

HOMM

HIGH HOLIDAY 5786

Congregation House of Jacob-Mikveh Israel



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Shana Tova!

Message from The Rabbi



Below, you'll find an article requested this year by the United Synagogue in the UK, celebrating 265 years since the first reports of Jews settling in Canada. Rosh Hashanah is a time to reflect on our identities and consider how we can improve in the future. To make progress, it's essential to understand how we have arrived at our current circumstances. Therefore, this essay, titled "Reflections from Western Canada," is both timely and relevant to the season.

As an associate rabbi who ministered to a congregation in Northwest London, I recollect two events that epitomise what it means to be a Canadian Jew. The first transpired shortly after I arrived in the UK when I was asked to recite the prayer for the Royal Family on Shabbat. As I invoked Her Majesty, the Queen; the Duke of Edinburgh; the Prince of Wales; etc, I began to hear mutterings of discontent from the congregation. The disapproval grew from a subtle undercurrent to an audible expression of frustration. The irritation that an "American" would dare wish the royal family well precipitated our shul leadership to announce publicly during the service, "Our new rabbi is Canadian, and the prayer for the Royal Family is also recited in his home congregation". After this statement, the congregation seemed to warm up to me immediately. I would only occasionally hear someone say in good humour, "You can't help sounding as you do, being Canadian and all".

My second experience transpired shortly before my departure back to North America. I was consulting with a professional who was helping me update my resume. I recall that she often became frustrated and would remind me to "keep your spelling consistent, either UK or American standard". I had to patiently remind her several times that I was following standard Canadian spelling, which allows for spelling like "tire", "finalize" and "utilize", at the same time as "centre", "colour" and "flavour".



Shanah Tovah



The Jewish community in Canada reflects the diverse nature of the country itself. Canada is a unique blend of cultures, where we find influences from both the UK and the United States. Similarly, the Jewish community has absorbed elements from both Europe and America. However, the majority of our Rabbis and educators are often brought in from the United States, and those of us who wish to pursue advanced Jewish learning frequently must travel south of the border. Thusly, I have noticed the pendulum sway decidedly towards the south.

When I was a child, it was common for Bar Mitzvah students to be taught the English trope. This practice is quite rare nowadays. In a recent conversation with a Rabbi in Toronto, I was surprised to hear that his substantial congregation does not say the prayer for the Royal Family. Perhaps, due to the current darker climate in the south, we might experience the pendulum swing back toward the east as we reassess our cultural influences.

Historians discuss several possible occasions when Jews first entered Canada. One possibility is that Portuguese Jews arrived in Lower Canada (Quebec) in the late 17th century. One individual often mentioned as the "first Jew" in Canada is Ferdinande Jacobs, who traded with the Hudson's Bay Company in 1732. However, the Heritage Canada (a department of the Government of Canada) website notes that "no record of his religion has been traced in the HBC Archives. From the fort journals, it is evident that he supported the Church of England". Even if we discount him, many of these early Jewish immigrants were either transient or quickly assimilated, making it difficult to regard them as the "founders of Canadian Jewry".

The first indisputably confirmed Jewish community was established in Montreal by soldiers and auxiliary military personnel who arrived in the region with British forces in 1760. By 1768, the Spanish and Portuguese Synagogue was founded, marking a significant milestone in the history of Jews in Canada.

It's easy to imagine that in the early days, many people reflected on their established communities and worried about the precariousness of their current circumstances. We can draw a parallel to our present time, where uncertainty leads many to question the future of the Jewish community in Canada. Just as there has ultimately been a Jewish future in Canada that would have seemed unimaginable 266 years ago, there may still be a place for us here in the years to come.

Best wishes,
Rabbi Nisan Andrews



Tzedakah

Rabbi's Discretionary Fund

The Rabbi's Discretionary Fund assists needy families in Calgary in a quiet and dignified manner, and helps with small-scale shul needs (e.g. library books) not otherwise funded.

To partner in this mitzvah, donations can be made by credit card, cheque, cash or etransfer to rabbi.andrews.hojmi@gmail.com.

Thank you!

YOU CAN HELP



Rabbi Andrews

Incoming Call



Rabbi Andrews needs you!

Please let Rabbi Andrews know if there is someone new to the community, unwell, lonely, or who would benefit from a visit or a phone call.

Rabbi.Andrews.HOJMI@gmail.com

Do you like coffee? So does Rabbi Andrews! He would love to drink some with you at your location of choice.

Rabbi.Andrews.HOJMI@gmail.com

Do you have an idea for a class, event, or programme?

Please share them with Rabbi Andrews.

Rabbi.Andrews.HOJMI@gmail.com

Message from The President



Dear Members,

As HOJMI President, I am pleased to extend Shana Tova greetings on behalf of myself and the Board of Directors, and our eagerness to see you all during the chagim over the coming weeks.

As we look forward to hearing familiar melodies surrounded by familiar faces, it's important to remember that what makes HOJMI HOJMI is not the building, nor our bylaws, or even our long history as Calgary's first synagogue, but rather the presence and contribution of each individual member and the community we collectively build together.

Our sanctuary is made beautiful by our heartfelt communal prayers and spiritual growth through hearing words of Torah. Our back halls become vibrant with the joyous sounds of our children playing with their friends and learning how to pray in Junior Congregation. Our multi-purpose room becomes a special-purpose room when we catch up with an old friend or welcome a guest over kiddush. Even our parking lot gets a chance to become a sacred space when we host our neighbours for our annual kosher stampede breakfast.

All this vibrancy and activity is powered by our dedicated cadre of volunteers. To everyone who has ever led a service, set up for a kiddush, organized an event, led a class, maintained our building, or helped with the many jobs, both visible and in the background, that keep HOJMI running – toda raba! Likewise, a hearty yasher koach to all the donors who make it all possible through the generosity of their contributions.

My hopes and prayers for 5786 is that we are successful in achieving 'more': I hope we can see more of each other. I hope that we can welcome more new members to our shul and community. I hope that we can each grow more in our connection to Hashem and to all of Am Israel.

Wishing you a Shana Tova u'Metuka and all the best for 5786 and beyond.

-Yannai Segal

**Shana
Tova**



5785 Events

HOJMI Gala Dinner 2025 Honouring Dr. Izak and Hindy Paul



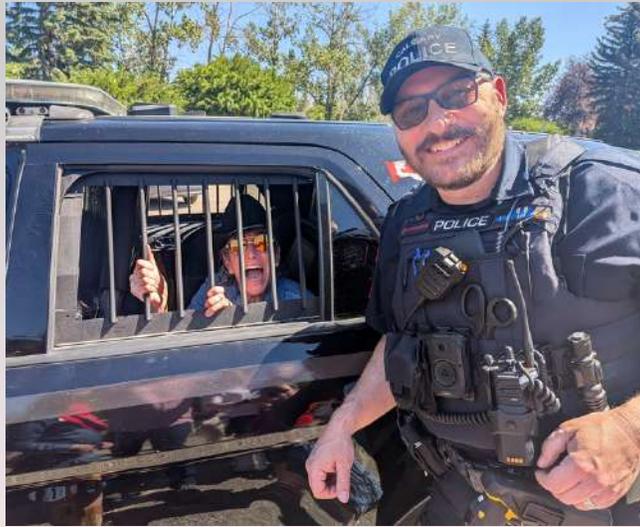
Sisterhood's Wine & Cheese Evening



Challah Baking



Stampede Breakfast



Father's Day Barbeque



Melave Malka Event



Mens Mock Seder



Pizza, Booze and Schmooze



High Holiday 5786 Schedule

Saturday, Sept 13

11:30 pm Class Followed By Selichot

Sunday, Sept 14 - Sunday, Sept 21

8:00 am/6:30 am Sunday/Weekday Shacharit With Selichot (no Selichot on the 14th)

7:00 pm Mincha & Maariv

Erev Rosh Hashanah, Monday, Sept 22

6:15 am Selichot With Shacharit

7:15 pm Mincha & Maariv

7:15 pm Candle Lighting

Rosh Hashanah Day I, Tuesday, Sept 23

8:15 am Shacharit

9:45 am Torah Reading

10:40 am Rabbi's Sermon Followed By The Sounding Of The Shofar

5:50 pm Tashlich (Meet at Hojmi)

7:10 pm Mincha & Maariv

8:21 pm Earliest Candle Lighting

Rosh Hashanah Day II, Wednesday, Sept 24

8:15 am Shacharit

9:45 am Torah Reading

10:40 am Rabbi's Sermon Followed By The Sounding Of The Shofar

4:30 pm **Shofar In The Park-See Poster**

7:10 pm Mincha

8:18 pm Maariv and Yom Tov Concludes

Fast Of Gedaliah, Thursday, Sept 25

6:16 am Fast Begins

6:30 am Selichot With Shacharit

6:50 pm Mincha & Maariv

8:16 pm Fast Concludes

Sept 26, 28, 29, 30

6:15 am/8:00 am Weekday/Sunday Selichot With Shacharit

7:00 pm Mincha & Maariv

Shabbat Shuvah (Parshat VaYelech), Saturday, Sept 27

7:05 pm Mincha & Maariv with Kabbalat Shabbat (Erev Shabbat)

7:06 pm Candle Lighting (Erev Shabbat)

9:00 am Shacharit

6:40 pm Mincha

8:11 pm Maariv & Shabbat Concludes

Erev Yom Kippur, Wednesday, Oct 1

6:30 am Selichot with Shacharit

4:00 pm Mincha (Including Vidui)

6:55 pm Kol Nidre

6:00/6:55 pm Earliest/Latest Candle Lighting

Yom Kippur Day, Thursday, Oct 2

8:15 am Shacharit

12:00 pm Yizkor And Mussaf

5:15 pm Mincha & Neilah

8:00 pm Fast Ends/Shofar Blast



Oct 3, 5, 6

6:45 am/8:00 am Weekday/Sunday Shacharit

7:00 pm Mincha & Maariv

Shabbat Parshat Haazinu, Saturday, Oct 4

6:50 pm Candle lighting, Mincha & Maariv with Kabbalat Shabbat (Erev Shabbat)

9:00 pm Shacharit

6:25 pm Mincha

7:56 pm Maariv and Shabbat Concludes

Sukkot Day I, Tuesday, Oct 7

6:45 pm Mincha & Maariv (Erev Yom Tov)

6:43 pm Candle Lighting (Erev Yom Tov)

9:00 am Shacharit

6:40 pm Mincha & Maariv

7:49 pm Earliest Candle Lighting and Cooking

Sukkot Day II, Wednesday, Oct 8

9:00 am Shacharit

6:40 pm Mincha

7:47 pm Maariv and Yom Tov Concludes

Chol Hamoed, Oct 9, 10, 12

6:45 am/8:00 am Weekday/Sunday Shacharit

7:00 pm Mincha & Maariv

Shabbat, Chol Hamoed, Saturday, Oct 11

6:35 pm Candle Lighting, Mincha & Maariv (Erev Shabbat)

9:00 am Shacharit

6:10 pm Mincha

7:41 pm Maariv and Shabbat Concludes

Hoshanah Rabbah, Wednesday, Oct 13

6:00 am Shacharit

6:30 pm Mincha & Maariv

6:28 pm Candle Lighting

Shemini Atzeret, Thursday, Oct 14

9:00 am Shacharit

10:45 am Yizkor

6:15 pm Mincha & Maariv Followed By Hakafot

7:34 pm Earliest Candle Lighting

Simchat Torah, Friday, Oct 15

9:00 am Shacharit And Hakafot

6:20 pm Mincha

7:32 pm Maariv and Yom Tov Concludes

Thursday and Friday, Oct 16, 17

6:45 am Shacharit

7:00 pm Mincha & Maariv

Shabbat Bereshit, Saturday, Oct 18

6:20 pm Candle Lighting, Mincha & Maariv with Kabbalat Shabbat (Erev Shabbat)

9:00 am Shacharit

6:00 pm Mincha

7:26 pm Maariv And Shabbat Concludes



Shul Times 5786

From	To	Weekly Mincha/ Maariv	Friday Mincha	Candle Lighting	Parsha
October 19	October 25	7:00 pm	6:05 pm	6:06 pm	Noach
October 26	November 1	7:00 pm Maariv Only	5:55 pm	5:53 pm	Lech Lecha
November 2	November 8	7:00 pm Maariv Only	4:40 pm	4:41 pm	Vayeira
November 9	November 15	7:00 pm Maariv Only	4:30 pm	4:31 pm	Chayei Sarah
November 16	November 22	7:00 pm Maariv Only	4:20 pm	4:22 pm	Toldot
November 23	November 29	7:00 pm Maariv Only	4:15 pm	4:16 pm	Vayeitzei
November 30	December 6	7:00 pm Maariv Only	4:10 pm	4:12 pm	Vayishlach
December 7	December 13	7:00 pm Maariv Only	4:10 pm	4:11 pm	Vayeishev
December 14	December 20	7:00 pm Maariv Only	4:10 pm	4:12 pm	Mikeitz
December 21	December 27	7:00 pm Maariv Only	4:15 pm	4:16 pm	Vayigash
December 28	January 3	7:00 pm Maariv Only	4:25 pm	4:23 pm	Vayechi
January 4	January 10	7:00 pm Maariv Only	4:30 pm	4:32 pm	Shemot
January 11	January 17	7:00 pm Maariv Only	4:49 pm	4:42 pm	Va'era
January 18	January 24	7:00 pm Maariv Only	4:55 pm	4:53 pm	Bo
January 25	January 31	7:00 pm Maariv Only	5:05 pm	5:06 pm	Beshalach
February 1	February 7	7:00 pm Maariv Only	5:20 pm	5:18 pm	Yitro
February 8	February 14	7:00 pm Maariv Only	5:30 pm	5:31 pm	Mishpatim
February 15	February 21	7:00 pm Maariv Only	5:45 pm	5:43 pm	Terumah
February 22	February 28	7:00 pm Maariv Only	5:55 pm	5:56 pm	Tetzaveh
March 1	March 7	7:00 pm	6:10 pm	6:08 pm	Ki Tisa
March 8	March 14	7:00 pm	7:20 pm	7:20 pm	Vayakhel- Pekudei
March 15	March 21	7:00 pm	7:30 pm	7:31 pm	Vayikra
March 22	March 28	7:00 pm	7:30 pm	7:43 pm	Tzav



SQUASH SOUP

(from the Segal Family Recipe Book)

Meal-Leani-Yumm with minor updates

INGREDIENTS

- 1 T. olive oil
- 2 medium onions, chopped
- 2 cloves garlic, crushed
- 1 red pepper, chopped
- 2 cloves garlic, crushed
- 1 squash, cut in chunks
- 1 yam, cut in chunks
- 2-3 carrots, cut in chunks
- 4 cups vegetable broth (I use
- 4 cups water + 4 tsp chicken
- soup powder)
- fresh ginger, grated
- 1 cup orange juice

DIRECTIONS

1. fry onions, garlic and pepper in oil until soft
2. add remaining vegetables and broth
3. bring to a boil and cook for 20 minutes
4. blend with immersion blender
5. add ginger and orange juice

NOTES

The vegetables are just a suggestion, and you can add as much water as you need to cover all the vegetables. It is a very forgiving recipe.



EVERYTHING SALAD

(from the Segal Family Recipe Book)
Anna Segal

INGREDIENTS

romaine, cukes, peppers,
hearts of palm, baby corn,
mandarin oranges,
tomatoes, avocado,
artichoke hearts,
etc...whatever pleases you

DRESSING:

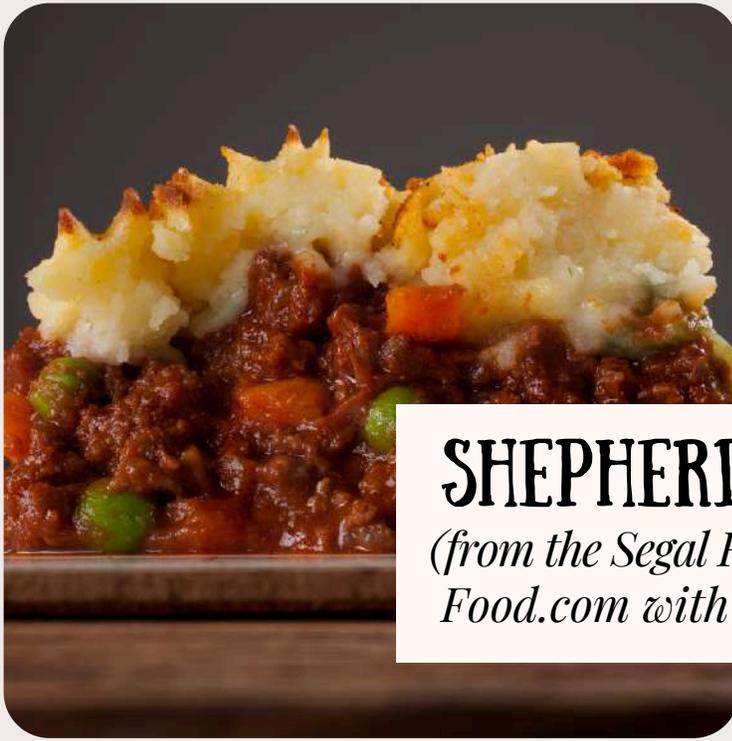
2 t. mustard
2/3 cup cider vinegar
1 1/3 cup oil
2/3 cup (brown) sugar
black pepper, salt
3/4 tsp seasoning salt
6 level T. mayo
2-3 cloves garlic

DIRECTIONS

1. combine all dressing ingredients in blender (or you can use a shaker, but the garlic needs to be grated on a microplane so it is well-incorporated)

NOTES

Dressing keeps well and can stay in the fridge for a few weeks.



SHEPHERD'S PIE

*(from the Segal Family Recipe Book)
Food.com with minor updates*

INGREDIENTS

1 lb ground beef
1 t. black pepper
1 large onion, diced
3-4 carrots, diced
1 cup frozen peas or corn
(optional)
thyme to taste
2 T. flour
1 glass red wine
2 T. tomato paste
1 cup chicken stock
6 cups prepared instant
mashed potatoes

DIRECTIONS

1. saute beef until cooked through and crumbled
2. add black pepper, onion, carrot, and cook until soft
3. add peas/corn and thyme, cook a few minutes longer
4. sprinkle flour over mixture and stir through
5. add tomato paste
6. slowly add red wine so the mixture thickens
7. add chicken stock
8. cook until you have a thick meaty gravy
9. For the potatoes: use plain instant mashed potatoes, add a few spoons of pareve ranch dressing mix or chicken soup powder, a few T. of olive oil or margarine and the water that the box calls for
10. Layer meat into 9x13 pan, then top with potatoes
11. I like to sprinkle smoked paprika on top
12. bake at 350F for 20 minutes

NOTES

I make this on Pesach, just omitting the corn/peas. I have also made it without carrots. It is pretty forgiving, but is MUCH better with instant potatoes than with real mashed potatoes.



ONE BOWL APPLE CAKE

(from the Segal Family Recipe Book)

Norene Gilletz Facebook Group

INGREDIENTS

2 eggs
1 3/4 cup sugar
1 T.+ cinnamon
1/2 cup oil
6 medium apples
2 cups flour
2 t. baking powder

DIRECTIONS

1. preheat oven to 350F
2. in a large bowl, mix eggs, sugar, cinnamon and oil
3. peel and slice the apples and add to the mixture, coating as you go to keep apples from turning brown)
4. mix together flour and baking powder and add to the ingredients in the bowl until all the flour is absorbed by the wet ingredients
5. pour mixture into a greased 9x13 or bundt pan
6. bake for 55 minutes, or until a toothpick comes clean

NOTES

This is essentially the same recipe as a kugel, so serve it as you wish. Of the 3 apple kugel/cake recipes, this one is my favourite.

Word Search

Z	S	D	C	A	G	Z	M	L	H	C	G	P	B
L	E	S	Q	H	B	Y	L	E	F	F	O	E	B
N	T	F	T	H	S	I	F	B	P	M	C	P	P
Q	A	H	N	O	I	G	L	Z	E	W	T	D	L
Y	D	R	G	G	R	O	N	G	T	E	V	O	P
E	A	R	G	O	G	R	R	S	Z	B	T	B	S
N	P	D	S	A	U	A	A	J	N	S	F	G	U
O	P	G	V	C	N	R	I	C	K	B	C	S	R
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Q	S	E	L	D	U	L	E	S	X	M	Y	M	R
X	S	P	Z	G	F	T	P	I	P	Q	U	A	M
E	H	A	L	L	A	H	C	D	N	U	O	R	Q
I	Q	O	H	Q	R	X	M	L	J	E	J	O	X

Z	S	D	C	A	G	Z	M	L	H	C	G	P	B
L	E	S	Q	H	B	Y	L	E	F	F	O	E	B
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Y	D	R	G	G	R	O	N	G	T	E	V	O	P
E	A	R	G	O	G	R	R	S	Z	B	T	B	S
N	P	D	S	A	U	A	A	J	N	S	F	G	U
O	P	G	V	C	N	R	I	C	K	B	C	S	R
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Q	S	E	L	D	U	L	E	S	X	M	Y	M	R
X	S	P	Z	G	F	T	P	I	P	Q	U	A	M
E	H	A	L	L	A	H	C	D	N	U	O	R	Q
I	Q	O	H	Q	R	X	M	L	J	E	J	O	X

**HONEY, ROUND CHALLAH,
POMEGRANATES, CARROTS,
APPLES, DATES, LEEKS, GOURD,
BEETS, FISH**

Shana Tova!



Shana Tova!



Ushers List

The following are called on to serve as ushers and security observers for the High Holidays 2025. Please note your assigned time, go to the main doors on time, and maintain decorum at the rear of the shul. Please be vigilant and watch the outside of the shul as well.

We are depending on you. Thanks for your help!

ROSH HASHANAH 1, TUESDAY, SEPTEMBER 23rd

8.30am H. Rosenberg

9.30am E. Ragolsky, I. Paul

10.30am N. Gluck, M. Ksienski

11.30am D. Sussman, D. Silver

12.30pm A. Moise, R. Halpern

ROSH HASHANAH 2, WEDNESDAY, SEPTEMBER 24th

8.30am H. Rosenberg

9.30am E. Martin, B. Be'eri

10.30am A. Linetsky, M. Berlin

11.30am D. Cramer, S. Habet

12.30pm D. Dil, E. Moldovsky

KOL NIDRE, WEDNESDAY, OCTOBER 1st

6:30pm R. Edelmuth, A. Elbaz,

7:30pm I. Rubenstein, G. Wolf

8:30pm R. Wilms, D. Reid

YOM KIPPUR, SATURDAY, OCTOBER 12th

8.30am H. Rosenberg

9.30am Y. Segal, P. Wolf

10.30am N. Halpern, C. Hamborger

11.30am D. Martin, R. Edelmuth

12.30pm J. Paul, B. Lewis

1.30pm B. Zalmanowitz, E. Borysiuk

6:00pm M. Bogoch, H. Lipton

7:00pm J. Eichler, L. Katz

*Shanah tovah u'metuka!
Ketivah v'chatima tovah.*



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