



CONGREGATION
BETH TORAH

Friday, October 4th

- Shabbat Shuvah

Saturday, October 5th

- NO SICHAT SHABBAT

Tuesday, October 8th

- Kol Nidre Service

Wednesday, October 9th

- Yom Kippur Service

Sunday, October 13th

- Erev Sukkot Service

Monday, October 14th

- Study in the Sukkah

Sunday, October 20th

- Erev Simchat Torah Service

Monday, October 21st

- Simchat Torah Service with Yizkor

Visit

<https://bit.ly/2kqpg6N>
for the complete Beth Torah
October calendar

Shabbat Schedule

- Erev Shabbat
 - Nosh: 6:00 p.m.
 - Worship: 6:30 p.m.
- Shabbat morning
 - Sicha Shabbat: 9:00 a.m.
 - Worship: 10:30 a.m.

Beth Torah Office Hours

- Monday: Closed
- Tuesday: 9:00 a.m.–6:00 p.m.
- Wednesday: 9:00 a.m.–8:00 p.m. (6:00 p.m. when there is no TAG school)
- Thursday: 9:00 a.m.–6:00 p.m.
- Friday: 9:00 a.m.–3:00 p.m.

If you know of a member
that would like a home
visit from the rabbi,
please contact the office.

Tekiah

ISSUE 341
OCTOBER 2019
TISHREI / CHESVAN 5780

Connections

Laura Intfen, Director of Operations
lintfen@beth-torah.org

When was the last time that someone “got your goat”? We all know that term. One of the theories of its origins involves the history of race horses. Every owner wants their horse to be at its best on race day. According to Rabbi Sjimon den Hollander from the Netherlands, race horses left alone in stalls from a young age get anxious and nervous; so many times owners would put goats in the stalls with their horses as goats are non-threatening and live peacefully with horses. If you were an owner with no scruples, you would go to a stall the night before the big race and “get the goat” that was living there with another horse, leaving your competitor’s steed tired, anxious and not at its best for the race.

Sunflowers are known for bending toward the sun for energy and growth. When the skies are cloudy or rainy, sunflowers literally turn to each other for sustenance.

Soon, we will stand next to each other as we all stand before God to reflect, remember and renew. While we beat our breasts and ask for forgiveness, most of us without the fuel of

food or drink, we absorb from each other the strength to extract atonement, perspective, faith and hope from this day. If we reach out to each other as we are here for Yom Kippur, we will leave this building feeling fuller than when we entered it.

Over Erev Rosh Hashanah and Rosh Hashanah morning, you heard from our rabbis about engagement and small groups. Over Yom Kippur you will hear about one particular small group as our guest, Reverend Eric Williams from the Kansas City Calvary Temple Baptist Church, shares the bimah with Rabbi Cattapan and they roll out the future path of connectivity between our two congregations as initiated by small group leader, Sandy Geduldig. You will also have the opportunity to hear from our President, Scott Franklin who will discuss the connection between this year’s HHD Appeal and our Social Justice, educational and social small groups. These Relational Judaism connections sprouting up throughout the congregation are your protection from being the anxiety-filled race horse or the energy-depleted sunflower.



As we formally launch our small groups on November 17th, we encourage you to come and continue your journey that you will be starting in our sanctuary between the Kol Nidre prayers and the sounding of the shofar during *N'ilah* at the end of Yom Kippur.

Ezrat Nafsheinu, M'kor Chayeinu,

Let healing come—

Let it come through deeds of *tzedakah* and *chesed*;

Let it come through us—
our hands, our love.

- From *Mishkan HaNefesh*,
our *Machzor* for the Days
of Awe

L'chitrayot.

Until we meet again.

Connecting to the Beth Torah community has been a theme of my articles for as long as I have written in our *Tekiah*. You have made connecting easy, Beth Torah family. For

Continued at the top of page 2

Our Pillars

We are a vibrant, modern
Reform Jewish congregation
where everyone matters.

Congregation Beth Torah:

Embraces	Energizes
Illuminates	Inspires
Responds	Connects

OFFICERS

President.....	Scott Franklin
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Vice President.....	Boyd Bolter
Vice President.....	Stephen Steigman
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Treasurer.....	Howard Pitler

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Senior Rabbi.....	Rabbi Javier Cattapan
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Director of Operations.....	Laura Intfen
Director of Finance	Tara Hyder
Director of Lifelong Learning....	Rabbi Monica Kleinman
Music Coordinator	Lezlie Revell Zucker
Office Manager	Alyssa Schildhorn
Bookkeeper.....	Barbara Kitt
Administrative Assistant	Sharon Altman
Tekiah Editor	Laura Bolter

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[facebook.com/CongregationBethTorah](https://www.facebook.com/CongregationBethTorah)

Continued from page 1

me, for Tim and for our children. The Intfen family has benefited with every encounter, at every worship service, every learning opportunity, every social justice program and every social event. When I received the notification of the very exciting opportunity to become the Executive Director of a large congregation in Denver, Tim and I had a very difficult decision to make. And while we will miss so much about Beth Torah, we are excited to see our future in the mountains, just down the road (I-70) from our home here.

This next step in my career is powered by the wisdom of the staff members I have

worked with over the years, the knowledge I have learned from the faculty I have taught with at the Weiner Religious School, the confidence I have gained from the friendships that blessed my days and the faith I have received in our sanctuary as I greeted you at the door and stood next to you through good times and bad. Thank you for every moment.

I promise that I will take everything you have given, and create a space of relational Judaism, and connectivity in my new congregational home. From the Intfen family to our Beth Torah family... *l'chitrayot*. Until we meet again.

Farewell to Our Friends From Rabbi Javier Cattapan

It is never easy to say goodbye, especially to a family who has been such an integral part of our congregation for over two decades. Yet, Laura and Tim Intfen will be leaving the area in a few weeks. I know, I am shocked too, but when an opportunity presents itself, it is hard to pass on it.

I remember the first email I ever received from Laura Intfen, in the fall of 2015 when I was applying for rabbinical positions. Her email was your basic "Dear John" letter... we have come a long way since that first communication! Over the last three years, I have developed a working relationship and a personal friendship with Laura. Our working together will end, and we will both miss it at times, but I am confident that our friendship will continue, change, and grow in the years ahead.

Laura Intfen, our current Director of Operations, has played many roles at CBT throughout the years; she learned from many rabbis and lay-leaders and enriched her knowledge of the many aspects of congregational life and administration. In all her roles, as a professional as well as a volunteer, Laura gave our congregation one hundred percent. She learned and grew with us, and her time has come to continue her career. The time has come for her to bring a touch of Beth Torah to many more Jewish journeys, from now

on, in the Denver area. Her smile, her passion and knowledge, and her beautiful writing will benefit another holy community and the Jewish people. We are sad to see her go, but we feel a sense of pride because everyone in our congregation has shared Laura's journey as a Jewish professional for two decades.

Then, of course, there is Tim Intfen. Since my arrival at CBT, Tim has shared with me, and with all of you, just about every worship service we have conducted in our sacred spaces. His dedication and commitment to our congregation are unmatched. We were blessed by his generosity as a volunteer and also by his singing, his spiritual giving, and his compositions. As a Jewish music composer in his own right, Tim will enhance the scene in Denver and continue to grow in his craft. He will be missed in our music teams!

As a wise philosopher of life once sang, "There is a road, no simple highway, Between the dawn and the dark of night." Our journey can be difficult at times, so the challenge is to make our road together as bright as we can along the way. Tim and Laura have brightened up our lives and our synagogue's journey. May they go from strength to strength and be blessed with health and happiness for many years to come.



On behalf of the Board of Trustees, I extend a heartfelt farewell to Laura Intfen as she leaves for her new position in Denver. If you are somewhat new to Beth Torah then you may not appreciate all the positions she held at the synagogue. More impressive than the number and diversity of jobs, is that she performed each admirably. She even served on the Board of Trustees before joining the staff.

The wealth of information she absorbed during her two decades serving Beth Torah made her indispensable to the Board. We never had to search through yellowing minutes to find answers on policy precedent. The institutional memory resided with Laura.

My predecessor, Barry Katz, referred to Laura as the "Queen of Details." Her awareness ensured that no stone was left unturned when we planned projects and events. I learned first-hand the perils of "counter programming" i.e., scheduling dual events in the same time frame. Her ideas and suggestions to enhance or refine a concept made our project outcomes succeed. Laura has been a fixture at Beth Torah, and it's rare not to find her walking in the halls or poring over documents in her office. Laura has had two speeds when it comes to getting work done—fast and faster. I knew better than to dally in her office.

During my four months as president, Laura gently, but firmly guided me through every policy and issue that I needed to comprehend. My favorite time with Laura was when we stood in the back of the sanctuary prior to Erev Shabbat services. As membership chair at the time, I wanted to be familiar with all our congregants. I would point out individuals and couples that I did not know, and Laura would rapidly fire off names, children, relatives, and years as members. That prevented me from asking a couple if they were first time visitors, only to be sternly informed they were founding members.

Everyone who has known Laura will remember her passion, commitment, and successes. Her husband, Tim, through his long-time participation as a volunteer musician and composer, has made a significant impact as well, generously giving of his time and talent to enhance our worship. Congratulations to Laura, and best wishes to you and Tim on this new chapter of your lives. You will be missed.

At the Yom Kippur morning services, the membership will be asked to participate in this year's High Holy Day Appeal. Last year was Beth Torah's first time to hold an Appeal. Approximately 30 percent of our member families participated, and we raised \$54,000 dollars. If you donated last year, please consider an increase this year. If you did not participate, please consider an amount that you can afford.

Beth Torah is recognized throughout the community as a social justice synagogue. Our volunteer efforts are numerous and diverse. This includes preparing meals for low-income residents throughout the Kansas City area, packing and distributing snacks to low-income kids, hosting a quarterly blood drive, and assisting our military families with the purchase of groceries at their local bases. The Tikkun-KC project launched by Larry Myer was highlighted in a previous column I wrote.

None of these programs cost our congregation a nickel. All are funded by private donations or the organizers of each activity. What does involve considerable expense is maintaining our beautiful building and providing staff to guide and support Beth Torah's mission. Our building fund can handle emergencies, but your annual High Holy Day donation can help with preventative and current maintenance of our building and property.

As the High Holy Days approach, many of us begin to reflect on our words, actions and promises of the past year. We also develop aspirations for the New

Year. Please take some time to reflect on Beth Torah's contribution to the community and the synagogue's contribution to you and your family.

Friday, October 4th, our Shabbat Shuvah service at 6:30 p.m. will not only include worship but we will learn more about the origins and history of the haunting Kol Nidre melody. A professional quartet will be a part of the program.

In Memoriam:

Howard Shaw

Brother and brother-in-law of
Bob and Jeanne Shaw

Mark Brown

Husband of Rhonda Brown
and uncle of Lindsay and Todd Weneck

Nancy Kessler

Mother and mother-in-law of
Emily Kessler and Michael Frazier

Rosemary Peterson Adams

Mother and mother-in-law of
Andrea and Jay Zwibelman
and grandmother of Zach Zwibelman

Mazel Tov:

to Eric and Shanny Morgenstern
on the birth of their grandson,
Cy Shanahan Morgenstern,
born on August 30th to
Jared and Jaime Morgenstern
in Brooklyn, NY

Torah Portion

October 4/5 | 6 Tishri
Vayelech

October 11/12 | 13 Tishri
Ha'azinu

October 18/19 | 20 Tishri
Intermediate day of Sukkot

October 25/26 | 27 Tishri
Bereshit



Save the Date:

Friday evening,
October 25th

There will be
a formal thank you
and farewell to
Tim and Laura Intfen
at Erev Shabbat
services.

High Holy Day Service Schedule 2019/5780

SHABBAT SHUVAH

Friday, October 4th

6:30 p.m. Worship and Concert

YOM KIPPUR

Tuesday, October 8th

7:30 p.m. Kol Nidre Service

Wednesday, October 9th

9:15 a.m. Yom Kippur Family Experience

10:30 a.m. Morning Service

1:00 p.m. Tikkun Service

1:30 p.m. Yizkor Service

3:15 p.m. Study Sessions

4:30 p.m. Mincha/Avodah Experience

6:00 p.m. N'ilah Service

Followed by Break the Fast sweets by Ellenberg Experience Catering and donated by the Ellenberg family

SUKKOT AND SIMCHAT TORAH

Sunday, October 13th, 6:30 p.m. Erev Sukkot Service*

Monday, October 14th, 9:00 a.m. Study in the Sukkah

Sunday, October 20th, 6:30 p.m. Erev Simchat Torah Service

Monday, October 21st, 10:30 a.m. Simchat Torah Service with Yizkor*

**In conjunction with The Temple, Congregation B'nai Jehudah*

Whether you call it the Festival of Tabernacles, the Festival of the Booths,
the Harvest Festival or the Festival of Ingathering, there is no doubt that Sukkot is festive!

Join us in the Beth Torah side yard, as we celebrate
with our friends from The Temple, Congregation B'nai Jehudah.

Sunday, October 13th (there is regular Religious School in the morning)

10:00 a.m. Put on your work gloves and help us raise the congregational sukkah. Bring your charged drill if you have one and your ladder too!

4:00 p.m. It's **FESTIVAL time!** Join in the family fun with balloon art and face painting, or create some sukkah decorations using pumpkins and gourds.

6:00 p.m. Let's gather together and welcome Sukkot with a musical worship service outdoors (weather permitting).

6:30 p.m. It's time to have S'MORE fun as we fire up the pit and enjoy the gooey treats of marshmallows, chocolate and graham crackers.

- Be sure to check out your E-News and our website and Facebook page for even more festivities.

- All activities happen outdoors weather permitting and will be brought indoors for inclement weather.

**It's
FESTIVAL
time!**



A Fresh Take on Yom Kippur For Our Youngest Learners

You may have noticed our Yom Kippur family program this year is “The Yom Kippur Time Machine.” You may be wondering, how did Rabbi Kleinman manage to shoehorn in her favorite movie (*Back to the Future*) with one of the most solemn days of the year?

While we won’t be piling into a DeLorean, our experience will help families together mark sacred time. Sometimes in the midst of accounting for our transgressions we miss that Yom Kippur is a time to measure our growth over the past twelve months. While as grown-ups we have a certain grasp of how time passes, our youngest friends are still developing that skill. Have you ever heard a toddler tell you about

their great family outing that happened yesterday, only to see a parent shake their head and tell them that was six months ago? Or a young person tells you about their upcoming recital or game that is really weeks and weeks away? In the words of the great Douglas Adams, “Time is an illusion, lunchtime doubly so.”

Our goal this Yom Kippur is to facilitate a conversation for families about marking time together. We will “travel through time” season by season and families will have the opportunity to remind their young people what happened last fall, winter, spring, and summer, while under the heading of the possibilities of a new year ahead. I hope everyone with young

children will join us at 9:15 a.m. on Yom Kippur morning for an engaging, meaningful, and musical experience to help ready ourselves for the year ahead.

Learn About Faith Clubs

There will be a Faith Club informational gathering to learn about Faith Clubs. Faith Clubs ideally consist of three Jews, three Christians and three Muslims. The meeting will be held on Tuesday, October 15th. If interested in coming, please contact Paula Becker at 816-260-9997.

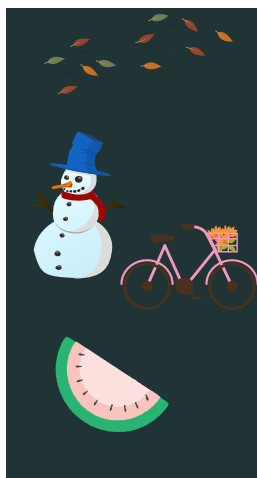
WHAT A YEAR IT'S BEEN



Yom Kippur Time Machine



WHAT A GREAT YEAR WE WILL HAVE AHEAD!



**Get your passport
ready!**

YOM KIPPUR
MORNING
(WED OCTOBER 9TH)
9:15 A.M.

RSVP for each child under 10 to
mkleinman@beth-torah.org or 913- 498-2212.



**What did your family
look like last
fall...
winter...
spring...
summer?**

How have you grown?

Let's explore together!

Pick-A-Party

**Sign ups will be in the
Triangle area during the Rosh
Hashanah luncheon**

If you will not be at the luncheon,
check out our website after Yom Kippur
to see what parties are not full,
then thank the Pick-A Party hosts.

GO TO:

beth-torah.org/pickaparty-round-2

or email Jeff Antoniewicz
at jeffwicz@gmail.com

**Special thanks to our
Pick-A-Party hosts:**

Jim & Lainie Decker, Linda Zappulla
& Jo-Ann Harris, Sarah Derks & Ellen
Merrill, Linda & Barry Katz,
Kris Grey & Rabbi Javier Cattapan,
Margie & Steve Cooper, Stan Osman,
Debbie & Neil Bass, Stephen Steigman
& Tamara Falicov, Rabbi Mark & Kacy
Levin, Philip Meltzer & Lauren Aaronson,
and Emily & Andrew Kerstein.



*So you haven't got a drum,
 just beat your belly.
 So I haven't got a horn—I'll play my nose.
 So we haven't any cymbals—
 We'll just slap our hands together,
 And though there may be orchestras
 That sound a little better
 With their fancy shiny instruments
 That cost an awful lot—
 Hey, we're making music twice as good
 By playing what we've got!*

(Shel Silverstein, *Ourchestra, Where the Sidewalk Ends*)

One of the very first prayers of the High Holy Day season, sung at the beginning of Erev Rosh Hashanah is the *Hin'ni*. Here I am.

"Well," it says, "Here I am." I hope you're not expecting too much. I hope you aren't too disappointed. I'm afraid. But even so, with all my flaws and failures, attitude and ineptitude, and an acute awareness of

my vulnerabilities...here I am.

It's been quite a season for the Beth Torah High Holy Day choirs, with a late start, a new accompanist, and a music coordinator throwing music at them like we had months to learn it. We've contended with travel, illness, new jobs, and death. And through it all our singers and musicians have been showing up ready to work and willing to try the next new thing.

"A volunteer choir?" some people ask—people who aren't from here, people who don't know—"For the High Holy Days?" "Yes," I say, and smile. For I know the magic that can happen when folks come together to pursue a passion for a holy purpose.

I am humbled by these musicians who work jobs, care for pets and children and aging parents, and do a hundred other things in a day, then show up with a smile, a supportive word, and gratitude

for making them work. I hope you get the chance to hear them over the holidays. I hope you get the chance to experience what we have created together, as we say as one, *Hin'ni*.

Wondering what's next for special music at CBT?

After we've all made it through the High Holy Days and had a nice, long nap, we'll be getting that sorted. So watch your e-news and Facebook for updates!

Beth Torah Gift Shop

Are you celebrating a special family holiday-birthday, anniversary, bris or baby naming, bar/bat mitzvah or wedding? These events can be made even more memorable with a gift from the Gift Shop. As the synagogue reminds us to bring our simcha to Beth Torah to celebrate with the community, the Gift Shop at Congregation Beth Torah welcomes the chance to share in these special times.

Did you know that you can register for gifts for any simcha? Yes, you can celebrate any special occasions you wish. We will set up a gift registry so that your family and friends can choose something they know you will treasure. All you have to do is come in or call the Gift Shop to get started. Our volunteers are happy to help you with gift ideas.

Did you know we have gift cards? The Gift Shop at Congregation Beth Torah has gift cards. If you find yourself unsure what to give, a gift card is a great idea. Our gift cards are just like any store. You can purchase a gift card for any amount

and our purchasing system keeps track of the card and any value left on the card. For example, if you have a card with \$36 and you buy an item for \$20.25, your receipt will keep track and tell you that there is \$15.75 left for another time.

Do you have two or four hours to help? The Gift Shop at Congregation Beth Torah needs volunteers to help in the shop. It is fun helping people find that special gift for family and friends. It is a good opportunity to meet other members of our Beth Torah community. Please contact Kelly at 913-498-1474 if you have some time to help.

The Fall hours are:

Sunday: 9:00 a.m. to 12:30 p.m.

(during religious school)

Tuesday: 4:00 to 6:00 p.m.

Wednesday & Friday: 10:00 a.m. to noon

Remember, the Gift Shop is "Where Shopping Turns into a Mitzvah"!

Shalom, Kelly Kaplan
 Manager of the Gift Shop



Shabbat Shuvah

Shabbat Shuvah, the Sabbath of Return, is the Shabbat nestled between Rosh Hashanah and Yom Kippur.

Join us on Erev Shabbat, Friday night, October 4th, for a special treat during worship as the Opus 76 Quartet, A String Quartet for the Community, including Kinnor Symphony Concertmaster Keith Stanfield, present the only existing arrangement for string quartet of Max Bruch's celebrated "Kol Nidre." This arrangement specifically preserves the solo cello part and provides beautifully moving accompaniment in the other three instruments.

Nosh will be at 6:00 p.m. and services start at 6:30 p.m. Bring your friends and enjoy this unique setting of this beloved Jewish classic.

• TRIBUTES •

Beth Torah General Fund

Nathan & Miccole Bowen
Rick & Teresa Hellman

In Memory of

Lyubov Kapustin
Tatyana Shuklaper
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Judy & Marshall Weingarten
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Yakov Shuklaper
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Amy & Leslie Rosenfeld
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Rabbi Levin Discretionary Fund

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Marge & Barry Skikne

CBT Fund for Families in Need

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Hunger Fund

In Memory of

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In Honor of

Bill Lowenstein's 93rd Birthday
Marge & Harvey Kaplan

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In Memory of

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Gail & Larry Altman

Amy Dennis Pierron Music Fund

In Honor of

Ron Sandhaus' 70th birthday
Nina & David Shik

Winston Social Justice Fund

In Honor Of

Speedy Recovery of Carol Ducak
Judy Hellman & Marcia Rittmaster

In Memory of

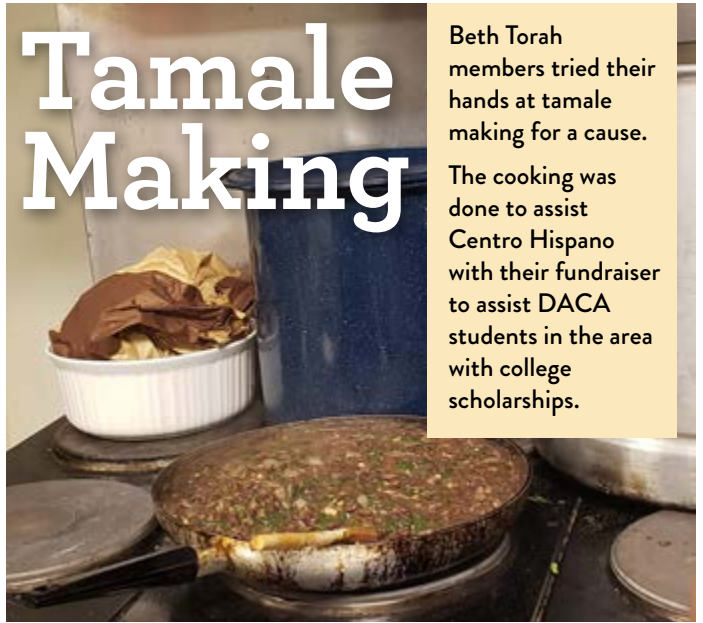
Gail Lerner-Connaghan
Allison Roodman
Jennifer Beth Kay
Estelle Edelbaum

Thank you to our five Flower Funders who supported the beauty of Beth Torah with the purchase of flowers for our front flower beds, and to the mum planters who volunteered their time to plant them.

Please thank the six Flower Funders:

Boyd & Laura Bolter
Chuck Gensler
Susan Cohen & Mitchell Krasnopolter
Phil Meltzer & Lauren Aaronson
Betsy Wanger
Anonymous





Tamale Making

Beth Torah members tried their hands at tamale making for a cause.

The cooking was done to assist Centro Hispano with their fundraiser to assist DACA students in the area with college scholarships.



• COMMUNITY NEWS •

Interfaith Peace Pilgrimage to the Holy Land

It has been said that peace will come to the Holy Land when Palestinians appreciate the Israeli Jewish narrative that after centuries of persecution living outside of their homeland, Jews deserve the right to return to that homeland and live in peace and security AND that Israeli Jews appreciate the Palestinian narrative that when they received statehood in 1948, the Palestinian people lost their homeland and also have the right to live in peace and security.

Based on daily news reports, you might think that this is an unattainable dream. However, thousands of Israelis and Palestinians have formed grassroots organizations to promote dialogue that will someday, hopefully, lead to reconciliation and peace.

Three interfaith leaders—one Christian, one Jewish and one Muslim—in Kansas City have joined forces to organize a unique Interfaith Peace Pilgrimage to the Holy Land February 17–27, 2020. The experience will include visits to sites holy to the three Abrahamic Faiths (and others) as well as meetings with a number of organizations in Israel engaged in dialogue and peace-making.

If you (or someone you know) might be interested in participating, please visit the website, mejditours.com/open-tour/interfaith-peacepilgrimage, which includes all of the details and registration.

Thank you for your interest and continue to pray for the peace of Jerusalem, the Holy Land and the entire world.

JFS Annual Meeting Features New Leaders, Awards

Jewish Family Services will hold its Bi-Annual Meeting on Sunday, October 6th, in the Social Hall at the Jewish Community Campus. The event will begin 9:30 a.m. with a brunch reception prior to the official program at 10:00 a.m. During the meeting, Fay Balk will be honored as outgoing board president and a slate of new JFS officers and board members will be elected, including Kelly Somberg as president. Gail Lozoff, a past JFS president, will be honored with the Alfred Benjamin Friend of the Family Award. Stewart and Joy Koesten will be recognized for their efforts with the Bernstein Humanitarian Award. Volunteer awards will be presented at the meeting, including the Food Pantry Volunteer Award in memory of longtime supporter and volunteer, Stanley Katz.

There is no charge to attend the Annual Meeting and the community is invited. Please RSVP attendance to rsvp@jfskc.org by October 1st.

JFS Partners for Special Melton Class on Social Justice

Social Justice: The Heart of Judaism in Theory and Practice—this new Melton course will draw from text and history to explore how social justice work goes beyond addressing short-term

needs and looks at structural causes of injustice today. Topics include issues related to poverty, immigration and environmental degradation. Participants will be encouraged to identify issues that are particular to their own communities and that they would like to explore in greater depth. This 10-week course begins Wednesday, October 23rd at 7:00 p.m. and will meet weekly. Rabbi Doug Alpert of Congregation Kol Ami teaches the class. Sessions will take place at the Brookside East offices of Jewish Family Services, 425 E. 63rd St, Kansas City, Missouri. The course is a partnership with Avodah, Congregation Kol Ami, JCRB/AJC and JFS. Registration is required; for cost information or to register please contact Megan Pener, MeltonKC Director, at mpener@hbha.org or call 816-327-8161.

More information: hbha.edu/melton/current-courses.cfm

High Holy Day Food Drives at Area Congregations Stock JFS Food Pantry

Area congregations are taking the lead to help stock the shelves at the two locations of Jewish Family Services during the High Holiday season. From September 29th through October 18th, members of the community are asked to bring food items to participating synagogues—as well as food barrels at the Jewish Community Campus and JFS Brookside. Most needed items include non-perishable boxed foods and canned goods, including canned corn and beans, protein items such as peanut butter and tuna fish as well as personal care items such as toilet paper, feminine hygiene products, toothpaste and deodorant. The two pantry locations combined have experienced a 20 percent increase in demand for food. The pantry has distributed 29,000 pounds of food in the last year. On a monthly basis, the pantry distributes an estimated 3,000 cans of vegetables, 1,000 cans of tuna and 2,000 rolls of toilet paper.

Please donate what you can and stock the shelves!

More information: jfskc.org/most-needed-items/

Career Skills & Connections Offers Free Coffee Club Every Monday

Join Career Skills & Connections (CSC) every Monday at 9:00 a.m. in the Jewish Community Center of Greater Kansas City Board Room for Coffee Club. The first hour, led by a Career Coach, includes an educational component on a job search related topic; the remaining time provides an opportunity for networking. The fourth Monday of the month is led by the Midwest Alliance for Mindfulness. Speakers will present topics relevant to job seekers and the emotional side of the job search. Monday morning Coffee Club is FREE and you need not be a client of CSC to attend. Light refreshments are served. For more information contact employment@jfskc.org or 913-730-1449.