IMPORTANT:
In response to COVID-19, and in an abundance of caution, TBZ is making an effort to limit large group gatherings in our building. There will be no in-person Shabbat Services this week or next. We will be offering a virtual Kabbalat Shabbat, virtual Havdallah, and other ways to experience community this Shabbat.

READ OUR FULL COVID-19 MESSAGE TO THE COMMUNITY HERE

Kabbalat Shabbat

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

"Virtual" Kabbalat Shabbat

More details will be sent out tomorrow (Friday, March 13th)

6:00pm - 6:40pm | Your Device

Shabbat Morning

- Look for an email tomorrow with more information on how to experience community this Shabbat in this moment of social distance.

Special "Virtual" Havdallah Gathering via Zoom

Look for details tomorrow!

7:45pm | Your Device

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

Even though we cannot share Kiddush together this week, we appreciate our community’s continued support of TBZ!

- Donation to the Kiddush Fund by Noam Sender in honor of the Yahrzeit of his mother, Miriam Sender.
- Donation to the Kiddush Fund by Mishy Lesser in memory of her dear mother, Nettie Lee Lesser.
- Donation to the Kiddush Fund by Jenni and Rabbi Sam Seicol in memory of Jenni’s father, Noah Lewis.
In an effort to make information clear and transparent, we’ve compiled all major TBZ events scheduled for the next week, between tonight (Thursday, March 12th) and next Thursday, March 19th below, in two categories: CANCELED/POSTPONED and HAPPENING AS SCHEDULED. Please let the office know if you have any questions!

**CANCELED/POSTPONED**
March 12th through March 19th
- **Kabbalat Shabbat Service**, Friday 3/13. Please join us for a special virtual service -- more details to follow
- **Torah Study**, Saturday 3/14
- **Shabbat Service**, Saturday 3/14
- **WonderMinyan**, Saturday 3/14
- **B’nei Mitzvah Group**, Saturday 3/14
- **Photoshoot**, Sunday 3/15
- **The Tent**, Monday 3/16
- **Beit Rabban**, Wednesday 3/17
- **Me’ah**, Wednesday 3/17

**HAPPENING AS SCHEDULED**
March 12th through March 19th
- **Mussar Class with Rabbi Jaffe**, Thursday 3/12
- **Meeting of the TBZ Board**, Thursday 3/12
- **Friday AM Meditation Mindfulness Practice Group**, Thursday 3/12
- **Men’s Group**, Saturday 3/14
- **Special “Virtual” Havdallah**, Saturday 3/14 -- more details to follow
- **Blood Drive**, Sunday 3/15
- **Hebrew Class with Rabbi Seicol**, Sunday 3/15
- **Becoming a Soulful Parent class [WILL BE HELD ONLINE]**, Tuesday 3/17
- **Eat, Pray, Learn**, Wednesday 3/18
- **Mussar Class with Rabbi Jaffe**, Thursday 3/19

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**Save the Date!**

Our annual Spring Kiddush Fundraiser will be held on **Saturday, May 2nd**

and will honor the ongoing work of **Sue Brent, Danya Handelsman and Molly Silver** to make TBZ a place of full participation for people with all kinds of ability.

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**Red Cross Blood Drive**
This Sunday, March 15th at TBZ
CONTINUES TONIGHT:

**Changing the World from the Inside Out: SPIRITUAL DIMENSIONS OF SOCIAL CHANGE**

**THURSDAYS, MARCH 5, 12, 19 & 26**

Come learn with our January Scholar-in-Residence Rabbi David Jaffe! This class will explore different areas of Jewish spiritual wisdom as they relate to building more sustainable, just and nourishing communities.

LEARN MORE & REGISTER

NEXT WEEK:

**Becoming a Soulful Parent**

This class will be held virtually If you feel you could use more support moving forward on the longest, uncharted journey of your life, please join us for this Becoming a Soulful Parent Workshop, facilitated by Ilana Margalit.

LEARN MORE & REGISTER

Reminder: 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 soon.

OPT IN TO RECEIVE A GREEN KOLEINU

In addition to our usual soup and crackers, Family Table is also collected boxes of Matzah for Pesach. Our next pick up is March 13th. Thank you for your continued and generous donations.
"Living 24 hours with mindfulness is more worthwhile than living 100 years without it." ~ The Buddha

“Silence is sometimes the best answer.” ~ Dali Lama

“Feelings come and go like clouds in a windy sky. Conscious breathing is my anchor.” ~ Thich Nhat Hanh

“Walk as if you are kissing the Earth with your feet.” ~ Thich Nhat Hanh

“We can make ourselves miserable or we make ourselves strong. The amount of effort is the same.” ~ Pema Chodron

“Sticking with that uncertainty, getting the knack of relaxing in the midst of chaos, learning not to panic — this is the spiritual path. ~ Pema Chodron

"Uncertainty is the only certainty there is, and knowing how to live with insecurity it the only security." ~ John Allen Paulos

Winter & Spring 2020 Opportunities

Contemplative Shabbat

MARCH 28 - PARASHAT VAYIKRA

9AM Torah Study • 10 AM Morning Service • Kiddush Lunch
1:30 - 3 PM Shabbat Afternoon Meditation Sit

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
Learn to Read Hebrew with
Rabbi Sam Seicol
Sunday mornings at 10:00am
March 15, 22, 29; April 5, 12, 19
A 6 week course on basic Hebrew reading
with exposure to some grammar and vocabulary. The focus will be on prayers.

LEARN & GROW WITH OUR RABBIS:

Eat, Pray, Learn
Continues Next Week
TBZ's Wednesday morning minyan, facilitated by Rav Claudia, continues next Wednesday, March 18th at 7:30am.

Tuesday Night Meditation
with Reb Moshe Continues
Join Reb Moshe for an evening opportunity to sit together in community. Next session March 24th; drop-ins are welcome.

STAY CONNECTED
www.tbzbrookline.org | 617-566-8171
Rav Claudia, Senior Rabbi - ext. 11, ravclaudia@tbzbrookline.org
Reb Moshe, Founding Rabbi - ext. 12, rebmoshe@tbzbrookline.org
Rav Tiferet, Director of Congregational Learning & Programming - ext. 14, ravtiferet@tbzbrookline.org
Sara Smolover, President - president@tbzbrookline.org
Susan Diller, Executive Director - ext. 10, sdiller@tbzbrookline.org
Beth Ehrenreich, Assistant Director - ext. 17, behrenreich@tbzbrookline.org
Lindsay Eagle, Administrative Assistant - ext. 13, leagle@tbzbrookline.org or office@tbzbrookline.org

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