



Congregation B'nai Torah Shabbos Announcements

Cholent Kiddush is sponsored by **Annonymous** and by **Asher and Sara Aliza Cox** in memory of the birthday and yartzeit of Mirel bat Naftali Hertz, Sara Aliza's grandmother.

Seudah Shlishis is sponsored by **Martin Silverman** in memory of his father Moshe ben Mordehai.

Mazal Tov!

To Mark and Colleen Shere on the bris of their new grandson, Yaakov Chaim. He is named for his father's grandfather.

Baruch Dayan HaEmet

We regret to inform you of the passing of Sgt. Yakir Hexter, son of Josh and Chaya Epstein Hexter, grandson of Judy and Eddie Epstein former principal of HHA and cantor of the shul. Yehi Zichro Baruch. May his memory be for a blessing.

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

Pesach Shopping Trip: Congregation Shaarey Tefilla is chartering a bus to Chicago to help those who want a more expansive selection of Kosher for Passover items. The trip will be on Sunday, March 31, 2024. The bus will leave CST parking lot at 6:30 a.m. and return that day around 6:30 p.m. Contact Andy Fagen, at 210-557-5889, or call the Shaarey Tefilla office at 317-733-2169. See page 3 for details.

Yahrzeit Donation:

Greenbaum-Margolis family in memory of Mr. William Spielman

Aliyah Donations:

- Bob Stoner
- Adam Stern
- Hart Hasten
- Israel Keisari

Parshas Beshalach

Friday, January 26

Candle Lighting: 5:36 pm

Mincha: 5:40 pm

Shabbos, January 27

Shacharis: 9:00 am

Mincha: 5:30 pm

Shabbos ends after 6:58 pm

Weekly Classes

Lunch & Learn: Meets Mondays at noon. Rabbi Gettinger has started 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: On break.

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 March 3rd at 7:00PM at the Berday-Sacks home. Currently reading *The Rose Code* by Kate Quinn. 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



Passover Shopping Event Sunday, March 31st



Join us on an expedition to Chicago to find all your Kosher for Passover shopping needs. You bring your Kosher food list, your own coolers, and leave the driving to us as you ride in great comfort on our chartered bus experience.

We are making arrangements with the Jewel Osco in Buffalo Grove. More details to come in February.

Departure from Shaarey Tefilla Parking Lot:

6:30 a.m.

Estimated Return to Shaarey Tefilla Parking Lot:

6:00 p.m.

Round Trip Bus Ride Ticket:

\$55 per person

Please make your reservations before March 25, by emailing office@shaareytefilla.org



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 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 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		