

# THE SHOFAR

Farmington Valley Jewish Congregation-Emek Shalom  
Simsbury, Connecticut

## A word from:

RABBI BEKAH GOLDMAN

I'm so proud that Pink Shabbat was a tremendous success. This is the first time we've navigated so many participants on Zoom at one time and it was such an honor to be in-person with Mona Murphy, as she received her Sandra Kravet Award just a few short weeks ago. As we forge ahead, I am so excited that we are embarking on this journey together! So much of our work at FVJC is about inviting folks in the Valley (and beyond) into the Jewish conversation, welcoming everyone into the complexity, beauty and depth that Judaism offers us. We want to invite you to be an integral part, not as passive observers, but as active and creative participants in the ongoing and unfolding dialogue we are having in this challenging moment. This is precisely why we have come up with a solid plan to have folks join us in the sanctuary, bit by bit, so that everyone can be face-to-face with our tradition and actively engaged in the ritual life of the FVJC community. We realize this model won't work forever, but then again, we hope it doesn't have to. This is your personal invitation: when our ritual committee reaches out, say "yes!" I can't wait to welcome you back home and I look forward to praying with you in this sacred space when it is your turn.



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*All are welcome!*



Dear Friends,

I am so grateful to you all for your ongoing support of and connection to FVJC. The energy we all felt being together (safely) over the High Holidays has strengthened our desire to work to deliver meaningful, warm, inclusive worship opportunities that make you feel as though you were sitting in the sanctuary among friends. – Doing so, however, is a significant challenge.

The fact is that there is no one technology that does it all. Zoom enables congregants to see and “chat” with each other and to participate in the service in an interactive way. However, some of you are distracted by the “Zoom boxes”, poorer sound quality, and the bit of chaos that naturally occurs when multiple people are trying to speak. In addition, recent stories of Zoom hacking at local political and religious events make it clear that we not only have to think about security in the sanctuary but online as well. --- Others of you find the live stream less complicated, less distracting and enjoy the excellent sound and video quality. Still others find the livestream less emotionally connected and prefer being able to chat and comment in Zoom. No one technological approach will work for everyone at every moment.

Please know that many of us are working extremely hard to ensure that we deliver services to you in the safest and most meaningful way possible and that we are in the process of developing a monthly menu of services in the same way that our offerings were different each week before the pandemic. In the next week or so when we are more facile with the technological options available to us we will share the final plan. For now, know that each week you will have an email in your box telling you exactly how to access Shabbat services and other important programming.

I know that this transition is challenging. It is for me too! But we want to be sure that we bring you the best blend of everything we have to offer. We also know that many of you miss having machzorim at your disposal. Included in this special Shofar, thanks to the generosity of Dave Kravet, we have included a hand out with our central prayers so that you can follow along each week. If you would like a machzor we would be happy to work with you to order one.

Thank you for your patience and for the wonderful, kind spirit you each bring to the congregation.

*With gratitude, Tracy*

## Prayer Book

If you would like to order a Mishkah T'Fliah for your home please reach out to [admin@fvjc.org](mailto:admin@fvjc.org).

We can purchase using our Temple discount and they can be shipped to your home.

## Prayer's & Blessing's

In this issue you will find our most used Shabbat prayer's and blessing's for you to use during our virtual services.

*Shalom  
Peace*





## *Fall Services and Programming* *Join us!*

### **Sandra Kravet Woman of Courage Award:**

On Monday, October 16th, the FVJC community gathered both in person and virtually to celebrate Mona Murphy as the recipient of this year's Sandra Kravet Woman of Courage Award.

Mona's energy is boundless and her love for FVJC is deep. Though this past year has been very difficult for Mona and her family as she made her way through multiple surgeries all while caring for her own mother, she has continued to stay connected to her FVJC family lending support, humor and connection.

The Sandra Kravet Woman of Courage Award is dedicated in loving memory by Dave Kravet as a means to honor women in the FVJC community and to honor the memory of Dave's wife, Sandy. We are grateful to Dave for so generously giving of himself to the FVJC community with this meaningful award.



### **SANDRA L. KRAVET** **WOMAN OF COURAGE AWARD**

This award was established to recognize a woman in our community who has demonstrated dignity and courage in the face of personal adversity. The award memorializes Sandra Kravet who was a dedicated member of our congregation and who passed away in 2014 from cancer. It is a cash gift of \$1,000 which is presented each year in October. In addition the name of the recipient is written on a permanent plaque in the temple.

#### **RECIPIENTS - PAST AND PRESENT**

Aileen Rosedale - 2015-5776  
Martha Lott - 2016-5777  
Carrie Kramer - 2017-5778  
Joanne Cohen - 2018-5779  
Jodi Ellen Marks - 2019-5780  
Mona Murphy - 2020-5781

## **Shabbat Services**

### **Friday evenings, 7PM**

Gather with our Community, invite friends,  
come together while we are apart...



Our service will begin at 7PM, all are welcome.  
<https://fvjc.org/online-services/>



### **SHABBAT SERVICES SIGN-UP**

Interested in joining us for services?

Please visit:

<https://lp.constantcontactpages.com/su/yDp7WWP>  
to sign-up.

This is a one time sign-up.

Log-in or web location information  
will be delivered to your inbox  
before weekly services.

## FROM OUR EDUCATION COMMITTEE

As the calendar turns to November, our Religious School usually focuses on tikkunolam (repairing the world/social justice). In many of the past years, the School and Social Justice committee have partnered to prepare and deliver brown bag meals to South Park Inn. While Covid19 precludes in-person group activities, our students and staff are still giving back.

A group of our students will be researching agencies to possibly receive the tzedakah collection from the 2019/20 school year. The students will present information on each agency so that the student body can vote on the recipient. Please watch for Upcoming information regarding virtual "giving" that the Religious School will be working on. We know the local needs are great, and we look forward to giving to our community. Although we currently don't have volunteers in the FVJC building during School hours, the students and staff are grateful for your support with their tikkun olam actions.



### COLLEGE OUTREACH COMMITTEE

We're hoping that your college kids have adjusted well to their "new normal"! As our program is on a bit of a hiatus due to the pandemic, it is the perfect time to make sure that your child(ren) are registered for our holiday care packages that we hope to resume in 2021.

You may register for our program on our website (<https://fvjc.org/core/>) if you have not already provided your child's address to Sue Lerner. Also, please consider making a donation to our self-funding program that helps remind our young adults that their FVJC family is always thinking of them.

Lastly, for many of our kids, this will be the first presidential election in which they are eligible to vote. Encourage them to use their voice and be heard on November 3!

### REACHING OUT TO HELP THOSE IN NEED

We will be virtually adopting one or more Valley families through Gifts of Love this upcoming holiday season. Please be on the lookout for the wish-list's and links. Thank you!



## COMMITTEE UPDATES AND INFORMATION



### EDUCATION COMMITTEE

Interested in joining our journey of learning?  
Please reach out to Education Chair, Liddy Doyle  
[school@fvjc.org](mailto:school@fvjc.org)



### Rabbi's Hour Zoom It!

*listening, learning, connecting...*

**Monday's - 11AM**

To attend visit:  
<https://lp.constantcontactpages.com/su/f21DK6b>

**Join us!**





# MORE COMMITTEE

## Membership, Outreach and Retention

Since the beginning of the current pandemic members of the Board of Directors and other volunteers have been making outreach calls to our FVJC members. We checked in to see how everyone was doing. Did anyone need groceries or help accessing anything? Did they need someone to talk to? Could Rabbi Bekah be of any assistance? The conversations evolved over the subsequent rounds of calls and people shared their feelings of being alone. Folks were very appreciative for the calls and even volunteered to make future calls to others. The calls and conversations helped us forge more connections and the connections we made in turn have made our community stronger and more resilient. New friends were made and previous friendships were renewed as these touch points took on more meaning.

With the High Holidays approaching we knew we wanted to find another way to connect with our members in a safe but meaningful way. Folks brainstormed and soon we had the makings of our High Holiday Goody bags. A bakery in Brooklyn was contacted and 250 challahs were delivered to Simsbury at 11 pm one night! Honey sticks, apple treats, yahrzeit candles and shabbat candles were assembled and labeled. Rabbi Bekah developed her thoughtful handouts so we would be equipped to usher in the High Holidays, alone yet together. A small but mighty socially distanced team assembled 250 bags in the multipurpose room. A wonderful group of volunteers, including Rabbi Bekah and her children, welcomed our FVJC community on Sunday September 6th as we conducted our “touchless” event. The Social Action Committee collected approximately 100 bags of food as the donations were swapped out for Goody bags. Smiles and positive energy were as bountiful as the sunshine. We were fortunate enough to welcome some new families into our FVJC Community that day!

During the week following the drive through event, a small army of volunteers spread out across the Farmington Valley and delivered the remainder of the Goody Bags and again new friends were made and doorstep conversations flourished. It turns out we were all looking to make connections and wish others a L'Shanah Tovah.

The MORE (Membership, Outreach and Retention) committee very much appreciates the generous contributions of the Men's Club, Sisterhood and the Pascal Family who donated to help purchase all the yummy goodies and candles used in our outreach. We would also like to thank those who signed up to help in various capacities to get this large project completed. When we work together, we can get so much accomplished! As the African Proverb says “If you want to go fast, go alone. If you want to go far, go together.”

We are looking forward to our next project. Won't you join us? The feeling of connection is real and the smiles are contagious.

For information please reach out to:

Marlo Zall at [membership@fvjc.org](mailto:membership@fvjc.org) or Ruth Goldblatt at [ruthgoldblatt@comcast.net](mailto:ruthgoldblatt@comcast.net)

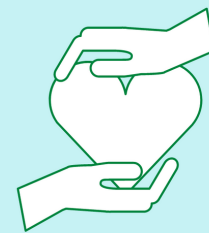
## COMMITTEE UPDATES AND INFORMATION

### Volunteer!

MANY OF OUR COMMITTEES ARE LOOKING FOR FOLKS TO JOIN THEM!

THIS IS A GREAT WAY TO BUILD CONNECTIONS WHILE WE ARE APART.

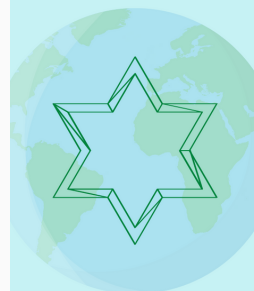
IF YOU HAVE A LITTLE TIME OR A LOT YOU CAN MAKE A DIFFERENCE...



### FVJC MEMBERSHIP

REMEMBER TO SHARE INFORMATION ABOUT OUR COMMUNITY WITH FRIENDS AND NEIGHBORS!

HELPS US EXPAND OUR COMMUNITY!



[membership@fvjc.org](mailto:membership@fvjc.org)

# RITUAL COMMITTEE

When we think about faith communities, we envision gathering together, shaking hands, giving hugs, laughing, talking, singing and praying with each other. Naturally, in our experience and in our imaginations, all of this happens face to face. However, due to the Covid19 Pandemic, we have had to shift our idea of what community means. Our in-person gatherings have moved to online platforms and our prayer services have become virtual as well. So how do we maintain our faith community in the midst of a moment when we can't gather in person? FVJC's Ritual Committee has been working hard to gather some tips that we hope reminds you what it means to be in a faith community and how best to be an engaged and compassionate member, regardless of the venue we have to use.

## SHIFT YOUR PRAYER SPACE:

FVJC's sanctuary is beautiful, with its soaring wooden ceiling, praying in this sacred space is really something special. But, since we can't all pray in the sanctuary each week, we can at least take a lesson from the materials used, which remind us of nature. The ceilings don't just mimic the ark, they remind us that we can bring nature into our prayer space and that our prayers can take place in nature. If you aren't feeling Zoom services, or your couch isn't cutting it, take a walk outside. Let nature be your sanctuary and engage the ancient Jewish practice of Hitbodedut, a spontaneous, and direct communication with God. To learn more about this please visit: <https://reformjudaism.org/3-steps-hitbodedut-talking-god-your-own-terms>.

## GET INVOLVED WITH THE COMMUNITY:

Sometimes the virtual side of life can all fall into the same bucket. All interactions tend to take on similar characteristics: work, catching up with loved ones, online learning, online shopping, etc. So why not change it up and dedicate some specific time to community engagement. This is the best time to join one of our amazing committees, because you attend meetings and get involved without even leaving your house! You wouldn't believe all the ways we need your help (even from the comfort of your own home). By the way, Ritual Committee can always use new members! Contact Robin Bergman at [RobinSBergman@gmail.com](mailto:RobinSBergman@gmail.com) to get involved.

## CONTINUE YOUR JOURNEY INTO LIFELONG LEARNING:

Right now, we've got a variety of different ways that you can pursue continuing Jewish education: Rabbis Hour, Intro to Judaism classes, Nashim, one-on-one virtual study sessions with Rabbi, and more. Don't like those? Suggest your own! Since most offerings are online these days, learning from the comfort of your own home, without the challenge of travel time, driving in the dark, or conflicting schedules, you've got many options!

## REACH OUT TO YOUR FELLOW MEMBERS:

Right now, life is tough for many of us! Those of us who live alone, have lost a job, or a loved one, or are just sinking into the hole that Covid19 and this social climate has opened beneath us... we all could use a friend. Grab your directory and make some calls or send some emails to people you know could use a friendly "hello," or if you are really brave, do the same for folks you don't even know! We are all part of the same faith family and we all need each other in this moment. We are too small a community for us not to know each other. Make a new friend, or at least a new penpal!

We hope you'll take advantage of one of these ways to get involved or make up your own! FVJC is here for you and wants to help you be more engaged, especially during this challenging moment! We need each other and our faith more than anything.

We hope you'll continue to join us at services or any of our various offerings. Everything is available on our website [www.fvjc.org](http://www.fvjc.org)



# Programming!

*Nashim,  
a woman's circle*  
2 established groups...

4PM  
Fall 2019-present  
participants, Zoom  
link to follow

5PM  
2018-19 Established cohort  
continuing their journey...  
Zoom link to follow

*1st Sunday of the month*  
*Reconnect...*  
*Recharge  
and  
Reexamine*  
*your  
Jewish  
life...*  
*Join  
us!*

**FVJC**

**Sisterhood Book Group!**

Join us  
**Thursday,  
November  
19th, 7PM**

Contact Judi Cohen  
at [jcreads@hotmail.com](mailto:jcreads@hotmail.com)  
for more information.

**'Hear My Voice',  
by Marcia R. Rudin**

**Zoom links will be sent  
via email.**

**COUPLES BOOK GROUP**  
**November 12th  
7PM**

**'THE BEST PLACE ON  
EARTH' BY AYELET TSABAN**

Contact Suzanne Schloss at:  
[suzyandjohn@comcast.net](mailto:suzyandjohn@comcast.net), or  
Sandra Bourke:  
[sandrabourke@yahoo.com](mailto:sandrabourke@yahoo.com)

**FVJC**  
**MEETING  
ID: TBA**

You are invited to continue the conversation about

**Race, racism &  
anti-racist practices in  
America**

**3RD TUESDAY OF THE MONTH**

ZOOM INFORMATION:

Meeting ID: 847 4671 7683  
Passcode: 500026

**FVJC** **ST. ALBAN'S  
EPISCOPAL CHURCH**

**Israel Experience  
Travel Scholarship Program**  
A Program of the Jewish Community Foundation of Greater Hartford

Attention Greater Hartford area Jewish high school-aged students:  
Are you interested in traveling to Israel?  
Apply today for one of several scholarships, each valued up to \$6,000!

**Who is eligible?**  
All Greater Hartford area Jewish high school-aged students currently  
in grades 9, 10, and 11

**Program requirements include:**

- Priority given to immersion programs lasting from 4 weeks to 1 semester
- Participation in a pre- and post-educational program
- Participation in 10 community service hours within the Greater Hartford Jewish community
- Financial information is not required; however, priority will be given to students with a demonstrated financial need and who have never before traveled to Israel

**Application Deadline: December 1, 2020**

Visit the Grants section of the website at [www.jcfhartford.org](http://www.jcfhartford.org)  
to learn more, read the FAQs and complete the application.

**JEWISH  
COMMUNITY  
FOUNDATION  
OF GREATER HARTFORD**

333 Bloomfield Avenue, Suite D | West Hartford, CT 06117 | 860-523-7400 | [jcfhartford.org](http://jcfhartford.org)

**MINI  
MINYAN!  
in  
person**

**LOCATION  
TBA!  
STAY  
TUNED!**

Family Friendly  
Winter Hike!  
RSVP is  
required!  
Please look to  
your email for  
our link!

**FVJC**

**12.11.2020  
11:30AM**





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[www.instagram.com/fvjcsimsbury](http://www.instagram.com/fvjcsimsbury)  
[www.fvjc.org.org](http://www.fvjc.org.org)  
[membership@fvjc.org](mailto:membership@fvjc.org)

*All are welcome...*

Rabbi Bekah Goldman 860-651-8576 [rabbibekah@fvjc.org](mailto:rabbibekah@fvjc.org)

Temple President: Tracy Smith Cell 860 751-9418 [president@fvjc.org](mailto:president@fvjc.org)

Religious School Education Chair: Liddy Doyle [school@fvjc.org](mailto:school@fvjc.org)

White and Katzman: for account questions:

Ann Wilson: 860-291-8777, ext. 117

Temple website: [www.fvjc.org](http://www.fvjc.org)

Temple Calendar: [www.fvjc.org/calendar/](http://www.fvjc.org/calendar/) Temple fax number: 860-658-4273

Temple Mailing Address: 55 Bushy Hill Road Simsbury, CT 06070

Administrator: Chris Bonchick 860-658-1075 [admin@fvjc.org](mailto:admin@fvjc.org)

Office Hours: Monday, Wednesday, Thursday & Friday 10AM- 2PM

Wednesday's 4-6PM Sunday's 9-11:30AM (when school is in session)

Website questions: Ari Mills, [arimills@me.com](mailto:arimills@me.com)

Sisterhood - [lisa.cooperman@outlook.com](mailto:lisa.cooperman@outlook.com)

Men's Club - [dkessler13@hotmail.com](mailto:dkessler13@hotmail.com)

Membership - Marlo Zall, [membership@fvjc.org](mailto:membership@fvjc.org)