

## From Uncertainty to Awe

By *Rabbi Jamie Arnold*

One thing is certain, the uncertainty we've been facing for the last 18 plus months is not slipping quietly into the night. As our High Holidays approach, many of us had high hopes for a return to what we considered normal. But the uncertainties persist.

*Will we be able to safely gather as a community indoors again?*

*Will schools and businesses be able to stay open and recover?*

*Will enough people get vaccinated, and the vaccines work well enough, to end the pandemic?*

*Masks on? Masks off?*

Feeling like a confused Karate Kid in training?



And the collective uncertainties related to COVID-19 naturally fuel and exacerbate the personal uncertainties we face – financial challenges, changes to our work lives, relationship tensions, pandemic parenting, etc. While economists debate the fear of inflation, the rest of us face an inflation of fear and doubt. These are uncertain times.

My first impulse is to perceive the fear and doubt that comes with uncertainty as an obstacle in my spiritual life. I hear Yoda's voice in my head saying, "Fear is the path to the dark side. Fear leads to anger,

**Article continued on page 8**

## 5782 – The Year of YES

By *Laurie Walowitz*

Another new beginning.

A chance to do it again and do it better.

A chance to do it for the first time and go all in.

A chance to look back and remember; to look forward and create.

I love new beginnings.

I love the freshness of them.

I love the opportunities they present.

This High Holiday season feels different from others. I have often thought about my hopes and wishes for the new year. I have shared them with family and friends around a Rosh Hashanah dinner table. I have never shared those thoughts in a such public way. It's a bit intimidating.

As I think about the High Holidays that kick off 5782, I think about the power that one word can hold. For me, right now, that word is YES.

I said YES when asked if I would become president of the Board for our wonderful CBE community and that answer has changed so much.

I am engaging with so many more people – some new to our community and some new to me. I am speaking up in conversations that in the past I would have only listened. I am thinking about CBE and all that our community means on a much deeper level and with much greater frequency. In doing so, I am stretching way outside of my comfort zone. All because I said YES. And you know what? It feels good.

In our last issue, I asked you to think about your connection point to CBE. Did you? If no, it's not too late!

In this issue, I have a related question, now that you know your connection, how are you acting on it? How can you use that connection – say YES – and discover new things not just about our

**Article continued on page 6**



The Shofar

Congregation Beth Evergreen of Evergreen, Colorado

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## Midah Of The Month For September & October

### **Yirah – Awe/fear**

The High Holy Days are referred to as The Days of Awe. What does this mean?

Fear of rejection, imagined or perceived threat, or angst around stepping out of our comfort zones is the Hebrew word “*pachad*” (the lizard brain fear).

According to the late Rabbi Alan Lew, the “fear” in Yirah is “the fear that overcomes us when we suddenly find ourselves in possession of considerably more energy than we are used to, inhabiting a larger space than we are used to inhabiting. It is also the feeling we feel when we are on sacred ground.” Tara Mohr describes it as when you’ve “felt a calling in your heart, or uncovered an authentic dream for your life, or felt a mysterious sense of inner inspiration around a project or idea.”

### **Practice**

Next time you are in a moment that brings fear:

Use curiosity as a catalyst for change; Ask yourself: “what part of this fear is yirah?” Lean into – and look for – the callings and leaps that bring yirah. <https://www.taramohr.com/dealing-with-fear/bring-curiosity-to-fear/>

### **Hitlamdut – Curiosity/seeking new awareness**

*Hitlamdut* is the embodiment of humility, opening to the truth of what we don’t know for the purpose of connection with self, others, and God. Embrace **Hitlamdut** as a vehicle for the transformative possibility of deeply immersing in High Holy Day rituals. And, since “*pachad*” fear and curiosity can’t coexist, “...Perhaps acknowledging what we are afraid of will actually open ourselves up to the possibility of what we can become. Perhaps in sitting and reflecting on what is possible, we can shift that fear into a state of awe of what lies ahead and the power of the world around it. Perhaps **yirah** is the choice between seeing the possibility of who we are becoming in a state of fear that holds us back, or a state of awe that propels us forward.” <https://michiganhillel.org/tilly-shames-2019-5780/>

### **Practice**

- Look inward, pause, reflect, ask “What about this situation can I get curious about?”
- In seeking forgiveness and offering it during these Days of Awe, get interested in what every interaction can reveal to you about yourself, others, and the world.

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*Submit articles, ads, and Chai Lights to the CBE office.*

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# Calendar

## September & October At Beth Evergreen! Be Part of What's Happening at CBE this Spring!

These events have been scheduled with COVID-19 in mind. As quarantine measures are constantly changing, this calendar may be revised. Also, we may choose to revise these digital offerings at any time; please see <https://bethevergreen.org/calendar/> for the most current information.

### **Wednesday, September 1**

**9:30AM** Free yoga class. Please contact Jennifer Reeve (Jennifer@RememberYourWings.com) for more information.

### **Thursday, September 2**

**1PM** Midday Mussar via ZOOM. Topic: TBD. All are welcome!  
**8PM** Spiritual Leadership Team check-in.

### **Friday, September 3 - Shabbat Nitzavim**

**9AM** Music & Meditation with Rabbi Jamie via ZOOM.

### **Monday, September 6 - Erev Rosh Hashanah**

**6PM** Erev Rosh Hashanah Outdoor Service  
**7:30PM** Erev Rosh Hashanah Indoor Service

### **Tuesday, September 7 - Rosh Hashanah**

**9AM** Rosh Hashanah Outdoor Service  
**10AM** Rosh Hashanah Indoor Service  
**12PM** Rosh Hashanah Luncheon  
**4PM** Rosh Hashanah Family Service

### **Wednesday, September 8 - Rosh Hashanah II**

**9:30AM** Free yoga class. Please contact Jennifer Reeve (Jennifer@RememberYourWings.com) for more information.  
**10AM** Rosh Hashanah Day 2 service at Lair O' The Bear Park  
**4PM** Tashlich & Religious School event for families at Lair O' The Bear Park

### **Thursday, September 9**

**1PM** Midday Mussar via ZOOM. Topic: TBD. All are welcome!

### **Friday, September 10 - Shabbat Vayeilech**

**9AM** Music & Meditation with Rabbi Jamie via ZOOM.

### **Saturday, September 11**

**7PM** Boys Shevet.

### **Monday, September 13**

**7PM** Tikkun Olam meeting.

### **Wednesday, September 15 - Erev Yom Kippur**

**6PM** Kol Nidre Outdoor Service  
**7:30PM** Kol Nidre Service

### **Thursday, September 16 - Yom Kippur**

**9AM** Yom Kippur Outdoor Service  
**10AM** Yom Kippur Indoor Service  
**12:30PM** Yom Kippur Contemplative Hike  
**3PM** Yom Kippur Gentle Yoga  
**4PM** Yom Kippur Family Service  
**5PM** Yom Kippur Healing Service  
**5:45PM** Yizkor & Ne'ilah

### **Friday, September 17 - Shabbat Ha'Azinu**

**9AM** Music & Meditation with Rabbi Jamie via ZOOM.

### **Saturday, September 18**

**9AM** From Word to Deed. Topic: TBD.  
**2PM** Shevet Boys' Camping Trip.

### **Sunday, September 19**

**2:30PM** Amphitheatre Groundbreaking.  
**3PM** Sukkah Building.

### **Tuesday, September 21 - Sukkot I**

**8AM** Breakfast in the Sukkah.  
**6:30PM** Monthly Board Meeting. Please contact Laurie Walowitz (president@bethevergreen.org) for more information.

### **Wednesday, September 22 - Sukkot II**

**9:30AM** Free yoga class. Please contact Jennifer Reeve (Jennifer@RememberYourWings.com) for more information.  
**4:30PM** First Day of CBE Religious School.  
**6PM** Sukkot Celebration: Pizza in the Hut.

### **Thursday, September 23 - Sukkot III**

**1PM** Midday Mussar via ZOOM. Topic: TBD. All are welcome!  
**4:30PM** First Day of Hamakom Baderech.

### **Friday, September 24 - Sukkot IV**

**9AM** Music & Meditation with Rabbi Jamie via ZOOM.  
**9AM** Hiking Havurah: Kenosha Pass. Carpooling available.  
**10AM** Vitalent Blood Drive. See vitalent.org for registration.

### **Saturday, September 25 - Sukkot V**

**10AM** Shabbat Service and Jack Sandler Bar Mitzvah.

### **Sunday, September 26 - Sukkot VI**

**9AM** Adopt-A-Road with lunch in the sukkah to follow.

### **Wednesday, September 29 - Simchat Torah**

**9:30AM** Free yoga class. Please contact Jennifer Reeve (Jennifer@RememberYourWings.com) for more information.  
**4:30PM** CBE Religious School in session.  
**5PM** 7th grade Bonei Mitzvah meeting.  
**6PM** Outdoor Simchat Torah Celebration.  
**7PM** Torah Study.

### **Thursday, September 30**

**1PM** Midday Mussar via ZOOM. Topic: TBD. All are welcome!  
**4:30PM** Hamakom Baderech in session.

### **Friday, October 1 - Shabbat Bereyshit**

**9AM** Music & Meditation with Rabbi Jamie via ZOOM.  
**6PM** Shabbat Under the Stars.

### **Sunday, October 3**

**2PM** Zoom screening of "A Long Journey".

### **Tuesday, October 5**

**7PM** CBE Book Club: Hidden Star

## September & October At Beth Evergreen!

### **Wednesday, October 6**

**9:30AM** Free yoga class. Please contact Jennifer Reeve (Jennifer@RememberYourWings.com) for more information.

**4:30PM** CBE Religious School in session.

### **Thursday, October 7 - Rosh Hodesh Heshvan**

**1PM** Midday Mussar via ZOOM. Topic: TBD. All are welcome!

**4PM** Hamakom Baderech in session.

**6:30PM** Israel: A Deeper Look, Session 1.

### **Friday, October 8**

**9AM** Music & Meditation with Rabbi Jamie via ZOOM.

**9AM** Hiking Havurah: Corwina Park.

### **Saturday, October 9 - Shabbat Noach**

**9AM** Family Shabbat.

**9:30AM** GAN in session.

**10AM** Shabbat Service & Pauline Clayman Bat Mitzvah.

**7PM** Boys Shevet.

### **Sunday, October 10**

**1PM** Safe Zone Training.

### **Monday, October 11**

**7PM** Tikkun Olam meeting.

### **Wednesday, October 13**

**9:30AM** Free yoga class. Please contact Jennifer Reeve (Jennifer@RememberYourWings.com) for more information.

**9:30AM** Needlework Group. Please contact Jamie Bernstein (Hospboss2@aol.com) for more information.

**4:30PM** CBE Religious School in session.

### **Thursday, October 14**

**1PM** Midday Mussar via ZOOM. Topic: TBD. All are welcome!

**4:30PM** Hamakom Baderech in session.

### **Friday, October 15 - Shabbat Lech Lecha**

**9AM** Music & Meditation with Rabbi Jamie via ZOOM.

**6PM** Shabbasghetti Religious School Fundraiser.

**7:30PM** Mostly Music Service: CBE Favorites.

### **Saturday, October 16**

**9AM** From Word to Deed. Topic: TBD

### **Tuesday, October 19**

**6:30PM** Monthly Board Meeting. Please contact Laurie Walowitz (president@bethevergreen.org) for more information.

### **Wednesday, October 20**

**9:30AM** Free yoga class. Please contact Jennifer Reeve (Jennifer@RememberYourWings.com) for more information.

**4:30PM** CBE Religious School in session.

**5PM** 6th grade bonei mitzvah meeting.

### **Thursday, October 21**

**1PM** Midday Mussar via ZOOM. Topic: TBD. All are welcome!

**4:30PM** Hamakom Baderech in session.

**7PM** Israel: A Deeper Look, Session 2.

### **Friday, October 22**

**9AM** Music & Meditation with Rabbi Jamie via ZOOM.

### **Saturday, October 23 - Shabbat Vayera**

**10AM** Shabbat Service & Maya Laz Bat Mitzvah.

### **Wednesday, October 27**

**9:30AM** Free yoga class. Please contact Jennifer Reeve (Jennifer@RememberYourWings.com) for more information.

**6PM** Thanksgiving Box Packing at the Action Center.

### **Thursday, October 28**

**1PM** Midday Mussar via ZOOM. Topic: TBD. All are welcome!

**4:30PM** Hamakom Baderech in session.

### **Friday, October 29 - Shabbat Chayei Sara**

**9AM** Music & Meditation with Rabbi Jamie via ZOOM

## Thank You!

### **By Nancy Friedman & Steve Posner**

A huge todah rabah to our friends in the CBE community for calling, texting, cooking, visiting, lending carloads of medical supplies, and otherwise helping us get through Steve's shoulder replacement surgery. Special thanks to Judy Sherman, Dick Friedland and Fred Simon for lending us so many needed supplies and for giving coping advice and lists; to Rabbi Jamie for his many calls; to Joan Tarasar for setting up an incredible meal train to keep us from having to eat Nancy's scrambled eggs every day; to CBE's amazing and generous cooks: Susan M., Sandy & Mike, Ellen, Mindy, Lisa, Robbie, Lois & Dick, Judy, Ben & Helen, Joan & Steve, Bruce, Diane, Jim, Charlie, Sheri, Marilyn & Irv, Cheri, Leslie, Susan L., and Anne. Thank you to those who spent hours visiting and looking at Steve's scar: Anne, Dick, Ben, Judy, Leslie, Charlie, Marilyn & Irv, Susan M.; we really appreciated the diversion. And to those who repeatedly called and texted to follow Steve's progress: Dan, Cheri, Fred, and many others. Thank you to Susan M., Joy, Melinda, and Judy for bringing extra treats and sending cards to make us smile. Everyone's love and support are so appreciated. We are grateful for this community and for you.

With love,  
Nancy Friedman & Steve Posner

## B'Nei Mitzvahs at CBE

### Jack Ryan Sandler September 25, 2021

**Parents:** Debra and David Sandler

**Grandparents:** Joyce and Steven Sandler, Sarasota, FL

**School:** Manning Middle School

**B'nei Mitzvah Project:** Jack played piano for the residents at various area assisted living facilities.

**Hobbies/Interests:** Golf, Surfing, Piano, Video Gaming, Drawing, Traveling and spending time with friends and family.



### Pauline Clayman (Shai) October 9, 2021

**Parents:** Katie and Eric Clayman

**Siblings:** Addy and Joe Ptacek

**Grandparents:** Allan and Jane Clayman (FLA), Mort & Frima Harris (MN), MaryEllen and Tony Barrett (FLA)

**School:** McAuliffe International School - Denver

**Bat Mitzvah Project:** Raising awareness and donations for Children's Hospital Colorado as an Ambassador. Pauline's Ambassador fundraising page is: <http://c-fund.us/ppx>.

**Hobbies:** Skiing, snowboarding, traveling, biking, baking, hiking, crafts, hanging out with friends, and making Tik Toks.



### Maya Jane Laz (Mazala) Oct 23, 2021

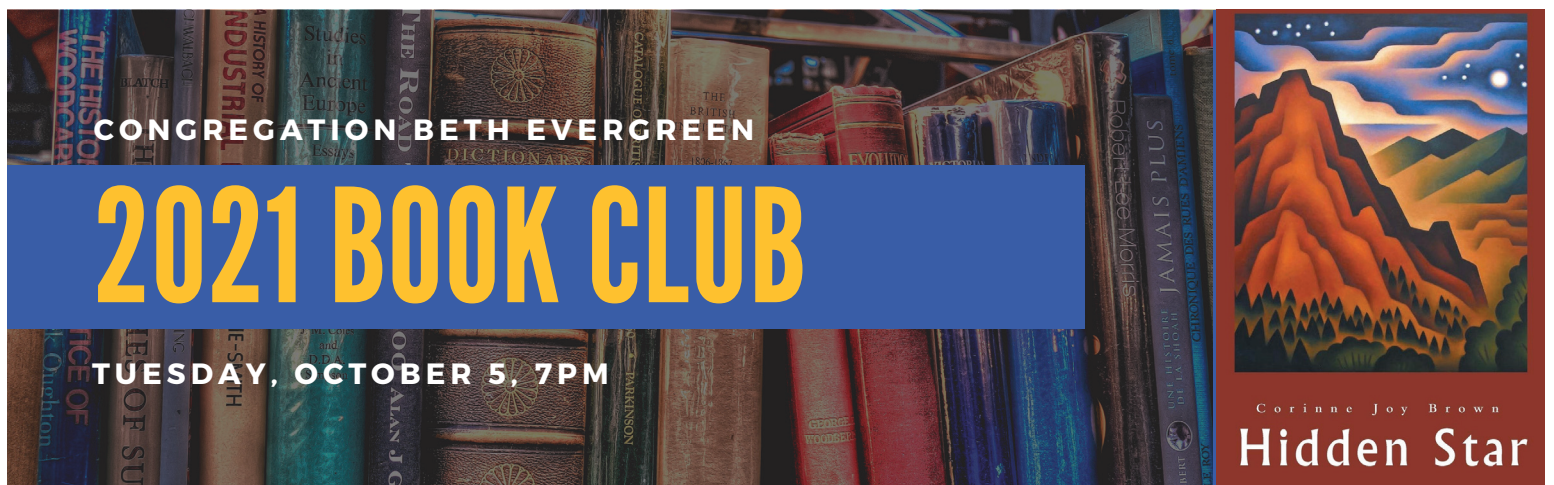
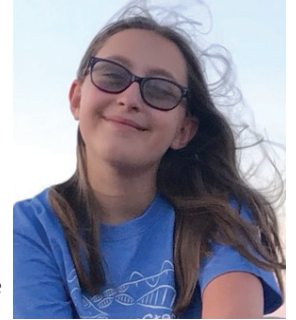
**Parents:** Melinda and Peter Laz

**Grandparents:** Eric Block (& Judith Block, deceased) & Shellie van der Zee (CA); Peter & Judith Laz (FL)

**School:** The Manning School

**Mitzvah Project:** Bringing environmental awareness to the community of Golden through letters and calls to action; collecting hygiene items for the Jeffco Action Center

**Hobbies:** Reading, writing, playing the guitar, tennis, drawing, playing with the dog, singing and musical theater



CONGREGATION BETH EVERGREEN

# 2021 BOOK CLUB

TUESDAY, OCTOBER 5, 7PM

Hidden Star  
Corinne Joy Brown

## President's Article from page 1.

community, but about yourself as well. There are committees, activities, classes, services – we need your ideas – your organizational skills – your participation. Think about it – then act on those thoughts – let's make this the year of YES!

Again, I invite you to send me an email and share your thoughts – [president@bethevergreen.org](mailto:president@bethevergreen.org)

I wish you, and those you love, a very sweet, happy and healthy new year!

*L'shanah Tovah,*  
Laurie

## Conection Through Torah Reading

Several weeks ago, I reached out to the congregants who will be reading from the Torah during our High Holiday services over the next couple weeks. I asked them what this connection point meant to them. Here were their answers...

*"I adored my Grandma. She was a storyteller with tales of all sorts. She was the only one in my family who gave me a taste of Judaism both literally and metaphorically as I was raised in a home that did not identify with Judaism. Everything about me being Jewish, including chanting Torah, connects me to Rose Merbaum a woman of substance and grit who was able to love from the depth of her soul."*

-Robbie Glantz

*"I find the Torah portions a wonderful challenge. I approach the verses as a challenge as I'm not easily proficient in my Hebrew. So I don't just learn the trope. I study the verses for meaning, translating carefully as I learn the verses. Sometimes I research the verses for better understanding of the meaning."*

*I also love the melodies of the tropes. After hours of memorizing and practicing I get lost in the sounds and rhythms. Once I have mastered the tropes and pronunciations, I feel like I own the portion. It helps prepare me spiritually for Holidays. I have a chance to meditate on their meaning and my place in them. I feel a special connection to the congregation when I share the portion I chant."*

-Maureen Spiegleman

*"Reading Torah links me to our congregation and to our Jewish history. It helps me feel like I am contributing to our community-wide celebration"*

-Nate Walowitz

*"What motivates me to read from the Torah? It's something that I can do and my way of participating in the holidays. Also brings me closer spiritually to Judaism and is a mitzvah. Plus, I can't sing, can't run the video and hate ushering!"*

-Dan Herman

*"It's an honor to leyn from the Torah, whether during the High Holidays or at other times. Growing up in a large conservative shul on Long Island, I was not permitted to read from the Torah. In those days, Rabbi Max did all the leyning. I was handed a recording of a haftarah to memorize for my Bat Mitzvah. Look at us girls now!"*

*I was nervous the first time I was to chant Torah at CBE. Such a huge responsibility! But when I put on a tallit for the first time, I suddenly felt protected and loved, almost as if God were under the tallit with me. An incredible feeling of calm washed over me, and I chanted my verses as if I'd been doing it for decades. All these years later, I still get that same feeling whenever I don a tallit.*

*I find it exciting to chant the same (or similar) trope melodies that others are chanting in synagogues around the world. There's a spiritual connection, similar to when I visited the famous synagogue in Florence and sang a rousing rendition of Adon Olam with an Italian woman who happened to be there. She spoke no English. I spoke no Italian. It made no difference. We were connected.*

*This is my ninth year as the HHD Torah coordinator at CBE. It's so rewarding to find, work with, and watch folks step outside their comfort zones and connect with the scroll. And as a B'nai Mitzvah tutor, I love working with my students on their Torah verses, and reaching that "aha moment" when they begin to relate the words to the trope melodies.*

*A final thought: Not long ago, I stared in horror and grief at a pile of desecrated Torah scrolls that had been thrown into the streets, which are displayed at the Holocaust Museum in Washington, DC. Perhaps working to keep the scrolls sacred and alive is one way to prevent that tragedy from ever happening again."*

-Nancy Friedman



## From The Religious School Director

By Tara Saltzman

Dear Friends,

I am profoundly grateful for so many things in my life, among them is my engagement with Congregation Beth Evergreen which began 22 years ago when I found myself sitting next to Irene Clurman (Director of Education at that time) at High Holy day services at the Methodist Church (the pre CBE building days). I had been teaching Hebrew and religious school in Miami, Florida for 20 years by then. She offered me a job. Having just moved to Evergreen, starting a new chapter at the new year in this way felt "bashert" (meant to be).

I thank ALL of you for sharing your questions, love and curiosity about Judaism, your thoughts about Torah and Jewish life, your commitment to social justice and each other, and your search for meaning and purpose with me. I'm proud of the work and learning we've done together and personally, ineffably grateful for the many ways you've nourished me over the past 22 years, informing and contributing to those chapters in my life and allowing me to participate in yours. Congregation Beth Evergreen is my sacred home in Colorado. I'm grateful for your trust and friendship and love.

Two years ago, I had the extraordinary experience of spending three weeks in Uganda with my younger brother. Just the two of us; backpacking, staying in hostels, meeting people with different cultures, needs and desires, open to the unknown and unexpected, driven by wild curiosity and deep appreciation for the opportunity. Two or three days into the trip I recall saying to myself, "Hi friend, I remember you."

That experience got me reflecting on how much I value and yearn for those opportunities still and to participate in serving community near and far. In seeking to balance the diverse callings in my life and with my own children now off on their own journeys, I realize this is a good time for a new chapter of my own. I will step down from my role as CBE's Director of Education on November 15, 2021 or until such time a new director is found. I am committed to helping with a smooth transition.

Though I am leaving my staff role, I anticipate always being an active CBE member. I will continue to support families and students preparing for bonei mitzvah and to serve on many of the CBE committees that enrich my soul. The strength and endurance of the religious school, youth and family programs are my highest priority.

I'm looking forward to the next several chapters, especially the ones we can write together. Feel free to reach out to me, join me for coffee or a stroll around the lake and of course please do join me at our most exceptional worship services and communal gatherings.

In the meantime, please see the opportunities for GAN, religious school and youth programming.

L'shalom,

Tara (Morah Orah)

## Letter From Education Committee

By Melinda Laz

Dear Members:

As summer comes to a close and the school year is upon us, it's a time for both goodbyes and new beginnings. We are excited for the return of in-person learning and holiday celebrations at the religious school. There are some big changes to report relating to the religious school and to the Education Committee. First, Sheri Pinsonneault has stepped down as chair of the committee. We would like to thank Sheri for her hard work and dedication both to the committee and to the religious school over the past few years – her leadership has been appreciated! Randi Murray has also stepped away from the committee, and we thank her for her time and efforts over the many years she participated.

You will read in this newsletter that our longtime Education Director Tara Saltzman will be stepping down in the coming months. While we've known for some time that this was coming, it doesn't change our immense respect and gratitude for all of Tara's leadership, joy, sense of humor, musicality and love for CBE's students and families. She plans to continue being an active part of CBE, but the religious school program will miss her enormously. Now, the Ed Committee is tasked with filling her enormous shoes. We will begin accepting applications for the part-time position immediately. Anyone interested in applying should email a resume and cover letter to the email below, Attn: Education Director Position.

The Education Committee is charged with supporting the Education Director in various ways, including: assisting with holidays and events, helping with fundraising efforts, developing new youth and family programs, and ensuring that the religious school runs smoothly. I have recently stepped in to replace Sheri as the committee chair, and I'd like to invite any members who might be interested in joining the Education Committee to please reach out to me.

Here's to new beginnings, and to a very Happy New (school) Year ahead!

Sincerely,

Melinda Laz, Chair  
CBE Education Committee  
melindablaz@gmail.com

## Rabbi's Article from page 1.

anger leads to hate, hate leads to suffering." (*Star Wars: The Phantom Menace, 1999*). The student of Buddhism in me nods in agreement, as does the part of me trying to understand the resurgence of white supremacy, antisemitism, and hate crimes. Yes, there is no doubt truth in these words. And...

And, just as dark and light are intertwined, so too I believe, is fear integral to trust, and doubt an essential ingredient in faith. As such, I am compelled to try to harness (rather than avoid) the fear and the doubt that is inevitable in times of uncertainty. A recent example is worthy of mention and celebration.

This last month, the CBE leadership was uncertain about how to proceed with the plans to build an outdoor amphitheater. The materials placed on hold by the contactors had to be bought, or not. A decision needed to be made, but we hadn't raised all the funds needed to pay for all of phase one. What was the prudent thing to do in the face of uncertainty?

Earlier this summer, Iris Solomon explained that part of what inspired her to go through with inviting family and friends to celebrate an adult bat mitzvah with her during a pandemic was something her father used to say over and over. "*Don't be afraid to ask! The worst thing that could happen is someone says, 'No.'*" So we did ask. In some ways, our fear and the doubt propelled the request for help. And YOU RESPONDED! Collectively, we raised over \$30,000 within a week, bought the material, and scheduled the contractor to begin transforming our modest embankment into a miniature Red Rocks amphitheater for our own backyard. Godwilling, we'll break ground shortly after Yom Kippur, on Sunday, September 19. Amazing! Uncertainty transformed into AWE with your generosity.

In the coming weeks, we will be celebrating the Days of Awe [*Yamim Noraim*] together. Whether you join us online or in-person, inside our outdoors, for Rosh Hashanah and Yom Kippur and sukkot, I plan to engage you in a conversation about uncertainty, uncertainty and mystery. Together, may we engage the inevitable uncertainties, fears, and doubts as assets in our effort to renew, beautify, and strengthen our individual and collective lives with trust and faith.

*Shanah Tovah u'metukah!*

May you be blessed with a new year of sweet connections.

## Out of the Mikvah, Into the High Holidays

By Luke Colaciello

After many years of longing to be Jewish and three years of being "in the process of converting," on *erev Elul* (one week after starting as executive director) I took the final step in binding my covenant with Am Yisrael. As part of the ritual, I waded into the ceremonial bath called the mikvah and emerged metaphorically reborn as *ben Avraham v'sarah*, a part of the lineage of the patriarchs and matriarchs. It was a significantly meaningful experience filled with joy, tears, and a feeling of wholeness. I am deeply grateful that I can share this moment with the CBE community.

Meanwhile, I have been entering into a different covenant, that of the temple administrator. As equally meaningful an experience, it is admittedly more of a trial by fire than peaceful ceremonial cleansing. During my interview process with the search committee, I shared that there is nothing worse than being bored at work... And so it was written! Starting a new job can bring with it some anxiety. Starting a new job at a temple four weeks before the High Holidays...

So here I am, out of the mikvah and headed into Rosh Hashanah 5782, and I'd have it no other way. In honoring the month of Elul, I have spent a lot of time turning inwards and reflecting on my path and on my present. The past month has presented challenges and rewards, both unlike I've ever experienced before. As a practitioner of both astrology and Tarot, when I give readings to people, I always remind them that it is from our challenges that we most often learn and grow the most. It bears reminding for myself in this moment.

Of my challenges, the one that has confronted me most this past month is a story I've told myself far too often, the story that I must take on this world alone. But that is not the meaning of *kehillah*. That is not what it means to be a part of the Jewish people. That is not how Congregation Beth Evergreen operates. And through this confrontation I've experienced the greatest of rewards—a community of support and acceptance, ready and willing to help me. I have been moved by your kindnesses, your welcoming embrace, and your commitment to this congregation. And even as I stress about having ordered a braided challah instead of a round challah for *erev Rosh Hashanah* and try to figure out where in the world our new coffee pot for the social hall ended up, I am filled with gratitude to be a part of this community.

I look forward to entering the High Holiday season with you all, not just as your executive director, but as a member of this sacred *kehillah*, ready to provide support and acceptance to all who enter CBE.

L'shanah tovah!

## Tikkun Olam

By Judy Sherman

Happy New Year! The cycle of life continues. The revived Tikkun Olam Chavurah continues to plan activities that attempt to "heal the world" and support our mountain community. As part of the planning process, the Chavurah regularly reaches out to several key organizations: Anti-Defamation League (ADL), Evergreen Christian Outreach (EChO), Evergreen Shelter Program (ESP), Jefferson Center for Mental Health, Global Volunteers, Joy International (Barefoot Walk), Mountain Resource Center (MRC), Reconstruction Judaism, Safe Zone and The Action Center.

We are looking to expand and work with some additional organizations to support Tikkun Olam: Colorado Life Church, Hazon, Jewish Family Services, Mazon, Zion Temple are some possible suggestions. If you are interested in being a CBE liaison to any of these organizations, please reach out to Judy Sherman or Allison Gustavson. If you are currently active and/or passionate about a particular non-profit, please let us know and we can add it to the list!





## Shmira

By Joanne Greenberg

It's called Shmira – the root is 'shamar', keeping, guarding, and Shmira relates to guarding the dead before they are ritually washed and prepared for burial. We Jews don't embalm. There's no idea of preserving a dead body. The coffin is of raw wood, which will degrade and become earth as will the corpse, but while the body is identifiable as a person who was alive and is now defenseless, we want to show care and respect. This individual once had agency, will, motion, life, and personality. All that is gone, so we sit quietly, sometimes just that, sometimes reading material fit for the occasion. If the individual is known to us, perhaps, remembering.

I've done this 5 times, 4 of them here, as a member of the Chevra Kadisha, the sacred – it really signifies separated – association whose contribution is part of Jewish life. I have found it deeply fulfilling.

First, simply because it is stopping. We sit quietly in two-hour shifts, and are a little removed from the world-racket and the pressure of ordinary activities. We are simply here with no other place to be, completely adequate as we are, and we don't need any special kind of Jewish knowledge.

Second, if we know the dead person, it's a last favor we can do for them, an act of love and care, an intimate goodbye. If we don't know the dead person, it's an act of kindness that can only be repaid by the same kindness when our own lives have ended.

Third, in one case, I had a disagreement with the person, and was able to feel that I had mended the rift between us, to make peace, as we say when we pray, sim shalom alenu. I leave my sitting feeling raised a little, a sense of completion and contentment.

I am writing this as an invitation to people in CBE to consider joining us. Anne Wolf is our coordinator and point person, a very happy choice for us. We are hoping to get a burial ground up here and to make more complete the ceremonial life of our congregation.

## HIKING HAVURAH: KENOSHA PASS

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## Tzedakah & Tributes

### General Fund

*In memory of Dorothy Regensteiner*

Judy Regensteiner & Ken Schneider

*In honor of Iris Solomon's Bat Mitzvah -- Mazel tov!*

Diane Amdur & Ari Gould

Tami Kleban

Irv & Marilyn Saltzman

*In honor of Carolyn Torf's Bat Mitzvah*

Gary & Karen Torf

*Thank you to the outgoing Board members for your tireless service to CBE*

Tara Saltzman

*In honor of all 45+ donors to CBE amphitheater (and counting)*

*In honor of our new Executive Director, Luke Colaciello*

### Ritual Fund

*In honor of Alise Lawrence reading Torah*

Rabbi Jamie Arnold

*In gratitude to Sara Friedman for coordinating our participation in the Barefoot Mile working to end child trafficking.*

Tara Saltzman

### Building Fund

*In honor of our new Executive Director. Welcome Luke Colaciello*

Tara Saltzman

## **Mitzvah Matters Fund**

Dick & Lois Friedland

*In honor of Iris Solomon's Bat Mitzvah. Mazel Tov, Iris!*

Paula Diane Zwagerman

*In memory of Barb Lipman. We will miss her dearly.*

David & Lisa Froman

*Thank you Tami Kleban for jumping in and sorting out*

Tara Saltzman

*In memory of Paul Greenbaum, father of Guy*

*In memory of Samuel Yousem, brother of David*

*With prayers for healing for Karen Bennett, Maureen Spiegelman, Steve Posner, Nancy Friedman, Kim Bierbrauer*

Rabbi Jamie Arnold

## **Social Action Fund**

*GRATITUDE to Elizabeth Moore for ongoing service and keeping us all together these months of transition!*

Tara Saltzman

## **Youth Activities & Education Fund**

*In honor of Tara Saltzman*

Gary & Karen Torf

*In gratitude to Andra Slavsky for re-organizing the downstairs storage room*

*In honor of Melinda Laz stepping into the role of Education Committee Chair, Thank you Melinda!*

*In honor of Sonia Gustavson's acceptance into the 2021-2022 cohort of Kol Koleinu Fellows*

Tara Saltzman

*In honor of Jack Sandler's bar mitzvah*

Jane & David Sandelman

*In honor of Rosa Lawrence's bat mitzvah*

Rabbi Jamie Arnold

## **Music Fund**

*In honor of Jack Sandler's Bar mitzvah and care for our older community members*

Tara Saltzman

## **Oneg & Kitchen Fund**

*In gratitude to Ellen Arnold and Caroline Simon for kitchen and closet clarity*

Tara Saltzman

## **Rose Endowment Fund**

*In honor of Maya Laz's Bat Mitzvah, and letter writing campaigns for the earth AND connection with community*

Tara Saltzman

## **Rabbi's Discretionary Fund**

Melinda Howard

*In honor of Rabbi Jamie*

Gary & Karen Torf

*A heartfelt donation in honor of your lovely presence at our wedding*

TJ & Koko Rapoport

## **Amphitheatre Donations**

Susie & Neil Speer

Eric & Hollis Samler

Steven Schwartz & Alice Tariot

Jay & Elaine Kramer

Allison & Mark Gustavson

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John Stein & Lisa Popowich

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David Goldstein & Jothi Ravindran

Eileen & Mike Fox

Diane Bukatman & Bert Rankin

David & Michelle Lieberman

*In honor of Pauline Clayman's Bat Mitzvah and support as Patient Ambassador for Children's Hospital Colorado*

Tara Saltzman

*In memory of Josh Solomon*

Ron Solomon

*In honor of future outdoor services*

Ellen & Richard Arnold

*In honor of Sam Broudy's Bar Mitzvah*

*In memory of Bob Fried, Neshama's dad*

*In memory of Bert Rankin's father*

*In memory of Sharon Fitzpatrick*

*In honor of Carolyn Torf's Bat Mitzvah*

*In memory of Rosemary Andrews*

*In honor of Jordan Tal's Bat Mitzvah*

*In memory of Barb Lipman*

*In honor of Rosa Lawrence's Bat Mitzvah*

*In memory of Desmond Cartright*

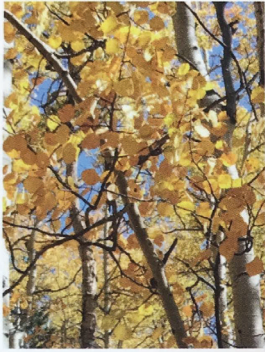
*In memory of Samuel Yousem*

*In memory of Paul Greenbaum*

*In honor of the 2021/22 CBE Board of Directors*

Dan Herman & Kristin O'Leske

# Community Partners



**Barbara Morris MD**  
Geriatric Advocacy & Consulting

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mobile: 303.618.0932  
website: [barbaramorrismd.com](http://barbaramorrismd.com)



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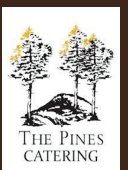


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## SYNAGOGUE LOCATION

Take Highway 74 to Lewis Ridge Road/ Bergen Peak Drive. (Left from the South; right from the North.) The synagogue is located behind the Evergreen Life Care Center.

## CBE MISSION STATEMENT

Set in the pines overlooking Elk Meadow, Congregation Beth Evergreen offers inclusive, warm, welcoming services and programs in an intimate atmosphere. We are committed to fostering community by offering opportunities for meaningful worship, the pursuit of spirituality and lifelong Jewish education. Our informal, egalitarian approach encourages inclusive participation in the celebration of religious, lifecycle and communal events.

## CONGREGATION BETH EVERGREEN

CBE is a Reconstructionist synagogue. To learn more, please visit [JewishRecon.org](http://JewishRecon.org)

# CBE Events and More!



## High Holidays 5782

Visit [bethevergreen.org/higholidays](http://bethevergreen.org/higholidays) to sign up.

**Are you receiving weekly CBE updates and The Shofar online?**

*If not, please contact the CBE office at (303) 670•4294 ext. 2 or [elizabeth@bethevergreen.org](mailto:elizabeth@bethevergreen.org).*



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