



KOLENU

"Our Voice" The Newsletter of Congregation Anshei Israel

January/February 2023 • Tevet/Shvat/Adar 5783

Volume 76 Number 4

Happy New Year, Trees!
Tu B'Shvat Seder
Sunday, February 5

Photo by Allison Astorga on Unsplash.com

CONTENTS

| | | | |
|--------------------------------|------|----------------------------------|-------|
| Adult Education..... | 5 | Donations..... | 14-15 |
| Anniversaries & Mazal Tov..... | 12 | Education..... | 4 |
| Candle Lighting Times | 7 | Honorable "Menschens" | 13 |
| Catching Up..... | 8-11 | President's Message | 3 |
| Coming Up | 7-8 | Rabbi's Message | 2 |
| Condolences | 13 | Services Online & In-Person..... | 6-7 |

INSERT

Day of Chesed

KOLENU • קולנו

"Our Voice"

The Newsletter of Congregation Anshei Israel

Congregation Anshei Israel

A Conservative Synagogue and
Proud Member of USCJ



5550 East 5th Street • Tucson AZ 85711
(520) 745-5550 • fax (520) 745-9058
caiaz.org

MISSION STATEMENT

Congregation Anshei Israel shall serve as a source of spiritual, educational, and social enrichment in order to encourage and ensure Judaic values in accordance with the Principles of Conservative Judaism.

CLERGY & STAFF INFORMATION

Rabbi • Sara Metz
Ext. 230 • RabbiMetz@caiaz.org

Rabbi Emeritus • Robert J. Eisen
Rabbi.Eisen.AZ@gmail.com

Rabbi Emeritus • Arthur Oleisky, z"l

**Cantorial Soloist and Education & Youth
Director • Nichole Chorny**
Ext. 227 • CantorialSoloist@caiaz.org

Executive Director • Debra Lytle
Ext. 242 • ExecDir@caiaz.org

Early Childhood Director • Tania Spivak
Ext. 229 • ECDirector@caiaz.org

Finance Director • Susan Kirschner
Ext. 223 • FinanceDirector@caiaz.org

Communications • Nancy Auslander
Ext. 228 • Communications@caiaz.org

Education Assistant • Kim Miller
Ext. 224 • EdAsst@caiaz.org

Executive Assistant • Amber Page
Ext. 225 • ExecAssist@caiaz.org

Finance Assistant • Lanette Garnett
Ext. 244 • FinanceAsst@caiaz.org



Please visit our website
caiaz.org and check your email
for the most
up-to-date information.

Shalom!

Please
warmly

Welcome

Our new
member:

Lisa Longwill

FROM RABBI METZ

Winter in Tucson means temperatures in the high 50's. That's spring and fall in many other places. Since I have adapted and found great love for Tucson and the desert climate, I, too, join you in feeling more than a little chilly. Of course, our friends who have lived in colder climates would love the mild "winter" we have. Along with cooler temperatures, that lead us through Chanukkah, our day light hours diminish. During the season of Chanukkah, we added light with many different and wonderful events: from our B'yahad religious school Macabbiah games, the preschool Chanukkah show followed by a preschool family Chanukkah party, and yet another celebration for our entire community to light the Chanukkah, sing songs, test our trivia skills, and of course, eat some latkes and donuts!



Thankfully, now the daylight hours are increasing, and our mornings are getting a little less chilly. From adding light to the darkness of winter, we emerge to look forward to spring and celebrate our nature and trees. We do this when we join together as a community to go hiking, and ever more so with our Tu B'Shvat seder coming up. I urge you to appreciate the wonder of the natural world around you. Take a moment, look up to the mountains that God created and then look to the people around you, to your people at Anshei Israel, and you will genuinely see the miracle of this loving and warm community that is always open to you.

B'Shalom,

Rabbi Sara Metz
(520) 745-5550 ext. 230
RabbiMetz@caiaz.org

The Mitzvah of Bikur Holim (Visiting the Sick)

Federal healthcare privacy regulations make it difficult for us to know when a member of CAI has been admitted to a hospital.



Become a partner in the mitzvah of *Bikur Holim* — visiting the sick — by advising our clergy when you, a relative, or a friend is hospitalized. We can stay informed ONLY if a family member or friend provides the information to us.

PLEASE CALL (520) 745-5550 to speak with
Rabbi Metz, ext. 230.



For every "Box Tops for Education" coupon from specially-marked General Mills products, CAI's preschool receives 10 cents!

And now, no more clipping! Just scan your receipt. Go to boxtops4education.com for more information.

FROM THE PRESIDENT



Can you believe that it's already 2023? I'm not sure where this past year has gone, but one thing I do know, it's been nice to be back in-person for some of our services, programs, dinners, and classes. I hope to see many of you this year.

What does Congregation Anshei Israel need? We need YOU! You are the most important part which makes us a *Kehilla*, a Congregation. We need you to attend services, classes, events, daily minyan to ensure that there is a minyan. Another way to help is to VOLUNTEER!! What does it mean to "volunteer"?

As defined by the dictionary, volunteer means to "freely offer to do something." What does this mean? It means that one is willing to help, to give freely of themselves. Would you like to be a volunteer at our congregation? You might be thinking, how can I help?

Let us know how you'd like to help. Offer areas in which you have some expertise that you can share and are willing to help. We can then match you to the appropriate committee or staff person. We have too many committees to list here. You can get in touch with me, our Executive Director Debra Lytle, Rabbi Metz, or Cantorial Soloist and Youth/B'Yahad Director Nichole Chorny. We'd love to hear from you. Don't forget, Nancy always can use help cooking for our many dinners.

So, when called upon to assist, to chair a committee or event, please say "YES!"

Wishing one and all a happy and healthy secular New Year.

B'Shalom,

Evelyn Sigafus, *ESigafus@aol.com*



*Congregation Anshei
Israel's
Women's League*

Mah Jongg Players!

Women's League is now selling Mah Jongg cards for 2023. Cards are priced at \$14 each, or \$15 each for cards with large print.

Please make your check payable to Judy Fishman and mail to:

Judy Fishman
485 S. Edgeside Avenue
Tucson AZ 85748

Photo by Mick Haupt on Unsplash

Help Seniors in Our Community Through the Arizona Tax Credit

Arizona Tax Credits are not just for schools

You can support seniors who attend SandRuby, a comprehensive adult community program in Tucson, through the Arizona Charitable Tax Credit.

- Individuals may contribute up to \$400
- Married couples filing jointly may contribute up to \$800
- Deadline is April 17, 2023, or when you file your taxes
- Donors need to use Qualifying Charitable Organization, or "QCO" code 20051 to get credit on their income tax return

The Arizona Charitable Tax Credit is a dollar-for-dollar tax credit that empowers you to redirect your state tax liability to support the work of SandRuby, a member of the Handmaker family of services.



Donate now at www.sandrubbycp.org/donate or call (520) 322-3880

EDUCATION

Preschool



Happy New Year! It's hard to believe that we are welcoming another year already. Time sure does fly when you're having fun. Over the past few months, we have brought back our Tot Shabbat, started a Parent and Me music class with Mr. Nature, enjoyed sharing our weekly Shabbat with our Preschool families, started clearing space for our Art Studio, and enjoyed many holiday traditions.

As we move forward, we will continue to enjoy our Tot Shabbat services led by Rabbi Metz and Nichole Chorny, our Cantorial Soloist. We look forward to seeing everyone in January on Friday the 27th for a fun tot-themed Shabbat dinner.

We will continue to clear space and create our Art Studio. If you or someone you know is an amazing artist and has experience working with children, please send them my way as I will be starting to search for an *atelierista*, a visual artist and educator who works directly with classroom teachers, and also simultaneously with teachers and students, devising and facilitating learning experiences that compliment classroom curricular learning. Be on the lookout for dates for the second in a series of our parent discussion group as part of our new Parenting Program.

I look forward to sharing a special Tu B'Shvat celebration for preschool aged children on Sunday, February 5th with an exciting appearance from Mr. Nature, followed by a Tu B'Shvat seder.

I'm also excited to share that our Parent Action Committee (PAC) will be hosting a monthly coffee cart day where you can buy coffee, breakfast treats and new Anshei Israel merchandise. Watch for those dates.

Registration for the 23-23 school year is steadily approaching. Be sure to get it in as quickly as possible to earn a chance for discounts and enjoy lots of new exciting additions to our already fabulous program. In addition, we will be offering referral bonuses for new registered families. So, if you know someone who is looking to send their little ones to school, we would be happy to enroll them.

B'Shalom,

Tania Spivak

Early Childhood Director

(520) 745-5550 ext. 229

ECDirector@caiaz.org

Know Someone New to Tucson?



If you know someone new to the Tucson community who you believe would be interested in learning about CAI, please call Debra Lytle at (520) 745-5550, ext. 242, so we can speak to them about all of the many religious, spiritual, educational, and communal opportunities the synagogue has to offer!

B'Yahad and USY

We had a wonderful end to our first semester of B'Yahad with our Mitzvah Fair with Kol Ami and Chanukkah Maccabiah & Celebration! A huge thank you to all of our parent volunteers



who fried latkes and helped make our Chanukkah

celebration special for our students and families. For the Mitzvah Fair, each class researched and presented about a non-profit organization that they were passionate about. After each class did their

presentations, every student was given a chance to donate to the organization(s) of their choice. Between Anshei Israel and Kol Ami, we made donations to the following organizations this year: JCC, JFCS, JPSA, Hillel, Jewish History & Holocaust Museum, Youth on Their Own & the Primavera Homeless Shelter. *Yasher Koach!*

Be sure to join us for our **Community Tu B'Shvat Seder on February 5** and stay tuned for our next collaborative events with Kol Ami: **The Jewish Camp Fair on January 29 at CAI** and **Rodeo Havdalah on February 25 at Kol Ami**.

Please keep in mind that we have scholarship funds available for any Jewish child who wishes to attend Jewish Summer Camp! We want to make sure that every family that wants to send a child to camp can, so please be in touch with us. Be sure to attend our Jewish Camp Fair to check out Camp Ramah and other Jewish camps on this side of the country.

Stay tuned for more information about our upcoming Kadima events on January 22 and February 19 as well as our USY events coming up on January 16 (Day of *Chesed* Event at the JCC) and February 18. We are also looking forward to our USY Regional *Kinnus* coming up January 20-22 at Camp Ramah in Ojai for 6th-12th grade students!



Join us for our Family Services and dinners coming up on January 20 & February 17., and Tot shabbat on January 27. Also be sure to join us for our Kids' Minyan on Shabbat morning at 10:00am on January 7. Look for RSVP information and come celebrate Shabbat together!

B'Shalom,

Nichole Chorny

Cantorial Soloist and Education & Youth Director

(520) 745-5550 ext. 227

CantorialSoloist@caiaz.org

TODAH RABAH!

Thank you to everyone who donated to the Turkey & More Drive this year. Your donations totaled more than \$950, helping families celebrate Thanksgiving with all the fixin's!

Thank you for your generous donations.

ADULT EDUCATION



Walking with Mitzvot: Understanding the Commandments

A 6-Week Course with Rabbi Metz
(Continuing from Tuesday Tish 22)

Tuesdays, February 21-March 28
at 7:00pm on Zoom

Learn how *mitzvot* (commandments) changed and evolved over time, and how to apply them to every day life.

\$18 per member / \$36 per guest

Materials & Zoom link provided upon registration.

Check your email for details and Zoom link.

Online Weekday Torah Study Group



Led by Rabbi Metz, this informal study group can lead to lively discussion. Held Thursdays on Zoom, 12:00pm until 1:00pm.

Bring your Bible and your desire to learn together.

Study materials can be found at caiaz.org/resources

Check your email for details and Zoom link.

Upcoming classes you won't want to miss!

Shtetl

**The Way We Were:
A Study of Modern
Jewish History in the
Media through Film**
with Joel Alpert

**Thursdays,
January 5 & 12 at
7:00pm on Zoom**

SIMON KARCOVAR

**Hagbah
Workshop**
Sunday, January 22
at 9:30am
in the Sanctuary

Check your email for details.



Read It and Meet

Please join Women's League on Zoom for Read It and Meet to discuss a wide variety of books by Jewish authors and/or about Jewish themes.

Sundays, January 22 and February 26
at 11:00am on Zoom

Schedule for 2022-2023:*

| DATE | TITLE | AUTHOR |
|---------|--|---------------------|
| 1/22/23 | The Light of Days: The Untold Stories of Women Resistance Fighters in Hitler's Ghettos | Judy Batalion |
| 2/26/23 | The Hidden Palace | Helene Wecker |
| 3/26/23 | The Kill Artist | Daniel Silva |
| 4/23/23 | Have You Seen Luis Velez | Catherine Ryan Hyde |

**Subject to change.*

Watch your email for details and links.

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COMING UP

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Every 2 seconds someone
in the U.S. needs blood.

American Red Cross



Red Cross Blood Drive

Sunday, January 22, 2023

9:00 a.m. to 2:00 p.m.

Congregation Anshei Israel

Cantor Falkow Lounge

5550 E. 5th St.

Tucson, AZ 85711

By Appointment-Only!

To schedule your appointment or for
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or call

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and use Sponsor Code: Anshei

Please see insert for more information.

Celebrate the "New Year" for trees at CAI's

Community Tu B'Shvat Seder

Sunday, February 5 • 11:00am

in Rabbi Breger Hall



All Ages Welcome!

Enjoy different fruits & juices that are
native to both Arizona and the Land of
Israel as we celebrate trees and nature!

RSVP at caiaz.org by
Tuesday, January 31.



SAVE THE DATE!

Purim in the Land of Oz

&

Megillah Reading

Monday, March 6 at 5:00pm

Check your email for details and Zoom link.

amazon

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COMING UP



FAMILY SHABBAT SERVICES & DINNERS

FRIDAY, JAN. 20 & 27, & FEB. 17

**Family Shabbat Service at 5:45pm
January 20 & February 17**

With Rabbi Metz & Cantorial Soloist Nichole Chorny
in the Rabbi Eisen Beit Midrash & on Zoom
(approximately 1 hour)

Each service is followed by a chicken dinner with
vegetarian option.

RSVP & payment for dinner required
no later than **JAN. 17 & FEB. 14.**

RSVP at caiaz.org



Shabbat Sovev

Friday, February 3 at 5:45pm
in the Rabbi Eisen Beit Midrash

Dinner approximately 7:00pm
(No Shabbat Sovev in January)

Join us for a spiritually moving Kabbalat Shabbat Service full of community and new melodies sung to traditional liturgy. *Shabbat Sovev* will help enhance our connection to our prayers through new melodies and *kavanot* (intentions), and allow us to connect to our community in a new way. During *Sovev* (surrounding), we will experience *davening* in concentric circles, close enough to hear one another's melodies and in relationship with one another across the room for beautiful spiritual enhancement.

After the service, join us for a chicken dinner with
vegetarian option.

RSVP & payment for dinner required no later than
January 31.

RSVP at caiaz.org



**New - For students 2nd
through 6th grades!**

KIDS' MINYAN

Saturday, January 7 at 10:00am
In the Rabbi Eisen Beit Midrash

Kids in 2nd through 6th grades are invited to join Lev Metz in the Beit Midrash for a fun and engaging Shabbat morning service starting at 10:00am, while parents attend the main service. Younger kids (1st grade & under) are welcome to stay alongside their parents.

Babysitting will be provided for children 1st grade and younger starting at 9:30am in the Linda Roy Youth Lounge.

The Kids' Minyan will join the main service for the closing prayers, followed by a kid-friendly "Kid-dush."

Please RSVP for service & babysitting at caiaz.org by
Thursday, January 5.

Candle Lighting Times January/February 2023

| January | | February | |
|------------|--------|-------------|--------|
| January 6 | 5:15pm | February 3 | 5:41pm |
| January 13 | 5:21pm | February 10 | 5:47pm |
| January 20 | 5:26pm | February 17 | 5:53pm |
| January 27 | 5:34pm | February 24 | 5:59pm |

Daily & Weekly Services

Join us online for daily prayer services!

Morning Minyan Service on Zoom

8:00am Sunday • 7:30am Monday-Friday

Evening Minyan Service on Zoom

5:30pm Sunday-Thursday

Please check your email for any scheduling changes.

Shabbat Services

Kabbalat Shabbat Service*

5:45pm Friday

Zoom Only - Jan. 6, & 13, Feb. 10 & 24

Hybrid Family Shabbat - Jan. 20 & Feb. 17

Hybrid Shabbat Sovev - February 3

***Subject to change - check your email for details**

Shabbat Morning Service

In-person & online on Zoom

9:00am Saturday

CATCHING UP

Bat Havdalah - October 29, 2022



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Madeline

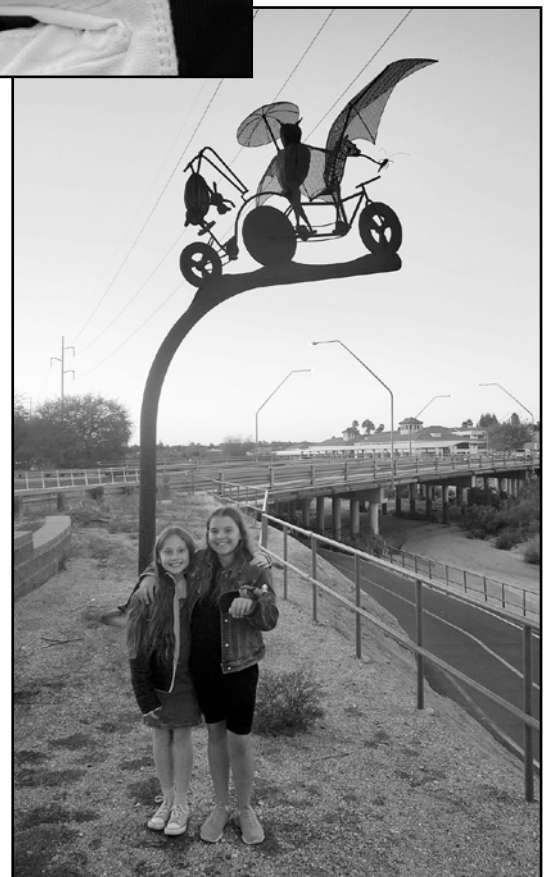


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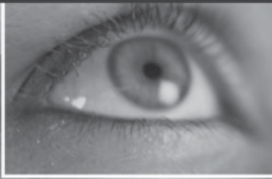


CATCHING UP

B'Yahad Religious School Challah Bake with Kol Ami - November 13, 2022




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CATCHING UP

B'Yahad Religious School Mitzvah Fair with Kol Ami - December 11, 2022

Donations totaling \$1,420.71 were divided among 8 non-profit organizations:

UA Hillel, JCC Camp Scholarship, JFCS, Jewish History & Holocaust Museum,, Youth on Their Own, Primavera Homeless Shelter, Candle Lighters of Southern Arizona & Jewish Philanthropies of Southern Arizona.



Jews in the Desert Mishpacha Family Hike - December 11, 2022



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CATCHING UP

Preschool - A whole lotta learning (and fun) going on!



Women's League Gift Shop

We carry a huge variety of Judaica and other gifts for Purim, Passover, Shabbat, and so much more!

Monday-Friday, 10am until 4pm.

Contact Marianne Langer at (520) 349-3347 or MariLang@comcast.net with questions
OR

Shop securely online using your phone, tablet or computer.

Visit us online at JudaicaTucson.com



MAZAL TOV

Marriage



Marriage



Josh Weiss
to
Julie Pierce
October 8, 2022

Josh is the son of Laurie
& Scott Weiss, and the
brother of Allison Weiss.

January Anniversaries

| Date | | Years |
|------|-------------------------------------|-----------|
| 11 | Sandra & Gerald Ross | 64 |
| 12 | Patricia Dumes Zarin & Ira Zarin | 36 |
| 30 | Yael & Shlomo Neuman | 58 |



February Anniversaries

| Date | | Years |
|------|-------------------------------------|-----------|
| 8 | Sophie & Alexander Green | 8 |
| 11 | Janice Wezelman & David Bartlett | 44 |
| | Enid & Irwin Freedman | 73 |
| 13 | Ruth & Marvin Hoffman | 68 |
| | Rosie & Paul Kahn | 29 |
| 16 | Hyla & Gary Windham | 20 |
| 17 | Alla & Howard Steinberg | 15 |
| 20 | Madeline & Barry Friedman | 40 |
| 23 | Marcia & Paul Simon | 9 |
| 25 | Anita & Danny Levkowitz | 45 |
| 28 | Dawn & Leonard Steinberg | 7 |

About Tu B'Shvat

The semi-holiday, *Chamishah Asar B'Shvat* (15th day of *Shvat*) marks the first day of spring in Israel. It occurs six weeks after Chanukkah. The Mishnah refers to it as *Rosh Hashanah L'Tlanot* (New Year of the Trees). Since ancient times, the Jewish people have observed it by eating fruit grown in Israel. With the rise of the Zionist movement and the re-establishment of the land of Israel, Tu B'Shvat has gained new significance as Arbor Day, observed by the planting of trees in Israel.

Trees were regarded as special gifts from God. There are many symbolic allusions to trees in the Bible, especially the olive, which sends up new shoots to continue the life of the old tree that dies. Trees are represented as symbols of goodness and nobility. The upright person is compared to "a tree planted near a stream, that bears fruit in due season, with leaves that

never fade" (Psalm 1:3). "The righteous will flourish like the palm tree; they will grow like a cedar in Lebanon" (Psalm 92: 13-14).

Not too long ago, it was customary among many of our people to plant a tree when a child was born. Branches from these trees were then used for the poles of the wedding canopy (*chuppah*) on the day of their marriage.

In our day, many people purchase trees in Israel through the Jewish National Fund (JNF). If interested in purchasing a tree or making a donation to the JNF for reclamation of the land of Israel, please contact the JNF at 800-542-TREE (8733).

**This year Tu B'Shvat falls on Sunday,
February 5
(it begins at sundown February 4).**

Chesed Committee



Did you know that you are a member of the *Chesed* Committee, the largest committee at Congregation Anshei Israel? Every congregant is a member!

Chesed means loving-kindness, grace, helping each other. We exist to help our members in times of need.

Please feel free to contact me.

Ron Gray, Chesed Committee Chair, RonPsych@yahoo.com

Interfaith Families Welcome

CAI welcomes all interfaith families and encourages them to participate in as much synagogue life as they choose within the framework of Conservative Judaism. For more information, go to caiaz.org/resources as part of CAI's "Myths vs. Facts" program.

Honorable "Menschens"

Todah Rabah to:

Family & Shabbat Sovev

Kitchen Crew

Vickie Pepper
Scott Phelps
Brooke Rabe
Abby Rosen
Donna Saffioti
Teri Thienhaus

Gabbaim

Lois Bodin
Phil Bregman
Rosie Kahn
Vicki Pepper
Joy Peskin
Donna Saffioti
Steve Singer

Kolenu Proofreaders

Donna Saffioti
Judy Schultz
Evelyn Sigafus
Teri Thienhaus

Office Supply Donation

Zina Starobinska



If we missed you, we apologize. If you would like to be included in further announcements, please let us know.

Thank you to our "Yad Squad"

(Those who read Torah and Haftarah in October & November)

Ari Espinoza
Hillary Goldstein
Richard Green
Adeline Horst
Mike Jacobson
David Jurkowitz

Ziva Mason
Phillip Pepper
Joy Peskin
Leonard Schultz
Steve Seltzer
Karen Skolnik

Thank you to the following congregants for sponsoring our Kiddushes

- Valorie & Andy Douglas in honor of son Will becoming a Bar Mitzvah
- Eve Scarborough in honor of her grandchildren

Please contact Debra Lytle at ExecDir@caiaz.org
to reserve a date to sponsor Kiddush



Tree of Life - Etz Chayim

The Congregation Anshei Israel Tree of Life is a loving way to commemorate weddings, anniversaries, birthdays, special occasions and memories of your family and friends.

Anyone may purchase leaves or stones in honor or in memory of their loved ones. Our Tree of Life is displayed in the Honor Hallway by the Linda Roy Youth Center. You are invited to pause and share the special memories in the lives of our community.

For more information and to place your order for a leaf or stone, please visit caiaz.org

Condolences

המקום ינחם אתכם

The congregation mourns the loss of our members:

Austin Agron

Jerrold M. "Jerry" Lyons

Rabbi Richard Safran

May the Author of Life Comfort the Mourners



Memorial Plaques have been installed for

Phyllis Fingerett Broad

Aaron Nutels

Louis Pozez

Ruthann Pozez

Anshei Israel Memorial Hall

Installation of a memorial plaque is a beautiful way to perpetuate the memory of a loved one. Each year on the anniversary of your loved one's death, the synagogue will send you a reminder of the Yahrzeit and light the light adjacent to their memorial plaque. Call Debra at (520) 745-5550, ext. 242, to make arrangements or if you wish to reserve a space for the future.

Dealing with Grief and Loss?



Are you having difficulty dealing with grief and loss? Perhaps it would be helpful to talk with a trained counselor. A synagogue volunteer would be happy to speak with you confidentially.

Please call Norma Karp at (520) 299-3382.

Share your Simcha!

Become a Kiddush sponsor!

Sponsorships will be acknowledged in eblasts, during services, and in the Kolenu.

If you are able to support us, please email Debra Lytle at ExecDir@caiaz.org

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CONGREGATION ANSHEI ISRAEL DONATIONS

Donations made to Anshei Israel Funds enable our Synagogue to continue to carry out its work, thereby better serving our members.
Please consider making a donation in honor of a relative or friend who may be celebrating a simcha or in memory of a loved one.
This list reflects those donations made after the last issue's publication date. Todah Rabah to all.

Our Donation Form

is at the Front Desk
in the administrative office
AND
at caiaz.org

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