



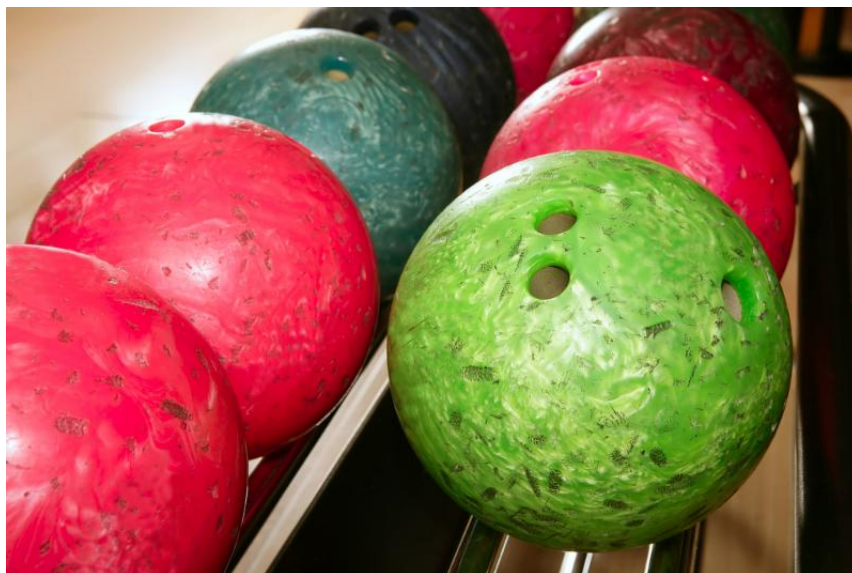
### Svasana on Shabbat

Do you have a case of the post-holiday blues? Has your workweek got you feeling worn out? Turn that frown upside down! Join us this Shabbat for [Svasana Yoga!](#)

If you feel comfortable doing so, please bring a yoga mat and any yoga blankets or props you may have. Guided by Marni Siegel at the BJCC from 9:30am-10:30am.

Can't make it this week? Svasana returns on 12/10, 1/7, 2/4, 4/4, 4/22, and 5/6.

Join us next Shabbat for [Chai Mitzvah with Karli Sherwinter!](#)



### Ilanot and Bonim Bowling at the CU Connection

Both Ilanot (K-2) and Bonim (3-5) are invited to join us from 12PM-2PM this Sunday 11/6 at the CU Connection.

The cost of this event will be \$18/per person, which includes pizza and treats!

Please RSVP [here](#) before Shabbat tonight!

Questions? Contact [Elana Friedland](#).



## Religious School & Youth Programming

November 5, 9:30am - Religious School  
 November 5, 11:00am - Shabbat Koleinu  
 November 5, 9:45am - Kitah Vav Trope Practice  
 November 9, 4:10pm - Religious School

### **Youth Groups are back!**

Throughout the school year fun community building events will be offered. Zach Goldberg, Bonai Shalom's Ramah Service Corps Fellow will be organizing and leading our events.

Ilanot Grades K-2 (parents are welcome to join us, but all events will be staffed)

Bonim Grades 3-5

Kadima Grades 6-7

### Upcoming Youth Group Events:

November 6, 12:00pm-2:00pm -Ilanot (K-2) & Bonim (3-5) Bowling at CU Connection  
 \$18/Person includes Pizza and treats, families are welcome!

RSVP [here](#) before Shabbat tonight 11/3. Questions? Contact [Elana Friedland](#).

November 18 - Camp-style Kabbalat Shabbat led by Eitan Kantor

Enjoy the magic of camp during the year! All Ramah families, campers, staff, and alumni are invited to Bonai Shalom for Ramah-style kabbalat shabbat services and dinner. More details coming soon!

### **This Fall...**

Don't forget to sign up for [PJ Library](#) to receive free Jewish books for families with children ages 0-8!

Check out the [MazelTot](#) website for family events for children ages 0-5 in the Denver/Boulder area!

## **New! Fall 2016 Adult Education** **Click the links for more information!**

- ["A Wise Question is Half the Answer"](#) - Solomon Ibn Gabirol, 11th century Andalusia.  
 Sunday, November 6th, 4-6pm
- [Engendering Judaism: Exploring and Personalizing Feminist Jewish Literature](#)  
 With Hannah Kapnik Ashar

November 30th, 7-8pm  
December 14th, 7-8pm

- **Erich Fromm and God: Modern Jew, Humanist, or Social Scientist?** November 3rd and 10th, noon-1:30pm.
- **Mussar haLashon: & Ethics of Speech with Maggida Charna Rosenholtz, MA**  
November 13th, 6:30-8:30pm
- **Introduction to Jewish History**  
**Dec. 1 6:30-8:30pm with Maggida Charna Rosenholtz, MA**  
Jewish history spans almost four-thousand years. Learn to recognize significant Jewish historical events with ease.
- **Talmud Class** - Meets on select Wednesdays at noon. We continue our weekly study of Tractate Sotah in The Babylonian Talmud. Beginners welcome. Feel free to bring a brown bag lunch. **Nov 2, Dec 14, Dec 21, Jan 11, 18, 25.**
- **Dvar Torah in Chevrutah - 10:30am on Nov 26 & Dec 10.** For the Shabbat dvar 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.

Congregation Bonai Shalom, 1527 Cherryvale Road, Boulder, CO 80303

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