

May Highlights

What's Confirmation All About, Anyway?

Join Rabbi Schultz in celebrating our confirmands this May!

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Celebrating Generations

From the L'dor Vador Women's Seder theme to long-time congregants, we honor generations of Jewish tradition.

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May Events for All Ages

See what's happening across our community this month!

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Join the Celebration in June at the B'nai Israel Block Party Fundraiser

Join us for the first-annual B'nai Block Party on Saturday, June 13, from 6:30 to 10:00 p.m. at the temple. This will be a great opportunity for us to gather joyfully as a community, and it serves as B'nai Israel's primary fundraiser for the year.

This adults-only event, open to any B'nai Israel congregant or Bonim family, will boast great music, delicious food and drink, an incredible silent auction, and a raffle. You can find an ever-growing list of available auction and raffle items online and can bid on auction items online in advance of the event. To participate in the auction or raffle, you do not have to attend. Look for more information and the link in Hashavua and on the temple website at www.cbibpt.org.

Tickets are \$95 per person. RSVP by Friday, June 5, at www.cbibpt.org or pay by check to Congregation B'nai Israel. You should have received a letter with this same information, including the temple address.

The B'nai Block Party is a new concept for the temple community. You overwhelmingly asked us to combine our Bands for B'nai, Spring Gala and Bonim Parents Fundraiser into one community-wide casual event. The Block Party will feature the Low Darts, a very popular regional band that plays hits from the 1960s, '70s and '80s. The band features a B'nai Israel congregant and Bonim alumni. The Low Darts will be supported by a B'nai Israel band that includes our senior rabbi, Evan Schultz.



This is B'nai Israel's primary fundraiser for the year. We rely on the success of this endeavor annually to better serve you and your family. We offer many levels of giving along with the opportunity to thank someone in our temple community by placing an ad in the tribute journal produced exclusively for this event.

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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.

Scott Gursky and Steve Fisher
San Francisco, CA

Emily Fine and Stephen Stein
Milford, CT

Sharing Our Joy

In Celebration of:

Lori and Daniel Underberger on the birth of their grandson Charlie Ian Stepanovic, son of Marisa and Thomas Stepanovic.

Sincere Sympathy

We extend our sympathy to the bereaved families of:

Chris Markley

Pearl Lerner Kane, mother of Rebecca Solinsky

AARP Driving Class: Stay Safe and Save!

Wednesday, May 14
9:30 a.m.–1:30 p.m.

Please join our congregant, Ernest “Ernie” Malecki, on Wednesday, May 14, from 9:30 a.m. to 1:30 p.m. for this one-day class designed by AARP for senior drivers. Passing this course can save you money on your car insurance.

Please pre-register by calling the Temple office at 203-336-1858 or emailing Ernie directly at enmalecki113@gmail.com.

The cost is \$20 for AARP members and \$25 for non-members (checks payable to AARP).

A course will also be offered on June 11.



Bulletin Board

Confirmation 5786/2026
Thursday, May 21, 6:00–9:00
p.m.

Our entire community is invited to join us as we celebrate our wonderful Confirmation teenagers on the eve of the festival of Shavuot.

As Shavuot is about learning, our Confirmation students will set up tables for adults to come learn from 6:00–6:45 p.m. about all kinds of topics, from ethical commandments, to Jewish art, to famous Jews in Sports!

Then we will have a community Shavuot dinner from 6:45–7:45 p.m., followed by a service of Confirmation in our sanctuary from 8:00–9:00 p.m.

Please come support our incredible teenagers! Cost of dinner is \$25 per person.

Please sign up for dinner on ShulCloud or RSVP to Ilene Feuerberg, ifeuerberg@cbibpt.org.



(203) 336-1858 • www.cbibpt.org

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.



FROM THE RABBI'S DESK / RABBI EVAN SCHULTZ

Celebrating Confirmation

I would imagine that at one point or another you've walked through the synagogue hallways and paused to take in the photos that adorn the walls connecting the main lobby to the Education Center. Some of you may be in those photos, or have parents, siblings, or children in those photos. Or perhaps you've stopped to remark on the changes in hairstyles over the decades or the ways in which our sanctuary has shifted through the years. Those photos tell the proud B'nai Israel history of confirmation, a year-long course for our tenth graders that culminates in a community-wide service each May.

According to an article on reformjudaism.org:

Most scholars attribute the creation of confirmation to Israel Jacobson, a wealthy German businessman and a nominal "founder" of Reform Judaism. In 1810, expending more than \$100,000 of his own money, Jacobson built a new synagogue in Seesen, Germany. He introduced a number of then radical reforms, including the use of an organ and mixed gender seating. Jacobson felt that bar mitzvah was an outmoded ceremony. Accordingly,

when five 13-year-old boys were about to graduate from the school he maintained, Jacobson designed a new graduation ceremony, held in the school rather than the synagogue. In this manner, confirmation came into being.

At its inception, confirmation reflected a graduation motif. After a specified period of study, students were subject to a public examination. The following day, in the rabbi's presence, students uttered personal confessions of faith. The rabbi addressed the class, recited a prayer, and then blessed them. It was a simple service with no fixed ritual. As confirmation moved into the synagogue and as its ties to Shavuot strengthened, the ceremony became more elaborate.

The first recorded confirmation in North America was held at New York's Anshe Chesed Congregation in 1846. Two years later, New York's Congregation Emanu-El adopted confirmation. The ceremony grew in popularity, and in 1927, the Central Conference of American Rabbis, the professional organization of North America's Reform rabbis,

recommended confirmation as a movement-wide practice.

Fast-forward to 2026, and I am thrilled that we are planning to confirm eight incredible teens on May 21. Each week on Tuesday nights, we meet in my study to discuss current events, Jewish identity, or the weekly joys and challenges of being a Jewish teenager in Fairfield County. The students have fostered wonderful friendships with one another, strengthened by our four-day trip to Washington, D.C., this past winter. They had an opportunity to join with over 300 teenagers from around the country to learn about the justice work of the Religious Action Center of Reform Judaism (RAC) and lobby on Capitol Hill about the issues they and our Jewish tradition care about most.

I hope you'll consider joining our confirmands on May 21, Erev Shavuot, from 6:00–9:00 p.m. at B'nai Israel. From 6:00–6:45 p.m., the students will host tables teaching on Jewish topics of their choice. Then we will have dinner followed by the service of Confirmation at 8:00 p.m. I hope to see you there!

Congratulations to our Confirmation Class of 2026

Nathaniel Cohen
Maya Cohen-Citron
Charlotte Klein
Jonathan Klein

Madeleine Minsky
Sadie Minsky
Eli Wolfson
Avery Zolov

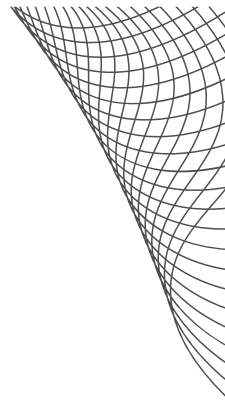
Congratulations to our 12th Grade Merkaz Class of 2026

Brooke Dressler
Charley Halpern



Tikkum Olam Summer Film Series

Join us for the Summer 2026 Tikkun Olam Film Series. On each evening, we will watch the film, engage in meaningful conversation, and build community around these important issues.



Shavuot Yizkor Service
Friday, May 22 – 10:00 a.m.

A special Shavuot brunch will follow the service

(Friday ONEG and Services will be at their regularly scheduled times; see page 6 for the Shabbat schedule)

June 23	Tues	Preconceived	7:00 PM Runtime: 80 min
An investigatory film about Crisis Pregnancy Centers and their role within the anti-abortion movement. Sponsored by the Repro Justice team.			
July 7	Tues	Brian Wilson: Long Promised Road	7:00 PM Runtime: 95 min
A candid and intimate documentary about the co-founder of The Beach Boys and his struggles with mental illness. Sponsored by the Mental Health team.			
July 21	Tues	Borderland: The Line Within	7:00 PM Runtime: 110 min
A documentary exposing the militarized, for-profit nature of the U.S. immigration system, and the activists and organizers who are building a movement for human rights. Sponsored by CONECT.			

Block Party Fundraiser

continued from page 1

You can thank the temple, a committee, an individual member, the clergy, our staff, a Bonim or Kehilah teacher — anyone from our community who has made an impact on you.

The letter sent out last month included a form to facilitate your much-appreciated gift and message of thanks. It included the pricing information, ranging from a full-page ad to adding your name to a list of contributors.

Your participation is critical to our success. Please return your completed giving form in the enclosed envelope to the temple office or go to our website www.cbibpt.org to complete online by Friday, May 22.

Thank you in advance for supporting the continued vibrancy of our congregation. We look forward to celebrating with you on Saturday, June 13.





NOTES FROM THE RABBI/RABBI SARAH MARION

L'dor Vador: Women's Seder Reflections

Once again, our annual Women's Seder was a truly meaningful and inspiring event, bringing together 200 women and girls from across the B'nai Israel community. We honored and celebrated our Passover traditions through the theme of L'dor Vador — from generation to generation. The event honored the passing of wisdom, stories, and strength across ages and stages. Our seder musician in residence, Merri Lovinger Arian, enriched our afternoon through her soulful and spiritual presence.

A heartfelt thank you goes to our Women of B'nai Israel and Women's Seder co-chairs Susan Walden, Jodi Mantell, Liane May, and Rachael Levitt; to our choirs; and to all of the dedicated volunteers who worked tirelessly behind the scenes to make this special event possible.

(photo credits to Joelle Mantell and Macey Greene)



Shabbat of Appreciation: Celebrating our long-term Congregants!

Join us on Friday, June 5th for a festive Kiddush and Shabbat service as we take a moment to acknowledge and honor our long-term congregants.

If you or anyone you know, has been a congregant as an adult for 50 years or more, please email Chris at Chris@cbibpt.org or call 203-336-1858.

Dedicated to the memory of Nancy Rosenthal

Shabbat Service Schedule

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

Friday, May 1

5:15 p.m. Festive Oneg
6:00 p.m. Bonim & Kehilah
Teacher Appreciation
Shabbat Service – in person and on Zoom
Torah Portion – Leviticus 21:1-24:23
Haftarah – Ezekiel 44:15-31

Saturday, May 2

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 Sydney Alterman, daughter of Jeffrey & Amy Beth Alterman

Friday, May 8

5:30 p.m. Oneg
6:00 p.m. Shabbat Service – in person and on Zoom
Torah Portion – Leviticus 25:1-27:34
Haftarah – Jeremiah 16:19-17:14

Saturday, May 9

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 Alexandra Cohen, daughter of David Cohen & Kendra Falkenstein

Friday, May 15

5:00 p.m. Oneg with Mental Health literature table
6:00 p.m. Mental Health Awareness Shabbat service with keynote speaker Dr. Jennifer Doran – in person and on Zoom
Torah Portion – Numbers 1:1-4:20
Haftarah – Hosea 2:1-22
7:15 p.m. Mental Health Awareness Dinner
8:15 p.m. Dr. Jennifer Doran will lead an after-dinner discussion

Saturday, May 16

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 Reese Schenker, daughter of Howard & Allyson Schenker

Friday, May 22

5:30 p.m. Oneg
6:00 p.m. Shabbat Service – in person and on Zoom
Torah Portion – Numbers 4:21-5:31
Haftarah – Judges 13:2-12

Saturday, May 23

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

Friday, May 29

5:30 p.m. Oneg
6:00 p.m. Shabbat Service – in person and on Zoom
Torah Portion – Numbers 6:1-7:89
Haftarah – Judges 13:13-25

Saturday, May 30

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 Miriam Solinsky, daughter of Neil & Rebecca Solinsky

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.

Be Heard at the 2026 Annual Meeting!

Join us for Bnai Israel's Annual Meeting on Thursday, June 18, at 7:00 p.m., as you and your fellow congregants approve our direction for the 2026-27 operating year. The congregation will vote on the proposed budget for the coming year, as well as approve the incoming Executive Committee and new members of the Board of Trustees.

You will receive a letter this month with the Executive Committee and new board nominees. We also will include those names in the June Bulletin. Look for more details on the nominees and the budget in Hashavua and on the temple website at www.cbibpt.org.



NOTES FROM THE EDUCATION CENTER/ALEXA COHEN

See how we celebrated Passover!

The Kehilah kids had a blast at our Passover Candy Seder and Matzah House Building Contest. Teamwork was the theme of the day. The 6th graders did a mitzvah by helping the kindergarteners win first place.



May Donations

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

Rabbi Schultz Discretionary Fund

Michael & Linda Epstein, with thanks to Rabbi Schultz for your role in making Danielle & Eli's wedding so memorable.

James Fishman, in memory of my father, Ernest Fishman.

Sherry Fogel, in appreciation to Rabbi Schultz for your kindness and compassion.

Selma Gold, in memory of Bill Serlin.

Jon & Cleo Sonneborn, in appreciation of Mark Edinberg, Rabbi Evan Schultz, Jeff Schwartz & Radio Klez, for their beautiful presentation, An Afternoon of Poetry and Music.

Susanne Stotsky & family, with gratitude for the love & support you gave our family when Ed passed.

Rabbi Marion Discretionary Fund

Carmela D'Aquila, in appreciation for another wonderful Women's Seder.

Bari Dworken, in appreciation of Rabbi Marion and everyone who worked so hard on the beautiful Women's Seder.

James Fishman, in memory of my father, and Rabbi Marion's grandfather, Ernest Fishman.

Sherry Fogel, in appreciation to Rabbi Marion for your compassion and the beautiful way you honored our mother at her funeral.

Claire May, with thanks to Rabbi Marion.

Barbara Rifkin, in appreciation for the Women's Seder.

Serena Sher, with gratitude to Rabbi Marion for the Women's Seder; in gratitude to Susan Walden, Jodi Mantell, Liane May & Rachael Levitt for the Women's Seder.

David & Marcie Slepian, in memory of Judith Bernstein, mother of Sherry Fogel.

Susanne Stotsky, in appreciation to Rabbi Sarah Marion.

Cantor Scott Harris Discretionary Fund

Mark & Elizabeth Lewis, with thanks to Cantor Harris, we are so appreciative of everything you did to help Jack prepare for his Bar Mitzvah. Your patience, encouragement, and commitment truly made a lasting impact on him and our entire family.

Bob, Sue & Carleigh Sussman, in loving memory of grandmother, Adele Mathog Bibro.

Rabbi James Prosnit Discretionary Fund

Marty & Elaine Schwartz, in memory of Gregory Lieberman, brother of Judy Chessin.

Bob, Sue & Carleigh Sussman, in loving memory of grandmother Gertrude Sussman.

Music Fund

Alan & Karen Blau, in appreciation of Mark Edinberg for putting together the wonderful afternoon of poetry & music.

Enhancement Fund

Jerry & Dale Demner, in memory of Joseph Greenfield, father of Dale Demner; Anna & David Slive, grandparents of Dale; Theodore Herzl Slive, uncle of Dale; and Morris Hirsch, brother-in-law of Jerry Demner.

Vernon & Meredith Dommu, in memory of the yahrzeits of Vernon's mother, Beatrice Dommu, and his father, Ben Dommu.

Dennis & Andrea Feinberg, in remembrance of the yahrzeit of our wonderful father Leonard Feinberg.

Michael & Joni Greenspan, wishing a speedy recovery to Sam Miller, hurry home soon!

Mark & Anne Kirsch, in memory of Michelle Serlin's father, Philip Serlin.

Harvey & Marilyn Spencer, in memory of Sheila Madow, mother of Sandy Friedman, with our forever love.

Susanne Stotsky, with thanks to Rich Walden for performing the service during Ed's shiva. You helped make a difficult & painful day bearable.

Bonim Preschool Scholarship Fund

David Abbey & Deborah Goodman, in honor of Elliot, our security guard extraordinaire.

Rabbi Martin Library Fund

Samuel Miller, in memory of Jennie Kot.

Barbara Rifkin, in memory of my parents, Eunice & Sidney Postol; my grandparents, Jeanette & Nathan Schine; and my great grandmother, Tiba Terry.

Religious School Enrichment Fund

Benjamin Mack & Jeni Cook-Mack, in honor of the yahrzeit of Esther Mack.

Rabbi Arnold Sher Social Action Fund

Robert & Carson Berkowitz, in memory of Carole Greenbaum, mother of Jonathan Greenbaum.

Mark & Barbara Edinberg, in memory of Gregory Lieberman, brother of Judith Chessin.

Dennis & Janet Magid, mazel tov to Barry & Judy Kramer on their 65th wedding anniversary.

Serena Sher, in honor of Peter Levin on his 90th birthday; in memory of Gregory Lieberman, brother of Judy Chessin.

Robert & Susan Sussman, in loving memory of father and grandfather, Robert Fiedler.

Howard Weisman & Nina Silberman, in memory of Phillip Serlin, father of Michelle Serlin.

Jim and Barbara Abraham Education Fund

Gary & Gail Felberbaum, in memory of Gregory Lieberman, brother of Judith Chessin.

Lee & David Lester Keshet Fund

Mark & Barbara Edinberg, in appreciation to Rhea Farbman for the Disability Awareness Shabbat.

The George Markley Chesed Fund

Eric & Ruth Gross, in memory of Gregory Lieberman, brother of Judy Chessin.

Gillette Judaic Enrichment Fund

Irving & Nancy Silverman, in memory of Gregory Lieberman, brother of Judith Chessin.

Plan to Update Your ShulCloud Information for 2026-27

It's never too early to get ready for a new year at B'nai Israel. Before our current operating year ends on June 30, take a moment to update your annual payment plans in ShulCloud. The online portal enables B'nai Israel congregants to more easily view balances, pay for annual contributions and other account charges, set up automatic recurring payments, make donations*, and view family yearzeits.

Your ShulCloud username and password remain the same, but you must update your automatic payments schedule. ShulCloud lets you tailor your payment schedule, be it a one-time full payment, monthly payments, every other month, and so on. Remember that you must pay at least 25 percent of your



annual contribution up front to be eligible for High Holy Days services tickets. Rosh Hoshanah comes earlier this year, starting on Friday, September 11.

ShulCloud also lets you combine your annual contribution with other services, such as the security fee, Kehilah, and Bonim. While most payments can be spread monthly into June, Bonim payments must be completed by May.

ShulCloud makes the process easier for you and B'nai Israel:

- You can choose to pay via ACH (Automated Clearing House) directly from your bank account. (B'nai Israel incurs a processing fee for every credit card payment.)
- If you pay by credit card, B'nai Israel incurs a processing fee for each payment. You can opt to cover the processing fee 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 tab atop the homepage at www.cbibpt.org.

*Please be sure to log into your account when making donations.

Celebrating the Congregation's Library and Our Shared Traditions

by Ellen Sheiman

I thought I would write a short note to remind everyone as to what a wonderful library we have at our own B'nai Israel. It is just an amazing resource of Jewish knowledge conveniently located and here for all ages: seniors, adults, teens and of course young children. And it truly breaks my heart when I think of how underutilized it is.

So, let me just touch a bit on the variety of books and subjects you can find here. We have prayer books and Torah translations filled with historical and social commentaries. We have books on the founders of Judaism and Israel. Books on Moshe Dyan, Ischak Rabin, Elie Wiesel. Books on Chagall, Rashi's daughter and Herzl and Kissinger. Books on Abraham and all the founders of our faith. There are novels by



Issac Singer, Faye Kellerman, and my favorite Daniel Silva. There are books on Jewish tradition and thoughts on Jewish marriage, life, death, humor, and spirituality throughout the ages. There are books on raising Jewish children, and I believe there is even one on raising a "Jewish Dog." I hesitate to list all these topics and even more because I don't want you to think that my list is all that is available.

When I think of our library sitting idle, I briefly remember a time not really so long ago when Nazis were burning books and trying to wipe out all vestiges of our religion. I think briefly also of a synagogue in Mississippi that recently was destroyed by fire and how happy they would be to have our library to help them fight to preserve their school, prayers, traditions and social activities. We cannot let Hitler and other antisemites win by defaulting on educating our next generation about Jews, Judaism, and Israel.

So, I urge you to start a new tradition for yourself and your family members by visiting our library and taking out a book that tickles your fantasy and imagination to READ.

Make visits to our library a regular part of your life. You won't be sorry.

So... blessing and knowledge to you all!!

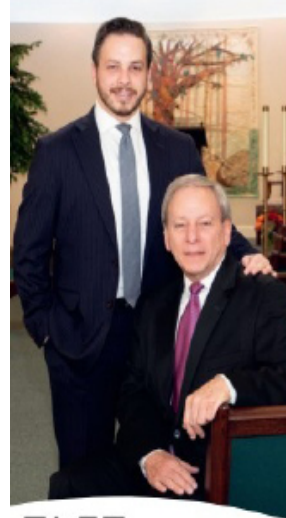
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legal community for their support of the Bulletin:**


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Mark A. Kirsch
Andrew R. Lubin
Daniel Schopick

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

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Dr. Glenn M. Rich	Dr. Jared Selter
Dr. George P. Kelly	Dr. Rachel E. Sheiman
Dr. Jeffrey Small	Dr. Edward Portnay
Dr. Katherine J. Pesce	Dr. Michael Connolly
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Join us throughout May for these community events!

Bam, Crack, Dot — Mahjong Nights at CBI

For All levels of players
7:00–9:00 p.m.

- Monday, May 11
- Thursday, May 28
- Monday, June 8
- Thursday June 25

Everyone in the CBI community is welcome — come enjoy fun, informal mahjong.

For more information and a link to sign up, please contact Judy at judygblumenthal@gmail.com.



Women of B'nai Israel



American Red Cross

American Red Cross Blood Drive

Wednesday, May 6, 1:00–6:00 p.m.

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

Make Sushi with NextGen!

NextGen* is excited to bring you our end of year parent/adult meet-up! Our pizza making event was such a hit last year that we wanted to deliver again. This year we will be congregating at the synagogue for ample space for a sushi making event! Our instructor [Aya Forster](#) will teach us how to roll sushi, with fresh fish and veggies; we each take 2 rolls home too.

Come out on May 27 at 6:30 p.m. to share in some laughs, some drinks, some sushi, and some fun with members of the community. RSVP & VENMO @aya-forster (last 4 digits are 6604) \$65 per person by May 22. This event is capped at 25 people. Please add “sushi event” and your name to Venmo memo to RSVP.



*NEXTGEN is our Synagogue’s 30s, 40s, and early 50s group who are looking to participate in parent and family events throughout the year. We host Mahjong, beach meet-ups and family outings, to name a few. If you would like to help run an event next year, please reach out to Rebekah or Rachel at rosler.cbibt@gmail.com.



Mental Health Awareness Shabbat and Dinner: The Mental Health Toll of Current Events

How do you find peace of mind in these times of a divisive sociopolitical climate, increased polarization, an onslaught of troubling current events, political turmoil, and chronic exposure to negative news and information? How do you find peace of mind when your heart breaks seeing young children separated from their families by ICE? When you are horrified by October 7, and feel fear, anxiety, and isolation due to the rising antisemitism in the United States and around the world?

Dr. Jennifer Doran, a licensed clinical psychologist and established leader in the field of psychology, will be the keynote speaker for our Mental Health Awareness Shabbat service and dinner on Friday, May 15. Dr. Doran will speak on *The Mental Health Toll of Current Events: How Community and Connection Can Help Find a Path Forward*. She will offer strategies and skills to help manage stress caused by the impact of current events. Coping skills, support, and principles of digital health will be discussed. The importance of leaning into community and connection in dark times also will be explored, with time for open discussion provided.

A member of the B'nai Israel community, Dr. Jennifer Doran practices in Connecticut and New York. She is cofounder of

Your Village Journey Psychological and Consulting Services, a psychotherapy and consulting firm based in Fairfield. RSVP for dinner (\$25 per person) via [ShulCloud](#) or by email at ifeuerberg@cbibpt.org.

Mental Health Awareness Shabbat and Dinner Schedule

5:00 p.m. Oneg with Mental Health literature table

6:00 p.m. Shabbat service with keynote speaker Dr. Jennifer Doran

7:15 p.m. Dinner (RSVP required; see above)

8:15 p.m. Dr. Doran leads an after-dinner discussion on Community and Connection as a Path Forward



Kesher Corner: Show Your Support for Our Music and Drama Club!

by Rhea Farbman

The Shabbat celebrating Disability Awareness Month was wonderful. Several Kesher participants prayed and sang from their hearts. Dr. Gwen Lopez-Cohen spoke about her personal experiences with her children and her patients. She answered many questions that gave guidance to the parents who joined us. It was a Shabbat to remember.

On April 23, we joined Mozaic residents to celebrate spring and new beginnings and to share memories of Passover from our childhood. We enjoyed singing our favorite songs about happiness and having the residents join in.

We're busy rehearsing for our summer show performances and learning new songs and dances. Our dance practice focuses on round, wide, narrow, and twisted movements using hands and steps to enhance each shape. We move to the music with each gesture and it's fun but not easy. We're working hard to speak our lines with clarity, projecting our voices and singing in unison.



We would be grateful for volunteers to help with these rehearsals. You will enjoy every minute.

The following dates are in-person Kesher events that you are invited to join: May 28, June 25, July 16, July 23, August 20, and August 27.

Please let me know by emailing one of the addresses below if you'd like to be there.

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Hoping to see you soon.

