B’Shanah Tovah

Thank You

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As we embark on the New Year, traditionally, we begin to prepare for the High Holy Days. We anticipate attending services, prepare for a time of reflection, and gear up for the coming year. Many of us are planning our pre-holiday dinners and break-the-fast meals and looking forward to seeing our friends at Temple. Most importantly, we anticipate reconnecting with our spiritual being. It feels good for our soul and our emotional health.

This year, however, will not be the same. Many will feel a void, an emptiness because something is missing. We will not be able to experience the close connections we feel in praying together in Temple, and many will not see their families.

If you have been working from home, the tradition of taking off from work will seem unimportant. And really, is there a need to dress up for watching streamed services? While the importance of the High Holy Days will not be any less significant than any other year, the lack of the tradition and pomp and circumstance you usually experience will certainly make them seem less significant.

During times of vulnerability, we often turn to our spirituality as a source of comfort. And yet this year, during the High Holy Days, while we can pray, we will be unable to sense that spiritual connection in the way to which we are accustomed. It is a time when we normally would look forward to new opportunities and renewed optimism, and yet we are facing a different kind of reality. So if our spiritual connections feel broken, then a link in our support network is weakened, and our emotional health becomes more vulnerable.

Here are some suggestions that may help you connect with the familiar and important aspects of the High Holy Days in this unusual year:

- Even though you may attend services from home — dress up! It will help you honor and recognize the importance of the Holy Days by dressing as you would if you were in Temple.
- Arrange a Zoom dinner with your family. It's not the same as being in the same room, but nothing is the same this year, and it will help you retain family tradition and connection.
- Make time for personal reflection. Take a walk or set aside a time to be alone to reflect. Use this time to review the year that has just been, recognize the blessings in your life, and set intentions for the year that is to come.
- Plan a family activity. Games or crafts within the home or Zoom activities with family who live somewhere else can help you feel and stay connected.
- Read something enjoyable and stimulating to reduce stress and stimulate your excitement about an interest you have.
- Call one or two folks that you look forward to seeing every year at Temple. It will feel good connect even if not in person.
- If you are finding that you are truly struggling emotionally through the Holy Days and need additional assistance, call Jewish Family Services to connect with a mental health professional.

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**Service Schedule:**

- Sep 18  Erev Rosh Hashanah 7 PM
- Sep 19  Rosh Hashanah 10 AM
- Sep 27  Kol Nidre 7 PM
- Sept 28 Yom Kippur 10 AM

All High Holiday services will be held via Zoom. Please contact us at yorksynagogue@gmail.com with any questions and to arrange pick-up of a machzor and special care package.

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~ JEWISH FAMILY SERVICES ~
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While our smiles have been hidden behind masks for much of the past year, we are committed more than ever to make sure that when they do come down, there are nothing but great big happy, healthy smiles ready for the world to see.

Wishing our friends, family and our Jewish community a safe, healthy, and happy New Year.

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Gliebermans Kosher Mart customers for tzedakah, Debbie and Sean Gorstayn for their generous donation of 60 meals from Buca di Beppo restaurant for JFS Food Pantry clients.

Food Pantry Donations:
To the generous members of our community for continuously donating much needed items for the JFS food pantry.

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the season together

Your Gateway to High Holy Days 5781
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Jewish Studies at Queens

(Continued from page 23)

Joshua Heschel and Reverend Dr. Martin Luther King, and the records of Jewish NAACP leaders, we will deepen our understanding of our shared triumphs and our troubled times. Guest speakers will include local and national scholars and leaders: Dr. Marc Dollinger, Dr. Rodney Sadler, Rabbi Knight and Rabbi Groner. Classes will incorporate study of source documents, chavruta small group learning, mini-lectures, and discussion. The class meets virtually on Wednesday afternoons, 12:30-2:00 pm, September 30, 2020 to December 2, 2020. Cost is $180. Materials will be provided.

Beginner Yiddish Class: Beyond Oy Vey with Rabbi Tracy Klir

Beyond Oy Vey will help you farshtey dozens of Yiddish words and expressions, and maybe even speak enough to make your Bubbe’s Bubbe plotz fun nakhes!! So, nu, what are you waiting for already? Please join us for a virtual lunch-and-learn on Tuesdays from noon to 1 p.m. Oct. 6 – Dec. 29. Cost is $180 and materials will be provided.

A Fall Semester of Action - Resorative Justice

The Greenspon Center is committed to restorative justice in Charlotte. We helped create a new organization called Restorative Justice CLT. This organization seeks to enact transparent, accountable, and sustainable projects to redress the history of discriminatory practices and policies in Charlotte-Mecklenburg. The Greenspon Center supports the works with them in the realms of education and advocacy to achieve these goals. To learn more about how you can be part of the transformative change needed to right historic wrongs, register to attend one of our Tuesday Virtual Teach-Ins. Each session offers a variety of community speakers, from African American preachers and community leaders to grassroots organizers to legislative experts who have drafted resolutions that call for and enact change.

For an up-to-date listing of our Fall courses or to get involved with our work visit StanGreensponCenter.org or contact info@greensponcenter.org.

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VIRTUAL OPEN HOUSES

TK-5: October 29, 6:30 p.m.
TK-12: November 8, 2:00 p.m.

PDS.Admissions@ProvidenceDay.org

www.ProvidenceDay.org/Admissions
Unorthodox, Schitt’s Creek, Maisel and more: Here are all the notable Jewish Emmy Nominations for 2020

Emily Burack
July 28, 2020
(JTA) — Though much about the 2020 Emmy Awards ceremony is not yet known, one thing is clear: Jewish TV stars are well positioned to clean up.

Dozens of Jewish actors and creators were on the list when this year’s nominations were announced Tuesday. Read through to see who could take home prizes when the awards show airs in September.

One notable show that was shut out: “The Plot Against America,” the HBO miniseries that depicts an alternate history in which isolationist Charles Lindbergh wins the 1940 presidential election and encourages anti-Semitic attitudes throughout the United States.

“Unorthodox” makes its mark on the drama categories. “Unorthodox,” the hit Netflix drama based on Deborah Feldman’s memoir of the same name, came away with eight nominations, including best limited series. Anna Winger was nominated for writing, and star Shira Haas was nominated for lead actress in a limited series or movie. Haas, an Israeli, learned Yiddish for the role. Playing Esty was “probably one of the most, if not the most, complex characters that I had the chance to play. It is so rare to get such a main and amazing female role. I was so lucky to get it.”

Winger told Kveller that working on “Unorthodox” was the first time she worked with a predominately Jewish cast.

“I usually say it takes a village to make a show,” Winger said. “For ‘Unorthodox?’ It takes a shetel.”

Tiffany Haddish’s “Black Mitzvah” is nominated alongside Jerry Seinfeld.

Tiffany Haddish’s Netflix special “Black Mitzvah” was nominated for outstanding variety special along with fellow Jewish comedian Jerry Seinfeld, who was tabbed for his “23 Hours To Kill.”

(Continued on page 31)
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The Gift of Flexibility

As a resident of The Barclay at SouthPark, you can live life the way you want while keeping control of your assets. There are no large entry fees with our unique rental model, giving you the financial freedom to do what you want, when you want.

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Hebrew Cemetery: Supporting Families Since 1867

By Brian Yesowitch, Hilbert Fuerstman Historical Chair

The Jewish calendar has special moments in every season. In the fall, the High Holidays are not only a milestone annually because of all of the attention and activity they bring, but because it’s the beginning of the Jewish New Year, we often reflect the year that has been.

And what a year we’ve had. I won’t go into details about our pandemic situation; I’ll simply state how our Hebrew Cemetery Association has responded. Together with clergy, the cemetery has taken a lead role in formulating our COVID-19 policy which seeks to fulfill our responsibilities toward our mission by honoring the dead (k’vod hamet), comforting the Jewish community (pikuach nefesh). We are proud and protecting the community in formulating our COVID-19 policy which seeks to fulfill our responsibilities toward our community since 1867. The first funeral that we record was on May 18, 1867, and we thank Rabbi Knight for taking the rabbinical lead along with our two other advisory rabbis, Rabbi Groner and Rabbi Siegel. The board wishes Rabbi Siegel, interim Rabbi of Temple Israel, all the best in his future endeavors. We are grateful for all his contributions.

We would like the community to know that during this pandemic, we are open for visits during our normal cemetery hours. Please follow the guidelines on the signs posted on property or see them on our website at www.hebrewcemetery.org.

Each fall, in addition to our High Holiday observances, we conclude our annual Torah reading with the ancient Hebrews crossing over into the Promised Land and then resume the beginning of the Bible with the creation story of Genesis. In September, we will read Chapter 30 of Deuteronomy, Parshat Nitzavim. Verse 15 reads, “I have set before you today life and good and death and evil.” It may be difficult for many of us these days to accept that in the midst all of the medical and economic uncertainty that there is “good” and “life” in the world. However, throughout our Jewish experience, our people have always persevered through the faith, family, and mutual community support.

The Hebrew Cemetery Association has been a pillar of that support to the Jewish community since 1867. The first funerals and burials in our Hebrew Cemetery were two children of the Rintells family who lived in an apartment on the third floor of the Witkowski’s Dry Goods store located at the corner of Trade Street and Tryon Street in uptown. The community came together in support of a family who lost so much of their future in just one week. The surviving four children in the Rintells family never forgot the comfort the Jewish community and Cemetery Association gave their parents during their time of tragic loss. To this day, the Rintells Foundation supports the Hebrew Cemetery Association though their family left Charlotte prior to 1900. We at the Hebrew Cemetery Association take the charge of Honor, Celebrate, Embrace very seriously and continue to support families in their time of loss even through this pandemic as we did with the Rintells family in 1870, as we did during the Spanish Flu Pandemic of 1918, the Smallpox epidemic in 1896, and Polio outbreak in 1945. The Hebrew Cemetery Association has been there to fulfill the sacred obligation of burying our dead with dignity.

One event on our Association’s calendar many look forward to is our Annual Memorial Service, scheduled this year for Sunday, September 27 at 10:30 a.m. It will be held virtually, accessible via computer or your smart phone or tablet. We will have more details as they are known. We are looking at this change of plans as an opportunity. For years, we have been limited to hosting 330 people under a tent on our property. Now, through technology, we are hopeful that people who would never have considered participating in the annual memorial service will join our Association members as well as our area’s clergy in this annual tradition. Just as Yizkor is observed during Yom Kippur, reciting Kaddish and hearing the Cantors sing the Memorial Prayer on cemetery grounds is an important tradition. We look forward to bringing all of the traditions of our Annual Memorial Service to our expanded audience. Please join us online to hear our President Barry Blau share some news about recent happenings at the cemetery. Our community’s clergy will lead us in reflection and prayer and we will conclude with Kaddish.

To learn more about the Hebrew Cemetery, the Annual Memorial Service, or membership and donation opportunities, please contact our Director, Sandra Goldman at 704-576-1859 or by email at director@hebrewcemetery.org.

Shana Tova U’M’tukah.

First Ever Virtual Community Memorial Service

The Hebrew Cemetery Board of Directors has decided out of an abundance of caution that it will be in the community’s best interest to gather and unite from the safety of our homes.

Please join us to remember our loved ones on:
Sunday, September 27th • 10:30 am

For more information, or to support the Hebrew Cemetery during these trying times, please visit: www.hebrewcemetery.org
Emmy’s (Continued from page 28)

Haddish spoke with Alma about her journey to claiming her Jewish heritage (her dad was an Eritrean Jew) and her decision to study Torah and become a bat mitzvah.

“When I came up with the concept for my special,” Haddish explained, “I was trying to figure out a way to tell my truth, my experiences in life, and also maybe open other people’s eyes to the fact that in African American culture, there is nothing that says, ‘OK, you’re officially a woman,’ or ‘You’re officially a man.’ There’s no rite of passage … Knowing who you are, knowing where you come from, that’s what makes you an adult. And being able to share your story. That’s what I love about Judaism, because it’s all about sharing your stories and questioning and learning from each other.”

“Schitt’s Creek” gets recognized for its final season

“Schitt’s Creek,” created by the Canadian Jewish father-and-son duo of Eugene and Dan Levy, walked away with 15 nominations for its critically acclaimed final season. The show was nominated for best comedy series, and all four stars were recognized: Eugene Levy, for leading actor; Catherine O’Hara, lead actress; Annie Murphy, supporting actress; and Dan Levy, supporting actor; and Annie Murphy, supporting actress.

The younger Levy was nominated as well for writing the final episode, “Happy Ending,” which was also nominated for writing. “The Good Place” scored 20 nominations, including for outstanding animated series. (Waiting K. Brown, Tony Shalhoub, Marin Hinkle. Other “Maisel” acting nominations include Sterling K. Brown, Tony Shalhoub, Wanda Sykes and Luke Kirby.

Haddish based on their Jewish identity competing in the outstanding comedy series category.

Also in the comedy category, “The Good Place,” which ended this year, helmed by Jewish showrunner Michael Schur. Schur also earned a nomination for writing. “The Good Place” earned a total of seven nominations.

Animated shows by Jewish creators also score nominations

“Big Mouth,” the Netflix animated show about puberty, was nominated three times — including for best outstanding animated program. Season 3 featured a very Jewish episode at a Seder in Florida. The show was co-created by Nick Kroll and Andrew Goldberg based on their Jewish childhoods in suburban New York’s Westchester County.

BoJack Horseman,” which wrapped up its sixth and final season this year, also will be competing against her fellow “Maisel” star Marin Hinkle. Other “Maisel” acting nominations include Sterling K. Brown, Tony Shalhoub, Wanda Sykes and Luke Kirby.

Amy Sherman-Palladino was nominated for directing an episode, as was her husband and co-creator Dan Palladino. As Sherman-Palladino told the Jewish Telegraphic Agency earlier this year, “I’ve always viewed comedy, especially at this time, as a Jewish creation — like the rhythm, the cadence.”

Even more Jewish comedy creators are recognized

The vampire mockumentary comedy “What We Do In The Shadows” — co-created by Taika Waititi, a Jewish Māori director, writer and actor, and Jemaine Clement — earned eight nominations, including one for outstanding comedy series. (Waititi was also nominated for his voice-over performance in the Mandalorian.)

Waititi tweeted, “The idea that never dies. Congrats to everyone who decided to drag this joke-turned-movie into the world of television. Especially to @JemaineClement who I tricked into doing it in the first place. Sucka!”

Jewish showrunner Liz Feldman’s “Dead to Me,” which scored four nominations, is also competing in the best animated series category. The show’s creator, Raphael Bob-Waksberg, is Jewish.

Jewish actresses make a mark

Maya Rudolph is competing against herself in the guest actress in a comedy series role — for her role on “The Good Place” and her guest appearance as Sen. Kamala Harris on “Saturday Night Live.” She was nominated as well for her voice-over work as Connie the Hormone Monstress on the very Jewish animated show “Big Mouth.”

Tracee Ellis Ross received her fourth nomination for leading actress on the ABC sitcom “black-ish.”

Julia Garner was nominated for outstanding supporting actress in a drama series, a category she won last year.

And while not portrayed by Jewish actresses, Margo Martindale’s portrayal of the legendary Jewish politician Bella Abzug and Tracey Ullman’s of the Jewish feminist Betty Friedan both received nominations. “Mrs. America,” the FX show about the fight for the Equal Rights Amendment, walked away with 10 nominations.

As do two shows about cranky old Jews

Larry David’s “Curb Your Enthusiasm” earned four nominations, including outstanding comedy series, but David himself was not nominated.

“The Kominsky Method” earned three, including one for Michael Douglas’ portrayal of Sandy Kominsky, a Jewish acting teacher, and Alan Arkin’s Norman Newlander.

The Emmy Awards will air September 20 on ABC in a virtual ceremony hosted by Jimmy Kimmel.

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The Charlotte Latin School Spotlight

Abby Adams ’20

UNC-Chapel Hill ’24

CharlotteLatin.org 704.484.7207

Wear Hearing Aids?

"I'm happy to send you a FREE mask-extender to make sure you do not lose your hearing aids! Visit bit.ly/Levineorder (case sensitive) to order."
By Shira Hanau

Rabbi Rachel Kohl Finegold and others in her position are traversing uncharted territory, according to Vanessa Ochs, a professor of Jewish studies at the University of Virginia. She said this year’s Passover had effectively been a “Jewish boot camp,” as many congregants had not normally attend a family or communal Seder had to figure out how to make one themselves, and now the lessons are being applied to the High Holidays.

“Do you do Rosh Hashanah on your own? Our community hasn’t invented that yet,” she said.

That invention is underway. A website that sells Passover haggadahs — and allows users to compile resources to create their own — has launched HighHolidays@Home, which invites users to “download a simple Rosh Hashanah Seder & Yom Kippur Guidebook or mix & match to create your own holiday gathering.”

Rabbi Yael Buechler, a school rabbi and founder of Midrash Manicures, a company that sells Jewish-themed manicure kits, said she noticed Rosh Hashanah cards becoming less popular over the years but thought this year would be the perfect opportunity to bring them back. She collaborated with a New Yorker cartoonist to create Rosh Hashanah cards that feature an apple and honey separated by a Zoom screen.

“This is a really unique opportunity for young people to use cards — hand-written notes are really powerful — to reach out to family and friends they haven’t seen for months,” Buechler said.

Support is also coming from the synagogues that congregants this year cannot enter. In addition to making sure they have easy-to-access Zoom setups and prayer books to follow along with at home, many congregations are distributing supplies aimed at enriching the holiday experience.

At Temple Beth Jacob in Concord, New Hampshire, Rabbi Robin Nafshi is planning to send congregants a package of materials for tashlich, the ritual in which Jews throw bread crumbs into water to symbolize the casting away of sins.

With the day when tashlich would be performed falling on an early-fall Sunday this year, Nafshi was concerned about trying to assemble the congregation with proper social distancing at potentially crowded local bodies of water. So congregants at the Reform synagogue will get packets of bird seed in their holiday boxes, which volunteers will hand deliver throughout the region. (The synagogue has used bird seed in place of the traditional bread, which can be harmful to birds and fish, for years.)

“Like everyone, we’re trying to figure out this online world where we’re trying to find ways to make this more personal,” said Nafshi. She said she hopes the packages will “remind them that our clergy and board and staff are thinking of them.”

At Kohl Feingold’s synagogue, where she is director of education and spiritual enrichment, families will get a box before Rosh Hashanah that will include chocolate bars for the kids and conversation starters to fuel meaningful conversation during holiday meals.

Families will also get a glass jar filled with premixed dry ingredients for a honey or apple cake. The idea is for families to bake together for the holiday, then use the container to keep notes marking things to be grateful for or good deeds to bring the lessons of Rosh Hashanah into the rest of the year.

Kohl Feingold plans to use the box model in the synagogue’s religious school this year, creating kits for each of the school’s four- or five-week units.

“It’s opening up a world of possibility that brings us into the children’s homes in ways that I think just weren’t as easy to do before,” she said.

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Break the Yom Kippur Fast with Homemade Bagels

by Judy Zeidler

Yom Kippur, the Day of Atonement, is one of the holiest days on the Jewish calendar, during which time a strict fast is observed.

Before the fast, it is customary to serve a family dinner consisting of simple foods prepared with a minimum of salt and spices, so those who fast will not be unduly thirsty or endure the pangs of stimulated taste buds.

At the break-fast meal, dairy foods are traditionally served, along with bagels accompanied by smoked salmon. The salad pool makes up for the bland pre-holiday menu, and serves as a reward for those observing the fast.

And the bagel? It’s only one of the most beloved items in Jewish cuisine. Made in a unique manner, they are first boiled and then baked, which gives them their distinctive shiny, chewy crust.

There are many opinions as to where the bagel originated. Many say Germany, insisting that the word “bagel” is derived from the German “bugel,” which means a ring or curved bracelet. Others think bagel-making probably originated in 17th-century Vienna, where a certain bakery sold round, stirrup-shaped rolls to honor a Polish king who loved to ride horseback.

Despite their popularity, very few of us have attempted to bake our own bagels. In my cooking classes, students sometimes tell me that when they make bagels at home, they turn out heavy and undersized. But if you follow my practically fool-proof directions, you’ll see that bagel-making is fairly easy.

At a recent bagel cooking class, we decided to top half of our creations with a sprinkling of chopped onions and some poppy seeds. By noon, we had turned out the most wonderful, fresh-from-the-oven, light, plump, golden brown bagels that have ever come out of my kitchen.

Consider making some of your own for the Yom Kippur break-fast meal. You can offer them by themselves or serve Hot Bagel Appetizers with cream cheese and chopped smoked salmon.

Instead of making garlic toast with French bread, try my version of Toasted Garlic Bagel Appetizers. You can use a spread of butter or margarine blended with garlic to serve with salads, roasts or stews. And for a special treat with your freshly baked bagels, try experimenting with some interesting cream cheese accompaniments.

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Seeing Green in the Shofar and Its Call to Action

(JTA Archive)

Is green the theme of the shofar this Rosh Hashanah season? In a time of sustainability and carbon footprints, high gas and hybrids, the shofar is the simplest, most eco-friendly method of reaching the Jewish community with a vital message. The shofar, if you pause to think about it, is a rhapsody in green. Lightweight and easily portable, it sports no moving parts — the shofar blower, or ha’al tekiah’s, own mouth becomes the mouthpiece. Yet it’s dependable enough to deliver the complex musical message required to begin a new Jewish year.

A totally natural product, its availability is a byproduct of an already ongoing ancient enterprise — sheep herding.

Powered by one human, and empowered by a congregation, the shofar requires no batteries, power cords or recharging. When we hear it, we are the ones who become transformed.

An instrument conceived thousands of years ago, is by today’s standards a near noise-free environment, the shofar still has the power to hold our attention. In urban and suburban settings, it competes against pages, jet noise, sirens and car alarms, holding its own without microphone. The shofar requires no batteries, recharge, batteries, or ear buds, the shofar holds its own without microphone.

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While we can’t know what the rest of this year will bring, with your support the Jewish Federation of Greater Charlotte will be there for all those in need.