

AUGUST HIGHLIGHTS

Rabbi Schultz explains the coining of the new term, Bet Mitzvah, to provide a more gender inclusive term regarding Bar and Bat Mitzvah ceremonies. Page 3

Rabbi Marion and congregant, Nina Silberman, introduce the new George Markley Chesed Fund, which will help provide meals for congregants who are experiencing the challenge of a major life event. Page 5

Alexa Cohen shows how the B'nai Israel Education Center has used its tzedakah to benefit Camp HOPE, a summer program for children who have been victims of trauma. Page 6

Scott Smith urges congregants to update their ShulCloud settings for the payment schedule of their choice for 2023-2024. Page 15

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A WONDERFUL B'NAI ISRAEL GALA



Photography Credits to Kate Eisemann.

The 2023 B'nai Israel Gala was a lovely, festive evening celebrating our remarkable honorees Jim and Lisa Greenberg and Michael and Judy Green Blumenthal. We all enjoyed a warm sense of community as we acknowledged their numerous and valuable contributions to the synagogue. Live music, cocktails and hors d'oeuvres on the patio began this joyful event. Rabbis Schultz and Marion were joined by Cantor Scott Harris for a Havdalah service before the delicious dinner. We were then treated to gracious speeches honoring Jim, Lisa, Michael, and Judy before sampling a tremendous array of desserts.

As co-chairs, we could not be more delighted with how the gala worked out. We had superb help from the office and facilities staff, our motivated volunteers, our board president, Susan Walden, and all those who purchased ads for the tribute journal. The funds contributed exceeded our expectations for raising money to help meet the synagogue's operating expenses. We're grateful to everyone for participating in this celebration – for showing up, which is what our four honorees have done to help make our congregation strong, loving, and filled with life!

By Liz and Mark Nigrosh
and Evelyn Rubak

It may still feel like summer, but the High Holy Days are Coming!

We are very pleased to share that we will once again be High Holy Day co-chairs. If you would like to help us, please email Chris at crocha@cbibpt.org. It is a wonderful mitzvah to greet our community members and usher at the High Holy Days and it is fun to see everyone. A SignUpGenius is included in Hashavua so you can choose the dates and times that work best for you!

Thank you in advance for your help,

Evelyn Rubak and Debbie Viens

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.

Robert & Gail Gordon
Great Neck, NY

SHARING OUR JOY...

In celebration of:

Dale & Stew Barcham, on the birth of granddaughter, Isabel Maisie Gottfried, daughter of Lindsay and Adam Gottfried, sister of Lily

Patti & Sam Rosenberg, on the birth of granddaughter, Sivan June Rosenberg Loebel, daughter of Hannah Rosenberg and Bryce Loebel

Linda Liefland & Jon Orleans, on the marriage of Eliza Orleans to Ethan Edl

Sharon and Cantor Scott Harris on the birth of granddaughter, Stella Maeve Mark, daughter of Sarah & Michael Mark, sister of Remi

David and Alexa Cohen on the engagement of their son Jacob Cohen to Emily Zakowski

Karen and Peter Montagna, on the marriage of daughter Lauren Montagna to Kevin Pierce

**If you would like to list something in Sharing Our Joy, please email the office with any information you would like to share.*

SINCERE SYMPATHY

We extend our sympathy to the bereaved families of:

Gerald Lovich, father of Ronnie Lovich (Bill Bower)

Joel Jacob, son of Shirley Jacob Lantz

Kathleen Greschler, mother of Lisa (Joav) Burger

Robert Rothman, father of Rachel Rothman Cohen

Gerald Minsky, father of Greg Minsky

Bernice Jones, mother of Jessica (Joseph) Sutton

Irving Oberweis, stepfather of David (Alexa) Cohen

BULLETIN BOARD

MITZVAH MORNING

Mitzvah Morning Is Back!

Help us kick off the 2023–2024 season of Mitzvah Mornings! Join us on Sunday, September 10 at 10:00 a.m. at Congregation B'nai Israel's cemetery, located at 245 Kings Highway East in Fairfield. We will meet there to wash headstones to clean them of dirt and moss.

Over the past several decades, the headstones at the cemetery have endured nature's harsh elements and are in need of some serious refreshing. We will spend some time scrubbing and cleaning these headstones in honor of those who came before us.

This will be a very rewarding and meaningful experience for those who attend. Our rabbis have shared with us that some of the most important mitzvot we can perform are good deeds for those who are unable to thank us. This Mitzvah Morning event certainly meets that standard. It will also be a nice opportunity to work with others in the B'nai Israel community and bond with your fellow congregants.

We will have cleaning supplies, including buckets and sponges, available. Feel free to bring your own gloves, as we will be using a bleach solution on the headstones.

All ages are welcome to join.

Please contact Nina Silberman at ninahv@aol.com or Mitch Weinstein at mitchellew@yahoo.com for more information.



American Red Cross Blood Drive:
Wednesday, August 2, noon to 5:00 p.m.

Schedule your appointment by calling the Red Cross at 1-800-448-3543 or visiting www.redcrossblood.org. Walk-ins are also welcome.

Tikkun Olam Summer Film Series *The Janes* (documentary)

August 10, 7:00 p.m. in the social hall



Breaking news: Abby Pariser, one of the original Janes, will join us via Zoom on August 10 at 7:00 p.m. for *The Janes*, the final film in the Tikkun Olam

Summer Film Series. *The Janes* is a 2022 documentary about a group of courageous women in Chicago who helped thousands receive safe, affordable abortions before Roe v. Wade. A year after Roe has been overturned, this film is even more relevant and powerful. Please join the Reproductive Justice Team and Abby Pariser for a unique evening of film and discussion.



FROM THE RABBI'S DESK/RABBI EVAN SCHULTZ

BET MITZVAH – AN INCLUSIVE TERM FOR THE JEWISH COMING OF AGE CEREMONY

(Adapted from an article I co-authored with Rabbi Linda Joseph for the CCAR)

In recent years, existing terms for the Jewish coming-of-age ceremony — commonly referred to as a bar or bat mitzvah in singular, b'nai or b'not mitzvah in plural — have come to seem inadequate due to their gendered nature. Here at B'nai Israel, we have always referred to the ceremony as a “b'nai mitzvah.”

This past spring, our Religious Practices Committee set out to craft a general term for our congregation to use that is more inclusive of all gender expressions and identities. We spent some time establishing criteria, researching, asking questions, and discussing.

In our conversation, three key priorities were identified: We wanted a term to be inclusive of all gender identities and gender expressions. We wanted a term that honored the Hebrew language in its usage and meaning. And we wanted a term that used familiar or existing language so that it would be understandable, usable, and “sticky” (i.e., people would be inclined to use it). Ultimately, we settled on the term “bet mitzvah.”

We found this nomenclature compelling for several reasons:

- Bet is the first Hebrew letter of the traditional name of this lifecycle event, so the term is gender neutral. Using the letter bet provides flexibility for a student to choose which term they would like to use: bar mitzvah, bat mitzvah, b'nai mitzvah, or bet mitzvah. It thus acknowledges the traditional terms while creating a new term that honors diverse gender inclusivity and expression. Bet mitzvah is also the term recommended by the Nonbinary Hebrew Project and is already in use in several congregations.
- The letter bet is the first letter of the Torah. It is the letter opening the parashah that honors all of God's creations. It is a letter open to possibilities for what may follow. In addition, bet can be read as the conjunctive form of bayit, alluding to the inclusion of all participants who have a “home” in Judaism in this coming-of-age ceremony. In Hebrew, bet mitzvah makes sense as a conjunctive.

- Finally, bet is a term that both Hebrew literate and non-Hebrew literate members of our communities have heard before. Like the more traditional familiar terms, it is one syllable. The committee believed this term could become “sticky.”

The RPC felt that bet mitzvah best reflected our determinants of inclusivity, honoring Hebrew, and using familiar or existing language. Importantly, we do not intend for this term to replace “bar mitzvah” and “bat mitzvah” but rather to be an additional, inclusive option for families and youths. While “bet mitzvah” will be our general default term at the synagogue, we hope that each student will be encouraged to choose the term that's most meaningful to them.

I want to thank the members of the RPC for such a thoughtful discussion, and our entire synagogue for our striving to always be a Jewish space that is inclusive and where all feel that they are seen, loved, and belong.

ANNOUNCING THE 2023-2024 CONGREGATION B'NAI ISRAEL BOARD OF TRUSTEES

Officers:

Susan Walden – President

Richard Walden – First Vice President

Rebecca Blondin – Vice President

Nina Silberman – Vice President

Scott Smith – Vice President

Jerry Saunders – Treasurer

Jonathan Dizney – Assistant Treasurer

Lori Berger – Secretary

Mark Nigrosh – Financial Secretary

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Marcia Cohen

Scott Casher

Jonathan Green

Annie Green

Judy Green-Blumenthal

Eric Gross

Liane May

Jackie Madwed

Anyia Mezak

Karen Montagna

Jordan Posner

Kelle Ruden

Jared Selter

Karen Spring

Sarah Tropp-Pacelli

Ken West

Julie Winn

Thank you to the following congregants for completing their service to the congregation: Sarah Fridman, David Herbst, Andi Kern, Abby Leviss, Ivan Maisel, Amy Pressman, Laurie Renzulli, and Richard Pearlberg,

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, August 4

6:00 p.m. Shabbat Service Chapel –
in person and on Zoom
Torah Portion – Ekey, Deut.
7:12-11:25
Haftarah – Isaiah 49:14-
51:3

Saturday, August 5

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

Friday, August 11

6:00 p.m. Shabbat Service Chapel –
in person and on Zoom
Torah Portion – Re'eh,
Deut. 11:26-16:17
Haftarah – Isaiah
54:11-55:5

Saturday, August 12

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

Friday, August 18

6:00 p.m. Shabbat Service Chapel –
in person and on Zoom
Torah Portion – Shoftim,
Deut. 16:18-21:9
Haftarah – Isaiah
51:12-52:12

Saturday, August 19

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

Friday, August 25

6:00 p.m. Shabbat Service Chapel –
in person and on Zoom
Torah Portion – Ki Tetze,
Deut. 21:10-25:19
Haftarah – Isaiah 54:1-10

Saturday, August 26

8:00 a.m. Shabbat Service Chapel –
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 Giora
Nadav, son of Dan Nadav
and Nurit Kohl

BOOK OF REMEMBRANCE

The High Holy Days will be here before you know it! Please look for the Yizkor Book of Remembrance letter/form in your mailbox at the beginning of August.

The Yizkor Book of Remembrance is

created every year for the High Holy Days to honor our loved ones who have passed away. The booklets are given out at the Yom Kippur Yizkor Service and this year, we will be mailing hard copies of the booklet to anyone who requests one.

Yizkor Book of Remembrance forms will be sent out in early August and the deadline to return them is **Wednesday, September 6**; please send in your form as soon as possible or visit our website www.cbibpt.org to complete the form online once it is available.

PREPARING FOR THE HIGH HOLIDAYS

A Three-Part Series with our Clergy

Fridays, from noon-1:00 p.m. at B'nai Israel (feel free to bring your own lunch!)

Friday, August 11:

Rabbi Soloveitchik on Yom Kippur with Rabbi Evan Schultz

Friday, August 18:

Melodies that Match the Moment with Cantor Scott Harris

Friday, August 25:

What's Jewish About *The Twilight Zone*? High Holiday Edition with Rabbi Sarah Marion

SUMMER SISTERHOOD SCHMOOZE*

Monday August 14, from 7:30–9:30pm
Offsite, at the home of Shari Nerreau in Fairfield (address provided upon RSVP)
Our popular sisterhood schmooze returns! Please join the Women of B'nai Israel for cocktails, snacks and intergenerational

mingling and conversation. No agenda, simply an opportunity to come together to reconnect, relax and meet other women in the community. Hope you will be able to make it, and feel free to bring some friends

too! Please RSVP to Ilene Feuerberg at ifeuerberg@cbibpt.org.

*Funds from the temple's Sisterhood help support our Sisterhood Schmooze program.



TIKKUN OLAM (REPAIRING THE WORLD) UPDATES

BY RABBI MARION AND NINA SILBERMAN,
CONGREGATION B'NAI ISRAEL TIKKUN OLAM CHAIR

INTRODUCING THE GEORGE MARKLEY CHESED FUND

We are very excited to announce the establishment of a new special purpose fund to honor George Markley called "The George Markley Chesed Fund." George was a long-standing, beloved member of our community who loved Congregation B'nai Israel, embodied the values of our congregation, and gave generously of his time and self to our synagogue and the broader Bridgeport community. So many of us hold and cherish our favorite "George stories": our favorite anecdotes about how much he gave and how much he loved. There are truly not enough words to describe

the extent of his abundant, overflowing kindness to others.

The new George Markley Chesed Fund will be used specifically for acts of chesed (loving kindness) within our community. Our Chesed Committee will have access to these funds to cook or purchase meals for those who are ill, grieving, or going through a difficult time as well as for families who are welcoming a new baby. In addition, the Chesed Committee purchases yahrzeit candles that are distributed during the High Holidays to congregants who have lost a loved

one during the year. The committee also purchases mini Shabbat challahs and wine that is brought to the homes of congregants who are homebound or returning from hospital stays.

Your contributions to our new George Markley fund will be a way to help take care of our Congregation B'nai Israel congregants as well as to honor George's memory and all the love and kindness he exemplified each and every moment of his life.

CONGREGATION B'NAI ISRAEL HONORED AS THE CENTER FOR FAMILY JUSTICE COMMUNITY HERO OF THE YEAR

At its 2023 annual meeting, The Center for Family Justice honored Congregation B'nai Israel as its 2023 Community Hero of the Year. It is truly an honor and a privilege to partner with CFJ in the sacred work of instilling hope among survivors of domestic and sexual violence. A special thank you to our amazing volunteers who help ensure that our congregation remains committed to CFJ's ongoing initiatives.





ALEXA COHEN/DIRECTOR OF THE EDUCATION CENTER

B'NAI ISRAEL CAMPERS LEARN THE VALUE OF TZEDUKAH BY HELPING CAMP HOPE



Tzedakah is an important part of the Education Center Curriculum for both Bonim Preschool and Kehilah. Each week the students come to school proudly with some change (or dollars) to add to their classroom tzedakah box. For the 3-year-olds, it's in the form of a dinosaur. The children proudly feed the dinosaur with the goal of filling his tummy and helping people in need. This year, the Education Center at Congregation B'nai Israel has chosen Camp HOPE to be the recipient of their tzedakah collection.

We learned about Camp HOPE through B'nai Israel's involvement with our neighbors down Park Avenue, the Center for Family Justice (CFJ): "Since its inception, CFJ has been proud to bring this program to a growing number of children and teens and has offered more than 200 camperships. Program participants include young people ages 7-17 from the communities of Bridgeport, Easton, Fairfield, Monroe, Stratford and Trumbull... Camp HOPE offers children and teens who have been the primary or secondary survivors of trauma the chance

to reclaim part of the childhoods they lost through a fun and transformative program focused on helping them foster newfound hope and resiliency in their lives."

Camp HOPE campers engage in a week of summer camp on the grounds of Camp Hi-Rock, an accredited overnight camp operated by CFJ's partner, the Central Connecticut Coast YMCA. Beginning in 2019, the campers also engage in a year-long Pathways to HOPE program which includes social activities, mentorship and opportunities to engage in community and special events. During the summer program, campers engage in an evidence-based curriculum while enjoying a week of traditional overnight summer camp experiences such as swimming, campfires, hiking, sailing, and navigating high-ropes courses.



Camp is something very familiar to the students at Congregation B'nai Israel. Whether it's Bonim in the Sun for our youngest learners or sleepaway camps like Crane Lake or Eisner for the Kehilah-aged kids, summer camp means fun!!! And for their parents, it's lots and lots of packing of backpacks, duffel bags, and trunks. When we heard that Camp HOPE campers needed donations to make sure their campers had everything necessary for a successful camp experience, we knew just what to do. We collected over \$500 in tzedakah donations from all those

coins and dollars throughout the year and started shopping from Camp HOPE'S wish list.

On June 12th, Sasha and Alexis from Camp HOPE visited Congregation B'nai Israel to collect our donations and talk to the kids a bit about their story. Congregation B'nai Israel's campers proudly marched into the pavilion, arms filled with water bottles, sleeping bags, towels, blankets, bug spray, and duffel bags to give to the kids of Camp HOPE. They played games with Sasha and Alexis and listened to a book about a boy who was scared to go to camp and how his friends helped him get over his anxiety. We talked about why those items were important for kids to go to camp. Three-year-old Henry told Sasha that water bottles were important "to stay hydrated." Four-year-old Divahlee told everyone that "the kids need towels so they can go swimming."



It's going to be a great summer for the campers of Camp Hope and Congregation B'nai Israel!

It's time to register for Kehilah, please email me at acohen@cbibpt.org for more information.



5784/2023-2024 - REGISTRATION FORM

Please complete one form for **EACH** learner

Name: _____ Hebrew Name: _____
(Last, First, Middle)
Date of Birth: _____ Grade Entering in Fall: _____
Name of Public/Private School: _____
Home Phone: _____ Cell Phone: _____
Address: _____ City/Zip: _____

Parent/Guardian 1 Name: _____ Cell Phone: _____
Email: _____ Relationship to Student: _____
Address: *If different from above* _____ Work Phone: _____
Parent/Guardian 2 Name: _____ Cell Phone: _____
Email: _____ Relationship to Student: _____
Address: *If different from above* _____ Work Phone: _____

Name of Sibling	Date of Birth	Grade Entering 2022 - 2023	Name of Public/Private School

GRADE	Days	2023 - 2024 Tuition	<ul style="list-style-type: none">Kehilah tuition will be entered into ShulCloud upon receipt of your registration form.Please note: FY2023-2024 fees are not considered final until approved at the June 2023 Annual Meeting .
Gan-Gimel (K-3)	Sunday Morning	\$750	
Daled Yav (4-6)	Sunday Morning & Thursday Evening	\$865	
Zayin (7)	Sunday Morning	\$865	
Chet (8)	Tuesday Evening	Merkaz Payment info to follow	

Parent/Guardian: _____ Signature: _____ Date: _____

2710 Park Avenue, Bridgeport, CT 06604 ♦ Phone: 203-335-5058 ♦ Fax: 203-367-7889

JULY/AUGUST DONATIONS

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

Rabbi Schultz Discretionary Fund

David Abbey & Deborah Goodman, in memory of David Goodman.

David Abbey & Deborah Goodman, in memory of Harriet Abbey.

Ida Apotheker, in memory of Dr. Ted Levy.

Sharon Ruben Barbarotta, in appreciation to Rabbi Evan Schultz for his caring and help with our family during our mother Renee Ruben's funeral.

Brian & Linda Barlaam, in honor of our daughter Diana's wedding.

Marilyn Bissell, in memory of loved ones.

Nicholas & Rebecca Blondin, in appreciation to Rabbi Schultz.

Bill Bower & Ronnie Lovich, in memory of Gerald Lovich.

Yoav & Lisa Burger, in appreciation to Rabbi Schultz for his guidance and support.

Robert & Judith Chessin, in honor of Tate Blair's Bar Mitzvah. **Randy Dorfman**, in memory of my father, Myer Weiner.

Bernie & Janice Jacobs, in memory of Dr. Ted Levy.

Jack Kadden, in memory of Ilse Levi.

Albert & Alida Kleban, in memory of our dear mother, Beatrice Kleban.

Diane Law, Marjie Fabe & Family, in appreciation to Rabbi Evan Schultz for the beautiful service and the warmth and love extended to the family of Ilse Levi.

Aleksey & Raisa Ledvich, in memory of our family members — grandmother Sarah Ledvich; grandfather Menashe Goldenfarb; aunt Noemi Dovolskaya; father Peter Ledvich, and grandfather Rahmiel Ledvich.

Janet Lefkowitz, in honor of the Brit Milah of Simon Poslusny.

The Levy Family, in appreciation to Rabbi Schultz for his support during the funeral of Theodore Levy.

Alice Madwed, in memory of my father, Joseph Ente.

Alan & Sylvia Neigher, with thanks to Rabbi Schultz for the beautiful baby naming of Marni Kaplan.

Samuel Rost, in memory of Ellen Kaplan Gittleman, sister of Susan Bauchner.

Jonathan & Cleo Sonneborn, in memory of Walter Sonneborn, father of Jon Sonneborn.

Larry Walker, in honor of my daughter Alyse.

Rabbi Marion Discretionary Fund

Brian & Linda Barlaam, in memory of Richard Barlaam.

Marilyn Bissell, in memory of loved ones.

Nicholas & Rebecca Blondin, in appreciation to Rabbi Marion.

Yoav & Lisa Burger, in appreciation to Rabbi Marion for shiva service for my mother.

Barry & Linda Diamond, in celebration of the engagement of Sirena Sim to Jon Diamond, grandson of Linda & Barry Diamond.

Mike & JoAnn Fishbein, in memory of Dr. Theodore Levy.

Sandy & Jack Germain, in memory of Margarita Veras, mother of Maggie Walowitz.

Laurel Greenberg, in memory of my wonderful parents: Ruth C. Silverman & Sol H. Silverman.

Geoffrey & Melanie Kooris, in memory of Dr. Ted Levy.

Samuel Rost, in memory of Gloria Sheiman, wife of Richard Sheiman.

Zach & Chloe Weinberg, in appreciation to Rabbi Marion for Charli's baby naming.

Rabbi James Prosnit Legacy Fund

Kenneth Revelson, in memory of Mrs. Ilse Levi.

Jonathan & Nancy Rosenthal, in memory of Ron Hazelton, may Ron's memory always be a blessing.

Rabbi James Prosnit Discretionary Fund

Lilla Cooper, in memory of Dr. Ted Levy; in memory of Joel Jacob.

The Levy Family, in appreciation to Rabbi Prosnit for his support and

kindness to our family during this difficult time.

Ellen Sheiman, in memory of Ilse Levi.

William Smith, in memory of the yahrzeit of Lorraine Rubak Smith, loving wife, mother, and grandmother, and a wonderful human being.

Music Fund

Jeffrey & Wendy Bender, in appreciation to the cello player for the High Holidays 2023.

Yoav & Lisa Burger, in memory of Richard Barlaam.

Barry & Linda Diamond, in celebration of the beautiful commitment ceremony of Marcia Tubin & Marty Shmagin.

Jonathan & Nancy Rosenthal, in celebration of Cantor Scott Harris joining our congregation.

David & Marcie Slepian, in memory of beloved mother and grandmother Joyce Slepian.

Enhancement Fund

Audrey J. Bernstein, in memory of Ilse Levi.

Ann Sales Block & Sam Sales, in memory of my mother Jeanne Sales; Dr. Ted Levy; and Maggie Walowitz's mother Margarita Veras.

Michael & Syrel Dawson, in memory of Theodore Levy.

George Glass, in memory of James and Selma Glass.

Jim & Lisa Greenberg, in memory of Richard Barlaam.

Myrna Kaufman, in memory of my husband Leonard who is sorely missed.

Al & Alida Kleban, in memory of our dear mother Beatrice Kleban.

Karen Langsner, in memory of Dr. Theodore Steinberg Levy, may the memory of your beloved grandfather be a blessing.

Neil & Joanne Lippman, in memory of Kathleen Greschler, mother of Lisa Burger.

Dennis & Janet Magid, in loving memory of Ellen Kaplan Gittleman, sister of Susan Bauchner; in memory of the Yahrzeit of Shirley Berkman, mother of Jan.

JULY/AUGUST DONATIONS

(CONTINUED)

Luise Mann, in memory of Theodore Levy.

Estate of Murray Paul Menkes, with thanks.

Jeffrey & Valerie Oppenheim, in honor of the life of Dr. Theodore Levy.

Lawrence A. Sax, in memory of George Markley.

Robert & Twody Schless, in memory of Bob's mom, Ruth Schless.

Joseph & Nancy Wertheim, in memory of Ted Levy, our condolences to the entire Levy family.

Judy Zeisler, in memory of Ignatz Zeisler and Robert Zeisler.

Fred & Ronni Zinn, in memory of mother Ruth Zinn.

Sylvia Prosnit Adult Education Fund

Steve & Jill Elbaum, in memory of Kathleen Greschler, mother of Lisa Burger.

Bonim Preschool Enrichment Fund

Mitchell & Judy Adelstein, in memory of Jason Walowitz; in memory of Margarita Veras for the playground.

The Baser Family, in memory of Ramon and Margarita Veras for Jason's fort in playground.

Ken & Lori Berger, in memory of Margarita Veras, mother of Maggie Walowitz.

Bonim Families, in celebration of the 2023 Bonim Preschool four- and five-year-olds.

Paul & Pat Buchbinder, in memory of Ilse Levi.

Joan Frankel, in memory of Maggie Walowitz's mother.

Robert & Adele Josovitz, in honor of the marriage of Chuck Doll and Peggy Michalchuk.

Robert & Adele Josovitz, Seth & Minna Lewis, and Alan & Dee Skott, in celebration of Janet Greenstein, happiest of birthdays!

Mark & Anne Kirsch, in memory of Kathleen Greschler, mother of Lisa Burger.

Luise Mann, in memory of Maggie Walowitz's mother, Margarita Veras.

Samuel Miller, in memory of Ellen

Kaplan Gittleman; in memory of Margarita Veras.

Robert & Twody Schless, in memory of Bob's dad, Bernie Schless.

Serena & Arnie Sher, in memory of Richard Barlaam, beloved brother of Brian Barlaam; in memory of mother and grandmother Kathleen Greschler.

Lois Wallman, in memory of Margarita Veras.

Prayer Book Fund

Andrea & Michael Rudolph, in memory of Ilse Levi.

Religious School Scholarship Fund

Ellen Cahn, in memory of Theodore Levy.

Religious School Enrichment Fund

Nicholas & Rebecca Blondin, in appreciation to Sarah Fridman for her work for Kehilah; in appreciation to Alexa Cohen.

Laura Sydney-Pulton, in memory of Helen Ross.

Rabbi Arnold Sher Social Action Fund

Robert & Carson Berkowitz, in honor of Lisa & Jim Greenberg and Judy Green Blumenthal & Michael Blumenthal's celebration at the spring gala.

David Abbey & Deborah Goodman, in memory of Richard Barlaam; in honor of Michael Blumenthal & Judy Green Blumenthal.

Andrea & Fred Dobro, in celebration of Judy and Michael Blumenthal. Kol HaKavod for your years of service to your community! Wishing you a fun celebration.

Bari Dworken, in memory of Ilse Levi.

Debbie Jacobs, in memory of Kathleen Greschler, mother of Lisa Burger, grandmother of Joshua and Jonathan Burger.

Sheila Kaminsky, in appreciation to Jim & Lisa Greenberg, thank you for

all of your hard work.

Stanton & Cristie Krauss, in honor of Judy Green Blumenthal.

Dennis & Jan Magid, in honor of Sarina Miller & Zoey Hanrahan, granddaughters of Sammy Miller, on their high school graduations; in honor of Louise & Joe Bobrow on their grandchildren's graduations: Aaron from high school & Lucy from middle school.

Samuel Miller & family, in memory of Harry Miller.

Samuel Miller & family, in memory of Joseph Kot.

Serena & Arnie Sher, in memory of Stephen Geller, beloved husband, father, and grandfather; in memory of Martin Waldman, husband of Judy Waldman; in memory of Ellen Kaplan Gittleman, beloved sister of Susan Bauchner; in memory of Joel Jacob, son of Shirley Jacob Lantz.

Frederic West, in memory of the yahrzeit of Abner West.

CONNECT thru Social Action Fund

David Abbey & Deborah Goodman, in memory of Ellen Kaplan Gittleman, sister of Susan Kaplan Bauchner.

Sam & Cheryl Green, in memory of Ellen Kaplan Gittleman, sister of Susan Kaplan Bauchner.

Jonathan & Nancy Rosenthal, in appreciation of the tireless hours given by Laurie Gaugler and the membership committee for the benefit of the congregation.

Jeff Schwartz, in memory of Ilse Levi.

Etz Chaim Living Torah Fund

Carol Barsky, in memory of dear friend Ilse Levi.

Jim and Barbara Abraham Education Fund

Sandy & Jack Germain, in memory of Martin Waldman, husband of Judy Waldman.

Kesher Project

Robert & Carson Berkowitz, in memory

JULY/AUGUST DONATIONS

(CONTINUED)

of Freida Maisel, mother of Ivan Maisel.

Alan Weinstein Scholarship Fund

Michael & Joni Greenspan, in memory of my mother, Sylvia Greenspan; in memory of Ellen Gittleman.

Robert & Ellen Steinberg, in memory of Ted Steinberg Levy.

Deborah Weinstein, in honor of Alan Pasternack's 100th birthday; in honor of Beth Newburger Schwartz's birthday.

The George Markley Chesed Fund

Brian & Linda Barlaam, in memory of Lisa Burger's mother, Kathleen Greschler.

Michael & Judith Green Blumenthal, in memory of George Markley.

Martin & Alayne Burger, in memory of George Markley.

Richard & Joanne Krantz, in memory of George Markley.

Luise Mann, in memory of George Markley.

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

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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 or Lauren Tropp at 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.

DID YOU KNOW...?

...Congregation B'nai Israel pays approximately \$50,000 in credit card fees annually. How can you help? We all like to pay by credit card to earn points. If choosing this form of payment for Bonim, Kehilah, annual contributions or any program or event, "opt in" to make the 3% contribution. By doing so, your contribution will help to offset these fees and our income supports the synagogue rather than an outside institution!

HIGH HOLIDAY SCHEDULE

Friday, September 15, 2023 – Erev Rosh Hashanah

5:30 p.m. Jennings Beach
7:45 p.m. Sanctuary

Saturday September 16, 2023 – Rosh Hashanah Day 1

9:00 a.m. Havurah service (0-5) – Prosnit Patio
10:00 a.m. Rosh Hashanah Services – Sanctuary
10:00 a.m. Rosh Hashanah Services – Tent
10:00 a.m. Rosh Hashanah Children's Program
3:30 p.m. Family Services – Tent

Sunday, September 17, 2023 – Rosh Hashanah Day 2

10:00 a.m. Rosh Hashanah Services – Tent
12:30 p.m. Tashlich – Brooklawn Pkwy

Sunday, September 24, 2023

1:00 p.m. Cemetery Service, Fairfield
2:00 p.m. Cemetery Service, Monroe

Sunday, September 24, 2023 – Kol Nidre

7:45 p.m. Kol Nidrei – Sanctuary

Monday, September 25, 2023 – Yom Kippur Day

9:00 a.m. Havurah service – Prosnit Patio
10:00 a.m. Yom Kippur services – Sanctuary
10:00 a.m. Yom Kippur services – Tent
1:30 p.m. Family Services – Tent
1:30 p.m. Meditation with Al Dressler – Chapel
1:30 p.m. Class led by Gabby Tropp – Library
2:30 p.m. Afternoon Cello Concert – Sanctuary
2:30 p.m. Walk with Rabbi Schultz – Neighborhood
3:15 p.m. Afternoon service – Sanctuary
4:45 p.m. Yizkor – Sanctuary
5:45 p.m. Neilah – Sanctuary
6:30 p.m. Closing Havdalah – Sanctuary

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.

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**The following members of the medical community join
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IT'S TIME TO UPDATE YOUR SHULCLOUD SETTINGS

Happy anniversary, ShulCloud!

The first year of Congregation B'nai Israel's new membership management software system proved very successful. Now, it is time to make it more successful for you by updating your payment settings.

The online portal enables Congregation B'nai Israel congregants to more easily view their balances, pay annual contributions and other fees, set up automatic recurring payments, make donations, view family yearzeits, and view the congregation directory.

Heading into the 2023-24 budget year, your ShulCloud username and password remain the same, but you must log in to create a new schedule for your automatic payments. You can choose the same schedule you used last year, but you must indicate that in the system for this year's payments to take effect.

ShulCloud lets you set up a payment schedule that is right for you — a one-time full payment, monthly payments, payments every other month, and so on. Please remember that you must pay at least 25 percent of your annual contribution up front to be eligible for High Holy Days services tickets.

ShulCloud's scheduling convenience extends beyond your annual contribution. You can combine payments (security fee, Kehillah, Bonim, etc.) into the same payment schedule. Please note that while most annual payments can be spread monthly

into June, Bonim payments must be completed by May.

While ShulCloud makes it easier for you, you can help to make the process easier for B'nai Israel:

- The sooner you make your payments throughout the year, the quicker B'nai Israel can address much-needed projects and improvements. Plus, it makes planning easier for the next budget year.
- You can choose to pay via ACH (Automated Clearing House) directly from your bank account, as opposed to paying by credit card. B'nai Israel incurs a processing fee for every credit-card payment, so an electronic ACH transfer saves the synagogue money, as ACH payments do not incur any additional fees.
- If you do pay by credit card, you can choose to cover the processing fees when you set up your payment schedule.

The instructions for setting up each form of payment can be found on ShulCloud, which you can access via the Member Login section at www.cbibpt.org. Of course, you can always call B'nai Israel's helpful office staff for assistance at (203) 336-1858.

By Scott Smith

GREEN TEAM UPDATE



Our beautiful pollinator garden was installed by volunteers in the back of Congregation B'nai Israel during the May Mitzvah Morning sponsored by the Green Team. Throughout the summer, it has been blooming and attracting vital pollinators such as butterflies, bees, and birds. It

includes many native plants — Echinacea purpurea (purple coneflower), achillea, Culvers root, amsonia, phlox paniculata, and baptisia to name a few. Feel free to visit the garden located

behind the Prosnit Patio next to the shed. Special thanks to Kelle Ruden for helping plan and install the garden.

If you would like to get involved with the garden or the CBI Green Team, email Michelle Serlin at mserlin@mac.com or Anya Mezak at anyamezak@gmail.com. To learn more about pollinator gardens visit www.pollinator-pathway.org.

Special thanks to Oliver Nurseries for generously donating plants and compost.





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DIFFERENCES IN MENTAL HEALTH WORKERS

By Louise Bobrow

Greetings from Congregation B'nai Israel's Mental Health Committee. We hope everyone is enjoying their summer. This month we would like to focus on mental health practitioners and the different services they offer. As a practicing registered nurse, I often hear confusion as to what the differences are between the services offered by a psychiatrist, psychologist, nurse practitioner, social worker, and mental health counselor. Hopefully, this will serve to clear up any confusion.

A licensed psychiatrist is either a M.D. (medical doctor) or D.O. (doctor of osteopathic medicine) and can prescribe medication as well as provide therapy. Both have attended medical school and have done a residency specializing in psychiatry. Many, if not most, psychiatrists confine their practice to prescribing medications with follow up visits to monitor the success of the medication. They diagnose illness and manage treatment.

A licensed nurse practitioner or advanced practice registered nurse (APRN) has attended an advanced program specializing in psychiatry, usually on a masters or

doctorate level. They can also prescribe medication and provide therapy.

A licensed psychologist also has an advanced degree and provides therapy but cannot prescribe medication. They have a doctorate degree (PhD) but are not medical doctors.

A licensed social worker (LCSW) or (MSW) must earn a master's degree in social work. Both are trained to perform psychotherapy with a particular emphasis on connecting people with the community and support services that are available. They do not prescribe medication.

A mental health counselor requires a master's degree in mental health counseling in order to become licensed. They can be marriage and family therapists (LMFT) or counselors who have degrees such as LPC/LMHC/NCC. They do not prescribe medication.

The services provided by the practitioners mentioned above often overlap, but only licensed psychiatrists and APRNs can prescribe medication. No matter who you decide to choose, it is most important to look for certain qualities in the practitioner so that you feel comfortable and are getting

the right help you need. I suggest you look for someone you have confidence in who can communicate well, has patience, is observant and respectful, has good listening skills, and that you feel you can trust.

Visit the websites of the following organization to locate practitioners of mental health: American Psychological Association and the National Register, American Association of Marriage and Family Therapists, Association of LGBTQ+ Psychiatrists, or naswct.org (to access social workers). Another way to find a therapist is to ask your physician to suggest someone they trust or to ask your friends. You should also consult your insurance directory to see if you are covered.

Each month the mental health committee hopes to provide educational information and resources to get effective help to those experiencing a mental health condition or who know someone else experiencing a problem. We encourage and welcome everyone to join our committee. We meet once a month on Zoom in the evening. Please contact the synagogue office if you would like further information.