



## SERVICES

Shabbat Evening Services - Friday, 7:30 p.m.,  
January 2, 9, 16, 23, and 30

Shabbat Morning Services - Saturday, 10:00 a.m.,  
January 3 and 17

Mincha Monday, January 5, 12, 19, and 26, at  
3:30 p.m. (see page 6 for details)

Tallis & T'fillin Thursday Minyan - Thursday, January  
8, 15, 22, and 29, at 8:00 a.m. (see page 6 for details)

## UPCOMING MEETINGS

Board Meeting - Thursday, January 8, at 7:00 p.m.

Sisterhood Meeting - Sunday, January 11, at 11:00 a.m.

Ritual Committee Meeting - Tuesday, January 13,  
at 7:00 p.m.

## UPCOMING EVENTS

Book Club - Sunday, January 4, at 10:30 a.m.  
(see page 5 for details)

Bnai Shalom Bingo - Sunday, January 4, at  
1:00 p.m. Doors open at 12:00 p.m.  
(see page 6 for details)

Recitation of the Letter from Birmingham Jail: Martin  
Luther King, Jr. Day Community Commemoration -  
Monday, January 19, at 11:00 a.m., Congregation Bnai  
Shalom (see page 8 for details)

Knitting Group - Wednesday, January 21, at  
10:30 a.m.

Coffee and Conversation with the Rabbi - January 21,  
at 3:00 p.m.

Debbie Friedman Shabbat, followed by a Festive Oneg  
January 23, at 7:30 p.m. (see page 9 for details).

A Pre-Pesach Bus Trip Event to Lakewood, NJ -  
Sunday, March 22, 9:00 a.m., - 7:00 p.m. (see page 4  
for details)



## **A Word From Rabbi Adrienne**

Shalom to my Bnai Shalom family!  
Happy (secular) New Year!

It is only a day on the calendar, but we put a lot into these annual milestones. A new year number, whether Hebrew, Gregorian or personal, means something to us. And yet, each day means something, too.

The 90<sup>th</sup> Psalm says, "Teach us to count our days, so that we may know and obtain a heart of wisdom." How do we count our days? By making each day count. Our lives may be busy and hectic, and the days may seem like they fly by, but there are still ways to appreciate the gift of today. Here are some ideas for you to try in the coming year:

- Cultivate gratitude. Jewish morning prayers begin with *Modeh/Modah Ani*, a prayer of gratitude. Find something you are grateful for each day.
- Be creative: Tap into the right side of your brain by writing, drawing/painting, doing hand crafts, cooking, or gardening.
- Read: Find time to read books or articles, both for pleasure and to expand your horizons.
- Connect with people: Spend time with family, friends and the people in your communities.
- Practice kindness: Perform *g'milut chasadim*, acts of loving-kindness, every day. It's easy to brighten someone's day with a smile, a kind word, or a small act of help.
- Keep moving: Incorporate regular physical activity into your routine, preferably one you enjoy!
- Give back: Volunteer at a nonprofit or find other ways to help make the world a better place.
- Look forward to tomorrow: Fill your calendar with things you love, not just things you have to do.

Rabbi Abraham Joshua Heschel once wrote, "Our goal should be to live life in radical amazement. ....get up in the morning and look at the world in a way that takes nothing for granted. Everything is phenomenal; everything is incredible; never treat life casually. To be spiritual is to be amazed."

May you experience radical, phenomenal amazement in 2026!

Rabbi Adrienne :)  
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