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A Message From Rabbi Novak

Dear Friends,

It has been quite a month! On January 1st we had a lovely service that honored the memory of **Cheryl Ullman's** husband, Peter. By Sunday morning I was in the Emergency Room of the Bennington Hospital, soon to be transferred by ambulance to Albany Medical Center. This is when I no longer remember what happened. From my time at Albany Medical until I woke-up on Saturday night I was not aware of my surroundings. Yet wake-up I did. Saturday night found me with two pot holders on my hand constantly trying to scratch my head. Sunday. Monday. Tuesday. Wednesday. Thursday. It was time to leave to go to the Sunnyview Rehabilitation Hospital. Another ambulance. Entering Sunnyview and *voila*--I did not need to be there. I was released on *Shabbat* morning when Yuval was able to drive me to Manchester Center (thank you, Yuval).

Yesterday was the pathology report. While it was not what one would characterize as extremely positive, it is not going to beat me down, hold me back, or break my spirit. No, we will treat this. We will come around on the other side.

I want to share with you the idea of the "war metaphor" which is that you "attack" cancer. That is not the metaphor I adopt. This will not be a cancer that is attacked. This will be a cancer that gets treated and hopefully disappears. Fighting is not how I choose to do this. Instead, I seek *shleimut*, wholeness. My brain is sick. The rest of my body is healthy. Let's cure the brain.

Finally I want to tell you how overwhelmed I am with all of your messages to me. Hundreds and hundreds of messages are up on the websites (did you know there

are three of them, in addition to the email?). This community is amazing. You are together. You are raising the bar so much higher than it was before. I want you to know that this makes me grateful.

I will conclude with words from *Tehilliam*, our psalms: *Zeh hayom asah HaShem, nagila v'nismicha bo*. This is a day that God has made: Let us be glad and rejoice in it."

With love,
David

Purim Festivities

Purim is almost here, so mark your calendar and join us for a fun-filled celebration. The *Megillah* (Book of Esther) reading will commence at 6:00 pm on Saturday, February 27. Bring your favorite triangle-shaped food (i.e., pizza, quiche or frittata slices, pita triangles, nachos) for our pot-luck dinner following the *Megillah* reading; remember to leave room for *hamentaschen*. After dinner, we will present a Purim *shpiel* set to the story of the Wizard of Oz.

Come in costume and be prepared to make some noise whenever Haman's name is mentioned!

Purim Players Needed

We are looking for ANYONE interested in participating in the Purim *shpiel*; all voices and acting abilities are welcome. Contact Joanne Beck now at vtbecks@gmail.com or 297-9460.

Israel Congregation has about 230 member families of diverse Jewish backgrounds, both full-time and part-time residents of southern Vermont. We provide weekly *Shabbat* and holiday services, a religious school, adult education, life cycle events, and cultural and social programming in a warm and welcoming environment.

An integral part of Jewish life in the Northshire for more than 70 years, Israel Congregation has been at its current location on Rte 7A, 1.2 miles north of Rte 11/30, since 1985. Our building is ADA accessible.

David Novak, Rabbi

Michael Cohen, *Rabbi Emeritus*

Karen Dreiblatt, *Administrator*

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Laurie Sullivan, Cheryl Ullman

Kabbalat Shabbat Service:

6:30 pm, Friday

(followed by Congregational Dinner)

Shabbat Service:

9:30 am, Saturday

Religious School:

3:50 pm to 6:00 pm, Wednesday

Office Hours:

9:00 am to 5:00 pm, Monday-Thursday

9:00 am to 1:00 pm Friday

Telephone: 802.362.4578

Email: office@icmvt.org

Website: www.israelcongregationvt.org

P.O. Box 1050 Manchester Ctr. VT 05255

Lending a Hand to Rabbi Novak

Thank you for all of your calls and messages regarding Rabbi Novak. If you would like to send him a card, please send it to:

Rabbi David Novak, 20 Donald Lane, Manchester Ctr., VT 05255.

To sign up to provide a meal, please go to our website, located at

www.israelcongregationvt.org, and click on "Help with meals."

This link will take you to our calendar. Once there, use the arrow

buttons on the upper left hand corner of the calendar to view differ-

ent months. If you have any difficulty, please email Karen at

office@icmvt.org with the date and meal you would like to provide

and Karen will enter the information on the calendar. When bring-

ing a meal, please remember that Rabbi Novak does not eat pork or

shellfish. Healthy foods (no dessert, please) in disposable contain-

ers that do not need to be returned are greatly appreciated.

Yuval and Rabbi Novak are also in need of people to come and

spend a little time with Rabbi Novak so that Yuval can get out and

do errands. If you have some time, please call Yuval at 802-688-3964

to set up an appointment.

A Note From Georgette Levis

Dear Israel Congregation Members,

Thank you for your friendship, support and generosity following

the loss of my brother, Bruce Wasserstein. I was truly touched by

the donations made in honor of his memory. My brother Bruce had

a wonderful life and lived far more fully than most. In public and

private ways he used his wealth to make a difference. Even as a

child he knew that he wanted to be an American Rothschild. Here

are three quotes that inspired him that he had framed for his office.

My center has collapsed. My right flank is weakening. Situation excellent. I am attacking.- Field Marshal Foch.

Rule Number 1 – Never allow a crisis to go to waste. They are opportunities to do big things.- Rahm Emanuel.

Don't live down to expectations. Go out there and do something remarkable.- Wendy Wasserstein

Thank you again,

Georgette Wasserstein Levis

Visit Israel With Our Help!

The Martha Lyon and Lynne Andreen Israel Fund was gener-

ously established to offer financial assistance to any of our

youth who may be interested in visiting Israel. If your child is inter-

ested in visiting Israel, call Karen in our office at 362-4578 for details

on how the Martha Lyon and Lynne Andreen Israel Fund can help.

President's Perspective

The dictionary defines prayer as a silent or spoken petition made to God, often as a supplication seeking divine intervention. On a Wednesday evening several weeks ago, more than 100 people, members of Israel Congregation as well as members of the Manchester community, gathered in our sanctuary to attend a special *Mi Shebeirach* prayer service, offering a petition to God seeking full and speedy recovery for our rabbi, David Novak, from the surgery that he had undergone the day before. This outpouring of friendship and faith, of sentiment and support, was inspiringly led by our fellow congregant, **Rabbi Bob Alper** to whom I would like to express, on behalf of the entire congregation, our sincere appreciation for his moving words of support and comfort.

Voices young and old intoned the traditional prayer seeking *Refuah Shleima* for a renewal of both body and spirit. We have all, gratefully, been profoundly encouraged by the rabbi's rapid progress to date. We are delighted to have him back home to continue his therapy and his recuperation. In support of this process, I would like to offer, on behalf of Israel Congregation, my own prayer to hasten the rabbi's return to full and productive life among us.

*Lord of emergency and operating rooms,
of recovery areas and laboratories and treatment facilities
and wherever people gather for the sake of healing,
strengthen their hands and their resolve to accomplish your
work;*

*be with them as they do their best to avert a severe decree.
Be with our friend David, comforting his beating heart
as he is wheeled toward intimidating engines of exploration
and treatment,*

*be with him in the womb of the MRI
and may its dissonant rhythmic clatter bring him peace and
speedy recovery.*

*Comfort him as he awaits whatever destiny you see fit.
Soothe the wounds of diagnosis, surgery and therapy,
give him courage as he deals with his progress,
give him stamina and faith to overcome the pain and process
of recovery,*

*and give comfort to his loved ones, his friends and his con-
gregants as they pray for his restoration.*

Amen.

*B'Shalom,
Morty Bunis*

Open Seats on the Board of Directors

The mission of Israel Congregation is *keruv*— to bring Jews closer to Judaism, its culture, teachings and ritual. The Board of Directors is responsible for the governance of Israel Congregation. As such, Board members are involved in, among other things, advancing our mission, long-term planning, developing policies, establishing fiscal policy, oversight of committees, evaluation of the Rabbi, and providing adequate resources through fund-raising and personal financial contributions.

The Board of Directors meets once a month with meetings open to all members of the congregation. If you've ever thought of becoming a part of our Board of Directors, please contact Karen in the office at 362-4578, or **Arnie Katz** at 362-2944.

Shabbat Dinner Support

The existence of our community *Shabbat* dinner every Friday evening after *Kabbalat Shabbat* is an attribute of and a tribute to the ICM community. Sharing and savoring such a precious meal is so welcoming to members, non-members and travelers and is just one more way of showcasing the spirit and warmth of the Northshire's exceptional Jewish community. From the time of the first Jew, Abraham, we have welcomed strangers (*Hachnasat Orchim*) into our midst.

As members of ICM we must all be aware that we, as a whole, are responsible for providing the *Shabbat* pot-luck dinners. From time to time there are individuals and families who sponsor the meal which covers some of the fixed weekly costs each week for our wonderful help and the catered food.

When some families do not participate, the congregation suffers. Please understand that this is not a free meal. Every family attending is asked to bring part of the meal and/or to give a monetary gift to the *Shabbat* Dinner Fund. Envelopes are provided on the dinner tables. Full cooperation is essential in order to maintain this wonderful opportunity for sharing the experience of *Shabbat* with ICM and the Northshire.

Mindy Bloom
Shabbat Dinner Committee Chair

Religious School

Religious School has taken on a slightly new design this month as we restructured a bit in Rabbi Novak and Yuval's absence. We are fortunate to have parents and community volunteers who have stepped up to continue the work of educating our children.

Betsy Hart has stepped into Yuval's shoes in the Hebrew section of the class. She is an engaging teacher and is moving along with the curriculum that Yuval had been working on.

The second half of the class has been filled with community members. The children have made cards for the rabbi with creativity and enthusiasm that made us all proud. There was a card written all in Hebrew done by **Caralyn Schwartz** that was especially impressive and one by **Justin Tegen** that pulled at the heartstrings, imploring Rabbi Novak to come back soon, pointing out that "the Temple is not the same without you here."

Family Fun for All Ages

February 13 is Family Fun Night! Cross-country ski or snowshoe . . . the choice is yours and so are the Viking Ski Center trails, from 6-9pm on Saturday, February 13.

Bring your family and your friends and some food for a relaxed evening on the snow. We have the Viking trails and hut for the evening — so bring your favorite after-activity dish and join in the ICM camaraderie. The trails are partially lit and are easy enough for first-timers.

Cost per person: \$10 adult; \$5 kids under 18.

If you don't have your own equipment, snowshoes and/or cross-county skis are available for only \$5.00 from Viking.

Please call Karen at 362-4578 to reserve your spot and give some indication of which part of pot-luck you will bring. In case of bad weather, the evening will be rescheduled.

Directions to Viking Nordic Center, Londonderry:

From Manchester, take Route 11 toward Londonderry. Go 1.1 miles past the Garden Café and turn left on Little Pond Road. Viking Nordic Center is located .6 miles up Little Pond Road on the left.

Marlene Skulnik taught a session on *tzedakah* that ended in an engaging discussion about Judaism and the importance of giving as well as the making of *tzedakah* boxes to take home. The class recommends the Heifer Foundation to all; as they learned, the highest form of *tzedakah* is the kind that allows the recipient to help themselves!

We also learned about *Tu B'Shevat* with **Dina Bronson** and look forward to learning about kosher food with **Sandra Koffman** and more Judaic pottery with **Susan Leader**. **Joanne Beck** continues to teach and entertain with song and is working on a DVD so the children can sing songs and send messages to the rabbi with all of their charm and spirit.

We have had many community members offer to come in to talk about several other topics in Judaism. As much as we all miss Rabbi Novak and Yuval, it is heartwarming to be a part of a community that pulls together in such a cohesive and strong way.

Loree Zeif

Religious School Coordinator

ICM READS . . . This Year's Final Program

Save Monday, April 12 for a tour of the National Yiddish Book Center in Amherst, Massachusetts. The response to our first two programs built around Aaron Lansky's book, *Outwitting History*, was more than enthusiastic and the opportunity to tour the National Yiddish Book Center and talk with Aaron Lansky is not to be missed. We can car pool or, with enough respondees, hire a bus. The choice will be yours.

Estimated costs per person:

Museum tour: \$5.00

Lunch: \$10.00

Travel by bus: \$10-\$20

It is important that we know how many people wish to travel in order for us to make travel arrangements. Please respond as soon as possible with your tour reservations and information as to whether or not you intend to car pool or would like to travel by bus. Please contact **Doris Bass** at 297-0167 or dorisbass.comcast.net.

Let's deepen our *yiddishkeit* involvement by sharing this wonderful experience together.

Sponsor a *Shabbat* Dinner

We encourage members to support our communal *Shabbat* Dinner by sponsoring a dinner in honor of a life-cycle event, achievement, anniversary, birthday, or for any other *simcha*.

The cost to sponsor a dinner is \$180, which covers the food, serving, and clean-up expenses regularly provided by the synagogue. Attendees are still expected to augment the meal by bringing a potluck dish. Please contact Karen in our office for more information. A *Shabbat* Dinner FAQ Sheet is available.

Community Food Cupboard

Share some love this Valentine's month by making a donation of something pink or red. Some needed items for February are: cranberry juice, spaghetti sauce, ketchup, canned salmon, tomato soup. All donations to CFC are appreciated, and may be left in the collection boxes at Israel Congregation, Shaw's or in the hallway of the Manchester Town Office.

February Calendar Of Events

Feb.3	3:50 pm	Religious School; Hebrew with Betsy Hart Judaica with Sandra Koffman
Feb. 5	6:30 pm	Family Shabbat Followed by our Community Pot Luck Dinner
Feb. 6	9:30 am	<i>Shabbat</i> Worship, <i>Parashat Yitro</i>
Feb. 10	3:50 pm	Religious School; Hebrew with Betsy Hart Judaica with Michael Dreiblatt
Feb. 12	6:30 pm	Friday Evening <i>Shabbat</i> Worship; Followed by our Community Pot Luck Dinner
Feb. 13	9:30 am	<i>Shabbat</i> Worship, <i>Parashat Mishpatim</i>
	6:00 pm	Viking Cross Country and Snowshoe Event
Feb. 14	4:00 pm	Winter Film Festival
Feb. 15		Office Closed—President's Day
Feb. 17		No Religious School
Feb. 19	6:30 pm	Friday Evening <i>Shabbat</i> Worship; Followed by our Community Pot Luck Dinner
Feb. 20	9:30 am	<i>Shabbat</i> Worship, <i>Parashat Terumah</i>
Feb. 21	4:00 pm	Winter Film Festival
Feb. 24	3:50 pm	Religious School; Hebrew with Betsy Hart Judaica with Debbie Tegen and Lia Humphrey
Feb. 26	6:30 pm	Friday Evening <i>Shabbat</i> Worship Followed by our Community Pot Luck Dinner
Feb. 27	9:30 am	<i>Shabbat</i> Worship, <i>Parashat Tetzave</i>
	6:00 pm	Purim Celebration
March 3	3:50 pm	Religious School
March 5	6:30 pm	Family Shabbat Followed by our Community Pot Luck Dinner
March 6	9:30 am	<i>Shabbat</i> Worship, <i>Parashat Ki Tisa</i>

**** PLEASE NOTE:** *B'nai Mitzvah* classes will be announced as they are scheduled. Betsy Hart will fill in at Religious School until Yuval is able to return.

Mazel Tov to Our Outstanding Youth

Sydney Beck, who was honored with a Bromley Ski pass for fulfilling the requirement of being on the Headmaster's list for two sequential semesters. (She actually has been on Headmaster's list for three sequential semesters!) Sydney Beck has also been chosen from hundreds of applicants, through audition process, to perform in Carnegie Hall in NYC this June with the Honors Performance Series Choir.

Sarah Beck on her successful photography show on November 15, 2009 at Goucher College as part of her senior year fulfillment. The gallery of photographs displayed her interest in narrative photography.

Danielle Marmer on making Honor Roll at Loomis Chaffee.

Maddie Zeif on her starring role in Sunderland Elementary's production of *Seussical the Musical*.

Ma'aser Sheni



The Torah required three tithes of the Israelites. The first, Ma'asher Rishon, was given to the Temple priests. The second, Ma'aser Sheni, supported the general community, benefiting both giver and receiver. The third, Ma'aser Shlishi, provided funds for the poor. Our congregants participate in the mitzvah of Ma'aser Sheni by contributing to funds that benefit the synagogue and its members.

GENERAL FUND

Norma Colin & Fred Polsky • Irene & Ed Glazer • Sylvia Yedinsky • Lori & Murray Schlesinger in memory of Bob Taylor • Stephanie & Ron Weiss • Caroll & Frederick Tobin • Phyllis & Paul Schnitman Lilli & Gary Mayerson in honor of Rabbi Novak • Helen Steinberg, Sheila & Russell Mills, Jeanne & Lee Nemlich, Marlene & David Skulnik, Susan & Gary Marmer, Barbara & Robert Friedman, Gail & Philip Krevitt and Norma & Richard Daniels in memory of Sophie Deutsch • Shirley Kayne, Phyllis & Steve Gottdiener, Helen & Richard Brandt, Margaret & James Masiello, Abby & Tibby Ross, Fred Chernin & Ellen Browne, Sally & Allan Tessler, Laurie & Howard Taylor and George Kramer in memory of Bob Taylor • Judith & Henry Kaplan in memory of Celia Levine • Arlene & Carl Abramson in memory of Bryan Siegal Finer's grandfather, Sylvan Mendelson • Jeanne & Lee Nemlich in honor of Clara Koffman's birthday • Debbie Blotner with special thanks to Gary Marmer • Francine & Jay Oberst, Marlene & David Skulnik and Jeanne & Lee Nemlich in honor of Harvey Flaxman's birthday Fran & Mark Aronowitz, Marlene & David Skulnik and Marjorie & Michael Weiss with wishes for Rabbi Novak's speedy recovery • Marlene & David Skulnik with wishes for the continued speedy recovery of Al Michaels • Toby Horowitz and Arlene & Jerry Wiesenberg in memory of Stanley Weissman • Arlene & Jerry Wiesenberg in memory of Bessie Wiesenberg and Joseph & Hilda Keil Nancy & Larry Steinberg in memory of Sally Rummel Philips, David Rummel, Lillian Steinberg, Joel Steinberg • Ilse Fuchs in memory of her sister-in-law • Samra & Jeffrey Elliot in memory of Samra's father Chester Kupperman • Elsa Daspin & Michael Suisman in memory of Jeannette Daspin Paula & Harvey Alpart in memory of Anne Simon Alpart

RABBI'S DISCRETIONARY FUND

Irene & Ed Glazer • Sandy & Marty Castelbaum and Norma Rosenblatt in memory of Sophie Deutsch Barbara & Lee Silver in memory of Murray & Anne Schneider • Carole & Dick Tannen in honor of Harvey Flaxman's birthday • Sandy & Marty Castelbaum and Marilyn & Edgar Rice with wishes for Rabbi Novak's speedy recovery • Sandy & Marty Castelbaum in memory of Bobbi Lewis's beloved husband, Harvey

SHABBAT DINNER FUND

Fran & Mark Aronowitz, Sasha Kent & Arnie Katz and Karen & Michael Dreiblatt in memory of Sophie Deutsch • Jane & Doug Kleinfeld in memory of Selma Kleinfeld • Karen & Michael Dreiblatt in honor of Clara Koffman's birthday • Mindy & Allan Bloom with wishes for Rabbi Novak's speedy recovery • Doris & Sy Aptekar in honor of all of the birthdays, anniversaries and missed occasions for all congregants

MERKADO LIBRARY FUND

Stephanie & Ron Weiss • Ellen & Raymond Lipshutz in honor of Clara Koffman's birthday, with wishes for Rabbi Novak's speedy recovery and in memory of Samuel Charles Cutler • Janet Kleinberg & Harvey Flaxman in memory of Sophie Deutsch

Ma'aser Sheni Continued



TIKKUN OLAM

Margaret Connor, Roberta & Al Michaels and Merrily & Frank Lewis in honor of Harvey Flaxman's birthday • Roberta & Al Michaels and Ruthie & Norm Ellenbogen with wishes for Marlene Skulnik's speedy recovery • Merrily & Frank Lewis in honor of Clara Koffman's birthday • Ina & Mark Katzman and Merrily & Frank Lewis in memory of Sophie Deutsch • Fran & Mark Aronowitz in memory of Arthur Aronowitz and Etta Rein • Ina & Mark Katzman in memory of Mary Peretz, Bob Taylor, and Etta Goldstein

MARILYN GLATT LINGLEY FUND

Phyllis & Steve Gottdiener in memory of Brenda & Paul Gottlieb, Barbara Thaw, Casper Gottdeiner and Maxine Foster

CHILDREN'S EDUCATION FUND

Franci & Tom Carieri, Sara Dolsky, and Eileen & Stephen Cohen in honor of Harvey Flaxman's birthday Sara Dolsky in honor of Clara Koffman's birthday • Eileen & Stephen Cohen in memory of Sophie Deutsch • Sasha Kent & Arnie Katz in memory of Sydelle Plasner

GOLDSMITH PRAYERBOOK FUND

Irene & Ed Glazer • Cathy & Saul Kimmel in memory of Sophie Deutsch

BETTY KAMBER SCHOLARSHIP FUND

Sandra & Mark Koffman wishing Rabbi Novak a *refuah schleimah*

ADULT EDUCATION

Sasha Kent & Arnie Katz in honor of Harvey Flaxman's birthday

LYON/ANDREEN SCHOLARSHIP FUND

Lynne Andreen & Dave Lyon in honor of Clara Koffman's birthday and in memory of Sophie Deutsch

HIGH HOLIDAY DONORS

Brad Myerson • Sandra & Mark Koffman


****PLEASE NOTE:** Donations received after January 15 will be included in the March edition of *the Shofar*

Special Thanks

Rabbi Bob Alper for leading a beautiful, moving Mi Shebeirach service on January 6
 Betsy Hart, Marlene Skulnik, and Dina Bronson for teaching in our Religious School
 Gary Marmer and Allan Eisemann for teaching our *b'nai mitzvoah* students and for leading services
 Sara and Rachel Eisemann for leading services on January 16
 Fran Aronowitz and Marisa Eisemann for organizing a wonderful Martin Luther King Jr. Commemoration
 Sasha Kent, Lane Katz, Sandy Castelbaum, Irene Glazer and Ruth Friedman for their help in the office

Did you know donations can now be made on line? Visit www.israelcongregationvt.org.

Advertising pays! Our newsletter goes to more than 300 households in eight states. You can place ads of any size, from business cards to whole pages. For rates, contact Karen at 362-4578.



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The Tree of Life on the wall in our Social Hall is adorned with leaves that commemorate events in the lives of our congregants. To inscribe your family event or Simcha call Karen in the synagogue office at 802.362.4578.

Share your *naches* and send your announcements to Karen at office@icmvt.org by the 15th of each month for inclusion in the following month's edition of *the Shofar*.