



# KOL TIKVAH

THE VOICE OF HOPE



## TEMPLE B'NAI TIKVAH

900 47th Avenue SW, Calgary, Alberta • T2S 3C8 • Tel: (403)252-1654 • Fax: (403)252-1709 • email: office@bnaitikvah.ca

**Affiliated with the Union of Reform Judaism and the Canadian Council for Reform Judaism**

SEPTEMBER 2019

ELUL 5779 / TISHREI 5780



## FROM THE RABBI'S STUDY

RABBI MARK GLICKMAN

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### Your Job: Reflections on the Days of Awe

As I write these words, Temple B'nai Tikvah is abuzz with preparations for the upcoming Days of Awe. Katie Baker and I have worked out our music cues; Roz Mendelson is ardently assigning honours for the services; our hardworking staff is readying the building, printing the tickets, arranging for childcare, and doing all of the other myriad tasks involved in preparing our congregation for Rosh Hashanah and Yom Kippur. As always, these Days of Wonder and Awe promise to present us all with some wonderful opportunities for reflection, recalibration, and repentance.

From within this whirl of activity, however, I'd like to remind you that the essential work of the Days of Awe won't begin until you walk through the doors. That's because the essential work of these observances is yours to do, and yours alone. Done right, these holidays are days of honest self-assessment, heartfelt healing, and genuine turning. All of the other accoutrements of our observances – the music, the sermons, the beautiful building and all the rest – only matter to the extent that they enable you to engage in those holy tasks.

The music will certainly help create an atmosphere of awe. My sermons – I hope – will be engaging and inspirational. The readings in the prayerbook may touch you. But those are ancillary elements of the Days of Awe experience. Far more central is the experience that each of us can have of standing before God's awesome presence, remembering the crucial significance of a life well lived, and charting the days ahead accordingly. And while the leadership of Temple can help create an atmosphere conducive to those experiences, the ultimate decision as to whether you will have them is yours, and yours alone.

That means that you've got a big job ahead of you. It's the job of turning your life around; it's the job of renewal; it's the job of achieving awe. Done right, those jobs are all really difficult. They demand of you a willingness to be vulnerable, a readiness to reach out, and an inclination to abandon your old ways in favor of newer and better ones.

So, when you come to Temple for the Days of Awe, I hope you'll come in eager anticipation of a transformative experience, but, even more important, I hope you'll come ready to work. It's only when we all work on the jobs assigned to us on these Awesome Days that we can most fully make use of the amazing opportunities they afford us.



Find us on Facebook  
[@templebnaitikvah](https://www.facebook.com/templebnaitikvah)

## TEMPLE CASINO — DECEMBER 23 AND 24, 2019

We have recently been assigned Monday and Tuesday, December 23 and 24 as the dates for our next casino. This is a very important fundraiser for the Temple. We expect to realize a profit of approximately \$70K for the two-day event.

These dates coincide with the second and third candles of Chanukah. Rabbi Glickman has given the ‘thumbs-up’ for us to accept this time slot for two reasons. First, because Chanukah is a minor holiday on the Jewish calendar, our members aren’t prohibited from being involved in extracurricular activities. In fact, the rabbi thinks we should dub the casino event “The Festival of Flashing Lights!” Second, it allows our neighbours who celebrate Christmas some time off during their important holiday season.

There is another huge advantage to accepting these specific dates. The casino hours will be drastically shortened on December 24th; there is no evening shift that day, and the count room volunteers are only required to work a shift of about two hours (4:30 pm - 6:30 pm). Despite the shorter number of volunteers / volunteer hours required, the Temple will still receive an even share of the ‘pool’ when funds are calculated at the end of the fiscal quarter.

We are looking for a total of thirty volunteers to staff the casino, as well as some spare volunteers who would be willing to cover a shift at the last minute. No prior experience is required — our awesome advisors are happy to train new volunteers. This year, we’re asking you to sign up via Signup Genius at: <https://www.signupgenius.com/go/70a0b48aaa2aa3ff2-casino>. Once you have signed up for a shift, a volunteer worker form will be emailed to you. Shifts / volunteer positions will be confirmed when the forms are received.

If you have questions, please contact Jane Paterson at 403-803-1132 / [momified@shaw.ca](mailto:momified@shaw.ca) or Jeff Booke at 403-355-1231 / [jbooke@repsolsport.com](mailto:jbooke@repsolsport.com).

## LIFE CYCLE EVENTS

### TODAH RABAH FOR ONEG SPONSORSHIP

- David Adelman, in memory of Yakov Adelman
- Roz Mendelson and David Hodgins, in memory of Madeline Mendelson
- Carolyn Wilson, in celebration of Avner’s baby naming and Evelyn & Terrence Bumstead’s birthdays
- Susan Light, in memory of Richard Light
- Steve Eichler and Tracey Rumig, in memory of Sam Eichler
- Lionel Conn and Allison Rust, in memory of Toby Conn
- Susan and Myron Podlog, in celebration of their 50th Wedding Anniversary

### MAZEL TOV

- Danny and Roz Oppenheim, on their daughter Lisa’s marriage
- Nadine and David Drexler, on their son Jeremy’s marriage
- Brooklyn McKinney, on her Bat Mitzvah
- Jay and Leigh-Anne Palter, on their daughter Maddy’s marriage
- Cariann Dunn and Elliot Weinstein, on their wedding
- Meryl Friedman and Carson Pillar, on their marriage
- Susan and Myron Podlog, on their 50th Wedding Anniversary

### CONDOLENCES

- Judy Spevakow, on the loss of her brother
- Leslie Myers, on the loss of her mother Patricia Kilbride
- Barrie Pomerance, on the loss of his father Phil Pomerance
- Brenda Pomerance, on the loss of her brother
- Bonnie Vimy, on the loss of her father Harry Thompson
- Ilana Krygier-Lapides, on the loss of her mother Phyllis Krygier

### HEALING PRAYERS

David Adelman, Harvey Balakofsky, Allan Bambury, Sherry Bambury, Rachel Barsky, Elaine Bruce-Haynes, Marsha Carnat, Ryan Carswell, Ophira Charikar, Yael bat Chava, Randall Craig, Debbie Dudder, Shirley Dunn, Ivan Elkan, Tamara Gelfant, Marcia Goodman-Taylor, Barry Gorfine, Eric Grief, Jeffrey Grobman, Jennifer Herrell, Sophia Lang, Reinhold Kuehne, Brigitte Kuehne, Jim MacArthur, Valerie Murphy, Phil Rotman, Ruth Rubin, Hineini bat Ruth, Norma Sautman, Jerome Stein, Jourdan Stein, John Torvi, Mara Vogel, Jamie Wittenberg

## JUDAICA BOOKS FOR SALE

With thanks and appreciation to everyone who has so far supported the Judaica Book Cart project. It is proving successful in promoting Jewish literacy and raising some funds for Religious School. If you would like to donate Judaica books, kindly drop them at the Temple office where they will first be considered for the Temple library, and then any duplicates will be placed on the book cart.

A simple pricing system of **\$2.00 for adult books and \$1.00 for children’s books, cash only**, makes Judaic literacy accessible for all.

For further info or for any suggestions on this new initiative, please contact Michele Doctoroff at [switzert@telus.net](mailto:switzert@telus.net).

# LIFE & LEGACY: The Temple Legacy Circle (TLC)

In June, we announced the first 10 members of the TLC. We are honoured that families have continued to join. We now have 18 families who have made an after-life gift to the newly established Temple B'nai Tikvah LIFE & LEGACY endowment fund, held at the Jewish Community Foundation of Calgary. Together, we will ensure the financial future of our congregation. Kol Hakavod to them all!

All 18 families have signed Letters of Intent indicating that sometime in the next 12 months they will formalize their after-life gift.

We can all contribute. And it requires none of our current resources! Won't you join us in growing our TLC?

Please contact Bonnie Kaplan at [bonniejoykaplan@gmail.com](mailto:bonniejoykaplan@gmail.com), or 403-245-0568 or any of the other members of Temple's LIFE & LEGACY team: Ron Bing, Gertrude Cohos, Mark Paidra, and Cheryl Shore.



IMAGINE IF YOU COULD  
PROVIDE A GIFT TO THE  
JEWISH COMMUNITY THAT  
WOULD LAST FOREVER

## TEMPLE B'NAI TIKVAH IS PROUD TO BE A PARTNER IN CALGARY'S LIFE & LEGACY™ ENDOWMENT INITIATIVE

LIFE & LEGACY is designed to help you create permanent legacy gifts, demonstrating your belief in the continuity of Jewish life in Calgary for generations to come.

### The Temple Legacy Circle

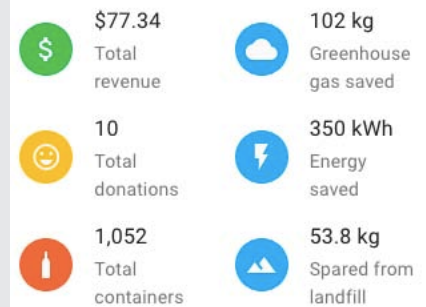
Anonymous (1)  
Judy & Ron Bing  
Bonnie Kaplan & Richard Conte  
Gertrude Cohos  
Shauna L. Switzer  
Cheryl & Morley Shore  
Peta Glezerson  
Susan Light  
Steve Eichler & Tracey Rumig

Jane Paterson  
Daniel & Roslyn Oppenheim  
Tibor Kaldor & Megan MacFarland  
Alex A. Osten  
Larry & Tina Stanleigh  
Michele Doctoroff & Ted Switzer  
Betsy Jameson  
Jack & Donna Newton  
Lisa Welikovitich & Mark Paidra

To learn more about how to create your Jewish legacy and join the Temple Legacy Circle, contact Bonnie Kaplan at 403-245-0568 or [bonniejoykaplan@gmail.com](mailto:bonniejoykaplan@gmail.com).



BECOME AN  
OVERNIGHT  
PHILANTHROPIST!  
LITTLE TO NO  
EFFORT REQUIRED!



Tired of waiting in line at the bottle depot to get your cash? We can do the work for you!

Just donate your bottles and cans to Skip the Depot using the referral link <https://app.skipthedepot.com/templebnaitikvah> and Temple B'nai Tikvah will receive the proceeds.

It's a win-win. You schedule a pick-up when it's convenient for you and no more standing in line. Temple B'nai Tikvah reaps the rewards. If you have any questions about the program, please contact Tracey Rumig at [trumig@me.com](mailto:trumig@me.com).



SKIPTHEDEPOT  
DOOR-TO-DOOR BOTTLE COLLECTION

## YAHREZEITS

### TO BE READ ON SEPTEMBER 6

Morris Carnat	Dorothy Diamond	Ormond Hawes	Eva Safir	David Steinberg
Gloria Chappe	Eva Epstein	Harry Kreitzer	Peter Schwabe	Bernard Wise
Arnold Churgin	Rachel Ereshefsky	Joseph Loomer	Sylvia Staum	

### TO BE READ ON SEPTEMBER 13

Sam Finkleman	David Alan Jameson	Margaret Lipkind	Kurt Sonnenschein	Herman Zacharias
Anne Frank	Maurice Levine	Harry Regis Schwartz		

### TO BE READ ON SEPTEMBER 20

Yakov Leiserowicz	Max Becker	David Leiserowicz	Esther Leiserowicz	Esther Robins
Sylvia Ashkin	Sandra Faber	Zeesel Leiserowicz	Mauricio Lis	Max Ross
Edythe Goldie Barsky	Harry Knelman	Golda Leiserowicz	Donald Loomis	

### TO BE READ ON SEPTEMBER 27

Juana Chames	Trudy Malais	Minnie Kahanoff	Sara Smushkevich	Susan Rasnick Guenther
Asher Charikar	Annie Hapton	Benjamin Kerr	Betty Narun	Sarah Staum
Eva Christensen	Merv Johansen	Mark Luffer	Simon Singer	

## DONATIONS

TO	FROM	OCCASION
<b>BUILDING FUND</b>		
Steve Eichler	Adam Singer	Thank You
Judy & Jerry Spevakow	Bruce & Halley Girvitz	Condolences
Temple	Molly Ross	In memory of Hector Ross
Jean Libin	Bruce & Halley Girvitz	Mazel Tov on Jean's 100th Birthday
Danny & Roz Oppenheim	Riva Faber	Mazel Tov on your daughter Lisa's marriage
<b>CARING COMMUNITY FUND</b>		
Temple	Phyllis Krygier	General donation
<b>DANIEL ARATO FUND</b>		
Bonnie Vimy	Judith & Peter Arato	Condolences
Lauren Bell & Family	Judith & Peter Arato	Condolences on the passing of her sister Jaqui
Tommy and Simara Levi	Judith & Peter Arato	Congratulations on soon to be grandparents
Elly Sherman	Judith & Peter Arato	Get well soon
Jim Cohen	Judith & Peter Arato	Happy 70th Birthday
Aaron Dagan	Judith & Peter Arato	Happy 70th Birthday
Michelle Moss & Allan Donsky	Judith & Peter Arato	Happy Birthday
<b>GENERAL OPERATING FUND</b>		
Temple	Steven Kahn	General donation
Temple	Steven Kahn	In memory of Bea Khan
<b>RABBI'S DISCRETIONARY FUND</b>		
Caron Glickman	Leslie & Lee Handy	Mazel Tov
Temple	Joan Joffe	Thank you

**SHABBAT SCHOOL FUND**

Ilana Krygier-Lapides	Leslie & Lee Handy	Condolences
Katie Baker	Leslie & Lee Handy	Mazel Tov

**SMOLKIN MEMORIAL WALL FUND**

Barrie Pomerance	Barry & Debby Smolkin	Condolences
Brenda Pomerance	Barry & Debby Smolkin	Condolences
Temple	Barry & Debby Smolkin	In memory of Pauline Smolkin
Barrie & Brenda Pomerance	Len Himelfarb & Cathy Somes	Condolences
Temple	Tyler Smolkin	In honour of Barry Smolkin
Temple	Pat Smolensky	In memory of Simon Smolensky
Temple	Pat Smolensky	In memory of Abraham Kahanoff

**SOCIAL ACTION FUND**

Ilana Krygier-Lapides	Betsy Jameson	Condolences
Ilana Krygier-Lapides	Marg Semel & Adam Singer	Condolences
Nadine Drexler	Tracey Rumig & Steve Eichler	Get well soon
Temple	David Ash	In honour of Susan & Myron Podlog
Brooklyn McKinney	Betsy Jameson	Mazel Tov on her Bat Mitzvah
Nadine & David Drexler	Jane Paterson	Mazel Tov on Jeremy and Lauren's marriage
Nadine & David Drexler	Marni Besser	Mazel Tov on their son's wedding
Nadine & David Drexler	Ayala Roudstein & Marc Ereshefsky	Mazel Tov on their son's wedding
Deb Finkleman	Nadine Drexler	Thank you
Ayala Roudstein	Nadine Drexler	Thank you
Susan Light	Nadine Drexler	Thank you

**TORAH FUND**

Laurie Goldbach & Brett Code	Tracey Rumig & Steve Eichler	Condolences
Leslie Myers	Roslyn Mendelson & David Hodgins	Condolences
Ilana Krygier-Lapides	Helen & Jeff Faber	Condolences
Ilana Krygier-Lapides	David Hodgins & Roz Mendelson	Condolences
Ilana Krygier-Lapides	Tracey Rumig & Steve Eichler	Condolences
Helen Faber	Tracey Rumig & Steve Eichler	Happy belated birthday
Evie & Terry Bumstead	Tracey Rumig & Steve Eichler	Happy birthday
Temple	Ginette Raphael	In memory of Flora Polgar
Irving Adler	Helen & Jeff Faber	Mazel Tov on his 65th Birthday!
Danny & Roz Oppenheim	Tracey Rumig & Steve Eichler	Mazel tov on their daughter's wedding
Jay & Leigh-Anne Palter	Tracey Rumig & Steve Eichler	Mazel tov on their daughter's wedding

**THE KOL TIKVAH TEAM****NON-MEMBERS KOL TIKVAH SUBSCRIPTION \$30 PER YEAR****Rabbi** Mark Glickman - rabbiglickman@bnaitikvah.ca**President** Cynthia Simmons - president@bnaitikvah.ca**Executive Director** Danny Oppenheim - ed@bnaitikvah.ca**Office Administrator** Lana Melnyk - office@bnaitikvah.ca**Bookkeeper** Connie Harding - bookkeeper@bnaitikvah.ca**Kol Tikvah Editors** Monica Lis, Marsha Levy - monica.lis.temple@gmail.com **Layout** Katherine Pickering**Temple B'nai Tikvah Communications Team** Josh Hesslein, Marsha Levy, Monica Lis, Jay Palter, Susan Rubin**Volunteer Kol Tikvah Proofreaders** Allan Bell, Marcia Bell, Elaine Hashman, Jane Paterson, Myron Podlog, Alex Zisman

# PRESIDENT'S MESSAGE



CYNTHIA SIMMONS

*Baruch atah adonai eloheinu melech ha'olam shekahcha lo baolamo.*  
Blessed are you, God of the Universe, who has placed such (beautiful things) in this world.

As many of you know my husband, Arthur, turned 80 this year and his gift was a whale watching trip leaving out of Prince Rupert, B.C. We drove to Prince Rupert by heading west from Jasper and returned to Calgary through central B.C. with a stay over in Kamloops. We saw so much beauty on the trip – mountains, lakes, brown hills covered with tussock grass. Animals everywhere – bear, moose, whales, sea anemone in tidal pools. Wondrous.

And now it is September and with September comes the Days of Awe followed by (this year's very special) Simchat Torah where we go again to the beginning of our cycle of Torah reading and learning. With each passing week we read and study the designated parshah systematically moving through the whole five books until the next year when we start again. We

do this over and over as the years of our life pass.

Now why is it that am I writing about both my wonder and joy of experiencing nature, together with the cycle of Torah study? The answer is that I attended services the day after I returned from our trip and I came to see that our approach to learning Torah provides a perfect model for learning about the natural world around us – perhaps for all learning.

When we first encounter a story in Torah – be it creation, the flood, or even the actions of Pinchas – we may think “interesting”, or “OK” and go on. Then the next year there is the story again, and the following year again, repeating through the decades. One could consider this approach to not only be repetitive but dull – the same portion over and over. But if done the right way – and I think we do that at B'nai Tikvah – each telling of the story leads us to learn a little more. We analyze the passage, we listen to the rabbi's (or other leader's) insights, we debate, we grapple. With each retelling we become more adept at moving from the broader story to having insight into how the pieces of the narrative come together. We understand how both the whole and the interplay of the parts can touch our lives. Like experiencing nature, our eyes first see a forest but then with each look we begin to see cedars, fir, spruce, and pine. When the viewing is followed by study we come slowly to understand the why of where each tree grows and how they interact together. With seeing and with understanding the wonder increases. The same can be said of Torah.

Membership renewal requests have been sent out and my hope is that you do renew and that you contribute to fair share if possible. We need your financial support to continue to exist. As importantly, I hope you decide to attend regularly. Enjoy the community, experience the service, discuss, learn. We need your individual questions, insights, and passions to maintain this important (and beautiful) Jewish entity called B'nai Tikvah.

**SHOFAR SHO GOOD  
SATURDAY, SEPT. 21  
AT 7:00 PM**

This Selichot, it is time to blow your own horn (or use one of the loaners provided). Whether you are trying it out for the first time, or brushing up on your shofar skills, all are welcome to attend a short shofar workshop before the Selichot service.

For more information, or to RSVP, please contact [music@bnaitikvah.ca](mailto:music@bnaitikvah.ca)

## SHABBAT SCHOOL 2019

SARA HASTINGS-SIMON, PARENT COORDINATOR

My name is Sara Hastings-Simon and I am the new Parent Coordinator for Shabbat School. I have two boys in grade three and have been a member of Temple B'nai Tikvah since we moved to Calgary 10 years ago. I am excited to take on this new role and looking forward to working with many of you to continue the tradition of celebrating holidays with the children in Shabbat School along with families and Temple members.

I will be at Shabbat School on the first day of school, September 14, with sign up-sheets looking for parent volunteers to help with our events for Chanukah, Tu B'Shvat, Purim, Passover and the end of year BBQ. These events can only happen with your help so please sign up, we need volunteers for each holiday to do prep, room setup and clean up.

I look forward to seeing you all on September 14.

## MITZVAH 613

TRACEY RUMIG

304,803...304,804...304,805...and done!

There are 304,805 letters in a Torah and ours is now complete! We began writing our Torah in April beginning with *Bereshit* and finished in June with *Devarim*. Molly Ross received the honour of writing the final letter, a lamed.

Todah Rabah to everyone who participated in this *mitzvah* by writing a letter, volunteering and/or making a dedication. We could never have completed this Torah without your involvement. You are an indelible part of this important legacy that we have created for ourselves and for all future generations.

Please go to our Mitzvah 613 website to see the amazing photos of everyone who participated which can be found at [mitzvah613calgary.com](http://mitzvah613calgary.com)

If you were unable to participate during our four days of letter-writing, there is still time to be a part of this incredible legacy. You can dedicate a letter, verse, *parashah* or book of this Torah to honour a person or event, or send a card and direct the funds to our newly created Torah fund. You can do this until *Simchat Torah* when we will dedicate and present the Torah to the congregation.

Please contact Rabbi Glickman, Roz Mendelson at [rmendelson@shaw.ca](mailto:rmendelson@shaw.ca) or Tracey Rumig at [trumig@me.com](mailto:trumig@me.com) to discuss.

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## SOCIAL ACTION PROJECTS

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### WOULD YOU LIKE TO HELP KIDS IN OUR CITY?

#### BROWN BAGGING FOR CALGARY KIDS

Temple is pleased to continue our participation in the Brown Bagging for Calgary Kids (BB4CK) Lunch Program. This is a joint venture between Temple and Brown Bagging Calgary to provide healthy lunches for elementary and junior high students who are in need of this. We shop for supplies, make lunches in our kitchen and deliver them to the schools.

As a volunteer, your commitment would be 2 hours once a week or once a month or whatever works for you.

If you are interested in helping or would like further information, please contact one of our program co-ordinators, Mona Bell at [monabell@shaw.ca](mailto:monabell@shaw.ca) or Cathy Tait at [randctait@shaw.ca](mailto:randctait@shaw.ca).

### NEWS FROM THE CALGARY ALLIANCE FOR THE COMMON GOOD

#### INVITATION TO THE FOUNDING ASSEMBLY: SAVE THE DATE!

We are looking forward to our Founding Assembly, which will be the public launch of the Calgary Alliance for the Common Good (CACG). All members of Temple B'nai Tikvah are invited to this celebration and launch. This is a great opportunity to learn about the organization, which is a cornerstone of our work toward social justice and tikkun olam. If you come, you will meet members from 27 congregations and community groups that comprise the CACG. Together, we represent more than 30,000 people and work to make Calgary a just and compassionate city. You will also have the opportunity to hear about the campaigns the Alliance will be working on in the coming years. We hope to have a large contingent representing our Temple. If you have any questions, please contact Ayala Roudstein at [aroudstein@gmail.com](mailto:aroudstein@gmail.com).

**WHEN** October 17, 2019, 7:00 pm - 9:00 pm

**WHERE** Knox United Church, 506 4 St SW

#### Recent Achievements of the Calgary Alliance for the Common Good

This summer, the CACG launched the #KeepCalgaryStrong campaign in order to preserve essential services for the most vulnerable Calgarians in the face of the City's budget cuts. Members sent letters, posted on social media, signed a petition and over 300 people showed up in at the City Council meetings. This effort achieved our three main objectives:

- The seniors program for which we had previously won support will continue
- City funding for the low-income bus pass has been preserved
- The City's Mental Health and Addictions Strategy was passed unanimously

## ADULT EDUCATION UPDATE

JENNIFER EISERMAN AND REBECCA KREL, COMMITTEE CHAIRS

We would like to welcome everyone back to Temple B'nai Tikvah as you return from your summer pursuits. We promise a full program of adult education programming to tempt you out of your warm homes as the days shorten and become cooler.

**Torah and Java** continues, on Saturdays from 9:45 am to 10:30 am in the Chapel. Come join us for a lively discussion about the weekly parsha, accompanied by coffee/tea and a snack.

We are pleased to be able to host a new Jewish artists' collective at Temple B'nai Tikvah. While the group is yet unnamed, it is actively engaged in the community, as was its predecessor, Betzalel Arts. The collective's works will be exhibited at B'nai Tikvah from September 23 to October 23, 2019, centering on the theme of **Reconciliation**.

Watch the e-blast announcements for **Chant Services** this fall, led by Betsy Jameson, during what is our regular Torah and Java time at 9:45 am for an hour and a half of meditative chanting that focuses on themes that arise from the week's parashah. Singing ability is not necessary.

**Lunch and Learn** and **Dessert and Learn** programming is being finalized. Start looking for these noon hour and early evening talks after the Days of Awe in October.

**Introduction to Judaism** will run on scheduled Tuesdays, starting September 10. Online registration is open until September 1, 2019. Other adult education led by Rabbi Glickman will commence following the Days of Awe. Please keep an eye on the e-blasts for details!

## A GOOD CHEW

TRACEY RUMIG

Well, summer might be officially over this month, but hopefully we will feel the warmth of the sun a little bit longer and maybe be able to have just one more brunch out in the backyard. On that note, Molly Ross sent me her recipe for her famous Cottage Cheese Muffins. She thinks this recipe might have originated in Winnipeg but now everyone from her kids, granddaughters and all of her friends make them (hopefully that means she considers me one of her friends!)

Molly says that it is easy to mix them by hand, no mixer required, and that they freeze well. They're great for brunch served with yogurt or sour cream and berries or even for a quick snack. If you use parchment paper muffin cups, it will save you a lot of time cleaning your muffin pan.

I tested these muffins out myself, like any good recipe columnist, and they are fantastic, moist and comforting — as well as a big hit with brunch guests!

### MOLLY'S COTTAGE CHEESE MUFFINS

500 grams of 1% cottage cheese  
3 tbsp. of sugar  
2 eggs  
1/2 cup of hard margarine or melted butter  
1 cup flour  
2 tsp. baking powder

Mix in order listed and bake in muffin cups. If batter seems too thick you can add 1 or 2 tbsp. of milk. Use Pam and grease muffin cups well. Bake at 400°F for 25 - 30 minutes until brown.

I hope you have a chance to enjoy them on your patio! Thanks Molly!

*If you have any recipes you would like to share with our congregation, I would love to try them out! Please send them to me at [trumig@me.com](mailto:trumig@me.com)*



# SEPTEMBER 2019

## Sun 1 Sep 2019

10:00 am - 1:00 pm Calgary Pride Parade

## Fri 6 Sep 2019

5:30 pm - 7:00 pm Welcome Back Members BBQ (Social Hall)

7:00 pm - 8:00 pm Erev Shabbat Service and Susan & Myron Podlog's 50th Anniversary Celebration

7:45 pm - 9:00 pm Renewal Service (Chapel)

## Sat 7 Sep 2019

### Parashat Shoftim

9:45 am - 10:30 am Torah 'N Java (Chapel)

10:30 am - 12:00 pm Shabbat Service

## Tue 10 Sep 2019

6:30 pm - 7:45 pm Introduction to Judaism (Library)

## Wed 11 Sep 2019

7:00 pm Executive Meeting (Library)

## Fri 13 Sep 2019

7:30 pm - 8:30 pm Erev Shabbat Service

## Sat 14 Sep 2019

### Parashat Ki Teitzei

9:00 am - 12:00 pm First day of Shabbat School!

9:45 am - 10:30 am Torah 'N Java (Chapel)

10:30 am - 12:00 pm Shabbat Service

## Tue 17 Sep 2019

6:30 pm - 7:45 pm Introduction to Judaism (Library)

## Fri 20 Sep 2019

7:30 pm - 8:30 pm Erev Shabbat Service

## Sat 21 Sep 2019

### Parashat Ki Tavo

#### Leil Selichot

9:00 am - 12:00 pm Shabbat School

9:45 am - 10:30 am Torah 'N Java (Chapel)

10:30 am - 12:00 pm Shabbat Service

7:00 pm Shofar Sho Good

8:00 pm Selichot Service

## Sun 22 Sep 2019

11:45 am - 1:00 pm Calgary Drop-in Centre Lunch

For more info, please email Paul Finkleman: pfinkleman@shaw.ca

## Tue 24 Sep 2019

6:30 pm - 7:45 pm Introduction to Judaism (Library)

## Wed 25 Sep 2019

6:30 pm Temple Board Meeting (Library)

## Fri 27 Sep 2019

7:30 pm - 8:00 pm Shabbat Shiraz Wine & Cheese

8:00 pm - 9:00 pm Erev Shabbat Service

## Sat 28 Sep 2019

### Parashat Nitzavim

9:00 am - 12:00 pm Shabbat School

9:45 am - 10:30 am Torah 'N Java (Chapel)

10:30 am - 12:00 pm Shabbat Service

## Sun 29 Sep 2019

*Erev Rosh Hashanah (see Days of Awe Service Schedule below)*

## Mon 30 Sep 2019

*Rosh Hashanah (see Days of Awe Service Schedule below)*

## SERVICE SCHEDULE INFORMATION



Temple B'nai Tikvah

Days of Awe

2019 5780



*Selichot	Saturday, September 21	8:00 PM
Erev Rosh Hashanah	Sunday, September 29	8:00 PM
Rosh Hashanah Children's Service (Lower Floor)	Monday, September 30	10:00 AM
Rosh Hashanah	Monday, September 30	10:00 AM
*Tashlich at Stanley Park	Monday, September 30	2:30 PM
*Rosh Hashanah 2 <sup>nd</sup> day	Tuesday, October 1	10:00 AM
Kol Nidre (Erev Yom Kippur)	Tuesday, October 8	8:00 PM
Yom Kippur Children's Service (Lower Floor)	Wednesday, October 9	10:00 AM
Yom Kippur	Wednesday, October 9	10:00 AM
Chant Meditation Service (chapel)	Wednesday, October 9	1:30 PM
20 x 20 Talks	Wednesday, October 9	1:30 PM
*Paths Of Peace - A Contemplative Yom Kippur Walk	Wednesday, October 9	3:00 PM
*A Confession For Our Time (Contemporary Service)	Wednesday, October 9	4:00 PM
Yizkor and Concluding Service	Wednesday, October 9	5:30 PM
*Simchat Torah Service / Torah Dedication	Sunday, October 20	7:00 PM
*Sukkot/Shemini Atzeret Yizkor Service	Monday, October 21	10:30 AM

**\*OPEN TO ALL – tickets are NOT required for these services.**

## GOOD SCENTS

A quick reminder as we head into the season of intimate chapel services and crowded Simchas and holidays: our synagogue aims to maintain a scent free environment.

Please avoid any product (hand lotion, perfume, conditioner, etc) that has a lingering scent.

Please arrive 15 minutes prior to be seated. Thank you for respecting our **SCENT-FREE** policy.



# 2019 YOM KIPPUR<sup>5780</sup> EARLY AFTERNOON PROGRAMS

## WOW!

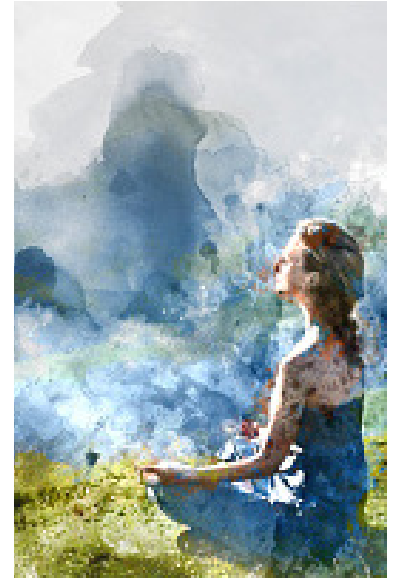
### 20x20 Talks

EMCEE: NORM YANOFSKY | 1:30 – 3:00 PM

We invited a fascinating and diverse group of Temple members to speak to us.

Each speaker has submitted 20 slides which will show for 20 seconds each, allowing the speaker exactly six minutes and forty seconds to address the topic “Wow!” from his or her own unique perspective.

**Speakers:** Barry Finkelman, Caron Glickman, Paul Gronnerud, David Hodgins, Lou Kolman, Jessy Kuehne, Ben Palter, Ella Palter, Eric Rosenbaum, and Deborah Sword



## CHANT MEDITATION SERVICE LED BY BETSY JAMESON | 1:30 – 3:00 PM

A gentle service that uses Hebrew chant and guided meditation to enhance the experience of teshuvah. Like the call of the shofar and Kol Nidre, melodies and the silences between them help guide and deepen our inward turning. No previous experience with meditation or chant is necessary.

“When we chant we are using the whole body as the instrument with which to feel the meaning of the sacred phrase.” – *Rabbi Shefa Gold*

## PATHS OF PEACE: A Contemplative Yom Kippur Walk LED BY ALLYSON BILLINGS 3:00 – 4:00 PM

This will be a walk with fellow congregants along the paths across the park from Temple, featuring opportunities to stop and reflect upon some important Days of Awe themes. Meet at the front doors for what truly promises to be a breath of fresh air as we do our sacred work of turning and renewal on Yom Kippur afternoon.

If you would like, please feel free to bring a favorite poem or reading to share with the others on the walk.

THE “CONFESSIONS FOR OUR TIME” SERVICE WILL BEGIN AT 4:00 P.M.