



Mindful Monday
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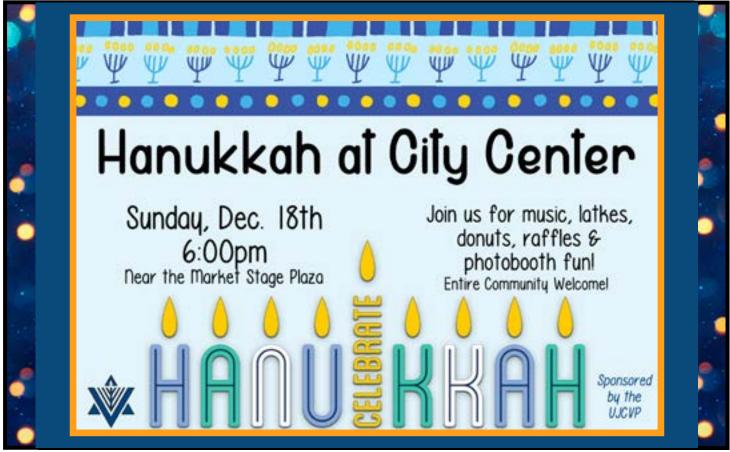


Jewish Community News

News of the Jewish VA Peninsula Community

December 2022/5783





Linda Lavaty Appreciation Fund

Janet Glasofer Molly & Eugene Link Linda Roesen Nathan Sharf

Unrestricted Endowment Fund

In memory of Joe Frank Joan & Steve Marks

Mikveh Fund

In memory of Howard Adelman Valarie, Matthew & Sadie Blaes

Leonard & Sylvia Waters Memorial Library Fund

In memory of Joe Frank Claudia & Howard Waters

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Features

•	JCC Maccabi Games	
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•	JCC Youth 8,	
•	Jewish Film Festival	

Eric & Jack Luckman

Memorial Endowment Fund

In honor of Lori & Jeff Luckman's daughter's wedding Wendy & Jonathan Eisner

Marc Minkoff Sports

Scholarship Fund

In memory of Joe Frank Kristin, Jonathan, Maci & Ryan Minkoff

UJC Youth Fund

In honor of Betty & Roy Lasris' new grandson Sarah & Jim Barnett

In honor of Sherri & Art
Wolfson's new granddaughter
Sarah & Jim Barnett



Our UJC 20/30 Something
Young Adult Group is going
axe throwing!
More info on page 10



President's Message - Wendy Eisner

Having just celebrated Thanksgiving, I am continuing to think of what I am thankful for in my life. Of course, I am thankful for my friends and family, but I'm trying to dig a little deeper this year.

As I reflect back on this year, I have come to realize that I am deeply thankful for our community and our dedicated staff. I moved here when I had one child and knew no one. I was embraced and wrapped up in a warm blanket of friendship and love that has continued through all of the ups and downs of my life.

So I just want to say thank you and wish everyone a wonderful Thanksgiving and a happy and healthy New year. May our entire community and your families be blessed with peace and happiness.

Wendy





Eye Screening at the UJC with Sight Forever Care Thursday, December 1st, 11:30am-12:30pm

For questions and to RSVP, please email Jessi Malkin: jmalkin@ujcvp.org or call the UJC Main Office 757-930-1422



Check out our UJC Blog: Chai Lights! ujcvp.org/ujc-chai-lights





Once Upon a December - Sunday, December 4, 2022 - 3:00pm at the UJC

with conductors: Eric Reiff & Clint Correll



Advanced Tickets
Regular Admission: \$13
Student / Senior / Military: \$10
Passport Members: Free

Tickets at the Door
Regular Admission: \$15
Student / Senior / Military: \$12
Passport Members: Free

Please visit ujcvp.org for more information.

Questions? Email Angela Morris: amorris@ujcvp.org



Red Cross Blood Drives in the UJC Lobby

Tues. Dec. 20th & Tues. Dec. 27th 10am-3pm

Schedule an appointment at ujcvp.org

Education Corner

Director of Education & Program Development, Carmela Malkin-Kuhn Sarfan Center Assistant Director, Naioki Wood

Celebrating the Art of Movement

This semester our classrooms are celebrating the art of movement through creative drama, physical education, and music & movement. From our teachers to our visiting instructors, we are taking our mind, bodies and creativity to a whole new level.

Creative arts and music play such an important role in our everyday schedule. The classrooms are singing songs and using their bodies to act, jump, dance or skip to the music.

Mrs. Lori Luckman, our long-time friend and community member, joins our Pre-K classrooms monthly, giving the children the stage to explore the dramatic arts and develop a love for the craft. Through role playing and interactive story telling, they are truly showcasing their talents.

Coach Casey, our youth coach with Stretch-n-Grow Fitness, visits our campus and engages our little ones in exercise experiences that get them moving, including: fitness, dance, gymnastics, music and yoga.

These wonderful instructors, combined with our phenomenal Sarfan Center educators, are surely giving our students a platform to be themselves, expand their creativity, explore new interests and share their voices!









Camp Chaverim

Thank you to all of the campers who joined us to share an afternoon of pizza, old camp stories and fun camp games! Stay tuned because our next Camp Chaverim event is just around the corner!





Conversation with Mayor Elect, Phillip Jones

Tuesday, Dec. 6th from 7-8:30pm at the UJCVP

Join us in conversation with Mayor Elect, Phillip Jones for an evening celebrating his incoming leadership in Newport News. We will share our voice of the interests, priorities and needs of the Jewish community and hear from Mr. Jones about his vision for the city and how the Jewish community can support, followed by a moderated Q & A. Light refreshments will be served.

Sponsored by the Community Relations Council (CRC) of the UJCVP



RSVP online at: ujcvp.org or call 757-930-1422

Questions? **Contact Eric Maurer:** emaurer@ujcvp.org



Hanukkah at **New Town**

Wednesday, December 21st

6:00pm

Meet at the Main St. gazebo



The Sarfan Center will be closing early on Friday, December 23rd. The UJC & Sarfan Center will be closed Saturday, December 24th - Monday, January 2nd We will reopen Tuesday, January 3rd Wishing everyone a happy and safe 2023!



A Modern Day Chanukkah & Mikveh Opportunity

by Rabbi Gershon Litt

Over 2100 years ago the Jewish people were told that they could not practice their religion freely by King Antiochus. The Assyrian Greeks put idols in the Holy Temple and foreign thoughts into the heart of Jewish society. Worshiping the physical instead of the spiritual was the theme of the time and experiencing euphoria through the delight of pleasure was the Assyrian Greek worship of choice. As the Jews pushed back against this physical and spiritual energy and defeated this tireless enemy they also rededicated the Holy Temple, brought back the sacrifices, reinstated Jewish sovereignty, and inspired countless generations of Jews for generations yet to come.

This is the story and theme of Chanukkah, but it is also a story that could have happened 500 years ago, 100 years ago, 50 years ago or last week. Since time immemorial the Jewish people have suffered at the hands of those who would seek to destroy our spiritual power. Time and time again our enemies rise up and declare that we cannot be free to be Jews and when we refuse and continue to live and flourish, even centuries after such cowards have been destroyed, we show the world that while we go through times of trouble we can always be renewed and we will succeed. This is true of us as a people and it is also true of us, as individuals.

Each and every Jew has the power to connect and be great, but we also, at times, fall and need strength to get up and start again. All of us need a rebirth, a new beginning, a new opportunity to start fresh, and a rededication to that which is truly important to us. In Jewish practice the one mitzvah that represents the pow-

er of rebirth and rededication is the mikvah. Using the mikvah means that one's entire being enters as one state and exits with new energy and new potential. The mikvah is the ultimate tool to turn around the past and define a new future. Just like our ancestors have done for thousands of years it is time for us to embrace this powerful tool and bring a mikvah back to Newport News, VA. Please partner with us to have a true, "Chanukas habayis," a dedication of our new community mikvah, in Newport News.



Our UJCVP is a member of the consortium RISING TIDE, a national network devoted to opening the mikveh experience to the entire Jewish Community.

For more information, or with any questions, please contact Steve Shapiro, UJC Mikveh Chairman: stevenishapiro@outlook.com





Kibbitz & Create

Sunday, December 11th 10am-12pm

Join our group at the J for a morning of snacks and crafts.

All fiber arts crafts welcome!

Visit ujcvp.org to RSVP

Blood Pressure Clinic

Thursday, December 8th 11:30am-12:30pm



Swing by the J to get your blood pressure checked with the nurses from Traditions Health

FREE COMMUNITY
EVENT

RSVP to Jessi Malkin: jmalkin@ujcvp.org

MINDFULNESS MEDITATION

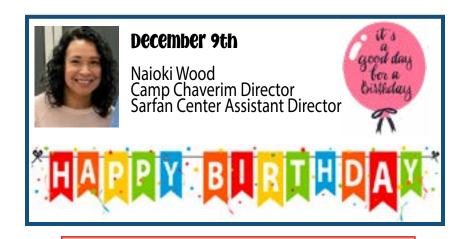
Mindful Monday December 12th 7:00pm

Class led by Molly Link

Visit our UJC website for Zoom login info.

Questions? Email

Jessi Malkin:
jmalkin@ujcvp.org





Newsletter Pricing: Full Page - \$300 (7.5 x 10 inches) 1/2 Page - \$175 (7 x 4 inches) 1/4 Page - \$125 (3 x 4 inches) 1/8 Page- \$75 (2.5 x 3 inches)



Discounts for multi-month ads! Contact Sara Traster at straster@ujcvp.org











20/30 Something Young Adult Group

Meet up @ Stick It Axe Throwing

Wednesday, Dec. 14th, 6pm

RSVP: ujcvp.org

Get ready to play...
Where in Newport News
is Mrs. Jessi!



Tune in to our UJC Facebook page Dec. 19th-23rd and if you guess correctly,

you could win a prize!



2023 Program Passport Membership

A UJC Program Passport gives you access to all of our amenities and participation in many of our programs and classes at no cost or at a discounted rate.

The following UJC programs are INCLUDED at no additional charge with your Passport Membership:

Cooking Classes **Dinner & Discuss Events** Family Programs Fitness Classes Flicks & Food Grand Club & Senior Meals JCraft To Go Art Projects Jewish Holiday Celebrations Jewish Life & Learning Classes Pool Admission to Glendale Pool Youth Programming

Visit ujcvp.org for pricing & more info!



Jewish Family Services - Libby Batten

I personally needed a change in my social work corner, thinking about all that we do during the holidays. So, read below and remember this during our stressful times, or if you just need time for yourself to relax. Happy holidays to all!

Remember, the holidays can be exhausting! This mantra is a great way to recognize when you need a break from all the year-end craziness. Notice when you feel exhausted, over-

whelmed or you just need some peace and quiet. Don't succumb to the pressure to always be "on" and available, but instead give yourself permission to take a break from the busy-ness of the holiday season and go for a walk, find a quiet place to simply unpluq and breathe, or listen to some relaxing music. You will find that not only will you feel better for it, but you will be more open and receptive to everyone around you when you give yourself some time to relax and unwind.

- Sit with your spine upright in a comfortable seat and place your hands over your heart.
- Breathe in and out through your nose.
- Soften your eyes, relax your jaw, and create a slight smile on your face.
- Breathe in the feeling of gratitude. Rather than listing the things you appreciate, try to embody a sense of gratitude. Let your heart expand as you simply appreciate what is good in your life.
- Then, after a few minutes of gratitude and appreciation, place your hands on your lap, and relax.
- Next, focus your attention on the joy within your being. When your mind wanders, simply guide it back to your breath and the joy within you.
- Let the feelings of gratitude and joy increase and expand throughout your entire body.
- Turn your mouth upwards to a slight smile and keep your eyes soft.
- Imagine your whole body smiling.





BBYO Hanukkah Event

Celebrate the holiday season with a lock-in, or sleepover, at the UJC! Join us for Havdalah, latke-making, a gift swap, and much more.

December 3rd @ 8pm to December 4th @ 8am

Free Event! Please register at:



inhale

BREATHE

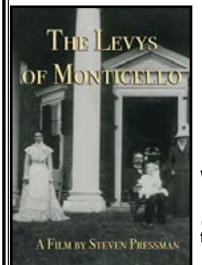
exhale



22nd Annual Virginia Peninsula Jewish Film Festival Winter Series

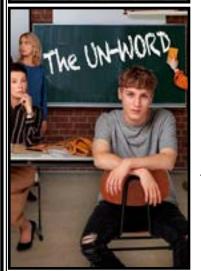
at the Williamsburg Regional Library Theater - 515 Scotland Street, Williamsburg VA

All films are free | Light desserts and beverages will be provided afterwards



Sunday, January 29, 2023 at 2:00pm The Levys of Monticello 2022, 1 hr 11 min, Documentary

A missing chapter of American Jewry comes to light in this fascinating chronicle of the Virginia home of one of the nation's Founding Fathers. Thomas Jefferson's Monticello residence, just outside of Charlottesville, stands as a complex symbol of the paradox of democracy. Designed by Jefferson, built and tended by slaves, the palatial plantation was a presidential retreat, retirement home, and final resting place. Sold due to mounting debts, Uriah Phillips Levy, a Jewish naval officer and fervent believer in Jeffersonian ideals, became its unlikely caretaker. When historical preservation was all but unheard of, Levy's family restored and saved the estate from ruin. The story behind this national treasure confronts the stain of ongoing racism and antisemitism that remain part of the national narrative.



Sunday, March 5, 2022 at 2:00pm The Un-Word

2020, 1 hr 25 min, German, English subtitles

This German satire lays bare the discords of modern multiculturalism. Tempers flare after a Jewish student is goaded in a schoolyard brawl. After more taunts by Muslim classmates, the 15-year-old fights back, injuring an Iranian and a Palestinian student. The film is intended as a darkly humorous conversation-starter, seeking a common language in the unending fight against intolerance.



Sunday, March 26, 2022 at 2:00pm Betrayed

2020, 2 hr 6 min, Norwégian, English subtitles

Based on true events, this Norwegian narrative film exposes how Norway's government and people systematically persecuted the country's Jews, and then collaborated in deporting them to German death camps. The horror and callousness of those times is embodied in the experiences of one Jewish family, the Braudes, whose members we get to know through their photographs and their prize-winning portrayals by actors, making this a very personal story for the audience.

> We greatly appreciate the support and loyalty of our audiences. The Virginia Peninsula Jewish Film Festival Committee

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



Turn darkness into light by practicing kindness. Go out of your way to help people, smile often, be complimentary and remember that we can't genuinely be kind to others without being kind to ourselves.

Shabbos Candle Lighting Times:

December 2 - 4:31pm December 9 - 4:31pm December 16 - 4:32pm December 23 - 4:35pm December 30 - 4:40pm

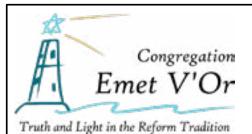


May your Chanukah be full of light. From our Adath Jeshurun family to yours.

Rabbi Litt will be in Newport News on December 16th and 17th.







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

Shabbat Services

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

December 2 - Rabbi led Shabbat service with musical accompaniment

December 9 – Cantor led Shabbat service with musical accompaniment

December 16 - Rabbi led Shabbat service

December 23 - Shabbat in the Home

December 30 - Shabbat in the Home

January 6, 2022 - Shabbat service

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

Special Events & Other News

Religious school dates - December 11 with AlefBeits (2-5 year olds)

CEVO Board Meeting - December 12 (Zoom)

December 18 - First night of Hanukkah!





Our annual Congregational Meeting will be held December 18th at 11:00 at 101 Production Dr, Yorktown. We'd like all congregation members to attend to discuss and vote for important decisions happening in our congregation.



fb.me/CEVOcommunity



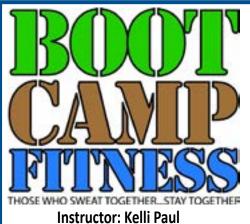
National Council of Jewish Women Book Club

Open to the entire community New Meeting Place: UJCVP

Wednesday, January 18th, 1:30pm Discussion: Our Darkest Night by Jennifer Robson

Historical fiction, a heart-wrenching love story set in Italy during World War II

Questions/RSVP: Lucy Sukman, Imoomaw15@aol.com | 757-508-4353



Evening classes at the J! Tuesdays & Thursdays, 5:30-6:30pm

Bootcamp Fitness, LLC provides strength, cardio, core, and flexibility training (modifications are always provided). Choreography shifts between cardio intervals, fun cardio "air" boxing with hand pads, bootcamp stations, strength training with dumbells, and adventurous fitness challenges! Participants need to bring water and a mat. Bootcamp Fitness

provides all other equipment.



Passport Members - \$5 per class Non-Members - \$10 per class

Visit ujcvp.org to sign up!



AT 6PM FOLLOWED

BY DINNER

FRIDAY
DECEMBER 23, 2022

CHILDREN'S HOLIDAY GAMES AND JELLY DONUTS FOR DESSERT!

Please see our website for more information: rodefsholomtemple.org
401 City Center Blvd. - Newport News, VA, 23606 - 757-826-5894 - office@rodefsholomtemple.org

Temple Beth El of Williamsburg 600 Jamestown Road—www.tbewilliamsburg.org Chanukah Shabbat Party & Potluck — December 23



- Join us at TBEW to light candle #6, on Friday night, December 23 at 6 pm. Each family is encouraged to bring their own menorah & candles.
- **Potluck dinner!** Please bring a main dish, side dish or dessert to share!
- **Iron Chef Latke contest!** Bring your best latkes to compete (+extras to eat)!
- Chant blessings, sing songs, eat Sufganiyot, play dreidel.
- Let's have a party, we'll all dance the hora!



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

Temple Sinai 11620 Warwick Blvd, Newport News, VA 23601 (757) 596-8352



WORSHIP SERVICES

Saturday, December 3rd @ 10:00am - Shabbat Service, Jonathan Homrighausen talk followed by light Kiddush luncheon

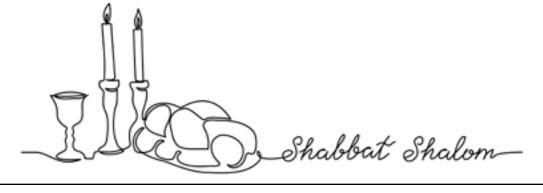
Saturday, December 10th @ 10:00am - Shabbat Service followed by light Kiddish luncheon

Friday, December 16th @ 6:15pm - Hanukkah Dinner

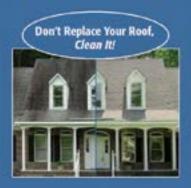
Friday, December 23rd @ 7:30pm - Shabbat/Hanukkah Service

Friday, December 30th @ 7:30pm - Shabbat Service of Healing

Contact Rabbi Sokol at rabbiseverine@gmail.com or (314) 628-9196 if you are interested in attending services.



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On your first visit to smile.amazon.com, select: **United Jewish Community of the Virginia** Peninsula to have your donations go to the J. **Every little bit counts!**



UJCVP Senior Lunches & Grand Club

Meet at the J on Thursdays for kosher homemade lunch and bingo!

Bingo begins at 10:45am Lunch is served at 12:00pm

Bingo resumes after lunch

No Grand Club on December 29th

Lunch for ages 60+ - \$2.50 Lunch for Passport members - FREE!

Additional charges for Bingo Cards

Email Angela: amorris@ujcvp.org for more information or to RSVP





401 City Center Blvd. Newport News, VA 23606 757-930-1422

Electronic Address Service Requested

Non-Profit Organization U.S. Postage PAID Nemport News, VA Permit No.10

UJCVP Community December 2022 Calendar

Thursday, Dec. 1, 2022

10:45am - Grand Club/Bingo 11:30am - Eye Screening Clinic 5:30pm - Bootcamp Fitness

Saturday, Dec. 3, 2022

8pm - BBYO Lock In 8pm - Adult Pickup Basketball

Sunday, Dec. 4, 2022

3pm - York River Symphony Orchestra Concert

Monday, Dec. 5, 2022

Mitzvah Menorah gift dropoff deadline

Tuesday, Dec. 6, 2022

4:30pm - Hebrew School 5:30pm - Bootcamp Fitness 7pm - Voices and Visions

Wednesday, Dec. 7, 2022

6pm - Maccabi Info Night

Thursday, Dec. 8, 2022

10:45am - Grand Club/Bingo 11:30am - Blood Pressure Clinic 5:30pm - Bootcamp Fitness

Saturday, Dec. 10, 2022

7pm - JCCY Hanukkah Countdown 7pm - PJ Our Way Donut Wars

Sunday, Dec. 11, 2022

10am-12pm - Kibbitz & Create

Monday, Dec. 12, 2022

7pm - Mindfulness & Meditation

Tuesday, Dec. 13, 2022

4:30pm - Hebrew School 5:30pm - Bootcamp Fitness

Wednesday, Dec. 14, 2022

6pm - 20/30 Something Axe Throwing

Thursday, Dec. 15, 2022

10:45am - Grand Club/Bingo 11:30am - Blood Pressure Clinic 12pm - Cafe Chai: Print Making 5:30pm - Bootcamp Fitness 7pm - UJC General Board Meeting

Saturday, Dec. 17, 2022

8pm - Adult Pickup Basketball

Sunday, Dec. 18, 2022

11am - Cooking with Carmela 6pm - Hanukkah at City Center

Tuesday, Dec. 20, 2022

10am-3pm - Red Cross Blood Drive (UJC Lobby) 4:30pm - Hebrew School 5:30pm - Bootcamp Fitness

Wednesday, Dec. 21, 2022

6pm - Hanukkah at New Town

Thursday, Dec. 22, 2022

10:45am - Grand Club/Bingo 5:30pm - Bootcamp Fitness

Friday, Dec. 23, 2022

3pm - SARFAN CENTER CLOSING EARLY

Saturday, Dec. 24, 2022

UJC CLOSED

Sunday, Dec. 25, 2022

UJC CLOSED

Monday, Dec. 26, 2022

UJC CLOSED SARFAN CENTER CLOSED

Tuesday, Dec. 27, 2022

UJC CLOSED

SARFAN CENTER CLOSED

10am-3pm - Red Cross Blood
Drive (UJC Lobby)

5:30pm - Bootcamp Fitness

Wednesday, Dec. 28, 2022

UJC CLOSED SARFAN CENTER CLOSED **Thursday, Dec. 29, 2022**UJC CLOSED
SARFAN CENTER CLOSED

SARFAN CENTER CLOSED 5:30pm - Bootcamp Fitness

Friday, Dec. 30, 2022

UJC CLOSED SARFAN CENTER CLOSED

Saturday, Dec. 31, 2022

UJC CLOSED

SARFAN CENTER CLOSED

Sunday, Jan. 1, 2023

UJC CLOSED

SARFAN CENTER CLOSED

Monday, Jan. 2, 2023

UJC CLOSED

SARFAN CENTER CLOSED

