

SEE YOU AT OUR VIRTUAL ANNUAL MEETING!  
Sunday, June 6, 2:00 - 3:30 pm

[CLICK HERE](#) for more information!



May 5, 2021

## Shabbat



### Healing Shabbat with Rabbi Evette and Carla Sciaky

**Saturday, May 8, 10:00 - 11:30 am**

[Parshat B'har-B'chukotai](#) , ReformJudaism.org

*Our virtual Oneg Shabbat is sponsored by David Wiener in memory of his father Abram Walter Wiener.*

Carla Sciaky, who has added a healing practice to her already long list of skills, will take us through

the Shabbat morning service, helping us uncover the healing energy and ruach in each prayer.

**Zoom link:**

<https://us02web.zoom.us/j/500159377?pwd=OEVVbEt1bnFLWmU2UIF3elg0NGovdz09>

Meeting ID: 500 159 377

Passcode: N58wJq

Dial in on your phone: 669-900-9128 or 346-248-77

Meeting ID: 500 159 377 Passcode: 640527

**Shabbat and Yizkor Services with Rabbi Evette**

**Saturday, May 15, 10:00 - 11:30 am**

[Parashat Bamidbar](#), My Jewish Learning

Yizkor services are held on Yom Kippur, Shemini Atzeret, the eighth day of Pesach, and the second day of Shavuot.

B'nai Havurah's tradition is to observe Yizkor on the Saturday prior to each holiday, with the exception of Yom Kippur. The second day of Shavuot is on May 17, which is why we will include a short Yizkor service on Saturday, May 15.



**Shabbat aLIVE: A Shabbat of Re-Emerging,  
Friday, May 21, 6:00 - 7:00 pm MDT**

Join us for an evening of prayer, song, and community to create strength and intention as we begin to re-emerge into our new world. The service will include leadership by Student Rabbi Kolby Morris-Dahary from Judaism Your Way and Hal Aqua. Hal Aqua is a song leader at Temple Micah and serves as Cantorial Ritual Director for B'nai Havurah.

The service will also include guest wisdom by Rabbi Brian Field from Judaism Your Way, Rabbi Evette Lutman from B'nai Havurah, Rabbi Adam Morris from Temple Micah.

While this service will be broadcast via Zoom and Facebook, we invite you to experience this service as if we were in person. We hope to lay the spiritual and emotional framework that we all need in order to be ready to re-emerge.

**To register: [CLICK HERE](#)**

A collaboration:



**Connecting? Disconnecting? Reconnecting?  
Shabbat Shacharit (Morning) Service  
May 22, 10:00 - 11:15 am**

This past year or so has been one of all kinds of connections--imperfect, sweet, broken, adequate. Our connections with each other and our world have changed, atrophied, or maybe even grown. As we come closer to being comfortable in physical proximity to one another, let's learn from Reb Nachman's example about connecting with the life forms around us, and let's talk about the connections we crave.

Join us for a Recon Lab service that always includes reconstructed prayers, guided meditation, thoughtful discussion and learning, and joyful singing led by Hal Aqua.

Recon Lab is a group of B'nai Members who are committed to Reconstructing Judaism, experimenting with liturgy and practice within traditional prayer services. Our group comprises Ed Towbin, Pat Madsen, Debbie Goodman, Laurie Cohn and Risa Aqua.

## Sephardi/Mizrahi Shabbat



**Friday, May 28, 6:30 - 7:30 pm**

Welcome Shabbat with B'nai Havurah's Kabbalat Shabbat Experience, a monthly all-ages music-filled celebration. At 6:30 pm, Hal Aqua and Annie Aqua lead a musical journey through the themes of the Friday night service, followed by candlelighting and Kiddush led by Rabbi Evette Lutman.

Haunting melodies from Sephardic (Judeo-Spanish) and Mizrahi (Middle Eastern) traditions guide us through the Friday night service.

Registration requested: [CLICK HERE](#)

**SATURDAY SHABBAT SERVICES Zoom link for May 8, May 15, May 22, and May 28**

<https://us02web.zoom.us/j/500159377?pwd=OEVVbEt1bnFLWmU2UIF3elg0NGovdz09>

Meeting ID: 500 159 377

Passcode: N58wJq

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# Shavuot



## **A SHAVUOT SPECIAL!**

### **History of Cookbooks and How to Use Cookbooks to Tell Family Histories with Food Historian Rebecca Earle**

**Thursday, May 13, 11:00 am - noon, via Zoom**

"Some women leave diaries. My mother left recipes," the writer Linda Murray Berzok mused in *Storied Dishes: What Our Family Recipes Tell Us About Who We Are and Where We've Been*. History is all around us, including in our kitchens. Many of us have cookery books or recipes that we've inherited from our mothers or other relatives. In this interactive workshop, food historian and Head of the Department of History at the University of Warwick Rebecca Earle explores the hidden histories of family recipes.

[MORE INFO & REGISTRATION](#)

Brought to you by:



With:







## **Rebirth, Renewal, and Revelation: A Community Shavuot Experience**

**Sunday, May 16, 6:00 - 11:00 pm**

Join B'nai Havurah, JEWISHcolorado and other Jewish organizations for virtual Shavuot and a night of communal learning taught by some of the best educators in our community.

Hal Aqua, B'nai Havurah's Cantorial Ritual Director, will lead a session called "Hebrew Kirtan: Music From the Contemplative to the Ecstatic" at 10:00 pm.

For a full schedule and to register, go to <https://www.jewishcolorado.org/shavuot>

## **Adult Education**



**Adult B'nai Mitzvah Class with Risa Aqua is here!**

**Classes meet on 2nd and 4th Sundays, 3:00 - 4:00 pm, next class is this Sunday, May on April 25 through November - last chance to register!**

- Inclusive, lively, and fun
- Hebrew reading not required.
- Group B'nai Mitzvah and celebration on November 20, 2021

More info. Registration is open now!



## **My Mitzvah at B'nai Havurah**

My Mitzvah begins in late September and registration will be accepted in early May. For more information click the button below.

Program Directors: Risa & Hal Aqua

Please contact Risa Aqua at [risaaqua25@gmail.com](mailto:risaaqua25@gmail.com) if you have questions.

MORE INFO



Image Credit: Nahum Gutman, Afternoon Rest, 1926, 93x107cm



Image Credit: Tal Shochat, Pomegranate, Color Print, 2016

## ISRAELI ART AS A WINDOW TO HISTORY & COLLECTIVE MEMORY

WITH ARTIST AND EDUCATOR SHIREL HOROVITZ

Wed., May 19 11:00 am - 12:30 pm MST



[CLICK HERE](#) for more information and to register.



**Sunday June 6, 10:00 - 11:30 am - All are welcome!**

**June's book:**

*The Collected Stories*, by Leonard Michaels - we'll focus on the last seven stories in the collection, the Nachman stories

[MORE INFO & REGISTRATION](#)





**The Enduring Appeal of Advice Columns with Sally Stich  
Two Wednesdays: June 9 & 16, 10:00 - 11:30 am**

For many of us, it's the first thing we read each morning, either in the paper or online; however, few realize how old this genre is.

[MORE INFO & REGISTRATION](#)

## Ongoing Programs



**The Rest of the Tanakh with Pat Madsen**

**Weekly on Thursday, 4:00 - 5:30 pm**

All attitudes toward the text welcome, from reverent to what-the-f\*\* is this and anywhere in between.

MORE INFO & REGISTRATION



**Weekly on Thursday, 10:30 - 11:15 am**

Drop in via Zoom and kibbitz on the week's news and current events.

MORE INFO & REGISTRATION



**Informal Torah Study**

**Weekly on Saturdays, 9:00 - 10:00 am**

All are welcome, drop in when you are able!

MORE INFO & REGISTRATION

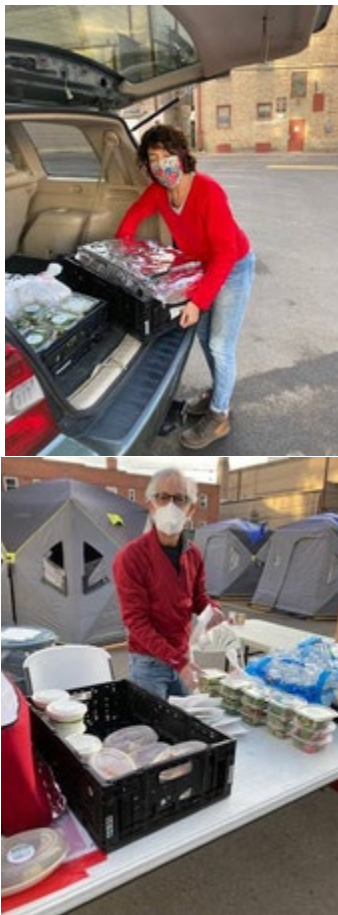
**Tikkun Olam**

## Safe Outdoor Spaces Meal Train Update

In the paragraph below, Vicki Saragoussi Phillips of Havurah Ruach shared the experience of her havurah through their participation in providing a meal for the residents of Safe Outdoor Spaces (SOS), a program that was established to provide a safe outdoor living area for homeless women. EarthLinks, one of our grantees and the featured grantee for our 2021 Tikkun Olam Shabbat, is one of the organizations supporting this program.

"Havurah Ruach was proud and excited to join in the Tikkun Olam effort in supporting people in the Denver area experiencing homelessness and poverty. Not only did we contribute toward a night of meals for women and trans-identifying individuals in need, but we supported the struggling restaurant industry, namely the SAME Café, which also supports and serves everyone in the high-needs community with dignity – a Triple Tikkun! We paid for, picked up, and delivered an aromatic and healthy catered meal (soup, salad, entrée, and dessert!). A great project for other havurot as this needed effort will continue through the Spring." [Read more](#)

Liane Morrison and Alan Greenberg of Havurah Ruach



**What's Nu will next be in your in box on May 19.**

Visit our website 24/7 for up-to-date information about scheduled services and programs.

<https://www.bnaihavurah.org/calendar> or

<https://www.bnaihavurah.org> (scroll down a bit to "Upcoming Events").

**Friday Update**, highlighting upcoming Shabbatot and holiday services and events, will continue to be emailed on most Fridays.

## Community Events

### **Out of the Shadows Watch Party**

**Tuesday, May 11, 6:30 pm**

Join Jewish Family Services Jewish Disabilities Advocates for this powerful Dateline NBC documentary which profiles the lives of children with rare medical conditions that force them to avoid sunlight and the parents who protect their children from sun, isolation, and ridicule. Movie to be followed by discussion of invisible disabilities with Rabbi Baruch Rosenberg, Rabbi Rachel Kobrin and Janet Smith. **REGISTER:** [brosenberg@ohrhaolam.org](mailto:brosenberg@ohrhaolam.org)

[B'nai Havurah](#) is a Jewish Disability Advocate, [Click here](#) to view flyer.

### **The JCRC Speakers Series presents**

#### **The Meaning of Reparations**

**Wednesday, May 19, 6:30 pm MDT**

An exploration of reparations as a way to address systemic racism and a discussion about national restitution in post-World War II Germany.

Economic inequality has been a prominent symptom of systemic racism in the United States since the abolition of slavery following the Civil War. Scholars have advocated for reparations as an effective pathway to equity, and they have been used around the world to reconcile past atrocities. But what

would American reparations look like in 2021?

To register and for additional information including a listing of an impressive speaker panel, [CLICK HERE](#).

The 2020-21 JCRC Speakers Series takes a close look at the experiences of Jews of Color and issues arising from systemic racism, such as the education gap and economic inequality.

Jewish Community Relations Council (JCRC) is a program of JewishColorado.

**New What's Nu Schedule:** What's Nu will be emailed every other Wednesday, rather than every Wednesday.

**Upcoming What's Nu publication dates are: May, 5, 19, and June 2**

**Deadlines:** If you would like us to review your event, article, photo (we love photos!) for publication consideration in What's Nu, we will need your information one week prior to the publication date, please.

Please email your information for consideration to: [exec@bnaihavurah.org](mailto:exec@bnaihavurah.org).

Please call our office at [303-388-4441](tel:303-388-4441) if you have any questions.