



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



Elul - Aug/Sept 2022



Join the Thursday Seniors Group!  
August 25<sup>th</sup> Rabbi Gottlieb  
Sept 1<sup>st</sup> Simmi Bernath  
Sept 8<sup>th</sup> The Singing Women  
Sept 15<sup>th</sup> Rabbi Vaiselbuh  
Sept 22<sup>nd</sup> Exercise with Shlomit  
Sept 29<sup>th</sup> Rabbi Meir Cohen

Lunch & snack are served.  
Come and bring a friend!  
Transportation provided.  
Please contact Mrs. Leah Goldstein by  
Wednesday 12pm to arrange.

## Rosh Chodesh Hallel Teleconference

Rosh Chodesh Elul will be Sunday August 28<sup>th</sup>  
Call in to our teleconference at 11:00 am

**701-802-5324**

**Access Code 6155541#**

Earn a raffle ticket for joining! Congratulations  
to last month's Hallel raffle winner: Mrs.

Hendel Kessler



To those I may have wronged,  
I ask forgiveness.  
To those I may have helped,  
I wish I did more.  
To those I neglected to help,  
I ask for understanding.  
To those who helped me,  
I sincerely thank you so much...

# Apple Crumble Sundaes

## L'kovod Yom Tov



[Print](#)

Author: Victoria Dwek

Serves: serves 6 (plus extra crunch)

## Ingredients

### Apple Base:

- 3 apples, peeled and sliced
- 3 pears, peeled and sliced
- ½ cup sugar
- 2 tablespoons lemon juice

### Oat Crumble:

- ½ cup (1 stick) margarine, at room temperature
- ½ cup brown sugar
- 1 cup Rice Krispies
- ¾ cup oats
- ¾ cup flour

### Caramel (use store-bought):

### Ice Cream:

- 1 (16-ounce) container vanilla ice cream (dairy or pareve)

## Instructions

In a saute, over medium heat, combine apples, pears, sugar, and lemon juice. Cook, stirring occasionally, until fruit is soft and golden, about 20 minutes. Set aside.

Prepare the crumble. Preheat oven to 350°F. In medium bowl, combine brown sugar, Rice Krispies, oats, and flour. Using your hands, knead to combine until coarse crumbs form. Transfer mixture to a greased baking sheet and bake for 15 minutes. Let cool. Crumble and store in an airtight container until ready to use.

To assemble apple sundae, layer warm apples in the bottom of a dessert glass, add the crunch and a scoop of vanilla ice cream. Drizzle caramel sauce on top of the ice cream.

## ***Elul Thoughts***

Rav Meilech Biderman says that there are some people who are so stressed by the month of Elul and Rosh Hashana and Yom Kippur, that they just wait for them all to be over. He says that this approach is completely wrong.

Instead, we should be happy that we have an opportunity to be close to Hashem and that He gives us a chance to ask for anything we need. Rav Biderman explains with a story regarding the Tzar Nicolai who used to disguise himself and go to the street in order to hear what the people think about him. One night he entered a bar and joined a group of men who sat and drank. He asked them what they would do if the king would come and visit them. One said he would ask for a mansion, another said he would ask for a castle, yet another one said he would ask for a large sum of money. The fourth person said that since the king is not there, he should leave him alone with his nonsense. They didn't know that it was the king who was talking with them. The next day each of the people received from the king what they had asked for, except for the last person who got nothing.

Rav Biderman says that this is how Elul looks for many. We are not aware of the fact that we are standing right next to the King and we can ask for anything we need and these days have in them the power to annul bad decrees. He emphasizes that everything has to be done with joy – not stress. Tefilla, Torah and good deeds – with joy!

