



Rabbi's Message

A new study suggests that joining a religious group could do more for someone's "sustained happiness" than other forms of social participation, such as volunteering, playing sports or taking a class.

A study in the American Journal of Epidemiology by researchers at the London School of Economics and Erasmus University Medical Center in the Netherlands found that the secret to sustained happiness lies in participation in religion.

"Organized religion appears to play a very important social role in keeping depression at bay and also as a coping mechanism during periods of illness in later life," Mauricio Avendano, an epidemiologist at LSE and an author of the study, said in a statement. "It is not clear to us how much this is about religion per se, or whether it may be about the sense of belonging and not being socially isolated."

Researchers looked at four areas: 1) volunteering or working with a charity; 2) taking educational courses; 3) participating in religious organizations; 4) participating in a political or community organization. Of the four, participating in a religious organization was the only social activity associated with sustained happiness, researchers found.

The study analyzed 9,000 Europeans who were older than 50. The report that studied older Europeans also found that joining political or community organizations lost their benefits over time. In fact, the short-term benefits from those social connections often lead to depressive symptoms later on, researchers say.

Although healthier people are more likely to volunteer, the researchers found no evidence that volunteering actually leads to better mental health. Benefits could be outweighed by other negative impacts of volunteering, such as stress, Avendano said.

The researchers noted that it is unclear whether the benefits of participating in a religious organization are connected to being in the religious community, or to the faith itself. Of course, that finding reminds me of the old story about Goldberg and Schwartz: One Shabbas morning, at the door to the synagogue, the rabbi says to Goldberg, "Goldberg! See nice to see you! It's been awhile, but I'm glad you came to be with us!" And

Goldberg replies, “That’s not why I’m here. I’m here for Schwartz. Schwartz came to talk to God. And I came to talk to Schwartz.”

(I think that, secretly, Goldberg came for more than just talking to Schwartz – which he could do anywhere.)

I find all this fascinating.

Tacked up above my desk in my office at Hebrew Union College is this little gem: “Religion taken seriously is the most liberating thing there is. Everything superfluous fades away.” Isn’t that true? Then there’s this from the wonderful Jewish educator, Dr. Ron Wolfson: “When I enter the sanctuary surrounded by my community, lifting my voice in song of praise or meditating silently on the issues that confront me in my life, I am called to consider once again my role as God’s partner in the work of creation. The words of the prayers are reminders of what that means: to care for the less fortunate, to fight injustice, to remember that I, too, was once a slave, to support and build the community, to study for myself, to heal the ill, to comfort the mourner, to repair the world. With every step I take on my Jewish journey, I have the power to make the world a better place, to help realize God’s reign on earth.”

Where else, really, is such an experience possible?

Maybe you come “to talk to Schwartz.” Maybe you just come for the respite, for an hour’s oasis in time and space when the quiet washes over you and calms your soul. Maybe you come to be lifted out of the mundane, the everyday, and the superfluous and to be reminded of what’s truly important – relationships, history, values, comfort, challenge, continuity, covenant and inspiration. Maybe you come because your heart soars when you sing. Maybe you come because...you can fill in the rest.

I hope that you’ll keep coming.

Have a very good month.

Rabbi Kim S. Geringer

President’s Message

Well Spring is right around the corner and that means we have our pot luck dinner on March 11 which is going to be AMAZING! In addition Pesach is approaching pretty quickly as well. I think some of the best things about our tradition, besides the community, are that there is always something to celebrate or remember throughout the year. Whether it’s kindling the lights of Shabbat, remembering our loved ones, or remembering our history. With each week, or each season, we remember, give thanks, or simply reflect on our present; our successes, our failures, our families, our friends, our gains or our losses. Judaism does this like no other religion does, and it’s really a beautiful thing, especially in a world that takes in and discharges everything around it so quickly.

So some things that are coming up are of course Pesach which will be at the Captain's Inn this year (more details will follow as it gets closer). Also, the Board of Trustees has voted to move up the next Congregational meeting to Sunday, May 1, 2016, the location of the meeting is still being worked out, but please reserve the date.

Though I say it all the time, I can't say it enough. We are small, and we need everyone's input. You know the old saying, "many hands make light work". Most of the Board works full time day jobs, which can sometimes make it difficult to accomplish everything we'd like to accomplish. Given this, any skills or ideas anyone would like to, or can offer would help tremendously! I'm not requesting anything permanent or time consuming. We really need "as needed" skills that can help with advertising (making sure we're represented in S. Ocean County), membership, or our Hebrew School. If you have suggestions or any skills that you think you might be willing to offer. Call me on my cell phone or email me!

The board will be meeting again on March 24th at 7pm. The location is still being confirmed. Since we do not have a permanent place to meet, please speak to the homeowner hosting the meeting if you would like to attend.

L'Shalom,

Wendi Higgins

Membership

Can you find a friend to join our spiritual family....we need to grow...sooner than later! As we look into our future it will be difficult to sustain ourselves without any growth in membership. We need everyone's help to keep us going. Think about what we offer....a Jewish identity in our community, friends that we never would have had, bi-monthly services.... support from our Rabbi and Board of Trustees. Consider helping on a committee to reach out to increase our membership. You can speak to Syble Bleiweis, Joan Silverman or Cyndy Friedland to participate.

Please *save the date* of March 19th to attend the **B'nai Mitzvah** of **Reece** and **Brianna Otto**. Our service will begin at 10AM...be sure to circle this date!!

Hebrew School

Passover is coming...and a trip to the Matzo Factory in Lakewood is available on Sunday, March 20th. Congregation Beth-Am Shalom has invited us to join them. Contact Cyndy Friedland if you would like to attend. This is available to our congregation and students, however we need to make arrangements for everyone attending.



Birthdays are always something to celebrate.....

MARCH 2016

Gary Daley	March 1
Jack Crespy	March 4
Marlene Feldhuhn	March 5
Emily Miller	March 5
Charles Flum	March 6
Joan Silverman	March 10
Stanley Jackson	March 17
Danielle Jonas	March 30

APRIL 2016

David Jonas	April 11
Maralyn Ricciardi	April 25



Yahrzeits

בראבא יתגדל

May the memories of our loved ones be a blessing.

First Year

03/17/2015	David Freschman	Nephew of Jack Crespy
05/07/2015	Christine Kaplan	Sister of Dolly Weiss
07/25/2015	Clark Webb	Brother-in-Law of Cyndy Friedland

Annual

03/01	Ken Schwitz	Cousin of Hope Gardiner
03/10/1991	Nicole Ryanne Miller	Niece of Pat Barndt & Wendi Higgins
03/12/1991	William Myles	Father of Loretta Wallerstein
03/17/1992	Rose Rosenberg	Grandmother of Philip Miller
03/21/1982 (20th of Adar)	Irving Topper	Father-in-Law of Deanna Bovasso
03/27/1998 (29 Adar 5758)	Yetta Grossman	Mother of Fran Breese
04/08/2008	Gladys Zeik	Mother of Debbie Dieckmann
04/10	Paul Taub	Cousin of Cyndy Friedland
04/12	Jon Brody	Cousin of Justin Friedland
04/22	Nancy Oliva	Friend of Cyndy Friedland
04/27/1975 (16 Iyyar)	Jack Silverman	Father of Terry Silverman



MARCH 2016

Wendi Higgins and March 28 (18 years)
Patricia Barndt-Higgins

APRIL 2016

Fran and Joe Breese April 7 (54 years)
Helen and John Cocuzza April 28 (9 years)

Tributes Cards

Tribute cards can be sent for weddings, engagements, promotions, bat and bar mitzvahs, in memory, births and any reason you may choose. The donation amount is \$5.00 and upwards in increments of \$5.00. It is a wonderful way to earn money for our temple. Just call Syble Bleiweis at [609-978-4240](tel:609-978-4240) or Joan Silverman at [609-698-0000](tel:609-698-0000) to send these cards.



May the memories of our loved ones be a blessing.....

To: Rabbi Kim Geringer

In memory of Leonard Geringer-Father, grandfather and father-in-law. With deepest sympathy and caring thoughts.

From: Cyndy Friedland Joan and Terry Silverman, Syble and Ernie Bleiweis, Madelyn and Robert Dunn, Sheilah Erlich, Dolly and Mike Weiss, Hope Gardiner, Ruth and Gary Schlyen, and Congregation Sha'arey Ha-Yam

Fundraisers... We need your support!!

Shabbat Dinner - Friday March 11, 6:45 PM...Pot Luck Shabbat dinner prior to services on March 11. \$12.00 per person over 12, plus bring a dish. Contact Madelyn for reservations 660-1614 justmemad@aol.com

Save-The-Date - Second Night Seder, Saturday, April 23, 5 PM, Captain's Inn. \$42.00 each for adult members and extended family; \$20.00 each for member children; \$52.00 each for adult non-members; \$25.00 each for non-member children

Clothing Drive – Friday, April 29...Contact Dayna (609-709-9410) for details

Waretown Founders Day – Saturday May 28...Volunteers needed

Art Auction – Date to be confirmed...Captain's Inn. Contact Cyndy (609-698-4459)

Amazon Smile - When shopping at www.SMILE.Amazon.com you can designate REFORM JEWISH COMMUNITY of BARNEGAT (there are no additional fees, the congregation makes a percentage).

ShopRite Cards - always sold at services, but can be purchased anytime by contacting Dayna (609-709-9410) or Syble (609-978-4240).

Tribute Cards - can be sent to anyone for any reason with a *minimum* donation of \$5. Contact Syble (609-978-4240).

2016 Shabbat Services Dates/Times

March 2016

Friday, March 11 (Pot Luck Dinner), 6:45 PM

Friday, March 18, 7:30 PM

Saturday, March 19, 10:00 AM (B'nai Mitzvah for Reece & Brianna Otto)

April 2016

Friday, April 8, 7:30 PM

Saturday, April 23 (2nd Night Seder), 5 PM

May 2016

Friday, May 6, 7:30 PM

Friday, May 20, 7:30 PM

June 2016

Friday, June 3, 7:30 PM

Friday, June 10, 7:30 PM

Saturday, June 11, 10:00 AM (B'nai Mitzvah for Wendi Higgins, Syble Bleiweis, and Joan Silverman)

Shabbat Candle Lighting Times and Holiday Calendar

March 2016

		Tuesday 03/01/16 21 Adar I	Wednesday 03/02/16 22 Adar I	Thursday 03/03/16 23 Adar I	Friday 03/04/16 24 Adar I Shabbat Candle Lighting 5:35 PM	Saturday 03/05/16 25 Adar I Shabbat Shekalim
Sunday 03/06/16 26 Adar I	Monday 03/07/16 27 Adar I	Tuesday 03/08/16 28 Adar I	Wednesday 03/09/16 29 Adar I	Thursday 03/10/16 30 Adar I Rosh Chodesh Adar II	Friday 03/11/16 1 Adar II Rosh Chodesh Adar II Shabbat Candle Lighting 5:42 PM	Saturday 03/12/16 2 Adar II
Sunday 03/13/16 3 Adar II Daylight Savings Time Begins	Monday 03/14/16 4 Adar II	Tuesday 03/15/16 5 Adar II	Wednesday 03/16/16 6 Adar II	Thursday 03/17/16 7 Adar II	Friday 03/18/16 8 Adar II Shabbat Candle Lighting 6:50 PM	Saturday 03/19/16 9 Adar II Shabbat Zachor
Sunday 03/20/16 10 Adar II Spring Begins	Monday 03/21/16 11 Adar II	Tuesday 03/22/16 12 Adar II	Wednesday 03/23/16 13 Adar II Ta'anit Esther Erev Purim	Thursday 03/24/16 14 Adar II Purim	Friday 03/25/16 15 Adar II Shushan Purim Shabbat Candle Lighting 6:57 PM	Saturday 03/26/16 16 Adar II
Sunday 03/27/16 17 Adar II	Monday 03/28/16 18 Adar II	Tuesday 03/29/16 19 Adar II	Wednesday 03/30/16 20 Adar II	Thursday 03/31/16 21 Adar II		

Kibbitz Corner

Ocean County Jewish Federation

Save the Date..... Thursday, April 14th..A Place To Be..... The Women's Division of the Jewish Federation of Ocean County presents A Solid Gold Evening of Food and Fun...with comedian Judy Gold. Ladies, you will or should have received an invitation in the mail for this event. Last year's comedy night was a raving success..this year will be also. Spouses and significant others, friends and family are invited also for this evening, friends and family. Cyndy is hosting a table for us so kindly write her name to sit with. If you would like a separate invitation, please let Cyndy know. Cover is \$54. per person.

Let's, together, invite all of Ocean County to a party in celebration of the **68th birthday of the State of Israel**. Peter Kitay of the JFOC Board is chairing that important celebration. Drew, our JFOC Executive Director, has been in contact with the Blue Claws regarding the annual Jewish Heritage Day. The possible dates are Thursday, May 12 or Sunday, May 15. We will advise the date!!

Board of Trustees

The next Board of Trustees meeting will be held on Thursday March 24, 2016 at 7 PM. The location has not been finalized. If you are interested in attending, please contact Wendi Higgins (732-232-1861 or cbreezego@gmail.com).

CONGREGATION SHA'AREY HA-YAM BOARD OF TRUSTEES

President	Wendi Higgins	732-232-1861	cbreezego@gmail.com
1st Vice President	Philip Altland	609-492-2751	paltland@elliman.com
2nd Vice President	Dayna Otto	609-597-3239	yoursdayna@comcast.net
Secretary	Helen Cocuzza	609-978-8653	heja0615@aol.com
Treasurer	Robert Dunn	609-660-1614	rdunn2960@aol.com
Financial Secretary	Cyndy Friedland	609-698-4459	cfriedland119@comcast.net
Board of Trustees at Large	Allan Levy	609-549-6539	ahlbeach@hotmail.com
	Laura Miller	609-660-9072	millerlaura303@gmail.com
Past President	Philip Miller	609-698-3933	pmmlegal@aol.com

Temple Committees	
Committee	<u>Chair/Members</u>
Choir	<u>Philip Altland</u> Cyndy Friedland, Wendi Higgins, Pat Barndt-Higgins, Madelyn Dunn, Robert Dunn, Syble Bleiweis, Rena Kreisler, Helen Cocuzza
Finance	<u>Treasurer, Robert Dunn</u> Financial Secretary, Cyndy Friedland President, Wendi Higgins
Fundraising	<u>Cyndy Friedland</u> Pat Barndt-Higgins, Syble Bleiweis, Madelyn Dunn, Cyndy Friedland, Wendi Higgins, Joan Silverman, Ruth Schlyen, Helen Cocuzza
Greeters	Hope Gardiner, Rhona Levy, Myles Levy, Edna Schaffler
Hospital Visits	Jack Crespy
Membership	<u>Cyndy Friedland</u> Syble Bleiweis, Joan Silverman, Helen Cocuzza
Music	Philip Altland
Newsletter	Helen Cocuzza
Oneg & Dinners	<u>Madelyn Dunn</u> Pat Barndt-Higgins, Wendi Higgins, Filomina Jonas
Religious School	<u>Dayna Otto</u> Phil Miller, Helen Cocuzza
Ritual	<u>Allan Levy</u> Philip Altland, Charles Flum, Helen Cocuzza
Tributes & Get Well	<u>Syble Bleiweis</u> Joan Silverman
Yahrzeits	Pat Barndt-Higgins