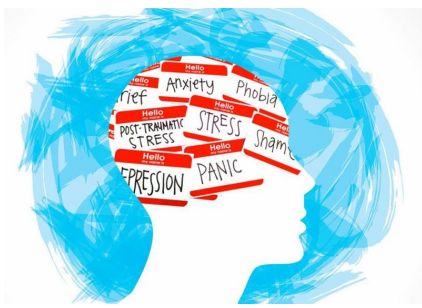




TBZ Happenings

Friday, February 8th & Saturday, February 9th
4th of Adar I | Parshat Terumah | Inclusion Shabbat

This Week is Inclusion Shabbat! Saturday, February 9th



Members of our community who struggle with mental health challenges—our own or those of a loved one—often face another obstacle: the stigma and shame surrounding the subject of mental health can be so great as to isolate us from others. This year, the TBZ Inclusion Committee, in conjunction with the Ruderman Synagogue Inclusion Project, is focusing on the

area of mental health and wellness in an effort to educate our community and to find ways to support individuals and families facing mental health challenges. This week, during Jewish Disability Inclusion and Awareness month, we will be holding a **special Inclusion Shabbat**. At the Saturday morning service, a representative from the National Alliance on Mental Illness (NAMI) of Massachusetts will briefly address the congregation. **Following services, from 1-2:15pm, you are invited to a presentation, "In Our Own Voice,"** which will focus on the stigma and shame surrounding mental health conditions. We warmly encourage you to join us for what should be a lively and illuminating presentation.



Kabbalat Shabbat Friday, February 8th

Sanctuary Open for Meditation
6:00pm - 6:15pm | Sanctuary

**Kabbalat Shabbat Service and
Community Oneg**
6:15pm - 7:45pm | Sanctuary & Community
Room



Shabbat Morning: Inclusion Shabbat!

Saturday, February 9th

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

Shabbat Service
*With Presentation from the National
Alliance on Mental Illness*
10:00am - 12:30pm | Sanctuary

T'filot Mishpachot

Thank You For Your Donation to the Oneg/Kiddush Fund:

- Donation to the Oneg fund by Sheine Wizel and Joel Kershner in memory of Joel's brother, Bruce Kershner.

Ages 0-5 with Jessica, Room Alef
Grades K-3 with Cantor Lisa, Meeting Rm
Grades 4-7 with Cantor Becky, Room Gimel

In Our Own Voice *Conversation About the Stigma & Shame Surrounding Mental Health Conditions*

1:00pm - 2:15pm | Community Room

B'nei Mitzvah Group

1:00pm - 2:30pm | Sanctuary

Greeters Needed for This Shabbat

Slots Available: 6:45pm & 7:30pm on Friday, 12:30pm on Saturday



To sign up for a 45 minute volunteer slot this Shabbat,

1. Click [HERE](#) for [TBZ Shabbat Greeter Sign Up](#).
2. Choose the day (Friday or Saturday) and time then click on **SIGN UP**.
3. Hit **SUBMIT AND SIGN UP** at the bottom of the page.
4. Click **SIGN UP NOW**.



Community Announcements & Upcoming Events

MAZEL TOV to our member Lyle Greenman on the birth of a granddaughter to his daughter Jordana Roubicek Greenman and son-in-law Nate Leskovic!

PREPARE US TO BE A SANCTUARY: JEWISH MORAL LEADERSHIP ON IMMIGRATION



A Shabbat Afternoon Event with Rabbi Jill Jacobs,
Executive Director of T'ruah
The Rabbinic Call for Human Rights

*Named three times to the Forward's list of 50 influential American Jews, **Rabbi Jill Jacobs** directs T'ruah, which mobilizes more than 2,000 rabbis and cantors, and tens of thousands of American Jews to protect human rights in North America and Israel. She is one of American Jewry's leading social justice organizers today.*

Shabbat Afternoon Program with Rabbi Jill Jacobs

Saturday, March 2nd | 4:30pm - 6:30pm

Join us Shabbat afternoon for a conversation about Judaism and justice with Rabbi Jill Jacobs of T'ruah. Shabbat afternoon refreshments will be served at 4:30pm, followed by the conversation with Rabbi Jacobs. We will end together with a community havdalah at 6:15pm. During this event, we will be recognizing anyone who has volunteered in any of TBZ's social justice actions and events.

[LEARN MORE & RSVP](#)

TBZ is Hiring! Now Seeking applicants for:

[Director of Congregational Learning and Programming](#)

Click here to read TBZ President Sara Smolover's [letter to the TBZ Community](#), including important news about TBZ's leadership.

Support Sanctuary for Immigrants at Risk of Deportation: Give to the Newton Sanctuary and Solidarity Collaborative. Click to [read a message](#) from Rav Claudia, Reb Moshe and the TBZ Sanctuary Action Committee, or:

[GIVE NOW](#)

Coming Up Next Week:

Latin Jewish Clergy: An American Conversation
Wednesday, February 13th | 8pm
at Temple Emanuel in Newton

Join us in a first of its kind conversation in Boston, as four Jewish Latin American and Latino Clergy come together to explore what it means to be leaders of American Jewish congregations. We will learn of each of their trajectories and what their perspectives and backgrounds bring to their roles, and engage the broader impacts their Latin American identities have within their congregations and the wider community. Featuring TBZ's own Rav Claudia, Rabbi Sonia Salzman, Rabbi Michael Fel, and Cantor Elias Rosemberg. Moderated by Dalia Wassner, Ph.D., Director, HBI Project on Latin American Jewish & Gender Studies at Brandeis University.



It's Time for Shabbat Nariya!

Next Friday, February 15th | 6-9pm

Raise your voices, move your bodies, catch your breath and gather strength as we create a circle of sound to welcome Shabbat. Following the service at 6:00pm, we'll gather together

for a community potluck dinner and then more singing.

עץ חיים היא למחזיקים בה ותומכיה מאושר
The Reb Moshe and Anne Waldoks Lifelong Learning Center

UPCOMING EVENTS

**NEW: Adult Learning Spring Course Offerings
NOW AVAILABLE!**

[View the full list of Spring Courses Here](#)

**Currently Running:
Israel's Declaration of Independence**

THE DATES OF THIS CLASS HAVE CHANGED: Tuesdays February 5, 19, 26

Study Israel's Declaration of Independence, generally considered to be its founding charter of principles, with Prof. Pnina Lahav, BU Law School.

LEARN MORE & REGISTER

The Torah is the Tree of Life and all who cling to Her will be enriched



Family Table

Last month, TBZ brought **92 boxes of crackers and 129 cans/boxes of soup** to JF&CS. Let's keep up the good work -- and remember, **Family Table only accepts donations that are kosher pareve or kosher dairy.** Thank you for keeping that in mind!

**Nishmat Hayyim
Mindfulness**

*"The way of the righteous is like the first gleam of dawn, which shines ever brighter until the full light of day."
Mishlei (Proverbs) 4:18 attributed to King Solomon*

Upcoming Meditation Offerings

Shabbat Afternoon Meditation Sits:

Feb 23, Mar 23

1:30pm - 3:00pm | TBZ Sanctuary

Coming together in stillness to be with the truth of what arises and passes in each moment, without fixing or adding anything. Be fully alive to the hidden essence of Shabbat vayinafash. Stop and ensoul. *"Hineh ma tov'u'ma nayim shevet achim gam yachad."* How good and skillful it is for brothers and sisters to sit together. Everyone is welcome, registration is not required!

1:30 - 2:15 Chant and Shabbat Meditation Sit
2:15 - 2:25 Walk and Stretch/Break
2:25 - 2:40 Teaching or
Contemplative Torah Study
2:40 - 2:55 Q& A and Discussion
2:55 - 3:00 Closing Sit

SAVE THE DATE:
Daylong Meditation Retreat
at Just Right Farm
Sunday, April 28th
9:30am - 4:30pm



Friday AM
Meditation/Mindfulness
Practice Group
DROP IN Session: **March 15**
9:30am - 11am | TBZ
Sanctuary
*No Registration Required -- Bring
Family and Friends!*

Stay Connected

617-566-8171

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Cantor Becky- ext. 14, education@tbzbrookline.org

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