September 2016 • Elul 5776
1527 Cherryvale Road
Boulder, CO 80303
Phone
303-442-6605
Website
www.bonaishalom.org
Email
office@bonaishalom.org

Please note that details of events are occasionally subject to change. Check our website for the most up-to-date information. Unless specified all events take place at Bonai Shalom.

Shabbat & Festivals (Holidays)

The Basement: A Contemplative Shabbat Experience
Friday, September 2 • 6:00pm
Join Rabbi Marc for a different kind of Shabbat prayer experience in his basement. We will chant, meditate, sing and reflect as we bring in Shabbat together. There will be some drumming in this service too. You are invited to stay for kiddush, soup and challah. Feel free to bring some Kosher wine or dessert. No RSVP required, but let the office know if you are planning to come so that the Rabbi knows how much soup to make!

Musical Kabbalat Shabbat & Potluck Dinner
Friday, September 16 (monthly) • 6:00pm
The band is back together to bring you soulful Shabbat services with new and old music on guitar, mandolin, violin, flute, drums, and our harmonious voices. Live music will be played all through Kabbalat Shabbat and then our Maariv service will be a cappella. Stay for a community potluck dinner after the service (vegetarian, nut-free and labeled if possible). Bonai Shalom will provide home made challah, grape juice, and some compostables. Feel free to bring your own food, drink and plates!

Musical Kabbalat Shabbat

May 20th
June 10th
July 29th
August 26th
Rabbi Marc
Jan Kirschner
Aron Friedman
Jenna Herbst
Jackie and Wayne Seltzer and Friends
Services begin at 6pm!

Selichot Event & Service
Saturday, September 24 • 9:00pm-Midnight
See back page for details!

First Friday

Calmer Waters: The Caregiver’s Journey Through Alzheimer’s & Dementia
Presented by Barbra Cohn
Friday, September 9
6pm Service • 7pm Dinner • 8pm Talk
After spending a decade caring for her husband who died from younger-onset Alzheimer’s disease, Barbra Cohn offers a spiritual and holistic guide to help caregivers feel happier and healthier, have more energy and time for themselves, sleep better, feel more relaxed and confident, and experience inner peace. This presentation includes the author’s compelling story and an overview of her book: inspirational essays and rituals from spiritual leaders, stories from family caregivers, and twenty healing modalities from renowned experts that can be practically incorporated into a daily routine.

Barbra Cohn and her husband Morris were founding members of Congregation Bonai Shalom where their children, Ari and Hillary, became B’nai Mitzvah. She is the blessed grandmother of two granddaughters, and a grandson, and will soon welcome a third granddaughter into the world. Barbra holds a Master’s degree in professional writing, a BA in both English and Religious Studies, and a Certificate in Nutrition. She has been a professional writer for 36 years, and has written hundreds of health and travel articles for national and regional publications. In her spare time, she dances Israeli folk dance, salsa, tango and swing, and hikes the trails of the beautiful Rocky Mountains.

Service is at 6:00 pm, dinner at 7:00 pm, and talk at 8:00 pm. BYOB kosher wine or beer. Dinner is $18 per member, $21 per non-member. $54 max per family. Please RSVP at bonaishalom.org or by calling 303-442-6605.

Congregation Bonai Shalom is an egalitarian synagogue of diverse membership that embraces traditional prayer and practice with openness and creativity. We strive to make a difference in our community and the world by preparing our children for Jewish Life, providing adult education, strengthening connections to Israel, and participating in social action projects and green initiatives.
Bonai Shalom is affiliated with The United Synagogue of Conservative Judaism.
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**Adult Learning & Programs**

**Text Study Group**  
Tuesdays, September 6, 13, 20 & 27 • 1:00pm

**D’var Torah in Chevruta**  
Saturday, September 10 • 10:00am  
For this week’s D’var Torah (sermon), engage in chevrutah, small groups thinking together to generate, share, and sharpen ideas based on texts and questions relating to the parsha’s central ideas: pursuing justice, how to handle (God forbid) finding a corpse in a field, and what it means for a person to be a “tree of the field.”

**Mah Jongg**  
Saturdays, September 10 & 24 • 12:45pm  
Our Shabbat afternoon games have been very successful. We are going to continue to playing twice a month through the winter. Beginners and those who haven’t played in years are always welcome. We will meet at 12:45pm and there is no need to RSVP. Just come! If you have any questions, please call Arti at 303-543-7654.

**Shira: Singing as Spiritual Practice**  
Tuesdays, September 13 & 27 • 8:00-9:00pm  
Join us in building singing community! We’ll explore niggunim (melodies), experimenting with rhythm, volume, texture, harmony, and listening. This is for folks of all levels of comfort and skill singing. Facilitated by Rabbinic Intern Hannah Kapnik-Ashar.

**Talmud Class**  
Wednesdays, September 14, 21 & 28 • noon  
Talmud class is back! Join Rabbi Marc for a deep dive into Talmud. In February 2016, we began a whole new section of Talmud in our Wednesday lunch time class with Tractate Sotah.

**Interfaith Walk For Unity**  
Saturday, September 25, begins at Har HaShem • 4:30pm  
Join us for the Lemon Tree Group’s third annual Walk for Unity, which brings people together from different communities in Boulder who do not usually meet and talk. We encourage walkers to get to know each other in an effort to transcend differences through understanding. Please visit lemontreepeacewalk.com for more information.

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**Shabbat Shelanu**  
2nd and 4th Shabbat monthly • 11:00am  
Parent-led Shabbat service for families with children ages 0–5. Service includes singing, dancing, stories, and snack.

**Shabbat B’Yachad**  
Saturday, September 10 • 10:45am  
Learning service for children in Grades 3–5 led by ‘Storahteller’ Dafna Michaelson. Parents are welcome and children do not have to be enrolled in the Religious School to participate.

**Shabbat Koleinu**  
Saturday, September 17 • 11:00am  
Learning musical service for children ages K–2nd grade led by Elyse Bloom. Parents are welcome and children do not have to be enrolled in the Religious School to participate.

**Family Fourth Friday Kabbalat Shabbat & Dinner**  
Friday, September 23 • 5:30pm  
Join us for a family-friendly service followed by dinner as we bring in Shabbat together. The short, early service, led by Rabbi Marc, starts at 5:30pm and includes music, a story, and prayers. $14/adult, $7/child 4-12, Free/3 and under. RSVP @bonaishalom.org.

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**Social Action**

**Bridge House Community Table**  
Monday, September 12 (2nd Monday monthly) • 4:00-6:30pm at Bridge House  
Bonai’s commitment to Bridge House’s Community Table is to provide volunteers to help prepare and serve meals to those in need. Hot meals are served from 5:00-6:00pm, set-up starts at 4:00pm, clean-up till 6:30pm. Please help with whatever time you can give.

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**Children & Families**

**Rosh Hodesh Girl’s Group**  
Saturday, September 10 • 12:00pm  
Through discussion, arts and crafts, creative ritual, games, and drama, girls and their leaders draw on Jewish values and a gender lens to explore the issues the girls care about most, such as body image, friendship, relationships, family, competition, and stress.

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**HIGH HOLIDAYS 5777**

We will be welcoming the new year at the NEW Boulder JCC located across the street from the synagogue at 6007 Oreg Ave. in Levin Hall. We look forward to celebrating with you along with welcoming many new faces in the coming year!  
Members are entitled to one ticket for High Holiday services per adult member of your household. Children who are under 26 and living at home or in school are also entitled to a ticket. Contact the office at 303-442-6605 with any questions.

Rosh Hashanah - Oct. 2-4 • Yom Kippur - Oct. 11-12

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<th>SUNDAY</th>
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<td>Labor Day</td>
<td>1:00pm - Text Study Group</td>
<td>4:10pm - First Day of Religious School</td>
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<td>6:00pm - First Friday with Barbra Cohn</td>
<td>Parshat Shoftim</td>
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<td>Boulder PrideFest</td>
<td>4:00pm - Bridge House Community Table</td>
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<td>6:00pm - Musical Kabbalat Shabbat</td>
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<td>4:10pm - Religious School</td>
<td>6:00pm-8:00pm - B'nai Mitzvah Family Workshop</td>
<td><strong>Boulder JCC Opening Week</strong></td>
<td><strong>12:00pm - Talmud Class</strong></td>
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Connect to Bonai!

Bonai Shalom is connected to social media. Please “like” our page on Facebook, and “follow” our Twitter feed and Pinterest site. Simply put “Congregation Bonai Shalom” in the search boxes and you will find us. We will be using these sites to get the word out about all of Bonai’s programs!

Facebook
Pinterest
Twitter

SELICHOT PROGRAM & SERVICE
REVIEWING OUR YEAR THROUGH IMAGINATION AND MEMORY WITH EVE ILSEN
SATURDAY, SEPTEMBER 24, 9:00PM-MIDNIGHT

9:00 pm    Havdalah followed by workshop with Eve Ilsen
11:00 pm    Break with refreshments
11:50 pm    Selichot Service led by Jan Kirschner & Rabbi Marc

The beautiful liturgy and melodies of Selichot set the emotional and spiritual mood for the High Holidays and invite us into the themes of forgiveness and compassion.

As the days noticeably shorten, the season naturally turns us towards introspection: looking at what’s inside. Our own tradition rides this autumnal wave towards the High Holy Days with skillful and deep-reaching practices of cheshbon ha-nefesh---taking account of one’s soul---in preparation for the High Holy Days and the renewal of the year and of ourselves.

Eve Ilsen will lead a review of the closing year in a structured way, piece by piece, in the privacy of our own imaginations and memory, through the Imaginal exercises of her teacher, the late Mme. Colette Aboulker-Muscat. Such a review, done privately-together, helps us see clearly our accomplishments and our lacks, our virtues and our flaws, and leads us towards knowing what repairs we may make to effect true tikkun.

This is the work of Elul.

Eve Ilsen is a rebbetzin, rabbinic pastor, psychotherapist, storyteller and singer in Boulder, CO.