



A PUBLICATION OF THE JEWISH FEDERATION OF GREATER CHATTANOOGA

HAPPY FALL Y'ALL

From our Aleph Bet Children



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FROM THE PRESIDENT AND CEO

Lifetime of Scars

738 days. Two years - and then jubilation and celebration. It's been 24 hours since the 20 remaining living hostages were released. Four murdered hostages also came home, and we anxiously wait for the final 24 deceased hostages. My social media feeds are full of family reunions. I was most touched hearing families cry the words of the Shemah and Shehechianu prayers as they hug the recently held captives. The reunions were deeply human and deeply Jewish.

Wives reuniting with husbands; brothers returning home; boyfriend and girlfriend seeing each other for the first time since the Nova Music Festival; a father being with his two toddler/preschool daughters; best friends who were both hostages hugging and jumping in jubilation. Each reunification is passionate and powerful, with emotions ranging from relief to disbelief. A dark cloud slowly lifting away. There will be years, and probably a lifetime of healing to be done. But our Jewish family is coming home.

Yesterday afternoon I walked to the front of the Jewish Cultural Center, the drop off circle at the front of the building. There I walked through the yard signs of hostages. They've been up for well over one year and yet I don't always notice them. At most I see them but not looking at each name, each photo. But yesterday it became real as I took down 24 of the signs. I printed the list of released hostages and one by one, went through to find them on our circle lawn. I went through the list twice, with deep concern and care, to ensure I had removed all of the released while leaving up the remaining hostages still in Gaza. It was a striking personal moment. The reality of Oct. 7 was overwhelming to me. I was reliving the gravity of Oct. 7 all over again. Before I finished I rearranged the remaining signs to be more orderly, in a smaller organized grouping. As I think about it now, maybe I should have left them as they were, dispersed and chaotic. A reality we still live with until the final 24 hostages come home.

During the first 24 hours since release, I've received many calls, texts, and emails while also doing two live interviews. I've had to quickly reflect on the past two years while also trying to comprehend this historical moment. Honestly, I was very leery that we'd ever see any of the hostages alive again. Over the past two years many were released during ceasefires; a few were rescued by the IDF; others were murdered as the IDF

closed in; and many were killed on Oct. 7 but held in captivity. How do you put into words when asked "How do you feel?"

I'm excited for the freed hostages and their families. They finally have a chance for normalcy and a life filled with happiness. Equally, I recognize the lifetime of scars they, their families, and friends will permanently have. A lifetime of rehabilitation for them and all of Israel. I also recognize that we, as a Jewish community, also will have these permanent scars. We too need to heal. I am also deeply hopeful that this ceasefire can turn into some sort of peace. I'm hopeful that the United States can pressure the Muslim/Arab world to hold Hamas accountable and force them out of power – literally and politically.

I also won't forget our natural and historical Jewish allies that did not or have not stood with the Jewish community during the intensification and blatantly outward antisemitism that exploded after Oct. 7. Through outreach and education, I will continue to build bridges and be purposeful in reaching out to those who fostered this antisemitism or participated in it directly. Additionally, how can we combat the misinformation and disinformation that surrounds us in both mainstream and social media? The end of the war does not mean the end of fighting antisemitism. Quite the opposite, the fight against antisemitism needs to ramp up further and bring together our community. As we take a deep breath, this is the time to double our efforts in fighting this hate.

In late October we hosted a private gathering of Jewish and non-Jewish community members for an intimate conversation about this very topic. We titled it "Israel and Antisemitism: Beyond the Headlines." We've brought in a grass roots Jewish organization from Atlanta called Building Community Through Conversation (BCTC) to facilitate a meaningful discussion. With the use of factual videos and personal stories, we hope to begin a dialog that educates, informs, and builds allies throughout the community. BCTC has facilitated dozens of small gatherings throughout the Atlanta area and we are optimistic this program will have a positive impact in Chattanooga. (The Shofar had already gone to print before this event. I look forward to giving you feedback on this program soon)

Michael Dzik

Michael Dzik

mdzik@jewishchattanooga.com | 893-5443



FROM THE BOARD CHAIR

Kenneth Goldsmith kenneth.goldsmith@gmail.com

Ancient Wisdom, Modern Reflections: Jewish Traditions and the Four Virtues of Stoicism

In times of uncertainty and noise, we often turn to wisdom that endures. Both Jewish tradition and Stoic philosophy offer guidance rooted in virtue, reflection, and self-mastery. Nearly two thousand years ago, the Roman emperor and philosopher Marcus Aurelius began each day with *Meditations* — a private journal that reminded him to live with integrity, humility, and purpose. Jewish tradition, too, calls us to *cheshbon hanefesh* — a daily accounting of the soul — to ask not what life has given us, but how we have lived it.

Today, authors like Ryan Holiday have reintroduced Stoic wisdom to a modern audience through books centered on the Four Virtues: Wisdom, Courage, Justice, and Temperance. These same principles form the ethical foundation of Jewish life. The parallels remind us that truth is timeless — and that living with intention transcends culture, creed, or century.

Wisdom

For the Stoics, wisdom means understanding what is within our control — and releasing what is not. Marcus Aurelius wrote, “You have power over your mind—not outside events.” Jewish tradition echoes this through Proverbs: “Wisdom is the principal thing; therefore, get wisdom” (Proverbs 4:7). In Judaism, study is not mere scholarship; it is a path to living well. The daily rhythm of Torah, Talmud, and commentary reminds us that knowledge must lead to humility and discernment. Ryan Holiday’s “Wisdom Is Strength” underscores that wisdom is not about knowing everything — but about knowing what truly matters.

Courage

Courage, for Stoics, is moral strength — the will to act rightly despite fear. “Waste no more time arguing what a good man should be,” Marcus Aurelius urged. “Be one.” In Jewish life, courage (*ometz lev*, literally “strength of heart”) means acting with conscience. When God tells Joshua, “Be strong and courageous,” it is not a call to power but to faith. Holiday’s *Courage Is Calling* speaks to our own age — a time that demands quiet bravery: to speak truth, to stand for justice, to hold hope. Jewish history reminds us that

courage is not conquest but conscience — the daily resolve to live with moral clarity.

Justice

For the Stoics, justice was the foundation of society — the recognition that we are part of something larger than ourselves. “What is not good for the beehive cannot be good for the bee,” wrote Aurelius. Judaism elevates justice to sacred duty: “Justice, justice shall you pursue” (Deuteronomy 16:20). *Tzedek* and *tzedakah* both derive from the same root, reminding us that charity is not generosity, but obligation. Holiday’s forthcoming *Justice Is Coming* echoes this call — that justice is not an idea, but an action lived out in community.

Temperance

Temperance, or self-mastery, is freedom through restraint. Aurelius counseled: “If it is not right, do not do it; if it is not true, do not say it.” In *Pirkei Avot* we read, “Who is strong? One who conquers his inclination.” Jewish life teaches temperance through rhythm and discipline — Shabbat rest, dietary laws, and daily prayer. These practices are not restrictions but reminders that balance is a form of holiness. In *Discipline Is Destiny*, Holiday reminds us that moderation and self-control form the backbone of all virtue.

Both Stoicism and Judaism teach that peace comes not from changing the world, but from transforming ourselves. The virtues that guided ancient Rome and ancient Israel still light our path today: to live with wisdom, courage, justice, and temperance — and, above all, with intention, and heart.

Author’s note:

*The origin of this article was a conversation with my wife, Jan Goldsmith, about a question a student asked her: “Is altruism the same as stoicism”? She was not as familiar with stoicism as she was with altruism, so I went to my library and brought out copies of *Meditations* and Ryan Holiday’s *Courage Is Calling* and *Discipline Is Destiny*, and we discussed the resurgence in the study of stoicism today. This made me consider how stoicism and Jewish traditions intersect.*



FROM THE CHIEF IMPACT OFFICER

Ann Treadwell atreadwell@jewishchattanooga.com • 493-0270 ext 4

It's Web Time

I live just outside the Chattahoochee National Forest. The forest has several very specific ways to say winter is coming. One of my favorite ways is to watch the spider webs that only show up this time of year. When my son was young, as we walked into the woods, he regularly discovered a web that reminded him of a favorite book, *Charlotte's Web*. This time of year, there are writing spiders. They don't spell words, but they do have a zig-zag image written across them. I have never seen these webs catch anything. There are also "winter spiders." You would recognize these webs because they most closely look like those used to scare us. These spiders are unlike the dainty writing spiders. They are truly brown, fat, ugly, and scary. Their webs are the most productive of all webs, catching many pesky, stinging insects and rarely catching our insect friends, the walking sticks or primitive leaf bugs. These webs are one dimensional and only there for a single purpose.

Then there is the newcomer. The joro spider has been a resident for only two years, although she and her kin's webs are beginning to take over pathways. She has glow-in-the-dark green and black striped spindle legs with a matching lime-colored torso. To be honest, for a spider, she is beautiful. Although not poisonous to humans, she grows to the size of my fist. Her gift to the webs of the woods is amazing. She can spin lengths of web that are incredibly strong and transparent, easily reaching 15 to 200 feet long. This means the web can span from my car to a tree across the width of the driveway. The spider is also not afraid of heights. I've seen webs as high as the roof of our house. If you see a leaf stuck, seemingly floating in mid-air, chances you are seeing part of her web. But the most amazing thing is that she can make vertical layers of her web. Some of these woven masterpieces, glistening in the sun and moonlight, can have as many as six layers! Each layer captures something very different. Looking through the layers you could easily imagine seeing a piece of fine silk. There is no hideous bulk of remains anywhere in the web.

This year's webs got me thinking about the Federation's programming and how we capture you. Perhaps you are caught in the web that provides meals or transportation. Or maybe the web that

catches you is educational, giving you resources for your health, both mental and physical. Another web could easily be the one that provides food through Mitzvah meals or the Brainerd Area Food Pantry. Perhaps your web is in supporting and learning about the people of Israel and Jews in the diaspora. Or maybe your web is one that enjoys the entertainment and thoughts behind the films and exhibits we offer. Maybe your web is watching children grow through Aleph Bet Children's Center.

My guess is that the web you interact with is more like that of the joro spider, several layers including volunteering to make the Federation's services available to others. This month leave the internet web alone for a while, put down the phone, and come join us at Federation activities. You may get caught up in a web.

DOMESTIC POLICY SUPPER CLUB

Mayor Kelly's One Chattanooga Plan

Monday, November 10 at 6PM | JCC | \$15 dinner

Speaker: Ellis Smith

Director of intergovernmental and external affairs for the City of Chattanooga



The One Chattanooga Plan describes the strategic direction, key priorities, values, and initiatives that define a vision of a community where all Chattanoogaans can thrive and prosper and the practical steps we need to take to achieve it.

Register at Jewishchattanooga.com



JEWISH FEDERATION NURSE

Jennifer Waxenberg, RN nurse@jewishchattanooga.com • 423-322-8641

What Is The Name Of That Yellow Pill I Take?

If you, or anyone you care about, has uttered these words, you may need to take a closer look at your medications and how you manage them on a daily basis!

Polypharmacy is defined as the use of 5 or more medications by one person at any given time. It is becoming more common for adults of all ages to be placed on multiple prescriptions, by many providers, and across different specialties.

While medicines prescribed by providers play an important role in the management of acute illnesses, chronic disease, and other conditions, they can also become a problem when not managed properly.

When I was working in the ER as a nurse, I was amazed at the number of patients who had lists of medicines they supposedly took but no longer do, or many medications missing from their list. This creates confusion and disruption to care!

The first step in managing your medications is to always keep an updated list with you at all times. This must include all vitamins and supplements you take no matter how irrelevant you think they might be. You never know when someone is going to need to have that information to treat you. Folded up in your wallet or purse is a great place to store a list, and typing it is a great way to keep it clear. Make sure you include name, dose, and how you take it (daily, twice daily, bedtime etc.) The name of the prescriber is also helpful. Your providers will appreciate having all of this information.

The other issue that can arise with multiple medications include interactions between them, confusion as to what they are for and when to take them, and side effects that may be magnified by the combinations of drugs.

A conversation with your primary care provider is a great place to start managing your medications better. They can help you look over the list and make sure there are no duplicates of types, possible red flags for interactions, or any other issues that could come up. If it is not possible to meet with your provider, your local pharmacist is a good resource

to discuss these concerns or help with possible questions to bring to your provider.

Please do not hesitate to reach out if you ever need assistance with medication questions. I am happy to help navigate ways to be safe and well with your medications!

Stay well!

SHABBAT TOGETHER!

Join us on November 14 at 10:30am for a joint program with the Aleph Bet kids and YOU!
Challah, singing, joy!

Followed directly by Coffee and Conversations at 11:00am.



WALK CHATTANOOGA

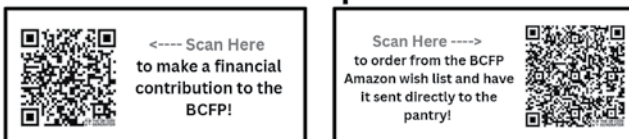
October 22



As a partner agency with the Brainerd Community Food Pantry, which serves the neighborhoods surrounding the JCC, we'd like to start a monthly collection to provide the pantry with nutritious food for our neighbors. Each month we will collect 1 specific item. Our goal is to collect 225 of each item, which is the number of households the pantry serves at each distribution.

Below is the item we are collecting for this month:

November: Evaporated Milk



Please drop off during working hours, or bring to any Federation event you attend!

If you would like to get involved, please call Lorri Lipski and she can connect you with volunteer opportunities!



Number to schedule a ride with the JCC!

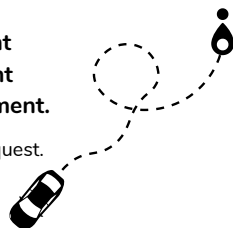
423-551-3716

Please call this number and leave a voicemail with the following information:

- Your Name
- Date of Appointment
- Time of Appointment
- Address of appointment.

A driver will call you back to confirm your request.

Appts should be scheduled between 9:00-3:00 Monday-Thursday



FREE COFFEE & CONVERSATION



ALMOST EVERY FRIDAY FROM 11:00-12:00

*EXCEPT 10/31, 11/28, 12/19 & 12/26

A TIME TO CHAT, REMINISCE & TACKLE LIFE'S CHALLENGES!

Jewish Cultural Center 5461 North Terrace Rd

No RSVP required, Just join us if you'd like!



MITZVAH MEALS

OUR MEALS ARE PREPARED WITH LOVE TO NOURISH THOSE WHO CANNOT PREPARE FOOD FOR THEMSELVES DUE TO ILLNESS/MEDICAL EVENTS, CARETAKING & GRIEF.

WE PROVIDE A COMPLIMENTARY DELIVERY FOR ONE WEEK AS YOU RECOVER FROM ILLNESS, SURGERY OR LIFE EVENT. YOU CAN GIFT MITZVAH MEALS FOR YOUR FRIENDS OR FAMILY IN NEED. DELIVERY ONLY. SLIDING FEE AVAILABLE.

- \$12 PER ENTREE
CHOOSE FROM BEEF, CHICKEN, OR FISH
- \$5 UPCHARGE FOR SALMON
- \$8 MATZA BALL SOUP OR CHILI

All orders must be placed through the Social Services Department.

Orders must be received by 3:00 on Thursday for delivery the following Thursday (1 week notice).

Call or email Lorri Lipski
423-893-9241 or

llipski@jewishchattanooga.com





Linor Shirinov Federation

israel@jewishchattanooga.com • (423) 385-0098

New Family and Friends Here in Chattanooga

Being in Chattanooga for the past month has been an incredible experience. After a short delay because of my visa, I jumped straight into the High Holidays here in Chattanooga's Jewish community. From attending services at B'nai Zion Congregation and Mizpah Congregation on Rosh Hashanah and Yom Kippur, to going to Chabad on Simchat Torah, meeting everyone was amazing. I had mixed feelings experiencing the high holidays away from home.



During the High Holidays in Israel, I usually have dinner with my family and some family friends. It's always a time that reminds me how important it is to have our loved ones close to us.

Although I'm away from my family and friends at home, I've grown close to my new family and friends here in

Chattanooga. The High Holidays here in the community have definitely brought me closer to Judaism and given me the chance to explore that connection, which is much deeper than I thought.

Every day has been filled with new faces, meaningful conversations, and heartwarming moments that remind me why I chose to become a Shlichah.

I'm even more excited for the next two years as I plan on meeting more people and creating memories and friends as I bring Israel to the community, and Chattanooga to my heart.



Being here during difficult times in Israel is also a challenge. Being away from my home country and my family and friends as we experience major steps with the hostages and

the war is more emotional than I could have imagined. For the first time in two years it feels like we - Israelis and Jews - around the world can start breathing again. As a sense of relief fills our hearts it is important to remember it is not over yet, and it won't be until every

last one of the hostages is back home, in Israel.

As I look ahead, I feel truly grateful to call Chattanooga my home away from home. Every smile, story, and shared moment reminds me how powerful a community can be. I'm excited for this journey to begin and for all the programs we'll build together, the friendships that will grow, and the memories we'll create. Thank you, for already becoming such a meaningful part of my journey.



NEXTGEN (21-40ISH) YOGA: RESILIENCE IN COMPLICATED TIMES

Join us for a resilience focused yoga practice followed by brunch and discussion with Linor



Sunday November 9th
9am-10am

Yoga Landing 2414 Sidney Street
10:15am-12pm Brunch (location TBD)

YOGA CLASS NO COST - BRUNCH IS ON YOU
RSVP to israel@jewishchattanooga.com

THE JEWISH FEDERATION PRESENTS

THE SANDWICH

Generation

CARING FOR AGING PARENTS

JOIN US FOR AN INFORMATIVE DISCUSSION LED BY THE FEDERATION'S OWN
LORRI LIPSKI, SOCIAL SERVICES DIRECTOR AND JENNIFER WAXENBERG, RN NURSE ADVOCATE
TO TALK ABOUT CARING FOR AGING PARENTS

SUNDAY NOVEMBER 16, 10AM-12PM

BRUNCH STYLE SANDWICHES AND
REFRESHMENTS PROVIDED, NO COST

RSVP TO LKAPLAN@JEWISHCHATTANOOGA.COM

Home of Jennifer and Danny Waxenberg
1871 Knotting Hill
Chattanooga 37405

FROM THE CHATTANOOGA JEWISH ARCHIVES

Submitted by Mindy Nathanson



Garrison Siskin's ancestors left Kvarskas, Lithuania in the late 19th century, facing religious persecution, conscription in the tsar's army and denial of educational and business opportunity. His father Chaim Raphael Ziskind (Robert Hyman) and mother Hannah (Anna) Trumpetosky were smuggled to America, with hopes of beginning a new life that soon led them to Chattanooga. The early years found Robert as a back peddler, walking a 70-mile circuit with his wagon- selling pots, pans, needles and more- and sleeping in fields and sometimes a proffered barn, before returning home each Friday for the Sabbath. Before long, together with his sons Mose and Garrison, he was able to open a scrap metal business Robert H Siskin and Sons with a \$7 inventory and a solid foundation of integrity, trust, hard work and Tzedakah.

Garrison enjoyed Jewish community activities and, for an upcoming Young Judea dance, paid 5 cents to escort Goldie Temerson from Tuscaloosa, AL. The meeting proved to be providential, as they soon married and started a family, having 2 daughters Helen and Anita. Their philanthropic efforts, along with Mose, his wife Eva and their sister Sarah, included everything from visiting an employee in the hospital, to paying educational expenses, to supplying steel for needed

area projects, to offering space rent-free for non-profits to operate.

With Goldie's support, Garrison was able to turn his attention to expanding the family business, now Siskin Steel & Supply Co, largely doing business merely on a handshake. After surviving a serious accident, he promised to spend the rest of his life helping those in need. The two brothers followed up on that commitment by founding the Siskin Memorial Foundation, Children's Institute and envisioning what would become the Hospital for Physical Rehabilitation, still serving all people in the Chattanooga area and across the country today.



ALEPH BET CHILDREN'S CENTER

Jessica Abramson alephbet@jewishchattanooga.com • 893-5486



Aleph Bet provides an educational, interactive and developmentally appropriate preschool program enriched by Jewish traditions and values.

WELCOME CHANGING WEATHER!

It is hard to believe it is already fall, and it will soon be winter here in Chattanooga! Aleph Bet children and teachers have been so busy learning all about fall, the changing weather, and outdoors.

Outside of the classroom, Aleph Bet has partnered with our Coffee & Conversation group to host Shabbat Together once a month. We celebrate Shabbat with candles, challah, and juice, before doing an activity altogether. Aleph Bet has also reintroduced their Parent Advisory Board, and we are excited to welcome even more involvement in the school from parents. We are busy prepping for the winter with various events and engagement opportunities within the community.



the JEW CREW

Jew Crew at the Pumpkin Patch on Flat Top Mountain!



Cookies, Bars & Rugelach
Biscotti & Mandelbrot
Coffee Cakes



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- 🌐 chestnutstrand.com
- 📷 @beccascissorhands_
- 📍 375 Cherry Street

Becca's Cell: 423-486-0472

SAVE THE DATE

CHAI NITE RETURNS

Saturday, February 7, 2026

7:30PM

Jewish Cultural Center



DINNER. DANCING. DRINKS.
A TIME TO CELEBRATE LIFE
WITH COMMUNITY.



“LAISSEZ LES
BON TEMPS ROULER”



HARMONY OF HERITAGE: A FUSION OF MUSIC FROM BLACK AND JEWISH CULTURE

*MUSIC, COMMUNITY,
AND GOOD VIBES!*

**SATURDAY,
DECEMBER 6
7:00PM**

**\$36 PER TICKET,
INCLUDES: FOOD AND
SPIRITS**

LIMITED SEATS AVAILABLE

JOIN US FOR AN EVENING
WITH THE KINGS AND
QUEENS OF CLASSICAL
SOUL. FEATURING CLASSICS
FROM GEORGE GERSHWIN,
BARBARA STREISAND,
SAM COOKE, PENTATONIX
AND MORE.

**5461 NORTH TERRACE
TICKETS:
JEWISHCHATTANOOGA.COM**

Mazal Tov

...Zac Beker for being honored by the City of Chattanooga for his contribution and inspiration in creating Networking and Neurodiversity Day.

...Brittany Thomas Faith for being selected as the 2025 La Paz Latino Leadership Volunteer of the Year, which was part of the Latino Leadership Award Ceremony.

THANKSGIVING PIES

Order deadline is Thursday, November 19th.

Pick-up is

Tuesday, November 25 from noon-4pm or

Wednesday, November 26 from 9am-noon.

Pumpkin	\$20
Apple Cranberry	\$20
Pecan	\$20



Purchase at jewishchattanooga.com

Chattanooga Allergy Clinic



**Todd Levin, MD; Jessica Van Mason, MD; Marc Cromie, MD;
Jennifer Patel, MD; Hyman Kaplan, MD; Lee Perry, MD**

423-899-0431 • chattanoogaallergyclinic.com

Community Chanukah Celebration and Candle Lighting

Save The Date

FIRST NIGHT OF CHANUKAH
SUNDAY, DECEMBER 14 AT 5:30PM
JCC - 5461 NORTH TERRACE

- *CANDLE MAKING AND DONUT DECORATING!
- *ADULT BEVERAGES INCLUDING A "GIN AND TONIKAH"
AND THE "MIRACLE MARGARITA"
- *PREMIER OF THE NEW CHATTANOOGA FEDERATION
SONG (WITH VIDEO AND LYRICS)
- *BRING A MENORAH: WE'LL PROVIDE THE CANDLES.



Partnership2Gether Local2Global (L2G)

Truth & Trust
Bridging Realities
of Life in Chattanooga & Israel
through Dialogue



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OF GREATER CHATTANOOGA

THE STRENGTH OF A PEOPLE.
THE POWER OF COMMUNITY.

How does it work?

Be matched with someone in Hadera-Eiron, Jewish Nashville's Partnership2Gether region. Meet via Zoom and build trust and friendship through dialogue and shared projects.

What will I gain?

- Conquer disinformation by sharing and learning what Jewish life is truly like in the US and Israel.
- Explore what it's like to live Jewishly across cultures.
- Build trust to share truths.
- Create a lasting friendships.

The program runs from November 2025 through April 2026

ACCEPTING APPLICATIONS FOR COHORT 9 email atreadwell@jewishchattanooga.com



Machanooga is a joint program between Mizpah and B'nai Zion that serves children from pre-K to 8th grade.



Jen Lewis
Co-Director



Traci Sloan
Co-Director

roshnooga@gmail.com

SHALOM CHAVERIM!

Our school year is off to a great start! The students are enjoying our new schedule which includes Chugium. Stay tuned for the next exciting and fun electives.

Our word / phrase of the month were Chaverim (friends) and Ma nishma? (what's up?) Beseder (all fine)

We're excited to welcome Linor, Israeli Emissary to Machanooga! The students loved getting to know her and enjoyed learning Israeli dancing.

Machanooga wishes everyone a Happy Thanksgiving!

Machanooga Happenings



Machanooga 25/26	
Session 1	Session II
September 14	January 11
September 28	January 25
October 5	February 1
October 26	February 8
November 2	February 22
November 9	March 1- Purim
November 16	March 8
November 23	March 29
December 7	April 12
December 14	April 19
	April 26
	May 3

923 McCallie Avenue
 Chattanooga, TN 37403
 423-267-9771
www.mizpahcongregation.org
office@mizpahcongregation.org



We are a welcoming and inclusive congregation, offering worship, learning, social action, and social programming that enhances the lives of our members, helping us as we make choices of our lives that we might better ourselves and our world by our actions.

Music at Mizpah

PRESENTS

Lapidus & Myles

A collaboration between two faith-based musicians from Atlanta.

- Micah Lapidus is a Reform rabbi and composer-in-residence at The Temple in Atlanta, GA.
- Melvin Myles was previously a soloist at the historic Ebenezer Baptist Church in Atlanta and currently performs at The National Cathedral in Washington, D.C.

SUNDAY, NOVEMBER 9, 2025 | 2:00 PM

Mizpah Congregation Sanctuary

923 McCallie Avenue (enter on Oak Street)
 Chattanooga, TN 37403

www.mizpahcongregation.org or 423-267-9771

PATRON LEVELS

CONDUCTOR - \$1,500+

10 CONCERT TICKETS

PERCUSSION - \$1,000+

6 CONCERT TICKETS

BRASS - \$500+

4 CONCERT TICKETS

STRING - \$200+

2 CONCERT TICKETS

***RECEPTION & ACKNOWLEDGEMENT IN THE PROGRAM FOR PATRON LEVELS ABOVE**

WOODWINDS - \$75

SINGLE CONCERT TICKET & RECEPTION

SINGLE ADMISSION - \$25

FOR TICKETS
 SCAN HERE



All proceeds from sponsorship, donations & ticket sales go directly to Mizpah Congregation.



Members of Mizpah Congregation proudly participated in the 2025 Chattanooga Pride Parade in support of our LGBTQIA+ community. Social Action is one of our core priorities as a congregation in Chattanooga, and our presence at this event reflects our ongoing commitment to inclusion and community engagement.

If you are interested in getting involved in Social Action initiatives, please call the office and let us know. We welcome your participation.

Tot SHABBAT



3RD SHABBAT EACH MONTH:

TOT SHABBAT 5:15 pm

SHIREI SHALOM 6:00 pm

Sabbath of Song and Meditation



MIZPAH TORAH STUDY

9:15 am Shabbat
 Bagels and lox prior -
 Mizpah Feinstein Hall

FIRST FRIDAY FAMILY SHABBAT

NOVEMBER 7, 2025



Services @ 6:00PM

Dinner @ 7:00PM

Adult Members: \$12

Adult Non-Members: \$15

Age 13-22: \$9

Age 13-22 Non-Members: \$11

Under 12: No Charge

Under 12: No Charge

Lemon Butter, Garlic Chicken, Jasmine

Rice, green beans and salad bar



**Chicken Tenders for Kids
 Veggie & gluten-free option**

Please RSVP to the office at
 423-267-9771 or email:
office@mizpahcongregation.org

MIZPAH WORSHIP AND LEARNING

Shabbat Services:

Fridays 6:00 PM

Saturdays 11:00 AM

Torah Study

Saturdays 9:00 AM

Beyond Torah: The Prophets

Tuesdays 5:00 PM

Mussar: Ethics of Judaism

Wednesdays 7:30 AM

Mizpah Choir Practice

Thursdays 5:00 PM

For exact schedule, contact Marianna Allen - 423-432-0980

Celebrate and Enrich Jewish Life

B'nai Zion's vision is to inspire a vibrant, uplifting, and inclusive community connected to the dynamic traditions of Conservative Judaism.



6210 Airpark Dr.
Chattanooga, TN 37421
423-894-8900
www.bnaizioncongregation.com
office@bzcongregation.com

B'nai Zion Calendar

Friday Night - Kabbalat Shabbat: 6:00 pm
Shabbat Morning Services: 9:30 am
BSI: Nov. 5, 12, 19 (Zoom)
Minyan/Foundations: Tues., 6:00/6:30 pm via Zoom
Weekly Parsha Study: Sundays, 7:00pm
Weekly Talmud Study: Thursdays, 10:00am

November

1	Shabbat Muffins
2	BLT (Bagels, Lox, Tefillin) / Jews & Brews Blessing of the Animals
8	Lunch & Learn
9	Kristallnacht Program
15	Teen Beit Midrash
16	Lunch & a Picture
21	Shira v'Shulchan
22	Teen Beit Midrash / Lunch & Learn

TORAH | BEER | STUDY

JEWS AND BREWS

SUNDAY, NOVEMBER 2
2:30 PM

AT ODDSTORY
1604 CENTRAL AVENUE

BRING YOUR PET, FURRY OR SCALY AND JOIN US ON THE PATIO!

Lunch and a Picture!

SUNDAY, NOVEMBER 16 @ 1:00PM

SOCIAL HALL

JOIN US FOR A BITE TO EAT AND BE PART OF OUR ANNUAL CONGREGATION PHOTO!

SHIRA V'SHULCHAN שירה ושולחן

Friday, November 21
6:00pm
Social Hall

Shira v'Shulchan - *Song and Table*
A unique musical Shabbat experience followed by a dairy potluck one!



Shabbat Muffins

Shabbat Morning Kids' Program
with Rachel Cummings and Rabbi Keilah Lebell

Saturday, November 1
10:30am - Shabbat Muffins (K-4)
Classroom

SAVE THE DATE!

BZ Hanukkah Party
Wednesday, December 17 at 6:00pm

950 Vine Street
 Chattanooga TN 37403
 423-490-1106
 www.jewishchatt.com
 rabbi@jewishchatt.com



Chabad is a philosophy, a movement, and an organization.

Chabad is an educational organization dedicated to helping every Jew, regardless of background, affiliation, or personal level of observance, to increase their level of Jewish knowledge, enthusiasm, and commitment.

CHABAD HEBREW SCHOOL - WHERE KIDS DON'T WANT TO MISS A DAY!



**THANK YOU
 DAVID SOLOVEY AND SHLOMO ASHKENAZI
 FOR THE BEST KOSHER PIZZA IN CHATTANOOGA**



MYJLI.COM/LEARN/CHATTANOOGA

WHAT DOES
 KABBALAH
 SAY ABOUT
 FINDING YOUR
 PURPOSE?

JOIN
 THE KABBALAH OF
MEANING
 TO DISCOVER



STARTING NOVEMBER 4
 ACCME, APA ACCREDITED

As we've watched the hostages return home, we've all felt the preciousness of life and the power of connection.

Join our new six-week course -
The Kabbalah of Meaning
 and explore how ancient Jewish wisdom brings purpose and focus to everyday life.
 No background needed

Starts Tues, Nov 4 | 7-8:30 PM

This course is also certified for CME/CE for
 *doctors, psychologists, social workers, LMFTs,
 and LMHC/LPCs

Hadassah enhances the health and lives of people in Israel, the United States and worldwide. By connecting and empowering Jewish women to effect change, we are the women who do. Now, and always, we are Hadassah. Be proud of who you are, Hadassah women.



Judy Sachsman & Beth Thomas
Co-Presidents of Chattanooga Chapter of Hadassah

HADASSAH IS THE ONE

The newest national Hadassah campaign "Hadassah is the One," promotes a membership drive and contest for 2025. **Hadassah is the One You've Been Searching For!** Chattanooga was the first Hadassah chapter in the Southern Region. Think of membership in Hadassah when you need a gift that fits every occasion.

Hadassah is the ONE you've been searching for

ONE place your love of Israel shines.
ONE organization advancing health and medicine.
ONE voice loudly fighting antisemitism.
ONE community of friends you'll have for life.
ONE empowered group of women making a difference.

Join Hadassah, the ONE that will change your life.

Join here go.hadassah.org/HadassahIsTheONE



GREETINGS

Hadassah members greeted the new Shlichah, Linor Shirinov, as well as the new Federation Engagement Director, Leah Kaplan, and the new Aleph Bet Director, Jessica Abramson, with lunch at the Federation after Coffee and Conversation. Hadassah members were able to have an informal discussion about Hadassah in Chattanooga and the Southern Region.



CPR PROGRAM

Hadassah hosted a two-hour demonstration on "Save a life: one person at a time." This program reviewed general adult CPR techniques, the use of the AED and LifeVac for people who may have a compromised airway (choking). WeRCPR assisted with the hands-on demonstration arranged by Bev Coulter.



WORLD ZIONIST CONFERENCE

As you read The Shofar, Dana Waxler will be in Israel representing National Hadassah at the World Zionist Conference. Her comments will be shared with the entire community later this fall.

When Israel opens for tourists, be ready; it will need us visitors! May we spend next year in Jerusalem in 5786. And put a trip to Israel on your 2026 calendar for the Hadassah National Conference Oct. 26-30.

Annual Giving enables Hadassah to provide ongoing reliable funds for its many projects such as: Hadassah Medical Organization, which supports saving lives, healing, research, and cutting edge medicine at its two Jerusalem hospitals; Youth Aliyah, which educates and nurtures children at risk; and Young Judaea scholarships, which enables children to attend camp and young adults to spend a "gap" year in Israel.

Annual Givers start with:

- Chai Society members (\$180/year)**
- Silver Chai members (\$360/year)**
- Traditional Keepers (\$1,000/year)**
- Chai Keepers (\$1,800/year)**
- New Silver Keepers (\$2,500/year)**
- Golden Keepers (\$5,000/year)**

Those who are already Annual Givers should consider increasing donations or stepping up to the next level. Contact Dana Waxler at dwaxler@hadassah.org.

SOUTHERN REGION BOARD

The Southern Region Board will be meeting in Birmingham Nov. 15-16 and March 21-22. Anyone interested in accompanying Judy Sachsman, Beth Thomas, and Dana Waxler should contact Judy Sachsman.

UPCOMING EVENTS

In conjunction with Federation, Hadassah will be celebrating Chanukkah with dinner and candle lighting at the JCC on the first night (Dec. 14) and Hadassah will join Federation in Commemorating National Holocaust Day on Jan. 27 when Hadassah member Bea Lurie will speak about a book she recently published about her father's experiences surviving the Holocaust, *Life Must Go On*.

By connecting and empowering women to effect change, **we are the women who do.** Be proud of who you are, Hadassah women.





JOIN THE JEWISH FEDERATION LEGACY SOCIETY

The Legacy Society is made up of individuals who, in the tradition of our Jewish faith, wish to share their blessings with others by providing for the future needs of the Jewish community. There are a number of ways to contribute to the Jewish Federation's Endowment through estate planning: a bequest in a will, contribution of the remainder of an IRA or other retirement plan, a life insurance policy, charitable remainder trust, donor advised fund, charitable gift annuity, piece of real estate, securities or other property, or the donation of other assets. However they choose to contribute, Legacy Society members can be sure that their planned gift will turn their dreams or a strong future Jewish community into a reality. Join today.

- | | | | | |
|-----------------|--------------------|-------------------|----------------------|-------------------------|
| Anonymous (2) | Center, Austin | Hanan, Rachel | Levine, Lawrence* | Schwartz, Holly |
| Allen, Amelia* | Center, Marilyn | Hanan, Victor* | Lewis, Art | Schwartz, Skip |
| Allen, Owen | Cohen, Tal | Hill, J.R. | Lewis, Vicki | Siskin, Pris |
| Alper, Maxine* | Cohn, Herb* | Hochman, Colman* | Lowe, Beth | Sivils, Janet |
| Balser, Jeff | Cohn, Sue* | Hochman, Lynn | Lowe, Rob | Spector, Linda |
| Balser, Robin | Cowan, Rob | Hodes, Alvin* | Lowy, Pamela | Spector, Mark* |
| Barukh, Rebecca | Diamond, Karen | Hodes, Andy | Lowy, Sam | Spector, Mike |
| Bean, David* | DiStefano, David | Hodes, Melody | Malsh, Rebecca* | Susman, Gail |
| Bean, Margaret | DiStefano, Susan | Howard, Lynn | Nash, Ike* | Susman, Joel* |
| Berz, Bob | Dittus, Sandy | Israel, David | Oxenhandler, Barbara | Weiner, Cara |
| Binder, Claire | Dropkin, Warren | Israel, Scott | Parker, Jordan | White-Dropkin,
Donna |
| Black, Bonnie | Dzik, Michael | Jaffe, Dot* | Posternack, Warren | Winer, David |
| Black, Stephen | Dzik, Paula | Jaffe, Sam* | Pregulman, Helen | Winer, Elaine |
| Bogo, Jerry | Fairchild, David | Lakow, Harry* | Richelson, Alan | Winer, Finette |
| Bogo, Rosalee | Frank, Estelle* | Lebovitz, Alison | Richelson, Miriam* | Winer, Sanford* |
| Bohn, Jerry* | Gelburd, Alexander | Lebovitz, Alan | Rose, Cassie | Zachary, Richard |
| Brooks, Ellyn | Sheldon | Lebovitz, Betty | Rose, Kevin | |
| Brooks, John | Goler, Marilyn | Lebovitz, Charles | Rosenfeld, Jackie | |
| Brouner, Betsy | Hanan, Jan | Lebovitz, Lauren | Rosenfeld, Roy | |
| Brouner, Lee | Hanan, Michael | Lebovitz, Michael | Sachsman, Judy | |

*** Deceased**

**See how easy it is to join the Legacy Society!
Call Michael Dzik at 493-0270 ext 15.**

**Thank you
for insuring
our future.**

STAY INFORMED

A full listing of monthly programs is on our website,
www.JewishChattanooga.com, where you can RSVP

Find up-to-date information about online programs,
cancellations and changes in our:

- Weekly Community Email
- Federation Facebook Page
(Jewish Federation of Greater Chattanooga)
- Federation Website
(JewishChattanooga.com)

**QUESTIONS? Call us!
423-493-0270**

CONTACT LIST

- | | |
|------------------------|----------------------------------|
| Michael Dzik | Mdzik@JewishChattanooga.com |
| Annette McJunkin | Amcjunkin@JewishChattanooga.com |
| Ann Treadwell | Atreadwell@JewishChattanooga.com |
| Leah Kaplan | Lkaplan@jewishchattanooga.com |
| Linor Shirinov | Israel@JewishChattanooga.com |
| Lorri Lipski | Llipski@Jewishchattanooga.com |
| Jessica Abramson | Alephbet@JewishChattanooga.com |
| Jake Balser | Federation@JewishChattanooga.com |
| Jennifer Waxenberg, RN | Nurse@JewishChattanooga.com |



Jewish Federation
OF GREATER CHATTANOOGA

THE **STRENGTH** OF A PEOPLE
THE **POWER** OF A COMMUNITY

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Michael Dzik, President & CEO

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Find us online at
JewishChattanooga.com



MEET

LINOR SHIRINOV

THURSDAY, NOVEMBER 13
5:30-7:30 PM



**COMMON
HOUSE**
1517 MITCHELL AVE

Get to know your new Federation Shlichah

Join us for our first of many events at Common House and for an evening of learning about Linor's family and background, followed by an Israel update. First hour open bar of wine, beer and soft drinks with light appetizers. No cost.

PLEASE RSVP TO
federation@jewishchattanooga.com

