

Flushing-Fresh Meadows Jewish Center
 193-10 Peck Avenue ✧ Flushing, New York 11365 (718) 357-5100

THE BULLETIN

July-August, 2017
 Vol.15 No.7

Tammuz-Av, 5777
 Rabbi Gerald M. Solomon
 Cantor Aaron Katz



Coming Events

Sunday, July 9

Breakfast from 9:45am to 10:30am

Dr. Bunie Veeder will speak about "Biblical Women Retrieved from the Margins"

Topic: "Mrs. Potiphar: Temptress or Catalyst for Providence?"

\$5.00 per person at the door.

Thursday, July 20

Sisterhood Board Meeting & Luncheon

Lunch at 12 Noon \$10 at the door.

Thursday, July 27

Sisterhood Book Club.

"The Underground Railroad"

Sunday, August 13

Performance by the renowned violinist

Albert Mulad which will begin at

2:00pm

Admission: \$5.00 per person at the door.

After the concert coffee and cake will be served.

Thursday, August 17

Luncheon at Annie Chans at 1:00 pm

190-11 Union Turnpike

Fresh Meadows

Cost: \$ 18.00 per person

Thursday, August 24

Sisterhood Book Club

"The Ice Cream Queen of Orchard St"

Special Tisha B'Av Services will be held in our synagogue on Monday Evening, July 31st at 8:00P.M. during which the Book of Lamentations will be read.

SCHEDULE OF SERVICES FOR JULY AND AUGUST

Friday June 30

Mincha/Maariv.....7:00PM.

Candle Lighting Time.....8:12PM.

Saturday July 1

Parashat Chukat

Shabbat Services.....9:00AM

Shabbat Ends.....9:21PM

Friday July 7

Mincha/Maariv.....7:00PM.

Candle Lighting Time.....8:10PM

Saturday July 8

Parashat Balak

Shabbat Services.....9:00AM

Shabbat Ends.....9:19PM

Friday July 14

Mincha/Maariv.....7:00PM

Candle Lighting Time.....8:07PM

Saturday July 15

ParashatPinchas

Shabbat Services.....9:00AM

Shabbat Ends.....9:16PM

Friday July 21

Mincha/Maariv.....7:00PM

Candle Lighting Time.....8:02PM

Saturday July 22

Parashiot Matot-Masei

Shabbat Mevarchim Services.....9:00AM

Shabbat Ends.....9:11PM

Friday July 28

Mincha/Maariv.....7:00PM

Candle Lighting Time.....7:56PM

Saturday July 29

Parashat Devarim

Shabbat Chazon Services.....9:00AM

Shabbat Ends.....9:04PM

TISHAH B'AV

Monday July 31

Fast Begins.....8:12PM

Maariv/Eichah (Lamentations).....8:00PM

Tuesday August 1

Shacharit/Kinot.....8:30AM

Mincha/Maariv.....T.B.A

Fast Day Ends.....8:58PM

Friday August 4

Mincha/Maariv.....7:00PM

Candle Lighting Time.....7:49PM

Saturday August 5

Parashat Va-etchanan

Shabbat Nachamu Services.....9:00AM

Shabbat Ends.....8:56PM

Friday August 11

Mincha/Maariv.....7:00PM

Candle Lighting Time.....7:40PM

Saturday August 12

Parashat Ekev

Shabbat Services.....9:00AM

Shabbat Ends.....8:47PM

Friday August 18

Mincha/Maariv.....7:00PM

Candle Lighting Time.....7:30PM

Saturday August 19

Parashat R'ei

Shabbat Mevarchim Services.....9:00AM

Shabbat Ends.....8:38PM

Friday August 25

Mincha/Maariv.....7:00PM

Candle Lighting Time.....7:20PM

Saturday August 26

Parashat Shoftim

Shabbat Services.....9:00AM

Shabbat Ends.....8:27PM





Mazel Tov

To Zach and Joan Levine on the birth of their great grand daughter Chana Miriam Palley.

To Leona Goodman on the birth birth of her first great grandchild, Isabel Goodman We would also like to thank Leona Goodman for her donation to the synagogue. We wish her & her family all the best.

Thank You

To Morde and Matilda Cohen for sponsoring a Kiddish on Saturday June 10 in memory of Matilda's father Charles Moses We would like to correct the previous bulletin that on Saturday March 11, the Kiddish sponsored by the Cohen family was in memory of both their mothers-Ramah Cohen and Hilda Moses

Get Well Soon

To Jerry Sandell. We wish him a speedy recovery. We wish him a Refuah Shlayma.

To Zach Levine. We wish him all the best and hope to see him soon.

Good Luck

To our long time member Dr. Jampol who has decided to relocate to Florida. He has given up his apartment in Fresh Meadows and will now live in Florida permanently. He says farewell to all his friends in FFMJC.

Condolences

Our heartfelt condolences go out to Rita Kurz on the passing of her dear sister Lucy Gutman. Both sisters were survivors of the Holocaust. We also extend our condolences to her daughter Rochelle Morgan and her son Harvey Gutman.

Center News

On Sunday, June 18, 2017 election of Officers FFMJC took place. The Officers elected to serve on the Board are:

Co-Presidents: Anita Bernstein
Byron Dressner

1st Vice President: Stuart Cohen

2nd Vice President: Matilda Cohen

3rd Vice President: David End

Treasurer: Les Banks

Co-Secretaries: Irene Dressner
Joan Levine

New Board of Trustees

Bruce Dientz (2 years)

Werner Isaac (2 years)

Mordecai Cohen (3 years)

Ephraim Klamka (3 years)

Michael Krutoy (3 years)

Rabbi Solomon is on vacation till July 30. We wish him a wonderful holiday and hope he has a good time! HAVE FUN RABBI!!! We will miss you.

Yom Kippur BREAK-FAST

Last year's Break-Fast was a huge success!

Our shul is planning to do the same this year, however we need to know as soon as possible if you and your family are planning to attend again this year. We need this information to cater for this event accordingly.

Cost per person is not yet finalized.

When we have finalized everything we will send out flyers.

Sisterhood Newsletter



SISTERHOOD

Our Sisterhood is a member of the Brooklyn Queens Long Island Region of the umbrella organization "The Women's League for Conservative Judaism". This year, when we were asked to choose a recipient for the Woman of Achievement honor from our Sisterhood it was an easy choice. Our Matilda Cohen has become an integral part of the Sisterhood and the Synagogue. On June 8th at the Shelter Rock JC over 400 people attended the dinner from various Sisterhoods of our region to honor their women of Achievement. Twelve of our members attended and were thrilled to see Matilda Cohen called up to receive her honor. Mazal Tov Matilda!! A

donation was made to Sisterhood from Irene and Byron Dresner in honor of Matilda Cohen. At Matilda's request, the donation was sent on to Project Chaim of the Queens Jewish Community Council

Many things have been happening as we are into our active season. In May, we celebrated Israel Independence Day with a beautiful luncheon and enjoyable entertainment. Thank you to Shari Zuber for doing her usual great job of Catering, and thank you to Bette Glasser for overseeing the luncheon.

The June 22nd talk by Cynthia Kaplan Shamash about being a Jew in Iraq was very well attended. She told us about the experiences of the Jews living in Iraq and what happened to those who were there and how they left. Several of us bought her book "The Strangers We Became". If you would like to borrow it let us know.

Looking forward..the next Sisterhood meeting and luncheon may save your life. It is so important to know what to do and know what can be done if a stroke is suspected. Please attend this vital meeting!

Book club: July 29 "The Underground Railroad" by Colson Whitehead

August 24 "The Ice-cream Queen of Orchard Street" by Susan Gilman

No book club meeting in September

The low impact chair exercise class continues every Tuesday morning at 11 AM. All welcome.

Hold the date!! August 17 get together at Annie Chan's Restaurant.

Cards available from the Center office for all occasions to benefit the Jewish Theological Seminary.

Our Sisterhood works very hard to bring important programs to our Center. Please take advantage and come.

See you then.

Joan Levine and Marilyn Brown, Co-Presidents

We would like to share the following letter that we received.

June 19, 2017

Dear Sisters,

I'd like to take this opportunity to thank you for the honor of representing our sisterhood at the BQLI region Woman of Achievement Dinner, choosing me as the recipient of this year's award.

Since Morde and I joined the Flushing-Fresh Meadows Jewish Center, we were deeply touched by the great affection we received from the entire congregation, and especially the warm friendship I received from our close-knit sisterhood. The work in the synagogue gives me great pleasure and personal satisfaction and it is quite humbling being recognized by you all.

With deepest gratitude,

Yours truly,

Matilda Cohen

Sisterhood “The Simcha Cake Project”

Sisterhood has created a way of announcing special Simchas and other events in order to support the Torah Fund of the Jewish Theological Seminary. At each meeting, we will be able to announce our Simcha and have it published in the Bulletin with a minimum donation of \$1.00. This is in lieu of putting Tzedakah boxes on the tables. Torah Fund contributions ensure our legacy to future generations of Conservative Jews by training Rabbis, Cantors, Educators, Scholars and Lay Leaders.

The following was announced at the May 18, 2017 Sisterhood Meeting

Anita Bernstein	Mazel Tov to Great-Granddaughter, Yael who turned 1 year old on June 1
Joyce Warshowsky	Good luck to our beloved country in this difficult time
Rosalie Weiner	A healthy summer to all
Rochelle Mendelow	I am grateful for my children, grandchildren and friends
Lynne Kirby	Bobby should feel better
Joan Levine	Happy July Birthday to Zach
Anita Seelig	Best wishes to Matilda. Congratulations!
Matilda Cohen	Happy July 4 th
Judy Levy	Wishes to everyone for a Happy Healthy summer
Marilyn Brown	Good health to all
Enid Krell	In honor of my great-grandsons
Katie Goldberg	Best wishes to all
Tener Unlas	Happy healthy spring and summer'
Luisa Cvern	Happy summer
Elaine Rubin	Grandson Matthew Kaye graduation from HS
Flora Margolin	Granddaughter, Rebecca spending the summer in Israel
Bette Glasser	Welcome back to all our Florida friends
Gerty Isaac	Good luck to everyone
Pearl Rosenthal	Best good health to FFMJC Sisterhood : Good health to our Rabbi
Sandra Godnick	Happy summer to all
Marilyn Weisel	Best wishes to all for a healthy summer
Ellen Zilka	Wishing everyone a pleasant summer
Sandra Schwadron	Congratulations to Matilda Cohen on her honor by Women's League

The following were announced at the June 22, 2017 meeting

Bette Glasser	Mazel Tov to Shari Zuber on her daughter-in-law's ordination as a Rabbi
Eleanor Frommer	For Grandchild Dana's engagement
Janet Pearlmutter	For Debra & Herschel wedding and Dana & Peter wedding
Evelyn Hurr	For Debra & Hershal and Dana & Peter
Fran Goldstein	Good summer to all
Eva Beckhardt	Good health to my family
Ben Singer	Refuah Shlaima to Stuart Cohen
Marcia Blank	Good health to my family
Ruth Lasky	Good health to all
Rosalie Weiner	Mazel Tov to Matilda Cohen on being our Woman of Achievement
Susan Gastman	For grandson Eric Stahl's birthday
Bette Glasser	Glad to hear Zach is out of hospital. Stay well!
Bette Glasser	Congratulations to Lynne Kirby on grandson's graduation
Marilyn Brown	Love to all
Joyce Warshowsky	Best wishes to all for a healthy summer
Anita Bernstein	In honor of the good work Sisterhood does
Matilda Cohen	Happy July 4 th !!
Sandra Schwadron	Get well wishes to Zach Levine and Jerry Sandell
Rochelle Mendelow	Mazel Tov to Matilda Cohen our Woman of Achievement. Matilda is our Wonder Woman. She does everything and is everywhere, Thank you Matilda.
	Thank you to my children and my grandchildren for their love and care.
	Get well to all our Congregants that are ill.
Anita Seelig	A great summer to all
Sandy Godnick	Wish everyone a good summer
Katie Goldberg	
Hadassah Miles	
Marilyn & Bob Weisel	Good health to all
Joan & Zach Levine	On the birth of Great-Granddaughter, Chana Miriam

Shavuot Dinner

Our Shavuot dinner was held on Thursday May 30, 2017. It was a very enjoyable and satisfying event. The evening started with worship followed by an amazing dairy dinner of pasta primavera and pasta marinara.

These delicious plates were crowned by memorable salmon filets personally prepared and baked to perfection by Morde Cohen. Who knew that Morde was a Chef!!!

After dinner Rabbi Solomon presented an analysis of the Ten Commandments with a lively audience participation. This was followed by cheesecake and blintzes.

All this was done by Matilda Cohen with help from Vincent & Howard.
--Michael Greene--



SUPPORT the Queens Jewish Community Council to continue
to Feed
the Poor Homebound in Queens by donating to PROJECT
CHAIM

It will take just \$54 from you to beat Hunger in our Queens
Neighborhoods for one year. Any amount will help!

Please make checks payable to QJCC-Project Chaim and mail
to
QJCC-Project Chaim
119-45 Union Turnpike Forest Hill, NY 1137
Call
718 544-9033



RABBI'S MESSAGE - SUMMER TORAH STUDY

Our Adult Institute this past year has grown in the number of students attending and consequently the teaching, discussions and learning have reached new heights. In addition to those facets of the class, new relationships have been formed, new friendships discovered and new understandings of textual material have been realized and integrated. From an Adult Education perspective, we have had a very successful year.

While we now have a bit of a hiatus from the classes, the learning still goes on. To get the ball rolling for summer learning, I present to all our readers some summer Torah in this message as follows:

The text of Torah which so very much appeals to our people for learning ethics and thereby for developing spiritually is the tractate Pirkei Avot or Ethics of our Fathers. It is a basic, intermediate and advanced guide on how to be a mentsh. This wonderful source of spiritual guidance is traditionally studied on the Sabbaths between Passover and Rosh Hashanah. It is our summer Talmudic treasure trove loved by so many for its simple, direct teachings which can be understood on varied levels of mastery and at varied levels of maturity.

Here are some concise samples from Ethics of our Fathers for your summer discussion/learning pleasure.

- * "Who is wise? He who learns from every man. Who is strong? He who controls his passions"
- * "Say little and do much."
- * "It is not your responsibility to finish the work [of perfecting the world], but you are not free to desist from it either"
- * "Don't judge your fellow man until you are in his place . . . and don't say I will study when I have time, lest you never find the time"
- * "Pray for the welfare of the government, for without fear of governmental authorities people would swallow each other alive."
- * "A person who is [too] shy [to ask questions] will never learn, and a teacher who is too strict cannot teach . . . and in a place where there are no men, strive to be a man"
- * "Do not separate from the community, do not trust yourself till the day you die, do not judge your fellow until you reach his place, do not make a statement which cannot be understood which will [only] later be understood, and do not say when I have free time I will learn, lest you not have free time."
- * "Which is the right path for man to choose for himself? Whatever is harmonious for the one who does it, and harmonious for mankind."
- * "Be as careful with a minor mitzvah as with a major one, for you do not know the rewards of the mitzvot."
- * "Contemplate three things, and you will not come to the hands of transgression: Know what is above from you: a seeing eye, a listening ear, and all your deeds are inscribed in a book."
- * "The world stands on three things: Torah, the service of G-d, and deeds of kindness."

With love and all good wishes for a joyous and spiritually meaningful summer -

Rabbi Gerald M. Solomon

TISHA B'AV

The ninth of Av is the saddest day in the Jewish calendar. The rabbis held that it was preordained to be a day of tragedy for the Jewish people. According to the Talmud, G-d marked the ninth of Av as a day of calamity because of an incident, recounted in Numbers 13-14, which took place on that day during the period of the sojourn in the wilderness. The spies () sent to Canaan brought back a discouraging report, and the people, displaying ingratitude and a complete lack of faith in G-d's promises to them, tearfully bemoaned their lot. As a result, G-d declared: "You wept without cause; I will therefore make this an eternal day of mourning for you []." It was then decreed that on the ninth of Av the Temple would be destroyed and the children of Israel would go into exile.

The destruction of Jerusalem and the loss of the Jewish state are not the only sad events that have occurred on the ninth of Av. The Mishnah enumerates the following: On the ninth of Av it was decreed against our fathers that they should not enter the Land of Israel (Num. 14:29), the Temple was destroyed both the first and the second times, Bethar was captured, and Jerusalem was ploughed up.

It is a tragic coincidence that since the time of the Mishnah, many other calamitous events in Jewish history have occurred on the ninth of Av. On Tish'ah B'av in 1290, King Edward I signed the edict compelling his Jewish subjects to leave in England. The expulsion from Spain occurred on the same day in 1492. Tish'ah B'av also marked the outbreak of World War I, beginning a long period of suffering for the Jewish people. Not only did this period witness the pogroms and massacres perpetrated against the Jews of Russia, Poland, and other countries of Eastern Europe, but it was also the prelude to World War II and the savage destruction of six million Jews.

Since the reestablishment of the Jewish state, it has been maintained in some quarters that Tisha B'av and the other fasts connected with the destruction of Jerusalem have lost their meaning and should be discontinued. Some even claim that with the establishment of the Jewish state the prophecy of Zechariah has been realized, and therefore we should fulfill the second part of the prophecy, observing the fast days as festivals. (A sad precedent for this is Shabbetai Zvi's proclaiming Tish'ah B'av a festival of joy.)

The opponents of this view insist that the fasts must still be observed since the redemption of Israel is not yet complete. For many years they supported their arguments by pointing out that even the city of Jerusalem was not wholly in Jewish hands, while much of the ancient land of Israel also remained under enemy domination.

(Tisha B'av is subject to the same limitations as Yom Kippur: abstention not only from food but also from bathing, anointing oneself, wearing leather shoes, and conjugal relations (554:1). In addition, because of the joy it affords, the Sages forbade all study of sacred literature, with the exception of books that fit the mood of the day, such as the Book of Job, the parts of the Talmud and Midrash that tell of the destruction of Jerusalem, and parts of the Book of Jeremiah (554:1, 2)

MORE ON TISHA B'AV

The ninth of the Hebrew month of Av is a major fast day in the Jewish calendar, when the people lament the date of the destruction of both the First and Second Temples, with the subsequent loss of national sovereignty and exile from the Holy Land.

Tisha B'av is the culmination of a three week period of mourning, the last nine days of which are particularly intense, with observance of many customs similar to those practised after a bereavement in the close family. The "Three Weeks", as they are known, begin on the seventeenth of the month of Tammuz, the date on which the outer walls of the city of Jerusalem were breached during the siege. This is also the date on which Moses broke the first tablets of the Law when he came down from Mt. Sinai after 40 days - to find the people worshipping the Golden Calf.

The Ninth of Av is the date on which the Betar stronghold fell, the date of the Jewish expulsion from Spain in 1492, the beginning of Nazi deportations of Jews from the Warsaw Ghetto.

The day is marked publicly in the State of Israel by the closure of restaurants, places of entertainment etc. from the previous evening, with food shops opening only for morning hours. The day is interpreted through its religious significance and/or its importance in connection with nationhood and national sovereignty - whether or not individuals choose to fast.

Traditional observance includes the reading of the Book of Lamentations, the Kinot, additional lamentations of more recent origin, a 25 hour fast, deprivation of comfort and physical contact. In Jerusalem, thousands of people stream towards the Kotel, the Western and only remaining Wall of the Second Temple to commemorate the destruction and pray for redemption.

Take Mental Illness Out of the Closet

by David Mandel

One in 25 Americans live with a serious mental illness, 9 times more than people who have cancer.

Why has the stigma of mental illness not kept pace with cancer, Downs Syndrome, special education, sexual abuse, addiction?

My friend Ezra Birnbaum recounts a powerful lesson by Rabbi Jonathan Sacks. Making a mark on a piece of paper Rabbi Sacks asks an audience to shout out what they see. As if in unison all say they see a black dot.

Rabbi Sacks challenges his audience asking why do you only see a black dot in the middle of this sheet of paper which takes up a mere space on an otherwise white sheet. Why did you all not say you see white space which takes up 95% of the paper?

This story can teach many lessons. At face value it can be the proverbial cup half full half empty question, an opportunity or a challenge? Make of it what you will.

The broad Jewish community is well educated, even reflexively conditioned to affirm the rights and privileges of many diseases and behaviors. We have embraced the stigma of cancer in one generation.

So too with Downs Syndrome. We have shabatonim dedicated to risk behaviors such as addiction, Rosh Yeshivas address gatherings on prevention and response to sexual abuse and many synagogues prohibit serving alcohol at their functions. All this commonly and openly discussed before audiences of hundreds and thousands.

The carpet has been lifted. Communal words of shame are not as readily spoken. Seeking the best course of treatment, a Rebbe's blessing, inclusion in community is now the norm on these issues. As they should be. Not yet so with mental illness the very ailment that has historically been a part of our community centuries prior to the coming out of these other issues. Long before the correlation between addiction and victimization of sexual abuse of teens in the Jewish community was identified there existed mental illness.

Decades prior to the emergence of special education, inclusion programs and celebratory bar mitzvahs of children with Downs Syndrome, psychotropic medications were available to effectively treat depression, bipolar disorder, schizophrenia and other forms of mental illness.

Our community no longer lulls itself into believing that societal problems in the general population do not permeate our own. We have too long hidden behind a facade that whatever takes place 'over there' occurs in much smaller, even infinitesimal percentages amongst our people. There exists a sobering realization that cancer is a disease to be treated as other medical diseases. Drug addiction is a disease to be treated as other medical problems. So too, mental illness is a disease.

The sheer number of people openly seeking treatment for cancer, drug addiction, has greatly contributed to our collective awareness, understanding and response to these diseases. Though treated with different medication regimens and support groups, each require family and community circles of support to truly achieve success. Mental illness, in fact, affects a far larger percentage of our population than does cancer, addiction, Downs Syndrome.

Cancer affects one in every 218 people in the US. One in 25 Americans live with a serious mental illness. Almost nine times as many people suffer from mental illness as those who have cancer. Sixteen million people in the US (7%) suffer from depression. Forty two million (16%) live with an anxiety disorder. That's a combined 58 million Americans and this doesn't include other major types of mental illness such as bipolar disorder, schizophrenia.

The majority of such people suffer in silence through their anxiety disorders, their bouts with depression or bipolar disorder. These individuals can succeed in college, in yeshiva or seminary, in their marriage, and in every profession and work environment.





We know people with mental illness as our neighbors, coworkers, and relatives. We don't hesitate to visit a neighbor suffering from cancer. Do we do the same with a person with mental illness whose spirits can be immensely lifted with a conversation that treats him not with sympathy or kindness but as a typical normal person who is having a setback?

People with severe and persistent mental illness often seek out OHEL for services including crisis short term housing, day programs, job preparation or permanent supportive housing. Yet they are a relatively small percentage. The majority of adolescents and adults with mental illness live at home, attend school and work in our many diverse communities.

The carpet on mental illness does not need replacement. It needs to be lifted and discarded

July, 2017

TAMMUZ-AV, 5777

SUN	MON	TUE	WED	THU	FRI	SAT
		<div>On-Going Low-Impact Chair Exercise Tuesdays 11 to Noon</div>				1 7 Tammuz Parashat Chukat Ends: 9:21P.M.
2 8	3 9	4 10	5 11	6 12	7 13  8:10P.M.	8 14 Parasht Balak Ends: 9:19P.M.
9 15	10 16	11 17	12 18	13 19	14 20  8:07P.M.	15 21 Parashat Pinchas Ends: 9:16P.M.
16 22	17 23	18 24	19 25	20 26	21 27  8:02P.M.	22 28 Parashiot Mator-Masei Ends: 9:11P.M.
23 29 30 7	24 1 Av Rosh Chodesh 31 8 Tishah B'Av Fast Begins 8:12PM	25 2	26 3	27 4 Book Club "The Under-ground Railroad"	28 5  7:56P.M.	29 6 Parashat Devarim Ends: 9:04P.M.

AUGUST, 2017

AV-ELUL, 5777

MON		TUE		WED		THU		FRI		SAT	
		1 9 Av TISHAH B'AV Fast Day Ends 8:58PM		2 10		3 11		4 12  7:49P.M.		5 13 Parashat Va-etchanan Ends: 8:56PM	
6 14		7 15		8 16 <div>On-Going Low-Impact Chair Exercise Tuesdays 11 to Noon</div>		9 17 Rabbi's Classes "Life Cycle of the Jew"		10 18		11 19  7:40P.M.	
13 21		14 22		15 23		16 24 Rabbi's Classes		17 25		18 26  7:30P.M.	
20 28		21 29		22 30		23 1 Elul Rosh Chodesh Rabbi's Classes		24 2 Book Club "The Ice Cream Queen of Orchard Street"		25 3  7:20P.M.	
27 5		28 6		29 7		30 8 Rabbi's Classes					