Rabbi Zelony visiting Sathya Sai Baba Center of Dallas which is part of a series of Hindu philosophy.
To kick–off 2019 Congregation Beth Torah is experimenting with two new services: a contemplative Friday night service and a Torah yoga on Saturday morning. We live our whole week racing from one activity to the next. By the time Shabbat arrives our minds are still zooming at their weekday pace. People need help to slow down, focus and savor the worship experience. So many people are anxious and depressed today. Judaism is rich in traditions that help people cope with these emotions, and these two new services will connect people to ancient wisdom.

The rabbis of the Talmud used to prepare themselves for prayer by meditating for an hour first. Beth Torah is giving this tradition a modern interpretation, hoping that by creating opportunities for centering and calming worship, the traditional prayers will become more accessible.

The Friday night contemplative service will create a quiet space for self–reflection and relaxation. Participants will begin their experience with a walking meditation surrounded by soft lighting and beautiful music. During Kabbalat Shabbat, worshippers will have their choice between singing the Psalms that welcome the Sabbath or a seated meditation. Sermons will be rooted in Chasidic and Mussar texts. Chasidic texts explore spiritual revival and Mussar texts focus on developing positive character traits. Services will conclude with traditional Ma’ariv prayers.

The Torah yoga will be taught by Debbi Levy who also teaches yoga classes at the JCC and Temple Emanu–El. She infuses her yoga practice with Jewish content. Participants will start their Shabbat morning with an hour of yoga before joining the congregation for Torah service and Musaf. No prior yoga experience is needed. All ages are welcome, although children need to be old enough to focus and contribute to a calm environment. Participants should bring a yoga mat or towel for comfort and wear comfortable but modest clothing, as they will be in the synagogue.

The contemplative service will be held on January 11, February 8, and March 8 at 7:30PM in the sanctuary. The yoga minyan will be held on January 5, February 2, March 2 at 9:30AM in the Multi–Purpose Room. Conversations will be held on March 2 and March 8 directly following services to evaluate if the contemplative and yoga minyans should continue in the future. For more information, please contact me directly at rabbizelony@congregationbethtorah.org.

FROM Rabbi Elana Zelony

972.234.1542 ext. 3 | RabbiZelony@congregationbethtorah.org

Walking with History with Rabbi Zelony

Starting in January | 8AM to 9AM | Rm 207 | Free
Select Sundays throughout our Learning Center program year

Using materials from the very best thinkers of Conservative Judaism, Rabbi Zelony will be exploring different periods of Jewish History from the Biblical Period through the Modern era as a way to dive deeply into our traditions.
Each February we observe Jewish Disabilities Awareness and Inclusion Month. This year, our JDAIM Inclusion Shabbat will occur on Saturday, February 16 where we will be treated to thoughts offered by Joel Schwitzer. Joel is the regional director of the American Jewish Congress with vast experience in Jewish life and advocating for a multitude of people. Nationally, individuals with disabilities total 20% of the population. Here at CBT, we have taken many actions to address the needs of those with challenges so please join us to show your support for inclusion and to hear Joel’s thoughts.
Happy New Year! It’s hard to believe 2018 is behind us! It was a wonderful year, and we look forward to continuing to spend meaningful time together!

But first, a quick thank you to all of the amazing volunteers who made the Mitzvah Menorah project work so well, and the special party they organized for our friends at MetroCare.

We had our fourth gift-wrapping fund-raiser at Willow Bend Mall. I had to turn this article in before I heard the final results. We were really busy, and are hopeful we met our fundraising goal. A special thank you to Vikki Silvis and Rona Kesselman for all of the organizing and hard labor they put in to make this happen. Also to Lori Machbitz who was there with them every day for all shifts. And to all of our volunteers; we couldn’t do it without you and as always, I so enjoyed working with many of you!

We had a great Hanukkah party with lots of fun, food and games and quality time together with the Beth Torah family.

We continue into the new calendar year with great social, spiritual, social action, and educational opportunities. Rabbi Zelony has created two special services to give us the opportunity to explore our spirituality in unique ways. Please look for the information about the Yoga Shabbat services and Contemplative Friday night services. We continue to offer incredible Adult Education programs and are excited to see the strong attendance. Make sure to go to our website calendar or just read your enews to see all of the great options for these and many other events.

Make sure to save the date and register for our next Congregational Dinner on Friday, February 1. These are always great evenings with our community to build bonds and friendships, old and new. I look forward to seeing you there.

There are a couple of community events worth considering. JCRC is planning a day at the State, a legislative mission to Austin on January 30. Also, Jewish Federation of Greater Dallas has their annual One Night with Martin Short, on January 27, which is always an amazing evening. Please go to this link to see more information and register: https://jewishdallas.org/onenight.

I want to take this opportunity to share a special welcome to all of our new members. Although we all think of pre-high holiday time as the time for new members to join us, with all of the relocations and great things happening at Beth Torah, we have new members joining all year round. If you have any friends looking for a new spiritual home, please invite them to spend time with us, either during services, an education program, for social action events or one of our great social times together. There is something for everyone!!

Watch your mail, the new directories are on their way.

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**FROM Cyd Friedman**

President 2018–2019 | President@congregationbethtorah.org

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**STREAMING**

To access this service, congregants need to email streaming@congregationbethtorah.org each month for the password and instructions. Technical support is not offered on Shabbat.
The first night that we brought the twins home from the NICU and I was startled awake for a middle of the night feeding, I was frazzled and sleep deprived. I knew that after I got them swaddled and settled in, that I should have a lullaby at the ready to sing but I completely drew a blank. All of the music that I thought I knew completely escaped me. I started to cry along with the girls thinking and contemplating what kind of mother would I be, when suddenly I found myself singing words that I remembered hearing my grandmother sing to me… “Oseh Shalom bimromav, Hu ya’aseh shalom aleynu, Ve’al kol yisrael, Ve’imru, Amen.” G-d who makes peace in all places, make peace over us, over Israel, and let us say, Amen. Over and over, I sang those ancient words of peace and comfort to my infant daughters and it became their favorite lullaby as well as mine. Oseh Shalom became one of our family’s greatest hits—a melody that gave me solace in times of trouble and bonded our family in memory and song.

Every day, parents are bombarded by life’s challenges. The pressures of work and life are relentless; our children’s needs are often impossible to meet and we rarely, if ever, allow ourselves the time and attention to satisfy our own inner longings. Adulting, now a verb, is not easy. That is when we use our family’s play list—the greatest hits of Judaism to gain wisdom and strength during challenging times.

I struggle with the work/life balance just like everyone else. How to turn-off, tune-out and refocus on those that matter even for a few hours each week. I’m still on a personal quest to be present and mindful in each interaction and encounter. Sometimes I am much more successful at it than other times.

What I found that helps me the most is having the deep roots of Jewish tradition and culture to help recharge my batteries. Singing songs, davening in shul, meditating, taking long walks on Shabbat are what serve as my greatest hits while for others it might be sitting in their sukkah or eating their grandmother’s matzah ball soup recipe. We must not forget that we’re not alone in life’s journey and that we can support each other along the way.

That’s why this spring, we’ll be offering a class for parents at Beth Torah to discuss “Parenting through a Jewish Lens.” Join a group of fellow Beth Torah parents to discuss topics that matter to you as a parent; explore Jewish values that can enrich your family—reflect on the joys and challenges of raising kids today; and find support, encouragement and connection. Over four sessions, as parents of toddlers through teens, we will use Jewish texts and traditions to:

- Help our children realize their potential without creating stress
- Granting our children freedom—where do wise parents draw the line?
- Giving and receiving
- Discipline
- Food and eating
- What are our goals for raising our children?

Dates & Location: February 3, March 3, April 14, May 5 from 11:00 AM—Noon in Room 12
EVERYONE CAN BE PART OF A YOUTH CONVENTION!

Beth Torah’s Rashi USY will host Southwest Region USY’s Spring Kallah February 1–3. Your generous hospitality is needed! It is a rewarding experience to host these teens from Texas, Oklahoma, and Louisiana. You do not need to have a teen at home to be a host or help with meals. Everyone can enjoy the high-energy, fun weekend!

We are in need of:

**Home Hospitality Host Homes for 8th–12th graders**

- Provide sleeping accommodations in a bed, couch with linens, or air mattress. Two teens may share a double/queen/king bed.
- Provide USYers with bath towels and access to a full bathroom.
- Attend Friday evening informational meeting and pick up teens from CBT to take to your home for the night
- Provide cold, dairy breakfast Saturday morning (cereal, muffins, etc).
- Drop off USYers to attend Saturday morning services at CBT (please join them for services and lunch!)
- Pick up USYers from CBT late Saturday evening to take back to your home for the night
- Drop off USYers at CBT Sunday morning

**Meal Preparation Assistance**

- Help prepare weekend meals Wednesday, January 30 and Thursday, January 31
- Assist with serving Shabbat Dinner on Friday, February 1
- Assist with serving and clean-up Dinner on Saturday, February 2
- Assist with serving and clean-up Breakfast on Sunday, February 3

For more information and/or to volunteer, contact Lynda Markowitz, Education Vice President, at education-vp@congregationbethtorah.org.

Contact the LC Office at 972.234.1542 x224 | LC–Office@congregationbethtorah.org
EDUCATION

MODERN HEBREW WITH RUTHIE PRECKER

SUNDAYS 10:30AM–12:30PM | ROOM 207 | $180 (M) / $200 (NM)
This class (January 6–February 24) is for those with basic reading skills and vocabulary who want to improve their Hebrew speaking ability in a fun, informal environment. Open to everyone!

SOUTHERN JEWISH HISTORY

10:30AM–12PM | LML | $18 (M) / $36 (NM)
Utilizing our partnership with the Goldring Woldenberg Institute for Southern Jewish Life, we will explore the history of the Southern Jewish people: their origin stories and immigration, the impact of the Civil War and influential Jewish Southerners, assimilation, and Civil Rights. This course will partner with additional classes for a trip (to be decided on by committee) emphasizing southern Jewish life, Civil Rights history, and southern culture.

- Monday, January 21
- Monday, January 28
- Monday, February 4
- Monday, February 11
- Monday, February 18
- Monday, February 25
- Monday, March 4
- Proposed trip Sunday, March 10—Thursday, March 14

DON’T MISS…

Moses and the Revelation at Sinai / Torah Judaism

7PM Tuesday, January 29
Free—in the Sara Ackerman Library & Member Lounge
RSVP attendance—972.234.1542 x224 or
LC–Office@congregationbethtorah.org
Fellow members of Congregation Beth Torah: I have been asked why I include these "downer" blurbs in the Family Record. Needless to say, I think we live in an interesting historical period where hate incidents have increased dramatically over the last few years. As a result, Congregation Beth Torah has responded by raising its safety standards and practices. We are also investing—as we can—in upgrading our safety and security infrastructure. I receive these updates every day and select a few that paint the current picture of what is happening in this area in the United States. We are fortunate that we have not had much in the way of local incidents. However, given the trends, it may be only a matter of time before we will. All this is being communicated to you so you understand why we are making these changes.

'RUN, HIDE, FIGHT': A UTAH JEWISH SYNAGOGUE TRAINS TO FACE AN ACTIVE SHOOTER AFTER THE DEADLIEST ASSAULT ON JEWS IN UNITED STATES HISTORY

(Utah) On a chilly Wednesday evening in late November, over 60 people gathered in the sanctuary of Congregation Kol Ami, Utah’s largest Jewish synagogue. Before them stood not a rabbi in front of a prayer book, but two armed police officers in front of a PowerPoint screen, the words “RUN, HIDE, FIGHT!” splashed in bold black letters across the first slide. Those three words got straight to the point of the night’s gathering: to train the congregation to know how to respond if an active shooter opened fire on the congregation. [source]

OHIO MAN ARRESTED ON TERRORISM CHARGE AFTER PLANNING ATTACK ON JEWISH SYNAGOGUE

(Ohio) Damon M. Joseph, 21, of Holland, Ohio, was charged [10 December 2018] in federal court with one count of attempting to provide material support to the Islamic State of Iraq and al-Sham (ISIS), a designated foreign terrorist organization, for allegedly planning an attack on a synagogue in the Toledo, Ohio area. Joseph was arrested Friday evening after he took possession of two semi-automatic rifles. [source]

JEWISH GROUPS URGE VIGILANCE AFTER TOLEDO SYNAGOGUE PLOT UNCOVERED

(Ohio) Jewish groups urged increased vigilance Monday after the FBI arrested and charged an Ohio man, accused of a plot to attack synagogues in Toledo. “Events like this remind us that we must always be vigilant, but we will not be intimidated from living our lives as Jews,” the Jewish Federation of Greater Toledo said in a statement. [source]

MAN CAUGHT ON CAMERA THREATENING LOS ANGELES SYNAGOGUE ARRESTED

(California) A photo posted on social media showing a turbaned and masked man holding a machete and making threatening gestures at a Los Angeles-area synagogue scared the local Jewish community. The photo was taken Friday afternoon outside of the Chabad of North Hollywood and posted by someone identified as Noah Oiknine. A suspect reportedly was arrested on Saturday, CBS LA reported. The Yeshiva World News reported that police identified the suspect’s license plate number from the synagogue’s security cameras and tracked him to a house in Studio City, California. [source]
On behalf of the congregation, the Ritual Committee wishes a hearty Yasher Koach and Thank You to the following congregants, friends, and family who opened the synagogue for services, greeted congregants, led a service, read from the Torah, or chanted a Haftarah on Shabbat during the month of November 2018:

OPENERS AND GREETERS
Paul Koch, Neil Burnstein, Lynda Markowitz, Jeff Markowitz, Joanie Block, Merilyn Robbins, Debbie Wills

FRIDAY NIGHT LEADERS
Rabbi Elana Zelony, Elizabeth Stein, Ryan Shapiro, Joyful Noise

PSUKEI D’ZIMRA
Rabbi Elana Zelony, Arny Felner

SHACHARIT
Austin Clar, Joe Liken, Rabbi Elana Zelony, Jerry Zeffren

TORAH SERVICE
Ryan Shapiro, Phil Stayman, Alisone Kopita, Austin Clar

GABBAI
Chuck Smith, Garry Kahalnik, Cliff Friedman

TORAH READERS
Joe Liken, Paul Utay, John Wills, Elizabeth Stein, Ryan Shapiro, Scott Checkoway, Allison Checkoway, Phil Stayman, David Engelberg, Barbara Rosen, Jerry Zeffren, Eileen Kessner

HAFTARAH
Ryan Shapiro, Rabbi Elana Zelony, Jerry Zeffren, David Engelberg

MUSAF
Elizabeth Stein, Ryan Shapiro, Arny Felner, Austin Clar, Garry Kahalnik

BIMAH BUDDIES IN DECEMBER
Gabby & Kaede Sandridge

While we generally do not schedule service leaders and Torah readers in advance for the daily minyanim, we would also like to thank everyone who steps forward and helps our daily services be just as enjoyable and participatory as during Shabbat and the Chagim (Holidays).

TORAH ON ONE FOOT
Every Saturday
Join Rabbi Zelony and Beri Schwitzer each Saturday in the Sara Ackerman Library & Member Lounge (LML) as they lead Torah on One Foot, a weekly look into the parasha during Mussaf.
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<td>Larry Farin</td>
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<td>Rosalyn Wiener</td>
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<td>Gila Lepine</td>
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<td>Seth Burnstein</td>
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<td>Yael Twito</td>
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<td>Magdi Olah</td>
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<td>Jill Langston</td>
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<td>Carol Rosen</td>
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Have you been missing Rabbi’s weekly Torah Bytes?

Contact the office if you’re not getting the weekly enews.
HAPPY ANNIVERSARY TO...

Craig Paul & Julie Chapman  2-Jan  Erick & Lindsey Roy  4-Feb
David & Barbara Rosen  2-Jan  Jeremy & Cecilia Shorr  4-Feb
Elton & Barbara Mosman  2-Jan  Laslo & Magdi Olah  6-Feb
Howard & Judy Bazarsky  3-Jan  David Goldstein & Laura Levy  8-Feb
Barry & Arlene Berlin  4-Jan  Steve & Jane Simmons  9-Feb
Geoffrey & Erin Margow  4-Jan  David & Michele Mandell  19-Feb
Ken & Myrna Robins  15-Jan  Paul & Ruth Feldman  22-Feb
Adam & Liz Gluckman  16-Jan  Don & Leah White  24-Feb
Dianna & Michael Levy  18-Jan  Brad & Carol Boa  26-Feb
Jeff & Sheila Orkin  22-Jan  Sam & Sarah Starobin  27-Feb
Stephanie & Jared Elad  24-Jan  Roderick & Linda Bradley  28-Feb
Barry & Aleksandra Rosen  31-Jan

MISHEBERACH (HEALING PRAYER) LIST

CONGREGANT
Marsha Kreitman
Susan Slotnick
David Chaim ben Miriam
Matthew Kratz
Seth Kaplan

FAMILY OF CONGREGANT
Barbara Morris
Valerie Levy
Shana bat Miriam
Alana Michaela bat Miriam
Suni Golda bat Odel
Sarah bat Miriam
Cece Bershad
Dina bat Sara
Marge Eisner
Analysis Hurst

Leah Lipsky
Steve Landau
Ilya Starobin
Abba Chuna ben Miriam
Shlomo Noach Mordechai ben Zeysa Perl
Stephen Hyman
Ronald Lopaty
Matthew Jones
Bill Schultz

FRIEND OF CONGREGANT
Margaret Price
Dianna Freilich
Katie Berman
Diane Gibson
Chaya bat Yasef
Manya Channah Yakova bat Fruma

Eleana Shipley
Cis Wishnew
Olga Starke
Sy Freilich
Jacob Loss

PERPETUAL CONGREGANTS
Barbara Kaufman
Blanche Fisher
Brad Boa
Charlotte Goldberg
David Gerstein
Eleanor Eidelts
Esther Rae Weinstein
Farrah Montoya
Feivel Moshe ben Aviva
Leah
Gary Ackerman
Harriet Gross
Howard Lieberman
Howie Fields
Israel Wiseman
Leon Eidelts
Mark Appel
Martin Greenblatt
Marvin Block
Naomi Levinson
Patti Fields
Rachel bat Chaya
Robert Levinson
Roz Prupes
Schlomo ben Sarah
Terri Goldberg
Trudy Wiseman
Yaakov Avraham ben Yehudit
Y’rchmael ben Minya
Leah

Please be aware that names added to the CBT Misheberach list are out in the public. When you add someone to the list, we ask that you make them aware the list is public and make sure that is okay with them. It is also important that the healing prayer list remain current. Names are added for four (4) weeks unless otherwise requested. Non-members cannot be added to the perpetual list. To add names, go online to https://cbt.news/misheberach/ or contact the Rabbi's secretary at 972.234.1542 x227 or rabsec@congregationbethtorah.org.
TORAH DISCUSSION GROUP  
24 JAN, THURSDAY | 5:30PM | ONEG RM
Join the Torah Discussion Group for dinner and discussion! The class is studying the weekly parsha and discussions are based on The Women’s Torah Commentary: New Insights from Women Rabbis on the 54 Weekly Torah Portions, edited by Rabbi Elyse Goldstein and published in 2000 by Jewish Lights Publishing. We’re discussing Parsha Bo in January. Remaining dates February 7, March 7, and April 11. For questions, contact Nancy Siegel at nansiegel28@gmail.com.

TORAH FUND LUNCHEON  
10 FEBRUARY, SUNDAY  
12PM | ONEG ROOM
This annual event is where Sisterhood raises funds to support Rabbinical education programs. The year’s honorees will be Rachel Leventon and Jessica Winter. The year’s pin is Atid, which means “future” in Hebrew. As Women’s League for Conservative Judaism enters its second century, Torah Fund begins its 77th year, and the State of Israel enters its 71st year. Invitations were mailed in mid-December. Free babysitting will be available with advance reservations. Contact Elaine Scharf at ebscharf@verizon.net to order a pin.

SISTERHOOD BOOK CLUB  
16 JANUARY, WEDNESDAY 7:30PM | *OFFSITE
CBT Sisterhood Book Club will be discussing The Alice Network by Kate Quinn at the home of Trudy Wiseman. This novel boasts of its recognition as New York Times & USA Today bestseller. It has also been acclaimed #1 Historical Fiction Bestseller by Globe and Mail. It has been part of NPR's 2017 Best Books of the Year, Girly Book Club and Bookbub's Biggest Historical Fiction Books of the Year. Celebrity Reese Witherspoon picked "The Alice Network" for her esteemed Book Club.

SISTERHOOD  
Please RSVP to Carol Rosen at 972.248.8428 or bookclub@congregationbethtorah.org.

LADIES WHO LUNCH  
15 JANUARY 12:30PM
Go Dutch and nosh with the ladies at a different spot around town each month. Must RSVP for location at least one week in advance. Selected locations offer dairy and fish options. Contact Carol Taper at CTaper@sbcglobal.net. Future dates are February 12, March 12, April 9, May 21, and June 25.

KNIT NIGHT  
7PM ON THE 1ST & 3RD WEDNESDAYS IN THE LML
Join us to learn or to share expertise. We knit and crochet and schmooze. Happy to help with questions or to teach anyone who wants to learn. Bring your hook, needles, or loom and settle in for a couple hours of hand-crafty goodness. If you’d like to work on items to donate to charity, we can help with patterns and yarn. Contact Kimber Miller at Kimberhm@att.net for questions.
Annual Sisterhood
Intra-Faith Luncheon
Brought to you by Temple Shalom Sisterhood

ESCAPE AND TRIUMPH:
From marriage to a ranking ISIS member to countering the forces of violent extremism!

Guest Speaker: Tania Joya

SUNDAY, JANUARY 13, 2019
12:30PM Check-in | 12:45PM to 2:30PM Lunch and Program
Temple Shalom
6930 Alpha Road, Dallas, TX 75240

$20 kosher lunch catered by SIMCHA
Save time to shop in our beautiful gift shop, TRADITIONS!

RSVP BY JANUARY 3, 2019
Pay by check: Make checks payable to Temple Shalom Sisterhood.
Pay by CC: Account number ___________________________ Exp date ______ CVV_______
Please send form with payment to: Dawn Kaufman at 7131 Lavendale Avenue, Dallas, TX 75230
If preferred you may call Dawn with credit card information at 214-738-2535.

Name: ___________________________ # Attending: ______ Amt Enclosed: _______
Additional Names: _______________________________________________________________
Phone: ___________________________ E-mail: ___________________________________________________________________

QUESTIONS?
Contact Toba Reifer at reifernotary@gmail.com or 972-898-4828
www.templeshalomdallas.org
Get your calendars out and mark these three dates for learning about issues that touch many of our children and us. One of the most insidious difficulties that often isn’t talked about relates to food addiction otherwise known as eating disorders. Dr. Ira Korman, quite knowledgeable about this topic, will lead a series of sessions related to eating disorders and concomitant issues.

January 13 at 9:15 AM—Eating Addictions Part I: Understanding Obesity, Eating Disorders, and Body Shaming. This session will focus on understanding the causes as well as psychological, emotional and cultural consequences of both eating disorders and body image disturbance.

January 24 at 7PM—Eating Disorders Part II: Responding to and Preventing Eating Disorders. This session will engage participants in discussing effective approaches to eating disorders including evaluating the Diet Industry. Discussion will include why obesity and anorexia are not related to hunger as well as dealing with Phantom Body Image.

February 5 at 7PM—The Greatest Skill of all: Communication. Learn how to understand and control interactions. Master communication and you control your life. This offering will be highly participatory as attendees will learn to quickly understand communication patterns and the “Games People Play.”

WILL YOU HELP US?

For those of you who are gardeners, you probably know what cross pollination is—where the pollen from one plant is intentionally brought to another plant with the end result being growth of a lovely new plant. How many of you know about cross–contamination? That is when parts of one entity do bad things when combined with another entity. The mechanics sound alike but the results are definitely not. These are rather simplistic definitions but they are relevant.

Each Shabbat following services, we are gifted with a Kiddush luncheon. Food is carefully prepared and set out on the buffet table waiting for all of us to come and take samplings of each dish. Here is where the possibility of cross contamination comes in.

People with food allergies deliberately and selectively take items they can eat with little risk involved. But what happens when we use a serving utensil from one dish to serve food from another dish? The allergy risk factor may really take hold and cause serious, or at least uncomfortable, consequences. When those with allergies are unable to safely assume the foods are healthy for them, they are not able to partake of the luncheon as the rest of us are. They are, in fact, excluded from enjoying lunch.

How many of us, without consciousness, use a spoon to reach across the table and get foods? I bet few of us realize the risk we are potentially causing our friends. When we serve ourselves and allow the utensil to touch the various foods on our plate, we are also putting friends at risk. How horrible we would feel to know that we created a situation where a medical remedy was required to counteract that allergic reaction.

Here are some tips to avoid cross–contamination: Wait until the desired serving utensil is available or ask the person near the desired dish to put some on your plate. Slow down and be patient. If a bit of food falls on the table, leave it there (even though it might look messy). Whatever amount of food you put on your plate, refrain from putting any of it back in the serving dish. Supervise your children as they serve themselves so as to avoid problems. Make sure utensils don’t touch foods on our plates. All of these tips are manageable and very proactive.

We want to keep everyone healthy. We want all members and guests to participate joyously in the Kiddush meal knowing they won’t pay for participation later. Thanks for your continued efforts to make all welcome and safe at CBT.
BOARD MEETINGS
Monthly board meetings at 7:30 PM are open to all CBT members with Minyan starting at 7:15 PM in the MPR. [28 January]

FESTIVE FIRST FRIDAY
We invite those with birthdays (adults and children) and anniversaries in the upcoming month to attend the first Friday night service at 7:30 PM when the rabbi offers a blessing for those celebrating and we share cake afterward.

HAND—IN—HAND
This free class for kids age 0–3 is broken into two groups: Threes (1st & 3rd Sundays) and Babies & Toddlers (2nd & 4th Sundays) is open to everyone. Join us for arts and crafts, music, movement, and Jewish stories and traditions. To attend, email your name and your tot(s) name(s) and age(s) to Rachel Leventon (rachel.leventon@gmail.com).

ISRAELI DANCING (WEEKLY!)
All adults and teens welcome! Free for members. $5 for non–members. Beginner (7–8 PM) and intermediate level taught as well as lots of time to just dance every Wednesday! Contact Linda Kahalnik (rikudchik@gmail.com) for questions.

JEWISH & CHRISTIAN STUDY
A unique interfaith study group of Jews and Christians who meets one Monday a month at noon in the Oneg room. Free. All are welcome. Contact Earl Bills (EarlBT@gmail.com).

KNIT NIGHT (BI-MONTHLY!)
Join us on the 1st and 3rd Wednesdays of the month at 7 PM in the Library & Member Lounge. See Sisterhood page details.

LADIES WHO LUNCH
Go Dutch and nosh with the ladies each month. See Sisterhood page details.

TALK ‘N FOLD
A lively, talkative group that meets the 2nd Wednesday of the month to prepare synagogue mailings. Come help fold, seal, label, and postage a mailing. Questions? Contact us at 972.234.1542 x221.

TEXAS HOLD’EM POKER
Come for a night of fun and friendship. $20 members and $25 non-members. Contact The Poker Guys & Gals for questions at poker@congregationbethtorah.org. [15 January & 19 February]

TOT SHABBAT
On the 2nd and 4th Saturday of the month at 11 AM in the MPR room, we have a special service for our toddlers and their parents, grandparents, or special friends. Join us for singing, dancing, storytelling, and a snack. A fun–filled ritual to educate, entertain, enthrall, and envelop our youngest members who are the future of our congregation. Questions? Email us at Tot-Shabbat@congregationbethtorah.org.

JOYFUL NOISE
If you’re in the mood for a Shabbat service that’s got a “beat” then come join us in welcoming Shabbat with instruments and singing provided by our Joyful Noise crew! [18 January & 15 February]
Men’s Club Breakfast
9:30 AM
Sunday
January 20

Speaking on Technology and Robotics

$7 members
$10 non-members
$5 students

For questions, contact David Duchin at mens_club@congregationbethtorah.org.

The Men’s Club will once again serve up a delicious pancake breakfast for the Learning Center students, teachers and parents. Come out for our annual event! The enjoyment on the kids faces makes it all worthwhile. Gluten-free pancakes will be available.

Sign up to help at https://cbt.news/2019pancakes.
L’Dor V’Dor (Generation to Generation)
Congregational Shabbat Dinner
6PM Friday, February 1

http://cbt.news/cbtdinner

$18 adults and children 11 and up | $10 children 5–10 | $0 children 5 and under

Registration closes at 5PM January 25!
Once online registration closes, please contact Elissa Wolff (972.741.4235) for how to register.

02.03.19
World Wide Wrap XIX
"We're in it for the Tie!"
9AM AT SHEARITH ISRAEL
COMMUNICATION

Presented by Dr. Ira Korman, learn how to understand and control interactions. Master communication and you control your life. This offering will be highly participatory as attendees will learn to quickly understand communication patterns and the “Games People Play.” Free. Open to all.

Inclusion@congregationbethtorah.org
Join the JCRC and Jewish communities from throughout Texas for a

Day at the State

Day at the State: Legislative Mission to Austin

Wednesday, January 30, 2019
9:30 am—3:30 pm | Texas State Capitol
$18 (includes lunch)

• Meet the Governor*, Lt. Governor* and Speaker of the House*
• Advocacy issues will include:
  • Support for Israel
  • Support for social services
  • Access to quality early learning for all children
• Meet in small groups with influential legislators

Transportation from Dallas
• Optional bus transportation will be provided for participants travelling from the Jewish Federation of Greater Dallas office, 7800 Northaven Road, Dallas ($15).
• Bus will depart at 5:45 am and return by 7 pm (approximately) that evening.
• Please specify if you would like to reserve a bus seat when you RSVP. Space is limited.

Preregistration required
Register at www.jewishdallas.org/dayatthestate

*Invited

For more information, please call 214-615-5293 or email jcrccdallas@jewishdallas.org.
DONATIONS

We gratefully acknowledge the following contributions—

BURN THE MORTGAGE
—Arlene & Barry Berlin
—Arlene & Louis Navias
—Donna & Stanton Zeff
—Elaine & Bob Scharf
—Marilyn & David Adler Philanthropic Fund

In Memory Of
Sylvia Shapiro —Carol & Eugene Taper

CBT CARES
In Memory Of
Ann Singer Cohen —Debbie & John Wills
In Honor Of
Jean & Len Jacobs —Lyn & Ron Jacobs

CEMETERY FUND
In Memory Of
Joseph Shane & Zena Ingber —Laura Levy & David Goldstein

HIGH HOLIDAYS
—Lucy & Michael Vengrow

INCLUSION FUND
—Marsha Kreitman
—Dallas Jewish Funeral Home

A Speedy Recovery For
Ethel Gruen —Jo & Jerry Zeffren

LEARNING CENTER FUND
In Honor Of
Beth Torah —Elisabeth & Bernard Levy
In Memory Of
Beri Schwartz's father
—Cyd & Clifford Friedman
—Robert Austein & Family

MARK A. SIEGEL ADULT EDUCATION
In Memory Of
Debbie Wills’ father —Howard & Judith Bazarsky
John E. Reuler —Howard & Judith Bazarsky
Karen Prager-Eaves husband —Howard & Judith Bazarsky
Marilyn Guzick's mother —Howard & Judith Bazarsky

RABBI’S DISCRETIONARY FUND
—Carol & Ross Kirshner
—Erica Phillipson
—Fern & David Gerstein
—Hal Shaub

In Thanks For
Jessica & Michael Gould's wedding —Risa & Joseph Liken
Rabbi Zelony —Debbie & John Wills

In Memory Of
Anna & Murray Finkelstein —Patti & Howard Fields
Pepi Fass —Frances & Simon Fass
Sam & Toby Shkarofsky —Sonni Goffman

RITUAL
In Memory Of
Beri Schwitzer's father —Eileen & Howard Kessner

RITUAL ESTHER COHEN KIDDUSH FUND
In Celebration Of
Helene Morris —Sonni Goffman

In Memory Of
Dr. Marion Sobol —Helen & Harry Crumpacker
Marilyn Guzick's mother —Cyd & Clifford Friedman

RITUAL PRAYER BOOK (CHUMASH ETZ HAYIM)
In Memory Of
Alegra Tevet —Sarah, Ira & Jacob Korman

RONALD GRUEN ADULT LIBRARY
In Memory Of
Miriam Smith —Bev & Larry Broman

SHIELD OF DAVID
—Anna & Irwin Segal
—Anne & Ronnie Davidoff
—Arlene & Barry Berlin
—Barbara & Walter Orr
—Carol & Eugene Taper
—Donna & Stanton Zeff
—Elizabeth & David Stein
—Hilda Rozemberg
—Iris & Neil Deutsch
—Judith & Howard Bazarsky
—Katie Rifkin
—Linda Steinberg
—Marsha Kreitman
—Melissa & Casey Gendason
—Rona Kesselman
—Ruth & Paul Feldman
—Seth Kaplan
—Vikki & Scott Silvis

Purchase donation cards from the office for $13 each.
ALL ABOUT YAHRZEITS

Yahrzeit is a Yiddish word meaning “a year’s time” and it is the remembrance of the anniversary of a loved one’s death. It is observed each year on the date of death.

One of the many services that Congregation Beth Torah offers to its members is the reminder of family yahrzeits. Yahrzeit is the memorialization of a loved one on the anniversary of their death. It is a very emotional time for family and friends of the deceased and, at CBT, we do our best to ensure that yahrzeits are announced and family members are notified in a timely manner. We depend on the family to inform us of the date of a loved one’s death. It is the tradition at CBT, and of Conservative congregations in general, to observe a yahrzeit based on the Hebrew calendar. To make it easy for those congregants who may not be familiar with the Hebrew calendar, we ask for the secular calendar date and we make the conversion. However, while a day on the secular calendar starts at 12:00 AM, midnight, and goes through 11:59 PM, the day on the Hebrew calendar starts at sundown and goes through sundown. Therefore, it is very important that when you report the date of a yahrzeit, you must specify whether the death occurred before or after sundown on the secular date so that we can convert it to the correct Hebrew date. If you are not sure if it was before or after sundown, provide the date and the time of death (always listed on the death certificate) and we will determine when sundown was.

QUESTIONS?

If you have any questions about yahrzeit dates, or anything having to do with the rituals and customs surrounding the end of life experience, contact—

Rabbi Zelony (rabbizelony@congregationbethtorah.org)

Ritual Committee (Ritual@congregationbethtorah.org)

Cemetery Committee (Cemetery@congregationbethtorah.org)
Although there is no prescribed prayer for lighting a yahrzeit candle, you might include the following meditation in addition to your own personal memories:

I haven't forgotten you, even though it's been some time now since I've seen your face, touched your hand, heard your voice. You are with me all the time. I used to think you left me. I know better now. You come to me. Sometimes in fleeting moments I feel your presence close by. But I still miss you. And nothing, no person, no joy, no accomplishment, no distraction, not even God, can fill the gaping hole your absence has left in my life. But mixed together with all the sadness, there is a great joy for having known you. I want to thank you for the time we shared, for the love you gave, for the wisdom you spread. Thank you for the magnificent moments and for the ordinary ones too. There was beauty in our simplicity. Holiness in our unspectacular days. And I will carry the lessons you taught me always. Your life has ended, but your light can never be extinguished. It continues to shine upon me even on the darkest nights and illuminates my way. I light this candle in your honor and in your memory. May God bless you as you have blessed me with love, with grace, and with peace. Amen.

UPCOMING YAHRZEITS

JANUARY 4 & 5
Abraham Kaplan
Ada Gaddin
Barbara Kesselman
Beatrice Kline
Benjamin Sharfstein
Benjamin Wills
Edward Newman
Eva Singer
Goldie Kaplan Fine
Harold Haineback
Lillian Sternblitz
Molly Pottash
Rosalind Hahn
Samuel Burnstein
William Sausmer
Zena Freidberg

JANUARY 11 & 12
Beatrice Kolton
Cecil Liken
Charles Dubsky
Emile Imberman
Harold Orkin
Harriette Leve
Hattie Wiseman
Ida Kahn
Jacob Oberstein
Jerry Strauss
Joseph Roth
Lillian Davis
Louis Chavkin
Louis Smith
Max Mond
Miriam Leas
Murray Finkelstein
Rachel Oberstein
Richard Rosenbaum
Sarah Kreitman
Sol Rosen
Susan Blumka

JANUARY 18 & 19
Adelaide Rose
Bernard Shapiro
Celia Kahalnik

JANUARY 18 & 19
Channah Goldberg
Charles Goldberg
Dora Dorf
Edward Wyman
Esther Korman
Etta Barenblat
Florence Lustgarten
Fred Gans
Gary Schmidt
Geneive Ansher
Harry Wasserman
Jay Davis
Jeff Cohen
Jessard Wisch
Jose Baum
Leah Goldberg
Lillian Jacobs
Louis Burnstein
Max Ingber
Mildred Popik
Minnie Martell
Moe Morris
Morris Watkins
Renee Chilton
Rhoda Liken
Ruth Zeiger-Shapiro
Sabina Stern
Sidney Glantz
Sylvia Levine Kaplan

JANUARY 25 & 26
Abigail Shack
Alan Sigman
Alfonso Granado
Debra Lynn Shroads-Sandridge
Djoulia Cohen
Estelle Goodman
Fedora Gorkavaya
Florence Faber
Frances Glantz
Fred S. Kramer
Gertrude Lieberman
Grace Bradley
Gussie Rose Morris
JANUARY 25 & 26
Helen Rosenzweig
Joshua Wells
Julius Ingber
Leonard Kesselman
Lewis Sham
Lydia Wasserman Brand
Marjorie Koch
Martin Gluckman
Resel Turitz Goldfarb
Sally Kopita
Samuel Agatstein
Shirley Narzem
Simon Pasternack
Stanley Rubenstein
Stanley Thorne
Theodore Garber

FEBRUARY 1 & 2
Abraham Newman
Albert Rabinowitz Roberts
Benjamin Herman
Cecil Mindle
Daniel Paul
Dorothy J. Thorne

FEBRUARY 1 & 2
Eva Parks
Franklin Oberstein
George Goer
Geraldine Weiss
Harold Goldberg
Henry Herman
Janice Berger
Jean Pappworth
Lorraine Wells
Maurice Koch Sr.
Mildred Berns
Rebecca Shane
Robert Sharfstein
Sandra Bezner
Sharon Myers

FEBRUARY 8 & 9
Abramo Mimun
Leroy Lischin
Max Kawesch
Rose Prupes
Solomon Steinberg
Victor Friedman

FEBRUARY 15 & 16
Abraham Surasky
Andrew Tanzer
Benjamin Podziba
Joseph Schulman
Lois Lurie Prager
Murray Goldenberg
Samuel Weinstein
Suzy Zeffren Rauch

FEBRUARY 22 & 23
Abe Fisher
Alan Mond
David Shnider
Florence Paul
Gussie Fisher
Jacob Kreitman
Maurice Baroff
Ruby Grubb
Services

Community Minyan
9:00 AM
Sunday
6:45 AM
Monday, Non-Holiday
8:30 AM
Monday, Holidays

Community Shabbat
Friday
7:30 PM
First Friday Night
Festive First Friday! Join us on the first Friday of each month for a special service where we celebrate the month’s upcoming birthdays and anniversaries.

Community Shabbat
Saturday
9:30 AM
Main Service
Babysitting in Room 1
10:30 AM
Junior Congregation
11:00 AM
Tot Shabbat (second and fourth Shabbat of the month)

SYNAGOGUE OFFICES ARE OPEN —
Sunday—Friday
9:30 AM to 4:30 PM

Our business offices will be closed January 1.