



CONGREGATION
B'NAI TORAH

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A message from our Rabbi....

Taking Inventory of Our Souls

Lists, we have so many lists!!!!!! Grocery lists, to-do lists, to-get lists, lists of things we need to fix, need to accomplish, need to purchase....lists of things we love and things we hate, wish lists and guest lists...yet rarely do we have a list of things to do in order to nurture and feed our souls. Yet, we do have a Jewish response, we are currently in the time period of the Jewish calendar that addresses this idea of Chesbon HaNefesh, Accounting of the Soul!

During the Jewish month of Elul, the season of repentance leading up to our High Holy Days of Rosh Hashanah and Yom Kippur, we begin to create a list of ways we can better respond to life's challenges by evaluating how we 'missed the mark' (the Hebrew word Chet, translated as sin, actually means to miss the mark), this past year and how we plan to improve for the following year. In other words, we prepare a list that helps us to nurture our souls by

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addressing where we have been and why and where we want to go as human beings navigating the realities of the world we live in.

This Chesbon HaNefesh is up to each individual to work on for him/herself, but it is the community who supports, guides, nurtures and stands with each Nefesh as the evaluation, and transformation takes place.

I pray that we as individuals, as members of CBT, as members of the larger Jewish community and as partners to all of humanity who strive for ethical and moral existence, may we all journey through these days of repentance, these moments of taking inventory of our souls accomplishments and failures to a destination of awareness, discovery, improvements and peace.

B’Nai Torah Mitzvah Committee

The Mitzvah Committee is here for CBT’s members in times of need. Contact Elissa at 303-666-0853 or eroselyn@mindspring.com if you or another member you know is in need of help (such as a health crisis) or if you are interested in being called when a need arises.



kids corner

Parents...

If your children are returning or new students at CBT religious school look for a packet around mid August containing a letter, a schedule for the coming school year and an application.

If you know of any families with children from pre-school thru Bar/Bat Mitzvah age that might be interested in attending please let me or any board member know so we can send them the necessary information about registration.

Cooking Corner

Sour Cream Cake

1 C (2 sticks) margarine
1.5 C sugar, plus 3 T
3 eggs
2.5 C flour
3 tsp baking powder
1/2 tsp salt
1/2 tsp baking soda
1/2 tsp vanilla
1 small container of sour cream
4 T cocoa
1 T cinnamon

Preheat oven to 350*. Grease and flour a tube or bundt pan. Cream margarine and sugar. Add eggs and mix well. Add dry ingredients alternating with sour cream. Add vanilla. In separate bowl, mix 3 T sugar, 4 T cocoa, and 1 T cinnamon. Pour half of batter in pan, top with half of cocoa mixture. Swirl together. Pour second half of batter, top with remaining cocoa mixture and swirl together. Batter should be thick. Bake for 35-45 minutes, or until toothpick comes out clean.

Recipe courtesy of Jessica Rothman



National Jewish Outreach Program

This coming fall, the adult Hebrew class will resume our studies. The NJOP (National Jewish Outreach Program), will again sponsor us as we participate in their *Hebrew Reading Crash Course, Level II*. During our studies we will read Ein Keloheynu, Adon Olam, Modeh Ani, and Lechca Dodi as we begin to learn Hebrew grammar.

The NJOP, headquartered in New York (found on the web at, njop.org), was established in 1987 and sponsors many nation-wide events including *Shabbat Across America*, an annual CBT event. We are proud to offer the NJOP sponsored *Hebrew Reading Crash Course*.

If you are interested in learning more about the Adult Hebrew class, please contact Jessica Rothman or Ellen Pilecki.

Yahrzeits

Murray Shapiro	9/1
Arthur Burnett	9/10
Warren Raynes	9/12
Sarah Chaitlen	9/17
Sam Farkas	9/25
Leita Neyman	9/28
Marvin Kempner	
Alex Rosenfelder	
Danny Brown	10/8
Don E Haloin Jr.	10/15
Martha Heyman	10/19



Birthdays

September

Sophia Gartin	9/1
Kim Schwartz	9/3
Erin Barclay	9/8
David Barclay	9/11
Hannah Farkas	9/11
Rachel Levison	9/11
Aimee Schneider	9/12
Monika Schneider	9/18
Marcy Haloin	9/19
Shaina Levison	9/19
Lori Hakim	9/22
Calvin Hahn	9/24
Ron Jessen	9/25
Michelle Zeles-Hahn	9/25
Eli Farkas	9/30
Liz Hendricks	9/30

October

Chance Raynes	10/2
Kyla Quintero	10/14
Sharie Habegger	10/16
Jack Kaufman	10/19
Daniel Hendricks	10/21
Ashton Gartin	10/27
Colette Lottor	10/27
Mya Jessen	10/28

Anniversaries

Kim & Lou Schwartz	9/1
Amy & Tyler Gartin	9/8
Melissa & Howard Fear	9/8
Wendy & Howard Wagner	9/8
Jackie & Russel Weisfield	10/7
Alison & Neil Gallensky	10/13
Ilene & Scott Raynes	10/13
Ed Weisel & Kyla Quintero	10/18



Thank you all for helping with and supporting the Congregation B’Nai Torah tapestry. The work of our congregation members, as well as works of our children, Max Guerra, Jack and Stone Kallweit, is on display for the month of August at the Dayton Memorial Library on the Regis campus (corner of Lowell and 50th in Denver). The reception was such a joy-filled celebration ~ Everyone is welcome to extend the festivities of community building by visiting and leaving a comment in our guest book. Below are captions for the selections for CBT:

We come together as community: shul, synagogue, temple... The mystery of our identity, our individual forms, oftentimes, ragged in our personal perception, is set against the purity of Torah. Diverse backgrounds, narrations brought together to explore our commonality of history in our Jewish community are welcomed in the invitation of acceptance. Gentle laughter, conversation, questions, exploration of threads are gathered into the patterns of woven well-springs of strength. Each time we converge, we strengthen our healthy bonds of community compassion, lovingkindness and warmth.

Each of us entered the assembly to create a community tapestry. We all came with the same opportunity, the same materials from which to choose to express. Yet the emergence of diversity gave voice to the celebration of each individual within the context of Congregation B’Nai Torah. We are a colorful, color-filled story which flows with and from the Grace of Presence.

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Healing the world, creating peace and practicing lovingkindness is renewed each morning as the sunrises, affirmed each evening as the sun settles into the quietude of twilight. Community that supports children and establishes a safe place for self expression and the discovery of each child's dignity in this world through creativity is radiant in strength. A firm foundation supports those who will be the next generation of community leaders. This fostering care and nurturing of young people supports the concept that Peace is attainable. As Dorothy Law Nolte wrote, *"If children live with acceptance and friendship, they learn to find love in the world."*





Upcoming Events

September

- 6th** -12:30-2:30pm Board Meeting
- 11th** -6:00pm Family Shabbat followed by pizza
7:30pm Regular Shabbat Service
- 12th** -10:00am Adult Education
- 13th** -7:00pm erev Rosh Hashanah service
8:30pm Honey Cake contest
- 14th** -9:30am Rosh Hashanah service
11:30am Rosh Hashanah luncheon
- 20th** -First day of Religious school
- 22nd** -7:00pm Kol Nidre service
- 23rd** -9:30am Yom Kippur morning service
11:30am Jewish text study and meditation
and movement for adults and teens
4:00pm Childrens service
5:00pm Yom Kippur Yizkor service
6:00pm Yom Kippur Nelloh service
6:30pm Break the fast
- 25th** -7:00pm Shabbat service

October

- 3rd** -6:00pm Book Club
- 9th** -6:00pm Family Shabbat followed by pizza
7:30pm Regular Shabbat service
- 10th** -10:00am Adult education
- 15th** -6:00pm Community dinner
- 18th** -12:30pm Board meeting
- 23rd** -7:00pm Shabbat service

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moskobain@comcast.net

Personal Appointments may be scheduled on an individual basis
To contribute to the post, please email
amy_gartin@hotmail.com



High Holiday Schedule 2015-5776

Rosh HaShanah

Sunday, September 13 7:00pm

erev Rosh HaShanah Service
Followed by our annual honey
cake contest

Monday, September 14 9:30am

Rosh HaShanah Service
Lunch to follow provided by the
Board of Trustees

Tashlich

Sunday, September 20 1:30-2:30pm

Please meet at synagogue

Yom Kippur

Tuesday, Septmeber 22 7:00pm

Kil Nidre Service

Wednseday, September 23 9:30am

Yom Kippur morning service

11:30am (approximately)

Jewish text study, meditation &
movement for adults and teens

4:00pm

Family service with reading of the
Jonah story

5:00pm

Yizkor

6:00pm

Neliah

A light "break the fast" nosh to follow

Visitors are welome at no charge

Childcare will be provided

Donations to Congregation B'nai Torah are gratefully accepted



Congregation B’Nai Torah gratefully acknowledges that much of our support comes in the form of donations from our members and visitors. We have included the below donation form in the B’Nai Torah Post to simplify the donation process. Thank you for your generosity.

I would like to make the following donation to Congregation B’Nai Torah:

The contribution amount _____

In memory of _____

In honor of _____
anniversary • birth • graduation • appreciation • birthday • marriage • bar or bat mitzvah

My name _____

My address _____

My phone number _____

Please make checks payable to Congregation B’Nai Torah, 3990 W. 74th Avenue, Westminster, CO 80030.