

Congregation B'nai Torah - Celebrating Over 25 Years Together

TORAH TIMES

December 2023

18 Kislev—19 Tevet

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**Decorating Cupcakes
at Tot Shabbat**



Eat, Laugh & Bid so much fun!



The Co-Presidents' Message



I can't believe how the month of November flew by. We hope everyone had a wonderful Thanksgiving. Unfortunately, the war is still going on in Israel with hopes that an agreement will be made sooner than later.

We have had many discussions with Temple Israel concerning the merger. An agreement was made to keep everything the way it has been. This system has been working well for both TI and CBT. Temple Israel will continue paying us rent each month and we will continue serving Temple Israel members any way we can.

We had a beautiful oneg in honor of Eileen & George Selis to celebrate their 70th Wedding Anniversary. The CBT Family along with Eileen and George's children, grandchildren and great grandchildren were in attendance for their amazing wedding anniversary. Thank you to Lea Moskowitz for preparing a beautiful oneg to honor them.

Please plan to attend our Hanukkah Dinner on December 8th at 6:00 p.m. Call the office and make your reservations now. Also, on December 10th is our Annual Hard Rock Hanukkah, always lots of fun. We can use volunteers to help that day, let the office know if you are available.

Adrienne and I wish everyone a very Happy Hanukkah!

Adrienne and Robin, Co-Presidents

A Message From Rabbi Kane



Take a deep breath.

We know that it is somehow impossible to take a deep breath and also cry at the same time. Maybe that's why the expression came into being.

In Judaism, anything that has to do with breathing with an intention has a connection to holiness. In Genesis 2:7 the text reads, "And the Lord God formed man from the dust of the earth. He blew into his nostrils the breath of life, and man became a living being."

When spiritual practitioners want to teach meditation, the first exercise in mindfulness comes with inhaling through the nostrils and out through the mouth.

I believe there is some echo of creation here, of the connection to the divine. There is something connecting us with being truly wholly human and breathing through our noses.

As with many spiritual traditions, science is beginning to catch up. Recent controlled studies of humans who were prevented from breathing through their noses (see James Nestor's recent non-fiction best seller) revealed a laundry list of resultant physical and mental malfunctions (Don't try this at home).

If you have ever been in a room full of people doing a breathing exercise together, you may have noticed that a connection seems to emerge among the people in the room.

Continued on the next page

In Jewish worship, we also make connections. Mystics used to advocate singing Shema three times in a row to form a congregation out of a minyan. When I was younger, I thought this was so that every person could focus on the oneness of God together. Now I suspect it may be so that we can all inhale the breath of life together and use that breath to proclaim our covenant with God and each other.

We know that when people stop breathing, when they die, they no longer do apparent good.

The opposite presents itself: Beyond inhaling to exhale a religious song or prayer, what do we use our divine gift of breathing for?

With our next breath can we say:

I understand

That's Beautiful

I appreciate you

I'm sorry

I have an idea that might help



2023 JEWISH FEDERATION HOLIDAY APPEAL

The Almighty has willed that there be two hands in the matter of charity:
One that gives and one that receives.
Be thankful that yours is the hand that gives.
Open a hand of compassion to the less fortunate.



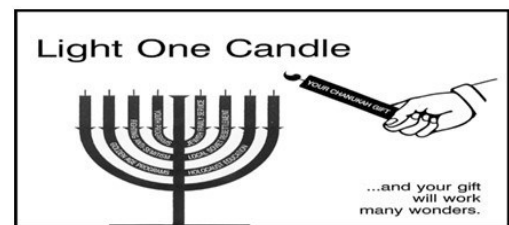
The Days of Awe are upon us, bringing with them a time to reflect, take stock, and commit to being the best versions of ourselves for our families, our community, and ourselves. Presently, we are facing a different challenge—unprecedented inflation.

This year we are once again looking forward to our Senior Luncheons celebrating Rosh Hashanah and Hanukkah. These luncheons are for our elderly living in assisted living or by themselves. For many, it is their only chance to celebrate the holidays with friends.

We also provide food to needy Jewish families for Rosh Hashanah and Hanukkah, as well as gifts for the children. With rising costs, your support for these initiatives is needed more than ever before.

In the past, we have sent an appeal for each holiday, but looking to save costs, we are sending a single appeal for both holidays. Please keep this in mind when sending your generous one-time donation for both Rosh Hashanah and Hanukkah.

May the coming year of 5784 be one of sweetness, hope, and joy for all of us, and may the lights of the Hanukkah candles shine upon you and your family, giving you excellent health and good fortune.



Deeds of kindness and charity weigh as much as all the commandments.—Talmud

The obligation of charity outweighs all the other duties.

TO DONATE ONLINE:

<https://www.mightycause.com/story/Holidays-Appeal>

OR MAIL A CHECK TO:

The Jewish Federation of Volusia & Flagler Counties
470 Andalusia Avenue
Ormond Beach, FL 32174

Congregation B'nai Torah Religious School Report

By Helen Farb



Religious school's youngest class watched a video, learned about and made Noah's ark with the animals. The class read about Cain and Abel and illustrated their story. We continue learning the songs of Hanukkah for the many Hanukkah events. At Kid and Tot Shabbat, we made and decorated red, white, and blue cupcakes with the help of Nora Banfi, Jessica Sznajstajler, Shana Freedman and many others, for the Veterans to eat on Veterans Day. The children presented these cupcakes on Friday, November 10 and thanked each Veteran for their service.

The class talked about the symbols of Hanukkah and read the story of the holiday. We also decorated the building with dreidels.

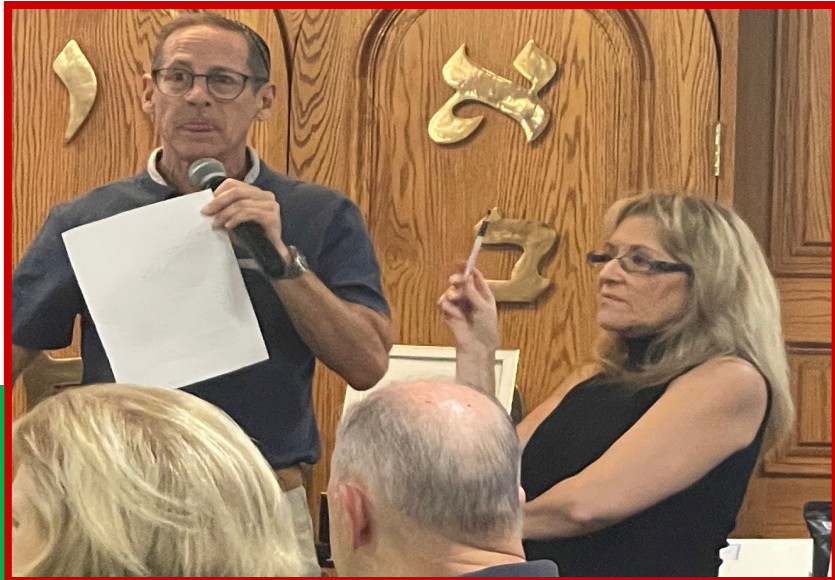
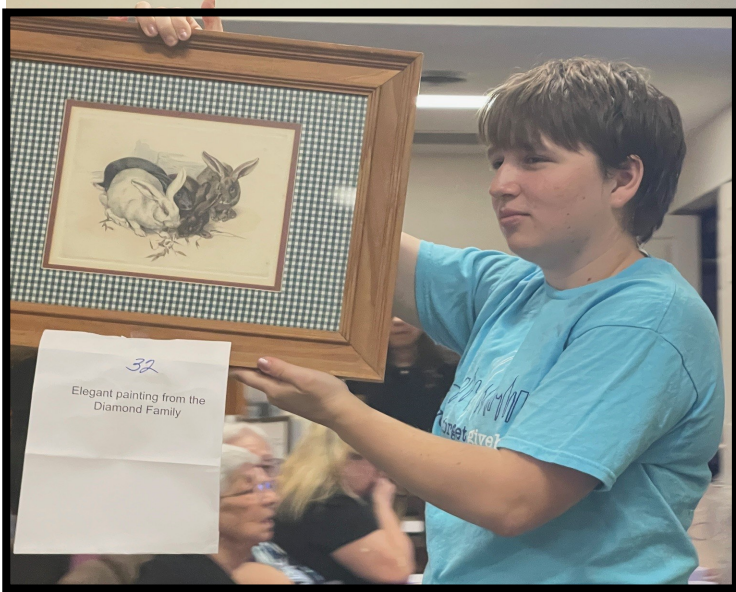
The older students discussed the death of Sarai and Abraham purchasing the cave of Machpelah to bury her. Today this is Hebron. They read about the life of Ruth Bader Ginsburg and did a worksheet on how they want to be remembered. They are preparing to send money to the Heifer project and discussed their matching donors. The money will be sent before December 4 to get matching donor money from the project.

We laughed a lot at Eat, Laugh, and Bid and groaned at many of the jokes that were told, we had many talented student artists: Daniel and Hatikva; Scarlett the whistler; the joke and Knock Knock tellers; Michael, Ori, Christopher, Jacob and Sam; Eli the hula hooper, and all the musicians; Talia, Kaida, Micah. Thanks Rabbi for organizing this event and everyone who came to hear the students and then bid to raise money for the synagogue.

We look forward to being very busy and having fun at our various Hanukkah events. Thanks to Channah Zimmerman for all her hard work while Morah Virginia is gone.

HOPE YOU HAD A HAPPY THANKSGIVING AND MAY WE ALL BE THANKFUL FOR EVERYTHING AND EVERYONE WE HAVE! Helen

Eat, Laugh & Bid, such a fun event!



Eat, Laugh & Bid, such a fun event!





Sisterhood in the News

Thank you to all the members who came to shop, eat, and schmooze, at Peppers Mexican Grill.

We have many members from B'nai Torah and Temple Israel who are in the hospital or have recently been in, if you know of anyone who needs a helping hand or visit, please call Kay at the temple's office or any of the sisterhood's board members. November flew by along with the turkeys, hope all enjoyed their Thanksgiving. Sisterhood has a lot going on in December as well. We are the main attraction next to Rabbi Kane (of course) for B'nai Torah's annual Hanukkah Dinner and Shabbat, Friday December 8th . We need our Kitchen Angels to help in the Kitchen for prepping, serving, and clean-up. Please extend a helping hand when Lea sends out the days and times.

Thursday December 14 th , at 7pm, B'nai Torah and Temple Israel will come together at North Forty Clubhouse. Located in the Trails North Forty Subdivision, 240 Deer Lake Circle, Ormond Beach. (The subdivision is at the corner of W. Granada Blvd. and Clyde Morris Blvd.) It is our time to have some fun, bring your favorite Chanukah Dessert and copies of the recipe to share with everyone. Since everyone knows I cannot bake, I will be making the Hanukkah Martinis.

We will also play a Hanukkah Harry (gift exchange). Bring a wrapped gift, please do not spend more than **\$10.**

Thursday January 11 th , 2024, we will have a Sisterhood Planning and Board Meeting.

chag Hanukkah sameach,

Barbara Kusnick

B'nai Torah Sisterhood President

Come join the fun

Download the CBT Sisterhood Membership Application

[HERE](#)

MEN'S CLUB®

Men's Club had a very active 6 weeks, with the 2nd annual Schnapps in the Sukkah, a Brunch and Shoot event at Bunnell Range, and the Hike at Highbridge Park, where Ron Horowitz led a dozen hikers on a 2.5 hour hike to the edge of Flagler County.

Thanks to all those who attended our fun unique events.

Next up: December 26, 6pm – Family Bowling with Pizza at Ormond Lanes. More info coming soon, but there will be special 'family' pricing. More details to come.

Have you paid your men's club dues? Only \$36/year, and it supports our programming.

Here's the link to submit: <https://mybnaitorah.org/mens-club-donation/>

Let me know if you have any ideas for the Men's Club,

COME JOIN US

At the Ormond Lanes for
Family Bowling with Pizza
Tuesday, December 26, 6:00 PM

Mark Givarz,
CBT Men's Club President



*Many enjoyed the fresh air
and scenery
at the recent Men's Club Hike*





YOU ARE INVITED TO ATTEND THE 2023
CONGREGATION B'NAI TORAH
HANUKKAH SHABBAT
SERVICE & DINNER

FRIDAY, DECEMBER 8th at 6:00 PM

Shabbat Service will be followed by a delicious dinner of
Sweet & Sassy Chicken, Veggies, Salad, Applesauce
and of course Latkes!

PLUS - Dessert!

CONGREGATION B'NAI TORAH
401 N NOVA RD ORMOND BEACH, FL 32174

ADULTS \$18 - AGES 4-12 \$9

Religious School Students and Under 4 - FREE

LIMITED SEATING

Doors open at 5:30 PM

Please RSVP by 12/1 to

cbtemail@mybnaitorah.org or

386-672-1174 or

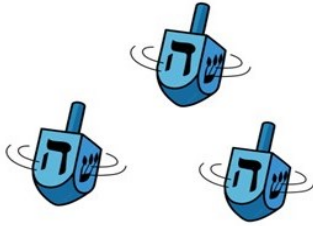
www.mybnaitorah.org

Remember to bring a menorah and 3 candles (2 + 1) to light



PRESENTS HANUKKAH

at the



918 North Atlantic Avenue, Daytona Beach

A Community Wide Hanukkah Festival

SUNDAY, DECEMBER 10, 2023

11 AM to 2 PM



*Special Performance by Songstress
Ellen Allard and the children of
our congregations*



Festival will include music, vendor booths, crafts, dreidel games, lunch (sandwiches, salads & latkes for purchase), free donuts and chocolate gelt!



Join us for a day of festival food, music and fun!

Meet and take a picture with your favorite friends



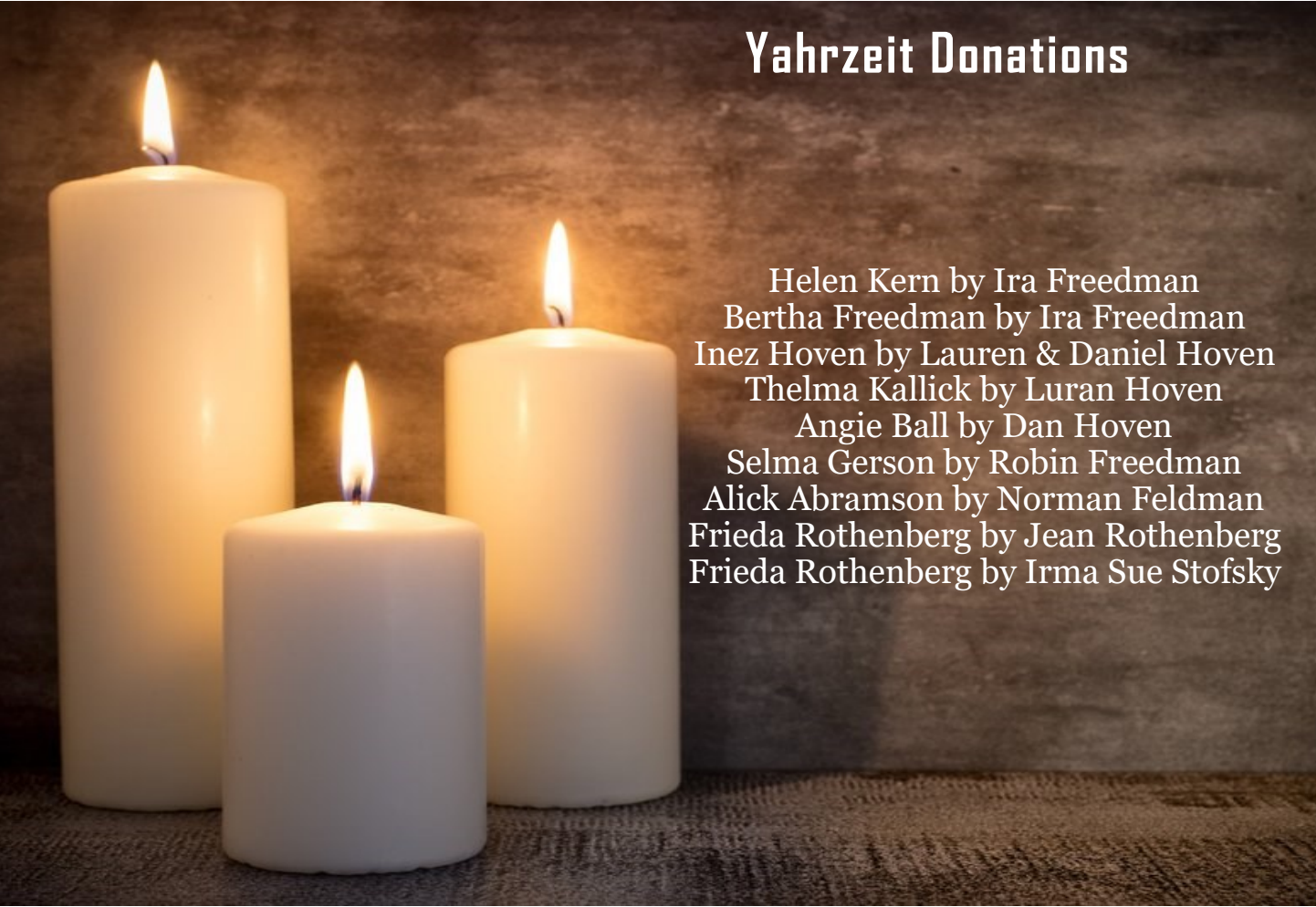
FREE ADMISSION FOR ALL

Call (386) 672-0294 for additional information

**Brought to you by the
Jewish Federation of Volusia and Flagler Counties**

in conjunction with
Congregation B'nai Torah, Temple Beth-El,
Temple Beth Shalom Palm Coast and Temple Israel of Deland

Yahrzeit Donations



Helen Kern by Ira Freedman
Bertha Freedman by Ira Freedman
Inez Hoven by Lauren & Daniel Hoven
Thelma Kallick by Luran Hoven
Angie Ball by Dan Hoven
Selma Gerson by Robin Freedman
Alick Abramson by Norman Feldman
Frieda Rothenberg by Jean Rothenberg
Frieda Rothenberg by Irma Sue Stofsky

Thank You for Your Donations

Richard Walters
Suzanne Goldberg

Thank You for Your Kol Nidre Donations

Jared & Valerie Kisseloff
Kenneth Nusbaum
Bertha Berdichevsky

DECEMBER



1 Michael Sznajstajler
4 Alyce Givarz
5 Richard Walters
6 Harvey Morse
7 Debbie Hettler
10 Eneida Kwetkus
11 Adrienne Cooperman
13 Eileen Selis

13 Daniel Yfrah
17 Al Fritts
19 Adrienne Offenber
22 Dr. Mark Rubin
27 Dianne Rohald
29 Morris Levy
29 Michael Yfrah

Happy Birthday from Lea & Charles Moskowitz to Michael Sznajstajler, Alyce Givarz, Richard Walters, Harvey Morse, Debbie Hettler, Eueida Kwetkus, Adrienne Cooperman, Eileen Selis, Daniel Yfrah, Al Fritts, Adrienne Offenber, Dr. Mark Rubin, Dianne Rohald, Morris Levy & Michael Yfrah

EXPRESSIONS OF APPRECIATION

Thank you to all the Congregants who participated and made our Eat, Laugh & Bid event so successful!

Thank you to all the talented Kids and our School as well as all the helpers who worked so hard to make the event such a fun evening.

Thank you to Bari and Stuart Amols who were such great Auctioneers that night!

Thank you to Lea Moskowitz, Helen Farb and all the kitchen angels for making such a delicious dinner!

BE A CBT MITZVAH MAVEN!

Have an extra hour (or two)? Volunteer!!!
We have several homebound congregants who have found a visit from a CBT Family Member is a great way one of the best ways to bring a smile to their faces. Interested in spreading some sunshine? Call or email Valerie Kane at (386) 871-9909 NurseVal@earthlink.net

**Sharing a link to AJC's website:
Reporting Anti-Israel Antisemitism to Federal Agencies, Law Enforcement, and Social Media Guidance by American Jewish Committee
(<https://www.ajc.org/ReportingAntisemitism>)**

SPREAD THE NEWS

Charles Stein has completed the forms to be a volunteer Doctor in an Israel medical center if needed. His grandson journeyed to Israel this summer for a gap year before entering college. He was assigned to a farm but now is working in a hospital treating the wounded.

Barbara Kusnick wished everyone a happy Thanksgiving. Her mother had a stroke but thankfully survived.

Our Congregation Family is looking forward to Virginia & Larry's return from their wonderful visit with their Grandson and hearing about all their interesting adventures abroad.



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340 White Street
Daytona Beach, FL 32114

Find us @ mtnsinacemeterydb.org
Or on Facebook [mtnsinadaytona](https://www.facebook.com/mtnsinadaytona)
For More information email: mtnsinai@rrh.com



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386.457.6385 (F)
UFHealth.org

3400 Halifax Crossing Blvd., Suite 200
Deltona, FL 32725

MEMORIAL BOARD

The Sanctuary of Congregation B'nai Torah houses impressive memorial boards. Memorial plaques with the names of our dearly departed loved ones adorn the boards. A brass memorial plaque with the name of your departed loved one inscribed thereon can be added to the Memorial Board for a donation of \$300.

TREE OF LIFE

The Sanctuary of Congregation B'nai Torah houses an impressive Tree of Life, donated by Dr. & Mrs. Richard Rhodes.

Stylized "Leaves" or "Foundation Stones" celebrate any occasion and will be engraved with the name of the celebrated person(s) and any other appropriate information.

A leaf can be added for a donation of \$118. For extra special occasions, a limited number of "Foundation Stones" are available for a donation of \$500.

Please call the office at **(386) 672-1174** if you would like more information about either the Memorial Board or the Tree of Life.



Upcoming Events

**Shabbat services start at 7:00 PM each Friday
and at 10:00 AM each Saturday unless otherwise noted**

RESERVE THESE DATES

Sun	Dec 3	9:00 AM	Religious School CBT-TBE Hanukkah Festival
Tue	Dec 5,12,19,26	7:00 PM	Torah Study with Rabbi Merrill Shapiro
Thu	Dec 7 & 23	9:00 AM	JPGT Breakfast at Peach Valley WEST
Fri	Dec 8	6:00 PM	Hanukkah Shabbat Service & Dinner
Sun	Dec 10	11:00 AM	Hard Rock Hanukkah
Thu	Dec 14	7:00 PM	CBT & TI Sisterhood Hanukkah Party
Mon	Dec 18	7:00 PM	Board of Directors Meeting
Tue	Dec 26	6:00 PM	Men's Club-Family Bowling at Ormond Lanes

Officers and Trustees

Co-Presidents: Adrienne Cooperman and Robin Freedman
Vice President: Jared Kisseloff
Treasurer: Larry Horowitz
Secretary: Doug McEwen
Trustees: Charlie Moskowitz, Sue Abel, Bonnie Berns, Debra Rodensky, Semareva Friedman, Harriet Fritts, Ken Haberman, Ron Horowitz, and MaryAnn Serkin
Religious School Chair: Helen Farb
Past President: Charles Stein

**403 N. Nova Road
Ormond Beach, FL 32174
386-672-1174
cbbtemail@mybnaitorah.org**

www.MyBnaiTorah.org

