

CENTER LIGHT

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VAN CORTLANDT JEWISH CENTER



www.vcjewishcenter.org

APRIL 2019

Adar II - Nisan 5779

RABBI'S HUMILITY MESSAGE

This month's Center Light is dedicated in loving memory of Russell Lee Heit, Ruven Leizer ben Michel ob"m, beloved brother of Sabrina Heit, whose first yahzeit is the 6th of Nisan. May his soul be elevated.

A healthy sense of self esteem is vital to a successful and fulfilling life. However, in today's society so tenaciously pursuing our goals, careers and dreams, it is all too easy to start becoming self-centered with a strong sense of entitlement. Let's examine some teachings regarding this and humility as an antidote to arrogance.

In the Passover story it is hard to envision a starker contrast than Moses, about whom the Torah writes, "Moses was exceedingly humble more than any person on the face of the Earth" (Numbers 12:3) confronting Pharaoh, the haughty king who considered himself a veritable god. Moses, initially refused the Almighty's command to serve as leader, as Aaron, his elder brother's feelings at being passed over, might be hurt. On the other hand, Pharaoh who had no compassion for humanity brutally subjugated, tortured and killed, taking every possible advantage of the defenseless Jewish people.

Pharaoh's response to G-d's demand to Let My People Go! says it all. "Who is G-d that I should hearken to His voice and let Israel go. I do not know G-d and moreover I will not let Israel go". (Exodus 5:2).

Before we spew our righteous indignation at Pharaoh perhaps we should stop and consider a teaching that Pharaoh is symbolic of the evil inclination in everyone of us.

(continued page 5)

❧ PASSOVER SCHEDULE ❧

Thurs., April 18 – Morning services 6:50 am
Search for Chometz after sundown

Friday, April 19 – Erev of Passover – 1st Seder

Morning services -	6:45 am
Siyum Bechorim (Fast of the First Born)	7:30 am
Latest time for eating Chometz	10:40 am
Burning of the Chometz before	11:35 am
Latest time to Annual Chometz	11:48 am
Mincha service	7:25 pm

🕯 **Candles** 7:21 pm

1st Seder approx. 8:10 pm

Sat. April 20 – 1st day of Passover – 2nd Seder

Morning service -	8:45 am
Mincha service -	7:30 pm

🕯 **Candles** 8:25 or later

2nd Seder approx. 8:30 pm

Sun. April 21 – 2nd Day of Passover

Morning services - -	8:45 am
Mincha service --	7:20 pm
Yom Tov ends - -	8:29 pm

Mon. April 22 to Wed. April 24 – Chol Hamoed

Morning services - -	6:30 am
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Thursday, April 25 – Chol Hamoed

Morning services - -	6:30 am
Mincha service --	7:30 pm

🕯 **Candles** 7:27 pm

See page 6 for the 7th & 8th day of Passover
See April calendar for complete Passover & Holiday times

CANDLE LIGHTING SCHEDULE



Candle Lighting

Shabbos Ends

Fri. Apr. 5	7:07	8:11
Fri. Apr. 12	7:14	8:18
Fri. Apr. 19	7:21	
Sat. Apr. 20	8:25 or later	
Sun. Apr. 21	Yom Tov ends	8:29
Thur. Apr. 25	7:27 Chol Hamoed	
Fri. April 26	7:29	
Sat. April 27	Shabbos & Yom Tov ends	8:33

Kindle the Sabbath Lights

VAN CORTLANDT VILLAGE NOTES – APRIL

REFUAH SHLEMAH

. . . Mickey Axelbank, Arnold Geismar, Marcy Harris, Neil Harrow, Elliot Kaufman, Saul Lieman, Howie Leventhal, Nathan Rosenkranz, Jules Rubinstein, Claire Silver, Mayer Sodden, Renee Stoller, Al Tenenbaum

SINCERE SYMPATHY

. . . Jeff Belsky and Sandra Auerbach on the loss of their aunt Ruth Kardish

THANK YOU

. . . Alan Paul Katz for sponsoring the March 17th Lecture and Breakfast. It was in memory of his father, Rabbi Dr. Henry Katz and mother, Faye C. Katz

MAZEL TOV

. . . Roberta Seidner on the Bar Mitzvah of her grandson, Charlie Siper. He is the son of Brian & Marcia Siper and brother of Jacob.

★ SCHEDULE OF SERVICES ★

Please Attend & Guarantee our Minyanim

Morning Services:

Saturday	8:45
Sunday	8:30
Monday & Thursday	6:50
Tues., Wed., & Friday	7:00
Sunday, April 21 (2nd day Passover)	8:45
Mon. April 22 to Thurs. April 25	6:30
Chol Hamoed	
Friday, April 27 (7th day of Passover)	8:45

Evening Services

Friday, April 5	7:10
Saturday, April 6	7:05
Friday, April 12	7:20
Saturday, April 13	7:10
Friday, April 19	7:25
Saturday, April 20	7:30
Sunday, April 21	7:20
Yom Tov ends	8:29
Thursday, April 25	7:30
Friday, April 26	7:35
Saturday, April 27	7:45
Shabbos & Yom Tov ends	8:33

THE CENTER LIGHT

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Office Manager	Roberta Seidner
Office Assistant	Claire Haime



April 2019

25 Adar II - 25 Nisan 5779



HAPPY & HEALTHY PASSOVER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 25 ADAR II Morning .. 6:50 ▶ CPR Course 6:30 pm	2 26 ADAR II Morning .. 7:00	3 27 ADAR II Morning .. 7:00	4 28 ADAR II Morning .. 6:50	5 29 ADAR II Morning .. 7:00 Evening .. 7:10 🕯️ Candles 7:07	6 1 NISAN 🌟 Rosh Chodesh 🏠 Tazria Shabbat Hachodesh Morning .. 8:45 Evening .. 7:05 🌟 Shabbos ends 8:11
7 2 NISAN Morning .. 8:30 ▶ Ritual Committee 10:00 am	8 3 NISAN Morning .. 6:50	9 4 NISAN Morning .. 7:00 ▶ Board meeting 7:00 pm	10 5 NISAN Morning .. 7:00	11 6 NISAN Morning .. 6:50 ▶ Administration and Finance Committee meeting 7 pm	12 7 NISAN Morning .. 7:00 Evening .. 7:20 🕯️ Candles 7:14	13 8 NISAN 🏠 Metzora Shabbat Hagadol Morning .. 8:45 Evening .. 7:10 🌟 Shabbos ends 8:18
14 9 NISAN Morning .. 8:30 ▶ Vladeck Hall - Lunch - Raffle Prizes Entertainment 1:00 pm	15 10 NISAN Morning .. 6:50	16 11 NISAN Morning .. 7:00	17 12 NISAN Morning .. 7:00	18 13 NISAN Morning .. 6:50 ▶ Search for Chometz (evening)	19 14 NISAN 🌟 Erev Pesach Morning .. 6:45 Evening .. 7:25 🕯️ Candles 7:21 🌟 Fast of the First Born ▶ 1st Seder	20 15 NISAN 🌟 Passover - Day 1 Morning .. 8:45 Evening .. 7:30 🕯️ Candles 8:25 or later ▶ 2nd Seder
21 16 NISAN 🌟 Passover - Day 2 Morning .. 8:45 Evening .. 7:20 🌟 1 Omer ▶ Yom Tov ends 8:29	22 17 NISAN 🌟 Passover - 1st Intermediate Day Morning .. 6:30 🌟 2 Omer Chol Hamoed	23 18 NISAN 🌟 Passover - 2nd Intermediate Day Morning .. 6:30 🌟 3 Omer Chol Hamoed	24 19 NISAN 🌟 Passover - 3rd Intermediate Day Morning .. 6:30 🌟 4 Omer Chol Hamoed	25 20 NISAN 🌟 Passover - 4th Intermediate Day Morning .. 6:30 Evening .. 7:30 🕯️ Candles 7:27 🌟 5 Omer Chol Hamoed	26 21 NISAN 🌟 Passover Day 7 Morning .. 8:45 Evening .. 7:35 🕯️ Candles 7:29 🌟 6 Omer Chol Hamoed	27 22 NISAN 🌟 Passover Day 8 Morning .. 8:45 🕯️ Yizkor 10:30 Evening .. 7:45 Shabbos and Yom Tov ends... 8:33 🌟 7 Omer
28 23 NISAN Morning .. 8:30 🌟 8 Omer	29 24 NISAN Morning .. 6:50 🌟 9 Omer	30 25 NISAN Morning .. 7:00 🌟 10 Omer				

☆ *Yahrzeits* ☆

APRIL

ADAR II

1	Sigmund Spira	25
1	Sarah Twarkowsky	25
2	Harry Cohen	26
2	Yetta Straussman	26
3	Barbara Fern Weinrauch	27
3	Caroline Pomeranz Mesh	27
3	William Harris	27
3	Tillie Kaplan	27
3	Millie Klein	27
3	Rose Stien	27
3	Benjamin S. Kaminer	27
3	Frieda Newman	27
4	William Gendler	28
4	Rida Salant	28
4	Jerome Cohen	28
5	Helen Seecof	29
5	Samuel Rosenthal	29

NISAN

6	Edith Vivian Pollack	1
7	Morris Pollack	2
7	Max Haren	2
8	Tillie Kuperberg	3
8	Sol Feiner	3
8	Michael Grodzicki	3
8	Kalman Weinrauch	3
9	Alfred Kleinfeld	4
9	Bella Strongwater	4
10	Pauline Yapkowitz	5
10	Alex Wechsler	5
10	Sheldon Pease	5
10	Sadie Penn	5
10	Paul David Miller	5
11	Benjamin Goldenberg	6
11	Ethel Boyarsky	6
11	Ruth Kwastel	6
11	Russell Lee Heit	6
12	Morris Frieder	7
12	Pauline Reigot	7
13	Millie Epstein	8
13	Yetta Cohen	8
13	Raymond Schneider	8
13	Allen Miller	8
14	Harry Brown	9
15	Charles Singer	10
16	Eva Meltzer	11
17	William Reiss	12
18	Etta Aarons	13

☆ *Yahrzeits* ☆

APRIL

NISAN

19	Abraham Asofsky	14
19	Max Heyman	14
19	Dr. Irwin Ship	14
19	Hyman Blassman	14
20	Betty Bornstein	15
21	Kenie Mittleman	16
22	Rose Buchhalter	17
22	Jennie Oltchick	17
22	Fanny Friedman	17
22	Rose Hecht	17
22	Samuel Miller	17
23	Esther Rosenthal	18
25	Marsha Shapiro Baltz	20
25	Julius Cohen	20
26	Jack Jablonka	21
27	Herbert Leonard Kestin	22
27	Morris Leal	22
28	Dorothy Nankin	23
28	Natalie Grumet	23
29	Clara Silver	24
30	Frank Stern	25
30	Milton Pushkin	25

🕯 *Remember to light a Yahrzeit candle the night before*

**PASSOVER
YIZKOR
APPEAL**

If you can't attend Yizkor services, please try and make a donation to VCJC in memory of a loved one. It will be very much appreciated

🌸 **SISTERHOOD NEWS** 🌸

I would like to begin this newsletter with an apology to the Sisterhood for canceling our March 24th meeting. The reason for the cancellation was a conflict with another important committee meeting at VCJC held at the same date and time. I hope that by the time you read this, that we have had an opportunity to meet and discuss some possible upcoming events.

It has been a tradition that the Sisterhood hold a Mother's Day Flower Sale. I would like to continue this tradition, but would appreciate your valued input in the planning and implementation of the sale. Another possible event would be a Painting Party that was discussed at a prior meeting. My daughter-in-law is an artist and might be able to be the instructor for the party. It would be great if we could have one or two successful events before we end our year.

Sisterhood sends our best wishes for a speedy recovery to Sonja Geismar, Marcy Harris and Marilyn Newman. We hope to see them soon. We also send our best to Howie Leventhal and hope to see Jackie soon as well.

Sisterhood wishes everyone in the Van Cortlandt Synagogue and beyond a very Zeisen Pesach!

רסמח כשר זוג

Ceil Hartstein, President

RABBI'S MESSAGE - continued

That is, if we are undisciplined and allow our evil thoughts, morals and traits to grow unchecked, it will eventually rule over us. Furthermore, chometz, (any of the five grains when mixed with water and allowed to rise past 18 minutes) that becomes swollen, is synonymous with the evil inclination or an arrogant person who becomes full of himself. By refraining from eating chometz during the entire week of Pesach, we begin getting a handle on taming our evil inclination that otherwise runs rampant over our lives. It is so important, that one who (unless medically mandated) knowingly and purposely eats chometz on Pesach and fails to repent, is spiritually cut off from the Jewish people.

The Vilna Gaon in his epic book Even Shlaima says, "why is a person even granted life other than to improve his character?" Thus, to justify aiming to be our higher selves, it is important to at least gain awareness of our shortcomings, acknowledge and admit it, at least to ourselves, and then develop a plan to grow spiritually.

On the verse (Deuteronomy 17: 20), That he should not raise his heart above his brothers, Rabbi Simcha Zissel Kelm said that arrogance is a reprehensible trait that is the father of all other negative traits. Rabbi Zelig Pliskin in Growth Through Torah analyzing arrogance writes: "a person who has arrogance will easily become angry when others do not do his bidding. He will not be satisfied with what he has as he arrogantly thinks more is due him. He will look down at others, which will be reflected in his speech. He always feels that others should do things for him while he has no obligation to help them in return. He will be ungrateful for any good done for him and take advantage of others as he feels that everyone is only in this world to serve him. He is never willing to take the blame for anything that goes wrong because that would be humiliating and he sees himself as infallible. He will boast as much as he can to build himself up. He will not ask anyone for clarification for this would be belittling to him. He will act obnoxiously, and frequently become involved in quarrels. He will hate any person who slights him in any way. In short, a person who is arrogant will have a multitude of faults in many areas."

How can we begin changing any arrogant tendencies we might have?

RABBI'S MESSAGE – continued

Perhaps by substituting arrogance with humility. Rabbi Pliskin provides three thoughts worth contemplating that can precipitate a perspective of humility. Number one, realize and internalize how small I am in comparison with the entire universe and the power of the Almighty. Number two, realize the vast amount of knowledge I am missing and my mistakes over my lifetime and their consequences. Thirdly, realize the frailty of the human body and how even the strongest person eventually becomes weak and dies. When we open our eyes to the total picture of reality we lose our arrogance. Therefore Moses, who had the highest level of awareness of reality, was the most humble.

Beginning the second day of Passover, we start "Sefiras" or counting the Omer, for the 7 weeks until Shevuos, when we received the Torah. There's a universal tradition that, on each of these 49 days we strive to recognize and acknowledge our shortcomings and take course correction to be deservent of receiving the Torah.

When the Jewish people encamped by Mt. Sinai just before receiving the Torah, It says "Israel camped" in the singular. Rashi explains, it was the only encampment with unity, totally devoid of friction. If there would have been any enmity, the Torah could not have been given. There is also a saying about both Torah and Peace, that if you possess it what are you missing and if you are missing it what do you possess?

A certain Rebbi made it known that all of his followers or Chassidim have to go door to door, including in the cold and nasty weather, to extend themselves by collecting on behalf of their fellow Jewish neighbors. One prestigious follower from a wealthy family approached the Rebbi and explained his lineage and that he thought this was below his station. He offered to instead match the donation, equal to all the collectors combined in lieu of collecting. The reply was, if you are so wealthy maybe you should buy yourself a different Rebbi. In other words you need to look past yourself and change who you are by extending yourself through doing for others.

(continued page 6)

RABBI'S MESSAGE – continued

Rabbi Schaefer in The Shmuz writes about Finding The Balance: Most people struggle with either a poor image or an inflated sense of self. Either that inner voice says I am worthless. What can I accomplish anyway? How much can be expected of me or it speaks out? Do you know who I am? Do you know how great I am? Do you know how weighty, mighty and significant I am? Both of these extremes are false. The correct understanding is that God created me and put me into a position where I can shape worlds. Born into this thing called a human body, I have extraordinary potential and capacities. It was worthy of creating all of the cosmos for me alone. (and by the same token each and every person as well). And at the same time, I am but this little guy inside. Understanding this balance allows us to recognize our significance and at the same time remain grounded, I was created in the image of G-d, but at the end of the day I am but a creation-and Hashem is my Creator.

Along the same lines, Russell Heit loved and gave from his heart always (and made Sabrina laugh like nobody could). He loved his family and was taken from the people who loved him too soon. The one person that Russell loved like family was Peter Pergelides. Ruvein Leizer will be forever in our hearts.

*A Wonderful Passover Season
Rabbi David Borenstein and Family*

 **SAVE THE DATE** 

SUNDAY, JUNE 30th

ANNUAL GALA

**HONORING
HOWARD KAMIEL**

BECOME A SPONSOR

Celebrating a special occasion, such as a significant birthday or anniversary, or a birth, wedding or graduation in the family? Or observing a yahrzeit? Or just want to honor a special person or event? Why not share it with the congregation by sponsoring a **Shalosh Seudos or mini-Kiddush?**

The **Shalosh Seudos** (third meal) is a light meal held every Shabbos afternoon between the mincha (afternoon) and maariv (evening) services. The menu can be customized but usually consists of sliced gefilte fish, tuna fish or egg salad, other light foods, fresh fruit, cookies or pastries, challah and crackers, and soda. The cost of sponsoring is approximately \$50 depending on the final menu. \$10 of this amount is a donation to the VCJC.


The **mini-Kiddush** is held every Shabbos morning in the Boyarsky Hall immediately following services. It consists of wine and grape juice for reciting the Kiddush, accompanied by a variety of pareve pastries and cookies. The cost to sponsor is a more modest \$25.

A **third option** is sponsoring one of the monthly lectures held between January and June. Preceding each lecture, we serve a light breakfast of bagels, cream cheese and lox along with coffee. Sponsorship costs \$100.

If you wish to be a **sponsor** for any of these events, simply contact the office to book the date, preferably at least two weeks in advance. The office staff will take care of making all the arrangements. We look forward to your participation in these programs.

PASSOVER SCHEDULE – continued

Friday April 26 – 7th day of Passover

Morning services -	8:45 am
Mincha service -	7:35 pm
 Candles -	7:29 pm

Saturday April 27 – 8th day of Passover

Morning services -	8:45 am
YIZKOR services -	10:30 am
Mincha service -	7:45 pm
Shabbos & Yom Tov ends -	8:33 pm

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Rabbi David Borenstein



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. . . If you would like to sponsor a **Shalosh Seudos or Kiddush**, let the office know so we can reserve the date for you.

✓ **DATES TO REMEMBER**

May 2 – YOM HASHOAH
 Holocaust Memorial Day

**May 5 – YOM HASHOAH
 MEMORIAL at VCJC**

May 9 – YOM HA'ATZMAUT
 Israel Independence Day

May 12 – MOTHER'S DAY

**MAY 19 – GENERAL MEMBERSHIP
 MEETING**

May 27 – MEMORIAL DAY

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