

October Highlights

Yom Kippur Services

Get the full rundown of services and activities for Yom Kippur taking place on October 1-2. *See Page 12.*

The Human Touch for Sukkot

Rabbi Schultz reflects on unlikely circumstances can turn into a reason for celebration. *See Page 3.*

Spotlighting Banned Books

As censorship increases, Banned Books Week looks at books people do not want you to read. *See Page 4.*



Kehilah Welcomes New Programs

Kehilah and Bonim students will begin exciting new education programs this month. *See Page 7.*

The Art of Fulfillment

The Keshet Project offers participants and volunteers a greater sense of joy. *See Page 9.*

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Join Us to Celebrate Sukkot 5786

Monday, October 6

Rabbi Evan's Erev Sukkot Sushi Birthday Singalong

Join us for a fun evening outside in the sukkah to begin the festival of Sukkot (and celebrate Rabbi Evan's birthday) **6:00-7:00 p.m.** Sushi in the Sukkah (\$20 per person). To RSVP, go to www.cbibpt.org.

7:00-7:30 p.m.

Erev Sukkot service

7:30 p.m.

Campfire and Rabbi Evan Birthday Singalong (bring instruments; we'll provide songsheets and chords)

Tuesday, October 7

Pancake Breakfast in the Pavilion **9:00 a.m.**

Sukkot/Shabbat Morning Service in the Sukkah **10:00 a.m.**

Join us in the Sukkah for our Sukkot morning festival service. Adults, children, and families are welcome to join. No RSVP required.

Maariv Service in the Sukkah **Marking two years since October 7, 2023**

7:00-8:00 p.m.

Join us for an intimate evening in the sukkah to sing, pray, remember, and share the names and stories of the remaining hostages in Gaza. Open to all.

Wednesday, October 8

Whiskey Tasting for the B'nai Gentlemen **7:00-9:00 p.m.**

Gentlemen of B'nai Israel, come join Rabbi Schultz, Cantor Harris, and our friend, Parag Patel from Turnpike Liquors in Fairfield, for a fun night of whiskey tasting and socializing. Cost is \$50 per person. Attendees must either Uber or have a ride. RSVP to ifeuerberg@cbibpt.org

Open Israel Discussion Group **Sunday mornings, 11 a.m.-Noon** **October 19, November 23, December 14** **Rabbi Schultz's office**

This is an open space to share thoughts, feelings, and emotions around Israel. We will listen and share with respect and compassion for each other's words. Limited to the first 12 people who RSVP to eschultz@cbibpt.org, noting which dates you will attend.

What's Your Personal Theology? **Two-Part Course with Rabbi Schultz** **October 23 & 30, 7:30-8:45 p.m.** **Natt Family Library**

Join with Rabbi Schultz for this two-part class, where we will learn about what makes for a personal theology and then together write our own versions. Open to all. RSVP to eschultz@cbibpt.org if you plan to attend.

Calling All Teens, BIFTY Is Back!

Calling all students in grades 8-12: BIFTY is back!

We are so excited to introduce Allie Burger as our new BIFTY advisor. Allie is a beloved longtime member of our B'nai Israel and Kehilah communities, and we feel fortunate she will now lead BIFTY.

"I'm so excited to be serving as the BIFTY advisor," Allie said. "I'm a third-generation member of our temple and



Longtime congregant and Kehilah teacher Allie Burger will serve as the new advisor of the BIFTY youth group.

Continued on Page 11

Bulletin Board

Free Medicare Advice Available

My name is Jerry Demner, and I am a Choices Volunteer Counselor, providing free Medicare advice to seniors and their caregivers. I served as a Medicare Part D counselor in New York from 2004 until I moved to Fairfield in 2011. I have been affiliated with the Southwest Connecticut Agency for the Aging since 2012. I am certified by Connecticut and State Health Insurance Plans (SHIP).

Everyone on Medicare is required to have a drug plan that is considered a credible Part D plan. Everyone's plan should be reviewed annually, as premiums and covered drugs constantly change. Insurance companies negotiate individually with each pharmaceutical company for each drug they cover. Surprises are the rule, not the exception. There is an open enrollment period from October 15 to December 7 that permits participants to change their plan and possibly save a significant amount of money.

There are also other options

available during this enrollment period for Part C Advantage Plans and traditional Medicare. If you have any concerns regarding any Medicare situation, please feel free to connect with me at medicarehelper@optimum.net. It takes between 45 minutes to a little over an hour for a consultation. If you are prepared with a list of your prescription medications, the process can be considerably shortened.

As a volunteer, I do not charge for this service. I am here to help you navigate this complex process.

AARP Driving Class Wednesday, October 22, 9:30 a.m.–1:30 p.m.

Please join B'nai Israel congregant Ernest "Ernie" Malecki on Wednesday, October 22, for this one-day class designed by AARP for senior drivers. To pre-register, you either can call the temple office at (203) 336-1858 or email Ernie directly at enmalecki113@gmail.com. The cost is \$20 for AARP members and \$25 for non-members.

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.

**Daniel & Linda Torv and Evan & Max
Fairfield, CT**

**Robert Karson
Fairfield, CT**

**Gerald Davidson & Debra Kocar
Fairfield, CT**

**Bryan & Allyson Mandelbaum
Fairfield, CT**

**Bonnie Slyn & David Ball
Easton, CT**

**Robert & Leah Bralow
Fairfield, CT**

**Jessica Hochberg & Michael Horvath
and Alana & Aiden
Fairfield, CT**

**Andrea & Daniel Gottschall
Milford, CT**

**Jackie & Alex Strauss and Cienna & Myles
Fairfield, CT**

**Jacqueline Cutler & Stephen Whitty
Fairfield, CT**

**Jessica & Jason Cohen and Zahara & Max
Trumbull, CT**

Sharing Our Joy

In Celebration of:

Amy and Michael Moorin, on the marriage of their son Daniel Moorin to Olivia Sage

Be Seen in the Bulletin

The Congregation B'nai Israel Bulletin publishes monthly 11 times a year (except in July). To submit an article or announcement to the bulletin, please contact Co-editors Lauren Tropp at ltropp@cbibpt.org or Sarah Tropp-Pacelli at stropp.pacelli@cbibpt.org.

Submissions are due by the first day of the month preceding the publication month (i.e., September 1 for October).



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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 Lauren Tropp at ltropp@cbibpt.org or Sarah Tropp-Pacelli at stropp.pacelli@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.



An Unexpected Lulav

I want to share one of my favorite moments from Sukkot last year about the lulav and the etrog. As you all know, this time of year is particularly nutty for rabbis, and sometimes in the sermon writing and choir practices, the little details of planning Sukkot can get lost. Like ordering the lulav and etrog. So last year, in all the preparation for the holidays, I forgot to pre-order a lulav and etrog for our synagogue.

It just so happened the day before the holiday began, I was on Long Island to attend the funeral of a friend's dear father.

After the funeral, it occurred to me that being on Long Island, there might be somewhere I could pick up a last-minute lulav and etrog. Thanks to Google, I found a little Judaica shop about 15 minutes away from the funeral home. As I loosened my tie, I called them to see if I could come and buy a lulav and etrog. "Of course," said the voice over the phone. "We have plenty."

I quietly drove through the streets of Long Island until I came upon Long Island Judaica. I entered the little shop, still in my funeral suit, as two women welcomed me.

"How can we help you?" they asked.

"I called about the lulav and etrog," I responded timidly.

"Oh yes! Would you like us to pick it out for you, or would you like to pick it out?"

Having never picked out a lulav and etrog in my life (we usually order them through the mail), I responded that I'd love their help in choosing one. The experience was like going to a jewelry store. The women brought out different lulavs and etrogs for me to hold and to smell. The etrog has the most beautiful aroma!

Interestingly, etrogs have different price points. An expert inspects each etrog



Congregants celebrate with the lulav and etrog during Sukkot festivities last year near the temple sukkah.

before it is sold and assigns it a price. Admittedly, I'm not quite sure how one really differs from the other, but they are priced based on size, quality, and beauty. As our rabbis teach, one is encouraged not only to perform mitzvot, but to add beauty to their mitzvah. But as I learned, the more beautiful, the pricier it gets!

I picked out some mid-tier etrogs to bring back to Bridgeport. As the women boxed up my purchases, I decided to wander the little shop for a few minutes. I love Judaica shops. There's stuff everywhere. Jewish books. Shabbat candlesticks. Kids' toys. Spinning racks

of yarmulkes.

I perused the books for a few minutes, and I bought myself a new yarmulke to remember this little Long Island adventure. Naturally, we played Jewish geography for a little while before I told them I had to head home to Connecticut. They wished me a *chag sameach* and told me I was welcome back anytime.

I ended up being so glad I found that little Judaica shop. We sometimes forget how special those little human interactions can be. Wishing you a *chag sameach* and a Happy Sukkot!

In the New Year ... Making a New Resolution for Mental Health

During the month of Elul, through the Days of Awe, I prepare myself for the new year and the Day of Atonement, Yom Kippur, by acknowledging/apologizing/making amends. According to Jewish tradition, God can forgive sins against God, but for wrongdoing against your fellow humans, you must seek forgiveness from the person or people you mistreated. This is also the time that I set my priorities for the new year. Once again, I have chosen to make mental health and the leadership of B'nai Israel's Mental Health Awareness Team my top priority for 5786.

I invite you to ...

Join B'nai Israel's Mental Health Awareness Team. Our mission is to fight stigma and advocate for better services and resources for people with mental illness. We fight stigma by educating ourselves and the B'nai Israel community via books, films, and speakers. Our guest speakers can be heard at our monthly Sunday night Zoom meetings (Zoom link in Hashavua) and at our annual Mental Health Awareness Shabbat, this coming year on Friday, May 15, 2026. Past speakers have included our very own Rabbi Sarah Marion, sharing what she's learning about mental health in her studies at Fairfield University; a psychiatrist discussing depression and another speaking about alternative



psychotropic drugs; B'nai Israel member Randye Kaye talking about "Happier Made Simple;" and two child psychologists.

We've gone on field trips to the Yale Art Gallery to see an anxiety and depression-themed art exhibit, to Southern Connecticut State University to hear a lecture about music therapy, and had the opportunity to participate in a dance therapy session at our annual picnic. We read the short story *The Yellow Wallpaper* about a woman's descent into madness, and Viktor Frankl's *Man's Search for Meaning*. Frankl was a psychiatrist and survivor of Holocaust concentration camps who wrote about coping mechanisms and how to find meaning when the world around us is chaotic and evil. We showed the film *Orchestrating Change*, a documentary about an orchestra whose founder and conductor, as well as a

majority of the musicians, have been diagnosed with a mental illness.

The Mental Health Awareness Team members have taken turns writing articles about mental health for the B'nai Israel bulletin. We've urged people to call or email their U.S. senators and representatives to stop the cuts to Medicaid and community health clinics because the majority of people with a chronic mental illness diagnosis depend on them.

All B'nai Israel members are invited to join our monthly meetings and other events. Do you have a suggestion for a future speaker, a topic for a bulletin article, field trip destination, a book we should read, or a film we should watch? Contact the Mental Health Awareness Team's co-chairs, Beth Lazar and Marj Freeman to join us.

May you and yours be blessed with good mental health in the New Year.

Shalom,

Beth Lazar

For more information on mental health, click on the Guide for Behavioral Health Resources under the Community tab at www.cbibpt.org. You also can learn about the Mental Health Awareness Committee via the Tikkun Olam section of the website.

A Blessing for Synagogue Security Guards

You are the first person to greet us and say good evening as we head home.

You offer a smile, a welcome, a presence,

to our children, students, and worshippers.

You put yourself out in the open spaces

to do all you can to protect those inside.

You learn about the Jewish holidays, you say Shabbat Shalom and Shavua Tov.

You know every car in the parking lot and every parent in the preschool.

You know when prayer services start and committee meetings end (too late!).

You say mazal tov to the bat mitzvah and a word of comfort to the mourner.

You help us to feel a little bit safer in a world that feels so wildly unsafe.

You are part of our communities and the daily life of the Jewish people.

You are a blessing and a reminder, that we cannot do all of this alone.

May God bless our security guards and all who work to keep us safer.

— Rabbi Evan Schultz

Advertisers, the Bulletin Wants You

When you advertise in the B'nai Israel Bulletin, you spotlight your business or service for hundreds of families. Our loyal community can become loyal customers for you.

Our new digital format now gives us the ability to link your ad directly to your website. Plus, we will provide a link to your business in the email that circulates the Bulletin each month to our 650 families.

If you are in the medical or legal profession, you can join the ranks of your peers who are saluted for supporting Congregation B'nai Israel.

To find out more about advertising options and pricing, reach out to the Temple office at (203) 336-1858.



NOTES FROM THE CANTOR/CANTOR SCOTT HARRIS

Making the Holiday Feeling Last Longer

I love the rhythm of the Jewish calendar. It gets to be demanding — Rosh Hashanah, followed by Yom Kippur, followed by Sukkot and the concluding days of Sh’mini Atzeret and Simchat Torah — but the fun is there.

Reaching the end of the fall Jewish holiday season means it is time to celebrate the two holidays of Sh’mini Atzeret, the “Eighth Day of Assembly,” and Simchat Torah, the “Rejoicing in the Torah.”

Here in the Diaspora, each have their own unique identity. In Israel these two days are combined into a single celebration.

Sh’mini Atzeret is a bit of a mysterious holiday. Although it has its own name, people sometimes wonder whether it is just a continuation of Sukkot. Actually, Sh’mini Atzeret is very special. An ancient rabbinic teaching relates that on Sh’mini Atzeret, Adonai expresses how hard it is to separate from us at the end of a month full of holidays, and for that reason, Sh’mini Atzeret is a holiday to give us just one more day of celebrating together before the month ends and we move into the eighth month (Cheshvan).

As a side note: *Mar Cheshvan* (“Bitter” Cheshvan) is another name for the Jewish month of Cheshvan, the eighth month of the year, which typically falls in October or November, and begins just one week after Simchat Torah. It is known as the “bitter month” because it is the only month with no holidays or special events.

Rabbi Samson Raphael Hirsch, a 19th century German rabbi, wrote that *Atzeret* means “storing up” because we must store up the gratitude and connection to Adonai that we acquired throughout the fall holiday season. We are about to enter a Jewish month that does not have any major holidays or fast days, making it unique for the Jewish calendar, and we will not celebrate our next holiday, Chanukah, for nearly two months.

A little Jewish holiday history trivia question: What is the newest major holiday on the Jewish calendar, other

Simchat Torah 5786



Simchat Torah 5786

October 13

5:00 pm - Pizza and crafts, RSVP to Lisa Hurlbert at LHurlbert@cbibpt.org

6:00 pm - Community Simchat Torah celebration featuring ‘Radio Klez’

October 14

10:00 a.m. — Yizkor services in person or on Zoom

See Hashavuah or www.cbibpt.org for Zoom link.

On Tuesday, October 14, in honor of Simchat Torah, the Temple Office and Education Center will be closed.

than commemorations related to Israel and the Holocaust?

The answer is ... Simchat Torah.

On Simchat Torah, we celebrate the completion of our annual cycle of reading the entire Torah in synagogue. After seven “*hakafot*,” rounds of parading and dancing with the Torah, we read the final passages of the book of *Devarim*, Deuteronomy. But we don’t stop there.

Immediately after completing the final verses of Torah, we continue again by reading the first passage of *B’reishit*, Genesis. There is so much joy in synagogue on Simchat Torah! It is an especially joyous holiday not just for children, but for all of us. Simchat Torah transmits the joy in the continuity of Jewish tradition. While next week it’s back to normal life, we will carry with us our memories of the beautiful holiday season, and move forward with reading the Torah again from the beginning, doing our part to continue the cycle that Jews have been engaged in for thousands of years.

The rhythm of the Jewish calendar calls

to us, telling us to let our emotions be guided by all these holidays. It’s good to be told to experience all these occasions of renewal: Looking back, looking forward, smelling the air, tasting the honey and wine.

Take care in the days ahead not to feel that the holiday is over. Be sure to visit our sukkah or a friend’s. Come carry a Torah on Simchat Torah. The intellectual mood of the new year is now behind us, and we’re concluding the holidays by feeling with our hands — the shape and smell of the lulav and etrog, the Yahrzeit candle we light on Sh’mini Atzeret, the Torah velvety and elegant in our arms on Simchat Torah.

If the holidays are demanding, more so are the days after. When it is no longer a holiday, what will we celebrate? How will we come together? May the energy and celebration of these delightful holidays warm us throughout the winter.

Sharon and I, our children and grandchildren wish you a *Chag Sameach!*

Shabbat Service Schedule

(Services are in person and on Zoom. The Zoom link is available in the weekly email.)

Friday, October 3

5:30 p.m. Oneg
6:00 p.m. Shabbat Service – in person and on Zoom
Torah Portion – Deuteronomy 32:1–52
Haftarah – II Samuel 22:1-51

9:30 a.m. Torah Study – in person and on Zoom
11:00 a.m. Bet Mitzvah of Hallie Bausher, daughter of Benjamin Bausher & Anne Tranquilli-Bausher

Haftarah –Isaiah 54:1-55:5

Saturday, October 25

8:00 a.m. Shabbat Service -- in person and on Zoom
9:00 a.m. Brotherhood Breakfast
9:30 a.m. Torah Study – in person and on Zoom
11:00 a.m. Bet Mitzvah of Sadie Zuskin, daughter of Seth & Dana Zuskin

Saturday, October 4

8:00 a.m. Shabbat Service – - in person and on Zoom
9:00 a.m. Brotherhood Breakfast
9:30 a.m. Torah Study – in person and on Zoom
11:00 a.m. Bet Mitzvah of Alice Blondin, daughter of Nicholas & Rebecca Blondin

Friday, October 17

5:30 p.m. Oneg
6:00 p.m. Shabbat Service – in person and on Zoom
Torah Portion – Isaiah 42:5-43:10
Haftarah – Isaiah 61:10-63:9

Friday, October 31

5:30 p.m. Oneg
6:00 p.m. Shabbat Service – in person and on Zoom
Torah Portion – Genesis 12:1–17:27
Haftarah –Hosea Isaiah 40:27-41:16

Friday, October 10

5:30 p.m. Oneg
6:00 p.m. Shabbat Service – in person and on Zoom
Torah Portion – Holidays Exodus 33:12–34:26
Haftarah – Ezekiel 38:18-39:7

Saturday, October 18

8:00 a.m. Shabbat Service -- in person and on Zoom
9:00 a.m. Brotherhood Breakfast
9:30 a.m. Torah Study – in person and on Zoom
11:00 a.m. Bet Mitzvah of Cierra Wolfson, daughter of Al Wolfson & Loren Greenberg

Saturday, November 1

8:00 a.m. Shabbat Service -- in person and on Zoom
9:00 a.m. Brotherhood Breakfast
9:30 a.m. Torah Study – in person and on Zoom
11:00 a.m. Bet Mitzvah of Morris Leviss, son of Theodore & Abigail Leviss

Saturday, October 11

8:00 a.m. Shabbat Service -- in person and on Zoom
9:00 a.m. Brotherhood Breakfast

Friday, October 24

5:30 p.m. Oneg
6:00 p.m. Shabbat Service – in person and on Zoom
Torah Portion – Genesis 6:9–11:32

Our synagogue Caring Committee can provide rides to and from services or other temple events to congregants in need of assistance. Please contact Chris Rocha at crocha@cbibpt.org or call the temple office at (203) 336-1858.

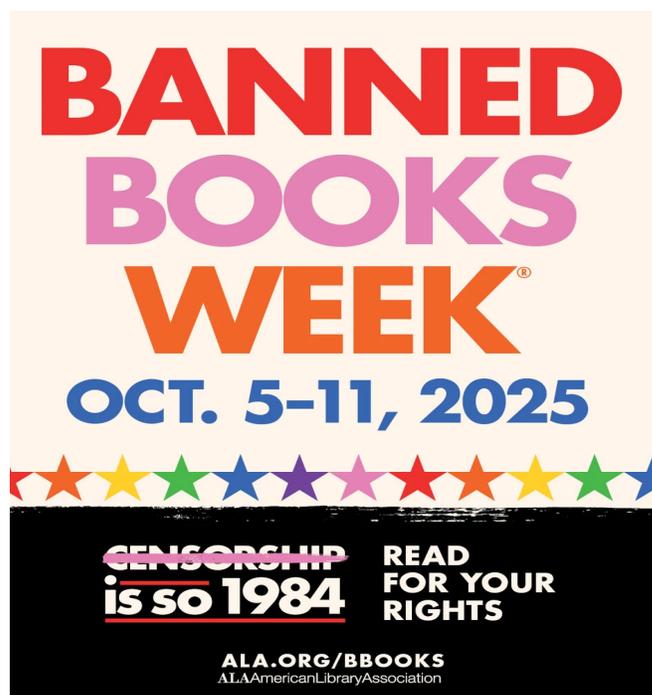
Shining a Light on Banned Books

Banned Books Week is an annual national event, sponsored by the American Library Association and other literary agencies, that celebrates the freedom to read and highlights the ongoing issue of book censorship in libraries, schools, and bookstores. The week aims to raise awareness about the importance of access to information and the right to express diverse points of view.

This year, Banned Books Week falls during Sukkot, October 5-11.

Come by our banned books display in the B'nai Israel lobby that week. We will feature copies of the American Library Association's 2024 Top 10 Banned and Challenged Books, along with other titles we will be reading for our banned book discussion series this year. The books will be available first to browse and then to be given away in a lottery drawing for readers 18 and over. Just drop your name and email in the jar to enter.

Stay tuned for the dates of this year's banned books discussions and the titles we will be reading.





Alexa Cohen / Director of the Education Center

Spotlighting Two Program Debuts in October

As we begin a new year at Bonim Preschool and Kehilah, I am excited to share two wonderful additions to our educational program. Each reflects our deep commitment to nurturing the whole child — intellectually, emotionally, and spiritually — while rooting their growth in Jewish values and community.

At Bonim Preschool, our four- and five-year-olds will experience the humanKIND Social Emotional Curriculum, a literacy-based Social and Emotional Learning (SEL) program for preschool.

The humanKIND Curriculum was born out of the educational platform Big World of Little Dude, which teaches children ages 3-7 about social and emotional skills delivered through a book series and toys. Little Dude, a real-life therapy dog (from the Good Dog Foundation) is the inspiration behind Big World of Little Dude.

The humanKIND Curriculum incorporates interactive, play-based activities that integrate seamlessly into our preschool setting. The curriculum is crafted by educators, so it focuses on strategies that are practical for teachers and spark a deep connection for kids.

Programs like humanKIND help children build the essential life skills of empathy, kindness, and resilience through age-appropriate stories, activities, and play. Social-emotional growth is at the heart of early childhood learning, and this curriculum gives our students the tools to express their feelings, navigate friendships, and begin to understand what it means to be part of a caring community. The values of *derech erez* (respect) and *gemilut chasadim* (acts of kindness) come to life in ways our youngest learners can grasp and practice every day.

Meanwhile, in Kehilah, our 7th-graders will be diving into the Millstone Scholars Israel Curriculum, a prestigious National

Jewish Honors program that brings high-level learning and exciting opportunities. As Millstone Scholars, students will dive into Jewish texts, the story of modern Israel, and the impact of Jewish ideas on the United States of America. The program features seminar-style classes with top educators along with field trips, national debates, writing contests, and family events.

Powered by Tikvah, Millstone Scholars helps shape young Jews with moral confidence, civic courage, and a deep connection to Jewish history and values.

“Both of these programs reflect our vision for Jewish education: inspire curiosity; cultivate compassion; and connect our students to the richness of Jewish life.”

As they prepare for their bet mitzvah to step into Jewish adulthood, this curriculum provides them with a meaningful and nuanced foundation for their relationship with Israel — one that will continue to grow as they do.

Both of these programs reflect our vision for Jewish education: inspire curiosity; cultivate compassion; and connect our students to the richness of Jewish life. Whether our children are learning how to be kind friends in preschool or how to wrestle with big questions about Israel in 7th grade, they are gaining the skills and values that will help them flourish as thoughtful, engaged members of our community.

I look forward to watching our students grow with these new opportunities, and cannot wait to share their learning with all of you throughout the year.



October Donations

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

Rabbi Schultz Discretionary Fund

Bonnie Alterman, in appreciation of Rabbi Schultz.

Jeffrey & Wendy Bender, in appreciation of Rabbi Evan Schultz.

Stacey Berlin, in memory of Robin Kalter, mother of Adam & Amber Kalter.

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

Joel Goldfield & Iris Bork-Goldfield, with gratitude to Rabbi Schultz.

Barbara Kauders, in memory of mother, Anne Disken Cohen, and husband, Dr. James Kauders.

Raisa Ledvich, with thanks to Rabbi Schultz for your support during this time of mourning. Your presence brought comfort and strength to us, and we are deeply grateful for your care; in memory of family members; mother Emilia Ledvich, grandmother Adel Dovolskaya, and uncle Yuri Sotnik.

Michael & Amy Moorin, with thanks for a beautiful wedding service.

Richard & Carol Offenbach, in loving memory of our parents Vivienne Zimmer Goldstein and Robert Offenbach.

Brian & Annie Ringelheim, in appreciation of Rabbi Schultz and his support of Emma and our family through her bat mitzvah.

Jeffrey & Mindy Siegel, in celebration of Rabbi Schultz officiating at Brody Arlo's baby naming.

Stephen & Ellen Tower, mazel tov Alan & Sylvia Neigher on the marriage of Jeremy & Anne.

Stephen & Grace Weitzer, in memory of Abbot Weitzer.

Rabbi Marion Discretionary Fund

Bonnie Alterman, in appreciation of Rabbi Marion.

Brian & Linda Barlaam, with thanks Rabbi Marion for a beautiful baby naming for Leo Maxwell.

Randy Dorfman & Richard Post, in honor of the bat mitzvah of Maya Weissman, granddaughter of Artie & Suzanne Weissman.

Joel Goldfield & Iris Bork-Goldfield, in appreciation to Rabbi Marion.

Raisa Ledvich, with thanks to Rabbi Marion for your compassionate and heartfelt words during Aleksey's funeral. They brought comfort to our family in an

incredibly difficult time.

Brian & Annie Ringelheim, in appreciation for Rabbi Marion helping Emma prepare for her bat mitzvah.

Howard & Eileen Tolk, in loving memory of mother Justine Tolk.

Cantor Scott Harris Discretionary Fund
Joel Goldfield & Iris Bork-Goldfield, in appreciation to Cantor Scott Harris.

Barbara Kauders, in honor of Alan & Sylvia Neigher on the marriage of their son, Jeremy, to Ann Moriarty.

Brian & Annie Ringelheim, in appreciation for Cantor Harris and his amazing work preparing Emma for her bat mitzvah.

Serena Sher, in memory of Carol Cole Manasevit, mother of Sharon (Cantor Scott) Harris.

Rabbi James Prosnit Discretionary Fund
Mark & Barbara Edinberg, with thanks to Rabbi Prosnit.

Music Fund

Jeffrey Ackerman & Andrea Goodman, in celebration of the birth of Mark & Anne Kirsch's granddaughter, Nora Hope.

Enhancement Fund

Jeffrey & Wendy Bender, in remembrance of Fred Bender, Ruth Bender, Mortimer Aaron, and Charlotte Aaron on their yahrzeits.

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

Jerry & Dale Demner, in memory of Sidney Slive, uncle of Dale Demner.

Dennis & Andrea Feinberg, in remembrance of the yahrzeit of Phyllis Feinberg.

Dennis & Jan Magid, mazel tov to Artie & Suzie Weissman on your granddaughter Maya Weissman's bat mitzvah.

George & Lisbeth Ruderman, in memory of Bob Friedman, husband of Elaine Friedman.

Edward & Susanne Stotky, in remembrance of the yahrzeit of Alan Stotky.

Bonim Preschool Enrichment Fund

Jeff & Mindy Siegel, in honor of grandson Brody Arlo Bacon, son of Alex & Rebecca Bacon.

Religious School Enrichment Fund

Joel Goldfield & Iris Bork-Goldfield, in memory of Laurence Nigrosh, father of Mark Nigrosh; in memory of Constance Viens, mother of Dan Viens.

Rabbi Arnold Sher Social Action Fund
David Abbey & Deborah Goodman, in memory of Lynn Ross Field, sister of Dyann Ross.

Susan Bauchner, in loving memory of my father, Arnold Kaplan.

Sherry Fogel & Family, in remembrance of my father, Herbert Bernstein on his yahrzeit.

Elaine Friedman, in celebration of the special anniversary of Nancy & Charlie Needle.

Donald & Wendy Hyman, in honor of Steve Tower on the occasion of his 85th birthday.

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

Arthur & Sharon Schloss, in remembrance of the yahrzeit of Jerry Pressman.

Daniel & Laurie Schopick, in memory of Laurence Nigrosh, father of Mark Nigrosh.

Serena Sher, in memory of Alan Wiggertman, beloved father and grandfather; Charles Widlitz, beloved brother of Selma & Jerry Gold; with deep appreciation and gratitude to Bari Dworken.

Kesher Project

Ilene Greenberg, in memory of Steven Levine, son of Hal Levine.

Melanie Light-Kevich, to support the Kesher Project and Rhea Farbman.

The George Markley Chesed Fund

Jeffrey Ackerman & Andrea Goodman, in memory of Lynn Ross Field, sister of Dyann Ross.

Mark & Barbara Edinberg, in memory of Lynn Ross Field, sister of Dyann Ross.

Raisa Ledvich, with gratitude to the Caring Committee for providing comfort during a very difficult time. I'm truly grateful for your support and generosity.

The Keshet Project Can Create a New Sense of Meaning for You in 5786

By Rhea Farbman

Shana tova to everyone. It's a gift to have a fresh start to the new year. I've heard that in Elul, the month before Rosh Hashanah, we have the opportunity to prepare for the High Holy Days because God is closer. I feel God in nature and often find myself loving the butterflies in the butterfly bushes in my backyard. I can sit for a long time just enjoying them and feeling a very deep peace. It helps me prepare for whatever the day will bring.

I also feel a deep peace when I'm creating with The Keshet Project. We're a program based on Jewish values, serving adults of all abilities.

We offer three programs:

- The Keshet Project meets in person on the third Thursday of each month for crafts, singing, dancing and a healthy snack.
- Keshet Songfest is an online singalong that meets monthly on Sunday afternoons.
- The Lee and David Lester Keshet Drama Club teaches improvisation, how to create props, and how to have a stage presence as we rehearse our original show.

On August 28, we performed our original show *Love Is Everywhere* at Mozaic Senior Services. Our musical singalong with the audience filled the



Members of the Lee and David Lester Keshet Drama Club take a break during a performance of the original production of *Love Is Everywhere* at Mozaic Senior Services.

room with joy. I find that singing helps us feel better, and even if we hum, it makes a difference.

We always seek new members and volunteers. Even occasionally joining us in person or addressing envelopes at home can be a big help.

Please email any questions to rehasmusic@icloud.com or

keshetdramaclub@gmail.com. Visit our Facebook page at The Keshet Project and The Keshet Project Songfest.

We are funded by the Jewish Federation of Greater Fairfield County, the Lee and David Lester Keshet Fund, and private donors. You can donate online at www.cbibpt.org or via the temple office at (203) 336-1858.

Join The Women of B'nai Israel and NextGen for
NOURISH & FLOURISH
Supporting Women's Health through Every Stage of Life

Come be part of a welcoming and uplifting talk for women at every stage of life. Nourish & Flourish focuses on using food as a foundation for better health, energy, and joy no matter where you are on your wellness journey



Thursday, October 23 - 7:00 pm
 at the home of Marla Dankenbrink
 (Address provided upon RSVP)





Melissa Halpern,
 B'nai Israel Congregant —
 Certified Holistic Wellness &
 Culinary Coach

Whether you're managing health concerns, feeling the shifts of midlife, or simply want to feel better in your body, this workshop will leave you inspired and empowered.

- Nourishing your body and restoring balance with the power of whole foods.
- Ways to support chronic conditions and healing through nutrition
- Smart pantry swaps with healthier staples in your recipes
- Navigating the changes in womanhood through food and lifestyle

Open to all women within our B'nai Israel community - bring your questions and your appetite for something new!

Co-sponsored by Women of B'nai and NextGen

This event is co-sponsored by NextGen and Women of B'nai Israel (formerly the Sisterhood). NextGen is a new initiative within our B'nai Israel community that aims to bring the next generation of Jewish individuals, couples and families together. The mission of Women of B'nai Israel is to bring together women to serve our temple, support our community and enrich our lives through social events, educational and spiritual programs, fundraising and community service.



RSVP to Ilene Feuerberg at ilene@cbibpt.org

ReConnect Gathering Offers Food for Thought

B'nai Israel congregant Melissa Halpern provided a lot of insights to chew on during her presentation, *Vibrant Living: Food, Health & Well-Being Beyond 50*, for ReConnect last month at the temple.

Halpern, a certified holistic wellness and culinary coach, provided attendees with advice on how to eat healthier while explaining how various foods and eating habits can impact our everyday lives.

Halpern will present for the Women of B'nai and NextGen this month.

ReConnect is a social group of congregants, comprised of empty nesters, single and widowed adults, who seek connection to B'nai Israel and one another through education, the arts, travel and gatherings. To learn more, contact Jackie Madwed at jmadwed@cbibpt.org.

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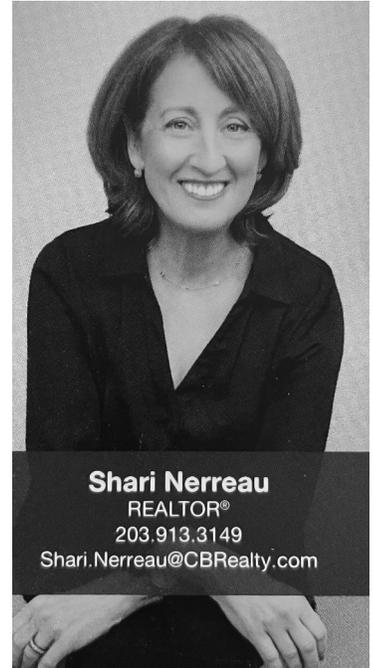
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B'nai Israel thanks the following members of the medical community for their support of the Bulletin:

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B'nai Israel thanks the following members of the legal community for their support of the Bulletin:

- Eric Broder
Douglas R. Brown
Mark A. Kirsch
Andrew R. Lubin
Daniel Schopick

BIFTY (from Page 1)

grew up right here in BIFTY myself. During the week, I'm a preschool teacher at a magnet school, and for the past 20 years I've also been teaching in Kehilah. I'm thrilled to now come full circle as an advisor. This community has always been a second home to me, and I can't wait to share in the fun, learning, and friendships we'll build together this year."

On Thursday, October 16, BIFTY will hold its first meeting of the new year

from 7:00 to 8:30 p.m. Koren Levi, our new Israeli Emissary, will be our special guest.

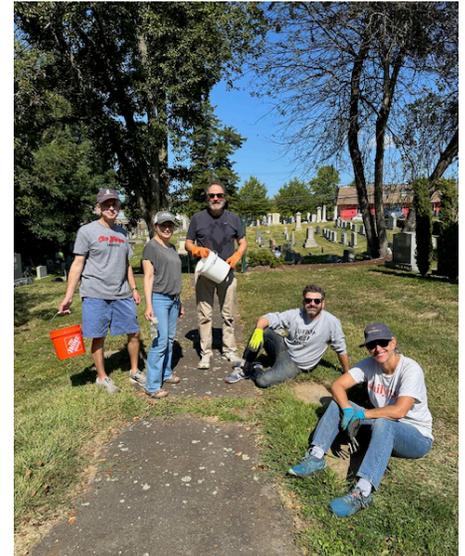
BIFTY will meet monthly in the BIFTY lounge on the second floor of the Kehilah wing. All meetings will take place from 7:00-8:30 p.m. Come join other Jewish high school students in a fun, welcoming program. Whether you have been to BIFTY in the past or are new this year, all are welcome to join!

Make sure to tell all of your friends to

come and bring lots of positive energy for the first meeting of the year! For questions, you can reach out to Allie Burger at bnai.burger@gmail.com.

Upcoming BIFTY Meetings

- Thursday, October 16 — First program with our Israeli emissary Koren!
- Thursday, November 13
- Thursday, December 18



PERFORMING A MITZVAH — Thank you to all the Mitzvah Morning volunteers who showed up in September to clean headstones at the B'nai Israel Cemetery on Kings Highway East in Fairfield. Your efforts and hard work are truly appreciated, and will help improve the experience for people as they pay respects to their loved ones.

Stay tuned for the October Mitzvah Morning event. Details will be announced in Hashavuah.



Congregation B'nai Israel Yom Kippur Services 5786

All Sanctuary services will also be available over Zoom and advanced registration will be required to receive Zoom link
Members are required to bring tickets to all services.

If you do not have a ticket for **Havurah and *Open to All services and programs, you will be required to pre-register for them below:

For **Havurah Services, RSVP to Alexa Cohen at acohen@cbibpt.org
 For all *Open to All services/programs, go to our website cbibpt.org to sign up

Wednesday, October 1

Kol Nidre

7:45-9:45 p.m. in the Sanctuary and on Zoom

Thursday, October 2

Yom Kippur Services

****Yom Kippur Havurah Service for Families with Young Children** geared toward children ages 0-5 and their families

9:00-9:30 a.m. in the Chapel. **Sign-up Required.** RSVP to Alexa Cohen at acohen@cbibpt.org

Yom Kippur Children's Programming & Babysitting, ages 0-5 years, first-floor Education Wing; ages 6-11 (grades K-5), second-floor Education Wing

9:45 a.m.-12:30 p.m. **Sign-up Required.** RSVP to Alexa Cohen at acohen@cbibpt.org

Yom Kippur Morning Service

10:00 a.m.-12:30 p.m. in the Sanctuary and on Zoom

Yom Kippur Morning Service

10:00 a.m.-12:30 p.m. in the Tent

***Yom Kippur Family Service** geared toward elementary school age children grades K-5 and their families

1:30-2:30 p.m., in the Sanctuary

***Meditation with Al Dressler**

1:30-2:30 p.m., in the Chapel

***Adult Education with Rabbi Schultz**

1:30-2:30 p.m. in the Library

***Afternoon Cello Concert**

2:30-3:10 p.m., in the Sanctuary

***Poetry Reading with Jeff Schwartz**

2:30-3:10 p.m. in the Library

***Yizkor Service**

4:45-5:45 p.m. in the Sanctuary and on Zoom

***Neilah**

5:45 -6:30 p.m. in the Sanctuary and on Zoom

***Closing Havdalah**

6:30-6:45 p.m. in the Sanctuary and on Zoom

Please Note: The Tent Service takes place on the Rabbi James Prosnit Outdoor Community & Prayer Space