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## OHR BITS

The Rabbi's Corner by Rabbi Joel Mishkin

Attendance at services is always a problem. It is a particularly acute one for small synagogues such as ours. We increasingly find it difficult to gather a minyan on Sunday mornings and some Shabbatot are challenging as well. In light of this, I want to share some thoughts about one Jewish woman.

Her name is Jodi Rudoren. She is probably a Jew very much like you and me. She discovered that she had a problem. She was many weeks into reciting Kaddish, the traditional Jewish prayer of mourning for her father when she realized, to her dismay, that she did not know how to pray. Now, how could that be? She was familiar with the words and the melodies of the daily services. Her father made sure of that. He would bring her and her sisters to a conservative synagogue every Shabbat of their childhoods. She had attended a Hebrew speaking summer camp for seven years so she even knew what the prayers meant. In fact, she knew them well enough to take her place at her synagogue even leading the prayers on some Sunday mornings.

But then she discovered, "That I was clueless about God. How to talk to God, how to think about God, whether I believed in God, and what he - my father - had believed. I knew what the words of the ancient texts meant in English, but not what they meant to me."

Furthermore, Ms. Rudoren had always found the Jewish mourning rituals to be a powerful part of our tradition. The communal aspect of one such ritual spoke powerfully to her, the recitation of the Kaddish that required a minyan, (a quorum of ten Jews to fulfill its purpose). She found the daily commitment daunting but also appealing, a challenge and opportunity to everyone around her and to her dead father that the tradition did really matter to her.



### CONGREGATION BETH OHR

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Visit us at:

[OldBridgeBethOhr.org](http://OldBridgeBethOhr.org)

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### CANDLE LIGHTING TIMES

- June 06 8:07 pm
- June 13 8:11 pm
- June 20 8:13 pm
- June 27 8:14 pm

“Kaddish was something I associated with Dad, whose booming voice, whenever he recited the prayer, still echoed in her head.” She also noted that some of the loveliest memories people shared with her about her dad took place around this ritual in the days following his death. “How Dad made sure that prayer leaders did not go fast for newbies or drown out women. Or how Dad had reconciled with his own after decades of distance so he could say the Kaddish for him with less baggage.”

It seemed that everything made sense except one thing, the prayer part. As she described it, “Kaddish may be the most famous Jewish prayer, infused into modern culture. Sylvester Stallone recited it in Rocky III. One of Allen Ginsberg’s most famous poem shares its title. It dates back to the first century BCE, and its text does not mention death rather it is a paean to God’s strength and sovereignty. Scholars interpret this prayer being used for mourning as a declaration of God’s plan.

And so she struggled with this notion. She took it upon herself to recite it daily. However, spiritually it really wasn’t doing much for her. She was okay focusing on her father while reciting the words of the Kaddish. It was the prayer part for the rest of the service - listening to the prayers when she found that her mind really wandered. She even remembered from Hebrew school learning about the concept of keva and savannah - words translated as routine or intention. “The idea is that if you chant the words every day, eventually moments of connection would come.” She was still waiting for that moment.

Fortunately for Jodi one day she attended a study retreat in Maryland and went on a walk in the woods with Rabbi, Brent Chaim Spodeck. He called it a “soul stroll.” He led a group on a light hike around a pond, stopping at beautiful spots to offer a few thoughts on the meaning of our familiar prayer book. And then she explained: “When we got to the central prayer - the 19 blessings known as the Amidah, Rabbi Spodeck summed it up as, “Wow! Please? Thank you.” And that’s where it happened - I learned how to pray on my own terms. Wow - shevach in Hebrew or praiseworthiness - is about God’s awesomeness. Rabbi Spodeck said he spends a minute or two pondering the miracle that is creation. Please, bakashot or requests is where we ask for things. Let my friends’ surgery go well. Help my kid find his footing. Make me listen more - not stuff - but hard things, big things, things that we really need. And Thank you - that’s hodaot - like a gratitude journal - a wonderful breakfast - a talk with a friend - a walk in the woods.

It was hokey, but it worked and for the rest of her eleven months whenever her mind wandered she would just close the book, close her eyes, and try a little of: wow, please, thank you. Now it did not instantly transform her into a believer. She still struggles, especially on the wow part, finding herself wowing God for making humans who figured out some technological, athletic or artistic miracle. But she also discovered something now when she prays. There are plenty of pleases. And thanks, especially for the nine other Jews who showed up so she could say Kaddish for her Dad, no matter what he believed.

## **FROM THE PRESIDENT'S DESK**

### **BY PHILIP RABINOWITZ**



To my Beth Ohr Family,

The success of my Presidency is due to the efforts of the Executive Board and Regular Board members, who continue to volunteer year after year. Thank you so much for your efforts and for stepping up again as members of the new Board for 2025-2026. Toda Rabah and Mazel Tov to Rabbi Mishkin who continues to be our outstanding Rabbi, as he enters his 12<sup>th</sup> year as our Rabbinical leader.

As my two-year term as President of our Congregation ends in June, I wanted to list some of the accomplishments my Board of Directors achieved during my tenure.

- Rabbi Mishkin signed a four-year contract through June 30, 2028.
- Negotiated new lease agreements with our tenants with significant rental increases.
- Hired female Cantorial students from the Academy of Jewish Religion to enhance our High Holiday Services – Cantor Zahava Fried (2023 & 2024) and Cantor Molly May (2025).
- Two successful Journal fundraisers occurred with Sunday afternoon brunches.
- We had two Scholar-in Residence programs with Rabbi Ben Levy and Rabbi Seth Frisch.
- Purchased two new ovens and a new commercial refrigerator for our kitchen, installed a new sound system, and continued to improve our infrastructure in the Synagogue.
- We continue our mission to educate Jewish families in our area with a variety of classes taught by our Rabbi and Linda Benish.

My biggest disappointments as President were:

- The decline in attendance at Saturday and Sunday morning services.
- The lack of attendance at our Programs and Education Classes.

I wish much success to our incoming President, Jeff Perlman, as he will be serving as President for the second time (Jeff was President from 2010-2012). The future of our Synagogue depends on our member's increasing their participation at Religious Services, Programs, Education Classes and supporting our Sisterhood and Men's Club. If things do not improve over the next three years, the Synagogue Executive Board will be forced to make difficult decisions.

Shalom

### **BOARD INSTALLATIONS**

Join us for the Temple Board Installation on Saturday, June 7 during Shabbat services and Men's Club Board Installation on Sunday, June 8 during morning Minyan.

## **SCHEDULE OF SERVICES**

### **Friday Night Shabbat Service**

6:00 PM via Zoom

June 6, 13, 20, 27

### **Saturday Shabbat Service**

9:30 AM in the Sanctuary

June 7, 14, 21, 28

### **Sunday Morning Service**

9:00 AM in the Sanctuary

June 1, 8, 15, 22, 29

## **CONTACT RABBI MISHKIN**

**Office:** 732-257-1523, option 2

941-518-8864, after hours for emergencies

**By email :** rabbijoelmishkin@gmail.com

## **GENERAL ANNOUNCEMENTS**

Condolences to Marilyn Gilbarg on the passing of her dear sister **Sandra Kurtzman**.

## **CALLING ALL 2025 GRADUATES!**

The July newsletter will feature a section to celebrate the graduations of your children and/or grandchildren. Graduations from elementary school, intermediate school, high school, trade or vocational school, college or university, graduate school, medical school, law school, or nursing school will be included. Please send the name of the graduate, what their future plans are, and the names of parents, and/or grandparents to Meryl in the Synagogue Office at:

[congregationbethohr@gmail.com](mailto:congregationbethohr@gmail.com) **The deadline is Friday, June 20, 2025.**

## **Shavuot Services**

Join us for Shavuot Services on Monday and Tuesday, June 2 and 3, 2025 at 9:30 A.M. in the Sanctuary. Yizkor Prayers will be recited during the Tuesday Service.

## **RITUALLY SPEAKING—SHARE A SIMCHA**

The Ritual Committee will honor members celebrating a birthday, anniversary or other Simchas once a month at a Shabbat service. Mazel Tov to the following congregants who will be celebrating their simchas during the month June. We will celebrate Simcha Shabbat on Saturday, June 14, 2025.

<u><b>Names</b></u>	<u><b>Dates</b></u>	<u><b>Anniversaries</b></u>	
Kenneth Deitz	June 02	<u><b>Names</b></u>	<u><b>Dates</b></u>
Dara Deitz	June 04	Mr. & Mrs. Marc Huguenin	June 04
Elliot Leibowitz	June 07	Mr. & Mrs. Michael Aroyo	June 05
Linda Skupp	June 08	Mr. & Mrs. Allen Appel	June 07
Ronnie Mendlowitz	June 09	Mr. & Mrs. Harold Koppel	June 09
Robert Weiss	June 11	Mr. & Mrs. Allan Benish	June 16
Elizabeth Aroyo	June 12	Mr. & Mrs. Jeffrey Perlman	June 18
Lee Cadel	June 18	Mr. & Mrs. Daniel Grynberg	June 21
Barbara Feder	June 21	Mr. & Mrs. Eugene Bernstein	June 25
David Honig	June 21	Mr. & Mrs. Nelson Silver	June 26
Ilene Gray	June 28	Mr. & Mrs. Melvin Prussack	June 30
Ronnie Rosenzweig	June 28		

## **NEWSLETTER DEADLINE**

The deadline to submit items for the July Newsletter is Friday, June 20, 2025. Please email your articles to Meryl on or before that date.

## **On-Going Synagogue Fund Raiser**

When dining in or ordering from ***Fred & Murray's Kosher Delicatessen***, 4345 US Route 9 North in Freehold, please tell the staff that you are a member of Congregation Beth Ohr. They will log your purchase in a special book and donate a portion of your purchase to our Synagogue. Thank you.

## CONGREGATION BETH OHR MEMORIAL FUNDS

The following is a listing of the tax-deductible Memorial Funds, and other Funds, to which tax deductible donations may be made. When donating to these funds, please make your checks out to Congregation Beth Ohr and write the fund's name in the memo portion of the check.

David Benish Memorial Fund  
Ralph Karpel Memorial Fund  
Elaine Leibowitz Memorial Fund  
Herman & Frieda Lipp Memorial Fund  
Stanley M. Perlman Memorial Fund  
Stuart Polovsky Memorial Fund  
Heidi Rogol Memorial Fund

### David Benish Memorial Fund

Donation From Ruth & Ed Lubitz in memory of Marvin Lafazan

### Herman & Frieda Lipp Memorial Fund

Donation from Bob Lipp in honor of the upcoming marriages of Mel & Zelig Prussack's grandchildren, Michelle & Jacob Shamus

### Stuart Polovsky Memorial Fund

Donation from Maxine Anne Kaufman in memory of Al Engber

### General Fund

Donation from Harriet & Phil Rabinowitz to Lunch Break in Red Bank, N.J in memory of Marvin Lafazan

### Rabbi's Discretionary Fund

Donation from Ronnie & Ed Mendlowitz in memory of Marvin Lafazan

Donation from Sara & Steve Ullman in memory of Marvin Lafazan

Donation from Sayreville Main Street Players in memory of Marvin Lafazan

Donation from Melody & Myles Schwartz in memory of Natalie Frankel

## YAHREZEIT DONATIONS

We acknowledge the following for their contributions.

Donated By	In Loving Memory Of
Eileen Birnbaum	Sidney Birnbaum
Ira & Karen Schaeffer	Abram Erlick
Irving Jankovitz	Julia Jankovitz
Bernie & Rita Selden	Pauline Salstein
Linda & Allen Skupp	Morris Wishnick
Melody & Myles Schwartz	Brett Schwartz
Barbara & Mel Feder	Esther & Issac Feder
Deborah & Lawrence Weintraub	Rachel Weintraub Wilhelm

## June 2025 YAHRZEITS

The actual date that the Yahrzeit is observed is to the right of the name. It is customary to light a memorial candle on the eve of this date and to give tzedakah in the memory of the Yahrzeit. One should recite the Mourner's Kaddish at services the evening before as well as the day of the Yahrzeit. The name of your departed will be read at the Friday evening and Shabbat morning services the week before the Yahrzeit date which are represented by the dates in the columns which are in bold print.

### June 6/7

David Edelman	06/07
Albert Silverman	06/07
Isadore Simon	06/08
Fred Goldberg	06/09
Bronia Grynberg	06/09
Perl Fishman	06/10
Samuel Hankin	06/10
Bertha Lowenthal	06/10
Brett Schwartz	06/10
Maney Coffina	06/11
Sol Fachler	06/11
Issac Feder	06/11
Max Kasloff	06/11
Shirley Silverstein	06/11
Samuel Cohen	06/12
Abraham Douglas	06/12
Joseph Tischler	06/12
Lillian Burstein	06/13
Michele Feinstein	06/13
Pearl Sovorn	06/13

### June 13/14

Molly Jakubovitz	06/14
Solomon Jakubovitz	06/14
Eleanor Perlman	06/14
Eva Rosenfeld	06/14
Janis Bleier	06/15
Eisig Kornreich	06/15
Morris Rosenthal	06/15
Samuel Schechter	06/15
George Feldstein	06/16
Murray Miller	06/16
Sarah Oshinsky	06/16
Miriam Schreier	06/16
David Schweidel	06/16
Irene Himelstein	06/17
Zindel Praport	06/17
Larry Greene	06/18
Bernard Jokel	06/18
Al Tyberg	06/18
Iliana Weiner	06/18
Robert Frank	06/19

### June 13/14 Continued

Mel Narol	06/19
Jacob Reiner	06/19
Irving Solomon	06/19
Arlene Baron	06/20
Rachel Wilhelm	06/20
<u>June 20/21</u>	
Izzy Antebi	06/21
Esta Bloness	06/21
Carol Goldberg	06/21
Eugene Hammer	06/21
Marvin Lanzoff	06/21
Martin Barsky	06/22
Stuart Jay Enden	06/22
Pauline Altman	06/23
Roslyn W. Katz	06/23
Henrietta Nathanson	06/23
Louis Petak	06/23
Hyman Schiffer	06/23
Bernard Warshaw	06/23
Louis Deutsch	06/24
Rhoda Hyman	06/24
Louis Rothberg	06/24
Anna Sham	06/24
David Weiss	06/24
Barbara Wilkes	06/24
Selma Auerbach	06/25
Augusta Baum	06/25
Celia Chancy	06/25
Saul Levine	06/25
Sally Miller	06/25
Rae Rosenfeld-Hochwald	06/25
Carl Tash	06/25
Shana Raizel Wilpon	06/25
Barnet Zaret	06/25
Harry Zaret	06/25
Harriet Baron	06/26
Jacob Blitzstein	06/26
Sarah Moss	06/26
Esther Feder	06/27
Mildred Levine	06/27

### June 27/28

Ruth Ellinger	06/28
Charles Gorsky	06/28
Harold Rubin	06/28
Suzanne Balaban	06/29
Seymour H. Golden	06/29
Mildred Levine	06/29
Arthur Rudnet	06/29
Leonard Sass	06/29
Joseph Schwartz	06/29
Arlene Szegeti	06/29
Frances Goldstein	06/30
Dorothy Hodos	06/30
Pauline Keen	06/30
Morris Lipson	06/30
Rebecca Mann	06/30
Aaron Schlissel	06/30
Morris Wishnick	06/30
Charles Betesh	07/01
Rachel Antebi	07/02
Erna Caleinar	07/02
Jean King	07/02
Freda Zalman	07/02
Herman Albert	07/03
Jennie Birnbaum	07/03
Natalie Chancy	07/03
Meyer Karmin	07/03
Benjamin Knepper	07/03
Beatrice Shander	07/03
Jack Sofan	07/03
Michael Wishnia	07/03
Fortune Betesh	07/04
Abraham Cederbaum	07/04
Karolyne Freud	07/04
Ludwig Goetz	07/04
Estale Goldberg	07/04
Abby Klein	07/04
Matty Roland	07/04
Shari Widmayer	07/04
Edith Zalma	07/04



Shalom,

Our Donor Event was held on Sunday May 18<sup>th</sup> at Fred & Murrays in Freehold. All who attended had a nice time and enjoyed the wonderful buffet. Congratulations to all the ladies who had special mentions at the event for their participation in fundraising for our Sisterhood.

As we get ready for the upcoming year, our executive board **will be meeting to plan for next year.** We are always open to ideas and input from our members.

**Please note** that Sisterhood Installation has been cancelled this year since all current Executive Board members are continuing in the same positions.

Scrip is available at the Temple office from Meryl during her work hours. Please contact her ahead of time to expect you. Also, please note that Acme scrip is back in inventory for purchase. Of course, as always scrip is also available from Monica Atzbi, Sharen Silverman, or Marcia Trechak. This is a good way to earn donor credit.

Ilene Gray A-K [ileneg22@comcast.net](mailto:ileneg22@comcast.net)

Liz Aroyo L-Z [mikeliza3@comcast.net](mailto:mikeliza3@comcast.net)

As always, we welcome input from our membership of any ideas that you would like to see from our Sisterhood. Please feel free to contact any member of the Presidium: Monica Atzbi, Barbara Schneider or Liz Aroyo.

Shalom,

Liz Aroyo, Presidium Member

### **REMINDER - HIGH HOLIDAY MACHZORS**

June has arrived and spring is quickly turning into summer. This is also the time when our committees start planning for the High Holidays. As you know, the Ritual Committee acquired new High Holiday Machzors last year. If you would like to donate a High Holiday Prayer Book (Machzor) in memory of, or to honor someone, please send a check for \$36.00 per Book, made payable to Sisterhood, Congregation Beth Ohr and mail it to Meryl Finkelstein, 234 Community Circle, Old Bridge, NJ 08857. If you have any questions, email Meryl at [merylrob@aol.com](mailto:merylrob@aol.com) or call her at 732-679-8701.



## SISTERHOOD BETH OHR CALENDAR PERSONALS

Dear Members:

Sisterhood is once again planning to make up our Jewish Calendar for the year 5785-5786 (2025-2026). There will be a place on the calendar for your personal dates. Your cost will be \$2.50 for each birthday, anniversary, wedding, and yahrzeit. Personals will be listed on each month's page. Full donor credit will be given for these contributions. In addition, for a donation of \$10, your name (or those of your friends and relatives) can be listed as a patron. Full donor credit will be given for each \$10 patron obtained by a Sisterhood member.

If you submitted information last year and have minor or no changes, contact Linda Garfinkel at 609-655-3392 or [lhg1210@verizon.net](mailto:lhg1210@verizon.net) to update.

We need the support of the entire Congregation to make this as successful a year as last year. Please enclose your check payable to Sisterhood Beth Ohr with your imprint order and mail to Linda Garfinkel, c/o Congregation Beth Ohr, P. O. Box 206, Old Bridge, NJ 08857.

Thank you for your support. **DEADLINE FOR ORDERS IS JULY 14, 2025.**

Sincerely,

Linda Garfinkel and Marcia Trechak

PLEASE PRINT CLEARLY. Attach additional sheet if needed.

Birthdays (\$2.50 each)

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Anniversaries (\$2.50 each)

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Yahrzeits—List name, English month, day, and year (\$2.50 each)

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Weddings (\$2.50 each)

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Patrons (\$10.00 each)

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## **SISTERHOOD ON-GOING FUND RAISERS**

### **SISTERHOOD SCRIP**

Sisterhood sells Shoprite, Stop 'n' Shop, and Acme Supermarket Gift Cards. This ongoing fundraiser helps support various activities of our Congregation. Sisterhood members receive donor credit equal to 5% of their scrip purchase.

To purchase Scrip, please contact one of the following people:

Monica Atzbi - 732-390-5890

Sharen Silverman - 732-266-2389

Marcia Trechak - 609-655-9507

Please call Meryl at 732-257-1523 or email her at [congregationbethohr@gmail.com](mailto:congregationbethohr@gmail.com) with your order.



### **SISTERHOOD BRICKS**

Bricks are available for \$6.00 each to commemorate a death, birth, in honor of, or good wishes. Call Ronnie Mendlowitz at 732-254-1135 or email her at [emrmcats@aol.com](mailto:emrmcats@aol.com).

### **GOLD CARDS**

Paula Yourman is Sisterhood's Hallmark lady. She is always willing to send your personal cards through Sisterhood. Just email the information to Paula at [bubbe513@gmail.com](mailto:bubbe513@gmail.com) or call her at 609-409-0346.

We have cards for speedy recovery, good wishes and remembrance. Each card is \$1.50, which includes the stamp. Some of you believe that cards can only be sent to Temple members, but I will send cards to anyone.

If you want a message to go out, please let me know, as I will not send anything out that comes to me second hand; it needs to come directly from you.

### **ADDITIONAL DONATIONS AND HIGH HOLIDAY MACHZORS**

Donations in memory of, or to honor someone, can be made to Sisterhood, Congregation Beth Ohr. Please send your donation to: Meryl Finkelstein, 234 Community Circle, Old Bridge, NJ 08857.

If you would like to donate a High Holiday Prayer Book (Machzor) in memory of, or to honor someone, send a check for \$36.00 per Book, made out to Sisterhood, Congregation Beth Ohr and mail it to Meryl at the address in the previous paragraph. If you have any questions, please email Meryl at [merylrob@aol.com](mailto:merylrob@aol.com) or call her at 732-679-8701.