



CONGREGATION
BETH TORAH

Sunday, September 8th

- Religious School begins
- First Tamale Session (see page 4)

Wednesday, September 11th

- TAG begins

Thursday, September 12th

- Rabbi's Lunch 'n' Learn

Saturday, September 21st

- Selichot

Sunday, September 22nd

- Congregational Forum

Sunday, September 29th

- Erev Rosh Hashanah

Monday, September 30th

- Rosh Hashanah

Visit
<https://bit.ly/2ZpXhTo>
 for the complete Beth Torah
 September calendar

Shabbat Schedule

- Erev Shabbat
 - Nosh: 6:00 p.m.
 - Worship: 6:30 p.m.
- Shabbat morning
 - Sichat 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.

THE MONTHLY NEWSLETTER OF CONGREGATION BETH TORAH

Tekiah

ISSUE 340
 SEPTEMBER 2019
 ELUL / TISHREI 5779

A Note from Rabbi Javier Cattapan

Homecoming at the Start of a New Year

The Hebrew word “*teshuvah*” refers to a process which we are encouraged to join in during this season. *Teshuvah*, however, eludes definition. Rabbi Jonathan Sachs writes, “There is no precise English translation of *teshuvah* which means both ‘return’: homecoming, physical act –and ‘repentance’: remorse, a change of heart and deed, a spiritual act.” (*The Koren Rosh Hashanah Mahzor*, p. xix). Following Rabbi Sachs’ teaching, I can add that *teshuvah* implies movement toward a different place; it is homecoming both in the physical and spiritual sense.

For our members who do not attend services on a regular basis, the High Holy Days are a type of homecoming. When you come into the sanctuary for services, we want you to feel as if you were coming home, to a place where you are greeted with open arms. Everyone in our staff and lay leadership approaches this season as an opportunity to welcome back Beth Torah members after a year of traveling through the perils of everyday life, with its joys and sorrows, its times of illness and its moments of healing.

Moreover, every individual who crosses our threshold during this special time of the year, whether you attend regularly or not, should feel a sense that our sanctuary is your home. Like in our other “homes” what makes our worship space unique is not just the architecture alone, but the connections we cherish: our spouses and partners, friends and acquaintances we have made throughout the years.

Our Beth Torah family, just like any other family, cannot thrive based on the connections we once made; for the sake of our future, we need to find a way to build new, deeper connections among all of us. In that spirit, at Rosh Hashanah, we will launch our newest initiative to be even more welcoming. We call it “ConnecTorah,” and we think it will help all of us be more connected in 5780. It is a continuation of our

focus on being more relational at everything we do. We will hold our second annual Rosh Hashanah luncheon, which will include many opportunities to connect with your Beth Torah family throughout the year.

As we begin 5780 together, I invite you to connect with God (see Laura Intfen’s article on connecting with God on [page 4](#)), with our community, and, most importantly, with each other. We cannot be Jewish without the many relationships we build with one another. At Beth Torah, we connect with a mixed and varied multitude. We encourage everyone to develop and nurture a connection with each other, Jews and non-Jews alike, LGBTQ and straight, old and young.

During the Holy Days, when you feel the need to come home, we feel the need to do all that we can to be sure that you find a welcoming home at our congregation; a home open to diversity and inclusion at all levels. At the beginning of the year, may we find that place of homecoming, both physically and spiritually. May our *teshuvah* be wholesome and lasting. *L'shanah tovah!*



CONGREGATION
BETH TORAH
connecTorah



Our Pillars

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

Congregation Beth Torah:

Embraces
Illuminates
Responds

Energizes
Inspires
Connects

OFFICERS

President.....	Scott Franklin
First Vice President.....	Brandi Fisher
Vice President.....	Boyd Bolter
Vice President.....	Stephen Steigman
Secretary	Lauren Aaronson
Treasurer.....	Howard Pitler

BOARD OF TRUSTEES

Jeff Antoniewicz	Larry Myer
Debbie Bass	Stan Osman
Miccole Bowen	Kathleen Stone
Jo-Ann Harris	Aaron Tarjan
Amy Kane	Zach Zwibelman
Immediate Past President.....	Barry Katz

STAFF

Senior Rabbi.....	Rabbi Javier Cattapan
Founding Rabbi	Rabbi Mark Levin, D.D., D.H.L.
Director of Operations.....	Laura Inten
Director of Finance	Tara Hyder
Director of Lifelong Learning....	Rabbi Monica Kleinman
Music Coordinator.....	Lezlie Revelle Zucker
Office Manager	Alyssa Schildhorn
Bookkeeper.....	Barbara Kitt
Administrative Assistant	Sharon Altman
Tekiah Editor.....	Laura Bolter

FOR MORE INFORMATION

Phone: 913-498-2212

Fax: 913-498-1071

6100 West 127th Street
Overland Park, KS 66209

Email: info@beth-torah.org

Website: beth-torah.org

Facebook:

facebook.com/CongregationBethTorah



High Holy Day Service Schedule 2019/5780

SELICHOT

Saturday, September 21st

Community Program hosted by Congregation Beth Torah

8:00 p.m.	Selichot Dessert Reception
8:45 p.m.	Havdalah
9:00 p.m.	Community Selichot Program
10:10 p.m.	Community Selichot Service

ROSH HASHANAH

Sunday, September 29th

7:30 p.m.	Erev Rosh Hashanah Service
----------------	----------------------------

Monday, September 30th

9:00 a.m.	Rosh Hashanah Family Experience
10:30 a.m.	Rosh Hashanah Morning Service
12:45 p.m.	Teen Lunch and Learn
12:45 p.m.	Rosh Hashanah Luncheon
1:45 p.m.	Tashlich

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 in the ulam sponsored 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

[Click here for information regarding High Holy Day tickets, child care, participation opportunities and our Azkara, Book of Remembrance.](#)

President's Corner

Scott Franklin, President
sfranklin8@att.net

Dust, wood chips, sheet rock, and insulation filled the air, punctuated by ripping sounds of sledge hammers piercing walls and ceilings. I was familiar with the term, “gutting a house,” but it was not until that morning in late July that I actually witnessed and participated in the demolition of a home’s interior. This 1922 residence is part of Larry Myer’s Tikkun-KC project, an initiative to restore urban neighborhoods that are victims of long-time neglect and urban blight. Beth Torah members are assisting in this project, and 24 of us showed up at 35th and Indiana for the demolition .

The mission of Tikkun-KC is “Repairing our corner of the world one house at a time.” More than a tagline, the phrase represents a strategy to bring deteriorating neighborhoods alive once again. In his career as an urban renovator, Larry discovered that restoring an area did not require gutting and rebuilding every home. Instead, when blighted homes on a block were overhauled, existing homeowners began to spruce up their houses. Residents trimmed overgrown shrubs and trees, added a fresh coat of paint, and tended areas that were visibly in need of repair.

Simultaneously, investors took a second look at homes in the neighborhood, eyeing them as potential rental units or property to be re-sold. This domino effect of renovating a small number of homes

to spawn improvements in remaining residences seems to work. The home that Beth Torah members worked on last month was the only occupied residence in the neighborhood, though Larry intends to continue the renovation of others (see pictures on [page 8](#)).

Our Weiner Religious School is playing a role in this project. Students in various grades are selecting rooms to furnish with towels, toys, furniture, and everything else that a proper house requires. The contribution of our kids assures that the building will be transformed from a house to a home. Our adult crew will be painting the residence later this fall. Though not yet finalized, the house may be occupied by a refugee family.

Larry’s long-term goal is to renovate more houses on this street and eventually create a viable neighborhood similar to locations just two or three blocks away. This objective intrigues me because it differentiates the physical construction of homes from the creation of a neighborhood. The latter involves a relationship between residents on the street who share more than an address but a knowledge and interest of each other.

This house vs. neighborhood concept is strikingly similar to what we are trying to do at Beth Torah. Rather than just an affiliation of individual members, we are trying to create a community with strong

personal ties that feels comfortable sharing joys, grief, burdens, and *simchas*.

Engagement is the key and you will learn more about this over the High Holy Days. Rabbi Cattapan will share our small group initiative during services. May your New Year be a sweet year. *L’shana Tova*.

In Memoriam

Gail Lerner-Connaghan
Wife of Kevin Connaghan and
loved one of Ronnie Lerner

Torah Portion

September 6/7 | 7 Elul
Shoftim
September 13/14 | 14 Elul
Ki Teitzei
September 20/21 | 21 Elul
Ki Tavo/Selichot
September 27/28 | 28 Elul
Nitzavim

Sukkot: Save the Date

Sunday, October 13th | All at CBT

9:30 a.m. Religious school starting with Family T’filah

**10:00 a.m. Help us raise our beautiful Sukkah:
All hands and tools welcome**

That afternoon:

**Sukkot Family Festival, Food Truck, Outdoor Festival
Worship and then dessert. (Festival celebration with our
friends from The Temple, Congregation B’nai Jehudah)**

**Come anytime that day to fulfill the mitzvah
of shaking the lulav in the Sukkah.**

Let’s get festive! More details to come.

Congregational Forum

Sunday morning, September 22nd, at 10:15 a.m.

In the CBT Library

Join us for bagels and morning worship | 9:00 a.m.

The morning agenda will include:

**Committee updates!
Small Group updates!**

**Thoughts from Rabbi Cattapan
and our President, Scott Franklin.**



On July 4, 2012 scientists announced they had found a particle that behaved the way that a Higgs boson particle would be expected to behave. They had been searching for over fifty years for this invisible force field that imbues elementary particles with mass. This captured the imagination of scientists, theologians and everyone else as the particle may quite possibly be responsible for all the mass of the universe. The Higgs boson was therefore deemed the “God Particle.”

On July 18th, Rabbi David Wolpe marked the discovery with this poem, which was published in the Washington Post.

No doubt you have all read about
The stunning confirmation
That the collider replaced Mount Sinai
As the site for revelation.

God is out, Higgs boson in,
Invisible, unseen
Particulate angels on a pinhead
From absences, we glean.

But who can help but wonder if
At the dawn of dark and bright
A voice pronounced “Let Boson be”
And we’ve just seen the light.

Judaism, from Maimonides to current times, has attempted to prove, define,

identify and even question the existence of God. This is where Ron Wolfson starts with the **Ninth Level of Relational Judaism; *Bayn Adam l'Makom*—between the individual and God.**

There is a lot of advice out there on how to search for God. In his book, *Relational Judaism*, Ron Wolfson introduces us to his experience reading Abraham Joshua Heschel's *God in Search of Man* and the concept of being available as God looks for us. Wolfson answers the question of “What am I here for?” with the answer that “we are here to be God’s partners, to do the big and small things that God needs done to continue the work of creation and to work on perfecting the world.”

I have spent the last eight months sharing, through my Tekiah articles, the ways to take Wolfson’s levels of Relational Judaism into the metaphoric and physical walls of Beth Torah. Soon, Elul will bring us the High Holy Days and we will be all together in one room. We will connect on these levels:

- Connection to self
- Connection to family
- Connection to living Jewishly
- Connection to community

- Connection to the Jewish Peoplehood
- Connection to the State of Israel
- Connection to the world

And, if we examine those levels in our lives, and why we come together for these Days of Awe, in this place and at this time, then; just maybe; we will find ourselves connected to God. We don’t need to search. As we tether to all of these parts of our life, God is there.

I hope you will keep this list in your mind as you come to services this year. This, right here, is why you belong to a synagogue and why your Beth Torah community is connected to you.

At staff meetings every week, we take a moment to share what connections we have found over the past week and end with this blessing:

You are Blessed, O God, Spirit of the World, who makes us holy with your mitzvot and commands us to pursue justice and honor all people and connections. May it be so, for all of us.

Make Tamales and Make a Difference

Members of CBT are invited to participate in up to three cooking sessions to learn how to prepare vegetarian tamales to support a social justice fundraiser sponsored by Beth Torah members for a DACA scholarship we are helping to fund in conjunction with Centro Hispano. Come learn a new international cooking skill and help others gain an education at the same time!

The first session is **Sunday, September 8th, 10:30 a.m.-2:00 p.m.** to prepare a test batch. We will meet in the kitchen and will have chairs and tables for people

to work either sitting or standing. We will pass out forms for people to place tamale orders in advance. We are aware that there is an important walk for mental health that morning and we are inviting people to stop by afterwards. We were unable to schedule this for another day in September.

The second session has two parts:

Saturday, October 19th, 5:30-8:30 p.m. we will make the tamale masa (dough).

Please come to the kitchen to learn how to make lard-free dough. We will have tables and chairs for people to sit and cook.

Sunday, October 20th, 10:30 a.m.-2:00 p.m. we will meet in the kitchen, make the tamales and package them to distribute.



All teens and adults are welcome (the tamale presses can be difficult for little hands to manipulate). People may work in shifts, no time volunteered is too small. Any questions? Please contact Tamara Falicov at tfalicov@ku.edu or call 816-729-7687. Please let us know how many people we can expect, so an RSVP would be helpful. Please email, text, or call by September 5th.



It's going to be a great year for learning and doing at Beth Torah!



I am honored and excited to begin my third year as your Director of Lifelong Learning—and this year is going to be a great one! **No matter what your age, knowledge level, or passion may be, there is something for you this coming year.**

For those still in elementary, middle, or high school, we have our Sunday Weiner Religious School and Wednesday TAG sessions, along with a new-and-improved program for young women in 8th and 9th grade. Chai Mitzvah for Teens is a community-wide program for young Jewish women to explore their Judaism and adolescence together. Participants come from many congregations across the KC metro area and lend their variety of viewpoints to the group's dynamic.

Middle and high schoolers are the powerhouse of JYG, BTTY, and our Madrichim program—this year we are in the skillful hands of BTTY President Sam Fine as together we plan events for our local group as well as NFTY MV's spring chavurah. We have 13 madrichim this year in our five classes and are delighted to see them grow into Jewish role models!

If you're an adult looking to learn more about Judaism and Jewish traditions, we have a variety of options available. Hopefully you've heard about our Intro to Judaism class, as well as Hebrew 101. The Intro class is designed for those who did not attend religious school or have a solid foundation in Jewish learning, and the Hebrew class is open to anyone who wants a better command of our siddur in its original language. We also have our weekly *Sichat Shabbat* (Shabbat discussion) before services on Shabbat mornings. Past topics have included Reform Responsa, Biblical Archeology, *Mishna*, and Reform Liturgy. If you've never joined us on Saturdays at 9:00 a.m., you are missing out!

Are you more interested in doing and getting your hands busy? Then one of our many social action opportunities might be the

right fit! From the Park Cleanup (and flower-planting crew) to coupon clipping [both on Sunday mornings] to painting our Mitzvah house and filling it with everything that makes a house a home, there is something for everyone.

Politically oriented? Help register both Kansans and Missourians to vote in this November's election. Although we are on an off year for Senate and Congressional elections, action starts at the local level, so please get informed and get to the polls!

Is there something you're interested in but haven't seen before at CBT? Let us know! Our Small Groups initiative will help connect us to one another like never before. I'm delighted to wish you an early *Shanah Tovah* (happy new year) and may it be a year full of Jewish friends, Jewish learning, and Jewish fun!

Set it and Forget it!

**WRS & TAG
REGISTRATION
IS OPEN!**

*Register now to get ready for a
wonderful year ahead!*

www.beth-torah.org/Weiner-Religious-School

You Did It!

With the urgent need and very rocky start to August for the Community Blood Center, our congregation set out to help with a goal of 30 donors for our August 7th blood drive. The Blood Center let us know that we had 40 people register and collected 39 units of blood. Our next blood drive is **Wednesday, November 20th**. Contact Sharon Altman at saltman@beth-torah.org to get registered to save a life.



As Rosh Hashanah approaches, I find myself surfing the web for a new honey dish. And as I scroll through these practical works of art, I start to think about what they represent. About our hopes for a sweet new year and one trail of thought leads to another until I come back around to contemplate what sweetness has accompanied me here. To wonder: what sweetness has already blessed me this year?

I don't have to think long to find it. Starting a new job is scary. Even starting a job that is a mostly-known quantity, in a

familiar place, surrounded by an amazing, supportive community. Even then it's scary. What if no one shows up when the time comes? What if I make the wrong choices or say the wrong things or... Well, you get the idea.

Beth Torah was founded on ideals of volunteerism and community. People showing up offering their skills and talents and time to make this a magnificent spiritual home. And you have shown up. You are playing instruments and singing in choirs and helping prepare for rehearsals. You are remembering old music and learning new

music and finding harmony with each other. And I am grateful.

So I want to take this time and space to thank all of the volunteers who are already working so hard to ensure our High Holy Day experience is filled with beautiful, worshipful music. This is the sweetness that has blessed me as 5779 draws to a close.

Shanah tovah um'tukah.



Jewish Community Prepares for High Holy Days with Community-wide Selichot Program and Service

The Jewish Community will gather on **Saturday, September 21st**, to prepare for the Days of Awe at the annual citywide Selichot program and service.

The evening will begin with a dessert reception at 8:00 p.m., followed by Havdalah at 8:45 p.m.

At 9:00 p.m., Rabbis will lead sessions **Hillel and Shamai: What We can Learn from Hillel and Shamai: Discord and Unity in Jewish Texts.** Texts that teach us how we can listen, challenge and connect with one another and be mindful, compassionate and generous in the year ahead; how to discuss difficult topics in a civil manner.

Presentations include:

Jewish Pluralism: Discord and Unity in the Machzor Liturgy

Rabbis Doug Alpert and Sarah Smiley

Who's in and who's out? An interactive Game on the Messiness of Coalitions

Rabbis David Glickman and Jonathan Rudnick

Vows and Their Consequences: Jewish Views on the Power of our Words

Rabbis Jon Kleinman, Monica Kleinman, and Beryl Padorr

The Peaceful Path to Repentance

Rabbis Moshe Grussgott and Herbert Mandl

Topic to be announced

Rabbis Javier Cattapan and Arthur Nemitoff

The moving and beautiful Selichot service begins at 10:10 p.m. and is designed to help worshipers begin to spiritually prepare for Rosh Hashanah and Yom Kippur. The service will be led by area clergy, musicians and a community chorus under the direction of Lara Steinel.

For information and a complete listing of session offerings, visit kcrabbis.org or contact Annette Fish, Rabbinical Association Administrator, afprogram@aol.com or 913-327-4622.

The Rabbinical Association of Greater Kansas City sponsors the Selichot program in collaboration with area congregations and generous support from The Jewish Federation of Greater Kansas City.

Singers invited to participate in the Community-wide Selichot Service

Want to be part of the Community Chorus at this year's community-wide Selichot service at 10:10 p.m. on Saturday, September 21st, at Congregation Beth Torah? Soloists and singers for the chorus should be available for rehearsal on Wednesdays, September

11th and 18th, 6:30-7:30 p.m. This chorus also meets early on the day of the service for sound checks and final run-throughs at 8:00 p.m., for as many singers as are available at that time. Please contact Lezlie Zucker, Music Coordinator at Beth Torah, if you're interested in signing up at lzucker@beth-torah.org.

Service for Spiritual Renewal for the High Holy Days

Join JFS Community Chaplain Rabbi Jonathan Rudnick and me for the next pre-holiday community service for spiritual renewal.

Rabbi Josh Leighton from The Temple, Congregation B'nai Jehudah will complete the leadership team as we reflect on the upcoming year end and look with hope to the year ahead. Thursday, September 12th, 6:30 p.m. in the chapel at Village Shalom.

We would love to see you there.

Lezlie Revelle Zucker
Music Coordinator

• TRIBUTES •

Beth Torah General Fund

In Memory Of:

Gail Lerner-Connaghan

Merna Siegler

Eleanor Capson

Stuart Lewis

Dr. John Lantos & Martha Montello

Clayton L. Wood

Jerome F. Spiegel

Jo-Ann Harris

Bud Weneck

Genny & Jack Watkins

Gail & Gary Weinberg

Maria Cruz Gutierrez

Barbara & Jesus Gutierrez

Rabbi Cattapan Discretionary Fund

Jeff & Gail Ross

In Memory Of:

Helen Seigel

Tina Shea

Emil Kuhn

Whitey & Fran Kuhn

Helen Gilman

Richard Gilman & Lynn Murray,

Jay & Laura Gilman

Faye Ginson

Lori Ginson

Ron & Jo Ann Ginson

Bud Weneck

Marti & Larry Levy

In Appreciation Of:

Rabbi Javier Cattapan

Bob & Ellen Bruennig

Valery & Susan Tokar

In Honor of:

Ella becoming a Bat Mitzvah

Kirwan Family

CBT Fund for Families in Need

In Honor Of:

Ella Kirwan becoming a Bat Mitzvah

Genna & Andrew Stowe

Hunger Fund

In Memory Of:

Sylvia Sue Carter

Barbara & Jesus Gutierrez

In Honor Of:

Debbie Bass being elected to the

Board of Trustees

Debra & Stu Goldstein

Lifelong Learning Discretionary Fund

In Honor Of:

Ella becoming a Bat Mitzvah

Kirwan Family

Educating our Future Fund

In Honor Of:

The marriage of

Leo Tokar and Andrea Baldriga

Valery & Susan Tokar

Amy Dennis Pierron Music Fund

In Memory Of:

Eleanor Capson

Nina & David Shik

Winston Social Justice Fund

In Honor Of:

Nancy Brown

Judy Hellman



Beth Torah Gift Shop

It is hard to believe that summer is over and the High Holy Days are coming soon.

The Gift Shop at Congregation Beth Torah is getting ready for the annual “New Year, New Tallit” Sale. All of the beautiful hand-made tallit are 25% off from September 3rd through the 27th. Now is the perfect time to purchase a new tallit for the Holy Days, a b’nai mitzvah, wedding, or any upcoming event.

The Gift Shop will be having the “Sweet New Year” Raffle. Come in and make a purchase of \$18 or more, then you will be able to enter our raffle. The Gift Shop has many items for the New Year, including cards, cookie cutters, apple and honey sets and many other items for the Holy Days, including hostess gifts.

A thought as we prepare for the High Holy Days: “Adonai is compassionate and gracious, slow to anger, abounding in steadfast love.” *Psalm 103:8*

Why this thought? As we prepare and repent, it is a good time to get attuned to the still small voice within each of us. Taking the minute to recognize the special qualities within each of us, and using kindness, is a good way to interact with each other.

The Gift Shop will be starting our fall hours on September 8th. Remember, our Sunday hours are only when Religious School is in session. The afternoon hours will vary. On September 4th, 11th, 18th and 25th, the Gift Shop will be open from 5:00 to 7:00 p.m. Our volunteers are looking forward to helping you find the perfect gift.

New store hours:

Sunday:

9:00 a.m.–12:30 p.m.

(During Religious School Only)

Wednesday and Friday:

10:00 a.m. to noon

Call Kelly Kaplan at 913-498-1474 to make an appointment to shop.

L'Shanah Tovah, Kelly Kaplan

THANK YOU...

...for bringing a bag of food and/or paper products to donate **EVERY** time you enter the building.



• COMMUNITY NEWS •

NAMI & JFS Offering Family-To-Family Program

One in four people is diagnosed with mental illness annually – and those whose loved ones are struggling need support to help their loved one deal with this challenge.

Jewish Family Services and NAMI (the National Alliance on Mental Illness) are working together to offer NAMI's Family-to-Family Education Course to help families dealing with a loved one who has a mental illness.

This free, 12-week series of classes is held on consecutive Monday evenings* beginning September 9th through December 2nd at 6:30-9:00 p.m. in Conference Room C at the Jewish Community Campus, 5801 W. 115th St., Overland Park, KS. (*NOTE: Due to Jewish holidays, there will be no class on Monday, September 30th, and two classes will be held on Tuesdays—October 15th and October 22nd.) Participants MUST commit to the entire 12 weeks. This course is for the caregiver and not the loved one with mental illness.

Space is limited for the free course so those interested are asked to register in advance by contacting John Thompson at 816-763-6169 or email him at tntkc@hotmail.com.

JFS and The Heritage Center Partner on Genealogy Series; One Session Left

Discover and document your family history by participating in a free genealogy session, "Putting it all together in your family tree software," presented by Jewish Family Services and The Heritage Center of the Jewish Community Center. Ron Doctor, Ph.D., is facilitating the session, which will take place in the MAC Room at the Jewish Community Campus, from 1:00–2:00 p.m. on September 12th.

While the program is free, registration is requested by calling The Heritage Center at 913-327-8044.

Learn Laugh & Love Program Series

The Learn Laugh & Love Program Series continues to offer great FREE programming open to anyone in the community. Co-sponsored by Jewish Family Services and the Jewish Community Center of Greater Kansas City. On September 26th, Learn Laugh & Love presents "The Importance of 'Gut Health' to Your Overall Health." Every particle of food that goes in your mouth travels through your digestive system providing your body with nourishment. Some foods are digestive superstars while others are better left untouched. Join Bryan Holmes as he shares information on how gut health is critical to our overall health. Many major health concerns can be linked to an irritated or unhealthy gut.

Holmes has been in the insurance industry for 15 years and an employee of Humana for 13 years, helping the Medicare population become more confident as they step into their future. In

this presentation, we will discover which foods can help your digestive system and which foods can hurt it.

All Learn Laugh & Love programs are free but reservations are requested by calling The Heritage Center reception desk at 913-327-8044. Both programs are from 1:00–2:00 p.m. in the MAC Room, Jewish Community Campus.

Fund a Meal for the High Holy Days

The Jewish High Holy Days will be here before you know it. Help those in our community facing food insecurity by funding a holiday meal with traditional foods.

Bring the sweetness of the holiday by donating to the holiday meal effort sponsored by Jewish Family Services, in partnership with the Rabbinical Association of Greater Kansas City. A \$25 donation helps provide a family of four with roast chicken, soup, challah, honey, sweets and fresh produce for a holiday meal. This financial support will provide about 130 Jewish families with the makings for a traditional holiday. JFS purchases, packages and delivers both kosher and non-kosher meals with the help of volunteers.

Financial donations are requested by September 15th. If you wish to sponsor a meal for a family, you can do so online at jfskc.org/donate. Please note the word "holiday" in the drop down menu. You can also send a check to JFS, Attn: "Holiday Meal," 5801 W. 115th St., Overland Park, KS 66211.

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.

**Remember to Support
Congregation Beth Torah
Every Time You Make a Purchase
from Amazon. It's Easy!**

