



## Congregation B'nai Torah Shabbos Announcements

**Cholent Kiddush** is sponsored by **Fiana and Bob Stoner** in memory of in memory of her parents, Mina bat Nachum and Eliyahu ben Yishai and in honor of her family.

**Seudah Shlishis** is sponsored by **Gad Flaumenthaft** in memory of his mother in law.

### ***Mazal Tov!***

to Mark and Colleen Shere on the birth of a new grandson to their children Mira and Yoni Schreiber.

**Shul News:** Renovations for the Chapel have been completed. The Chapel now hosts weekdays services. As such, please be sure to move your Tefillin to the Chapel.

**Sisterhood Women's Night Out:** Enjoy painting pottery at Pottery By You on January 30th with the Sisterhood. See page 2 for details.

### **Yahrzeit Donation:**

- Leon Tailoring Compay, Inc. in memory of Eli Ettinger
- Jonathan Goldfarb in memory of his grandfather, Bernard Weiner, Baruch ben Moshe Avraham HaLevi.
- Marian Aronstam in memory of her mother, Rose Goldberg.

### **Aliyah Donations:**

- Ben Goldfarb
- Mendel Schusterman
- Lenny Sacks
- Azik Zelikovich
- Darrel Mandel
- Michael Zelikovich
- Allon Friedman

### **Parshas Bo**

**Friday, January 19**

**Candle Lighting: 5:28 pm**

**Mincha: 5:30 pm**

**Shabbos, January 20**

**Shacharis: 9:00 am**

**Mincha: 5:25 pm**

**Shabbos ends after 6:50 pm**

### **Weekly Classes**

**Lunch & Learn:** Meets Mondays at noon. Rabbi Gettinger is starting the third chapter of the of Book of Kohelet (Ecclesiastes).

**Halachah Class:** between Mincha & Maariv, Sunday through Thursday. Rabbi Gettinger is teaching the laws and customs concerning blessings pronounced before eating & drinking.

**Tehillim & Torah Study Class for Women:** Meets Wednesdays at 7:30pm. Rebbetzin Gettinger is teaching Parshas Bo.

**Rebbetzin Gettinger's Shabbos Class For Kids Grades 3 and Up:** Meets after Kedushah of Mussaf. The class is learning Pirkei Avos.

**Shabbos Morning Class for 2nd Graders & under:** Meets after Kedushah of Mussaf in the Beis Medrash. There will be davening, Parsha study, games & prizes.

**Bnos and Seudas Shlishis for Grade School Girls:** Meets at the Rutstein residence during Mincha.

**Dor L'dor Adult-Child Learning:** Meets after Shabbos Mincha in the Beis Medresh. For boys kindergarten age & up.

**Seudah Shlishis Class:** Rabbi Gettinger gives a dvar Torah on the Parsha.

**Men's Mishmor:** Meets on Thursday nights.

**Sisterhood Book Club:** Meeting on January 21st at 7PM at the Berday-Sacks home. Currently reading The Memory Police by Yoko Ogawa. Email itzcirel@gmail.com with questions about the book club.

בס"ד

BT SISTERHOOD  
WOMEN'S NIGHT OUT

# POTTERY PAINTING

POTTERY BY YOU

Tuesday January 30

5:30-7:30PM

Sisterhood will cover the  
first \$18 of your piece

RSVP

[indysisterhoodevents@gmail.com](mailto:indysisterhoodevents@gmail.com)



# Youth Mental Health 101

Monday, February 15  
5:30 - 7 p.m.

At the JCC Laikin Auditorium

Learn some basic information about youth mental health, warning signs for concern, and have increased knowledge of skills and resources to support young people and their mental health.

Geared towards parents and caregivers of youth and young adults.

Register at  
<https://bit.ly/youthmentalhealth101>

**JFNA BeWell Facilitators:**

Beth Lipschutz, MSW, Wellness Educator  
Kate Greene, LSW, Director, Resiliency Roundtable

**JFS Facilitator:**

Julie Sondhelm, MSW, LCSW, Clinical Director

Questions? Contact Julie Sondhelm at [jsondhelm@jfgi.org](mailto:jsondhelm@jfgi.org) or 317-536-1476.



Jewish Family Services Presents:

# Youth Mental Health Trainings

## February 15-16

Advanced registration required. All trainings will take place at the JCC.  
No fee for participation thanks to JFS grant funds from JFNA BeWell.

### **Youth Mental Health Training, Skills, and Resources- for Community Professionals and Staff**

Thursday, February 15, 12:30-2:30 pm Lunch will be provided.

This session is designed for all staff members at Jewish community organizations who engage with youth and youth adults. The presentation will give a detailed overview and understanding of youth mental health, along with tools and resources for staff to better support young people and their mental health.

Register at: <https://bit.ly/youthmentalhealth24>

### **Youth Mental Health 101- for Parents and Community**

Thursday, February 15, 5:30-7:00 pm

This session is designed for the general community, geared towards parents and caregivers for youth and young adults. You do not need to work at a Jewish communal organization or synagogue to participate, but staff are welcome to join. Learn some basic information about youth mental health, warning signs for concern, and have increased knowledge of skills and resources to support young people and their mental health.

Register at: <https://bit.ly/youthmentalhealth101>

### **Resiliency Roundtable Breakfast- for RR and Agency Leadership (by invite only)**

Friday, February 16, 9:00-10:30 am Breakfast will be provided.

This session is designed for participants of the JFS-lead 'Resiliency Roundtable' as well as local Jewish Agency Leadership. We will talk about the needs of our local community and how we can work together to build resiliency and offer support. Registration link will be provided with invitation.

### **Youth and Trauma- Interactive Session for Community Professionals and Staff**

Friday, February 16, 12:30-1:30 pm Bring your own lunch. Snacks will be provided.

This session is designed for all staff members at Jewish community organizations who engage with youth, young adults, and their families. In this interactive session, participants will learn and discuss how trauma impacts our youth, with specific content related to anti-Semitism, and how we can best intervene and support their mental health and provide coping skills.

Register at: <https://bit.ly/youthtrauma24>

#### **JFNA BeWell Facilitators:**

Beth Lipschutz, MSW, Wellness Educator  
Kate Greene, LSW, Director, Resiliency Roundtable

#### **JFS Facilitator:**

Julie Sondhelm, MSW, LCSW, Clinical Director

Questions? Contact Julie Sondhelm at [jsondhelm@jfgi.org](mailto:jsondhelm@jfgi.org) or 317-536-1476.

## CONGREGATION B'NAI TORAH SERVICE SCHEDULE

January 2024 20 Teves—21 Shevat 5784

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Shabbos
	1 20 Teves Legal Holiday Shacharis: 7:40am Mincha: 5:20pm	2 21 Teves Shacharis: 7:00am Mincha: 5:20pm	3 22 Teves Shacharis: 7:00am Mincha: 5:20pm	4 23 Teves Shacharis: 6:56am Mincha: 5:20pm	5 24 Teves Shacharis: 7:00am Candle Lighting: 5:14pm Mincha: 5:15pm	6 25 Teves <u>Shemos</u> Shacharis: 9:00am Mincha: 5:10pm Shabbos Ends: after 6:35pm
7 26 Teves Shacharis: 8:30am Mincha: 5:25pm	8 27 Teves Shacharis: 6:55am Mincha: 5:25pm	9 28 Teves Shacharis: 7:00am Mincha: 5:25pm	10 29 Teves Shacharis: 7:00am Mincha: 5:25pm	11 1 Shevat Rosh Chodesh Shacharis: 6:55am Mincha: 5:25pm	12 2 Shevat Shacharis: 7:00am Candle Lighting: 5:20pm Mincha: 5:25pm	13 3 Shevat <u>Va'eira</u> Shacharis: 9:00am Mincha: 5:15pm Shabbos Ends: after 6:42pm
14 4 Shevat Shacharis: 8:30am Mincha: 5:30pm	15 5 Shevat Shacharis: 6:54am Mincha: 5:30pm	16 6 Shevat Shacharis: 7:00am Mincha: 5:30pm	17 7 Shevat Shacharis: 7:00am Mincha: 5:30pm	18 8 Shevat Shacharis: 6:52am Mincha: 5:30pm	19 9 Shevat Shacharis: 7:00am Candle Lighting: 5:28pm Mincha: 5:30pm	20 10 Shevat <u>Bo</u> Shacharis: 9:00am Mincha: 5:25pm Shabbos Ends: after 6:50pm
21 11 Shevat Shacharis: 8:30am Mincha: 5:40pm	22 12 Shevat Shacharis: 6:50am Mincha: 5:40pm	23 13 Shevat Shacharis: 7:00am Mincha: 5:40pm	24 14 Shevat Shacharis: 7:00am Mincha: 5:40pm	25 15 Shevat Tu B'Shevat Shacharis: 6:50am Mincha: 5:40pm	26 16 Shevat Shacharis: 7:00am Candle Lighting: 5:36am Mincha: 5:40pm	27 17 Shevat <u>Beshalach</u> Shacharis: 9:00am Mincha: 5:30pm Shabbos Ends: after 6:58pm
28 18 Shevat Shacharis: 8:30am Mincha: 5:45pm	29 19 Shevat Shacharis: 6:50am Mincha: 5:45pm	30 20 Shevat Shacharis: 7:00am Mincha: 5:45pm	31 21 Shevat Shacharis: 7:00am Mincha: 5:45pm			

## CONGREGATION B'NAI TORAH SERVICE SCHEDULE

February 2024 22 Shevat—20 Adar I 5784

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Shabbos
				1 22 Shevat Shacharis: 6:50am Mincha: 5:45pm	2 23 Shevat Shacharis: 7:00am Candle Lighting: 5:45pm Mincha: 5:50pm	3 24 Shevat Yitro Shacharis: 9:00am Mincha: 5:40pm Shabbos Ends: after 7:06pm
4 25 Shevat Shacharis: 8:30am Mincha: 5:55pm	5 26 Shevat Shacharis: 6:50am Mincha: 5:55pm	6 27 Shevat Shacharis: 7:00am Mincha: 5:55pm	7 28 Shevat Shacharis: 7:00am Mincha: 5:55pm	8 29 Shevat Shacharis: 6:50am Mincha: 5:55pm	9 30 Shevat Rosh Chodesh Shacharis: 6:45am Candle Lighting: 5:53pm Mincha: 5:55pm	10 1 Adar I Rosh Chodesh Mishpatim Shacharis: 9:00am Mincha: 5:50pm Shabbos Ends: after 7:15pm
11 2 Adar I Shacharis: 8:30am Mincha: 6:05pm	12 3 Adar I Shacharis: 6:50am Mincha: 6:05pm	13 4 Adar I Shacharis: 7:00am Mincha: 6:05pm	14 5 Adar I Shacharis: 7:00am Mincha: 6:05pm	15 6 Adar I Shacharis: 6:50am Mincha: 6:05pm	16 7 Adar I Shacharis: 7:00am Candle Lighting: 6:01pm Mincha: 6:05pm	17 8 Adar I Terumah Shacharis: 9:00am Mincha: 5:55pm Shabbos Ends: after 7:23pm
18 9 Adar I Shacharis: 8:30am Mincha: 6:15pm	19 10 Adar I Shacharis: 6:50am Mincha: 6:15pm	20 11 Adar I Shacharis: 7:00am Mincha: 6:15pm	21 12 Adar I Shacharis: 7:00am Mincha: 6:15pm	22 13 Adar I Shacharis: 6:50am Mincha: 6:15pm	23 14 Adar I Purim Katan Shacharis: 7:00am Candle Lighting: 6:09pm Mincha: 6:10pm	24 15 Adar I Shushan Purim Katan Tetzaveh Shacharis: 9:00am Mincha: 6:05pm Shabbos Ends: after 7:31pm
25 16 Adar I Shacharis: 8:30am Mincha: 6:20pm	26 17 Adar I Shacharis: 6:50am Mincha: 6:20pm	27 18 Adar I Shacharis: 7:00am Mincha: 6:20pm	28 19 Adar I Shacharis: 7:00am Mincha: 6:20pm	29 20 Adar I Shacharis: 6:50am Mincha: 6:20pm		