



The Scroll

Navigating Winter Holidays and Alcohol

BY RABBI DAVID M. GLICKMAN

Though we just finished our big Jewish holiday season stretching from Rosh HaShanah through Simchat Torah, we are about to enter the winter holiday season of Thanksgiving through January 1st.

Every set of holidays has its own joys – and its own set of challenges and landmines. These challenges are different for every individual. For folks who struggle with substance use disorder or alcohol dependence, the winter holidays can be particularly dicey.

I am not implying that alcohol is absent from Shabbat and Jewish holidays, but for many individuals, alcohol plays a larger role at Thanksgiving, office and social “holiday” parties, and New Years. At Beth Shalom, I would say that we have a “middle of the road” culture with alcohol. We neither have a culture where we are alcohol-free (which could make life easier for those who struggle with alcohol dependence), nor are we a synagogue where we see heavy drinking as a major part of our celebrations.

In most studies, the Jewish community does not have rates of substance use disorder significantly higher than the rest of the Jewish community. What is higher, though, is the amount of stigma attached with addiction and alcohol abuse. Some of the stigma comes from our own narrative. Jewish communities historically looked down on drunkenness and often associated it with the non-Jewish communities.

For contemporary American Jews, the stigma can also come from having participated in the world of addiction recovery through the 12-Step Program. The



12-Step Program is a spiritually-based recovery program that is fully consistent with Jewish beliefs. However, since the 12-Step program believes in “a Power greater than ourselves” that is defined as “God as we understood Him.” In America, Jews make up less than 2% of the population, so most 12-step groups sound non-Jewish... even if the steps are compatible with Judaism at their core.

I first encountered the wisdom of the 12-step program when I was in an Al-Anon group while living in Jerusalem. Al-Anon is for individuals who have a loved one struggling with addiction. Because I was in Jerusalem, every single member of the group was Jewish. I got very lucky. Though we had all types of religious practice in that group, we had a similar understanding of a Jewish version of “God as we understood Him.”

As we begin to navigate the winter holidays, if you have a loved one who is nervous about navigating the landmines of “Latkes and Vodkas,” office parties, and New Years... know that they don’t need to handle this on their own. There is professional guidance through Jewish Family Services (jfskc.org/services/mental-health-education/) as well as FirstCall (FirstCallKC.org). If you or your loved ones would appreciate guidance on approaching the 12 Steps through a Jewish lens, feel free to email me at dglickman@bethshalomkc.org.

The winter holidays can often provide deep grounding and connection, often in a different way than the Jewish fall holidays. I hope that they can be times of meaning and good health.

Gratitude as Practice: Jewish

BY RABBI TALIA KAPLAN

Today, it's common for wellness articles or Instagram posts to suggest getting natural sunlight or having your morning cup of coffee before scrolling on your phone. The idea of a morning ritual is woven into Judaism, even preceding our morning prayer service. One of the customs upon waking is to say *Modeh Ani*, a prayer of gratitude for our soul returning to our bodies each day. As the days grow shorter in November and we become more mindful of how our habits affect our mental health—coinciding with the holiday of Thanksgiving in America—Jewish tradition offers us inspired ways to express gratitude.

We have opportunities for gratitude throughout the day, when we pause to say a blessing before eating and drinking. The Talmud teaches that one who enjoys something from this world without a blessing is considered to have stolen from God. This isn't about divine punishment—it's about recognition. When we recite a blessing over food, we pause to acknowledge that what sustains us comes from beyond ourselves.

Similarly, when we give *tzedakah*, we are parting with money that we may have earned, but that isn't really ours in the first place. Jewish tradition teaches that everything ultimately belongs to God—"The earth is the Lord's and the fullness thereof," as Psalms re-



minds us. We are stewards, not owners, of our resources. Recognizing this bigger picture can itself cultivate gratitude. And giving *tzedakah* can function as an expression of gratitude when we donate in someone's honor. Whether marking a *simcha*, commemorating a *yahrtzeit*, or simply acknowledging someone's presence in your life, directing charitable giving in another's name transforms appreciation into tangible good. It says: because of the blessing you are in my life, someone else will receive what they need.

We also express gratitude communally through *Hallel*, the collection of Psalms recited on festivals and *Rosh Chodesh*. These aren't whispered prayers of individual thanks—they're meant to be sung aloud, together. *Hallel* reminds us that some expressions of gratitude are too big to keep to ourselves. They require voices joining in, a collective recognition of the goodness we've experienced.

As November invites us toward reflection, these Jewish practices offer us pathways: gratitude at the start of each day, gratitude transformed into justice, gratitude that overflows into song. May we find opportunities—daily and communally—to say thank you, and to translate our gratitude into action.

Save the Date! *Bams for Mams on November 12*

Put on your pink and Join Beth Shalom Sisterhood for our annual **Bams for Mams** event supporting Breast Cancer Research!

Wednesday, November 12, 2025

Brunch at 10:30 am | Game Time at 11 am
Goldsmith Hall

Enjoy a fun morning of Mah Jongg and other games with friends—play with your regular group or we'll place you at a welcoming table.

Cost: \$15 per person for brunch (check payable to Beth Shalom Sisterhood)

Donation: \$18 minimum per player (check payable to KU Breast Cancer Center)

Please remember to write two separate checks.

This event is open to the community, and non-Sisterhood friends are warmly welcome. Proceeds go directly toward advancing breast cancer research.

For more information, contact Sally Gordon, 913-271-6236 or email jbullfrog6@gmail.com





Join Beth Shalom Sisterhood on November 12th for Bams for Mams!



Wednesday, Nov.12th
Brunch 10:30 am
Game Time 11:00 am
Goldsmith Hall

***Non-Sisterhood friends
welcome!**

Play Mah Jongg or Other Games
with your regular group
or be placed with a table

Have fun while raising money to support
breast cancer research

Cost: \$15 per person for brunch and snacks
payable to: Beth Shalom Sisterhood

And \$18 minimum donation
payable to: KU Breast Cancer Center

For more information, please contact Sally
Gordon.. jbullfrog6@gmail.com
913-271-6236



Please mail checks by Thursday, November 5th to **Sally Gordon**
7200 W. 127 St. APT 1515 Overland Park, KS 66213

Name _____ Phone Number _____

Email Address _____

Please remember to write 2 separate checks.

_____ I would love to join you for brunch (\$15 per person – check payable to Beth Shalom Sisterhood)

_____ I would like to play Mah Jongg (minimum \$18 donation - payable to KU Breast Cancer Center)

_____ I am coming with a Mah Jongg group. Write names on back.

_____ I would like to play Mah Jongg but need to be placed with a table.

I will be happy to bring:

_____ a card table

_____ a Mah Jongg set

_____ an extra Mah Jongg card



HIGH HOLIDAY APPEAL

In Appreciation of
Annie and David
Glickman and family
Peter Lewin
In Appreciation of
Congregation Beth Shalom
David & Elaine Friedman
In Appreciation of
Staff and leaders of
Congregation Beth Shalom
Larry & Sally Gordon
In Honor of
The Beth Shalom Family
for 5786
Alan & Linda Cohen
In Honor of
Maxine Grossman's
100th Birthday
David & Lynne Bock
In Memory of
Joan March
Susan March

ADA HOFFMAN CAMP RAMAH SCHOLARSHIP FUND

In Appreciation of
Rabbi Glickman's
kindness & wisdom
Deborah Rosenberg
In Honor of
Rita Cortes
Natalie & Brian Gurin

BETH SHALOM GENERAL FUND

In Appreciation of
An enlightening High
Holidays virtual
experience
Douglas Fish
In Appreciation of
Stef Williams for all her
hard work
Ken & Sheila
Sonnenschein
In Honor of
Our 49th Anniversary
Arthur & Margaret Berger
In Honor of
Rabbi Glickman's
"Bar Mitzvah"
Ari Fine & Katja Edelman
In Honor of
Joel Levine receiving the
honor of Hattat Torah
Lois Clayman
In Memory of
Goldie Asner
Harold & Marie Asner
In Memory of
Todd Clauer
Berenice & Roger
Haberman

In Memory of
Hazel Ferrel Cohen
Naomi Virginia
Levi Cohen
In Memory of
Hanorah Goldenberg
Mark & Susan Wolf
In Memory of
Margaret Goldstein
Elizabeth Hennick
In Memory of
Geraldine Gross
Joe Gross
In Memory of
David Kantor
Robert Peltzman
In Memory of
Jack Katz
Elliott & Nancy Franks
In Memory of
Reva Kaufman
Robert Kaufman
In Memory of
Sherry Krug
Judy Levine-Holley
In Memory of
Melba Levine
Harold Levine
In Memory of
Marilyn Neirman
Phyllis Arenson
In Memory of
Ida Steinberg
Michael & Hue Tran
Green

BOY SCOUT TROOP 61

In Memory of
Joel Marcus
Steven Schorr

CEMETERY MAINTENANCE FUND

In Memory of
Saul & Shirley Bitner
Linda Sugerman
In Memory of
Gary Bitner
Linda Sugerman
In Memory of
Our beloved family
members
Howard & Shoshanah
Goller
In Memory of
Alberta & Barney
Summers
Robert & Cynthia
Feldman
In Memory of
Sarah & Sam Summers
Robert & Cynthia
Feldman

In Memory of
Minnie & Ben Solomon
Robert & Cynthia
Feldman
**GALE & MAXINE
GROSSMAN
RELIGIOUS SCHOOL
FUND**
In Honor of
Maxine Grossman's
100th Birthday
Rocky & Susan Horowitz
Rachel Krantz
Edward Goldstein

HANAN WEDLAN FAMILY FUND

In Memory of
Reva Kaufman
Lisa & Mitch Hamburg

HAZZAN BEN-YEHUDA'S DISCRETIONARY FUND

For the Speedy Recovery of
Naomi Silverman
Hanan Steinzeig
& Rita Brown
In Honor of
The wedding of Larry
& Sally Gordon's
Grandson
Hanan Steinzeig
& Rita Brown
In Memory of
Rabbi Eliezer
Ben-Yehuda and in
honor of his family
Ken & Sheila
Sonnenschein
In Memory of
Margaret Goldstein
Brian & Karen Cole

JOSEPH & ESTHER SINGMON CEMETERY MAINTENANCE FUND

In Honor of
Bill Shapiro's
80th Birthday
Ernie & Susan Rosenthal
In Memory of
Todd Clauer
Ernie & Susan Rosenthal

KCUSY FUND

In Memory of
Jean Brockman
John Goldberg
& Marla Brockman
In Memory of
Alice Fox
John Goldberg
& Marla Brockman

In Memory of
Lewis Goldberg
John Goldberg
& Marla Brockman
In Memory of
Edith Pinsky
John Goldberg
& Marla Brockman

KIDDISH FUND

For the Speedy Recovery of
Naomi Silverman
Larry & Sally Gordon
Mark & Trudy Slatkin
In Honor of
Bill & Joyce Shapiro's
30th wedding
anniversary
Shirley Unell
In Honor of
Bill Shapiro's
80th birthday
Shirley Unell
In Memory of
Major Mickey Goldstein
Barbara Goldstein

LOUIS & EDITH PINSKY FUND

In Memory of
Edith Pinsky
Richard & Charlotte
Brockman

MARCIA EVELOFF LECHEM FUND

In Honor of
Bill Shapiro's
80th Birthday
Randall & Sandra
Katcher

NER TAMID FUND

In Honor of
Joel Levine receiving the
honor of Hattat Torah
Randall & Sandra
Katcher
For receiving my
Rosh HaShanah Aliyah
Randall & Sandra
Katcher

OHEV SHOLOM- DENTON PRAYERBOOK & RELIGIOUS ITEMS FUND

In Honor of
Joel Levine receiving the
Hattat Torah Honor
Stephen & Barbara Stras
For the Speedy Recovery of
Naomi Silverman
Stephen & Barbara Stras
In Memory of
Shari Gershan
Sheldon Turetsky

In Memory of
Steven Turetsky
Sheldon Turetsky

OHEV SHOLOM- LEGACY & HERITAGE FUND

In Honor of
Joel Levine receiving the
honor of Hattat Torah
Larry & Sally Gordon
Joel & Beverly Levine
In Honor of
Lisa Skolnick receiving
the honor of Kallat
Bereshit
Randall & Sandra
Katcher
In Memory of
Ben Gross
Joel & Beverly Levine
In Memory of
Avrum & Malka
Joskowicz
Joel & Beverly Levine
In Memory of
Joseph & Faiga
Grzynacz
Joel & Beverly Levine

RABBI GLICKMAN'S DISCRETIONARY FUND

In Appreciation of
David Glickman
Mirra Klausner
In Memory of
Maurice Luchen
Bruce & Ann Luchen

ROSE FAMILY EARLY CHILDHOOD EDUCATION CENTER

In Memory of
Ida Berman
Estelle Berman
In Memory of
Leah Hurwich
Estelle Berman
In Memory of
Lila Morse
Steven Berman
& Judy Jacks Berman
In Memory of
Joe Rose
Estelle Berman
Steven Berman
& Judy Jacks Berman

ROSE S. LEVINE & DORIS L. FLAM ARTS & EDUCATION FUND

In Honor of
Joel Levine receiving the
honor of Hattat Torah
Carla Klausner

STEIN FAMILY YOUTH FUND

In Memory of
Richard Levy
Stewart & Esther Stein
In Memory of
Steve Sherry
Stewart & Esther Stein



Mazel Tov to Our November Anniversaries

Sponsor a kiddish luncheon by contacting Melisa at 913-647-7281.

DAY		YEARS	DAY		YEARS
1	Stephen & Robyn Smith	39	17	Josh & Jane Sosland	35
2	Allison Berey & John Lorei.	6	18	Shelton & Nancy Gallas.	63
2	Randy & Dini Freed	22	18	Adrianne & Justin Colberg	8
3	Dan & Lindsey Osman.	18	19	Brian & Karen Cole	31
4	David & Lisa Skolnick	30	19	Doug McNay & Dawn Gale.	19
4	Adam Tilove & Marni Thompson-Tilove.	17	19	Jeremy & Hilary Singer	20
4	Rachel & Stephen Sher	7	20	Jeff & Cathy Alpert.	49
5	Seth & Rachel Katz.	14	20	Cory & Ariel Gutovitz	4
6	Eric & Lisa Ginsburg	20	21	Rod & Gerre Minkin	66
6	Herb & Barbara Simon	59	25	Lori & Bruce Hertzfield	21
8	Yuval & Hannah Elharar.	12	25	Bob & Carol Yarmo	58
9	Benjamin & Sarah Baellow	11	26	Jeff & Rhonda Fromm	37
9	Gavriel Schreiber & Connie Zhang.	1	26	Bill & Joyce Shapiro	30
10	Jay & Sharon Rosenthal.	40	27	Howard & Cherice Gerson	42
11	Adam & Kim Matsil	30	27	Elly & Gina Goldstein	23
11	Ethan Corson & Jenna Brofsky-Corson.	8	27	Steve & Lisa Ruben	37
11	Jon & Milana Dowis	4	27	Derek & Leah Ellis	6
12	Stephen & Mara Abrams	25	28	Steve & Milisa Flekier	32
12	Nathan & Ashley Ross	14	29	Jessica & Aaron Kroll	17
14	Sheldon & Joan Turetsky	50	30	Lee & Esther Pearlmutter	34
15	Vincent & Marcy Pellegrino.	33	30	Michael & Brittany Manson	6
16	Stuart Bodker & Tensy Marcos-Bodker	40			
17	Mark & Julye Rose.	29			

Mazel Tov to Our Bat Mitzvah



Juliet Sosland - November 22

Juliet is the daughter of Dr. Rachel and Mr. David Sosland. Juliet is the granddaughter of Sharon and Stuart Pase and Blanche and Neil Sosland of Kansas City. Juliet's siblings are Ethan, Gabrielle, and Jake Sosland. Juliet attends Hyman Brand Hebrew Academy. Juliet is a competitive dancer and plays volleyball and basketball. She enjoys hanging out with her friends and family, watching movies, traveling, and spending summers at Herzl Camp. Juliet's mitzvah project is collecting stuffed animals for Huggable Healers, an organization that collects and repurposes stuffed animals for pediatric patients.

KIDDISH CORPS NEEDS YOU!

Sign up to volunteer with Kiddish Corps:
Email Harold Kaseff at harold@kaseff.com
for more information.



PLAQUES HAVE BEEN DEDICATED *In Memory Of...*

Yahrtzeits Join us for morning or evening minyan to say Kaddish for your loved one. Check our website for service schedule.

NOV 1 - 10 HESHVAN

May Balkin
Louis Firestone
Nathan Koffman
Sophie Levikow
Lillian Mallon
Hannah Michelson
Harry L. Rosenberg
Sylvia Rubin
Hyman Joseph Saver
Abraham Schlein
Morris Schwartz

Esther Laya Clayman
Thelma Cookie
Dockman
Libby Ellis
Edward Gold
Ida Goldansky
Fannie Bertha Kaplan
Sarah D. Kulakofsky
Edwin Levine
Abraham Mann
Neil Meltzer
Marvin White

Sam Brown
Esther Daniels
Edward Issac Dukar
Ellen Ginden
Anna Levin
Rose Lofman
Norman R. Parmet
Alfred Parnes
Rose Penner
Leo Polterock
Sarah Rosen
Abraham Abba Rubin
Esther Shapiro
Morris Stahl
Betty Wolfberg Taxman
Anna Webber
Betty Yaskolka

Ethel Shefrin
Maurice Shefrin
Anne Vinick
Betty Wishna

Dora Pearl Moskowitz
Doris Rosenberg
Frances Rothschild
Rosa Rubin
Goldie Siegelbaum
Samuel Sosland

NOV 26 - 6 KISLEV
Max Berenbom
Barbara Gerson
Herbert Mayer Krigel
David Levitch
Morris Moss
Doris Kaufman Poder
Elias Reichman
Samuel S. Rogell
Oscar Rose
Eva Sokoloff
Sol Stolowy
Frank Wayne

NOV 2 - 11 HESHVAN

Joseph Berman
Marlin Cohen
Morris Ellis
Alisa Beth Fein
Shirley Fishman
Julius Nathan Friedman
Henriette Ginsburg
Lewis W. Goldberg
Steven Jay Hammer
Theresa Marshock
Keith Eliot Pack
Julius Peltzman
Esther Rapaport
Ben Richman
Fannie B. Riftmaster
Carl Rosenberg
Gabriel Salzenstein
Charles Saver
Lillian Small
Bertha M. Waisblum
Judith Marder
Wasserman
Harvey Gordon Weiner
Harry Winer

NOV 7 - 16 HESHVAN

Melvin Cohn
Margaret Gersh
A. Morris Ginsberg
Dorothy Wengrover
Hipsh
Ida Krug
Roberta Litchman
Irving Marder
Rebecca Mokofsky
Bertha Perlman
H. Paul Rosenberg
Albert Simon
Ida Vile

NOV 13 - 22 HESHVAN

Marian Berkowitz
Charles Marks
Rose Mendy
Herbert Plotsky
Nathan E. Rappaport
Morris Rosenblum
Israel Sandhaus
Jack B. Schultz
Asher Stern

NOV 17 - 26 HESHVAN

Harvey Aaron
Jane Ace
Emanuel Bornstein
Blanche Cohen
Max Cohen
Andrew Corson
Marilyn Billig Hoffman
Abraham Hyman
Boris Kittess
Simon Levikow
Harry Levin
Max G. Milens
Pauline A. Samberg
John Small
Ben Zenitsky

NOV 22 - 2 KISLEV

Sol Baraban
Joe Baum
Abrom Copeland
Louis Deutch
Sarah Geister
Bertha Grossman
Tillie Kay
Hermine Klein
Herman Milgram
Sarah Parness
David Pelzerman
I. Frank Rope
Dora Rubin
Louis Rubin
Marie Sanell
Zelma Shapiro
Jessie Zinn

NOV 27 - 7 KISLEV

Jerome Abrams
Edward Bell
Issac Blond
Israel A. Brenner
Morris A. Chernikoff
Abraham Gilgus
Maurice Gottlieb
Henry Harris
Sara Labowitz
Rose Oliver
Louis Sudvarg
Phillip H. Taxman
Anna Rosenblum White

NOV 8 - 17 HESHVAN

Esther Byers
Ben Denowitz
Ida F. Dolginoff
Gale Grossman
Lillian Reich
Rubin Spiwak
Joseph Talbot
Charles Traxler

NOV 14 - 23 HESHVAN

Sol Baum
Taubie Becker
Bernard Fasbinder
Abraham Flekier
Mary Goldblatt
George Moss
Esther L. Satz
Esther R. Singmon
Leona Libby Soltz
Israel Winitz

NOV 18 - 27 HESHVAN

Irving Berger
Saralee Brams
Eunice Cooper
Samuel Eagles
Mary Krasner
Jacob Lapin
Myer Rich
Jacob Sarno
Ida Wayne

NOV 23 - 3 KISLEV

Jeanette Blender
William Edelman
Chayim Eichenberg
Rhonda Farber
Samuel L. Glassman
William Handler
Stephen Mark Hertzfield
Sadie Friedson Klein
Solomon Krigel
Harry Rosenberg
Paul M. Rosenthal
Dorothy C. Shanberg
Sarah Gershaman
Shearer

NOV 28 - 8 KISLEV

Israel Berlau
Bernard Chorlek
David S. Cooper
Harry Eisman
Rose Fried
Sadie Katz
Louis Lachs
Morris Lazarus
Hyman Minda
Benjamin Ryweck

NOV 3 - 12 HESHVAN

Jack Agron
Wesley J. Dolginoff
Ben Edelbaum
Anita Indin Gewertz
Samuel Intrater
Rose Kleban
Richard Levitt Krasne

NOV 9 - 18 HESHVAN

Leonard Bettinger
Max Copaken
Dora Fine
Stanford Gilgus
Sam Jaben
Hyman Levine
Alexander Meltzer
Mary Moskowitz
Mary Pelofsky
Nathan (Nat) Silverman
Lajos Springer

NOV 15 - 24 HESHVAN

Jennie Feingold
Simon Garelick
David Gereht
David A. Katz
Ben S. Lerner
Anna Levitch
Dollie L. Mann
Zahava Lottie Morgan
Rose Nelkin
Simon Jacob Ozar
Gustave Rapaport
Edward Zalin

NOV 19 - 28 HESHVAN

Sarah Adreme
Evelyn Cohen
Abe Gordon
Norman Katcher
Joseph Kupper
Bertha G. Levich
Walter Loeb
Hazel Manne
Edward A. Smith
Jake Temposky
Rose Naster Zeligman

NOV 24 - 4 KISLEV

Yetta Baier
Rebetzen Jennie
Burststein
Leona Cohn
Ruth Dennis
Casil Robert Goldberg
Dorothy Kaufman
Jacob Pelofsky
Florence Peltzman
Edith Penner
Rose Silverberg
Leah Wasserman
-Feuerstein
Millie Zeff

NOV 29 - 9 KISLEV

Harry Baker
Freda Berman
Abe Bogdanoff
Isadore Bressel
Herbert Brooks
William Carr
Max Cooper
Esther Corenman
Serena Grunwald
Bessie Hammer
Dora Jacobson
Yetta Joffee
Barbara Jean Krigel
Rebecca Lerner
Werner Rosenthal
Louis Studna

NOV 4 - 13 HESHVAN

Nathan Chernikoff
Pearl H. Cohen
Edna Coleman
Pearl Dulsky
William Friedberg
Lewis Goldberg
Mary Karosen
Nate Karpin
Harry Katzeff
William Klein
Bert Markowitz
Monia Raffelock
Betty Raskin
Bernard Siegler

NOV 10 - 19 HESHVAN

Jacob Barabechik
Ike Birnbaum
Arthur Bock
Tillie Hudson
Pearl Kasoi
Ben Kern
Reuben Wechsler

NOV 16 - 25 HESHVAN

Baruch Benjamin
Charline Cooper
Sima Laya Galler
Abraham Gellens
Esther Clara Gilgus
Sophia Goldstein
Heinrich Joseph
Aaron Kars
Gertrude Kisluk
Esther Lerner
Boris Levitch
Rabbi Morris B.
Margolies
Sam Millstein
Leonard Orren
Rose Rachel Pack
Dorothy Rosenberg

NOV 20 - 29 HESHVAN

Delores Rosenbloom
Benjamin
Pauline Bernstein
Alan Berl Bratt
Jennie Greenman
Jessie Styrka Hanick
Sarah Katzeff
Nathan Lenson
Eloise Shlensky Minkoff
Dora Pilz
Mary S. Smith
Morris Tenenbaum
Bella Vile
Sam Wedlan
Morris Weiner
Lillian Zwern

NOV 25 - 5 KISLEV

Tillie Abramson
Helen Bretton
Arnold Cohen
Barnett Cohen
Buelah Fleischman
Minnie Friedman
Samuel Gershon
Nathan Gilbert
Anna Hecht
Lena Junsberg
Isaac Katz
Rose Mardiks
Daisy Markus
Milton Ozar
Morris Stein
Sol M. Yarowsky

NOV 30 - 10 KISLEV

Eleanor Abrams
Elizabeth Atlas
Evelyn Azorsky
Joel Bock
Dora Deutch
Sam Fish
Jay Gottstein
Reuben Kalinsky
Harry Luben
Harris Rothschild
Leah Gordon Seiffer
Jack Shapiro
Sam Shenker
Arthur B. Taxman
William I. Winer

NOV 6 - 15 HESHVAN

Jean Marie Brockman

NOV 12 - 21 HESHVAN

Evelyn Alexander
Linda Greene Birnbaum



Attitude of Gratitude

BY LISA PORTER REEVES

DIRECTOR OF EARLY CHILDHOOD EDUCATION



November often brings with it a natural focus on gratitude. At RFEC, this season offers a special opportunity to teach our children to notice the good in their lives - and to express appreciation not just in words, but through thoughtful, caring actions.

Gratitude is more than saying “thank you.” It’s a mindset, a way of seeing the world through a lens of *hakarat hatov* - recognizing and naming the good. This Jewish value encourages us to pause and appreciate what we have, the people who help us, and the everyday blessings that often go unnoticed.

Toddlers and preschoolers are just beginning to understand the concept

of gratitude. Their world is naturally centered around their own needs and experiences - but the preschool years are a powerful time to plant the seeds of appreciation, empathy, and generosity. As educators, and as parents, we can nurture these qualities by modeling gratitude, creating space for reflection, and giving children opportunities to give back.

Here are some ways you can help foster gratitude and a spirit of giving at home:

Model Grateful Language

Children learn so much by watching us. When you say things like, “I’m so grateful for this beautiful day” or “I really appreciated your help setting the table,” you’re teaching your child to notice and name the good around them. Make gratitude part of your everyday language.

Create Simple Gratitude Rituals

At school, we often ask children what they are thankful for. You can do the same at home - while driving in the car, around the dinner table, during bedtime, or on a family walk. Ask questions like, “What made you smile today? Who helped you today? What’s something you’re thankful for right now?” These small conversations build a lasting habit of reflection.

Teach the Joy of Giving

Gratitude and generosity go hand in hand. When children learn to help others, they begin to understand that they have something to offer the world. Whether it’s making a card for a friend or relative, donating gently used toys, or helping bake for a neighbor, acts of *gemilut chasadim* (loving kindness) help children feel capable, connected, and kind.

In our classrooms, we are intentional about teaching children how to express appreciation through words, actions, and feelings. We read stories about characters who show kindness and give thanks. We sing songs about being grateful, and we create art that reflects our gratitude.

As parents and grandparents, your role in shaping your child’s sense of gratitude is powerful. When you model appreciation, give your children space to reflect, and offer ways to help others, you’re helping them grow into people who not only notice the good - but who become the good in the world.

This November, may we all find ways to slow down, say thank you, and share our blessings with others. Wishing you a season filled with warmth, reflection, and gratitude.

What’s on Your Jewish Bookshelf?

BY CIVIA WHITE

PRS DIRECTOR



On Shabbat morning, November 15, the Beth Shalom Kindergarten students will participate in a Consecration service. They will proudly sing the Shema before the congregation and stand under a huge tallit with their parents to receive a blessing. The

children will then be presented with a wonderful gift, a child-sized Torah scroll! When they open the scroll, they will see many stories from the Torah written in simple English and accompanied by beautiful illustrations. The Kindergarteners have seen what the actual Torah looks like inside and know that this one is different in many ways. They know that they will be bringing this one home, keeping it in a special place that is easy to reach, and reading from it often.

We learn in the Book of Devarim 31:19 to “write down this poem and teach it to the people of Israel; put it in their mouths”. The “poem” is understood to be the Torah and this Mitzvah, thought of as the final of the 613 Commandments, is today understood to mean we should keep

a copy of the Torah in our home. The most common way to do this is to own a bound copy of the Torah on a bookshelf at home.

Kindergarten is a great time to begin to add to your family’s Jewish bookshelf! Leave room for everything from PJ Library books to biographies of famous Jews to ancient texts, philosophy, and history. If you are looking for suggestions, I am happy to help you.

Children love to be read to, and it is my hope that parents will set aside time to read from the mini-Torah scroll - and other Jewish books- so that eventually, the kids will read from them on their own (“put it into their mouths”).

Mazel tov the Kindergarteners; we are all so very proud of you!





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bethshalomkc.org

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*Congregation Beth Shalom, an egalitarian Conservative synagogue,
is a welcoming community of individuals from diverse backgrounds,
strengthening connections with God, Torah and the Jewish people
through communal commitment to prayer, study and acts of loving kindness.
Jewish Living Experiences from the new, blended community of Beth
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913-647-7279

MONDAY-THURSDAY 8:30 AM - 5 PM
FRIDAY 8:30 AM - 3 PM

Closed on Federal Holidays

Mt. Carmel Cemetery Hours 913-647-7279

MONDAY & WEDNESDAY 8:00 AM - 4:30 PM
TUESDAY & THURSDAY CLOSED
FRIDAY & SUNDAY 8:00 AM - 4:00 PM
SATURDAY CLOSED
NATIONAL HOLIDAYS* 9:00 AM - 4:00 PM
JEWISH HOLIDAYS CLOSED

*Exceptions Closed: Thanksgiving, Christmas Day,
New Year's Day & Easter

Sisterhood Gift Shop Hours

Gift Shop Schedule

913-647-7298

SUNDAY 9:00 AM - 12:00 PM
MONDAY 11:30 AM - 1:30 PM
TUESDAY 11:30 AM - 1:30 PM
WEDNESDAY 11:30 AM - 1:30 PM

Other Hours

THURSDAYS & FRIDAYS BY APPOINTMENT

EMAIL CONNIE SIMON AT STLTOKC@GMAIL.COM

Daily Minyan

MONDAY-THURSDAY 7 AM AND 6 PM
FRIDAY 7 AM
SUNDAY 8 AM AND 6 PM

(Morning Minyan is in Room 108 and on Zoom.
Evening Minyan is on Zoom exclusively.)

