

NOTICE
ALL SUBMISSIONS MUST BE
EMAILED ONLY TO
BVTIMES@RCN.COM
BY FRIDAYS NOON

Mission of Love Food Bank
 Every Tuesday- Food Bank Program 555 North Main St., Bangor, 10am-12pm. All are invited Bilingual Services. Pastor Frank Pons. (570) 807-7794

Explore Warren County Tourism at:
ExploreWarren.org
 Located at 165 County Route 519 South - Belvidere, NJ 07823 908-475-6580 / 800-554-8540

Portland Upper Mt. Bethel Food Bank
 Located at 111 State St. Portland Pa. and until further notice the PUMP will be open every Monday as normal, AM AND PM: 10 to 11:30 am & 6:00 to 7:30 pm but will deliver food to your car as your number is called in the parking lot. No one but workers will be allowed to go inside. There will be no access to restrooms. Your cooperation during this difficult time is greatly appreciated.

Biking

Delaware Water Gap National Recreation Area - River Road Bushkill, PA (570) 426-2452 Levee Loop Trail - Biking East Stroudsburg, PA (570) 426-1512 info@srosr.org

BIKE TRAIN

ALL ABOARD THE SCENIC BIKE TRAIN!

Hop on the Bike Train and step back in time. Enjoy a relaxing 25 mile train ride through the Lehigh Gorge. Then, pedal your bike back down to Jim Thorpe at your own pace along the Lehigh Gorge Rail Trail.

Advance Tickets/reservations Are Required For The Bike Train And Can Be Made By Calling The Blue Mountain & Northern Railroad (Aka Lehigh Gorge Scenic Railway) Directly At

Wineries in the Poconos

Pocono wineries offer a unique and relaxing getaway. Tour a winery and unwind while sampling the many varieties of vintages available at our vineyards. From hip downtown wine bars like RAW Urban Winery & Hard Cider, Tolino Vineyards and Wild Elder Wine and Cider Co. to scenic properties like Mountain View Vineyard Winery and Sorrenti Cherry Valley Vineyards where rows of grapes are spread out on the hill before you, these wineries are located throughout our four-county region, so a Pocono vineyard experience is close to you no matter where you travel.

Pocono wine tours, wine tastings and special wine pairing events and dinners make it easy to discover new, locally-crafted, one-of-a-kind flavors. Check out specials at Three Hammers Winery in Hawley, Soaked Winery in Milford, Eagles Rest Cellars in Stroudsburg and Wine & More on 1st in Lehighton. Whether looking for a bachelorette party or relaxing with your spouse, browse the wineries in the Poconos below to

Bangor Area Ski Club

is having an upcoming fundraiser and they need your help deciding which colors and style will win the vote. Please choose which color combination should win. Pre-orders are available for those that can't wait to slip into some Slater Socks!!! \$15 for Knee High / \$13 for Crew
<https://www.facebook.com/groups/1685762688660460/permalink/1685765401993522>

Family Science Night - Exploring Eclipses
 Friday, January 19, 2024 at 6:30pm to 7:30pm Eclipses are a fascinating phenomenon with deep ties throughout humanity's history, culture, and scientific development that you can experience yourself. Join us to learn what causes eclipses and how to safely view them so that you can enjoy the upcoming total solar eclipse occurring on April 8th, 2024. Registration is required.

Winter Plant Walk
 Wednesday, January 24, 2024 at 10:00am to 12:00pm
 Join volunteer Doug Burton on a walk through the woods and fields of Jacobsburg in search of winter plants that provide food for birds and other animals. Learn how to identify plants in winter and enjoy the winter landscape. Dress for the weather and wear comfortable hiking shoes. If we have deep snow, we will walk in snowshoes! This program is for adults only. Registration is required.

Birding for Beginners
 Wednesday, January 31, 2024 at 10:00am to 12:00pm
 It's never too late to pick up a new hobby. The act of "birding" simply means to observe birds in their natural habitat. Conservation volunteer Doug will help you discover the entertaining aspects of looking and listening for birds while on a short hike around the center.

Please wear sturdy shoes and dress for the weather. If we have deep snow, we will walk in snowshoes! This program is for adults only. Registration is required.

You can view and register for community programs online at <https://events.dcnr.pa.gov/search/events?order=date&search=jacobsburg>. If you need an accommodation to participate in a program, please contact the park office at 610-746-2801 or jacobsburgsp@pa.gov. Interpreters for people who are deaf or hard of hearing are available for educational programs with at least five days notice.

Jewish Federation of the Lehigh Valley
www.jewishlehighvalley.org/

FRIDAY, JANUARY 19
Shabbat of Love
 Join the Jewish community across America in setting the table for the largest Shabbat dinner celebration in North American history. Jews of all ages, backgrounds, and identities are invited to come together with family, friends,

and neighbors to experience the sacred joy of Shabbat. To learn more about this event and to register, visit shabbatoflove.org.

SUNDAY, JANUARY 28
Super Sunday
 9:30 a.m.-4 p.m., JCC
 Come out for an unprecedented day of generosity with a Maimonides Brunch and Learn, a Women's Philanthropy mitzvah day of cooking, and a PJ Library family event. Volunteers will make phone calls to raise funds for the Federation's Annual Campaign for Jewish Needs and the Israel Emergency Campaign. Lunch will be provided. Register.

SATURDAY, FEBRUARY 3
Family Movie Night and Havdalah
 6:30 p.m., Jay's Local
 Join the Young Leadership at the cafe-style eatery Jay's Local for a family-friendly movie and Havdalah. Snacks and drinks will be served. Come in your PJs and bring a blanket and pillow! Register.

WEDNESDAY, JANUARY 31
'Singfeldt' off-Broadway
 9:30 a.m.-6 p.m., bus leaves from Keneseth Israel
 Ride along with Congregation Keneseth Israel's Women of KI to see the unauthorized musical parody about nothing, starring KI's own Hannah Hakim, at the Jerry Orbach Theater. The bus leaves KI at 9:30 a.m. and returns at 6 a.m. The show is at 2 p.m. Participants will have time for lunch or shopping in New York before the show. Cost is \$118. RSVP with payment by January 15.

ONGOING EVENTS
FIRST OR SECOND SUNDAY OF THE MONTH
Bnai Shalom Cash Bingo
 1 p.m., Congregation Bnai Shalom
 Join Bnai Shalom for its monthly bingo games on the first Sunday of most months but on the second Sunday of September and December. There's no game in October. For more information call 610-258-5343.

MONDAYS
Yiddish Club
 2-3:30 p.m., JCC via Zoom
 Experience the joys of Yiddish via Zoom as part of Adults at the J. The group meets weekly to discuss topics like cooking, humor, music and all kinds of entertainment in the Yiddish language. All are welcome to join this lively weekly discussion. There is something for everyone no matter if you know a few words or are a fluent speaker. Enjoy fun, fellowship, stories and more. Participants Zoom in from five states. No cost. Call 610-435-3571, ext. 501.

MONDAYS AND THURSDAYS
Online Jewish Yoga Studio
 Mondays 11-11:45 a.m., Thursdays 4-4:45 p.m., Institute for Jewish Spirituality
 Mindful body practices help people find shelter right where they are, in their bodies, in this very moment. Join yoga

teacher and IJS faculty member Rabbi Myriam Klotz or Cantor Lizzie Sham-mash as she guides you in an all-levels yoga and movement session informed by Jewish spiritual teachings and designed to relieve stress as participants increase awareness of breath and grounding through their bodies. Open to all. No experience needed. Sign up now.

TUESDAYS

Weekly Torah Study
 11:45 a.m.-12:15 p.m., Institute for Jewish Spirituality
 Rabbi Jonathan Slater will lead the weekly program "Torah Study to Sustain the Soul," aimed at addressing an aspect of spiritual life that will help participants navigate this time of uncertainty and isolation. Open to all. No previous knowledge needed. Sign up now.

WEDNESDAYS

Yoga with Miriam Sandler: Chair-Supported Yoga
 1-2 p.m., Congregation Brith Sholom
 Participants sit in a comfortable chair, preferably armless (folding works well). Some standing poses holding onto a chair are offered, though students may choose to remain seated. Modifications are given. Open to the public in person, and live stream available to all via Zoom. \$10 drop-in fee payable to Congregation Brith Sholom. For more information, email mbserow@gmail.com. Join the Zoom meeting here.

WEDNESDAYS

Torah Studies: A Weekly Journey into the Soul of Torah
 7 p.m., Chabad of the Lehigh Valley in person and via Zoom
 Torah Studies by the Jewish Learning Institute presents Season One 5784, a 12-part series, in person and via Zoom. Cost is \$54 for the course, including textbook. For more information, call 610-351-6511 or email rabbi@chabadlehighvalley.com.

EVERY OTHER WEDNESDAY

Hadassah Study Group
 12:30 p.m., via Zoom
 The group discusses short stories from an anthology. Always welcoming new participants. Contact mjclaire@gmail.com or 610-972-7054 to sign up.

THURSDAYS

Basic Yiddish Class
 4-5:30 p.m., Jewish Community Center via Zoom
 Learn to read, write, speak and comprehend Yiddish. Textbooks from the Yiddish Book Center available for purchase. Call 610-435-3571, ext. 501.

FRIDAYS

Kol HaEmek
 8:30-9:30 a.m., WMUH 91.7
 Radio show with Cantor Wartell. For information go to muhlenberg.edu/wmuh.

SATURDAYS

KI Torah Study
 9:30-11 a.m., Congregation Keneseth

Israel

Join Rabbi Shoshanah Tornberg for a study session making sense of the week's Torah portion. Enter the building through the 23rd Street door. For more information, contact Rabbi Tornberg using the form at kilv.org.

SATURDAYS

Wisdom of the Talmud Class
 After Shabbat Lunch and Schmoosze, Congregation Brith Sholom
 Join Rabbi Michael Singer in a discussion about Jewish law, ethics, customs and history as found in the pages of the Talmud. The fall-winter class begins a new volume of the Talmud: "Mesechet Megillah." Books are available in the synagogue office.

No previous Talmud study required. For information email tammy@brithsholom.net or call 610-866-8009.

DAILY

Jewish Broadcasting Service
 JBS is a Jewish television channel featuring daily news from Israel; leading Jewish figures, issues and events of Jewish importance; call-in programs; Jewish studies; 92nd Street Y; live Friday and holiday services for those at home; children's programs; films; music; books; and entertainment. Click here.

DAILY

Congregation Sons of Israel Minyanim
 Shacharit 6:30 a.m. Mondays and Thursdays; 6:45 a.m. Tuesdays, Wednesdays and Fridays; and 8:30 a.m. Sundays
 Congregation Sons of Israel welcomes all to its daily Shacharis and Mincha/Maariv services in the main sanctuary of the synagogue. Please check the synagogue website for the weekly listing of the starting time for Mincha/Maariv. If you have any questions regarding the minyan, please call the synagogue office at 610-433-6089.

MONDAY THROUGH FRIDAY

Daily Online Meditation
 12:30 p.m., Institute for Jewish Spirituality
 One of the master teachers leads a live daily guided meditation. Join with people from around the world to share 30 minutes of Jewish mindfulness. Open to all. No experience needed. Sign up now.

Donut Sale

Tuesday, February 13, 2024
 Christ Evangelical Lutheran Church
 703 S. Delaware Drive, Mt. Bethel, PA
 Orders & information: Chrissy 610-588-0809



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