

What is the foundation of our world?

What makes the world spin around? Our modern ears are accustomed to hearing scientific reasoning to this question, or pop-phrases like “money makes the world go ‘round.” Yet, our oral tradition offers another type of response. In “Ethics of Our Ancestors,” Pirkei Avot, Shimon the Tzaddik/the Righteous says: “The world stands upon three



things — upon Torah, upon divine service, and upon acts of kindness.” *Al shlosha devarim haolam omed: al Hatorah, al*

Haavodah, ve'al Gemilut Chasadim.

The world spins on its axis around these three pillars.

Torah. At a recent teacher meeting with our JCOGS Olam Chesed Education Center, I asked our teachers: “What is Torah?” It is a thought-provoking question, more complex than its simplicity belies. One of our teachers responded: “It is our history, our narrative.” Certainly, it is the stories and lessons contained in the Five Books of Moses or the entire Hebrew Bible, or even the rabbinic commentary on those books, or if you will allow, any worthy Jewish text or writing.

Another teacher answered: “It is life itself.” A way of life, “the mitzvot,” as yet another teacher pointed out, “the laws and commandments” to follow and guide our daily lives. Torah is a living Tree

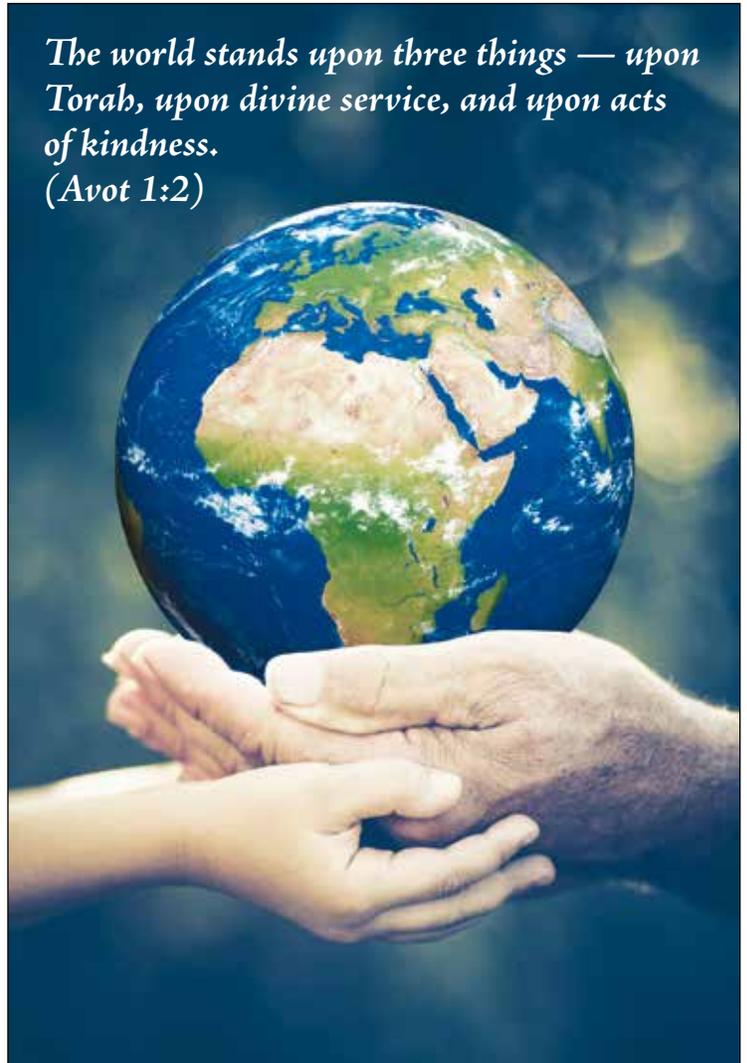
of Life, *Eitz Hayyim Hee* (which we are reminded in this season of Tu Bishvat, the Jewish Birthday of the Trees), a living practice of life-long learning, of searching and questioning. And thus, Torah provides the combined wisdom of the ages passed down, so that we might learn and question and evolve as individuals, as a people, as a world. And, of course, in its most basic form, it is a beautiful scroll, painstakingly written on parchment and preserved through sacred relationship with our people.

Avodah. In Temple times in Jerusalem, the ‘sacrificial offerings’ made by the *Kohanim*/the Priests were called Avodah. Avodah can also be translated as ‘work’ (where even in modern-day Israel, it refers to one’s daily job or profession). Avodah was the work of the Priests, the holy ‘service’ of communing with G-d. After the destruction of the Second Temple, the sacrificial service turned into ‘prayer,’ or ‘worship,’ a new form of Judaism that offered deep liturgy as another path to commune with G-d.

The Talmud asks: “What is the service of the heart? This is prayer.” *Eize hi Avodah shehi balev?...Zo Tefillah.* Yet, prayer is not confined to the sanctuary anymore than it was confined to the Jerusalem Temple. One can commune with G-d anywhere, at any season, so long as one can connect with one’s own heart.

Gemilut Chasadim. Just as G-d ‘bestows kindnesses’ on all of creation, so too are we to do ‘acts of

The world stands upon three things — upon Torah, upon divine service, and upon acts of kindness. (Avot 1:2)



lovingkindness’ in our world. This is perhaps the simplest of the three principles to define, though we may differ on what right actions and steps to take to offer kindnesses to others. Yet, what is most important is to do good deeds in the world.

In this winter season, where the

ground under us in Vermont is icy and unstable, it can be easy to lose one’s grounding. Yet, beneath the earth’s relatively thin layer of ice and snow is a vast ground more stable and solid than at any other time of year. It is precisely now when we

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Shabbat offers a much-needed 'pause'

News from Olam Chesed

By STACEY LONDON-OSHELLO,
DIRECTOR OF FAMILY AND YOUTH
EDUCATION

Shabbat, a day of rest on the seventh day of the week, can be seen as a gift from G-d for the Jewish people — and all people who choose to embrace this gift. In this busy world of never-ending tasks, constant digital communication, and immediate access to endless information, it can be hard to carve out a little space to just be and enjoy creation. A Shabbat practice allows us to take a break from accomplishing things and being distracted by our devices. Shabbat offers us time to share a delicious meal with our family and friends, enjoy nature, and delight in the activities we love.

At Olam Chesed Education Center, students in our three programs have been embracing the joys of Shabbat. Coming together as community to sing, pray, learn about our heritage, and share in food and conversation has been joyful and fulfilling for all of us.

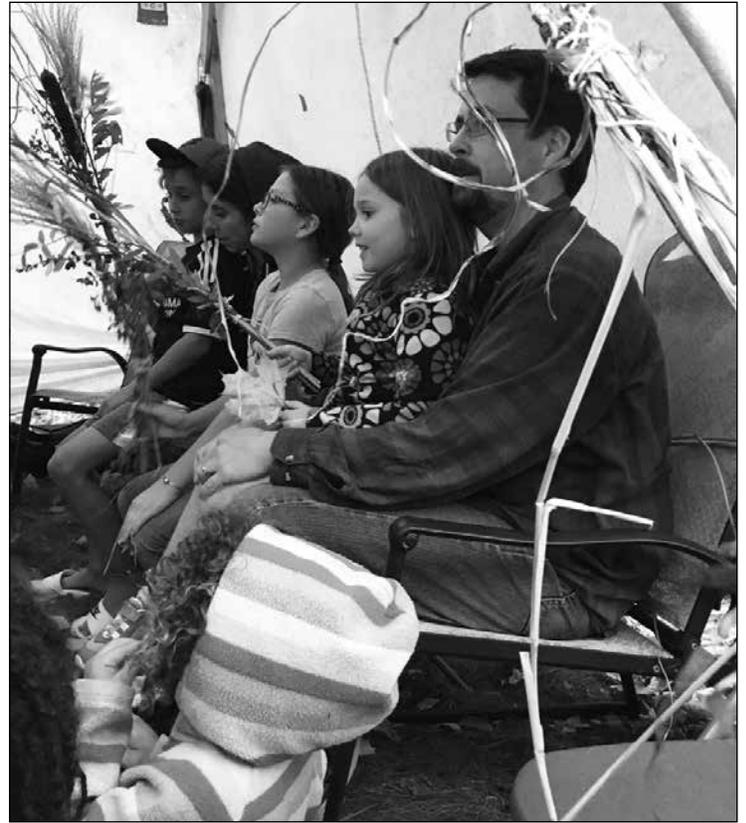
The Mitzvah Project engaged in a playful and educational Saturday morning prayer service. When I remember this lovely gathering, two moments remain etched in my mind's eye. I recall standing outside with families and congregants while Rabbi David led us toward a silent moment of reflection for the Amidah prayer, with the warmth of the sun on our faces and the chill of the Vermont November air on our skin amidst the beautiful mountains of Stowe. This time to pause amongst community and nature provided a place of comfort that still resonates today.

Another memory I cherish was participating in a Bibliodrama of the weekly Torah Portion (parsha), where all attendees reenacted the characters in the story. Appropriately, the parsha of that week was Lech Lecha, the story of Abraham and Sarah leaving their family to go toward themselves. As our

adolescent community continues to discover their own identity, this story compels them to reflect upon the Jewish values we as teachers and parents lovingly work to instill in them. Bagels after the service provided us time to further enjoy each other's company. It was a beautiful day for pausing, reflecting, and learning, as we celebrated Shabbat morning together at JCOGS.

Thanks to our new teacher Courtney Rose, our Kinderlach program for ages 0-5 has gotten off to a great start this year. This group for young families meets one Saturday morning every month to share in Shabbat celebrations and community. Our November gathering had a focus on Shabbat and learning ways to bring meaningful ritual into our homes for our families to enjoy this special day of the week. Participants went home with blessings, songs, ritual instructions, and handmade challah covers to use at their own Shabbat dinner. Courtney brings high-quality craft projects each month that families can use for embracing Jewish rituals. She has also created a safe place for young children to play together while parents discuss a relevant topic of the month. We welcome more families to join us for this engaging program.

Students in Olam Chesed, our Wednesday afternoon program for ages 5-13, have been learning Hebrew songs and prayers to share in a student-led multi-generational musical Shabbat evening service on Feb. 10. Sharing in Shabbat song and prayer with our congregation is a great way to culminate the many teachings of the past few months. Children are building connections with one another, learning Jewish values, becoming fluid in Hebrew, and building a Jewish identity. Our Shabbat potluck dinners provide a time to enjoy our Olam Chesed community, share in good food, engage in conversation, and build upon new friendships.



Waving our Vermont harvested, homemade Lulavim while sitting in the Sukkah at the home of Rabbi David, Alison, Adar, and Yonah.

These regular services and dinners offer another opportunity to share in the joys and rituals of Shabbat at JCOGS.

The Olam Chesed Education Center at JCOGS provides a spiritual home for us to share in the celebration of Shabbat and find peace, rest, and ritual within community. The opportunity to pause together, as we learn, reflect, pray, and sing under the leadership of Rabbi David is inspiring and joyful. Shabbat has been embraced in a multitude of ways at Olam Chesed, and is celebrated weekly at JCOGS.

I invite you to join us in this celebration and consider what you can do to make Shabbat special for you and your family. We invite you to embrace this weekly gift that encourages us to take a pause from the busyness of our lives.

May you find your own piece of Shabbat peace each week.

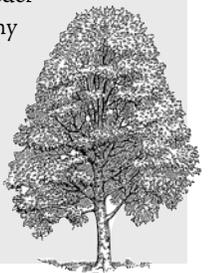
Shabbat Shalom!

Celebrate Tu BiShvat — “New Year of the Trees” and Shabbat with community

*Multigenerational Shabbat
Service and Tu BiShvat Seder
on Friday, Feb. 10, at 6 p.m.*

It's still cold in Vermont but the sap will be beginning to rise. Join us as we celebrate the trees with this annual Jewish earth day.

After a musical and student-led service with Rabbi David, the whole community is invited to help us welcome in Shabbat and honor the trees with a Seder filled with many types of fruits and nuts. We will follow this with a potluck vegetarian meal.



Member Spotlight

Casie

Many of us have traveled to Israel, but what is it like to live there? Casie, who's spending the year in Israel, graciously took the time to share with us some of her experiences and impressions.

Q: How did you first become involved in JCOGS?

A: When I was in middle school my family moved to northern Vermont. My brother and I celebrated our bar and bat mitzvah that same year. We joined JCOGS and attended the Hebrew school to prepare for this tradition. Last year I rejoined the congregation after almost sixteen years. It was my first time to see the synagogue that has been built. I felt warmly welcomed by Rabbi David, Alison, and the congregation. What I love most about JCOGS is all of the opportunities they provide for people to connect with Judaism in different ways, whether through traditional prayer, nature, study, the arts, music, charity, and more.

Q: What influenced your decision to study in Israel for the year? What is your focus of study while abroad?

A: I decided to go to Israel because I realized how little I knew about Israel and Judaism. About four years ago I went on Birthright. I knew immediately that at some point I wanted to return to learn more. This year I am teaching English at a local public school.

Q: Where are you currently living?

A: I am living in Rehovot, "The City of Science and Culture." Rehovot is mostly known for the Weizmann Institute, one of Israel's top science universities and is also home to the Hebrew University's Department of



Casie stands in front of Mount Timna, the oldest copper mine in the world, in southern Israel.

Agriculture. The city has a diverse population of Mizrachi, Sephardi, and Ashkenazi Jews, both religious and secular.

Q: Can you tell us about some of the cultural changes that you've had to adjust to as an American living in Israel?

A: One of the biggest adjustments is the weekly schedule. Sundays here are normal work and school days, and on Shabbat almost everything shuts down. Another adjustment has been the language barrier, which has made everyday experiences just that much more interest-

ing. The school system is also very different, and with the help of other teachers I'm slowly learning how to navigate it. Lastly, Israelis are very open and straightforward, for better and for worse. People you meet on the street will tell you their whole life story and ask you for yours, and then invite you over for Shabbat dinner. The same person who cut you in line in the store will be the same one to stay and help translate for you for a half hour, and then insist that you're overpaying for your vegetables, and proceed to show you where to find cheaper ones. You can only admire the irony and comedy.

Q: You now have experienced being Jewish in both the U.S. and Israel. Can you compare and contrast these two experiences?

A: The best way I can describe it is to use the words of a friend, "In America you're a Jew, in Israel you're an American." It's interesting that both societies identify you by your "otherness." That being said, I still experience culture shock being in a society where Jews are in the majority after having lived where Jews are a minority my whole life. There is a certain comfort in being immersed in a society that understands your people's history, traditions, and holidays.

A key difference between the American and Israeli Jewish population are the demographics. In America, Jews are predominantly Ashkenazi. In Israel, there is a full mosaic of Jews who have returned from the diaspora. One of my favorite questions to ask my students is where their ancestors are from. The responses span the globe. Israeli Judaism is shaped by its own unique melting pot.

Q: You're about halfway through your stay in Israel. What have been your greatest challenges? Greatest rewards?

A: The greatest challenge has been to see and experience everything! The most rewarding part is working with students. I'm sure I'm learning much more from them than they are from me.

Q: What do you hope to bring back with you?

A: A deeper understanding of Israel and Judaism and all of their complexities.

Save the Date!

Purim Celebration

Saturday, March 11,
from 4 to 7 p.m.

Join us for a Purim Carnival with games, crafts, and food! Additionally, we will celebrate Havdalah to mark the end of Shabbat and share in a festive reading of the Megillah (Book of Esther). Come in costume and be

prepared for lots of fun, as this is the month we are encouraged to be happy!

Stay tuned for details about our special guest Saragail Benjamin as she leads us in a community-wide percussion jam!



CONTINUED FROM PAGE 1

must think about the foundation of our world, to find our centre.

What is at the core of our world, of our lives?

What struck me in that teacher meeting was the breadth (not to mention the depth) of responses to this most basic question. As a pluralistic community of JCOGS, one will undoubtedly hear a wide variety of responses to what truly

is at the core of our tradition and our world.

What is your core? In what ways will you recommit to learning? To be in service of G-d? To bestow kindness in the world?

Rav brachot, many blessings of learning, prayer, and acts of lovingkindness,

David Fainsilber
Rabbi of JCOGS



OUR RELIGIOUS LIFE

Whether you are deeply religious or avidly secular, everyone's soul needs to feel uplifted. This religious life section is for the spiritually minded, and for those who are still grappling with words like "soul." At all of our religious services, you get to come as you are, whatever your background, your level of observance, or your particular mood. All are welcome.

Friday night Shabbat services

Every Friday at 6 p.m.

Come early and stay late! Every Shabbat you are invited to join us for a glass of wine at 5:30 p.m. before services; and stay afterward for our enhanced oneg.

Torah study

On the following Saturdays: Jan. 7 at 10:15 a.m., Jan. 28 at 10 a.m., Feb. 4 at 10:15 a.m., and Feb. 18 at 10 a.m.

All are invited to participate in this lively and meaningful discussion group as we look deeply into the age-old source of our tradition's wisdom.

Deepening Prayer

Friday, Jan. 13, at 6 p.m.

This Shabbat, we will look closely at the prayers in our tradition. Do you often feel lost during services? Do you have questions about the meaning and experience of prayer? Please join us this full Shabbat program Friday night and Saturday morning, where we will explore some of the historical background and linguistic meaning of our liturgy, as well as a focus on the meaning of prayer itself.

Ice Carving and Musical Shabbat

Honouring the Life and Legacy of Debbie Friedman z"l

Friday, Jan. 20, from 4:30 to 6 p.m.

Come to JCOGS and watch as a master ice-carver transforms a block of ice into a piece of art! JCOGS is joining the Stowe Winter Carnival for the second time, as we celebrate winter and snow. Schnapps, wine, hot chocolate, and hors d'oeuvres will be served.

At 6 p.m.

We will honour the life and legacy of Debbie Friedman z"l with this musical Kabbalat Shabbat service with instruments. Debbie was a magical Jewish teacher with an incredible array of music played in synagogues across the world. Join us for ice carving, music, and a lite dinner/enhanced oneg afterward. The company will be great, the music divine, and the food promises to be delicious.

Holocaust Remembrance event

Thursday, Jan. 26, at 7 p.m.

A screening of "Remember Us: The Hungarian Hidden Children," a documentary about hidden children during the Shoah. The film will be preceded by a talk by JCOGS member and holocaust survivor Erika Hecht. See page 5 for details.

Multi-generational Service with Tu Bishvat Seder and Vegetarian Potluck

Friday, Feb. 10, at 6 p.m.

After a musical and student-led service with Rabbi David, the whole community is invited to help us welcome in Shabbat and honor the trees with a Seder filled with many types of fruits and nuts. Join us as we celebrate the trees with this annual Jewish earth day.

Musical Shabbat

Friday, Feb. 17, at 6 p.m.

With musicians, singers, and spirit, this intimate musical service is a participatory experience for all. We come together in prayer, chant, and meditation, tapping into ancient words and new and old melodies. We come to find out what happens when prayer can be joyous, soul-centering, and transformational.

Special Torah Study

Sat. Feb. 4, at 10:15 a.m.

The entire community and parents of our young families program, Kinderlach, are invited to join us for this special Torah Study focusing on the holiday of Tu Bishvat, the Birthday of the Trees. Child-minding will be provided.

Darshei Shalom Cemetery benches memorialize loved ones

As I write this article there is snow gently falling outside my window. The days are getting shorter and the leaves are long gone

— reminders of the cycle of life.

I hope you each had the opportunity to share a meaningful Thanksgiving with the people

closest to you and a Happy Hanukkah. This year I reflected on not just being thankful but also paying that forward by creating acts of kindness and Tikun Olam so that others will be thankful for my presence here on planet Earth.

One way I do this is through my work with the Cemetery Committee. We have created a final resting place that represents who we are at JCOGS — inclusive, caring and respectful. Our cemetery will handle the needs of our community for many hundreds of years to come, and future generations will be thankful to all of us for its creation.

Recently four memorial benches were installed along the 'Path of

Peace.' They have a beautiful organic feel to them and symbolize the 'balance of life.' Two have already been dedicated: one memorializes Roselle Abramowitz and the other memorializes William Allen. If you would like to memorialize a loved one, please contact me at sberson@gmail.com or 802-343-8765 for information.

The days are getting longer and the snow will be gone too soon. Spring, renewal, life....

L'Chaim!

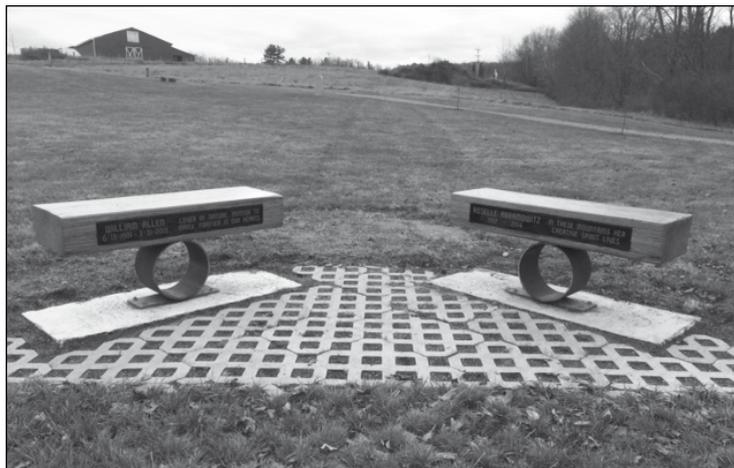
Steve Berson,

Cemetery Committee Chair

Stephen Lichtenstein, Marcie

Scudder, Stephen Rosenbloom,

Carol Good, Sheldon Klein



A new chapter: JCOGS couple hits the road

We can plan for “the big picture” of retirement, but in the end, life circumstances often determine the details. Two years ago long-time JCOGS members Suzan and Gary Feibus had no plans of trading in their BMW sedan for a 45-foot Millennium Luxury Coach. But that was before they retired from their business of 40 years and welcomed a baby grandson who lives 3,000 miles away. Today, they spend half of the year on the open road.

Although they didn’t realize it at the time, the Feibus’ have been planning a mobile retirement for well over a decade. For close to 15 years, they commuted back and forth by car between their homes in Florida and Vermont with their six rescue dogs.

“We stopped at motels along the way, opening the back hatch and letting the dogs quickly run into the motel room before anyone could count them,” Suzan recalled.

In 2014 the couple had to put down their German Shepherd, the fifth of their six dogs. With only one dog left, they decided that, rather than flying to the west coast to visit their son and daughter-in-law, they would travel across the country in their BMW, staying at pet-friendly hotels and vacation rental homes along the way. They covered 26 states and over 11,000 miles with many interesting stops along the way.

The following year, in 2015, the Feibus’ decided to retire, after four decades of working together in their Florida-based business. Encouraged by their successful three-month trip the year before, they bought a roomy Toyota Tundra pickup truck and set off that fall to meet their grandson Jacob in San Francisco, visiting a few new locales en route.

As always, they spent the spring of 2016 at their home near Orlando, Florida. One day when Gary, an avid cyclist, was doing one of his usual 50 to 60 mile bike rides, he stopped by an upscale RV sales and service center not far from the couple’s home. He asked to tour some of their motor coaches, and the salesman, looking at Gary in his spandex pants and shoes with cleats, reluctantly agreed. Gary had always wanted a motorhome, but with an active business and so many dogs in the past, it didn’t seem possible. Now that he was retired with only one dog in tow, the timing felt right.

Neither Gary nor Suzan had ever driven a bus before. But in the late spring of 2016, they drove their new 45-foot bus, with a 25-foot trailer and truck attached, to Stowe for the summer.

This fall, Gary, Suzan, and Smoochee took off on another cross-country road trip, this time with their own kitchen, living room, bedroom, and bathroom on board. No more



JCOGS members Gary and Suzan Feibus stand in front of their new home on wheels.

looking for pet-friendly hotels, just RV parks.

“It took Smoochee, now 16 years old, a few trips to get used to a moving home,” Suzan said.

While they’re on the road, Suzan and Gary enjoy keeping in contact with friends at home via email and phone, but they’ve had to let go some of their commitments in Vermont and Florida. Suzan has stepped down from the board of the North Country Animal League in Morrisville, and Gary has retired from some of his many duties at JCOGS.

“Regardless of our extensive travels, we have rarely found a place that is as beautiful as Stowe,” Gary said. “We always look forward to our return to Stowe, to our friends, and to my continuing commitments at JCOGS.”

As a community, we owe the Feibus’ a heartfelt “thank you” for all they’ve contributed over the years. Suzan has been a committed and effective volunteer, championing initiatives like the multi-year “Nearly New” sales. Gary was chair of the building committee and led

the efforts to raise the bar on maintenance and the quality of the facility. He singlehandedly raised money to do both repairs and preventative maintenance when funds were scarce, as well as oversaw a long list of building upgrades. Gary also worked hard as a member of both the finance committee and the executive committee, and was always there with realistic feedback at board meetings, when needed.

“Gary and Suzan have been generous in their support in so many ways,” said Ron Feinstein, president of JCOGS. “And they remain committed to JCOGS, even though they will be ‘long distance.’”

This spring the Feibus’ plan to travel to Finland (via airplane) to visit with their other son and his wife. Then, after spending the summer in Vermont, they’ll be back on the bus for more adventures.

“We miss them both and enthusiastically support their newest excursion on the next chapter in their lives,” Ron said.

Hidden children of the Holocaust

Topic of film and talk on Jan. 26

On Thursday, Jan. 26, at 7 p.m., in recognition of International Holocaust Remembrance Day, we will present “Remember Us: The Hungarian Hidden Children,” a documentary about hidden children of the Holocaust. The screening will be preceded by a talk by JCOGS member Erika Hecht, who was a hidden child. She

will speak about her experiences during the Holocaust.

January 26 is the anniversary of the liberation of the Auschwitz-Birkenau concentration camps and the annual date designated by the UN General Assembly for every member state to honor the victims of the Nazi era and to develop educational programs to help prevent future genocides.

Olam Chesed Education Center

At Olam Chesed, we are a community of learners, loving and supporting one another as we grow in heart and mind. We invite children ages 0-13 and their families to get involved in our youth and family programs.

Our educational programs

Olam Chesed, an educational program for ages 5-13, meets Wednesdays from 3:45 to 6:15 p.m. For class schedules: jcoqs.org/education-center.

Kinderlach (Yiddish for "little children"), an uplifting musical and educational program for families with young children (ages 0-5), takes place once per month. Kinderlach is a great place to meet

other young families, while engaging in Jewish tradition and culture within community.

The Mitzvah Project is a program for children 11-13 years old and their families.

Upcoming events!

Kinderlach

Saturday, Jan. 7, from 9:30 to 10:45 a.m.

We will enjoy "Storytime and Singing with Rabbi David" and arts and crafts with Courtney Rose. Our theme this month will be about Havdalah, a special Jewish ritual for ending Shabbat, our day of rest.

The Mitzvah Project

Wednesday, Jan. 18, from 5:30 to 6:30 p.m.

We will focus on the topic of Jewish identity through learning about *tallit* and *tzitzit*.

"The Perfect Storm"

Talk by Dr. Bradley S. Rauch of JCOGS and Stowe Chiropractic
Wednesday, Jan. 25, from 5:30 to 6:15 p.m.

Unraveling the downward spiral of what's making kids sick and restoring them to true health and happiness.

Join us to learn more about the hidden stressors creating a dramatic rise in developmental delays and spectrum disorders. Learn



Making apple cider with Olam Chesed teacher Amy Holloway, as we honor and transform the harvest at the Jewish harvest festival, Sukkot.

atural, practical ways to help your child thrive.

Kinderlach

Saturday, Feb. 4, from 9:30 to 10:45 a.m.

We will enjoy "Storytime and

Singing with Rabbi David" and arts and crafts with Courtney Rose. Our theme this month will be Tu Bishvat, "Birthday of the Trees." We invite you to stay for a special Torah story (information

below) following class. Child-minding will be provided.

Special Torah study

Saturday, Feb. 4, from 10:30 to 11:30 a.m.

Rabbi David will lead a special Torah Study on the theme of Tu Bishvat. Child-minding will be provided.

Multi-generational Service with Tu Bishvat Seder and Vegetarian Potluck

Friday, Feb. 10, at 6 p.m.

After a musical and student-led service with Rabbi David, the whole community is invited to help us welcome in Shabbat and honor the trees with a Seder filled with many types of fruits and nuts. Join us as we celebrate the trees with this annual Jewish earth day.

The Mitzvah Project

Wednesday, Feb. 15, from 5 to 7:30 p.m.

We will view an age-appropriate Holocaust movie, followed by a discussion and pizza dinner.

For more information about any of our Olam Chesed programs, contact Stacey at stoshkello@yahoo.com.

It's a family affair!

We hope you'll join us for these fun family outings this winter at JCOGS.

Family Swim Party
Sunday, Feb. 12, from noon to 2 p.m. at Sun & Ski Inn and Suites
1613 Mountain Road, Stowe

Bring your swimsuit, towel, and water toys. We'll order pizza for a fun-filled afternoon of

meeting new families and splashing in the pool! All are welcome.

Cost: \$8 for children 4 and up, \$11 per adult, and free for children 3 and under.

Financial assistance available. RSVP to wendy.mccreight@gmail.com.

All-Ages Bowling Event

This is how we roll ...
Sunday, March 19, at 3 p.m. The Stowe Bowl at Sun & Ski Inn and Suites, 1613 Mountain Road, Stowe

Come bowl with us at

the Stowe Bowl! We'll make sure to have time for snacks in between strikes and spares, finishing up around 5 p.m. We'll reserve a couple of lanes and share the cost. Please feel free to invite others. Visit stowebowl.com for details about the venue.

Tzedakah

"Who donates much to charity becomes richer for it ..."

Zohar, iii 110b

We gratefully acknowledge the generosity of these thoughtful contributions in honor and memory of friends and loved ones. The following gifts were made between October 14, 2016 and December 2, 2016.

ANNUAL FUND

In appreciation of Rabbi David and JCOGS on a wonderful Erev Rosh Hashanah...

Caroline & Clement Erbmann

In honor of Carole and Harold Ewen, for wonderful Kol Nidre and Yom Kippur services at JCOGS...

Deborah Roth

In appreciation of JCOGS...

Marion & Robert Wise

In appreciation of being welcomed as a guest of JCOGS for the meaningful Yom Kippur services...

Marilyn Takefman

In appreciation of JCOGS for Shabbat Shuva...

Marc Hurwitz

In appreciation of Rabbi David and the warm congregation of JCOGS...

Ruth M. Gais & Paul Needham

In appreciation of JCOGS...

Paula & Ben Sour

In appreciation for the honor of carrying the Torah...

Nickie Benoze

In appreciation for the beautiful Shabbat Shuva...

Karen Pettinelli

In appreciation for the Simchat Torah service...

Judith & Stephen Minsky

In honor of the engagement of Lauren Katz to Mitch Soiefer...

Hilary & Alan Soiefer

In honor of Rita Schnep's special birthday...

Betsy & David Blechman

In honor of Noa Granovsky Sand, on her Bat Mitzvah...

Barbara Segal & Howard Brown

In honor of Eliana & Solomon Kalichstein...

Rowain & Joseph Kalichstein

In memory of Kenneth Schindler...

Judy Allen

In memory of Eliot Morrison...

Patti Rubin

In memory of Ruth Moskowitz...

Lori & Adam Gottlieb

In memory of Bob Minder...

Nancy, Allen, Jeffrey & Ashley Salzman

In memory of David B. Roth...

Betsy & David Blechman

In memory of Bernard Bauman...

Barbara & Robert Bauman

In memory of Ted Kole...

Barbara & Robert Bauman

In memory of Rosita Frieden, mother of Shoshana Frieden...

Barbara & Robert Bauman
Skip & Marilyn Roskam

In honor of our dear friends Ron & Deborah Feinstein...

Aron & Susan Ain

Yahrzeits

**January 1 – February 25
3 Tevet – 29 Shevat**

The following Yahrzeits go by the Gregorian calendar unless the Hebrew date observance was specifically requested by the family. The names of loved ones will be read at the indicated services.

**January 1 – 7
3 Tevet – 9 Tevet
Service: January 6**

Shirley Katsof
Ruth N. Zell
Rose Vasilevsky Black
Emanuel Heitner
Conrad Gersuny

**January 8 – 14
10 Tevet – 16 Tevet
Service: January 13**

Julie Tauben
Fanny Ewen
Julius Allen
Louis Pinsky
Alvin W. Gershon
Aleck Glockner

**January 15 – 21
17 Tevet – 23 Tevet
Service: January 20**

William J. Campbell
Edmund Hardoon
Ray Nisenholtz
Manuel Hazen
Shirley Greenbaum
Robert DiGiulio
Marilyn Parker

**January 22 – 28
24 Tevet – 1 Shevat
Service: January 27**

Max Minkin
Solomon Jack Baumrind
Rebecca Allen
Anna Schlesinger
Ruben Samuels
Sally Fishman
Eric Jacobs
Joshua Brown
Jack Robert Ross
Howard April
Steven Alan Dorfman
Nicholas Fon Eisen

**January 29 – February 4
2 Shevat – 8 Shevat
Service: February 3**

Fred Erstein
Rhoda Lee Baskin Kaplan
Fred Greenbaum
Bertram Polow
Samuel Salzman
Ethel Spielvogel
Albert Katsof
Murray Dananberg
Gertrude Anna Zamvil
Dinah Adelson
Jean Lazar
Bertha Figarsky
Betty Samuels

**February 5 – 11
9 Shevat – 15 Shevat
Service: February 10**

Randolph Wolfgang
Alex Gibs
Blanche P. Karkus
Margery Cohen Greene
Harvey Steinerman
Monte Aaron Feinstein
Harry Moses Lazar

David Tunick
Jennie Rosenthal

**February 12 – 18
16 Shevat – 22 Shevat
Service: February 17**

Sigmund Weichsel
Muriel Brown
Nathan Siegel
Louis Davis
Harry Feinman
Dinah Brauer Poley

Joseph Lyman
Anne Klein
Yetta Grossman
Reva Schneps

**February 19 – 25
23 Shevat – 29 Shevat
Service: February 24**

Anne Bayer
Ruth Feinstein
Burton Bauchner
Rachel Levy

Dr. Brad Rauch talks about health

In January, Dr. Bradley S. Rauch of JCOGS and Stowe Chiropractic, will present two talks about health and wellness. We hope you'll make plans to join us.



"Better Health at Any Age"
Sunday, Jan. 22, at 4 p.m.

A practical, insightful talk on improving your health and wellbeing naturally. Regardless of your age, the body has an innate ability to heal. Dr. Rauch will discuss neurological, nutritional, and exercise-based strategies that will lead to improved function and a better quality of life.

"The Perfect Storm"
Wed., Jan. 25, at 5:30 p.m.

Unraveling the downward spiral of what's making kids sick and restoring them to true health and happiness. Join us to learn more about the hidden stressors creating a dramatic rise in developmental delays and spectrum disorders. Learn natural, practical ways to help your child thrive.

Mazel Tov

Simchas in our community

This spring two JCOGS members, Gretchen Besser and Bernie Weichsel, will be inducted into U.S. Ski & Snowboard Hall of Fame. Ceremonies will be held in Stowe the weekend of April 8 in connection with joint meetings of the Hall of Fame and ISHA (International Skiing History Association).

Sad News announcements

Baruch Dayan Emet

Honoring lost loved ones

Rosita Frieden, beloved mother of Shoshana Frieden, passed away on Nov. 26.

May her memory forever be a blessing.



A bi-monthly periodical published six times per year.

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Calendar

Friday night services are held every week at 6 p.m.

Torah study will take place on the following Saturdays: Jan. 7 at 10:15 a.m., Jan. 28 at 10 a.m., Feb. 4 at 10:30 a.m., and Feb. 18 at 10 a.m.

Olam Chesed for ages 5-13 meets on Wednesdays from 3:45 to 6:15 p.m.

Kinderlach for ages 0-5 will take place on the following Saturdays at 9:30 a.m.: Jan. 7 and Feb. 4.

The Mitzvah Project for ages 11-13 will meet on the following Wednesdays from 5:30 to 6:30 p.m.: Jan. 18 and Feb. 15.

JANUARY

Monday, Jan. 9: 1 p.m., book club will discuss "Moses, A Human Life" by Avivah Kornberg.

Friday, Jan. 13: 6 p.m., Deepening Prayer. *See page 4 for details.*

Friday, Jan. 20: 4:30 p.m., Ice Carving; 6 p.m., Musical Shabbat Honouring the Life and Legacy of Debbie Friedman z"l. *See page 4 for details.*

Sunday, Jan. 22: 4 p.m., Dr. Brad Rauch presents "Better Health at any Age." *See page 7 for details.*

Wednesday, Jan. 25: 5:30 to 6:15 p.m., Dr. Brad Rauch presents "The

Perfect Storm" about youth health. *See page 7 for details.*

Thursday, Jan. 26: 7 p.m., screening of documentary about hidden children of the Holocaust, preceded by a talk by hidden child and holocaust survivor Erika Hecht. *See page 5 for details.*

FEBRUARY

Saturday, Feb. 4: 10:15 a.m., special Torah study on Tu Bishvat. *See page 4 for details.*

Sunday, Feb. 5: 4 p.m., screening of Metropolitan opera film "Lucia de Lammermor" and discussion of Beverly Sills' life as a Jewish opera star.

Friday, Feb. 10: 6 p.m., Multi-generational Service with Tu Bishvat Seder and Vegetarian Potluck. *See page 2 for details.*

Sunday, Feb. 12: Noon to 2 p.m., Family Swim Party. *See page 6 for details.*

Friday, Feb. 17: 6 p.m., Musical Shabbat. *See page 4 for details.*

Sunday, Feb. 19: 4 p.m., Professor Michal Kabay presents "The Music of Poetry, Piano and Song."

All events will be held at JCOGS unless otherwise noted. Stay tuned to your weekly emails for event updates.