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Jewish Community News

News of the Jewish VA Peninsula Community

April 2024/5784





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Intermediate Hebrew Class beginning May 14th
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The UJC & Sarfan Center will be closed Monday, April 22nd through Tuesday, April 30th in observance of Passover

2024 Annual Campaign

In memory of Bert Anker In memory of Michael Klesmer Jacqueline & Ed Cohen

Marc Minkoff Sports Scholarship Fund

In memory of Marc Minkoff Karen Minkoff **Arthur Reilly**

In honor of Karen Minkoff's birthday **Arthur Reilly**

Pearl Society Fund

In memory of Beverly Sexton's brother Sara Traster & David Harriss

UJC Preschool Fund

In memory of Norman Katzenberg In memory of Marilyn Peltz In memory of Marvin Posner Rhonda & Art Diamond

UJC Youth Fund

In honor of Barbara & Neal Rosenbaum on Ariel's wedding

Sara Traster & David Harriss

From Our Leadership - Eric Maurer

From Our Leadership

בכל דור ודור חייב אדם לראות את עצמו כאילו הוא יצא ממצרים

In every generation, each Jew should regard themselves as if they personally came out of Egypt.





When we read these words in the Haggadah—as we will this month at Passover seders all over the world we usually take it to mean that we should each feel personally connected to the story of the redemption from slavery, and thus never take our freedom for granted.

But perhaps the Haggadah is warning us that each generation will face its own moments of crisis—its own exodus moment—during which we will be required to summon the vision and courage to save our families and the entire Jewish people.

This powerful statement from our Passover tradition is not merely a call to remember; it is an invitation to be part of a living story, one that transcends time and space, binding us in unity and purpose. The saga of our exodus is not confined to our history. It is the narrative of our collective journey, the tapestry of our shared identity. It reminds us that the triumphs and trials of our ancestors are the foundations upon which our present is built and our future is shaped.

This Passover, as we retell the story, we know that it is not just our ancestors who left Egypt, but it is our generation as well, every day when we come together.

It can be felt when we come together to collect Passover food, ensuring that all in our community can celebrate the holiday with joy and dignity. It can be felt when we unify to support the needs in Israel - the needs of our people, our brothers and sisters. It can be felt when we rally to build the security infrastructure necessary to protect our community center and synagogues from antisemitism. And, it can be felt when we advocate for the most pressing and critical needs of our community.

This Passover, we are challenged to question how we will ensure that in every generation, including ours, the Jewish community remains strong and united.

Though our world and our community are facing unprecedented challenges, we know what to do and we know how to do it. If there are more ways the UJCVP can support you, please reach out and tell us how. We will be there. And to all those who can offer help, please reach out to us and join the effort.

B'chol dor vador. From generation to generation, the work of our community goes on. We will continue to meet the challenges of our generation head on, as our predecessors met the challenges of their day. Wishing you and your loved ones a happy and healthy Passover.

Eric Maurer, Executive Director Wendy Eisner, President

Holocaust Writing & Arts - Jessi Malkin

For the past four years, Melissa Kashy and Marley Keefer have been chairing our Holocaust Writing and Visual Arts Competition. They inherited their role from Sandy Katz and Helaine Shinske, who had been involved in this program since its inaugural year in 2001. Later, Ruth Sacks suggested adding an art component and here we are now, in the midst of our 23rd Annual Competition.



As of March 8th, the submission deadline, we have welcomed entries from Newport News Public Schools, York Country Public Schools, Williamsburg- James City County Public Schools, Suffolk Public Schools, Hamp-



ton Roads Academy and Trinity Lutheran School. A handful of these schools have unbelievably dedicated teachers who push their students to participate each year.

These teachers know the importance and value of teaching the Holocaust to their classes and deserve our continued praise. They are: Rachel Donavant, Maeghan Christie, and Lina Edwards.

As a history and literature middle school teacher at Trinity Lutheran School, I believe with my

whole heart the importance of my students sharing their extensive knowledge of The Holocaust through writing and art in the UJCVP Holocaust Writing and Art Competition. My students want to share with others as a reminder and understanding of the past, but also raises awareness about the prejudices and hatred that continue to exist today. "Education is activism." - Lina Edwards



In addition to these fine educators, we have a handful of students who chose to enter our competition of their own volition; these students may be the only ones



who enter from their schools or districts. These students have taken it upon themselves to learn and engage with this horribly dark time in our history and are the

reason we can be assured that it will NOT HAPPEN AGAIN!

All essays and artwork are currently going through the judging process. Thank you to our dedicated team of volunteer judges and especially to Melissa and Marley, who work tirelessly to keep

this program accessible and relevant to students and educators alike.



We look forward to recognizing our 2024 winners at our Yom HaShoah Commemoration on May 6 at 7pm.



Craft Night Tues. Apr 9 @ 6:30pm



Come to the J for an evening of crafting! Next craft: spring planter project

Passport Members - Free | Community Members - \$15/person





Sarfan Centers 38th Annual 5K/1 Mile Fun Run

When: Sunday, May 19th 2024 Where: Mariners' Museum

The course will start and finish on the Mariners' Museum Southern Route (across from Warwick High School). Williams Field location.

Visit our website to learn more about how you can become a sponsor, donate, or register to run/walk: https://ujcvp.org/sarfan-center-5k



Education Corner

Director of Education & Program Development Carmela Malkin Kuhn







Spring – A Time of Remembrance, Renewal and Gratitude

As we emerge from a not-so-cold winter, I have a ringside window seat to the slowly emerging signs of spring. The first clue is the pop of buds blooming from my favorite Sarfan tree.

Prominent in front of the main preschool building, this tree symbolizes history, as it was planted by Mayer Sarfan z'l alongside his grandchildren. Suffice it to say, as our Sarfan tree begins to bloom each year, I am reminded and grateful for the vision Mayer and Dorene z'l had to pave the way to our school's success.

Spring also brings with it wonder and discovery for our preschoolers. They see the world come alive with new colors, fragrances and the beauty of nature - a perfect season to explore nature as the days get longer and the weather warms up. Our teachers will be bringing springtime and Passover into their classroom activities, along with trips to our ever-evolving nature trail.

Remembrance, Renewal and Gratitude: a perfect trifecta.

On that note, all of us here at the Sarfan Center wish you all a wonderful start to spring and a Happy Passover.

A wonderful memory was captured in the left photo, of Mayer and Dorene Sarfan, at the dedication of the new Infant/Toddler building.

Education Corner - CNU

SONS AND STONES

A Jewish Perspective on Reading the Bible

Join Professor Vered Sakal in an innovative and lively discussion of Jewish literary approaches to reading the Bible through its stories and parables.

DR. VERED SAKAL

AARON PROFESSOR OF JEWISH STUDIES CHRISTOPHER NEWPORT UNIVERSITY

> SUNDAY, APRIL 28, 2024 1:00 PM MAIN STRFFT LIBRARY

Registration Required. To register or for more information, call 757-591-4858 or visit https://library.nnva.gov/264/Events-Calendar





Adult Pickup Basketball Saturdays @ 8:00pm in the UJC Gym All experience levels welcome! For more info, text Eric: 617-780-2916



Jewish Family Services - Libby Batten



Passover is upon us. Gatherings are fun, uplifting, and heartwarming; however, the abundance of joy and simply the preparations for family and friends can be completely



overwhelming. When confronted with these incongruous feelings, what can one do? There are quiet activities that can help calm the mind as well as the spirit.

Just breathe!

First, take a moment and breathe in deeply, exhale longer to trigger relaxation, and tune into physical sensations. You can begin by searching your body for muscle tightness. Start by focusing on your toes,

ankles, shins, thighs, and one body part at a time, all the way to the shoulders, neck, and face. If you feel tension, take a deep breath, and focus a strong inhale on the exact spot where tension is felt. Slowly breathe out of your mouth, releasing that tension. Allow an exhalation noise that sounds like a release of steam.

Focus!

Focus on your emotions: is it anxiety, frustration, confusion, or a state of being overwhelmed? Be sure to give it a name. Write down the name of the emotion and put it in a box, then put that box on a shelf to worry about later. Calm the mind by sitting in a chair, shoulders back and head facing forward. In that position, take a deep breath through the nose and release that breath out slowly from the mouth. Repeat this two or three times. Be careful not to hyperventilate!

Do something calming!

Lastly, think about a calming moment or a calming activity. Turn on some relaxing music, hug a pet or a soft pillow or blanket. Think of a place that has wonderful memories and visualize that memory. Look out a window and take in the new growth of flowers and leaves because it is spring.

Most of all, appreciate the joy that a holiday gathering will bring and the memories that will be created with family and friends. Say it out loud: it is completely worth all of the feelings and the hard work that goes into preparation.

Happy Passover to you and your family!



Do you know an outstanding young leader in the Jewish community?

Nominate him or her for the 2024 Young Leadership Award!

The United Jewish Community of the Virginia Peninsula will identify and recognize a young leader who devotes time and energy to better the Jewish community of the Virginia Peninsula. The Young Leadership Award acknowledges these role models, while seeking to stimulate their continuing participation in Jewish communal

affairs. This award will come with a stipend to participate in an immersive Jewish leadership experience, such as an overseas JFNA mission or attending the JFNA General Assembly.

Eligible candidates should be between the ages of 25 and 45 and have the following qualifications:

- A distinguished record of participation in the Virginia Peninsula Jewish community
- Meaningful giving to the UJCVP's annual campaign
- Demonstrates interest for future growth within the leadership ranks of the UJCVP

Do you know someone who deserves this special recognition? If so, please submit their name and a short statement indicating the reasons for consideration for this award.

Nominations can be made online at ujcvp.org or by e-mail to mvogel@ujcvp.org. Nominations must be received no later than May 1, 2024.



USS Harry S. Truman Rededicates Holocaust-surviving Torah Scroll

Of all the equipment found aboard the fleet of aircraft carriers in the U.S. Navy, one would expect to find equipped GPS, an inertial navigation system, satellites and even old-fashioned paper charts. But also included in every carriers arsenal is a Torah scroll for Jewish sailors to use during their six-to-eight month stints at sea.

In March, sailors aboard the USS Harry S. Truman stationed in Norfolk rededicated their Torah. The scroll had been removed as part of Truman's Planned Incremental Availability due to the industrial work conducted onboard. While all aircraft carriers traditionally have a Torah onboard, the USS Truman is one of three carriers serving as stewards of a Holocaust-surviving scroll. The scroll originated from the Lithuanian Jewish community, where during the Holocaust roughly 90 percent of Lithuanian Jews were murdered by the Germans.

In attendance was Virginia Peninsula community members Mayer and Susan Levy, both of whom had attended the initial Torah dedication 17 years ago. Mayer Levy is a former carrier pilot for the U.S. Navy. "I loved serving, especially as a carrier pilot, and served well," reflected Mayer. "When I flew as a carrier pilot just ten years after World War II, I found myself the only Jew on a number of carriers, obviously no Torah or services, but times have changed. I am proud of the promotion of Judaism in our U.S. Navy."



The USS Harry S. Truman (CVN-75) is the eighth Nimitzclass aircraft carrier of the United States Navy, able to accommodate around 90 aircraft with a flight deck of 4.5 acres. The supercarrier displaces almost 97,000 tons and can accommodate 6,250 crewmembers. She is homeported at Naval Station Norfolk.

Betty Ann Levin, CEO of UJFT shared "As the USS Truman prepares to sail again, this Torah will be with them. There has perhaps never been a more important time, since the founding of the State of Israel in 1948, for the American Jewish community to be more grateful for the strength of our US Navy."



U.S. Navy Chaplain Rabbi Lt. Cmdr. Yonatan Warren leads the Torah processional during the Torah rededication ceremony. Rabbi Warren is a native of the Virginia Peninsula, growing up in Hampton and an active member at the UJCVP.



Virginia Peninsula community member and former carrier pilot Mayer Levy, alongside his wife Susan Levy, shakes hands with Vice Admiral Herman Shelanski over the unrolled Torah aboard the USS Harry S. Truman.



Red Cross Blood Drive

in the UJC Lobby Friday, April 10th 10am-2pm

National Blood Shortage!

Blood donors of all blood types are urgently needed. Visit *ujcvp.org* to schedule an appointment

> **Questions? Email Sara Traster** straster@ujcvp.org



Kibbitz & Create

Thursday, April 18th 10am-12pm

Join our group at the J for a morning of snacks and crafts. All fiber arts crafts welcome!

> RSVP at ujcvp.org **Questions? Email Jessi Malkin** jmalkin@ujcvp.org



Intermediate Hebrew Class

with Carmela Malkin Kuhn

7 Weeks: May 14, 21, 28 June 4, 11, 18, 25

5:30-6:30pm

Passport Members - Free Community Members - \$54/person

Visit ujcvp.org to sign up!



20/30 Group Hike @ the Noland Trail

Sunday, April 28th - 11:00am

RSVP: ujcvp.org Questions? Email Sara Traster straster@ujcvp.org



Pearl Society Collects Hundreds of Feminine Hygiene Products for Local Non-Profit

On March 14, the UJC Pearl Society hosted their yearly social action party, this year a Padded Pearl Party to benefit the local non-profit, Her Padded Truth. Thank you to all the ladies (and some men!) who donated supplies!

Dr. Charlene Bell, founder of Her Padded Truth, arrived at the UJC the morning following the Padded Pearl Party and was truly blown away by the generosity of our community. These products "will be life-changing" for women in need, Bell commented.

Her Padded Truth provides feminine hygiene products to women and girls who are homeless in the Hampton Roads area. Her Padded Truth believes every girl and woman should have access to proper menstrual

Dr. Charlene Bell and Sara Traster next to

the hundreds of donated products.

hygiene products, which are affordable, safe, and readily available regardless of financial ability. To learn more about Her Padded Truth, check out its website: herpaddedtruth.org.

The Pearl Society is a women's giving circle: a group of diverse women in the community who, first and

foremost, give to the UJC annual campaign, but who also desire to give

AP Particular of the control of the

around the world. Throughout the year, the ladies meet to discuss local, national and international non-profit organizations and vote to which to disperse their giving circle collected funds.



If you are interested in joining Pearl Society, please contact Sara Traster: straster@ujcvp.org

Mind Body Soul

Wellness Connection

Wednesday, April 10th 6:30pm

Join Ariel Tal as we are guided through a mindful meditation.

RSVP @ ujcvp.org

Passport Members - Free Community Members - \$10

Questions? Email Carmela Malkin Kuhn carmela@ujcvp.org

A month after his son fell in battle, a father staged a one-man play about October 7. Now he brings that play to Virginia.



Haggai Lober is an Israeli actor and rabbi who will be at the UJCVP on May 5 to perform "October 7," an adaptation of a one-man show he wrote for his Aspaklaria theater company 20 years ago. It tells the story of Nadav, who is attempting to move on with his life and raise his three children alone after losing his wife, Orly, in a terror attack.

Haggai hopes to bring solace with his show about the mourning process, particularly in the wake of the death of his son, reserve Staff Sergeant Elisha Yehonatan Lober, during fighting in Gaza. He hopes it will help him come to terms with his loss and bring comfort to others in wartime.

Lober planned on putting on the play after the war broke out on October 7. On that day, Hamas terrorists attacked Israel's Gaza border communities, killing some 1,200 people, committing atrocities and abducting 253 people to Gaza.

He had planned to make some changes to the manuscript, telling the stories of those who lost their loved ones during those shocking, traumatic events. On October 8, the sixth of his nine children, whom he calls Yehonatan, was called up for reserve duty. "I was planning on staging it on January 7, three months after October 7," said Lober. "Yehonatan was in Gaza. He knew I was doing this play." Then, on December 25, Yehonatan was killed in battle. He left behind his pregnant wife, Aviya Lober, and their 10-month-old son.

"I told my staff that I'm not doing the play. I didn't

have the strength to do it," said Haggai Lober. But during the shiva, the seven days of mourning, he saw how others needed comfort as well and decided to return to the plan. The hourlong play is a monologue delivered by a father who is grieving "but decides to live alongside his mourning," said Lober.

With a simple set that includes an ironing board and a set of preschoolers' chairs, the father irons a little girl's dress, becomes frantic about his other daughter not arriving home on time after going on a bus, and attends a parent-teacher meeting, grappling with all of it as a bereaved single parent. In a twist on his own story, it is Yonatan Lober's voice as a five-yearold that's heard during part of the play. His father had recorded him when he wrote the play 20 years ago.

Lober will perform "October 7" live at the UJCVP on Sunday, May 5th at 4:00pm. The show is in Hebrew with subtitles. After the performance, Haggai will share in English about Yonatan's bravery, the pain and struggle of living without him, and what gives him – and us – strength and hope to continue living and believing.



The performance is free and open to the public, however advance registration is required. RSVP online at www.ujcvp.org.

The performance is made possible by your support of the UJCVP Annual Campaign and JCCA's Israel Engagement and the Ministry of Diaspora Affairs and Combating Antisemitism.

Please see flyer on page 15







Israel in Our Hearts - An Entire Day of Israel at the J In partnership with the JCC Association of North America



followed by October 7 live performance at 4pm



Questions? Email carmela@ujcvp.org





מתחברים **MIT-HABRIM** CONNECTIONS



These programs are funded by the JCCA and UJCVP and are free and open to the community.



Congregation Adath Jeshurun 401 City Center Blvd. , Newport News, VA 23606

Telephone # 757-930-0820 | Website: www.ajshul.com Rabbi Gershon Litt, 757-559-1836



The Passover seder plate not only has religious importance, but it is relevant to our lives today.

The Salt Water represents the tears we shed for our brothers and sisters in Israel who have been slaughtered by Hamas. The Roasted Egg and the Karpas, or green vegetable, represent the belief that Spring brings new life and a new season of hope. The Charoset represents the mortar that binds and unites our Jewish Community to Jews around the world. The Maror, or bitter herb, reminds us of the bitterness of

antisemitism. *The Shank Bone* tells us sacrifice is an important component of a successful life. It means that we subordinate our personal interest for a greater good. *Matzah* reminds us that the quest for freedom overrides creature comforts.



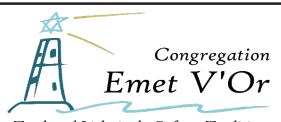
Chag Pesach! Have a happy and meaningful Passover!

Shabbos lunch on April 19th will be sponsored by Bob and Meryl Kessler and Bob and Leslie Frank in honor of the two Bobs milestone birthdays.

Shabbos Candle Lighting Times:

April 5 - 7:14 pm
April 12 - 7:20 pm
April 19 - 7:26 pm
April 22 - 7:29 pm (First Seder)
April 23 - 8:28 pm (Second Seder)
April 26 - 7:32 pm
April 28 - 7:34 pm (Yom Tov)
April 29 - 8:34 pm (Yom Tov)

Rabbi Litt's Shabbos Schedule: April 19, May 17, June 21, July 19, Aug 30



Office.CEVO@gmail.com www.emetvor.com 757-952-3737

Rabbi Scott Gurdin Cantorial Soloist Dr. Jonathan Rathsam Musical Accompanist Dr. Ben Corbin

Truth and Light in the Reform Tradition

Shabbat Services

Erev Shabbat services are held Friday evenings at 7:00pm unless otherwise noted

April 5 - Cantor led Shabbat service

April 12 - Rabbi led service

April 19 - Lay led Shabbat service with musical accompaniment

April 26 - Rabbi led service

May 3 - Rabbi led service with cantorial accompaniment

All are welcome to visit! Our location: 101 Production Drive, Suite 101, Yorktown, VA 23693

Special Events & Other News

Mark your calendars for Sunday, April 21st . CEVO will be holding a Passover Seder for our religious school and AlefBeit class. For more information, contact Lisa Stern.

CEVO Board Meeting - April 8th (Zoom)



tb.me/CEVOcommunity

Theodore H. & Esther Beskin Memorial Scholarship Award





OPPORTUNITY

Scholarship Application Available Deadline to return application to the UJC is Monday, May 10, 2024

Established in 1959 in memory of beloved and outstanding humanitarians and leaders. the Theodore H. and Esther Beskin Memorial Scholarship Award is given annually to a worthy local Jewish senior high school student. The recipient is selected on the basis of outstanding achievement and diligence in academic, personal, and community endeavors, as well as other pertinent criteria.

Applications for the \$1000 scholarship are available online at ujcvp.org



RODEF SHOLOM TEMPLE

FOUNDED IN 1913 AND A MEMBER OF THE UNITED SYNAGOGUE OF CONSERVATIVE JUDAISM.

We are: Warm, welcoming and steeped in the rich traditions of Judaism...Egalitarian and Eclectic Living personal Jewish journeys across a spectrum of participation...Looking forward to seeing you!

Monday Evening, April 22nd: Seders held in homes Tuesday Morning, April 23rd: Services at 9:30 a.m. followed by lunch Tuesday Evening, April 23rd: Seders held in homes Wednesday Morning, April 24th: Services at 9:30 a.m. followed by lunch Thursday Morning, April 25th: Morning Minyan services at 7:45 a.m. followed by breakfast Friday Evening, April 26th: Kabbalat Shabbat services at 6:00 p.m. followed by Oneg Shabbat Saturday Morning, April 27th: Shabbat services at 9:30 a.m. followed by lunch Monday Morning, April 29th: Morning Minyan services replaced by the service below. Monday Morning, April 29th: Services at 9:30 a.m. followed by lunch Tuesday Morning, April 30th: Services at 9:30 a.m. followed by lunch

Contact the Temple Office for Zoominformation. Please see our website for more infomation. 401 City Center Blvd. Newport News, VA 23606 757-826-5894 www.rodefsholomtemple.org office@rodefsholomtemple.org



PASSOVER STORY

MINI RABBI E. MOSHE & MALKA MOOSEKOWITZ, AND THEIR PUPPET FRIENDS!



FOUR QUESTIONS: WHY ARE ALL OUR MEALS CRUNCHY? DO I HAVE TO EAT THAT? IT'S ICKY! WHERE DID YOU HIDE THE AFIKOMEN? WHAT WILL OUR MYSTERY GUEST BRING?

SEE A PUPPET PURIM PRESENTATION **HEAR "ONLY NINE CHAIRS** A TALL TALE FOR PASSOVER"

PRESENTED BY RABBI DAVID ELIGBERG. RODEF SHOLOM TEMPLE



TUESDAY, APRIL 16TH 5:30 P.M. - 6:30 P.M. **BARNES & NOBLE** 12170 JEFFERSON AVENUE





Temple Beth El of Williamsburg www.tbewilliamsburg.org

2nd Night Community Seder - April 23

Please join us at TBEW's Community Seder, at the same location as last year— The Settlement at Powhatan Creek, 4000 Rivermoor, in Williamsburg. Thursday, April 23, at 6:30 PM.

Contact the office to make your reservations. Donations to support our seder can be made online or by check. Please bring a non-perishable food item to the Seder that will be contributed to the William & Mary Food Pantry for students and staff who are food-insecure.



We celebrate Jewish life all year! Learn more at the william shurq.org

Kulanu: Temple Beth El of Williamsburg Combats Antisemitism

In 2022, Temple Beth El of Williamsburg (TBEW) became part of the inaugural cohort of 112 synagogues across the country—and one of two in Virginia—participating in the Anti-Defamation League's (ADL) Kulanu initiative. Kulanu, Hebrew for "all of us," is an eight-month program that kicks off annually after the High Holidays. Its goal is to empower congregations to address antisemitism and hate in their communities through education, community engagement, and advocacy. Today, the Kulanu network has grown to 237 synagogues in the United States and Canada, including six in Virginia.

Participating synagogues pledge to conduct both an internal and external project about antisemitism. TBEW began planning its Kulanu projects in October 2022 with a brainstorming session. Two initiatives emerged from that process, each with both internal and external components.



Stand Up for Yourself and Others! targets children and promotes anti-bias and anti-discrimination attitudes toward all religious, racial/ethnic, and other minority groups. Working in partnership with the Williamsburg Regional Library (WRL) and Historic Area Religions Together (HART), a collaboration among various

faith communities in the Williamsburg area, the Stand Up! project has, to date, donated 146 books to WRL's two libraries; books are designated with a Stand Up! book plate designed by TBEW member and woodcut artist, Paula Koz. The project officially launched on Martin Luther King Day, 2024, with an anti-bullying puppet show titled "The Search for Gold" at WRL performed by Rainbow

Puppet Productions based in Hampton.

The internal component of the Stand Up! project entails students in TBEW's Religious School reading selected books in the Stand Up! collection and presenting brief book



reports to the congregation at selected Friday night services.

Having spent over a year creating the project, the Stand Up! team is ready to expand to the larger community through read-aloud story times at the library, preschools, and public schools in the Williamsburg area; summer reading challenges based on the Stand Up! collection at the Library; additional performances of "The Search for Gold" at local churches serving minority populations; and the donation of additional books. A meeting to engage HART clergy in the project's expansion plans will be held on April 18.

A Time to Know (a tseyt tsu visn) is TBEW's second major Kulanu initiative. Modeled after a program called "Here I Am" (https:// hereiamstories.org/) created by the Jewish Community Relations Council in the San Francisco Bay Area, A Time to Know features TBEW congregants sharing their personal experiences with antisemitism. The 10-minute video, featuring six short vignettes, may be seen on TBEW's new YouTube channel.

In 2024, TBEW plans to premiere the video vignettes at a congregation-wide meeting and to promote information about the video to the wider community to educate residents that antisemitism occurs not only in extreme tragedies like the Tree of Life shootings, but also in everyday interactions that often stem from ignorance rather than hate.

Temple Sinai

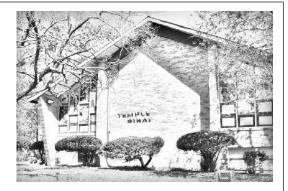
11620 Warwick Boulevard Newport News, VA 23601 757-596-8352

Rabbi Severine Sokol

Reform Jewish Temple of the Virginia Peninsula

Our warm, inclusive congregation welcomes all guests, including Jews by heritage, Jews by choice, secular Jews, interfaith families, couples, singles, children, and LGBT+ members.

If you would like to attend services, contact Mary Beth in the Temple Office 757-596-8352.



Worship Services

- Saturday, April 6th, 10:00 a.m. -Shabbat Service &light Kiddush luncheon
- Friday, April 12th, 5:00 p.m. –
 Abridged Shabbat Service, Dinner & Movie "The Princess Bride"
- Saturday, April 20th, 10:00 a.m.-Shabbat Service & light Kiddush luncheon
- Friday, April 26th, 7:30 p.m.- Kabbalat Shabbat Malachim Service & Oneg

Passover Seder

Monday, April 22nd, 5:00 p.m.- For more information contact Mary Beth Colgan (757) 596-8352 by April 12th.

Adult Education Program

Sunday, April 14th, 10:00 a.m. - Come and join Joanna Homrighausen and Fred Levy at the Temple for an informal Torah discussion and a delicious bagel nosh! Zoom option available.

Religious School

Our Religious School fosters an inclusive social-emotional Jewish learning environment featuring innovative and fun programs in partnership with special institutions and educators. Check it out!

For more information about services or Religious School, contact Mary Beth Colgan at: admin@nnsinai.hrcoxmail.com or (757) 596-8352.



Temple Sinai Film Series

Jews in Hollywood: On the Screen, Behind the ScenesJoin us for this special program. Abridged Shabbat service followed by dinner and a film with abrief discussion led by Fred Levy!

The Princess Bride - 4/12 @ 5 pm - RSVP by Tuesday 4/9 Mr. Saturday Night - 6/7 @ 5 pm - RSVP by Tuesday 6/4

RSVP to Mary Beth: admin@nnsinai.hrcoxmail.com or (757) 596-8352





Taking Action For Israel, In Israel: An **Unforgettable Experience**

by: Marissa Diamond Risk

It is an honor to share my recent experience in Israel with you. There have been so many emotions, and honestly, it was hard to articulate all of the feelings and put into words. But taking this leap of faith, demonstrating genuine expressions of love, loyalty, struggle and support for Israel doesn't even compare to the extraordinary sacrifices the Israeli people are making during these trying times.

First, I would like to explain my reasons behind the action of making this incredible journey. Israel has always felt like a dear loved one, a safe sanctuary and the connection we have to Israel as Jewish people is deep and strong. It was always instilled in me that being Jewish is important, meaningful and central to who I am as a person.

Growing up in Newport News, I was involved with the UJCVP and attended the Hebrew Academy of Tidewater. In college, Drexel University's Hillel and its Jewish sorority were communities I was a part of throughout my four years in Philadelphia. I have also had the privilege of going to Israel twice before, for my Bat Mitzvah in 1997 and in 2003 for a Birthright trip, both of significance and giving me reasons to always come back, and give back, to that beautiful land. My family has been a constant inspiration, keeping Jewish tradition and customs at the forefront. Thank goodness for my parents, John and Donna Diamond, who have led their children and grandchildren to be good people and to put our trust in G-d. They have taught us to be proud of our Jewish heritage and to always defend Israel's right to exist. We spread light, we remain strong and hopeful for a peaceful world; to me, that is what it means to be Jewish.

Then, a smack in the face. I felt the hopes and dreams of our ancestors unraveling, the greatest loss of Jewish life since the Holocaust. The worst event that has happened in Israel; the horrific, barbaric acts of terrorism on October 7th. The sheer horror inflicted upon the Israeli people on this black Saturday felt beyond comprehension. I was heartbroken and distraught by the pure evil in the world, a world that has gone mad. I was deeply shocked, and still am shocked.

Watching, waiting, scrolling, reading, I immersed myself in news, feeling helpless and pain. I could not wash away the tears. The human cost of this conflict I never imagined to see in my lifetime. Along with keeping on top of the news came studying and absorbing as much knowledge as I could, exploring historical and present facts of the region. And after all of this research, my admiration for



Israel only flourished. In light of the darkness, we were shown unbelievable stories of heroism, true strength and resiliency during the toughest of times. There is no other country like Israel. There is no other Army like the IDF. And so, the flame within me flickered even brighter. I needed to be there, to look at our brothers and sisters in the eye, to breathe the same air and stand in unity. To help and show support when it was needed the most. To stand on the correct side of history.

Before making a connection to embark to Israel, the relief I was able to provide came in the form of donations, joining in community events and sharing grief and reactions with friends and family. I participated in the 2023 March for Israel in Washington, D.C. Approximately 290,000 people attended the March, the largest pro-Israel gathering in United States history. A sea of blue and white and American flags together, demanding the release of the hostages and standing strong against anti-Semitism. We are not defined by hate, we are defined by love, and it was so inspiring. Three days after the March, the link came through and I was accepted into the Birthright Israel Onward volunteering program. In response to the crisis in Israel, Birthright Israel Onward launched a volunteer effort aiding in food rescue operations, organized by Authentic Israel (Israel Outdoors). With the loving support of my wonderful husband, family and friends, the commitment materialized. Exactly 20 years later, I would be returning to the Land of Israel.

My two week volunteering voyage began on December 24th. At the Miami airport, before leaving for Tel Aviv, I was already experiencing the indestructible contributions of the Jewish community; I witnessed one man from New

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York on a phone call, working his magic with sponsors, to deliver multiple donated ambulances to Israel. Another instance of a father and young son, speaking so lovingly in Hebrew, laughing together. You could tell the father was humbly trying to preserve a positive spirit for his son. At this point, my nerves calmed and I was more than ready for the moments I was about to meet.

Now, I will transport you to my experiences in Israel. I'll begin with a powerful moment on the plane ride there. The only song that would play from beginning to end on my phone was Acheinu, no other song I tried would load. This song is incredibly moving and beautiful and in the darkest days, gave me much needed hope.

Acheinu translation:

"Our family, the whole house of Israel, who are in distress, or in captivity – who stand either in the sea or on dry land – may the Omnipresent have mercy on them and take them out from narrowness to expanse, and from darkness to light, and from oppression to redemption, now swiftly, and soon!"

I landed safely at Ben Gurion Airport and met my group. I was now part of a global community, all responding to the call, to contribute positively. We were all here for the same profound reason. There were about 50 volunteers in my group, from all over the globe and of different Jewish backgrounds. Jews of Ashkenazic, Sephardic and Mizrachi descent, coming from Australia, Canada, England, France, Italy, South Africa and the USA. I couldn't have asked for better company; the camaraderie was special and I was right where I supposed to be.

My first glimpse into the lives of the Israeli people was seeing a sense of unity, seeing Israelis at their best. And their first glimpse of us illuminated with gratefulness and pride. The smiles we received were constant and they were genuinely happy we were there.

We jumped into our volunteering assignments the next



morning. I was placed at Pitchon Lev, in Rishon LeZion, near Tel Aviv. Pitchon Lev is a non-profit organization, working to break the cycle of intergenerational poverty in Israel. Since the outbreak of the war, Pitchon Lev pivoted

and has been at the forefront of the Israeli homefront, providing emergency assistance to Israel's security forces and survivors of the Hamas terror attack. Pitchon Lev established a logistics center for receiving and distributing donations of aid for security forces and evacuees, while continuing to assist its regular aid recipients. The Knesset has designated Pitchon Lev as a recommended agency for donations both from Israel and abroad during the war. From the beginning of the war to the end of December, Pitchon Lev has delivered over 117,000 food parcels, 89 tons of supplies, 16,300 baby bundles with formula and diapers, 12,500 toiletry sets, and 8,000 ready to eat meals to 120 communities and 121 IDF units. Pitchon Lev helps people across all sectors of Israeli society irrespective of religion, race or gender; Pitchon Lev has been helping Jews, Arab, Christians, ultra-Orthodox, religious and secular groups, as well as any of the other minority groups.

Right away, we connected with the amazing, welcoming associates there. This truly is a resourceful organization who cares deeply about individuals and military personnel impacted. The team had a sincere toughness about them and a daily sense of urgency. I knew this real hands-on work would be majorly impactful and fulfilling. We, as volunteers, were helping to fill a gap during this crucial time. Our jobs included sorting, packing and palletizing food, clothing, toiletries and baby items. On our first day, we assembled and packed 576 boxes of food – each box included teas, coffee, oil, rice, pasta, sugar, salt, flour, ketchup, cookies, mayonnaise, and multiple canned goods. On our last day, we doubled that number and packed over 1,000 boxes of food. In one day, we packed

enough boxes to feed over 4,000 people. It was the best feeling.

There were so many highlights during our volunteering time at Pitchon Lev. We really got into a groove as a team and made the most of our days together. There was music and laughter in the midst of doing meaningful work. There were visits from IDF soldiers, and families in Israel for winter break, volunteering instead of



going on a routine vacation. One very special moment was when an Israeli engaged couple was on their way to volunteer. This couple were friends of another volunteer so she knew they were coming. The groom-to-be was in

the IDF and had just returned from Gaza, only to go back a few days later. In his few days on leave, he focused his time and effort on volunteering with his fiancée. As they made their way into the warehouse to begin assisting, we all surprised them with a big Mazel Tov and



showered them with rice, offering our warmest wishes and toasting to their future. This was just one instance of the Israeli spirit shining through. I will never forget this heartfelt moment.

While volunteering was the core of the trip, there was space for other experiences along the way. These activities



included an orientation, social gettogethers, meet-ups with Israeli peers, Shuk HaCarmel culinary tour, visiting Hostage Square -



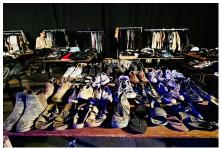
There were also many unforgettable experiences my friends and I did on our own. I was fortunate enough, through the generosity of a fellow volunteer, in

conjunction with Belev Echad (an international non-profit dedicated to restoring wounded IDF soldiers back to life through physical, medical, legal, emotional, and financial support) to tour an IDF base and hear from our heroes

fighting for the Jewish homeland. This was deeply rewarding and fascinating. I got to experience the "Nova 6.29" exhibit at the Tel Aviv Expo, which is named for the exact hour on October 7th when the rockets began falling on the Tribe of Nova desert rave. The exhibit recreates the Nova massacre site in exacting detail, a powerful symbol of Israel's loss, where 360 beautiful souls were killed. This exhibit is one of the first memorials to the events of October 7th and was one of the most emotional exhibits I have ever seen in my life. There was not a dry eye to be found. Incinerated cars, bullet-ridden portable toilets and piles of personal items are among the retrieved pieces. Sarel Botavia, one of the Nova festivalproducers who helped design the exhibit says, "The whole idea of the memorial here is to actualize what was at the event and where it stopped. The exhibit expresses the distance between the love we are trying to express and the hatred and massacre that occurred there."











One Tuesday evening, we went to visit wounded soldiers at an Adult Rehabilitation Center in Ramat Gan. We met

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many brave warriors and wished them a speedy recovery. We handed out homemade greeting cards and offered candies, chocolate babka and our gratitude for their service. On that evening, Mia Schem, one of the released hostages, was at this center. I highly recommend watching the Mia Schem interview – "Freed Israeli hostage Mia Schem in first interview since her release from Hamas

captivity in Gaza" on YouTube.



It was wonderful spending a Shabbat with an Israeli family, in Holon. I learned so many new Spanish and Iraqi Jewish recipes! I was able to attend Shabbat services at The North Central Synagogue in Tel Aviv. This was my first time going to a synagogue for services in Tel Aviv, and it was so good for my soul



stroke of midnight, Hamas fired rockets toward the south and center part of Israel. Loud explosions from the Iron Dome interceptions boomed through the sky. There were no reports of casualties or damage. The municipalities of Rishon LeZion and Ness Tziona later said while there were no direct hits on the cities, some shrapnel did land within their boundaries. Thank goodness we were with many Israelis who kept everyone calm and collected and knew what to do, and thank goodness for the Iron Dome. That is a New Year's I will never forget.

The people of Israel are fighters and the needs in Israel are ongoing. Israelis lives have been turned upside down, with no end date; there are still hostages held captive in Gaza. The savagery on October 7th and the after-effect remains very personal for every Israeli family. They are dealing with loss, either missing family or friends in the army, or know of someone that was killed or wounded, or know a hostage. It's excruciating pain the families are

going through. While in grief, the struggle with anger and despair is present, however the Israeli people are always moving forward. I have

no



doubt that the Jewish people will become stronger, building way beyond what has been destroyed. The Jewish people will persevere no matter what, because that is what we do, like one collective soul. A beacon of light.

I will end with a quote from an Israeli peer, sent to us after returning back to our homes. This really touched my heart and brought the whole journey together. Bonding with the Jewish people in Israel and abroad, the mission was of great importance, the experiences were extraordinary and the decision to provide immediate relief, in Israel at this pivotal time was one of the most significant actions I have

"Each and every one of you is an amazing person for coming here to support and contain the situation in such horrific times. I wish I would have had more time to meet and contribute with you. I was moved by you before I knew your names and faces. Since I heard of this group, I was moved and emotional about this action you and yourfriends took. After meeting you, it's more personal and meaningful. You are part of the Israeli and Jewish spirit, proving how caring, warm and supportive of a nation we are. I hope you feel this motion and take it back with you, wherever you go back to, wherever you call home – and remember, you always have a home here."

ever taken in my life.

Stronger Together B'yachad Chazakim



Jewish Community Federation of Richmond, Jewish Community Relations Council of Greater Washington, United Jewish Community of the Virginia Peninsula, Jewish Community Relations Council of the United Jewish Federation of Tidewater present:

Statewide Jewish Community Briefing: What's Happening on Virginia's College Campuses Today

Wednesday, April 17th, 7:30pm - ONLINE



Join the UJCVP and the statewide organized Virginia Jewish communities for an essential online briefing to learn more about the university campus climate for Jewish college students and how our communities are working to support, protect, and empower Jewish students on Virginia campuses today.

Featuring voices from Hillel International and Virginia Hillels.

This ONLINE briefing is free to attend with pre-registration required, and open to all who care deeply about vibrant Jewish life on campus and Jewish college students.

Featuring:

Mark Rotenberg, Vice President for University Initiatives and General Counsel

Mark oversees Hillel's Campus Climate Initiative, working across the U.S. with Hillel professionals and higher education leaders to ensure a campus environment in which every student can feel comfortable learning about and identifying with Judaism and Israel. Mark has spent most of his professional career on university campuses, serving as the general counsel at the University of Minnesota and at Johns Hopkins University. In those positions, he provided strategic counsel and policy advice to university boards, presidents, chancellors and other senior officers. A seasoned university educator, Mark currently is an Adjunct Professor of Law at American University in Washington, taught at the University of Minnesota for over 20 years, and was a visiting professor of law at the Hebrew University in Jerusalem. He has argued and won cases in the US Supreme Court and many other judicial forums.











Worried About a Deluge of Antisemitic Content on TikTok, Jewish Federations Ask **Congress to Act**

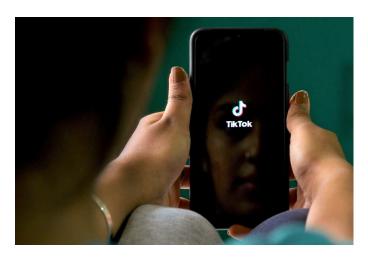
On Friday, March 8, the UJCVP joined with other Jewish Federations from across North America for a crucial virtual briefing on the "Protecting Americans from Foreign Adversary Controlled Applications Act" (HR 7521).

This bipartisan bill, backed by the Jewish Federations of North America, would give the administration powerful tools to pressure TikTok, one of the most powerful platforms pushing antisemitism today, and force its owners to make tough choices to keep it running. Specifically, it would give the administration tremendous leverage by allowing it to block app stores from carrying it, and force a divestment from its Chinese ownership.

"We know that social media is a major driver of the rise in antisemitism and that TikTok is the worst offender by far," added Eric Fingerhut, JFNA President and CEO. "Recently, TikTok's governmental affairs advisor in Israel resigned from the company in protest of the app's overt bias and sympathy for terror with regard to the events of October 7th."

TikTok is different from other social media sites where users mostly see posts from people they follow. TikTok's algorithm, in contrast, automatically begins playing videos for users that appear to be related to their interests, rather than only responding to topics the user is actively looking for. The app refines what it exposes the user to based on factors like how long the user watches a given video. If you use the app to consume news, as many young users do, watching videos about topics related to Israel or the war could lead the app to rapidly offer up antisemitic or conspiratorial content.

The Wall Street Journal created test accounts for eight hypothetical 13-year-olds and found that within hours, the app was sending apocalyptic, conspiratorial and "highly polarized content, reflecting often extreme pro-Palestinian or pro-Israel positions." A



majority of those posts "supported the Palestinian view."

Until recently, researchers and lawmakers used a tool on the TikTok app to search for content related to the Israel-Hamas war. What they found was an inordinate amount of pro-Palestinian content. In January, TikTok quietly turned off that particular search feature, making it harder to do this kind of research.

With over half of all adults getting their news from social media, and much higher proportions of young people turning to TikTok, in particular, for their news, the content social platforms choose to show them can have major impacts on public opinion. TikTok has an antisemitism problem. One study found that people who use TikTok for 30 minutes or more daily are 17% more likely to hold antisemitic or anti-Israel views, compared with 6% for Instagram and 2% for X. Another study found that in just one year, antisemitic comments on TikTok rose 912%.

Leaders and supporters of Jewish Federations across North America, together, with many local community organizations and members of Congress, have spoken out against this development.

To get involved in the UJCVP's advocacy efforts combatting antisemitism, visit www.ujcvp.org.

Moroccan Vegetable Stew for Passover

Not your everyday vegetable stew! This Moroccan-inspired spice blend adds flavor to this super comforting veggie-filled, vegan dish.

Skip the chickpeas, if you don't eat Kitniyot on Passover.

INGREDIENTS

- 2 tsp cinnamon
- 2 tsp turmeric
- 2 tsp salt (or to taste)
- 1 1/2 tsp ground ginger
- 1 1/2 tsp cumin
- 1 tsp coriander
- 1/2 tsp allspice
- 2 tbs extra virgin olive oil
- 4 cloves garlic, minced
- 4 tbs tomato paste
- 24 oz frozen cauliflower, thawed
- 2 medium sweet potatoes, peeled & diced
- 1 large zucchini, cut into 1/2" slices

- 1 yellow squash, cut into 1/2" slices
- 1 large parsnip, chopped
- 1 large Japanese eggplant, unpeeled, cup into 1/2" pieces
- 2-15 oz cans of chickpeas, drained & rinsed (leave out if you don't eat Kitniyot on Passover)
- 4 c vegetable broth
- Optional toppings: dried cranberries, raisins, toasted almonds, pistachios, apricots, dates, cilantro, Harissa



DIRECTIONS:

- 1. Combine the cinnamon, turmeric, salt, ginger, cumin, coriander and allspice in a small bowl. Mix well.
- 2. Heat olive oil in a large deep skillet over medium heat. Add the spice mix and garlic. Cook for about 1 minute, stirring constantly, until it forms a paste. Add the tomato paste and 2 tbs of water. Continue cooking 2 minutes.
- 3. Add the vegetables, chickpeas (optional) and broth. Bring to a boil. Lower heat to medium-low and continue cooking until vegetables are tender, about 45 minutes.
- 4. Serve and add desired toppings.





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UJCVP Community April 2024 Calendar

Tuesday, Apr. 2, 2024 4:30pm - Hebrew School

Thursday, Apr. 4, 2024 11am - Grand Club/Bingo

Saturday, Apr. 6, 2024 8pm - Adult Pickup Basketball

Tuesday, Apr. 9, 2024 4:30pm - Hebrew School 6:30pm - Craft Night

Wednesday, Apr. 10, 2024 6:30pm - Wellness Connection

Thursday, Apr. 11, 2024 11am - Grand Club/Bingo Friday, Apr. 12, 2024

10am-2pm - Red Cross Blood Drive

Saturday, Apr. 13, 2024 8pm - Adult Pickup Basketball

Sunday, Apr. 14, 2023 2pm - JCCY/PJ Library/ PJOW Magic Afternoon

Tuesday, Apr. 16, 2024 4:30pm - Hebrew School 7pm - UJC General Board Meeting

Tuesday, Apr. 17, 2024 7:30pm - Statewide Jewish Community Briefing

Thursday, Apr. 18, 2024 10am - Kibbitz & Create

11am - Grand Club/Bingo

Saturday, Apr. 20, 2024 8pm - Adult Pickup Basketball

Sunday, Apr. 21, 2024 1pm - Camp Chaverimice Cream Party

Monday, Apr. 22, 2024 UJC CLOSED SARFAN CENTER CLOSED

Tuesday, Apr. 23, 2024UJC CLOSED
SARFAN CENTER CLOSED

Wednesday, Apr. 24, 2024UJC CLOSED
SARFAN CENTER CLOSED

Thursday, Apr. 25, 2024UJC CLOSED
SARFAN CENTER CLOSED

Friday, Apr. 26, 2024UJC CLOSED
SARFAN CENTER CLOSED

Sunday, Apr. 28, 2024 1pm - CNU Sons and Stones

Monday, Apr. 29, 2024UJC CLOSED
SARFAN CENTER CLOSED

Tuesday, Apr. 30, 2024UJC CLOSED
SARFAN CENTER CLOSED

