

# TORAH TIMES

MAY 2024 23 Nisan - 23 Iyar



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Thanks to  
Miss Helen &  
all who  
participated  
in one of  
the very best  
Heritage  
festivals!





## The Co-Presidents' Message



Dear Congregants,

We hope everyone had a nice Passover.

It's hard to believe another year has gone by. This article brings us to the end of our two years as your Co-Presidents. It has been a pleasure to have served in this capacity for our CBT Family and our Rabbi.

We want to thank our Executive Board as well as our Board of Directors for all their help and support over the past two years. We wish the incoming Executive Board and the Board of Directors a successful year. Adrienne and I will be there to support all your efforts.

We love our CBT Family and we plan to be around to help in anyway we can.

Our Annual Meeting will be on May 19th at 10:00 AM. Please plan to attend.

Your Co-Presidents,  
Robin Freedman and Adrienne Cooperman

## A Message From Rabbi Kane

Being responsible for our own behavior is the cornerstone of Judaism. What if we used these weeks to look at life from a kindness perspective? Do one or two a day and see who changes more...ourselves or the way people treat us!

### **WEEK 1**      Be kind to yourself

**Day 1**    What are three things you love about yourself ?

**Day 2**    Practicing gratitude can help you love yourself even more. What are three things in your life that you feel grateful for ?

**Day 3**    What's something you enjoy doing ? At some point today try to do that something.

**Day 4**    What's your favorite song ? At some point today listen to, sing it, or play it on an instrument

**Day 5**    Practice mindfulness. Spend a few minutes just focusing on the moment. You can concentrate on your breathing, or use your senses to notice your surroundings.

**Day 6**    Sometimes it helps to hear from people who love us. Ask a friend or family member what is something they love about you.

**Day 7**    Make your bedtime routine a bit more enjoyable. Read a book, or go to bed a little early

### **WEEK 2**      Be kind to family and friends.

Once we can be kind to ourselves, we can begin to reach out to the people in our closes circles. Practice kindness with important people in our lives

**Day 8**    A simple way to show kindness is by letting someone know we are thinking of them. Call a relative or friend.

**Day 9**    It is kind to help clean

Continued on next page

**Day 10** What chore can you help with even if no one asks you to

**Day 11** Imagine getting a letter in the mail from someone who loves you. Think of someone you can send a note to.

**Day 12** Choose someone you love. No need to wait till their birthday to give them a gift. Surprise them with something you bake or a craft

**Day 13** Offer to help a family member or friend. What are some things you are good at doing ?

**Day 14** Leave a kind note of encouragement for someone you care about. It can be on their desk or mirror, or on their door.

### **WEEK 3** An important value is Judaism is being part of a community

**Day 15** A huge way to help others in your community is to donate things you don't need to people who need them

**Day 16** Is there someone in your community who could use a little extra help. Maybe there is an older person who would appreciate a visit

**Day 17** Kindness makes the world go round. Offer to do something for someone in your community for free.

**Day 18** Every community has some organizations that do kind things for people in need. Start looking into one that you would like to volunteer for.

**Day 19** Make some hand-made cards and then deliver them in your community: to residents of a nursing home or retired veterans

**Day 20** Leave a thank you note and small treat for a community worker in your community, maybe the mail man or the sanitation workers

**Day 21** Create a kindness stone. Use permanent markers and decorate a stone with a kind message

**Continued on next page**



## **WEEK 4**     **Be kind in speech**

**Day 22** Compliments make people feel really special. What compliment can you give someone?

**Day 23** While complimenting someone directly is nice, we can also pass the praise along to someone who knows the person

**Day 24** An important phrase to learn to say is "I was wrong, I'm sorry." Look out for an opportunity to apologize.

**Day 25** One way to be kinder is to avoid speaking unkindly about other people.

**Day 26** Today, give genuine thanks to someone. It can be for something small

**Day 27** Sometimes being kind in our speech is say nothing at all

**Day 28** Today, ask someone how they are doing and really mean it and listen to them

## **WEEK 5**     **Be kind in your actions.**

**Day 29** A simple and small way to show kindness is by holding the door open for someone

**Day 30** They say smiles are contagious. Try to smile a little more today

**Day 31** Today, reach out to someone who is sitting or standing alone

**Day 32** We spend a lot of time waiting in line. Today, let the person behind you go ahead of you

**Day 33** Today, give someone a friendly wave

**Day 34** Giving tzedakkah helps people in need. But it also helps us - as we become kinder people

**Day 35** Leave an anonymous positive note somewhere that will bring smiles.

**Sunday, May 5 at 6pm  
at Congregation B'nai Torah  
403 N Nova Rd, Ormond Beach, FL**

**Holocaust  
Remembrance  
Day**

**Never Forget**



**A community gathering hosted by  
Temple Beth Shalom Palm Coast,  
Temple Beth-El, Congregation B'nai Torah**

**Supported by the Jewish Federation  
of Volusia & Flagler Counties**

**To join in on Zoom:  
Meeting ID: 844 7934 7916  
Passcode: 584335**



The Jewish Federation  
OF VOLUSIA & FLAGLER COUNTIES



**Celebrate Israel's Independence at Yom Ha'atzmaut 2024!**

**Tuesday, May 14th, 2024 from 6:00 PM – 8:00 PM**

**Temple Beth El, 579 N Nova Rd, Ormond Beach, FL 32174**

**JOIN US FOR AN INFORMAL  
AND FESTIVE EVENING INCLUDING:**

PRAYERS FOR ISRAEL

ISRAELI DINNER

READING OF ISRAEL'S  
DECLARATION OF INDEPENDENCE

SING-A-LONG

SHOWING OF THE SHORT FILM: "MADE IN ISRAEL"

**This event is free of charge.**

**Donations towards the purchase  
of a Magen David Adom "ICU on Wheels" *are requested.***

**RSVP Required - Call 386-672-0294**

# Congregation B'nai Torah Religious School Report

By Helen Farb



It was wonderful having Rabbi Kane back with us . We had Kid and Tot Shabbat on April 5 and the kids were so glad to see him. He was swarmed by all the children. We fed 30 people that night. Thank you to Jerry Epstein for sponsoring these dinners.

There were several children who participated in the Friday Shabbat service: Talia, Ori Sznajstajler, Kaida and Micah Dattel. It is just the beginning of their service leadership.

We had a fantastic, beautiful day for the Jewish Heritage Festival. All the children turned out for the childrens' choir. Our group was loud and strong. They joined Beth-El religious school children. Thanks to all the parents who came that day with their children. Our booth featured many craft opportunities. Our 4 face painters: Navah, Acacia, Val Kane and Kaida gave their time and painted about 100 faces for free.

On Sunday, April 14, we welcomed Val Kisseloff as our substitute for Virginia's class. She will be there for the rest of the school year. The students learned about Passover. The older children made Miriam's Cup. Our model Seder was held on Sunday, April 21st and the students and parents prepared the food for this Seder. Our students were the leaders. We had many families attend this Seder and we all looked forward to our congregational Seder.

Our last day of school will be May 5. Our annual kickball game will be a fierce competition between parents and students.

**HAPPY PASSOVER!**

Miss Helen



*Religious School Children  
learning about Passover*





# Kid & Tot Shabbat







# RELIGIOUS SCHOOL MODEL SEDER





# Heritage Festival Fun & Camel Rides







## Sisterhood in the News

Happy Spring Ladies,

A huge “todah rabah” and job well done to the fabulous chefs of this year’s Passover Seder.

Also, what a great job the Gift Shop crew did at the Jewish Heritage Festival.

As our summer vacation approaches, don’t forget to put the combined Men’s Club and Sisterhod Shabbat Service on your calendar for Friday, June 14th at 7:00 PM.

More news from our Sisterhood President coming soon to your email!

We look forward to seeing everyone.

**From the office elves on behalf of the Sisterhood**

**Come join the fun**

Download the CBT Sisterhood Membership Application

[HERE](#)

# TEMPLE ISRAEL SISTERHOOD



## Farewell & Goodbye

Hopefully, all enjoyed Passover !!

The Heritage Festival was so great, it was definitely worth all the hard hard work and hours that the Temples & Sisterhoods put into making it such a great success.

Thank you to all our wonderful volunteers and guests who participated during the day! See you again in 2026, HA HA!

Sure, monies were made, a portion of which will be sent to different well deserving organizations, both here in America as well as Israel. Thanks for all your support, always.

With a sad goodbye, Temple Israel will be leaving at the end of May. Some congregants will still like to frequent CBT to see friends we've made in the past couple of years and especially to see and hear the One and Only great, Rabbi Kane.

See you all soon!

Netta Weiner & Fran Steiner  
Co and Vice President



# Heritage Festival





# MEN'S CLUB®

## Men's Club Upcoming events:

The Congregation B'nai Torah Men's club is comprised of an active group of men who are committed to constantly creating programs appealing to a wide array of interests, while promoting camaraderie, friendship, community service and study.

Don't forget to pick up your yellow candle from the synagogue office or sanctuary. Candle lighting for Holocaust Remembrance Day (Yom Hashoah) is May 5-6.

Men's Club and Sisterhood will be jointly leading services Friday, June 14. Look for an email soon on how you can participate.

We invite all congregants to join the Men's Club and participate during the year for fun times, learning and performing mitzvot.

Want to know more? Contact the Men's Club team:

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

Mark Givarz, President

Ron Horowitz, Vice President

Ken Haberman, Treasurer

Jacob Aaronson, Secretary

Ira Freedman, Special Advisor to the President

**Mark Givarz, CBT Men's Club President**  
**314-604-5618 [cbtobmensclub@gmail.com](mailto:cbtobmensclub@gmail.com)**

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 Enjoy JPGT**

**Great company, conversation,  
food and friendships!**

**All Welcome — Bring a Friend!**

**THIS MONTH'S BREAKFASTS  
Thursday, May 2 and 16th at 9 AM**



**Peach Valley Café (WEST)**

**1185 West Granada Boulevard  
Ormond Beach, FL 32174**



# Yahrzeit Donations

William Ferrer by Harriet Fritts  
Mark Strasnick by Rosalie D. Ferry  
Jean Leonard by Arthur S. Leonard  
Gertrude Gerstein by Joan G. Ravede  
Lucy Meyer by Don Holbert  
Chuna Wohl by Marta Wohl  
Malka Wohl by Marta Wohl  
Solomon Wohl by Marta Wohl  
Zygmund Wohl by Marta Wohl  
Ronald Beichner by MaryAnn Serkin  
Freida Susan by Harvey Singer  
Herman Kimmel by Harvey Singer  
Ruth Offenbergl by David Offenbergl  
Joel Chiet by Rosalie Ferry  
Jacob Meyer by Don Holbert

*Thank You for Your Donations*



# MAY 2024



- |                              |                          |
|------------------------------|--------------------------|
| <b>1 Robin Freedman</b>      | <b>19 Alan Rabin</b>     |
| <b>2 Vickie Haberman</b>     | <b>22 Jeffrey Bailen</b> |
| <b>3 MaryAnn Serkin</b>      | <b>23 Barbara Singer</b> |
| <b>6 Harriet Fritts</b>      | <b>27 Sue Goldberg</b>   |
| <b>10 Esther Niedzwiecki</b> | <b>29 Zandra Dattel</b>  |
| <b>11 Jill Goldsmith</b>     | <b>31 Mark Givarz</b>    |
| <b>12 Ken Lipowitz</b>       |                          |

**Happy Birthday from Lea & Charles Moskowitz to Robin Freedman, Vickie Haberman, MaryAnn Serkin, Harriet Fritts, Esther Niedzwiecki, Jill Goldsmith, Ken Lipowitz, Alan Rabin, Jeffrey Bailen, Barbara Singer, Sue Goldberg, Zandra Dattel, Mark Givarz**



- |   |                                    |
|---|------------------------------------|
| <b>1 Patrizia &amp; Dr. Mark Rubin</b>      | <b>25 Cindy &amp; Ric Pasi</b>     |
| <b>20 Jeanine &amp; Ron Horowitz</b>        | <b>30 Zandra &amp; Andy Dattel</b> |
| <b>23 Robyn &amp; Rabbi Merrill Shapiro</b> |                                    |

## EXPRESSIONS OF APPRECIATION

**A big thank you to all who have sent Get Well wishes, called, have helped drop off food to Val and me, plus driven me to Doctors appointments and Physical Therapy. Your support and kindness have really helped make things better.**

**Thank you so much to everyone who volunteered at the Heritage Festival which made it such a huge success! We appreciate everything you did to help!**

**A special thank you to Lea Moskowitz and all her special “kitchen angels” for that lovely Seder. Many Thanks to All!**

**A special thank you to Melanie Schiffman and Cindy Pasi on the Visiting Committee for reaching out to many members of our CBT family who have been in the hospital and Nursing Home and needed visits, calls and cards. I look forward to being able to drive soon and to resume these visits. Your hard work and dedication are much appreciated by me to all you have watched over.**

**Rosh Chodesh Iyar for Hebrew Year 5784 begins at sundown on Tuesday, May 7, 2024 and ends at nightfall on Thursday, May 9, 2024 .**



## **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 one of the best ways to bring a smile to their faces.**

**Interested in spreading some sunshine?**

**Contact Melanie Shiffman, our new Chair of the Visiting Committee at 386-506-9494. The committee is very important for the elderly members of our congregational family. So please consider helping us with this important committee!**

## **AMERICAN JEWISH COMMITTEE**

**Sharing a link to AJC's website:**

**Resource for reporting Antisemitism to Federal Agencies, Law Enforcement, and Social Media Guidance  
(<https://www.ajc.org/ReportingAntisemitism>)**

## **SPREAD THE NEWS**

Robin and Ira's daughter, Sara, was married. The Grand Opening of their shoe repair store's new location in the Dunkin' Donut plaza was on April 15th.

Mark's mother (Rhoda) had her 94th birthday. The family sponsored an Oneg at the Palm Coast synagogue in her honor. Rhoda was the administer at a congregation in Tampa over 40 years ago when Rabbi Karen Tashman served there as their Educational Director.

Rabbi Kane sent flowers and a letter from the CBT Family for the occasion of Rabbi Tashman's arrival as the new Rabbi at the Palm Coast Synagogue.





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**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**

<u>RESERVE THESE DATES</u>			
Fri	May 3	6:00 PM	Kid & Tot Shabbat
Sat	May 4	10:00 AM	Religious School Shabbat
Sun	May 5	6:00 PM	Yom Ha Shoah Commemoration
Mon	May 6	8:04 PM	Yom Ha Shoah Candle Lighting
Tue	May 7,14,21,28	7:00 PM	Bible Study with Rabbi Merrill Shapiro
Sun	May 12		Happy Mother's Day
Thu	May 16	9:00 AM	JPGT Breakfast at Peach Valley Café(WEST)
Fri	May 17	7:00 PM	Shabbat Service with Chocolate Oneg sponsored by Temple Israel
Sun	May 19	10:00 AM	CBT Annual Meeting
Fri	May 31	7:00 PM	New CBT Officers Installed

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**  
**Sisterhood: President, Barbara Kusnick**  
**Men's Club: President, Mark Givarz**  
**Past President: Charles Stein**

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

[www.MyBnaiTorah.org](http://www.MyBnaiTorah.org)

