



HOLIDAY SERVICES

Kol Nidre Services – Wednesday, October 1,
7:30 p.m.

Yom Kippur Services – Thursday, October
– Morning Services – 10:00 a.m.
– Yizkor Service – 1:00 p.m.
– Community Family Service – 2:15 p.m. to
3:15 p.m. (must pre-register)
– Afternoon & Ne'ilah Service – 4:30 p.m.
– Havdalah – 7:21 p.m.

Erev Sukkot Services in the Sukkah, Monday,
October 6, 6:00 p.m., (festive meal to follow,
see page 7 for details)

Sh'mini Atzeret / Simchat Torah Services, including
Yizkor, Tuesday, October 14, 6:30 p.m. Festive
Oneg to follow

SERVICES

Shabbat Evening Services – Friday, 7:30 p.m.,
October 3, 10, 17, 24, and 31

Shabbat Morning Services – Saturday, 10:00 a.m.,
October 4 and 18

UPCOMING MEETINGS

Board Meeting – Tuesday, October 28, 7:00 p.m.

UPCOMING EVENTS

Break-the-Fast – Thursday, October 2, 7:30 p.m.

Pre-Shabbat Pizza in the Sukkah – Friday,
October 10, at 6:00 p.m. (must pre-register,
see page 7 for details)

Mah Jong Lessons – Sunday, October 19, 11:00 a.m.
(see Sisterhood article on page 9 for details)



A Word From Rabbi Adrienne

Shalom to my Bnai Shalom Family!

On the first day of Rosh Hashanah, I encouraged us all to pay more attention to our own self-care, something all too many of us ignore. Our Talmud tells us “Whoever saves a single life, it is as if they saved an entire world.” The message is clear: self-care is necessary, not just for ourselves, but for our communities and our world to thrive.

How do we do this in our busy, hectic, overwhelmed lives? I suggested several practices to consider undertaking in the coming year. To start with, I encourage you to find a way to embrace Shabbat. Do something different one day each week. Stop working. Rest. Recharge your batteries. You don't have to come to Shabbat services (although that is a great way to make the day special with friends in our community). Just find the way that best works for you.

Other ways to prioritize your self-care include adding time for yourself to your calendar (yes, entries just for you), keeping a journal, and doing *g'milut chasadim*, acts of loving kindness, for yourself as well as for other people. Remember that you give others a gift when you ask them to help you be accountable for your self-care, since most of us prefer to give help, rather than receive it.

Finally, we opened the Bnai Shalom Bank of Self-Care and handed out an old-fashioned easy-to-use bank book for us to track our self-care. Every day you practice self-care in some way – a walk, a journal entry, a quiet moment, reading, a craft – you add \$1 to your account. For every day you neglect your self-care, you withdraw \$1. Some practices will give you a double deposit for that day, such as observing Shabbat in some way or asking someone else to support you. While these deposits and withdrawals are not legal tender, over time, when you look at your balance, you will know if you need to make some adjustments. If you didn't pick up a booklet on your way out that morning, there are extras in the office.

I hope that this year you will add yourself to your list of priorities, for you are worth it!

G'mar Chatimah Tovah – May we all be sealed in the Book of Life for a good year!

-- Rabbi Adrienne :)
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