



SHALOM BABY

A resource booklet connecting
new parents and their babies with
the Calgary Jewish Community

FIFTH EDITION
WINTER 2015



Funded by generous donations to the United Jewish Appeal Campaign



*Shalom
and
greetings!*



Mazel Tov!

Calgary Jewish Federation is thrilled to welcome you and your baby as you embark on this wonderful journey of Jewish parenthood. May your child bring you much nachas (great pride), immense joy and fill your heart with love.

As our gift to you, we offer:

This resource booklet to help you and your family easily access information about the multiple ways you can connect within the Jewish community.

A Shalom Baby Gift Bag which we hope you have already received. If not, please contact Kathie Wainer, Shalom Baby Coordinator at 403-537-8592 or Email Kwainer@jewishcalgary.org and she will arrange for a delivery.

PJ Library. Through the generosity of local UJA donors, and the Harold Grinspoon Foundation, your child can receive an age appropriate Jewish book or CD every month, from six months to eight years of age, direct to your home at no charge. Please visit www.pjlibrary.org for more information and to register.

We welcome you and your growing family to our vibrant Jewish community and invite you to explore the many and varied activities, programs and services that are offered. Contact information for Federation and local agencies is included in the following pages, but we'd love to meet you and your baby in person! Please drop by our offices located in the Calgary JCC and say hello.



SHALOM BABY and PJ LIBRARY

By extending a hand of friendship to families who have recently experienced the birth or adoption of a child, we invite your family to become an integral part of Shalom Baby and Calgary's Jewish community. We connect young families, helping them build social connections and find support. Each new life in the Jewish community is welcomed and celebrated with a free Shalom Baby Gift Bag filled with valuable information, community resources and gifts for the baby.

There is nothing more magical and nurturing than reading stories with your child or grandchild. PJ Library transforms these wonderful early childhood experiences into powerful Jewish learning experiences.

Through the gift of PJ Library, eligible children between the ages of six months and eight years receive a free, high quality, age appropriate book or CD mailed directly to them every month. Books are carefully selected and introduce time-honoured Jewish values and holiday cycles, making it easier than ever for young families to bring Jewish culture home.

In addition, PJ Library families are invited to monthly programs and receive electronic newsletters filled with resources and information about community activities.

For more information and to register please contact Kathie Wainer, Federation's PJ Library and Shalom Baby Program Coordinator. Phone 403-537-8592 or Email kwainer@jewishcalgary.org

Calgary Jewish Federation welcomes and supports children and adults with special needs. If you or a loved one needs special accommodations to participate in any of our programs, please contact Judy Shapiro at 403-444-3153 or email jshapiro@jewishcalgary.org



BABY & INFANT PROGRAMS and SERVICES

BABY GROUPS

The HOJMI Playgroup

Congregation House of Jacob-Mikveh Israel

1613 92 Avenue SW

Tuesday mornings 9:30 – 11:30am

No charge

All children up to age 4 and their mothers, bobbies or nannies are welcome for a weekly playgroup. Contact Katy Booth at 403-604-2158 for more information.

Shalom Baby Play Group: For the Under Twos

Alternate Thursday Mornings 10:30am – Noon Calgary JCC

No charge

Join our Shalom Baby group for the under twos. Everyone is welcome with their baby – moms, dads, grandparents, caregivers.

Contact Kathie Wainer 403-537-8592 or email kwainer@jewishcalgary.org for more information.

PJ Tot Shabbat

Alternate Friday Mornings 9:45am-10:30am Calgary JCC

No Charge

Free half hour class focusing on the festive feeling of Shabbat and holidays through songs, stories, blessings and dance.

Contact Kathie Wainer 403-537-8592 or email kwainer@jewishcalgary.org for more information



MOM AND BABY AT THE JCC BOOTCAMP

Calgary JCC

1607 90th Avenue SW

Calgary, AB T2V 4V7

Phone 403-253-8600

Website: www.calgaryjcc.com

Thursdays 9:30am – 10:30am

Get back into shape after having your baby with fun and challenging intervals, circuits and strengthening exercises. Babies 6 weeks to 12 months welcome.

AQUAFITNESS

Tuesdays 10:00-10:45am

This is for new mothers looking for a great way to get back into a fitness routine while interacting with their baby. Babies 6-18 months welcome. Plastic pants and “Little Swimmers” style swim diapers are required.

BABYSITTING

24 hours advance registration required.

The Calgary JCC is proud to offer a babysitting service with qualified and enthusiastic instructors from Monday to Friday 9:00am to 11:00am to take care of your little one while you exercise. Please email rshore@cjcc.ca for costs and to register.

PROGRAMMING FOR THE UNDER THREES

Time for Twos: (Unparented) Ages 2-3

Mighty Munchkins: (Unparented) Ages 2-3

Music with Your Baby: Ages 1-24 months and 24-36 months

For registration information and costs please contact Rhona Shore:

403-444-3168 or email rshore@cjcc.ca.



EARLY CHILDHOOD CARE

Akiva Academy Accredited Day Care

140 Haddon Road SW,

Calgary AB T2V 2Y3

Phone: 403-259-2808

Website: www.akiva.ca

Open to all children ages two and a half years and up.

Hours: 8:00am to 6:00pm.

Calgary Jewish Academy Gan Khugim Program

6700 Kootenay Street SW

Calgary, AB T2V 1P7

Phone: 403-253-3992

Website: www.cja.ab.ca

Afternoon program for CJA students, ages two and a half years to four years enrolled in the morning Nursery or Junior Kindergarten program. Emphasis is on creative play

Calgary JCC Day Care

1607 90th Avenue SW

Calgary, AB T2V 4V7

Phone 403-253-8600

Website: www.calgaryjcc.com

BabeCare Early Learning Centre

Licensed and accredited day care, open from 7:30am – 6:00pm.

Daycare and after-school programs provide quality child care, social, cultural, educational and recreational activities for children ages 13 months to 5 years in a safe and clean setting equipped with a variety of age appropriate play materials. Call 403-444-3175 or email tvanmeer@cjcc.ca for more information.



GETTING CONNECTED

Calgary is a great place to raise a family and our Jewish community offers many options for making lifelong Jewish connections. From parent and tot programs, to Jewish Day, Shabbat and Shul Schools, summer camps, the JCC and synagogues, there are diverse activities and programs to suit EVERYONE's needs and desires.

Calgary Jewish Federation's website www.jewishcalgary.org offers information about our Jewish community and current events, and its online Community Calendar lists events by date.

Pomegranate: News, views and schmooze showcases the activities of Federation and is published in the Jewish Free Press. Use the contact information below for a free subscription to the Jewish Free Press.

ePom is an Email newsletter from Calgary Jewish Federation sent out on the first and third Monday of each month. To have your name added to the mailing list, contact Elliott Steinberg at 403-252-5801 or email esteinberg@jewishcalgary.org.

Another way to stay connected with Calgary Jewish Federation and everything that is happening in Jewish Calgary is to join our Facebook Group: <https://www.facebook.com/CalgaryJewishFederation>. If you are new to Calgary, check out our Shalom Calgary Facebook page at: <https://www.facebook.com/groups/1409801995945304/> and join up! If you're between 25 and 45, you can connect with YLD (Young Leadership Division) at <https://www.facebook.com/CalgaryYld>.

The Jewish Free Press provides free home delivery bi-monthly. Local, national and international topics related to Jews and Israel is the focus. To subscribe phone 403-252-9423 or email jewishfp@telus.net.

The Calgary Jewish Pipeline is a weekly E-bulletin providing updated information about events in the Calgary community. Visit: www.canadajewishpipeline.ca to sign up.

If the cost of Jewish programs, activities and services are beyond your reach, you may qualify for financial support through Calgary Jewish Federation's Integrated Bursary Program. Contact Judy Shapiro 403-444-3153 or email jshapiro@jewishcalgary.org for more information.



COMMUNITY SERVICES

Jewish Family Service Calgary

#420, 5920 - 1A Street SW

Calgary, AB T2H 0G3

Phone: 403-287-3510

Website: www.jfsc.org

Jewish Family Service Calgary strengthens the community by helping people and treating them with dignity, in the spirit of Jewish tradition and values. Clinical Counselling, Outreach, Shalom Bayit, Resettlement and Integration, Basic Needs Assistance and Kupah Tzedakah are some of the services available.

Community Mikvah

Sponsored by Calgary Jewish Federation

Located in the basement of Congregation House of Jacob-Mikveh Israel

1613 - 92 Avenue SW

Calgary, AB T2V 5C9

Mikvah line: 403-515-2698

By appointment only

Open to all members of the community

Calgary Jewish Community Chaplain

Sari Shernofsky

Sponsored by Calgary Jewish Federation

1607 90th Avenue SW

Calgary, AB T2V 4V7

Phone: 403-251-6507

E-mail: sari.shernofsky@shaw.ca

The Calgary Jewish Community Chaplain reaches out to members of the Jewish community who are hospitalized, living in isolation or long term care facilities. The Chaplain also supports the families of those individuals.

For more information about Calgary Jewish Federation, please contact Kathie Wainer at 403-537-8592 or kwainer@jewishcalgary.org.



SYNAGOGUES and TEMPLES

Calgary has many options available for those who wish to explore the religious aspects of Judaism.

Beth Tzedec Congregation (Conservative)

1325 Glenmore Trail SW
Calgary, AB T2V 4Y8
Phone: 403-255-8688
Website: www.bethzedec.ca

Chabad Lubavitch of Alberta (Chabad)

#28, 523 Woodpark Boulevard SW
Calgary, AB T2W 4J3
Phone: 403-238-4880
Website: www.chabadalberta.org

Congregation House of Jacob-Mikveh Israel (Orthodox)

1613 92 Avenue SW
Calgary, AB T2V 5C9
Phone: 403-259-3230
Website: www.hojmi.org

Kehilat Shalom (Traditional)

1607 – 90th Avenue SW
Calgary, AB T2V 4V7
Phone: 403-457-2625
Website: www.kscalgary.org

Temple B'nai Tikvah (Reform)

900 – 47 Avenue SW
Calgary, AB T2S 3C8
Phone: 403-252-1654
Website: www.bnaitikvah.ca



JEWISH LIFE CYCLE EVENTS and RITUALS

The following very brief overview of Jewish Rituals and Holidays is intended as a guide only. Each family and denomination practices Judaism and celebrates holidays differently, so it is recommended that you consult with your family and/or Rabbi to learn more. Each synagogue holds regular services in addition to holiday and family celebrations. For information about local events and celebrations, visit our community website at: www.jewishcalgary.org.

Birth and Naming Ceremonies

On a Sabbath morning soon after a Jewish child is born, the infant's parents are called forward at the synagogue to recite the aliyah and ask blessings for the health of parent and child. If the child is a girl, she is named at this time.

Brit Milah: Circumcision

For boys, the rite of circumcision (brit milah) is performed on the eighth day of life, health permitting. Please contact the Rabbi of your choice directly for more information.

Conversion

Conversion to Judaism (giyur) is a formal act undertaken by a non-Jewish person who wishes to be recognized as a full member of the Jewish community. Please contact the Rabbi of your choice directly for more information.



JEWISH HOLIDAYS

Shabbat

Shabbat is considered the most important of all Jewish holidays. It is the day of rest and weekly observance of G-d's completion of creation. Starting on Friday night an hour before sunset, it lasts for 25 hours until one hour after sunset on Saturday night. Typical Shabbat observances include the recitation of blessings over Shabbat candles, challah and wine.

Rosh Hashanah

During the fall when the days begin to shorten and the leaves begin to change, Jewish tradition encourages us to look inward as we prepare for the New Year ahead. The Jewish New Year (Rosh Hashanah) is a holiday marked by festive meals with foods symbolizing our hopes for the new year: apples dipped in honey for a sweet new year and pomegranates for a year of plenty. A highlight in Synagogue is the blowing of the Shofar, a ram's horn.

Yom Kippur

The most solemn day of the Jewish year, Yom Kippur, the Day of Atonement, is a day of reflection and self-examination. Many spend the day in synagogue devoted to prayer and study while abstaining from food and drink.

Local synagogues welcome young families to High Holy Day services (Rosh Hashana and Yom Kippur), but arrangements must be made in advance. Some synagogues provide play areas and services for children.

Sukkot

This seven-day festival celebrates the fall harvest and also commemorates the time when the Hebrews dwelt in the Sinai wilderness on their way to the Promised Land of Israel. The holiday is celebrated by building (and then dwelling in) ceremonial huts called Sukkot, waving a lulav made from four different plant species (palm, myrtle, willow and citron) and enjoying many food-filled festive gatherings in the Sukkah.

Shemini Atzeret

This holiday literally means the "Eighth Day of Assembly." It is a festive day after the week-long festival of Sukkot. Shemini Atzeret marks the beginning of the rainy season following the harvest in Israel and is marked by the annual prayer for rain, Tefilat Geshem, recited in synagogue. In Israel it is combined with the holiday of Simchat Torah.



Simchat Torah

Every week all over the world, the same Torah portion is read in Jewish communities. On Simchat Torah the cycle ends and begins again. This is accompanied by parading the Torah scrolls while singing and dancing.

Chanukah

Also known as the Festival of Lights and Feast of Dedication, Chanukah is an eight-day holiday commemorating the rededication of the Second Temple in Jerusalem at the time of the Maccabean Revolt against the Seleucid Empire of the 2nd century BCE. Chanukah is observed on the 25th of Kislev, which may occur from late November to late December. The festival is celebrated by the lighting of candles in a special menorah (candelabra), which for Chanukah has eight branches with an additional visually distinct branch called a shamash (Hebrew: **שמש**, "attendant"). We light one additional light on each night, progressing to eight on the final night. Other Chanukah festivities include playing dreidel and eating oily foods such as doughnuts and latkes.

Purim

Purim commemorates the deliverance of the Jewish people in the ancient Persian Empire where a plot had been formed to destroy them. According to the Book of Esther (which is read on this holiday), Haman the royal vizier to King Ahasuerus planned to kill all the Jews in the empire, but his plans were foiled by Mordecai and his cousin and adopted daughter Esther, who had risen to become Queen of Persia. The day of deliverance became a day of feasting and rejoicing. Purim is also celebrated by eating Hamantashen pastries, exchanging reciprocal gifts of food and drink known as mishloach manot, as well as donating charity to the poor known as mattanot la-evyonim.

Passover

Pesach (or Passover) is an 8 day holiday devoted to the retelling of the story of our ancestors' exodus from Egypt. Traditionally, a festive meal with symbolic foods accompany the reading of the story. Refraining from eating leavened bread and other grain products is one of the more notable symbolic observances.



Shavuot

Shavuot (meaning “weeks”) commemorates the anniversary of the day G-d gave the Torah to the entire nation of Israel assembled at Mount Sinai. The holiday is one of the Shalosh Regalim, the three Biblical pilgrimage festivals. It marks the conclusion of the seven-week Counting of the Omer, and its date is directly linked to that of Passover and the release of the Israelites from their enslavement to Pharaoh. On Shavuot they were given the Torah and became a nation committed to serving G-d.

Yom HaShoah

Yom HaShoah is the official day of commemoration for the approximately six million Jews who perished in the Holocaust as a result of the actions carried out by Nazi Germany and its accomplices. The full name is Yom HaShoah Ve-Hagevurah (Heroism), reflecting the dual commemoration of the victims and of the resistance fighters. It is marked with a memorial service on the 27th day in the month of Nisan which is the anniversary of the Warsaw Ghetto uprising. In 2000, Yom Hashoah was declared an official day of Holocaust and genocide remembrance in the province of Alberta.

Yom Hazikaron

Yom Hazikaron is Israel’s official Remembrance Day and is commemorated on 4th of Iyar. Originally a day of remembrance for those who fell in the struggle for the establishment of the State of Israel and in its defense, the commemoration has now been extended to civilian victims of political violence and terrorism . A memorial ceremony includes traditional readings and songs.

Yom Ha’atzmaut

Yom Hazikaron is directly followed by Yom Ha’atzmaut the anniversary of the Declaration of the Establishment of the State of Israel, on May 14, 1948. It is celebrated on the 5th of Iyar or on one of the preceding or following days, if that date falls on Shabbat. In contrast to the solemnity of Yom Hazikaron, Yom Ha’atzmaut is a lively, fun celebration. and songs.



