



HEAR THE TEN COMMANDMENTS AND ENJOY A DAIRY BUFFET & ICE CREAM PARTY

MONDAY, JUNE 02

Reading of the Ten Commandments - 11:00 AM

Young Israel of Lawrenceville
2556 Princeton Pike, Lawrenceville

JewishLawrence.com/Shavuot



ב"ה

Kol Hashofar



Young Israel of Lawrenceville

2556 Princeton Pike
Lawrenceville, NJ 08648
www.yiol.com

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THE FEAST OF SHAVUOT

God's Perfect Timing



President's Message

As this is the last holiday and yizkor of the year, it is our last time to raise funds before the end of our fiscal year. If you can Please increase your previous Yizkor donation, it will help us balance our finances for the year.

Wishing everyone an enjoyable Shavous and summer.

We wish Eleanor Heck a continuous refuah shelaima on her road to recovery.



If anyone has an interesting trip or activity planned for the summer and they would like to share their adventure, please contact Lynda Sacharov, LSach@msn.com about writing an article for the next bulletin.



Charles Miller
President

VIEW FROM THE BIMAH

Dear Congregants,

As we near the holiday of Shavuos, it's a perfect moment for us to pause and reflect on the deep preparations our ancestors made to receive the Torah at Mount Sinai. Just as they dedicated three special days to prepare themselves spiritually, we too are invited to use this time to elevate our hearts and minds.

Think about the Israelites in the desert: after witnessing incredible miracles — manna from heaven, water from rocks, and clouds of protection — they still needed to do their part to prepare internally. They needed to focus inwardly, to get ready to accept the Torah with joy and sincerity.

Today, this lesson is more relevant than ever. Each new day offers us a fresh chance to connect with our spirituality, to reset our priorities, and to strengthen our relationship with G-d. The Torah is not just a story of the past; it's a living guide that we receive anew every morning. When we approach each day with intention, we're participating in the ongoing giving of the Torah.

This season reminds us that preparation is ongoing, not just a one-time event. As we count down to Shavuos, let's take these days to reflect, set personal goals, and deepen our connection — whether through prayer, learning, or acts of kindness. When we do so, we align ourselves with the true spirit of the holiday: receiving the Torah with joy and sincerity, and letting its wisdom influence our daily lives.

May this time of preparation inspire us to grow closer to G-d, to each other, and to our true selves. Wishing everyone a meaningful and joyous Shavuos — a time of renewal, connection, and divine blessing.



Rabbi Y. Goldenberg

Young Israel—Community Bulletin Board

YIOL offers a range of programs and services which enables opportunities for exploring Judaism in a non-judgmental way. Whether it be a prayer service, Torah class, or social gathering that you're seeking, you will be enthusiastically welcomed and celebrated, So come for a visit...and stay a while.

Adult Education Program

Please join us for our classes. All classes are conducted in English and are held at the Synagogue.

- **Tuesday evening class** -- Rabbi Goldenberg will be announcing a new series for his Tuesday night class.
- **Women's class** — Rebbetzin Goldenberg teaches a women's class every Wednesday at 7 pm.

There is no charge for participation. For further information, call the synagogue at (609) 883-8833 any day from Saturday at nightfall through Friday early afternoon. If there is no reply, leave a message on the answering machine

Tzedakah Fund



Our Shul has a Tzedakah fund to help those in special need of assistance. The fund is derived primarily from contributions collected from the "pushka" in Shul. If you know of such a person, please advise either Rabbi Goldenberg or Charles Miller.

Kiddushim

Our thanks to those who have sponsored kiddushim. For a full list of recent kiddush sponsors, please refer to Donations and Good Tidings. To celebrate your special occasion with a kiddush, please e-mail Dina Goldenberg:

dinagoldenberg@aol.com

When paying your dues, please send your Kiddush assessment (\$100) in a separate check, payable to the Sisterhood.

The Memorial Board UPDATE

The Memorial Board in the Synagogue is a special way to honor, in perpetuity, the memory of departed loved ones. Plaques are \$250 each and may be ordered by contacting the Rabbi. **Pricing on the new Board is \$360 per plaque.**

**SEE PAGE 6 FOR A LOOK AT
THE NEW MEMORIAL
BOARD**

Sample of a
Memorial Plaque



Yahrzeit Advisory

It is very important that our Shul provide a minyan to enable members and others to observe a Yahrzeit anniversary. Whenever you need to observe a Yahrzeit, please contact one of our gabbaim several days in advance so we can ensure a minyan will be available. Please contact Charles Miller (609) 530-1846).

Visiting the Sick



It is a religious duty (a *mitzvah*) to visit someone who is ill. If you become aware of someone who is unwell or infirm, please advise Rabbi Goldenberg or Charles Miller immediately so that the person may be contacted and visited at an appropriate and convenient time

Our New Memorial Board



There are eight available spaces for plaques on the original Memorial Board.
The cost of each plaque is \$250.

Plaques are now available on the new Memorial Board (pictured above).
The cost for plaques on the new Board is \$360.

If interested in ordering a plaque, please provide the Rabbi with **both** the English and Hebrew names of the deceased, and the English and Hebrew dates of passing. We can look it up if you don't know it.

Donations and Good Tidings

“May G-d bless those who dedicate synagogues for prayer and those who enter them to pray, those who provide light for them, wine for Kiddush and Havdalah, bread for guests and charity to the poor and all who are involved faithfully in the needs of the community.”

(from the Yekum Purkan prayer said every Shabbot at the end of the Shacharis service).

Charles and Diane Miller

Yizkor & In memory of Nechama Dina's Grandmother

Gary Kaufman

Donation

Rabbi & Nechama Dina

Donation

Natan & Olga Vishevnik

Donation & Wishing Eleanor Heck a speedy recovery

Norman & Karrie Ferstenberg

Wishing Eleanor Heck a speedy recovery &
In memory of Nechama Dina's Grandmother

Did you know you can
now make a donation or
payment using a credit
card or VENMO on our
website.
www.YIOL.com

Thank You
FOR YOUR SUPPORT



Kiddush sponsors at Young Israel of Lawrenceville

Moshe Eventoff

In memory of Mrs. Taibel Brod

Yehoshua and Dalete Dullin

In honor of the Community

Aaron and Lynda Sacharov

In loving memory of their daughter, Caryn Leigh Sacharov

Joel Finkelstein

In honor of Danit's birthday

Rabbi and Nechama Dina

In honor of HaShem and His Torah

Karrie Ferstenberg

In honor of Norman's birthday



To sponsor a Kiddush, contact
Nechama Dina Goldenberg
609-213-8609
dinagoldenberg@aol.com



Question for the Rabbi

Rabbi, can you explain the significance of the Counting of the Omer?

The Torah instructs us to count seven complete weeks from the day on which an Omer measure of the new barley crop was brought as an offering in the Holy Temple. This day—the second day of Pesach—is known as the day of the barley offering. Since seven weeks after this day culminates in the festival of Shavuot, which commemorates the giving of the Torah at Mount Sinai, the act of counting the Omer serves as a profound link between these two holidays.

This connection between Pesach and Shavuot is significant because it provides a meaningful context for understanding the nature of freedom we received during the Exodus. Having our shackles removed and no longer serving Pharaoh was a momentous achievement, but true freedom is more than the absence of oppression; it carries a purpose. Without guidance and purpose, freedom can be misused or squandered—akin to gifting a fortune to a young child without teaching them how to manage it.

From the very first instructions G-d gave to Moses about the impending Exodus, it was made clear that the journey to freedom was to be followed by the giving of the Torah. This emphasizes that true liberation involves not only physical freedom but also spiritual and moral responsibility.

Each year, as we fulfill the mitzvah of counting the Omer, we are reminded that each of the 49 nightly counts corresponds to a specific facet of the Sefirot—the divine attributes that manifest in the world. There are seven Sefirot, and by combining each with the other six and with itself, we arrive at 49. This practice encourages us to reflect on our own emotional and spiritual states, prompting us to make improvements or corrections where needed.

Through this sacred act, we connect ourselves to our history, our spiritual purpose, and the divine attributes that guide us toward growth and refinement.



Check this out...

YEAHTHATSKOSHER

Thank you David Klein for this tip

Download their Kosher Restaurant Directory
mobil app

<https://yeahthatskosher.com/>

HERE'S A PAINLESS WAY TO DONATE TO YIOL

Young Israel has teamed up with the **GiveBack** program

A painless way for you to make purchases through

KosherWine.com

Judaica.com

Kosh.com

Challahandco.com

Just by placing your order using the websites below (copy & paste), a 2% commission will be sent to Young These websites are available all year long.

Kosher Wine website: <https://bit.ly/4hmxJOQ>

Challahandco website: <https://bit.ly/3FG7hCB>

Judaica website: <https://bit.ly/3QOEEpd>

Kosh website: [ttps://bit.ly/4iN7x1w](https://bit.ly/4iN7x1w)

The “No-Hassle Kiddush Initiative”

Dear Fellow Shul Goer,

I would like to present the community with an opportunity that could benefit its members: I'll call it the “No-Hassle Kiddush Initiative”.

If you would like to sponsor a Kiddush but you can't (or don't want to!) deal with the headache of shopping, preparing, setting up, etc., no worries. I will do it for you. Yup, you read that correctly. I will prepare your entire Kiddush – all you need to do is show up! It's that simple.

I will offer you choices of delicious homemade salads and baked goods, pretty platters, tasty desserts, and more. I will even include the paper goods J Below, you will find a list of options, as well as other information that you might need.

Note: this offer is my own personal initiative. It is in addition to, not in place of, what is currently being arranged by the YI sisterhood.

If you have any questions, you can contact me:

dinagoldenberg@aol.com

609-213-8609



From Dina's Kitchen

BASIC KIDDUSH - \$150

Salads (vegetable): Choice of 3

(Each additional salad \$7)

Eggplant – marinated

Eggplant – babaganoush

Taboule (quinoa)

Coleslaw

Potato

Carrot – cooked or grated

Tomato

Egg Salad

Olive dip

Chummus

Platters: Choice of 1

Fresh vegetable

Fresh fruit (seasonal)

Fish: Choice of 2

(Each additional \$10)

Gefilte fish with horseradish

Tuna (plain or scallion)

White fish salad (store bought)

Herring (store bought)

Nosh: One of each

(Each additional \$5)

Cookies – 2 types (rugelach, biscotti, chocolate chip, etc.)

Potato chips or Tortilla chips

Pretzels or other chips

Crackers – 2 types

Drinks: 2 seltzers and 1 juice (Soda up-on request)

DELUXE KIDDUSH: \$225

Same as basic plus:

2 additional vegetable salads

Fish platter **OR** deli platter

Kugel – choice of potato, noodle or apple

Nuts or chocolate

Extras:

Cake for special occasion: \$50

*Price includes paper goods

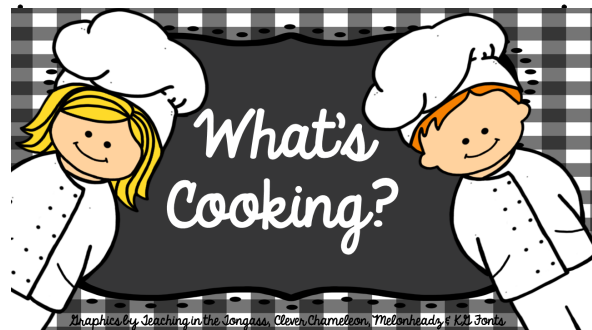
*Liquor provided by Kiddush sponsor

List is flexible. If you would like specific or select items, that can be arranged.

One week advance notice for all orders!

Orders must be pre-paid.

NOTE: If you are expecting a larger than usual crowd, please indicate approximately how many additional guests you expect. Prices will be adjusted accordingly.



Bereavement Services

King Solomon said, "There is a time for all under the heavens — a time to love, a time to journey, a time to plant, a time to reap, a time to rejoice and a time to mourn."

In a most loving and caring way and with the greatest sensitivity, Rabbi Goldenberg will make it his business to offer all the comfort, guidance and bereavement support needed. In addition, he will be glad to offer his assistance in preparation, officiating at the funeral, making Shiva services, arranging for the kaddish to be recited, etc.

For assistance, or for more information, please call: (609) 882-4330.



THIS SPACE HAS TRADITIONALLY LAID OUT LIGHTING AND SERVICE TIMES FOR SHABBOS AND YOM TOV. HOWEVER, THANKS TO THE CHABAD OF LAWRENCEVILLE CALENDAR THAT THE RABBI MAILS OUT ANNUALLY AND TO THE RABBI'S WEEKLY E-TORAH E-MAIL, WE HAVE DECIDED THAT IT MAY NO LONGER BE NECESSARY TO INCLUDE THE

INFORMATION IN THE NEWSLETTER. PLEASE NOTIFY RABBI GOLDENBERG IF YOU WISH TO RECEIVE THE CALENDAR OR BE ADDED TO THE MAILING LIST TO RECEIVE THE E-TORAH PLEASE FEEL FREE TO NOTIFY ELEANOR, LYNDY, OR THE RABBI IF YOU WOULD PREFER THAT THE NEWSLETTER ALSO PROVIDE THE INFORMATION.



The Children's Corner

Shavuot is a Jewish holiday celebrated every year 50 days after the holiday of Passover. What are we celebrating? Let's go back in time more than 3,000 years. What happened then? As you remember from the [Passover](#) story, G_od took the Jewish people out of Egypt and led them into the Sinai Desert. After more than a month of walking through the desert, on Sivan 1, the people camped at the foot of a mountain known as Mount Sinai. They could feel that something special was going to happen. Everyone felt happier and more calm, and everyone kindly helped each other settle into their new campsite.

The next morning Moses, the leader, climbed up the mountain. There, he spoke with G_od, who had a very important message for the people waiting below: He would make them His special people. They would do the mitzvot, His commandments, and He would love them and care for them forever.

The people were so excited that they all said, *naaseh venishma*, "we will do and we will hear." As a reward, the angels came down from Heaven and gave each and every Jew two crowns to wear on their heads.

As the days passed, the people became more and more excited.

Finally, the moment arrived. On the morning of [Sivan](#) 6, everyone woke up to see Mount Siani covered with thick clouds. "Look!" they said to each other. "There is thunder and lightning, and the mountain is smoking, with flames shooting out of it."

The people could hear the sound of a shofar that kept on getting louder and louder.

Everyone stood around the mountain. The old people were there, the little babies were there, even

the souls of the people people who were not born yet (like you and me) were there.

Then they heard the voice of G_od, who told them the first two of the 10 Commandments: "I am the L_ord your G_od" and "you shall have no gods besides for Me."

But the sound of G_od's voice was too strong. The people asked Moses to act as G_od's messenger. G_od would speak to Moses, and Moses would tell them His messages.

Through Moses, G_od told us the rest of the 10 commandments, each of which gives us a special key to living a holy and good life.

This was a special day, one that everyone would remember forever. It was the day G_od told them that He loved them and that they would forever be His people.

Every year, on [Shavuot](#), we gather in synagogues to hear the 10 Commandments being read from the Torah scroll. When we do that it's as if we are standing at Mount Sinai, hearing G_od Himself.

And we also celebrate with dairy treats like ice cream, reminding us that Jewish life is sweet and delicious.



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