



# 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/](http://jfskc.org/services/mental-health-education/)) as well as FirstCall ([FirstCallKC.org](http://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](mailto: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](mailto: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](mailto:jbullfrog6@gmail.com)  
913-271-6236



Please mail checks by Thursday, November 5<sup>th</sup> 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 Hattan 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

## 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 Hattan 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  
Hattan 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 Hattan 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 Hattan 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](mailto: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 Stollowy  
Frank Wayne

### NOV 2 - 11 HESHVAN

Joseph Berman  
Martin 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 Plotzky  
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 Spiyak  
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 Stryka 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 Fleschman  
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 5 - 14 HESHVAN

Hyman Benjamin  
Meyer Bernstein  
Lucille Ellis  
Joseph Fried  
Max A. Lettas  
Oscar Litwin  
Dina Beth Salle  
Jack Silverman  
Maynard Taxman

### NOV 11 - 20 HESHVAN

Leon Baum  
Anna H. Bornstein  
Magda Fried  
Steven Friedheim  
Marsha Goldman  
Marvin Kritzer  
Bruce David Mallin  
Phyllis Pack  
David Studna  
Ellis Tonkey  
Sylvia Viner

### 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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