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B'NAI TORAH

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Lots and Lots of Celebrating!

By Rabbi Anat Moskowitz

Purim is upon us! The word Purim means Lots, as in Lottery. The day of Purim celebrations is the day that was initially chosen to destroy our people, and ended being the day that the evil Haman's reign ended. While we are busying preparing for our annual Purim play, thinking about costumes to wear to the Purim service and we are also focused on baking Hamantashen, the 3 corner pocket cookie shaped like Haman's hat! Of course there is a food component to our holiday, there always is, but this one goes even further than usual, yet in a joyful way!

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Like us on facebook at **[www.facebook.com/pages/](http://www.facebook.com/pages/Congregation-Bnai-Torah)**

Congregation-Bnai-Torah



A Visit to Cuba...

School is progressing well. A couple of new students are checking us out. We will have had the Tu BiShvat seder by the time you receive this and we are looking forward to Benjamin Jacobi's Bar Mitzvah on February 14.

On a personal note - I just returned from a trip to Cuba planned long before the recent hoo ha but what a good time to go. Havana looks like Europe after the 2nd World War - many places 'bombed out'. As you go further east you're going through farm country - farming mostly done with old world implements. The houses are small but brightly painted and well kept. Our local guide told us if you live in a town and want a dwelling for your family separate from your parents you look for a house with a flat roof, buy the roof and build your 2 room house on it. We saw much evidence of this. On our last day in Havana we were to have some free time. I asked our guide if there was a Jewish quarter that I could get to easily. She said 'I'll take you to the synagogue before we return to the hotel'. The street was named for the synagogue and the door was sculpted with the symbols of the 12 tribes.

We weren't sure we could get in but a young woman answered when we knocked and was pleased to have visitors. She spent some time with us telling that the Jewish population

of all Cuba is currently about 1400. The congregation was Orthodox and is now Conservative. There is no rabbi so members - both men and women - take turns conducting. 75 to 100 people turn up for Sabbath services and about 50 children on Sunday mornings. Except for a small kosher butcher there is no kosher food and Passover food is shipped from Canada.

Despite being very poor (by our standards) the Cubans seem like a very happy people. They break into song and dance wherever they are and they can't wait for the embargo to be lifted.

Barb Jacobs

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.



A MESSAGE FROM JOANN FREEDMAN, ONEG COORDINATOR
303 431 1059 email: gabbyrjr@msn.com

We need Oneg hosts for this upcoming year.

If you have a special occasion to celebrate (Bar/Bat Mitzvah, Engagement, Wedding, Birthday, Anniversary, New Baby, etc) and would like to share these important milestones in your life with our Congregation, that is a good time to host an Oneg.

If you wish to honor and remember someone who is no longer with us, (Yahrzeit, Birthday, etc) that is a good time to host an Oneg.

If you are new to our Congregation and would like to get better acquainted, that will happen if you host an Oneg. If you would like to pair up with someone else, I'm sure that can be arranged.

If you will let Rabbi Moskowitz know that you are celebrating a special occasion or remembering a loved one she will let the Congregation know during the service.

If you have not been an Oneg Host before and are reluctant to volunteer, there is an Oneg Information Sheet that will give you specific guidelines. I am almost always available to answer questions and assist with setup and cleanup. My experience has been that there are always people who offer to help.

The signup sheets and Oneg Host information will be on a clipboard on the table at the entrance to Nicklas Hall.

Thank you, Joann



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The mitzvah of Purim includes giving Mishloach Manot, also called Shalach Manos. Mishloach manot are gifts of food that Jews send to each other during the holiday of Purim. "Mishloach manot" literally means the "sending of portions" in Hebrew. This mitzvah is to ensure that everyone has enough food to enjoy the traditional Purim feast. It is also seen as an opportunity to strengthen relationships among people. The custom comes from Megillat Esther, the Megillah, the Book of Esther, where the Purim story is recounted. Esther 9:22 reads: "as days of feasting and gladness, and sending portions of food to one another, and gifts to the poor".

Some people give bags of goodies to everyone they know, some give to their families, some take this opportunity to give to the poor, needy or underserved. It's meant to be a joyful thing to do. As a child, we used to set up an assembly line and pack up boxes of goodies to give out at Hebrew school. Usually included is a Hamantashen, some fruit, nuts, candy, a toy or some sort of treat; however, the Mishloah Manot can be anything from an entire meal to the makings of a spa day!

We as a congregation will have gift baskets to auction off at our Purim service as a fundraiser for our congregation! Next year we will do more as a congregation with Mishloah Manot, but meanwhile, you can make your own to give out to family and friends, or perhaps put one together for someone in need. We can all find a way to fulfill this Mitzvah and make sure that we start getting costumes together, find our graggers (noise makers to blot out the evil) and our fun and silliness on! Prepare to celebrate!



kids corner

Hello CBT Family,

From the teen group to you. THANK YOU!! Our community generously donated \$200 to the Nothing But Nets program during the Hanukkah service. We have since learned that the Nothing But Nets organization had a matching gift challenge. They matched all donations up until December 31, 2014. Ours was matched, so we facilitated the purchase of 40 mosquito nets. We are very excited, and would like to say thank you!

If you would still like to donate to this worthy cause, please follow this link:

<http://urj.org/socialaction/issues/nets/>

Sincerely,

The Teen Group
Congregation B'nai Torah



Our first Children's Service was held January 9 at 6:00pm. Children were invited to sit with Rabbi Moskowitz on the bimah. Afterwards we enjoyed an Oneg of pizza and salad. We had a wonderful turnout and would love for all families to attend. There will not be a Children's Service in March due to Shabbat Across America. Check the website for future dates and times.



Birthdays

March

1st-Hal Levison
18th-Jerry Failing
20th-Steve Needler
22nd-Aneesha Parrone
24th-Sarah Hendricks

April

1st-Lee Hakim
7th-Max Guerra
19th-Rebecca White & Adrienne Jacobi
25th-Wendy Wagner
27th-Robert Barclay
28th-Ilene Raynes

Anniversaries

March

22nd-Diana & Bill Suslak-Spriggs

April

17th-Susan & Steven Scruggs
29th-Erin & Robert Barclay

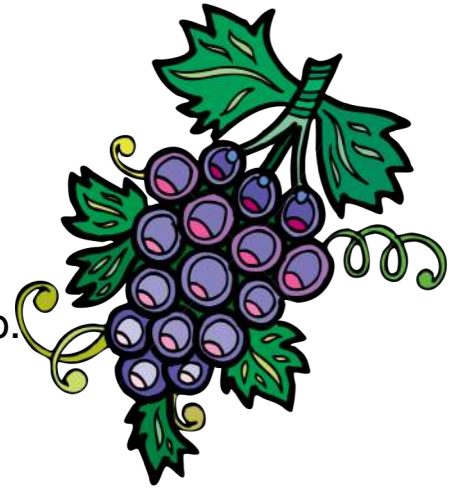




Cooking Corner

Barley Pudding

Barley can be used as a healthy dessert - not just in soup.



- 1/2 cup of raisins
- 2 cups of cooked barley (follow directions on box)
- 1 Tbs of lemon juice
- 1 tsp of grated lemon peel - or more to taste
- 1/2 cup of honey
- 1/2 tsp of vanilla
- 2 eggs lightly beaten
- 2 1/2 cups of milk (regular, low fat or unsweetened soy)
- 1/2 tsp salt (optional)

Pre-heat oven to 350

Place cooked barley, raisins, lemon juice and peel in a 2 quart baking dish.

Mix honey, eggs, vanilla, salt and milk and pour over barley mixture. Stir.

Bake 35 minutes or until set.



To submit your favorite recipe, please email: amy_gartin@hotmail.com



Upcoming Events

March

8th-Adult Sunday Programming 12:30-2:30

Topic: Jewish meditation and movement (bring exercise mat and dress to move)

13th-Shabbat Across America 6:00pm

27th-7:00 pm Services

April

4th-Passover Community Seder

10th-7:00pm Services

11th-Book Club/Potluck 6:00pm

Book: Auschwitz Escape by Joel C. Rosenberg

12th-Adult Sunday Programming 12:30-2:30

Topic: Our food, our recipes (bring a Jewish dish to share, a family recipe, or something new).

24th-6:00pm Children's Service

7:00pm Services

Yom Ha'atzmaut (Israeli Independence theme)

Congregation B'nai Torah

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Westminster, Co 80030

(303) 552-0498

Rabbi Anat Moskowitz

(719) 351-0647

moskobain@comcast.net

Personal Appointments may be scheduled on an individual basis

To contribute to the post, please email

amy_gartin@hotmail.com



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.