TBZ Happenings
Friday, February 7th & Saturday, February 8th
13th of Shevat | Parashat Beshalach

THIS FRIDAY: SHABBAT NARIYA
Join us tomorrow night, February 7th, 6-9pm for TBZ's soulful, song-ful Shabbat experience followed by a community potluck dinner.

THIS SATURDAY: INCLUSION SHABBAT

The Inclusion Committee invites you to celebrate

JEWISH DISABILITY AWARENESS AND INCLUSION MONTH
SATURDAY, FEBRUARY 8, 2020

Honor Jewish Disability Awareness and Inclusion Month (JDAIM) at TBZ by joining us for a conversation about mental illness.

At Shabbat Service, we will be joined by Daniel Jackson, local photographer and Professor of Computer Science at MIT, who will discuss his recent book Portraits of Resilience, a collection of photographs and moving first-person accounts of nearly two dozen individuals living with mental illness.

After Kiddush, TBZ members are invited to join us for a conversation moderated by Hadassah Margolis, lead therapist at the Department of Spirituality and Mental Health at Mclean Hospital and clinician at Brandeis University.

In preparation for our conversation, we invite congregants to read excerpts from Daniel's book Portraits of Resilience. Click the images below to read:
Kabbalat Shabbat

Friday AM Meditation
Mindfulness Practice Group
9:30am - 11:00am | Sanctuary

Shabbat Nariya
6:00pm - 9:00pm | Sanctuary & Community Room

Click Here for a Schedule of Service Leaders

Shabbat Morning:
Inclusion Shabbat

Torah Study
9:00am - 10:00am | Sanctuary

Shabbat Service
10:00am - 12:30pm | Sanctuary

WonderMinyan!
11:30am - 12:30pm | Meeting Room

Inclusion Program for Adults:
Post-Kiddush Conversation
About Mental Illness
1:15pm - 2:45pm | Sanctuary

Inclusion Program for B'nei Mitzvah Group: Understanding Our Differences with Gary Alpert
1:15pm - 2:45pm | Room Gimel

Thank you for your donation to the Oneg/Kiddush Fund:

- Kiddush sponsored by Sandy Wheeler and Barrie Wheeler in memory of Sandy's husband and Barrie's father, Joseph Wheeler.
- Donation to the Kiddush Fund by Ellie Starr in loving memory of her mother, Eunice Korsakov.
- Donation to the Kiddush Fund by Alan and Marilyn Glazer Weisner in memory of Alan's father, Henri Michel Wieczner.
- Donation to the Kiddush Fund by Carol Kamin in memory of her mother, Claire Simon.
- Donation to the Kiddush Fund by Meredith Joy and Marjorie Siegel in memory of Meredith's mother, Frances Joy.
- Donation to the Kiddush Fund by Sue Brent and Danya Handelsman in honor of our guests for Inclusion Shabbat, Gary Alpert, Daniel Jackson, and Hadassah Margolis.
- Donation to the Kiddush Fund by Matthew Morgenstern in memory of his
Celebrate Tu BiShvat at TBZ this week!
This Saturday's Kiddush will feature special holiday treats, and the TBZ community is invited to a Tu BiShvat seder hosted by Beit Rabban on Wednesday, February 12th, 5:15-6pm.

Announcements

TBZ is pleased to welcome Rabbi Micah Shapiro, his wife Aaren, and their little one Levav as our guests this Shabbat Nariya. Rabbi Micah helped start Nariya and inspired our tradition of joyful community singing!

A Wonderful Women's Retreat
Thank you to all the TBZ women who shared their voices (and moved their bodies!) at this year's Women's Retreat this past Sunday, which ended in an intergenerational dance party in the Sanctuary:

Watch Rav Tiferet's Plenary Speech!
Get to know our Rav Tiferet's "Jewish Journey" in the plenary speech she gave at the retreat, watchable now on TBZ's YouTube channel:

Koleinu is Going Green!
We’re decreasing our use of paper by offering Koleinu in an online reading app. Please let us know you support a green Koleinu and agree to receive a digital link to view it on your phone, computer, or other device. If 3/4 of our members opt in, we’ll save 10,000 sheets of paper or one tree each year, and we’ll save on postage too!
Be on the look out for more about timing of our next issue of Koleinu...
Seltzer is No Small Thing at TBZ

Many of us love that bubbly stuff, so much so that our one-liter bottles fill our recycling bins to the brim. Along with our efforts to “be green” and be more responsible to our world, we’ve stopped ordering cases of seltzer for TBZ-sponsored events. We’re looking into some ways to make our still water cold and refreshing, and if there are ideas for sustainable, larger scale than at home, carbonated water, we’ll look into that too. Bear with us while we work to make our still water more refreshing. Feel free to order seltzer for you own events at TBZ such as B’nei Mitzvahs. We’re not banning it, just reducing.

Upcoming Events

TBZ COMMUNITY DINNER
Please join us for monthly community-wide shabbat dinner immediately after our 6:15 pm Kabbalat Shabbat service.
FEBRUARY 21 - SIGN UP HERE

Feb 22nd is also TBZ Men's Group Shabbat, and we'll be welcoming Rabbi Mark Biller to speak on Friday night at our Community Dinner, teach us during Torah Service, and participate in the Shabbat Afternoon Men's Group. Rabbi Mark is a spiritual guide, adviser, and Master Story Teller of Temple Gates of Prayer in Flushing, NY.

NEXT WEEK: Kiddush Talk with STEP (Science Training Encouraging Peace)

Screening of Emmy Award-Winning Dawnland at TBZ
Saturday, February 22, 6:30pm
Join us for this Emmy Award-winning film...
Saturday, February 15th, 1pm Learn more about STEP, a US-based program that funds the tuition of graduate-level health science education to pairs of graduate students, each pair comprised of one Israeli and one Palestinian.

SAVE THE DATE:

COME CELEBRATE

Purim AT TBZ!

Hamentashen Baking - March 1

Purim Celebration - March 8

Full Megillah Reading - March 9

Upcoming Opportunities to Learn & Practice With Our Rabbis:

With Rav Claudia...

Olam Chesed Yibaneh:
Building a Community of Hesed with Rav Claudia

MONDAYS: JANUARY 27, FEBRUARY 3 & 10

We know that we are supposed to care for the sick and comfort mourners, and many other acts of chesed, lovingkindness, but how do we do this in a Jewish way? Together we’ll learn the textual sources and grapple with these mitzvot in our own lives and as we build community at TBZ. Classes are held at 7:30pm.

REGISTER FOR THE CLASS

With Reb Moshe...

Nishmat Hayyim: The Breath of Life Meditation at TBZ is excited to present an evening opportunity to sit together in community. We hope that you will take advantage of this marvelous option for both beginners and more experienced meditators to benefit from this practice. The hour includes an opening chant, meditation instructions, a 20-30 minute sit, a walking meditation, a Q&A/discussion, and an ending.

NEW TUESDAY EVENING MEDITATION OPPORTUNITY HELD EVERY OTHER WEEK WITH REB MOSHE

Begins Tuesday, January 14,
7:30 - 8:30 pm in the sanctuary.
Dates:
Jan 14, 28, Feb 11, 25, Mar 10, 24
Get your weekly diet of Wednesday morning spirituality (and bagels)!
Next session: Wednesday, February 12th, 7:30am at TBZ.

JOIN OUR MINYAN

Weekly Torah Portion Class
Tuesdays: Feb 4, 11, and 18
1-2pm at 1550 Beacon St.
Possibility of continued study. All are welcome!

Nishmat Hayyim
Mindfulness
“Scripture was usually sung, chanted or declaimed in a way that separated it from mundane speech, so that words—a product of the brain’s left hemisphere—were fused with the indefinable emotions of the right. Music, born of the right hemisphere, does not “mean” anything but is, rather, meaning itself. ... People often regarded [scripture] as inert until it was ignited by a living voice, just as a musical score comes fully alive only when interpreted by an instrument. Scripture was, therefore, ... nearly always acted out in the drama of ritual and belonged to the world of myth.”

-From The Lost Art of Scripture, Karen Armstrong

Winter 2020 Opportunities

Friday AM Meditation Mindfulness Practice Group
Meets Every Friday in December, January, and February (Except for Jan 3)
9:30 - 11:00 AM in the sanctuary

Monthly Shabbat Afternoon Meditation Sits
December 14, January 25, February 29, March 27
1:30 - 3:00 pm in the Sanctuary

Thank you for your continued donations to Family Table.
Stay Connected
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