

HEALING OURSELVES

CONGREGATIONAL PROGRAMMING BROCHURE 2018-2019

שלימות



TEMPLE BETH SHOLOM

A JEWISH CENTER OF LIFE, LEARNING AND CONNECTIONS

SHALOM!

The month of Elul, the month prior to Rosh Hashanah, is our opportunity to prepare ourselves for a careful examination of our lives and the past year. We use this month to consider our fast paced lives and ask, are we caring for ourselves? It's so easy to get wrapped up in the moment and forget to care for ourselves, especially when we might be the caregiver for at least one or sometimes more people; from our children, to our parents, and sometimes to both at the same time. We might be caregivers to other family, friends or even colleagues. Ultimately, our hope is to bring comfort and provide any necessary support to those in need.

The prophet Isaiah wrote, “*nachamu, nachamu ami*: comfort, comfort My people.” (40:1) These words were spoken by Isaiah on behalf of God in order to bring comfort to the people after the Temple was destroyed. However, they also served as an important reminder that a better day was coming and there should always be hope.

It is easy to push away our own needs. We are good at coming up with excuses: I don't have time for personal prayer or meditation; I'm too busy to read something for my own personal learning; I already did my time in religious school when I was a kid, why would I want to be bogged down with that now when it's too late for me to learn anything new; I don't have time to take care of my body when it hurts, it will just get better over time. I'm sure each of us can add our own personal items to this list very easily.

5779 is the year that each of us can strive to do something for ourselves! To bring comfort to others, we have to make sure we are strong and personally cared for. Within the pages of this booklet we hope you will be inspired by some of our personal stories as well as resources for each of us to create *shleimut*, wholeness within our lives. We invite you to go beyond the High Holy Day resources and explore the many opportunities for learning, spiritual enlightenment and social opportunities that each of us are excited to bring in 5779.

On behalf of the entire staff and Board of Directors, may 5779 be a year in which each of us take moments for our personal healing and growth. May 5779 be a year of renewed strength for our congregation, our country, and our world. And finally, may everyone have a meaningful and sweet new year!

Shanah Tovah,
Rabbi Heidi M. Cohen and the TBS Staff and Board of Directors



HIGH HOLY DAYS

The High Holy Days are a time for celebration as well as reflection. As we prepare for the High Holy Days, we wish you *Shanah Tovah* and a year filled with health, happiness and peace. We look forward to being together as a community during this special time of return and renewal.

Selichot

Saturday, September 1, 2018
6:00 pm | Dinner (*reservations required*)
7:00 pm | Film “*Where to Invade Next*”, Discussion & Service to follow
Location: Social Hall and Sanctuary

Erev Rosh Hashanah

Sunday, September 9, 2018
7:00 pm | Erev Rosh Hashanah Service
Location: Sanctuary

Rosh Hashanah

Monday, September 10, 2018
10:00 am | Morning Service
3:30 pm | Children’s Service (*Specially designed service for families with children 6 years and younger*)
Location: Sanctuary and Outdoor Campus

Rosh Hashanah (2nd Day)

Tuesday, September 11, 2018
10:30 am | Service, Luncheon to follow (*\$18.00 per person | reservations required*)
Location: Sanctuary and Social Hall

Shabbat and Tashlich at the Beach

Friday, September 14, 2018
5:00 pm | Tashlich, Dinner & Shabbat
Location: Corona Del Mar State Beach

Erev Yom Kippur (Kol Nidrei)

Tuesday, September 18, 2018
7:00 pm | Kol Nidrei Service
Location: Sanctuary

High Holy Days Food Drive

The High Holy Days Food Drive is back. Grocery bags are available now throughout the High Holy Days. We are asking everyone to pick up a bag, fill it and return it. This year we have the opportunity to help more people than ever before! See below for the list of items we are collecting. For more information contact Cheryl Escoe at rdrnner43@aol.com.

Peanut Butter and Jelly	Cereal	Canned Fruits/Vegetables	Hot Cocoa Mix
Spaghetti/Pasta	Ramen Noodle Packages	Crackers	Snack Packs
Marinara Sauce	Soup	Granola Bars	Energy Bars
Macaroni and Cheese	Canned Tuna	Juice Boxes	Reusable Grocery Bags

Yom Kippur

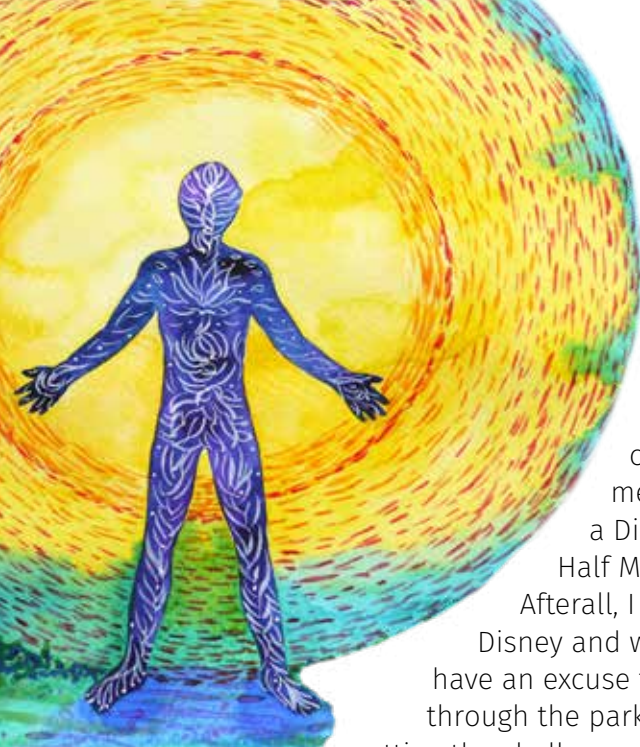
Wednesday, September 19, 2018
10:00 am | Morning Service, Yom Kippur
Discussion Groups to follow
1:30 pm | Afternoon Study Sessions
Restorative Justice | Dr. Alissa Acklin-Ackerman
iEngage Preview | Jodi Kaufman
Torah Study: Men’s Health Issues Started a Long Time Ago | Dr. Norman Rosen
Coffee House (minus the coffee): Discussion of current events and the news...the only rule is to be civil | Dr. Martin Graffman & Gary Holloway
Social Justice Program: The Social Justice committee will share where we are and where we are going | Social Justice Committee
1:30 pm | Children’s Service (*Specially designed service for families with children 6 years and younger*)
3:30 pm | Afternoon Service/Yizkor/Neilah
Sisterhood Break the Fast to follow
Location: Sanctuary, Classrooms, Outdoor Campus

Sukkot

Sunday, September 23-30, 2018
More information to follow

Simchat Torah

Sunday, September 30, 2018
5:00 pm | Yizkor
6:00 pm | Simchat Torah Service



Sh'mirat HaGuf - Caring for our Bodies and Soul

Rabbi Heidi M. Cohen

A few years ago a friend of mine challenged me to run a Disney Half Marathon. After all, I love Disney and why not have an excuse to run through the parks? I kept putting the challenge off for various reasons; too close to the

High Holy Days, too close to the beginning of school, my mom and I have a deal - I'll start running when I see someone smiling while they run. I ran out of excuses and it was finally time for me to accept the challenge and get moving. After months of training, I finally ran my first half marathon. Since then, I've run four more including two challenges of running a 10k one day and the half the next. And with each race I discover how much I love to run. And it's not only the adrenaline of the race itself, it's how running makes me feel; body, mind and spirit.

Ever since I've started running consistently, I notice a difference in how the rest of my day goes. I'm able to run through the issues on my plate for that moment. I'm able to process the projects that are before me. I'm able to relieve the stress or the pain of a difficult moment. When I don't run I notice that I am not as clear or as focused and the day is not as smooth.

Running has become part of my spiritual and physical practice. Our bodies are created *b'tzelem Elohim*, in the image of God, and as such, there is a spark of the Divine within each of us. Our bodies are only on loan to us to house our soul and allow us to move about this world interacting with others and fulfilling the command by God to continue the work of creation. Therefore, we must care for our bodies and fulfill the Jewish value of *sh'mirat ha-guf*, protecting and showing the utmost respect of this sacred vessel. Yet, I've discovered that running

is not just affecting my body and soul but also my connections with others.

Every morning, at about the same time, I take the same route to the Walnut Trail. Along the trail I've come to meet the same people every day, especially two gentlemen, Ray and John. These two feisty gentlemen have become an important part of my daily ritual. Ray and John are in their late 70s and 80, walk every morning. They are each committed to make sure his friend is taking care of himself and out walking. Their daily conversations include reminding me that they are working on fixing the world....if only everyone else would listen to them. Ray, with his gentle and quiet demeanor, next to John, the bright Irish man with strong opinions on everything, greet every person on the trail with a smile, a handshake or hug, and a piece of advice for the day. And when they don't see me for a few days, they are genuinely concerned to make sure that all is right in my world. The connection we have made over the past couple of years is great and we genuinely care for each other.

Brené Brown reminds us that "Connection is why we're here; We are hardwired to connect with others, it's what gives purpose and meaning to our lives, and without it there is suffering." While running is good for my own body and mind, the connections I've made with others is just as important. To see the same people day in and day out on the trail, to connect with them, even for a moment, is a gift. Personal connections remind us that we are worthy of being loved and worthy of connecting with others, that we shouldn't live in isolation.

As we prepare for these High Holy Days take notice as to how you are caring for your body or even how you might not be. Pay attention to the connections you make on a daily basis and how those connections enhance your life. Take moments to be grateful for body and soul. And finally, remember that each of us are worthy of connections, of being loved and living surrounded by those who care for us, even if they are only in our day for a brief moment. And finally, remember to smile - I do every day as I run Mom!

The Harmony of Healing

Cantor David E. Reinwald

It was one of those days when I had worked a long, tiring day -- one that I am sure you have experienced many times too. I was living in Austin, Texas, and in my first two years of working as a full-time cantor. Austin, the self-proclaimed "music capital of the world," had me attending a variety of eclectic concerts on a regular basis, nearly any evening of the week. I had purchased a ticket in advance for a new found favorite, The John Butler Trio, an Australian band which was part funk, part jazz, with a pinch of reggae -- they never encompass a single genre. But, being that I was overly exhausted from the day, I was having buyer's remorse. Should I go to the concert or should I just go home? I just wasn't feeling it.

I went to the concert. They opened with the song I liked most -- one that I had heard them play on a late night TV show. As I stood around listening to the remainder of the concert, my energy diminishing, suddenly the lead singer (John Butler) was left on stage alone. He began percussively playing his guitar in a song that sounded like none of the others. The rhythm pulsed like a heartbeat and quickly drew me in. What was this? The texture of the song changed as it moved from section to section, and it was a long, meandering song, but it was beyond expressive. In fact, it was one of the most amazing performances I had ever heard on guitar and I was absolutely entranced. In that exact moment, I was so thankful that I had come to this concert, because I was experiencing a transcendental moment of live music that I would have never found. I left that concert with an amazing energy. The music had filled my soul and I was changed.

A few years later, I heard John Butler play this song again. It is called "Ocean," and this time, he introduced it as a living and breathing piece of music. He said it was never really complete -- always growing and changing with the times. The energy and passion that he pours into this piece of music is so tangible everytime you hear it -- more so when you hear it live, but I encourage you to now go and look up this song on YouTube. Take a moment. Close your eyes or watch him as the music becomes a physical

embodiment of his heart and soul.

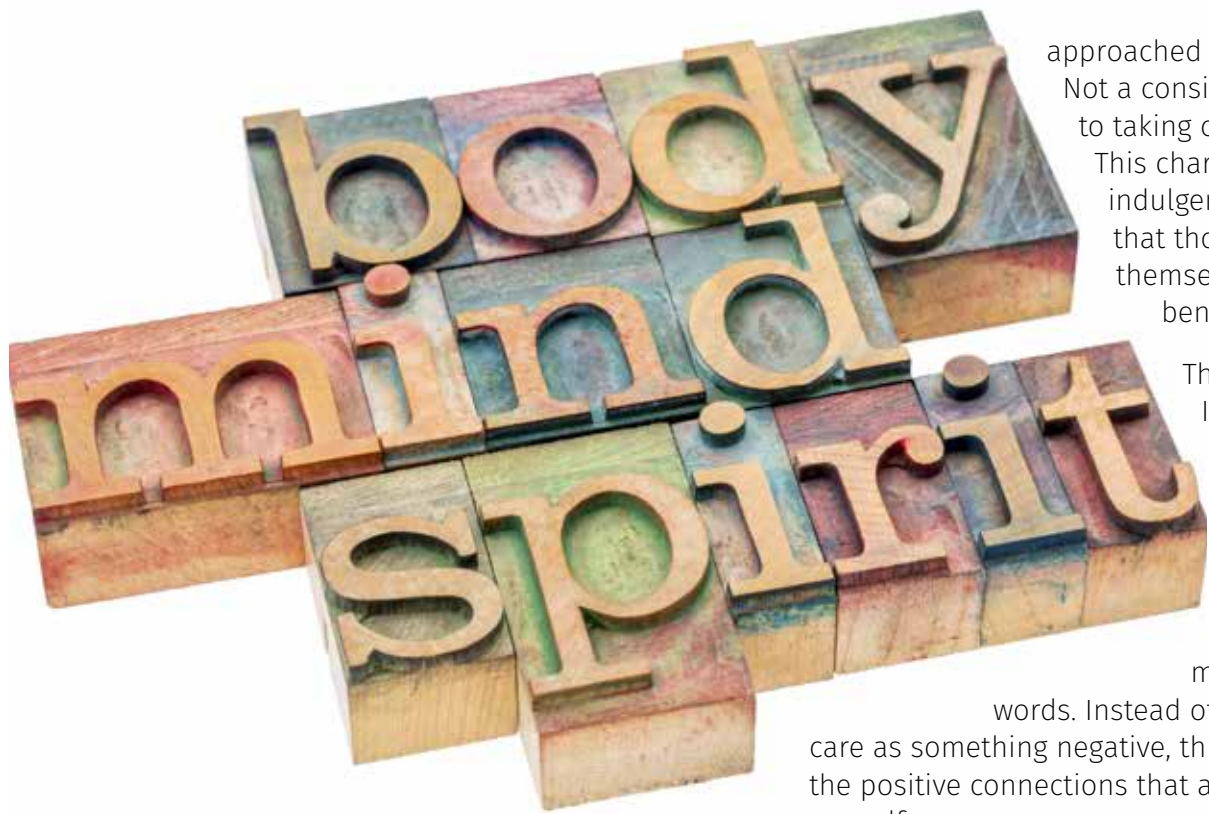
We all have a favorite piece of music that connects deeply within us. It becomes a part of our emotional consciousness and sometimes becomes the voice that we, perhaps, cannot put into words. Music is a carrier between worlds -- between the known and unknown, between what is seen and what is unseen, and time and time again, I have found music to be a mysterious connection between the living and those who have come before us. Music, indeed, can also be a powerful healer and can accompany a transitory migration from life to death.

There is an abundant amount of research that has found mass benefit for clinical use of music and music therapy. It empowers those struggling with illness in ways that we may not be able to pinpoint in every detail, but we understand how it unifies areas of the mind and body. And, music can show great benefit to all of us each and every day. In fact, I have classical music playing as I am writing this article and it is keeping my mind focused and astute.

In this noteworthy season, I hope you find musical moments that include moving melodies and all-encompassing harmony.

B'shirah u'vrachah -- In song and in blessing.





approached it, without realizing. Not a consistent commitment to taking care of oneself. This characterization as an indulgence has an overtone that those who take time for themselves are selfish and benefit only themselves.

This was the first time I thought deeper about my self-care and what it might mean. What has been the impact of my haphazard self-care? I found myself drawn to these words. Instead of equating self-care as something negative, this article explores the positive connections that are part of healing oneself.

“Self-care is also a discipline because it’s not something you do once in a while when the world gets crazy. It’s what you do every day, every week, month in and month out. It’s making the commitment to stay healthy and balanced as a regular practice. Ironically when you truly care for yourself, exercising all the discipline that requires, you are actually in a much stronger place to give of yourself to those around you.”

With continual self-care, this article explores the idea that we each contribute more positively to society and to those around us. What would this mean for our family and friends...our TBS Community...the World? If we made our self-care a discipline, how could this change the way we interact with others? When I take time to relax and step back, I find myself more focused: able to work thoughtfully and approach family and friends with compassion, instead of coming from a reactionary position or feeling stressed out.

I invite you to join me in this challenge of self-care as a discipline. To take time daily or weekly, whatever you need, to ensure that self-care is consistent. By making a commitment to myself, I also commit to those around me. May this year be a healthy and happy one, filled with joy and self-care.

Healing Ourselves

Ruth Irving, MBA | Executive Director

Self-care, healing ourselves, personal time... there are so many words and phrases to explain the same notion. But what does this mean? How do we heal ourselves? There is no rubric for how. Each person finds their own way to cope and address what is happening in the world and in their personal lives. As I was thinking about what self-care means to me, the subject kept popping up everywhere I looked!

Taking a moment to think about my personal self-care, I associate it with “fitting it in.” Something I do as needed, when things get crazy. Maybe it’s been a long week and I deserve a quiet lunch at a new restaurant, or giving myself permission to ignore my email for a day on the weekend. Maybe wandering around a garden, or diving into a new book. I set aside time haphazardly. How do I fit in time for myself when there is so much to do!

One article, in Forbes titled “Self-Care Is Not An Indulgence. It’s A Discipline.” got my wheels spinning. They suggested that the current characterization of self-care is that of an indulgence. A way to pamper ourselves, periodically, as something special. Exactly the way I have

Perfectly Imperfect

By Jodi Kaufman, RJE | Director of Congregational Learning

Healing our mind, body and spirit? Really?

Mi Shebeirach avoteinu v’imoteinu, Avraham, Yitzchak v’Yaakov, Sarah, Rivkah, Rachel v’Lei-ah.

May the one who blessed our ancestors, Abraham, Isaac and Jacob, Sarah, Rebecca, Rachel and Leah, bless and heal those who are ill. May God swiftly send them a complete renewal of body and spirit, and let us say, Amen.

We are all familiar with the words of the *Mi Shebeirach*, or are we? We are trained to say renewal of mind, body and spirit. Our Rabbi asks us to call out the names of those who need healing of mind, body and spirit. Yet the words of the *Mi Shebeirach* simply say a complete renewal of body and spirit. What about the mind? Can we have complete renewal of our bodies and spirits without healing our minds? Why is the word mind left out of the *Mi Shebeirach* in the Hebrew? Or better yet, why did we add it into the English?

Mindfulness, mind over matter, meditation and visualization all show us the connection between our minds and our bodies. How do we heal our minds? I think we heal our minds when we learn and grow and challenge ourselves to be our authentic selves.

According to Brené Brown, “Authenticity is the daily practice of letting go of who we think we’re supposed to be and embracing who we are. Choosing authenticity means: cultivating the courage to be imperfect, to set boundaries, and to allow ourselves to be vulnerable; exercising the compassion that comes from knowing that we are all made of strength and struggle; and nurturing the connection and sense of belonging that can only happen when we believe that we are enough. Authenticity demands wholehearted living and loving – even when it’s hard, even when we’re wrestling with the shame and fear of not being good enough, and especially when the joy is so intense that we’re afraid to let ourselves feel it.”

Finding and becoming our authentic selves takes a lot of work and courage. We have to just be. Just be our imperfect selves. Show our vulnerabilities and own them.

Sounds scary, right? Well it is. It means taking risks and opening ourselves up. Why would we do that? We each create an armor that protects us. Walls that go up and say- no entry. This past year I read *Daring Greatly* by Brené Brown. It took me on an emotional roller coaster. I was striving to become a better me and several people suggested this book. And so I read. I practiced being vulnerable. It scared me. Instead of worrying what others thought, I was just me. I was an overachiever and had several panic attacks as I thought, “what have I done?” “Why did I share that?” And now I want to hide. And I did. But then I was vulnerable again and I felt empowered. You see, nothing happened. I was simply heard and validated. And for an introvert, vulnerable is the last thing I want to be. I want to fly under the radar, not be in the center of the screen. But it felt good to let the words out of my head. To share and be authentically me.

So what have I learned about being vulnerable and being authentically me? I’ve learned that my imperfections are what make me who I am. And I am worthy. I am perfectly imperfect. And I keep on practicing being vulnerable and being my authentic self.

Mindfully practicing authenticity during our most soul-searching struggles is how we invite grace, joy, and gratitude into our lives. I am grateful for so many things in my life. I’ve learned that I need to make my happiness and personal growth a priority. The more I take care of myself, the more I can take care of others. And I’ve learned that by working on me, I am healing my mind, my body and my soul.

As we enter the High Holy Days may you each find those moments to find your authentic self and own it. For we are all perfectly imperfect.



Stories of Healing

Pam Ranta | Director, Early Childhood Center

We all have a story to tell. The story of our life, complete with happiness, success, love, frustration, pain, loss and a path to healing. The plot may appear similar, the conflicts and struggles sound familiar, but the choices made at each turn, the individuals’ inner strength and resilience and the family dynamic make each of our stories unique.

Mine began in Encino, California. My brother is 4 years my senior and according to my mother of blessed memory, was sweet, but difficult from birth. As he reached adolescence his behavior became increasingly defiant and in our otherwise peaceful and loving household, arguments and shouting between my parents and brother grew in frequency. My desire to ease my parent’s burden led me to the role of the “good” child. I withheld my emotions and feelings of loneliness. By the time I was 9 I had developed an ulcer. My parents lovingly told me it was okay to speak up, but I needed life coping skills.

As I matured I became the mediator, the fixer of everyone else’s problems. In my relationships with others I was the nurturer, the caregiver, the friend that listened to the stories of breakups, hardships and happiness they experienced. Eventually I fell in love with a gentle soul who was an alcoholic. The signs of his disease were visible early in our relationship, but I didn’t see them. I practiced the role I learned early in life and continued to discount myself. We were married when I was 27 and by 29, my husband had entered a rehab program.

I wonder now, do we seek out situations that provide opportunity for growth or do we just happen to be at the right place at the right time?

His program provided free counseling for co-dependents. I was intuitive enough to know that if I didn’t want to continue down the same path I was on I needed to learn how to live differently. I view this time as the pivotal point in my life.

There were 60 men in the state funded residential program he attended. Many of the men still had a connection to

at least one family member and yet, for six weeks, I was the only one who took advantage of the “group” counseling offered. The facilitator was a psychologist who quickly helped me understand, deep in my core, that I took care of others but did not allow them to take care of me. The work we began together were my first steps in developing a strong self-identity and with those steps I began my ever-continuing road to recovery. The years Gary and I spent together, raising our family, were filled with happiness and struggles. It is clear that “recovering”, involves continual self-assessment, taking “inventory” and taking responsibility for ones’ actions. Beginning with my first pregnancy and ending when my youngest was two, a self- help group for recovering addicts and co-dependents met in the living room of our home. This chapter of my life set me on the path of self-healing. As an adult I was grasping the tools that would have eased my pain as a child.

Today we are witness to an unprecedented number of individuals, 3 years of age and up, diagnosed with anxiety and depression. Both environmental and neurological circumstances have an impact on these mental illnesses. Information gained through brain research and neuropsychological studies has increased our knowledge and understanding of ways to assess and assist in the healing process at an early age. Studies also show that parents who provide a positive role model by rationally confronting their anxieties and fears, fostering a healthy self-image in their child and facilitating autonomous growth, have a better chance in raising a healthy child. I believe and have witnessed that adults who truly feel loved by their parents, have a significantly higher chance of recovery.

I was fortunate to be raised by loving parents in a relatively happy home. My story is not an uncommon one, nor was it severe. Others are not so fortunate. As a community we need to be aware of the signs that someone is in distress and is in need of help. Through diagnosis and treatment healing is possible.



The Importance of Ritual (To Me)

Jack Holmes, TBS President

It has been my distinct privilege to observe, participate in and learn from our congregants’ life cycle events during this past year. This is perhaps the best gift a temple president receives. The opportunity to observe, firsthand, the vast tapestry of how each and every one of us “Does Judaism”.

Despite these wonderful opportunities and years of study, I often feel like I am still in the nascent stage of learning the deeper meanings of ritual; perhaps to some extent we all are. After-all, we have a multi-generational Torah study group who discusses the meaning of individual letters of the Torah sometimes without reaching consensus. This, at least for me, only leads to more questions and that is a good thing.

It may be a cliché but, the moment we stop learning is the moment we stop growing. I recently read an article that discussed how some Jews take ritual for granted and simply go through the motions to satisfy obligation. I suppose that might be true for some but, I find, generalizations tend to be inaccurate. If the author’s contention is true, it is quite unfortunate that so many have lost the vital connection to self, community and God that ritual provides.

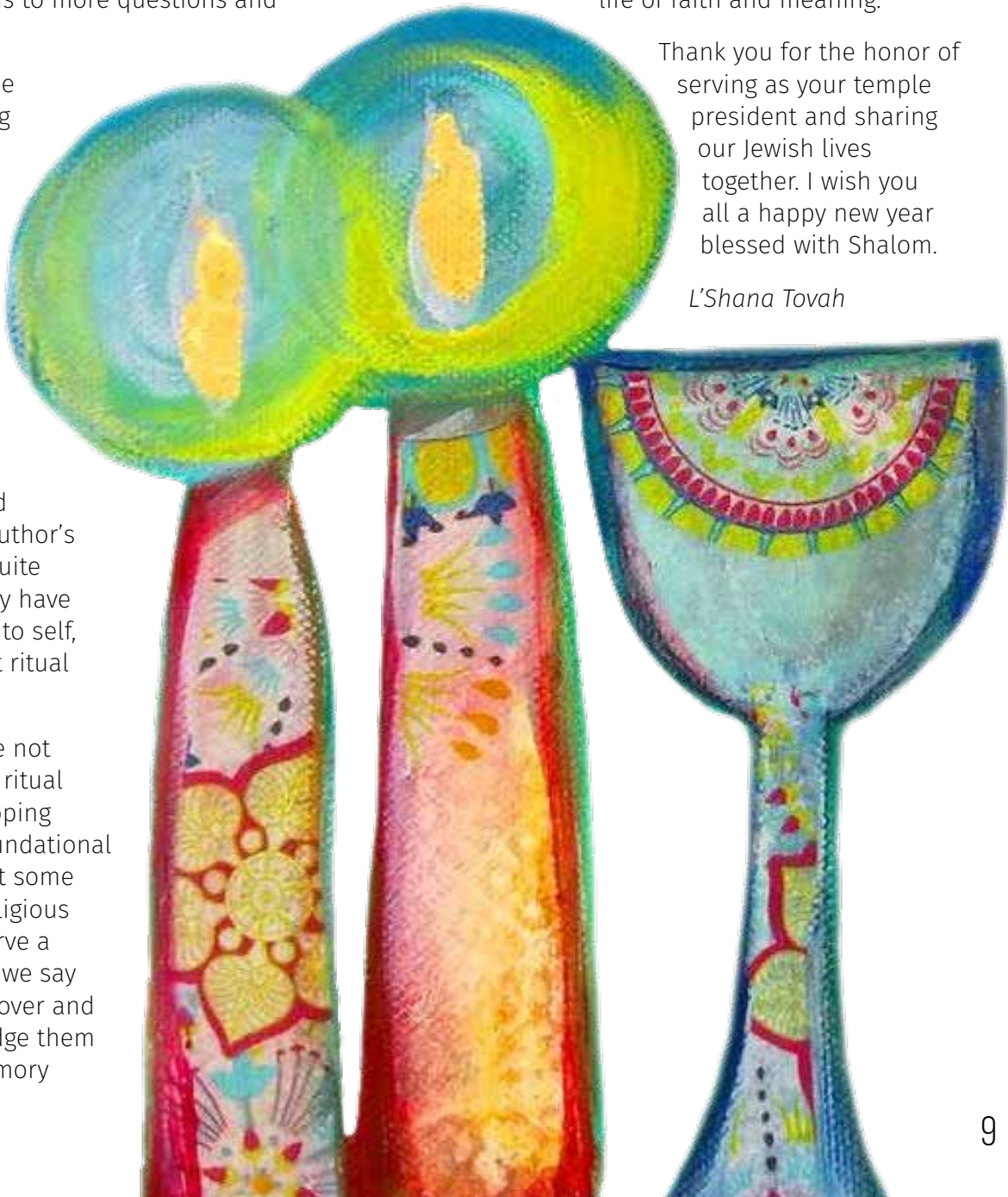
For those of us who were not raised in a Jewish home, ritual is a critical link in developing understanding of the foundational elements of Judaism that some may take for granted. Religious “ritual practices” also serve a critical educational role; we say and do the same things over and over again, in part, to lodge them in our subconscious memory

for future use. As my perspective has changed over time some of those lessons have returned to me in a profound way due, in no small part, to participating in Jewish rituals.

During life’s most profound moments the lessons of Torah spring to life. It is always there to guide us, provide calming reassurance and give us what we need to move forward when all we want to do is stop for a while. Perhaps that is why I feel so connected to Judaism when I participate in Jewish rituals. In those compelling moments I see the living Torah for what it truly is (to me), a compendium of lessons and philosophies that assist us in living a life of faith and meaning.

Thank you for the honor of serving as your temple president and sharing our Jewish lives together. I wish you all a happy new year blessed with Shalom.

L’Shana Tovah



HOLIDAYS AT TEMPLE BETH SHOLOM

Chanukiah Lighting in the Orange Circle

December 2 - December 9, 2018
6:00 pm | Orange Circle

Celebrate the Festival of Lights with your TBS Family when we gather at the northwest corner of the Orange Circle to light our Chanukiah each night of Chanukah, December 2-9! Everyone is welcome to join us for one, two or more nights of Chanukah as we say the blessings over the candles and sing our favorite Chanukah songs together with the community.

Adult Purim Celebration

Wednesday, March 20, 2019
6:00 pm | TBS Social Hall

Purim's not just for kids. Join us for a fun adult evening celebration including the Megillah like you've never heard it before. Food, fun and laughter are guaranteed. Don't forget your costume!

Children's Purim Shpiel and Celebration

Sunday, March 24, 2019
10:00 am - 1:00 pm | TBS Campus

Congregational First Night Seder

Friday, April 19, 2019
Social Hall

Join your TBS Family for a First Night Seder at TBS. The Seder will be led by Rabbi Heidi Cohen and Cantor David Reinwald.

Pesach Yizkor Service (with Shabbat Service)

Friday, April 26, 2019 at 7:30 pm

Shavuot Dinner and Program

Saturday, June 8, 2019
4:30 pm | Yizkor
5:00 pm | Erev Shavuot Service and Program

Celebrate the receiving of Torah with a dairy dinner, movie and discussion.



SHABBAT AT TEMPLE BETH SHOLOM

Shabbat services take place every Friday Night. Join us for Shabbat Services each week. Please visit www.tbsoc.com for service times and Shabbat happenings and special events.

Tot Shabbat

Friday Evenings at 5:00 pm
October 12, 2018 2019
November 9, 2018 March 8, 2019
December 14, 2018 April 12, 2019
January 11, 2019 May 17, 2019
February 8,

Bring in Shabbat with the music and spirit of Rabbi Cohen and Cantor Reinwald! Appropriate for families with little ones ages infant-6 years old. Stay for a potluck dinner, bring a favorite dish or a quick pick up item. Please do not mix meat and cheese items and do not bring shellfish or pork products.

Music & Meditation Shabbat

10:30 am | TBS Chapel
Dates TBA

Back again this year, join Cantor Reinwald for a service where we use music as a vehicle to find inner-peace. We will connect with our breathing, experience meditation through chant and visualization, and you will be guaranteed to leave feeling refreshed. We can't wait to experience these moments in our new chapel!



T'filah Band Shabbat Services

Friday Evenings

The sensational TBS Tefillah Band, made up of our own volunteer musicians, spices up our Religious School Shabbat services. Join us for these fun family services. We have openings for new members - Please contact Cantor Reinwald for more information.

SAVE THE DATES...

Celebrating Shabbat with our 5th Grade

December 7, 2018

Celebrating Shabbat with Sisterhood

Friday, January 25, 2019

Sisterhood invites you to attend our annual Sisterhood Shabbat Service where we honor our newest SHAYNAH (Sisterhood Has All Your Needs At Heart).

Celebrating Shabbat with our 4th Grade

February 1, 2019

Celebrating Shabbat with our 3rd Grade

March 1, 2019

Celebrating Shabbat with our K-2nd Grade

May 3, 2019

Celebrating our Teachers Shabbat Service

May 3, 2019

Celebrating Shabbat with Confirmation and Blessing of the Graduates

June 7, 2019

CONGREGATIONAL PROGRAMS

Shabbat Hikes

Dates | Times | Locations TBA

The 'Take a Hike' group leads hikes to areas of interest in the Orange County area every two months. Future hike dates are determined at the end of that day's hike by availability, consensus and take into account Jewish holidays. Locations are chosen by the hike's ease and alternate between easy and moderately strenuous. Please contact Sylvia and Mark Borovay at (714) 544-7889 for more information.

Maxine Horwitz Cultural Series

Saturday, January 12, 2019

This is an annual favorite. An evening of entertainment for the TBS Congregation and the community at large. Tufts University Shir Appeal Jewish A Capella Concert & Havdalah.

Sponsored by TBS Sisterhood
Michele Shugarman & Michelle Singleton Chairs

TBS Backyard Bash

Saturday, May 19, 2019
5:00 pm | TBS Campus



Enjoy an evening with your TBS friends as we celebrate with our annual Backyard Bash! Unlimited beer and wine tasting, delicious food and live music. Tickets for non-drinkers available. Need a sitter? Sign the kids up, free of charge.



ADULT EDUCATION OFFERINGS

"Truth does not become more true by virtue of the fact that the entire world agrees with it, nor less so even if the whole world disagrees with it."

Maimonides

Lunch N Learn

September 4, 2018	February 5, 2019
October 2, 2018	March 5, 2019
November 6, 2018	April 2, 2019
December 4, 2018	May 7, 2019
January 8, 2019	

12:00 pm - 1:00 pm | TBS Conference Room

Bring your own lunch and join Jodi and some special guests for an hour of noshing and learning. Topics might include, The Stories We Pray (the Midrashim behind our prayers), Who Wrote the Bible? and more.

Instructor: Jodi Kaufman, RJE

TBS Coffeehouse

September 27, 2018	March 28, 2019
October 25, 2018	April 29, 2019
November 29, 2018	May 30, 2019
December 27, 2018	June 27, 2019
February 28, 2019	July 25, 2019

7:00 - 9:00 pm | TBS Living Room

Current events and conversation, fueled by coffee! Relax, review, unpack and analyze unfolding events, both domestic and international, in this stimulating, thought-filled forum.

Coordinator: Gary Holloway

Writing for the Soul

October 4, 2018	October 18, 2018
October 11, 2018	October 25, 2018
6:30 - 7:30 pm TBS Library	

Back by popular demand, this four week class will offer new and unique prompts, followed by writing, sharing, and, of course, a nosh. No writing experience is necessary! Join in and connect with an expression of thoughts and feelings through words.

Instructor: Rise Kirbo
Cost: \$18 for the series



Paper Midrash

Sunday, October 7, 2018
2:00 - 5:00 pm | TBS Social Hall

Join us for a hands-on papercutting workshop where you'll have the opportunity to study text and create your own visual midrash. No experience necessary — you don't have to know how to paint or draw. We bring the knives and comic books, you bring your enthusiasm!

Instructors: Rabbi Shawna Brynjegard-Bialik and Isaac Brynjegard-Bialik
Cost: \$18 per person



iEngage

October 15, 2018 March 4, 2019
 November 11, 2018* March 25, 2019
 December 10, 2018 April 8, 2019
 January 28, 2019 April 29, 2019
 February 11, 2019 *Special Time 4pm
 6:30 pm - 8:30 pm | TBS Board Room

The iEngage Jewish Values and the Israeli-Palestinian Conflict curriculum explores one of the most divisive issues affecting the Jewish people today. Through the study of Jewish narratives about Israel and the unpacking of complex meanings of peace in Jewish tradition, participants are invited to explore the ideas and values that animate different attitudes toward the conflict and how these values shape their own political understandings. Though a common political platform may not be attainable, this course strives to achieve a shared respect for our differences.

Instructor: Rabbi Heidi Cohen & Jodi Kaufman, RJE.
 Cost: \$180 for the whole series

History of Jewish Music

October 16, 2018 February 12, 2019
 November 13, 2018 March 5, 2019
 December 11, 2018 April 16, 2019
 January 8, 2019
 7:00 - 9:00 pm | TBS Board Room

A monthly look at a different composer and their output. Covering some of the prominent composers whose music has become lesser known these days.

Instructor: Cantor David Reinwald
 Cost: \$10 per session or \$70 for the whole series

Introduction to Sewing

October 22, 2018
 October 29, 2018
 November 5, 2018
 6:30 pm - 8:00 pm | TBS Board Room

Bring your own sewing machine and learn how to use it. Bring your pants to hem and learn basic sewing techniques with our instructor.

Instructor: Pam Matassarini
 Cost: \$18 for the series

Dementia - A 4 Part Series in Understanding this Disease

November 1, 2018 November 15, 2018
 November 8, 2018 November 29, 2018
 6:30 - 8:00 pm except Nov 15, 2018 6:30-8:30 pm
 TBS Board Room

This 4 part series includes Dementia 101, How to Communicate with Someone with Dementia, a Virtual Reality Dementia Simulation and Avoiding Caregiver Stress.

Instructor: Teri Sipilvy, Community Educator at Silverado Hospice
 Cost: \$10 per session or \$40 for all 4 sessions

Parent Talk with Rabbi Cohen

November 18, 2018 April 14, 2019
 January 27, 2019
 9:30 - 11:00 am | TBS Living Room

Our world moves at a fast clip and life changes on a dime. We are often left with the question: "What does Judaism have to say about...?" Join Rabbi Cohen for an informal discussion about current events and how we weave our Jewish values into these moments to strengthen ourselves and our families.



Chanukah Cooking Class

November 26, 2018
 6:00 - 8:00 pm | TBS Kitchen

Do you ever long for something a little different than the traditional latke? If you do, then come along with Denise Stephens from Cooking It Personally and take a tour around the world in search of very different types of latkes. All cooking skill levels are invited to attend.

Instructor: Denise Stephens
 Cost: \$18 per person

Is Jewish Guilt Really Guilt or Is It Shame?

December 9, 2018 March 3, 2019
 January 6, 2019 April 28, 2019
 February 3, 2019
 9:30 - 10:30 am | TBS

"Belonging is the innate human desire to be part of something larger than us. Because this yearning is so primal, we often try to acquire it by fitting in and by seeking approval, which are not only hollow substitutes for belonging, but often barriers to it. Because true belonging only happens when we present our authentic, imperfect selves to the world, our sense of belonging can never be greater than our level of self-acceptance." - Brene Brown. Join us as we discuss the power of belonging, vulnerability and the importance of being our authentic selves.

Instructor: Dr. Alissa Ackerman-Acklin/
 Jodi Kaufman, RJE
 Cost: Free

What's Your Kavanah? What's your intention?

December 16, 2018
 9:30 - 11:45 am | TBS Social Hall

Just one word can speak volumes about who we are, how we identify ourselves to the world, and our intention in the world. How do we use that word to describe our intention in the world? We will explore how Judaism uses the word, kavanah, as a way of helping us find our intention and then live by it day by day. During this class we will use ceramic painting to help express that kavanah.

Instructor: Rabbi Heidi Cohen
 Cost: \$18 per person



Pilates

January 13, 2019 February 10, 2019
 February 3, 2019
 9:30 - 10:30 am | TBS Board Room

This class offers knowledge and skills to keep fit for life. It teaches safe performance of movement and exercise in a progressive approach and offers an opportunity to improve and/or maintain a high level of fitness through application of conditioning principles.

Instructor: Jada Robitaille
 Cost: \$10 per session/\$30 for all 3 sessions

Tu B'Shvat Wine Tasting Class

January 22, 2019
 6:30-8:30 pm pm | TBS Social Hall

Bill Henry - Certified Sommelier, will guide us through the basics of wine tasting - aroma, flavor, structure and quality and discuss the effect of climate and soil on wine. The evening will be informative and informal. Perfect for people just beginning a wine journey and those that have been interested in wine for a few years. We will taste 6 wines this evening.

Instructor: Bill Henry- Yarden Wines
 Cost: \$36 per person

JFFS Parent Discussion: Stress & Anxiety

January, 13, 2019
 9:30 - 11:00 am | TBS Board Room

Instructor: JFFS Staff

Shabbat Dinner in 30 Minutes

February 7, 2019

6:00 - 9:00 pm | TBS Kitchen

Honoring the Sabbath is one of the 613 commandments in the Torah. What our forefathers couldn't take into consideration was work, traffic and sports practice. This fun class with Denise Stephens from Cooking It Personally, will offer tips and easy recipes that will allow you to get a Shabbat Meal on the table in 30 minutes. At the end of the class we will enjoy the fruits of our labor and eat the meal we have cooked. All cooking skills levels are invited to attend.

Instructor: Denise Stephens

Cost: \$18 per person

The Future of Aging

February 10, 2019

10:30 - 11:30 am | TBS Board Room

Paul Irving is chairman of the Milken Institute Center for the Future of Aging. He is the author of "The Upside of Aging: How Long Life Is Changing the World of Health, Work, Innovation, Policy, and Purpose". He will speak about the future of aging.

Coordinator: Paul Irving

Cost: \$10 per person

Freedom Song

February 24, 2019

12:00 - 2:00 pm | TBS Sanctuary and Social Hall

By interweaving a Passover Seder with personal stories of addiction, Freedom Song poses one stark question: "WHAT ARE YOU A SLAVE TO?" The cast of Freedom Song is not a cast of actors; they are actual addicts in recovery that have broken off the shackles of drugs, alcohol, gambling, and other destructive behaviors. Using song and dance, tears and laughter, and an intense post show discussion with our cast, Freedom Song will open your eyes to the real life struggle against the "bondage of self" that we all fight every day.

Instructor: JFFS Staff

Cost: \$10 per person

Hamantashen 101

March 10, 2019

9:30 - 11:30 am | TBS Kitchen

Join Lynne, baker extraordinaire, for a hands on hamantashen "how to" and get ready to fill your Purim baskets with tasty treats!

Instructor: Lynne Kontur

Cost: \$18 per person

**ONGOING CLASSES****Weekly Torah Study**

Every Saturday

9:15 -10:15 am | TBS Board Room

Each Shabbat morning, learners of all backgrounds come together to share their insights and learn more about the weekly Torah portion. Torah study is an important part of daily living as it too lives as a Tree of Life. By uncovering the many layers of Torah together, we explore history and laws, and bring to life ancient teachings in our modern world.

Instructor: Clergy and Participants

Cost: No Fee | Tzedakah Collected

Introduction to JudaismDates: see www.urj.org

7:30 pm - 9:30 pm | TBS Social Hall

Interfaith couples, non-Jews considering conversion, and Jews looking for an adult-level introduction to the basics of Jewish thought and practice will benefit from Introduction to Judaism. In Orange County, the Introduction to Judaism class is an 18-session course. Registration is online through the URJ only. Go to <http://urj.org/learning/classes/intro/socal-az/registration/> to sign up. For questions, contact Rabbi Sabine Meyer at smeyer@urj.org.

Cost: \$200 members/\$280 non-members

SHABBATONS WITH RABBI DONNELL & WENDY BOCARSKY**NOVEMBER 8-11, 2018**

In observance of Veterans Day our theme will be "The Spoils of War," exploring different aspects of war and its repercussions as seen through the lens of Jewish tradition.

Confessions of a Jewish Couch Potato

November 8, 2018 | 10:00 am - 12:00 pm

TBS Board Room | Wendy Bocarsky

Evening with a Good Book

November 8, 2018 | 7:00 - 9:00 pm

TBS Board Room | Rabbi Donnell & Soni Sanberg

For this installment in our book series we will have a conversation on "Beaufort," by Ron Leshem and translated by Evan Fallenberg. Here is what Goodreads says about the book— "By turns subversive and darkly comic, brutal and tender, Ron Leshem's debut novel is an international literary sensation, winner of Israel's top award for literature and the basis for a prizewinning film. Charged with brilliance and daring, hypnotic in its intensity, Beaufort is at once a searing coming-of-age story and a novel for our times. One of the most powerful, visceral portraits of the horror, camaraderie, and absurdity of war in modern fiction."

Torah Study with Rabbi Donnell

November 10, 2018 | 9:15 - 10:15 am | Board Room

Parashat Toledot (Genesis 25:19-28:9) "Brothers at War"

The Rules of What: What Does Our Tradition Teach?

Sunday, November 11, 2018 | 9:00 - 10:25 am

TBS Board Room | Rabbi Donnell

The Fallout of War

Sunday, November 11, 2018 | 10:30 am - 12:00 pm

TBS Board Room | Wendy Bocarsky

FEBRUARY 21-24, 2019

In honor of Presidents Weekend our theme will be "Providence, Power and Perspective: How Judaism Views Leaders and Leadership."

Confessions of a Jewish Couch Potato

February 21, 2019 | 10:00 am - 12:00 pm

TBS Board Room | Wendy Bocarsky

Evening with a Good Book (Book TBD)

February 21, 2019 | 7:00 - 9:00 pm

TBS Board Room | Rabbi Donnell & Soni Sanberg

Torah Study with Rabbi Donnell

February 23, 2019 | 9:15 - 10:15 am | Board Room

Parashat Ki Tisa (Exodus 30:11-34:35) "And Out Came This Cow!"

"Let us be like the other nations, and so let our king be our judge and go out before us to war" (1Samuel 8:20).

Sunday, February 24, 2019 | 9:00 - 10:25 am

TBS Board Room | Rabbi Donnell

Maimonides' Hilchot Malachim/Laws of Kings and what Jewish tradition teaches about leadership.

Jewish Views on Citizenship-Being Part of a Community

Sunday, February 24, 2019 | 10:30 am - 12:00 pm

TBS Board Room | Wendy Bocarsky

MAY 23-26, 2019

In anticipation of Shavuot our theme for this Shabbaton will be "The People of the Book— Learning and Living Torah."

Confessions of a Jewish Couch Potato

May 23, 2019 | 10:00 am - 12:00 pm

TBS Board Room | Wendy Bocarsky

Evening with a Good Book (Book TBD)

May 23, 2019 | 7:00 - 9:00 pm

TBS Board Room | Rabbi Donnell & Soni Sanberg

Torah Study with Rabbi Donnell

May 25, 2019 | 9:15 - 10:15 am | Board Room

Parashat Behar (Leviticus 25:1-26:2) "And you shall proclaim liberty throughout the land—Really??"

Torah-Revelation and Realization

Sunday, May 26, 2019 | 9:00 - 10:25 am

TBS Board Room | Rabbi Donnell

And You Shall Teach Your Child-How and why we teach Torah

Sunday, May 26, 2019 | 10:30 am - 12:00 pm

TBS Board Room | Wendy Bocarsky

Check the TBS website and weekly email for complete Shabbaton information.

TEMPLE BETH SHOLOM SISTERHOOD

The Temple Beth Sholom Sisterhood is dedicated to providing women with a voice and presence within our congregation. Sisterhood provides opportunities for women to serve the Temple and our community, while meeting and making lifelong friends. Sisterhood is made up of women from all walks of life and in all stages of life. Through social interaction, education and *tikkun olam*, Sisterhood devotes itself to many worthwhile projects such as supporting the religious school, camperships and college outreach in support of TBS.

Follow us on our website
www.tbsoc.com/sisterhood

Join us on Facebook
 Temple Beth Sholom Sisterhood of OC

Crochet Group

Meets Weekly
 Tuesdays | 1:00 pm - 3:00 pm
 Sundays | 10:00 am - 12:00 pm
 TBS Library

This group crochets caps to be donated to Knots of Love, an organization that distributes handmade caps to chemotherapy patients and those facing life-threatening illnesses. You don't need to know how to crochet. We will provide the pattern and teach you. This is a great way to socialize, meet people and perform a mitzvah at the same time.

Coordinator: Sharon Tanner
sharon@plot180.net | (949) 859-3686

Mah Jongg

Monday Evenings | 6:30 pm | TBS Campus

Join us on Mondays for an evening of Mah Jongg. We offer a friendly and social atmosphere and relaxed game play. All skill levels welcome – don't know how to play? We'll teach you. If you have ever wanted to learn to play Mah Jongg or are looking for a group, join us.

Coordinator: Sandra Drummond
s.i.drummond@sbcglobal.net | (714) 501-9818.

Annual Paid-up Membership Event

Sunday, October 28, 2018

This event is Sisterhood's gift of thanks to our Sisters who have paid their 2018-2019 dues and joined Sisterhood. This event features food, entertainment, socializing, information on upcoming Sisterhood events and a chance for Sisterhood members to come together in celebration. Please watch for more details.

Sisters by Heart

Wednesday, October 10, 2018

Thursday January 10, 2019

Time & Location TBD

TBS Sisterhood holds the "Sisters by Heart" events on a regular basis at local restaurants. This is a chance for us to get together in a non-meeting environment, enjoy some good food and each other's company. No business – just socializing! Watch your e-mail for your invitation with the details, time and location because we are all "Sisters by Heart."

Sisterhood Lights the Chanukiah

Wednesday, December 5, 2018

6:00 pm | Orange Circle

Sisterhood hosts the lighting of the 4th candle. We will gather together and sign songs and enjoy delicious treats. Bring your family, friends and your singing voice.

Congregational Dinner & Sisterhood Shabbat

Friday, January 25, 2019

We will be gathering together for our annual Congregational Dinner and Sisterhood Shabbat. This is always a much-anticipated event and the service is enhanced by supplemental readings and the Sisterhood Choir. It promises to be a great evening of friendship, food, spirituality and Sisterhood. Please watch for more details.



TEMPLE BETH SHOLOM BROTHERHOOD

The Temple Beth Sholom Brotherhood offers a variety of social activities and opportunities for our members. Events range from Dinner & Theater outings, our famous Joke Breakfast and sports attendance. We are proud of the accomplishments of this group of remarkable

gentlemen who work hard to support the youth programs of the Temple. All men at TBS are welcome to participate in the wonderful organization.

Follow us on our website at
www.tbsoc.com/community/brotherhood

FAMILY EDUCATION PROGRAMS

All families at Temple Beth Sholom are invited and encouraged to engage in learning together by participating in a variety of our diverse Family Education offerings. In addition to a number of Family Days that are a part of our regular Religious School programs, our families can choose to register for programming on select Fridays, Saturdays, and Sundays. These learning experiences range from mitzvah projects, to Shabbat hikes, to interactive Torah classes.

Family Fun Day -Chanukah Celebration!

Sunday, December 2, 2018

10:30 am - 12:00 pm

It's Chanukah time! Let's celebrate with fun, food and friends!

Instructors: Pam Ranta & Jodi Kaufman

Family Fun Day - Celebrate Israel!

Sunday, May 5, 2019

10:30 am - 12:00 pm

It's Israel's Birthday week. Celebrate with singing, arts and crafts, games and more

Instructors: Pam Ranta & Jodi Kaufman

TBS RELIGIOUS SCHOOL

Jewish Studies for K-6th Graders

Sundays | 9:30 am - Noon | TBS

Our Jewish Studies sessions allow students to engage in deep learning in a fun and creative setting. We use art, drama, music, technology, and movement to bring Jewish texts, traditions, and ideas to life. Each Sunday our school engages in music and prayer with our clergy. Every grade participates in our Shabbat evening worship once a year during our family service, each first Friday of the month.

Traditional Hebrew School for 3rd-6th Graders

Tuesdays | 4:15 - 6:15 pm | TBS

At TBS, we teach students Hebrew through an individualized grade level program called Kavanah Corner. These individual packets allow for flexibility within our Hebrew curriculum. The interactive student website allows students to practice their prayers wherever they might be. The technology component allows our students to engage in Hebrew instruction and practice at home. With our small class sizes, our teachers are able to give individual attention to students.

Hebrew Connection for 3rd-6th Graders

Families may choose to enroll their child in our nationally recognized Hebrew Connection program, where a private tutor meets at the students' home each week for one-on-one instruction.

7th Grade/B'nai Mitzvah Class

Tuesdays Afternoons | 4:15 - 6:15 pm | TBS

Instructors: Rabbi Heidi Cohen

On select Sunday mornings, the 7th graders meet with Rabbi Cohen to explore what it means to be a Jewish adult, tackling issues from keeping kosher to observing Shabbat. The B'nai Mitzvah class is enhanced by a series of family programs and a special 7th Grade Retreat. On Tuesday afternoons our 7th graders learn about the holocaust and what it means to be a Reform Jew today with Rabbi Cohen.

8th, 9th, 11th and 12th Grade Teen Kehillah Program

Select Sundays | Noon - 2:00 pm | TBS

Temple Beth Sholom's Teen Kehillah is built on the principle that every event and activity, whether in the classroom or not, should advance a certain set of common Jewish values. Each element of our teen program emphasizes some or all of these core values and complements and builds on other elements in a cohesive and cumulative way. All events and activities lead to our goal of nurturing Jewishly identified people of integrity.

10th Grade Confirmation

Select Sundays | Noon - 2:00 pm | TBS

Instructor: Rabbi Heidi Cohen

In Confirmation, students attend on select Sundays afternoons (see schedule & calendar). Confirmation students have an opportunity to reflect on their own Jewish identities and confirm their commitment to Jewish life. Along with the Confirmation class, which is taught by Senior staff, students participate in a TBS Confirmation trip and lead the congregation in a Confirmation ceremony. Throughout the year, students will wrestle with foundational questions, such as: Who or what is God? How can Judaism guide my understandings on modern, often controversial topics? How can I live an ethical life? Why and how do we pray? How can I affect change in the world? 10th Grade Confirmation is a part of our TBS Teen program and includes the Confirmation retreat.

RELIGIOUS SCHOOL RETREATS AND TRIPS

7th Grade B'nai Mitzvah Retreat

November 9-11, 2018 | Hess Kramer with

Rabbi Cohen, Cantor Reinwald and Jodi Kaufman

Confirmation Retreat

February 22-24, 2019 | Joshua Tree with

Rabbi Cohen and Jodi Kaufman

TEMPLE BETH SHOLOM EARLY CHILDHOOD CENTER

Inspired by the Reggio Emilia Municipal

Schools, Temple Beth Sholom's Early Childhood

Center provides a social constructivist

program for Infants, ages 3 months – 2 years

and preschoolers ages 2 - 5, where children's

thoughts and ideas are respected and regarded

with great value. Children and teachers

become researchers, exploring, questioning

and seeking answers to relationships viewed

through the eyes of children. Observations

and documentation are a part of tools used to

seek knowledge and a greater understanding

of the world surrounding our young students.

Literacy, math, science and communication

are a natural outcome of this approach. Jewish

values, holidays and traditions are introduced

in a natural manner based on the calendar cycle

and in the context of daily life. Children are

exposed to ideas of social justice and are given

opportunities to view experiences through many

different lenses. Our certified outdoor classroom

allows children to continue their exploration

in a nature filled setting. Our credentialed and

loving staff guide children through the process

of building relationships with their surrounding

world, creating the foundation for greater

understanding and constructing knowledge.

Infant/Toddler and Preschool hours are 7:30 am

to 6:00 pm, 5 days a week. Half, extended, and

full day programs 2, 3, 4, or 5 days a week are

available. Call the office at 714-628-4640 or email

pranta@tbsoc.com for additional information

and a tour of our beautiful facility.

Early Childhood Center Open House

November 5, 2018 | 5:30-6:30 pm | ECC classrooms

Preschool and other interested families bring children to tour and play in the ECC. Finger foods are served for a light dinner.

Afterschool Enrichment Classes

Sports, Yoga, Music and Dance, and more.

Times, days and classes will vary.

Contact the ECC office for more information:

714-628-4640 or pranta@tbsoc.com

Torah Tots

Begins Friday, October 5, 2018 meets most Fridays

Check TBS website for a complete list of dates

9:30 am - 10:45 am | TBS Campus - MPR

Socialization is an integral part of this program and together adult and child make new, lasting friendships. Parent or grandparent and child actively participate in a variety of activities that introduce the beautiful customs and traditions of Shabbat and the holidays. Appropriate for infants-age 2. Contact the Preschool office at 714-628-4640 to register and for exact dates.

Instructor: Pam Ranta



YOUTH AND CAMP

These are the years during which lifetime friendships are created. The Temple Beth Sholom Youth Group Programs focus on creating a social and socially conscious environment and complement the more formal education programs offered to our youth. Active participation in TBS Youth Groups is an excellent way for your child or teen to develop lasting Jewish friendships, a sense of pride in their Jewish identity and a connection to the TBS community. We offer youth groups for students in Kindergarten through 12th grade.

Youth Groups

BSTY (6th-8th Grade)

September 30
November 18
January 6
March 3
May 19

OCTY (9th-12th Grade)

October 21
December 9
February 3
April 7
June 9

Camp Sholom

Happy voices greet the day with ruach, the incredible Jewish spirit, as Camp Sholom offers another fun-filled summer. Camp Sholom is an incomparable blend of diversified, high-quality camping experiences in a warm, safe and positive Jewish environment. Camp Sholom entices both first-time and experienced campers, who are divided into age-appropriate units. Each camper participates in a variety of activities, including arts and crafts, sports, swimming, music, dance and Judaic programs. Units also come together to participate in beach activities, field trips, an overnight and our camp-wide Shabbat experience each week. SUMMER 2019: July 8-August 2.

PARTICIPATE IN SYNAGOGUE LIFE

Synagogue life is about building relationships both within the congregation and for the greater good of the community. At TBS, there are numerous opportunities for *Tikkun Olam*, repairing our world through social action projects. You can also find life-long friendships and build strong supportive connections within our community. Here are some ways that you can be involved and make these connections.

Grandparents Raising Grandchildren

TBS is hosting a support group for grandparents raising grandchildren, or others parenting in similar circumstances. If you know of other families in this unique situation, they are welcome to join us. Please contact the TBS office for more information.

Mitzvah Meals - Every Sunday

It started with a congregant's vision and now, six years later, we feed 2,000 people a month. Through the generosity of our supporters and our volunteers, we provide a much-needed service to many shelters and soup kitchens.

To learn more and sign up contact:
Hollis O'Brien at hollis@partiesbypanache.com or
Cheryl Escoc at rdrnner43@aol.com.

Chai Times Seniors

Chai Times is for TBS singles & couples 60+. Social, cultural and educational activities the way you like. Please contact the TBS office for more info.

TBS Young Adult Group

Meet other Jewish young adults as we connect through social and spiritual programs and outings! Contact Ruth Irving at rirving@tbsoc.com for more information.

SAVE THE DATE!

Join us for the return of our Czech Torah Scroll and special Gala Celebration of our 75th Anniversary

Friday, November 2

Shabbat Service kicking off the weekend of celebrations

Saturday, November 3

Torah Study led by TBS Staff

and

Gala Evening celebrating our Diamond Anniversary

Sunday, November 4

Special Ceremony for the return of our Czech Torah!

Followed by a congregational and community 75th Anniversary.



TBS STAFF

Rabbi | Heidi Cohen

rabbicohen@tbsoc.com

Cantor | David Reinwald

cantorreinwald@tbsoc.com

Executive Director | Ruth Irving

rirving@tbsoc.com

Director of Congregational Learning | Jodi Kaufman

jkaufman@tbsoc.com

Director of Early Childhood Education | Pam Ranta

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TEMPLE BETH SHOLOM

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