

Agudath Israel © Etz Ahayem



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RABBI'S

RABBI SCOTT KRAMER

If you are looking for me at noon on a Monday, Wednesday or Friday, I am most likely at the Midtown Y on Carter Hill Road fulfilling a promise my Ziegler School of Rabbinic Studies class made to our dean.

On the first day of Rabbinical School in 2002, Rabbi Bradley Shavit Artson explained the importance of taking care of our physical selves.

We made a committment to stay involved with the Jewish community from birth till death, but self care is often overlooked. Rabbi Artson knew we would work hard to meet our community's needs, but neglect ourselves.

The rabbi said that to be there for others, we had to take care of our physical selves first and foremost. I made the promise to take care of myself physically and have kept it ever since.

This time of year something very predictable happens. I call it the "New Year's resolution two-step."

Step One:

Induge in all the wonderful holiday eating opportunities. Notice our clothes have shrunk. Now make a

resolution to join a fitness center and lose weight.

Step Two:

Actually join a fitness center and attend classes January 2.

Great resolution.

The problem occurs one week later when most people let it slide.

You can watch it happen every year. January 2 the place is packed with eager newbies wearing the latest styles in workout and active wear. The classes will be full. The machines are all in use.

By the end of January everything is back to normal.

Don't worry, you will see those fun, well-intentioned people again. Next year. On January 2, 2025.

We laugh and joke about it at the Y. But this year I'm feeling a little different.

As I get older, my energy level is lower. Sometimes I talk myself out of going to the fitness center, making up reasons even I don't believe.

And sometimes my aging body just won't cooperate. Dealing with 60-something years of wear and tear on this body is catching up with me ... further eroding my ability to get out and exercise.

As 2024 rolls in, I need to stengthen my resolve to watch what I eat and stay active.

I think we all need to nourish our souls. Promise yourself to attend services in person at least once a week.

Pick up a good book about Judaism - I can help you find one in our library.

Study the Torah. Alone. With a friend. Or join me at the synagogue – we can study together. We even serve breakfast after minvan on Monday and Thursday.

I wish all of you a Happy New Year! Try to make realistic resolutions in 2024. Make them within your reach. And then ... keep reaching a lttle more each day.

Agudath Israel Etz Ahayem Synagogue

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Rabbi Scott Kramer

334-281-7394 rabbi@agudathmontgomery.com

INDEX

Synagogue Leadership 2
Tzedakah Funds2
Sisterhood 4
Yahrzeits 5
L'Chaim League7
Birthdays & Anniversaries 8
Calendar 8



OFFICERSBarbara Handmacher

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President Elect Vice President, Fundraising

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BOARD OF DIRECTORS

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Kathy Hess
Elaine Kirkpatrick
Ira Kupferberg
Bert Shephard
Fern Shinbaum

Rabbi Scott Kramer

BOARD OF DIRECTORS JANUARY MEETING

5 p.m., Tuesday, January 9 at the Synagogue

We will vote on a new slate of officers at this open meeting. Agudath Israel Etz Ahayem Synagogue Members are encouraged to attend.

Board Meetings are held at 5 p.m. on the second Tuesday of the month at the Agudath Israel Etz Ahayem ynagogue.

Tzedakah Funds

GENERAL FUND

In memory of Thelma Kallick,
Seymore Kallick, Sam Feldman,
Goldie Feldman, Louis H. Kushner,
Buddy Kallick, Rose Kushner, Eugene
Feldman, Enid Feldman, Roy Emanuel,
Sarah Emanuel, Nathan Feldman, Ann
Feldman, Phyllis Kasover, Bill Johnson,
Rabbi Yehuda Leib Merenstein,
Pauline Merenstein Davidson, and
Alvin Feldman

Mark Kallick and David Moore

In memory of Joseph Fleischman, Esther Schulwolf Fleischman, Frances Fleischman, Maurice Schulwolf, Gussie S. Schulwolf, Morris Schulwolf, Dora Schulwolf, Max Abraham Schulwolf, Regina Schulwolf, Annie Werfel, Fanny Fleischman, Rose Bauman Diane Logan

IIn memory of Rachel Moon Ira Kupferberg

In honor of Alan, Deborah and Boone Berlin

Ken Wool Wool Family Foundation

In memory of Myer Rich

Diana G. Hanan & Morris Capouano Esther Miller

In memory of Morris Capouano and Diana G. Hanan

Debbie Capp

In honor of Jake Aronov ddand Owen Aronov

Camille Sanford, Warren Averett

In memory of Jimmy Smith

Mark Kallick & David Moore

In memory of Lois Feldman Clauson

Mark Kallick & David Moore, Lauren & Dan Hoven and Phyllis Feldman Rehmar

In memory of Oscar Schoenbaum

Owen Aronov

In memory of Jimmy Smith Michael & Maxine Goldner

In memory of Lilyan Ginsburg

Michael & Lynn Herman

In memory of Israel Ehrlich

Betty Erhlich, Barry & Deborah Ehrlich, John & Elaine Kirkpatrick

In loving memory of Jerre Lee McManama, Jr.

Tina McManama

HIGH HOLIDAY PRAYER BOOK FUND

In memory of Rick Goldstein

Spencer & Kristen Segall, Lisa Segall and Sara Goldstein

RABBI'S DISCRETIONARY FUND

In memory of Jimmy Smith Arnold & Wendy Finkelstein

In memory of Jimmy Smith

Steve & Marsh Orange

In memory of Janet Kulbersh

Diane & Barry Blondheim Marsha & Steve Orange

BUILDING FUND

In memory of Rubin Alter Aronov lake Aronov

In memory of Aaron Aronov Owen Aronov

SECURITY

Donation

Warren Simons & Janice Prescott

In memory of Jimmy Smith

Steve & Marsha Orange

NACE ALLEN YOUTH FUND

In memory of our sweet cousin, David Markowitz

Jeffrey Brenner and Joseph Dumas

In loving memory of my grandfather, Sam Brenner

Jeffrey Brenner

Continued good health to our aunt, Betty Ehrlich

Jeffrey Brenner and Joseph Dumas

In memory of our very special brother David Scott Brenner

Jeffrey Brenner & Joseph Dumas

In memory of Regina LobatoYvette Hochberg

In memory of Conrad Albert Yvette Hochberg

In memory of Ronnie Rosen
Emily Allen

In memory of Jamella Alhadeff Emily Allen

SARA & SIGMUND SEGALL CHILDREN'S FUND

Donation

Bob Taffet & family Bobby & Sandy Segall and family Lisa Goldstein & family

KITCHEN FUND

Continued good health to our aunt, Helen Bern

Jeffrey Brenner & Joseph Dumas

ARLENE MILLER SILVER FUND

Continued good health to our uncle, Charles Miller

Jeffrey Brenner & Joseph Dumas
In loving memory of my mother,
Barbara Brenner
Jeffrey Brenner

SHINBAUM FAMILY HEALTH FUND

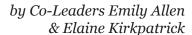
Mazol-Tov to Laurie & Bobby Feigenberg & Ellis on the birth of their son and brother

Jeffrey Brenner & Joseph Dumas

SHIVA PANTRY

In memory of my great-grandmother Jennie Brenner Jeffrey Brenner

In memory of Jimmy Smith Esther Varon





We hope everyone had a very happy Hanukkah!

Sisterhood's annual Hanukkah Hoopla on December 3rd was both successful and enjoyable! We had a great crowd, the food was delicious and fellowship was heartwarming.

Special thanks to Carolyn Bern, Chris Ginsburg and Kathy Hess for preparing, serving and selling the hot dogs and latkes. We are so grateful to Barry Ehrlich who helped us prepare the latkes and grilled the hot dogs with the indispensable assistance of Bill Braunstein on the grill. Thank you all!

On Sunday, December 17th, our book club met at the home of Amy Labovitz to discuss "How to Make <u>a</u> Life" by Florence Reiss Kraut. We had an interesting discussion via Zoom with the author. Our next Book Club event will be in February (date to be announced), when we will discuss "She's Up to No Good" by Sara Goodman Confino.

The annual Sisterhood Shabbat is planned for early March. Information will be sent out soon.

You all stay safe and well and we will see you in 2024!

MANAGING EXECUTIVE TEAM

Emily Allen and Elaine Kirkpatrick *Co-Presidents*

Fern Shinbaum Membership VP

Chris Ginsburg and Amy Labovitz *Programming Vice Presidents*

OFFICERS

Elaine Kirkpatrick Financial Secretary

Irene Kramer *Treasurer*

BOARD MEMBERS

Adena Kramer Irene Kramer Sukkot Refreshments

Chris Ginsburg Amy Labovitz Shabbat Dinner

Kathy Hess Yvette Hochberg Shabbat Service Dale Evans
Shalach Manot Bags

Chris Ginsburg Amy Labovitz Linda Smith Kitchen

Linda Smith Shiva Pantry
Emily Allen

Irene Kramer D'Var Torah

Tribute Funds

Yvette Hochberg *Book Club*

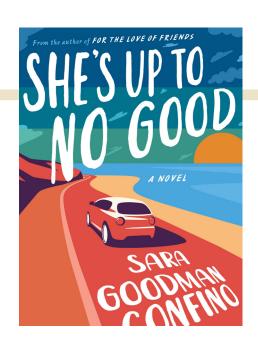


FEBRUARY BOOKCLUB DATE TO BE ANNOUNCED

12 p.m. at The Wharf at EastChase

Contact Elaine Kirkpatrick at elainek1922@charter.net to obtain a copy of the book.

"She's Up To No Good" by Sara Goodman Confino





Remembering Loved Ones We Have Lost

May G-d give comfort to the families along with all the mourners of Zion and Jerusalem

DEC 30 - JAN 5 | 18-24 TEVET

ALICE KLEINBERG

Rembered by Rhea Schneider, Arlene Goldstein, Billy Kleinberg, Bob Taffet and Bobby Segall

MOSES J. BERMAN

X JAMELLA ALHADEFF

Rembered by Emily Allen and Mitchell Allen

EZRA ASELROD

ALBERT DAVID CAPELOTO

ELI COHEN

Rembered by Raymond Cohen, David Cohen, Joel Cohen and Michael Cohen

X ISAAC SAUL KREISMAN

THELMA MENDEL

Rembered by Nan Lavin

BELLE KERMISH

Rembered by Steve Kermish

ERIC KNURR

Rembered by Dr. Werner Knurr

SIDNEY BESSER

BERTHA MARGULIS

Rembered by Steve Lande

RONNIE ROSEN

Rembered by Emily Allen and Linda Smith

SIDNEY ROSEN

Rembered by Emily Allen and Linda Smith

X HYMAN M. SCHWARTZ

Rembered by Steve Lande

IAN 6-12 25 TEVET - 2 SH'VAT

A HOBBIE FREEHLING

Rembered by Paul Freehling

FELICE COHEN

Rembered by Richard Hanan

MALLORY GOLSON

Rembered by Lisa McDonald, Leslie Capp and Ira Kupferberg

SIEGMUND LANG

SARAH COHN

DUDDY KALLICK Rembered by Mark Kallick

JERRE MCMANAMA, JR.

Rembered by Tina McManama

RAE SCHWARTZ MIRSKY Rembered by Ken Shinbaum

MEYER OBERSTEIN

PAULINE OBERSTEIN

IACK SILVERMAN

ESTHER KERMISH GOLDSTEIN

Rembered by Steve Kermish

HELEN HELD

ANNA STEINBERG

MARJORIE ARONOV

Rembered by Jake Aronov and Owen Aronov

DAVID R. FRANCO

Rembered by Rubin Franco

DAN BLITZ

Rembered by Rhonda Blitz and Jeff Blitz

CEORGE THOMAS FELT

BEN GOLTSMAN

JANUARY 13-19 | 3-9 SH'VAT

MAX BARDACH

Rembered by Sharon Allen

IOSEPH FINKELSTEIN

A HYMAN SMITH

Rembered by Michael Smith

EUGENE MILLER

Rembered by Charles Miller

OBADIAH J. HAIM

GOLDIE LIEBERMAN

ELIZABETH STENGER

MAX BERINHOUT

RALPH H. HELLER

MITCHELL TAFFET

Rembered by Bob Taffet

JAN 20-26 10-16 SH'VAT

X NETTIE FINKELSTEIN **BAYLESS**

ANNIE R. BERN

DR. ALLEN HESS

Rembered by Kathy Hess

ELI H. HANAN

Rembered by Richard Hanan, Esther Miller and Debbie Capp

CLARA MARCU

MITZI MAYER

Rembered by Rosi Smith

ALBERT CAPP

Rembered by Esther Miller, Debbie Capp and Morris Capp

IOSEPH NARLINES

MAIME SENTER COHEN

RACHEL M. HANAN

SARAH VARON

Rembered by Michael Mandelbaum

RUTH WECKER

GOLDIE FELDMAN

Rembered by Mark Kallick

DORA KRAMER

Rembered by Rabbi Scott Kramer

PHYLLIS KASOVER

Rembered by Mark Kallick and Rick Richburg

JAN 27 - FEB 2 17-23 SH'VAT

BERNADETTE HALKO

Rembered by Yvette Hochberg

Rembered by Emily Allen Mitchell & Sharon Allen and Robin Greenberg

BERNARD COPELAND

LOUIS LEVY

Rembered by Alan Rosenthal

SHARON SEGALL

Rembered by Hazel Segall and Janice Segall

RALPH CAPOUYA

Rembered by Frances Capouya

ROSA ROSEN

Rembered by Emily Allen and Linda Smith

ISAAC E. COHEN

Rembered by Raymond Cohen, David Cohen, Joel Cohen, Michael Cohen and Buddy Rousso

M IDA FEINBERG

LEHA WEINSTOCK

A LEAH BETON

MARY TURNER

XX RABBI EUGENE **BLACHSCHLEGER**

HERMAN LEVINE

Rembered by Raymond Cohen, David Cohen, Joel Cohen and Michael Cohen

★ WERFEL ISTONE

We are deeply saddened by the death of

Jimmy Smith



Husband of Linda Rosen Smith

Father of Abbie (Kristen)

Grandfather of C.J.



EVERY MONDAY AT 6 P.M. AGUDATH ISRAEL ETZ AHAYEM

Rabbi Scott Kramer is leading an *Introduction to Judaism* adult education class Mondays at 6 p.m. at the synagogue.

Whether you were born Jewish, a "Jew by choice" or are thinking about joining our family, you will enjoy this class. The *Introduction to Judaism* class is designed to help us appreciate Jewish history, heritage, observances, holidays, prayers and ethics.

The Rabbi will be using the curriculum from the American Jewish University, Los Angeles "Miller Intro to Judaism Program." Contact the Rabbi if you have questions.

by Executive Director Linda R. Smith

L'Chaim League



TAI CHI CLASS
2 p.m. Wednesday, January 10
at Temple Beth Or

Wayne and Susan Mills will get us all back on track for the New Year.

LUNCH WITH PHILLIP ENSLER

11:30 a.m. Wednesday January 24 at Temple Beth Or

Phillip Ensler (D) is the Alabama House Representative for District 74 in the Alabama House of Representatives and

the only Jewish legislator in the State of Alabama.

Phil is also the executive director of the Jewish Federation of Central Alabama. He will update us on the Israel-Hamas War and antisemitism here at home. The Tazikis lunch is \$14 per person.

Please make your reservation at lchaimleaguemontgomery2246@gmail.com or text 334-430-0282.



VALENTINES DAY LUNCHWednesday, February 14 Time TBA

I hope you are all looking forward to our annual Valentine's Day Lunch on Wednesday, February 14. Location and time will be announced at a later date.



CALENDAR Facebook and YouTube. Blue events are on Zoom. All other events are purple.

- Monday, January 1 20 Tevet
 OFFICE CLOSED
 Minyan 7:15 a.m.
- Thursday, January 4 | 23 Tevet Minyan with breakfast 7:15 a.m.
- Friday, January 5 | 24 Tevet Kabbalat Shabbat - 6 p.m.
- 6 Saturday, January 6 | 25 Tevet Shabbat Services 9:30 a.m. Haydalah 6 p.m.
- Monday, January 8 | 27 Tevet
 Minyan with breakfast 7:15 a.m.
 Introduction to Judaism Class 6 p.m.
 at Agudath Israel Etz Ahayem
- Tuesday, January 9 | 28 Tevet Board Meeting - 5 p.m. at Agudath Israel Etz Ahayem
- Wednesday, January 10 | 29 Tevet
 Tai-Chi Class ~ 2 p.m.
 at Temple Beth Or
- Thursday, January 11 | 1 Sh'Vat Minyan with breakfast 7:15 a.m.
- Friday, January 12 | 2 Sh'Vat Kabbalat Shabbat 6 p.m.
- 3 Saturday, January 13 | 3 Sh'Vat Shabbat Services 9:30 a.m. Havdalah 6 p.m.
- 14 Sunday, January 14 4 Sh'Vat Rabbi Elliot L. Stevens Kol Ami Religious School ~ 9:30 a.m. at Agudath Israel Etz Ahayem
- Friday, January 19 | 9 Sh'Vat Kabbalat Shabbat - 6 p.m. with Cantor Neil Schwartz
- 20 Saturday, January 20 | 10 Sh'Vat Shabbat Services 9:30 a.m. with Cantor Neil Schwartz Havdalah 6 p.m.

- 21 Sunday, January 21 | 11 Sh'Vat Rabbi Elliot L. Stevens Kol Ami Religious School ~ 9:30 a.m. at Agudath Israel Etz Ahayem
- Monday, January 22 | 12 Sh'Vat
 Minyan with breakfast 7:15 a.m.
 Introduction to Judaism Class 6 p.m.
 at Agudath Israel Etz Ahayem
- Thursday, January 25 | 15 Sh'Vat Minyan with breakfast 7:15 a.m.
- Friday, January 26 | 116 Sh'Vat Kabbalat Shabbat 6 p.m.
- 27 Saturday, January 27 | 17 Sh'Vat Shabbat Services 9:30 a.m.
 Havdalah 6 p.m.
- 28 Sunday, January 28 | 18 Sh'Vat Rabbi Elliot L. Stevens Kol Ami Religious School ~ 9:30 a.m. at Agudath Israel Etz Ahayem
- Monday, January 29 | 19 Sh'Vat
 Minyan with breakfast 7:15 a.m.
 Introduction to Judaism Class 6 p.m.
 at Agudath Israel Etz Ahayem

RABBI KRAMER ON VACATION

SUNDAY, JANUARY 14 - SUNDAY, JANUARY 21



Cantor Neil SchwartzWill be Leading Shabbat Services
FRIDAY, JANUARY 19
AND SATURDAY, JANUARY 20

NO MINYANS: Mon., Jan. 15 and Thu., Jan. 18

BIRTHDAYS

- 01 Debbie Capp
- 01 Phillip Ensler
- 03 Leon Capouano
- 05 Esther Varon
- 05 Lois Weissman
- 06 Steve Kermish
- 06 Elaine Raymon
- 10 Phillip Golomb
- 11 Alan Franco
- 11 Alan Rosenthal
- 12 Samuel Davis
- 12 Esther Miller
- 13 David Skiba
- 13 Joshua Zaslawsky
- 14 Richard Hanan
- 16 Morris Capp
- 17 Stan Leibowitz
- 20 Dr. Olan Evans
- 21 Marion Varon
- 21 Ashlee Whitney
- 27 Hayley Cohen
- 29 Adam Butler
- 30 Michelle Capouya
- **ANNIVERSARIES**
- 01 Ken & Fern Shinbaum
- 02 Stan & Charli Leibowitz
- 03 Morris A. & Carol L. Capouano
- 04 Michael & Lois Butler
- 07 Neil & Susan Sass
- 16 Jeff & Robin Blitz
- 17 Michael & Judith Broder
- 7 Larry & Corinne C. Capilouto
- 19 Roy & Jaclyn Glasner



Don't drive? No problem!

Use the Shalom Shuttle to join your Synagogue Family this Shabbat!

Call JFCA 24 hours in advance to request a free ride.