



# H.E.A.R.T. HAPPENINGS

Kislev/December 2022



## CHANUKAH

### Hallel Teleconference

December 19 – 23 and 25 - 26 at 10:00 am  
701-802-5324

Access Code 6155541#

We will be singing Hallel with different girls' schools every day of Chanukah. Please join us for a beautiful and inspirational davening!

*Dear Friends,*

*A Gutten Chodesh Kislev!*

*The big news of the season is that the Bikur Cholim HEART office has moved to 21 Robert Pitt Drive Suite 111*

*Please come see us if you need any help or just pop in to say hello and enjoy a warm drink in our new home!*

*December is around the corner and that means Social Security Benefits letters should be arriving. These letters announce how much your monthly benefit check will be in 2023. We need a copy of this letter for our records. Please send it in by fax, email or mail.*

*Wishing everyone a cozy, warm, healthy, and safe winter!*

*Leah, Toby and Channi*

### Join the Thursday Seniors Group!

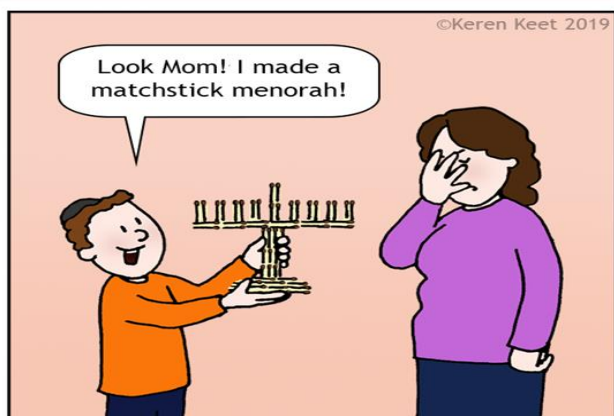
- Dec 1 - The Singing Women
- Dec 8 – Rabbi Vaiselbach
- Dec 15 - Dance with Shlomit
- Dec 22 - Chanuka Party!  
Music with Sasha Ettlinger
- Dec 29 - Sing & Laugh with Simi Bernath

Lunch & snack are served.  
Come and bring a friend!

Please contact Mrs. Leah Goldstein by Wednesday 12pm to arrange for transportation.

## Chanukah Miracle in the Forest

A Chassid of the Rebbe Maharash (1834-1882), named Psachya of Kherson had business in the forest. Perhaps he was a lumber merchant. One time, long before Chanukah, the Rebbe Maharash advised him to always take extra large candles along, just in case he'd have to be in the woods over Chanukah. But the Rebbe strangely insisted on him taking supersized candles. Psachya thought it a bit odd for the Rebbe to give him Chanukah advice long before the holiday and was a little perplexed about the need for huge candles, but since the Rebbe said it, that is what he did. And then, on Chanukah, he was deep in the woods on a business venture, and he was attacked by thieves (some say it was his own employees who turned on him) and stole his money. But now they had no choice but to kill him, they said, for he would certainly turn them into the authorities. Psachya remembered his Rebbe's words, and asked for a last wish to light his Chanukah candles, to complete his life on earth with a Mitzvah. They might have been murderous thieves, but they too had something of a heart or code of honor, so they obliged. He lit his tall candles with the greatest of emotion, and as they were tall, big, thick candles they burned long and they burned bright. Their flames were noticed in the woods, and people came by and Psachya was saved.



Poorly planned Chanukah crafts



## Chanukah Salmon with Herbs

- 1 kilo salmon fillets (about 6 portions)

Dressing:

- ½ cup of olive oil
- ¼ cup of soy sauce
- 2 Tb. of honey
- 2-3 cloves of garlic, mashed
- ½ tsp. of black pepper, sweet paprika, 1 tsp. sea salt



Place salmon fillets in a baking dish. Mix dressing ingredients and pour on fish fillets. Decorate with chopped fresh dill and/or parsley.

Bake for about 20 – 30 minutes at 350 degrees

# December Activities with Bikur Cholim HEART

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SHABBOS
				1	2	3
				Thursdays with Leah The Singing Women		Parshas Vayetzei
4	5	6	7	8	9	10
				Thursdays with Leah Rabbi Vaiselbach		Parshas Vayishlach
11	12	13	14	15	16	17
				Thursdays with Leah Dance with Shlomit		Parshas Vayeshev
18	19	20	21	22	23	24
	 "Hallel Together"	 "Hallel Together"	 "Hallel Together"	 "Hallel Together" Chanukah Party!!! Thursdays with Leah Music with Sasha Ettlinger	 "Hallel Together"	 Parshas Miketz Rosh Chodesh Teves
25	26	27	28	29	30	31
 "Hallel Together" Rosh Chodesh Teves	 "Hallel Together"			Thursdays with Leah Sing & Laugh with Simi Bernath		Parshas Vayigash

Happy December Birthdays!

May you be b'simcha and gezunt until 120!

Mrs. Blima Kahana, Mrs. Livia Samuel, Mr. Abraham Lebovits, Mr. Marcel Nagel

Ladies, please join us for a "Hallel Together" teleconference every day of Chanuka at 10:00 am. We will sing Hallel with different girls' schools every day!

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