

## OCTOBER HIGHLIGHTS

Rabbi Schultz ties the holiday of Sukkot to joy and encourages us to find joy in spending the holiday with others. Page 3

President Susan Walden urges congregants to make their voices heard by submitting feedback to help enhance the B'nai Israel experience for all members. Page 4

Rabbi Marion announces the upcoming Rosh Chodesh events for 2022-2023 and invites female identifying current and prospective members to join in. Page 5

B'nai Israel Green Team Co-founder Michelle Serlin explains how Sukkot relates to the natural world around us and lends itself to the concept of sustainability. Page 11

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## FALL IS FILLED WITH JOY!

### Sukkot and Simchat Torah Celebrations at B'nai Israel

**Havurah Shabbat Morning Sukkah Party Saturday, October 8 at 9:30 a.m.**

**\*\*Offsite – check your email for an Evite with address and location information!**

Geared towards children ages 0–5 and their families, older siblings welcome. Please join us for a potluck brunch, a craft project to decorate the sukkah, and music and prayers with the clergy. Please include what you will be bringing in your RSVP on the Evite so we won't duplicate. We look forward to celebrating together! For more information, please contact Rabbi Sarah at [smarion@cbibpt.org](mailto:smarion@cbibpt.org).

**Erev Sukkot Service and *Broadway Bible* Show with Rabbi Debbie Zecher (Adults Only!)**

**Sunday, October 9 from 7:30–9:30 p.m.**

**Erev Sukkot Service in the Sukkah: 7:00–7:45 p.m.**

***Broadway Bible: Torah Study Through the Lens of Musical Theatre* in the Sukkah: 7:45–9:00 p.m.**

if when Jacob was complaining why his children never got along, he launched into a plaintive refrain of “Kids.” That’s the premise of *Broadway Bible*, which connects familiar Torah and Midrashic texts with beloved show tunes. Like those people who see all of life as a musical, Rabbi Zecher has simply turned Jewish texts and narratives into her very own musical! This is Torah study from a very different perspective! Join us for celebration, laughter, and fall-themed mixed drinks and desserts, as we celebrate Sukkot and the abundance of our favorite Torah stories and showtunes!



Imagine if when Abraham understood that there was one God in the universe, he began to sing “Someone to Watch Over Me?” Or,

**Sukkot Morning Intergenerational Pancake Breakfast and Festival Service Monday, October 10 at 9:30 a.m.**

**Pancake Breakfast in the Sukkah: 9:30 a.m.**

**Sukkot Morning Service: 10:00 a.m.**

Adults, children and families are all welcome to join us for breakfast on Sukkot morning! After breakfast, Miss Alexa will run a fun Sukkot activity for the kids while adults gather in the sukkah for our festival morning service. Adults, children, and families are welcome to join; no RSVP required!

## SHARING OUR JOY...

In Celebration of:

**Sylvia & Alan Neigher**, on the engagement of their daughter Leslie to Greg Kaplan

## SINCERE SYMPATHY

We extend our sympathy to the bereaved families of:

**Patricia Giglietti**, mother of Robert (Stacy) Giglietti

**Phyllis Feinberg**, mother of Dennis (Andrea) Feinberg, and Mark and (Bebe) Feinberg

**Jerome Kushel**, father of Susan (Arnold) Zuckman

**Martha Salmon**, sister of Judith (David) Pressler

## WELCOME! WELCOME!

A warm welcome to our newest members. We look forward to their participation in our many programs and hope their affiliation will not only enrich their lives, but that of our congregation.

**Leslie & David Anson**

Fairfield, CT

**Suzanne & Alex Bahary**

Bridgeport, CT

**Marlyse & Jed Duguid, Waylon & Nyssa**

Fairfield, CT

**Kathleen & Zachary Juviler**

Fairfield, CT

**Nicole Ginsberg & David Ramo, & Eliana**

Trumbull, CT

**Robyn & Michael Spinner, & Matthew**

Trumbull, CT

**Chloe & Zach Weinberg, Henry & Charli**

Fairfield, CT

**Mark & Elizabeth Lewis, Jack & Max**

Fairfield, CT

**Olivia Cohen, Lucas & Cassidy**

Trumbull, CT

**Jordan Spitzer-London**

Shelton, CT

**Monica & Michael Rabin, Devon & Blair**

Fairfield, CT

**Carolyn & David Kretz, Samuel & Joshua**

Fairfield, CT

**Shawn Maerowitz-DeTroy**

Trumbull, CT

## BULLETIN BOARD



### Mitzvah Morning

For our November Mitzvah Morning project, we have the honor of partnering with Habitat for Humanity. Our B'nai Israel volunteers will spend the day working hard to help to build a home for a local family in need.

On November 13, we will meet at the Habitat for Humanity headquarters, located at 1542 Barnum Avenue in Bridgeport. We do not have the exact location of the work site, but we will be directed there once we meet at the headquarters.

Due to the nature of the Habitat work sites, we are only allowed 10 volunteers per shift. So we will be breaking up the day into two 3-hour shifts. The first shift will start at 9:00 a.m., and the second at 1:00 p.m. Volunteers should wear work clothes that can get dirty and comfortable shoes. Tools will be provided by Habitat. A sign-up sheet will be posted a few

weeks before the event in Hashavuah and on the B'nai Israel website, so be on the lookout. This will no doubt be a great event with the opportunity to perform much needed work in the community while bonding with your fellow B'nai Israel congregants. What could be better than that?

Please note that this volunteer opportunity is open to people age 16 or older.

Habitat for Humanity of Coastal Fairfield County seeks to build community and to improve lives by partnering with low-income families, community volunteers, and donors to build decent and affordable homes in stable and welcoming neighborhoods. You can learn more at [habitatctfc.org](http://habitatctfc.org).

We look forward to seeing you there! For any additional questions, contact Nina Silberman at [ninahv@aol.com](mailto:ninahv@aol.com) or Mitch Weinstein at [mitchellew@yahoo.com](mailto:mitchellew@yahoo.com).



### Judaica Shop

The Gift Boutique is stocked with new Judaica and gift items. The shop will be open on Sundays during Kehilah and also by appointment. Please contact the temple office or call or text Sylvia Neigher at 203-895-7348 to set up an appointment.

**Brian & Sofi Kurtz, Leo & Oliver**

Fairfield, CT

**Lindsay & Will Autz, Jacob, Oliva & Elle**

Fairfield, CT

**Samantha & Jonathan Walker, Margot & Allison**

Fairfield, CT

**Erica & Greg Mason, Emma & Mia**

Fairfield, CT



FROM THE RABBI'S DESK/RABBI EVAN SCHULTZ

## THE SEASON OF JOY AND HAPPINESS

Shanah Tovah! As the High Holy Days come to a close, we look ahead this month to the two fall festivals of Sukkot and Simchat Torah. What's interesting about these two festivals, especially the holiday of Sukkot, is that they are deeply connected to the human emotion of joy and happiness. Our tradition refers to Sukkot as *z'man simchateinu*, the time of our joy. This connection between Sukkot and joy finds its roots in the book of Leviticus, where it offers a special mandate for the festival of Sukkot: "You shall rejoice before the Lord your God seven days" (Leviticus 23:40).

Rabbi Shai Held asks, "What is the meaning of the deep joy associated with Sukkot?" He answers, "During this fall festival the harvest is being gathered, and Israel is thankful for its bounty. As a midrash notes, the contrast with Passover, a spring festival, is striking. The expression of rejoicing occurs three times in connection with Sukkot...but no such expression occurs even once with regard to Passover. Why? Because the fate of one's crops is still in the balance on Passover, and one does not know whether there will be a yield or not. The experience of Sukkot must have been exhilarating. A people who had been slaves in Egypt were redeemed by their God and brought

to the land they had been promised, and now the land was bringing forth blessing in abundance. And so they rejoiced before their God in gratitude for the fullness of what they had received."

In addition to Rabbi Held's biblical explanation of Sukkot and joy, I think, too, about all the ways that the festival of Sukkot attempts to nudge us towards

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moments of well-being and joy. Most notably, we are prompted to leave our physical homes and "dwell" in this temporary, flimsy structure known as the sukkah. Much research shows that generally speaking, one's overall happiness has little to do with material well-being, once one's basic material

needs are met. In a sense, Sukkot prompts us to see that we don't need lots of "stuff" to be happy. Just a simple structure, a roof, food, and clothing, and a beautiful view of the evening sky is perhaps enough for us to find a sense of joy in this season.

But what else is it that may bring us joy, if not material stuff? Most sociologists say it's human relationships. On Sukkot we are encouraged to invite others into our sukkah. Guests, family, strangers, you name it! As author Robert Putman wrote in his book *Bowling Alone*, "The single most common finding from a half century's research on the correlates of life satisfaction is that happiness is best predicted by the breadth and depth of one's social connections." Thus, the prompt to invite others for a meal in our sukkah does seem to connect quite powerfully with the command to be joyous and happy at this time of year. And if you don't have a sukkah in your home, you can always sit down for a meal at the B'nai Israel sukkah or join us for one of our wonderful events in the sukkah this year. Hoping you find a bit of joy and happiness throughout the festivals of Sukkot and Simchat Torah this year!

Chag Sameach!

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FALL IS FILLED WITH JOY!..... FROM P 1



### Outdoor Erev Simchat Torah Service and Celebration

**Sunday, October 16, 5:00–7:00 p.m.**

**Pizza and Crafts: 5:00–6:00 p.m.**

**Family Friendly Simchat Torah Service: 6:00–7:00 p.m.**

Join us for pizza dinner and kid-friendly Torah themed crafts outside in the parking lot at B'nai Israel. All are welcome to stay for our outdoor family-

friendly Erev Simchat Torah service, starting at 6:00 p.m., which will feature the joyful sounds of Radio Klez as we unroll and dance with the Torah! If you plan to join us for dinner, RSVP to Ilene at ifeuerberg@cbibpt.org so we can be sure to order enough food.

### Simchat Torah Morning/Yizkor Service and Brunch

**Monday, October 17 at 10:00 a.m.**

Brunch immediately following services. All are welcome, no need to RSVP.

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## HOW TO MAKE YOUR VOICE HEARD



I remember that dreaded “suggestion box.” There was one at every school, club, or organization I ever belonged to. That locked wooden box with the small slips of paper and the pen that never worked sitting next to it. And like so many of us, I never thought it was worthwhile to put in any suggestions. Who was going to read them? Would they know it was me if I complained or shared an idea? Did anyone really care what I had to say? I thought it was a waste of time. Why bother? It was easier to just complain to my friends about things I didn’t like. Nothing changed, but I got it off my chest.

It wasn’t until I worked at my first “real job” that I discovered the opposite. Working in HR, one of my responsibilities was to open that weird little box, pull out the folded slips of paper and read what our staff had to say. I was given a spiral notebook, told to find the end of the list and add the new suggestions. What I found when I opened the notebook was that it was full of ideas and suggestions that were written down and checked off—things that had actually happened in our office, such as “It would be great if we had our own coffee pot, so people didn’t have to use their break to go up in the elevator to the cafeteria.” Or “Someone who sits near me wears really strong perfume and it bothers my allergies.” I read through each one of the items and realized that they were checked off because each one had been addressed. Each office now had

its own coffee pot; a policy came out asking people not to wear strong scents to the office. Someone had taken to heart everyone’s suggestions and addressed them. Someone cared. It was done quietly: no one stood in front of the office and yelled, no one was called out or embarrassed, and everyone was listened to. What surprised me the most was that the suggestions were generally made for the good of everyone. The lesson for me was that I needed to learn to trust the system, that sharing your voice *the right way* could actually make a difference, and that working together and hearing each other rather than just complaining was the best way to build a team and create a caring, happy, and productive community.

Today, there are few physical suggestion boxes left. But most organizations still ask for feedback, only it is done virtually, through anonymous surveys or online portals. B’nai Israel is no exception: [input@cbibpt.org](mailto:input@cbibpt.org) is our virtual “suggestion box.” This portal was created to collect your feedback simply and anonymously. Just send a suggestion about our synagogue, our schools, our programs, or our staff. Share something great that a staff person did for you or an experience you had. Share your idea for a new innovative program or report a challenge that you hope will be addressed. “Input” is where the SSRC gathers your confidential feedback about our staff and clergy and is used to help them set goals and address challenges.

How does it work? When you send an email to [input@cbibpt.org](mailto:input@cbibpt.org), your feedback is collected by adding it to a document. Your actual email is not shared with anyone, and your name is deleted to keep the feedback anonymous — unless you request that your name be shared. You receive a

reply so that you know your feedback was received and your voice was heard. The information is then discussed or shared with the right staff person (and the SSRC if appropriate) so that suggestions are addressed properly.

Over my 30 years at B’nai Israel, I have had many conversations with people about the synagogue and often they end the same way: “Who can we tell about this?” or “I wish someone would change this!” or “I want my voice to be heard but I don’t want to bother anyone.” “I don’t want to be known as a complainer!” Here is your chance to share your voice, to make sure that your opinion is heard! It is easy and confidential, and it works!

As I learned at my first job, when people care about each other and their community, when they share common goals and values, respect each other and the process, their voice can have power and real impact. As we enter this new year and having looked back on our lives and done some *t’shuvah*, I hope you will think about the things that hit the bullseye or missed the mark for you here at B’nai Israel. I also hope that you will feel confident sharing them, understand that your suggestions will be kept confidential, and know that what you have to say matters. Please share what you are thinking and feeling so we can listen. Together we can work to make our diverse community everything we want it to be. This year, when you have an idea or suggestion, share it to [input@cbibpt.org](mailto:input@cbibpt.org) and let your voice be heard.

Shanah Tovah,

Susan Walden

*President of Congregation B’nai Israel*



## FROM THE RABBI'S STUDY/RABBI SARAH R. MARION

### UPCOMING ROSH CHODESH EVENTS



#### Rosh Chodesh Returns! Women's Rosh Chodesh (New Moon) Gatherings

Join with women from across the B'nai Israel community each month for conversation, laughter, and learning as we celebrate the start of each new moon and soak in the wisdom of our female ancestors. Female identifying participants of all ages are welcome to participate; current and prospective members are all welcome.

This year, our monthly Rosh Chodesh gatherings will take place on Monday evenings from 7:30–9:00 p.m., unless

otherwise notified. For more information or to be added to the Rosh Chodesh email list, please contact Rabbi Marion at [smarion@cbibpt.org](mailto:smarion@cbibpt.org).

Following is the 2022/23 Rosh Chodesh schedule for the year (subject to change as needed):

October 24  
November 21  
December 19  
January 23  
February 27  
March 26 (Sunday, Women's Passover Seder)  
Monday, May 15  
Monday, June 19

#### **Rosh Chodesh Cheshvan/October Gathering: Potluck Dinner Under the Stars**

**Monday, October 24 from 6:00 – 8:00 p.m. (note change in usual timing) on the Prosnit Patio at B'nai Israel**

Join us as we celebrate the new Hebrew month of Cheshvan and reconnect with our Rosh Chodesh community over a casual, relaxing potluck dinner together outside on the back patio. We'll turn on the outdoor lights and maybe even set up a fire pit or two, but be sure to dress warmly for outdoor, fall evening weather. Please watch your email for a sign-up link to indicate what you will be bringing, and please attach a card/label to your dish, listing ingredients. (If you would like to join us for dinner but are unable to bring something, not a problem at all — just please send an email to Rabbi Sarah to let us know that you will be joining, [smarion@cbibpt.org](mailto:smarion@cbibpt.org)). Over dinner we'll engage in some learning and conversation on some of the famous, fearless, and feisty Biblical women that are featured in our Torah readings this month. (In the event of rain or cold weather, our gathering will move inside).





BONIM BUZZ/ALEXA COHEN, EARLY CHILDHOOD DIRECTOR

## FIRST DAY OF SCHOOL



## JEWISH HOLIDAY FUN FOR FAMILIES



Celebrate Sukkot at the home of one of our generous Havurah/Bonim families – a lively potluck brunch in the sukkah with music and crafts – October 8th at 9:30 a.m.

Please email [acohen@cbibpt.org](mailto:acohen@cbibpt.org) for location information.

Join us for a congregational Sukkot pancake breakfast on October 10 at 9:30 a.m., followed by a quick shake of the Lulav and Etrog and some fun Sukkot-themed yoga for children ages 0-5 years old.

The B'nai Israel parking lot will be filled with Torah dancing and fun. Dinner will be provided. Simchat Torah Celebration – October 17th

*More information about October holiday events can be found on page 1 of the bulletin.*



The first days of Kehilah welcomed 135 students (Kindergarten through 6th grade) on the first Sunday, September 11, and 30 students (7th and 8th grades) on the first Tuesday, September 13.

Sunday's school day started with a whole school Havdalah with Rabbi Schultz, Rabbi Marion, and Cantor Rubel. Parents were invited to join

their children for beautiful music, blessings and a candle lighting. Kehilah welcomed the dynamic musical team of Rhea and Michele Farbman who will be our new Shira song leaders for the school year. The day ended with a fun pizza picnic on the Prosnit Patio. It was a marvelous first day for all with many returning students who were joined by many new faces (the children of our

newest B'nai Israel members).

Thank you to all who helped with welcoming everyone and volunteering at the picnic. A special thank you to VP of Education Rebecca Blondin, Congregation B'nai Israel President Susan Walden, and Chair of the Religious School Committee Karen Montagna.



## ADULT JEWISH LEARNING

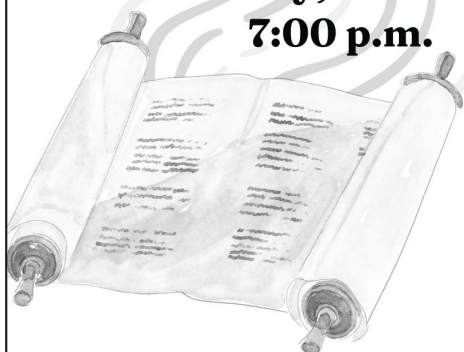
**are you interested in...**

**improving your Hebrew?  
chanting from the Torah scroll?  
expanding your knowledge of Judaism?  
meeting new people?  
deepening your Jewish identity?**

**join our**

### **Adult B'nai Mitzvah Class**

**Informational Meeting  
Thursday, October 20  
7:00 p.m.**



### **Introduction to Midrash**

Thursday, October 13

7:30-8:30 p.m.

Natt Library (In Person Only)

Join with Rabbi Schultz as you enter the rabbinic folk tradition of Midrash! For those who love imagination and creativity, we invite you to learn some of Rabbi Schultz's favorite texts and join for this hour-long introduction to this rabbinic storytelling tradition. Open to all ages!

### **Introduction to Talmud**

Thursday, October 27

7:30-8:30 p.m.

Natt Library (In Person Only)

Join with Rabbi Schultz as you enter the rabbinic world of the Talmud! The Talmud is essentially a compendium of conversations and questions between the rabbis about all things Jewish. We'll look at Rabbi Schultz's favorite Talmudic passages. Open to all ages!

**If you or someone in our congregation has fallen ill or is going through a difficult period, our clergy and our Chesed caring team would love to reach out to them. Please contact Rabbi Schultz ([eschultz@cbibpt.org](mailto:eschultz@cbibpt.org)) or Rabbi Marion ([smarion@cbibpt.org](mailto:smarion@cbibpt.org)) or call (203) 336-1858 to let us know.**

## **CEMETERY PLOTS AVAILABLE**

B'nai Israel Cemetery  
472 Moose Hill Road  
Monroe, CT

For information please contact Bernie Jacobs at [bjacobs@cbibpt.org](mailto:bjacobs@cbibpt.org)  
or call the temple office at (203) 336-1858.

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# OCTOBER DONATIONS

(We greatly appreciate all donations to our special purpose funds.)

## **Rabbi Schultz Discretionary Fund**

**Jeffrey Bender**, a donation.

**Linda & Barry Diamond**, in celebration of Louise & Joe Bobrow, on the Bat Mitzvah of granddaughter, Lucy; in celebration of Randy Dorfman & Richard Post, on the Bat Mitzvah of their granddaughter.

**Arthur Greenberg**, in appreciation of Rabbi Schultz's thoughtful unveiling service for my wife, Renee Greenberg.

**William Greenspan**, a donation.

**Karen & Jamie Sanger**, in memory of Patricia Giglietti, mother of Rob Giglietti.

**Richard & Carol Offenbach**, in memory of loving mother and grandmother, Vivienne Zimmer Goldstein, and loving father and grandfather, Robert Offenbach.

**Sue, Bob, & Carleigh Sussman**, in loving memory of mother and grandmother, Marge Fiedler.

**Holly & Jerry Swibley**, in honor Sylvia & Alan Neigher, on the engagement of Leslie Neigher to Greg Kaplan.

**Ken & Rita Weinstein**, in memory of mother, Helen Weinstein.

**Marilyn Weinstein**, in memory of Jerome Kushel, father of Susan Zuckman.

**Howard Weisman & Nina Silberman**, in memory of Patricia Giglietti, mother of Rob Giglietti.

## **Rabbi Marion Discretionary Fund**

**William Greenspan**, with thanks.

**Paula & Bob Herzlinger**, in memory of Phyllis Feinberg, mother of Dennis Feinberg and Mark Feinberg.

**Beth Lazar**, in memory of Rueben Weisbein, husband of Lucille Weisbein.

**Nancy & Jeff Oberman**, in appreciation to Rabbi Marion for officiating at Mildred & Martin Oberman's unveiling.

**Ken & Rita Weinstein**, in memory of

mother, Helen Weinstein.

## **Cantor Rubel Discretionary Fund**

**Stephen & Molli Hourihan**, in appreciation of Cantor Rubel.

**Ken & Rita Weinstein**, in memory of mother, Helen Weinstein.

## **Music Fund**

**Debbie & Michael Weisman**, in memory of Phyllis Feinberg, mother of Dennis Feinberg.

**Don & Wendy Hyman**, in memory of Martha Salmon.

## **Enhancement Fund**

**Claire Block**, in memory of Helen Weinstein, mother of Ken Weinstein.

**Barbara Berkowitz**, in loving memory of my mother, Evelyn Toss.

**Willi & Norman Berkowitz**, in celebration of the marriage of daughter Nicole Berkowitz to Alex Karas.

**Miriam Caston**, in memory of my dear friend Phyllis Feinberg.

**Ariel & Wendy David**, in memory of David David, father of Ariel.

**Karen & Kenneth Ferleger**, in memory of Patricia Giglietti, mother of Robert Giglietti.

**Chris Markley & Family**, in memory of our mother.

**Myrna Kaufman**, in memory of father, Robert Newman.

**Louise Linsky**, a donation.

**Arlene Murphy**, a donation.

**Elizabeth & Mark Nigrosh**, a donation.

**Amy & Jeff Pressman**, in memory of Phyllis Feinberg, mother of Dennis Feinberg and Mark Feinberg.

**Amy & Jeff Pressman**, in memory of Patricia Giglietti, mother of Robert Giglietti.

**Greta & Martin Rheingold**, for Joni Rheingold Ballas' Mi Sheberach prayers on Shabbat.

**Barbara & Gilbert Saltman**, in

memory of Claire Katz, mother of Norci Kochman.

**Melanie & David Samuels**, a donation.

**Abigail Schine**, in memory of Stanley Lessler z"l, husband of Judith Lessler.

**Gloria & Richard Sheiman**, in honor and in memory of Leonard Glantz; in memory of Phyllis Feinberg.

**Susan Shield**, in memory of Helen Weinstein, mother of Ken Weinstein.

**Lawrence & Marcy Shinbaum**, a donation.

**Ellen & Steve Tower**, in memory of Phyllis Feinberg.

## **Bonim Preschool Enrichment Fund**

**Mark & Anne Kirsch**, in memory of Jerome Kushel, father of Susan Zuckman.

## **Rabbi Arnold Sher Social Action Fund**

**Anonymous**, in celebration of Bat Mitzvah of granddaughter Jaden; in memory of the mother of Susan Brody.

**Barbara & Gary Bello**, in memory of Helen Weinstein, sister of Steven Berger.

**Sherry Fogel**, in memory of my beloved father, Herbert Bernstein.

**Joni & Michael Greenspan**, in honor of the marriage of Willi & Norman Berkowitz's daughter, Nicole, to Alex Karas; wishing Serena Sher a speedy recovery to good health.

**Judith and David Pressler**, in memory of Max Farber, father of Judith Pressler; Joseph Pressler, father of David Pressler; and Jonathan Pressler, brother of David Pressler.

**Howard Weisman & Nina Silberman**, in appreciation to Larry Levine for his outstanding and inspirational leadership.

## **Vision Loan Reduction Fund**

**Ellen Sheiman**, in memory of Phyllis Feinberg, mother of Dennis Feinberg.

*Continued on page 10*

## OCTOBER DONATIONS

(We greatly appreciate all donations to our special purpose funds.)

### **Jim and Barbara Abraham Education Fund**

**Beth Lazar**, in memory of Martha Salmon, sister of Judith Pressler, may she rest in peace.

### **Lee & David Lester Keshet Fund**

**Carl Josephson**, in memory of Helen Weinstein, mother of Ken Weinstein.

### **Alan Weinstein Scholarship Fund**

**Michael & Joni Greenspan**, in memory of Phyllis Feinberg, mother of Dennis Feinberg.

### **Arnold & Doris Tower Fund**

**Sue & Bob Sussman**, in memory of Nancy Murray, mother of Meg Murray.

### **Yakhani Caring Fund**

**Barbara & Mark Edinberg**, in celebration of the birth of Youssef Adel, grandson of Marcie & David Slepian.



Congregation  
B'nai Israel  
קהילת בני ישראל

(203) 336-1858 • [www.cbibpt.org](http://www.cbibpt.org)

The Bulletin of Congregation B'nai Israel is published every month except July.

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Arnold I. Sher, D.D. .... Rabbi Emeritus  
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Scott Smith ..... Deputy Bulletin Editor

Congregation B'nai Israel, founded in 1858, seeks to be a vibrant Reform synagogue dedicated to the perpetuation of Jewish life and values within the framework of contemporary American Judaism. We are a gateway to Judaism for all. The Congregation B'nai Israel Bulletin publishes monthly 11 times a year (except July). To submit an article, announcement or ad to the Bulletin, please contact Co-Editors, Amy Pressman at [apressman@cbibpt.org](mailto:apressman@cbibpt.org) or Lauren Tropp at [ltropp@cbibpt.org](mailto:ltropp@cbibpt.org). Submissions are due by the first day of the month preceding the publication month. We reserve the right to edit all submissions for length or style.

## CONGREGATION B'NAI ISRAEL CORE PRINCIPLES AND VALUES

At B'nai Israel we...

- ...TREAT each person in our community as created b'tzelem Elohim, in the image of the divine,
- ...DEVELOP, foster and nurture vibrant and meaningful Jewish lives in accordance with the values of our Torah and sacred texts,
- ...BUILD and deepen sacred relationships both within the synagogue community and the broader Greater Bridgeport community,
- ...ACT justly with a sacred obligation to tikkun olam (repair the world),
- ...FOSTER and deepen a love, commitment and connection to the land and people of Israel.



## REFLECTIONS ON SUKKOT AND SUSTAINABILITY

BY MICHELLE SERLIN

Sukkot is my favorite Jewish holiday. My family started building a sukkah every year about 5 years ago. I had fond memories of building a sukkah one year with my dad and of going to the Lower East Side to get a *lulav* and an *etrog*. I thought it would be a fun tradition to start with my own kids and that it would be a good way to highlight one of the more fun, hands-on Jewish holidays. At first, I was worried it would be a lot of work to build every year, but over the years it's been completely worth it. It involves building and decorating, and it's something the whole family enjoys. I also love sharing a candlelit meal outdoors with friends in the fall air under a harvest moon while the crickets chirp in the background.

I've been thinking recently about Sukkot and the opportunities it presents to celebrate and appreciate our relationship to the environment and to the natural

world. It requires us to be outside in a temporary structure. This allows us to connect to the beauty of the outside world with all its pleasant sensations. Jewish law even specifies that the *schach*, or roof, must be constructed with some spaces between the stalks or grain or twigs of vine so that you can see the stars above. The sukkah must also be temporary. This might remind us of how fragile the existence of our ancestors was and to think about those around the world who still live in such fragile structures, without heat, air conditioning, or electricity. If you take this one step further, you might even think about how energy intensive our homes are and what effect that has on people in other parts of the world living in more temporary structures that might be ravaged by extreme heat or floods.

Sukkot's celebration of the harvest is a great opportunity to talk with friends and kids about where our food comes from and all resources that go into producing the foods we eat. For those who are trying to find ways to incorporate being greener into daily life and Jewish practice, perhaps it might

be a good time to challenge yourself to eating vegetarian for the holiday or eating locally produced foods. I have been wanting to go more vegetarian with my family so I have decided that my sukkah's BBQ this year will be 100 % vegetarian. I hope that this will help my kids think a bit more deeply about how what we eat impacts the environment.

I grew up thinking that Sukkot was a minor holiday, but each year it takes on more and more significance in my family's life. Its meaning is evolving as we evolve as a family. It is an amazing age-old tradition that can bring so much meaning and joy into our modern lives.

*Building a sukkah doesn't have to be a daunting task. Our family sukkah is a kit purchased online from The Sukkah Project. It's very easy to put up, take down and to store. Please feel free to contact me at [mserlin@mac.com](mailto:mserlin@mac.com) if you have questions about building a sukkah.*

## SUPPORT B'NAI'S MENTAL HEALTH SMALL GROUP!

At 4:00 p.m. on Sunday, October 23, CONECT will hold a Candidates' Forum at B'nai Israel. Please attend and show support for the CONECT initiative for the State of CT to fund a Mental Health Alternative Response: "The Third Place."

Too often people call police to respond to a person in acute psychosis or take the person to a hospital emergency room. Both police with their guns and sticks and crowded, noisy hospital emergency rooms, where one can wait for hours

before being seen, often exacerbate rather than calm a person having a psychotic incident. CONECT is advocating the creation and funding of a "Third Place" staffed with psychiatrists and social workers to deal with people experiencing acute psychosis or suicidal thoughts.

The B'nai Israel Mental Health Small Group provides a welcoming and supportive community for anyone affected by mental illness and all those who care about raising awareness and

advocating for mental health care. We generally meet the third Monday of each month via Zoom.

For more information, please call Beth at 203-336-9781.

Wishing everyone a sweet New Year filled with good physical, mental and spiritual health,

Beth Lazar and Adam Weisblatt, co-chairs

Marj Freeman, secretary

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## SHABBAT SERVICE SCHEDULE

In person on Fridays at 6:00 p.m. and Saturdays at 8:00 a.m. where indicated.  
All services at this time can also be viewed on Zoom. The link is sent out in our weekly email.

### Friday, October 7

6:00 p.m. Shabbat Service – in person and on Zoom  
Torah Portion – Ha'azinu, Deut. 32:1-32:52  
Haftarah – Samuel 22:1-51

### Saturday, October 8

8:00 a.m. Shabbat Service – in person and on Zoom  
9:00 a.m. Brotherhood Breakfast – in person  
9:30 a.m. Torah Study – in person and on Zoom  
11:00 a.m. Bat Mitzvah of Rebecca King, daughter of Nina Shaer King & Brian King

### Friday, October 14

6:00 p.m. Shabbat Service – in person and on Zoom  
Torah Portion – Chol

Hamo'ed, Exodus. 33:12-34:26  
Haftarah – Ezekiel 38:18-39:16

### Saturday, October 15

8:00 a.m. Shabbat Service – in person and on Zoom  
9:00 a.m. Brotherhood Breakfast – in person  
9:30 a.m. Torah Study – in person and on Zoom  
11:00 a.m. Bat Mitzvah of Macey Greene, daughter of Liane May & Peter Greene Jr.

### Friday, October 21

6:00 p.m. Shabbat Service – in person and on Zoom  
Torah Portion – B'reisheet, Genesis. 1:1-6:8  
Haftarah – Isaiah 42:5-43:10

### Saturday, October 22

8:00 a.m. Shabbat Service – in person and on Zoom  
9:00 a.m. Brotherhood Breakfast – in person  
9:30 a.m. Torah Study – in person and on Zoom  
11:00 a.m. Bar Mitzvah of Dylan Graf, son of Pamela & Aaron Graf

### Friday, October 28

6:00 p.m. Shabbat Service – in person and on Zoom  
Torah Portion – Noach, Genesis. 6:9-11:32  
Haftarah – Isaiah 54:1-55:5

### Saturday, October 29

8:00 a.m. Shabbat Service – in person and on Zoom  
9:00 a.m. Brotherhood Breakfast – in person  
9:30 a.m. Torah Study – in person and on Zoom

## BIFTY OCTOBER 2022

BIFTY is excited for our October events! Join us in the BIFTY lounge on Thursdays from 7:00–8:30 p.m. Teens are welcome to come to a few BIFTY events or come weekly, whatever works best for their schedules. Membership forms will be available at programs and snacks will be served. Follow us on Instagram@cbi.bifty to stay up to date on upcoming programs and events. For more information or questions, reach out to advisor Marisa Underberger at [munderberger@cbibpt.org](mailto:munderberger@cbibpt.org).

Our October programs will be held on:

October 13  
October 20  
October 27

We hope to see you there!





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1 package cranberries  
1 medium orange, quartered and seeded  
3/4 to 1 cup sugar

Put cranberries and orange through a grinder until chopped. Add sugar. Mix well and refrigerate.

Bonim kids make this for their all-school Thanksgiving Feast each year.