



ChaiLights

The monthly newsletter of
Temple Beth Tikvah

February 2017

Temple Beth Tikvah
12411 Park Shadows Trail
Houston, TX 7705
281-286-1717

www.tbthouston.com

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Rabbi:Deborah Schloss
rabbi@templebethtikvah.org
Office Hours: by appointment

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From the Rabbi.....We begin reading a new book of our Torah, the book of Shemot, Exodus; we have inaugurated the 45th President of the United States, and we have a new president of Temple Beth Tikvah, Stuart Eisen, taking over from Rebekah Reed, whom we thank for graciously stepping up to the plate when we needed someone after Mel and Sherry's quick move to Montgomery . Lots of transitions and new beginnings.

We are excited to begin new service times in response to your feedback both in person and from our congregational survey. Our family service time remains at 6:30 pm and all our service times move from 7:30 to 7 pm. Special family celebrations such as Tu B'Shevat and Purim, which we will celebrate on Friday March 10th will also begin at 7:00 pm.

Mazel tov on our newest TBT members Julian and Elliot who also exemplify other beautiful new beginnings, and to their families~ Jessica and Jovan Morales and Jessica and Mateo Self.

Our relaxing celebration of Tu B'Shevat will take place Friday February 10th **beginning at 7:00 pm.** Scott Vickers and I are looking for volunteers to help buy fruit, nuts and other snacks, cut up fruit, set up and clean up. Thank you Scott for stepping up to the plate to help plan this event! Please email Scott at sskyvickers@msn.com if we can count on your help, which we greatly need in order to make this the beautiful, peaceful experience it is each year. Our Tu B'Shevat seder will be in place of our traditional Shabbat service, with the exception of MiSheberach for the ill and Mourner's Kaddish prayers. It's a fun, family friendly evening and we look forward to you joining us.

Our Hebrew class and TORCH class continue Sunday mornings. Please see brochure below for our TORCH class schedule.

Warm regards, Rabbi Deborah



TBT gratefully acknowledges the following donations

- Sydney & Donna Orenstein to the ONEG fund.
- For Religious School Teacher training in Israel
 - Jean & Jerry Cahn
 - Paul Hamer
 - Arlene & Harvey Leboe
 - Jessica Morales
 - Wilson, Daniel & Cori-Novy
 - MacGregor, Rob & Jill
 - Sullivan, Rick & Susan
 - Baker, Jennifer & Adam
 - Charles South
 - Allen Buchner
 - Hayes, Erik & Harriet
 - Wells, Robert & Leslie
 - Eisen, Stuart & Leah

Do you shop online at Amazon?

Amazon will donate 0.5% of the price of your eligible purchases to TBT if you ask. You just have to go to smile.amazon.com instead of amazon.com. On your first visit to AmazonSmile, you need to select Temple Beth Tikvah as your preferred charitable organization from the list of 501c charities, before you begin shopping. Be careful to select Temple Beth Tikvah in Houston as there are other TBTs in California. Amazon will remember your selection, and then every eligible purchase you make at smile.amazon.com will result in a donation to us.

Message From The President.....

Happy new year! I am honored and humbled that the board has seen fit to select me to serve as your president. I promise to do my best to serve you. Leah and I have been members of TBT since 1998 and I have served on the TBT board for at least the past 16 years. I have seen Temple Beth Tikvah go through good times as well as bad. But what has remained a constant is that Temple Beth Tikvah is YOU, each of YOU, creating US. And I am happy to say, US is GOOD! We are on the upswing. We continue to grow, adding new members every month. Paul Hamer is working hard to cut expenses, in order to balance the budget. In the near future, we will be looking at applying for grants for programming, security, and budget off-sets. I am optimistic that there are great things awaiting us at TBT. I am happy to tell you that Scott Vickers has stepped up to replace me as secretary on the board. I hope that more of you will volunteer. Don't wait to be asked. Do what Scott did many months ago, which was to tell us that he was available to help. Be the next Scott. Step up. We are a small group that needs everyone to pitch in. The members of the board have done that. Our past board members did that. I am grateful to all of them, and to those of you who serve our Religious School, Sisterhood, Men's Club, Passover planning and so many others. But, it's still just a small number who serve the whole. As part of my vision for TBT's future, I hope to encourage our younger families to be involved in attending programs geared towards them, as well as seeing more of our youngest members taking part in Friday night services. Working with Rabbi Schloss, Audrey Dunegan and Cori Novy, our aim is to make Shabbat a welcoming atmosphere for all. Stay tuned. The best is yet to come!



Dinner together before Weisenthal



February Events.....

*****Note the new service start times of 7pm!******

Welcome New Arrivals



Elliot with Mom

Feb 3 – 6:30pm Children's service with religious school consecration. Help us welcome our new religious school children as they dedicate themselves to the study of Judaism. Children's services will only be 30 minutes in length followed by a potluck dinner at 7:30.

**Feb 5 – 9:30 am Hebrew
10:30 am Torch**

Feb 10 – 7pm Tu B'Shevat Seder led by Rabbi Schloss. Come and celebrate the new year for trees by eating the different types of fruit commanded by the Torah.

**Feb 12 – 9:30 am Hebrew
10:30 am Torch
11:30 am Chicken Soup Cook-off**

Feb 17 – 7pm Torah service led by Rabbi Schloss with guest cantoral soloist.

Feb 19 – 12 pm Men's Club

Feb 24 – 7pm Shabbat service led by Rabbi Schloss.

Feb 26 – Book Club (time/location TBD)

All events held at TBT unless otherwise stated

Mazel Tov!

TBT is happy to welcome our youngest new members. Elliot Alexander Self was born November 11 to parents Jessica and Mateo Self. Elliot and Mommy are both healthy, and all are happily into the groove of their new family routine. Elliot is a happy little guy shown in these photos with his mommy.

Julian Michael surprised his parents Jessica and Jovan Morales. Arriving a bit early on December 20th, Julian must have heard the holidays were just days away. He decided to be here to celebrate with Mommy and Daddy. We look forward to watching these two precious babies grow up together with us, their temple family. Mazel Tov to both Jessicas and their families.



Julian with Priya and Mom



Sponsor an Oneg

The TBT Oneg Fund pays for the catered onegs for our Musical Shabbats and when no one has volunteered to provide the Oneg. If you would like to sponsor an Oneg or donate to the Oneg Fund or even if you would not like to but know that I would like you to, please contact me at JoeWallack@gmail.com

Shop Online with IGive

If you do, you can help TBT, financially, at no additional cost to you! Just go to <http://www.igive.com/welcome/lp16/cr63b.cfm?c=> Register and select Temple Beth Tikvah as your charity of choice. Then, whenever you shop at one of the hundreds of online stores linked to IGive, a portion of your purchase price, from .8%-10%, will be donated to TBT. Every time you shop online, be sure to go through the IGive link. TBT has already benefitted from this, to the tune of over \$156, and that's with only a few users. Just imagine how much money could come in to our coffers if we all took advantage! And at no extra cost to any of us. Do your part and register today. Oh, and USE the service! Thanks!

Sisterhood News.....

Those who attended **Wiesenthal**, Sisterhood's January activity, will likely tell you that if you ever have the opportunity again to see this one man play, don't miss it. A TBT group of about 12 met for dinner at Saltwater Grill before the theatre, and had a most enjoyable time laughing from one end to the other of the long dinner table.

Sunday February 12 is Annual Chicken Soup Cookoff. It's Sisterhood's main fundraiser. There are 2 forms attached (pages 7-8) - one explains what the cook off is all about and the other is the registration form. If you plan to cook and have a booth, please fill out the registration form immediately and send it to Nancy Harris.

If you're not really into cooking soup, you can still support your Sisterhood/TBT by coming and bringing friends with you! Please spread the word at work (reprint the flyer) and encourage all to attend. The themed booths are entertaining for adults and children alike. Come taste a delicious array of soups. There's something for everyone...hint, not all are "chicken" soup. We typically have at least one vegetarian and other types of soup.

****March** is a great month as the JCC hosts the Jewish Film festival. If you are interested in selecting a film and organizing our group to go view it together, please contact me asap.

**Information about TBT Sisterhood's events can be found here, in the monthly ChaiLights and also on our Temple Beth Tikvah Sisterhood Facebook page. If you are a TBT/Sisterhood member, search for our FB page and request to be added. Our secretary, Corinne Blancas, or I, will add you to the group.

DUES

If you have been meaning to pay your sisterhood dues but just keep forgetting, it's not too late. Write a check for \$36.00 (double chai) to TBT Sisterhood. You can mail it to the temple or contact Mardy Schweitzer (Sisterhood Treasurer) or me to collect your cash/check. Your dues help to pay for various Sisterhood events, we also sponsor our Sunday School teachers to attend professional education classes, purchase art and decorations for the various holidays, purchase gift shop items for your shopping convenience, help supply our kitchen and other areas with paper goods and more. Thank you for your dedication to supporting your Sisterhood and temple.



TBT Men's Club:

TBT Men's Club will meet Sunday February 19 at Noon. RSVP to Ed Sheinberg for an accurate head count so he can bring enough bagels for everyone.

(ersheinberg@yahoo.com) We welcome new members.

Send Jed Login or Ed an email if you have ideas for an activity, suggestions, questions or concerns. The men's club encourages suggestions for speakers to present at some of our 2017 meetings. If you'd like to volunteer to pick up bagels or contribute any other way drop Jed a line.

TBTMen@jlogin.e4ward.com

Book Club News:

2/26 Rabbi Deborah *The Pearl that Broke its Shell* by Nadia Hashimi: Location and time TBD

3/26 Susan Steinberg *The Kidnapping of Edgarta Mortara* by David Kertzer

4/30 Jean Cahn *Call it Sleep* by Henry Roth

5/07 Shalom Aleichem program at JCC

<http://www.ericchouston.org/arts/an-afternoon-with-sholem-aleichem-commemorating-his-yahrzeit/>

6/25 Judith Oppenheim (one of the following: *Trouble in the Tribe: The American-Jewish Conflict over Israel* or *Travels with Myself and Another*)

For information about book club please contact Judith Oppenheim judopp@aol.com.

Houston JFS Mental Health First Aid Course

by Judith P. Oppenheim

Over a recent period of 18 months, the Houston Jewish community saw 9 young adults between the ages of 18 and 36 die by suicide. In response, the Jewish Family Service Agency took the lead in dispelling the stigma associated with mental illness: providing information, education, and programming to talk about the issue.

A national survey determined that, over one year (2014), 18% of adult Americans dealt with a mental health problem. These include anxiety disorders, depression, substance abuse, eating disorder, bipolar, and schizophrenia. Symptoms can appear in the early teens and become full-blown by the mid-twenties. Early detection can avoid damage to the person's education, early career, and future outlook.

Beginning last Fall, several all-day Mental Health First Aid Training sessions were offered to community volunteers, college students, interns, and congregational representatives (such as myself). The training material and manual promoted the "ALGEE" strategy for assessing (A) severity of mental health emergency; listen (L) without judging the person; give (G) assurance; encourage (E) the person to seek professional help; and, (E) encourage the person to look into self-help resources. As "first responders", we were taught to observe, voice concern without dread or judgment, and to speak with confidence. Experienced Social Workers participating in the class demonstrated such helpfulness during the various role plays and scenarios posed by instructors.

If you are interested in attending a future course or would like to look over the list of non-profit mental health services in Harris County, contact Rabbi Schloss or me.



Frank-Vickers family (Shelly, Scott and the kids Ben and Margot) were hosting the oneg on 1/20/17 in honor of Margot's birthday. Services were cancelled due to high water. Everyone made it back to their homes safely and hopefully enjoyed Shabbat dry and safe in their homes.




TORCHSHALHEVET
PRESENTS

GLOW INSIDE & OUT

A MUSSAR GROWTH SERIES
SUNDAYS @ 10:30am

- 1/8 - Anger Management
- 1/22 - Relationships
- 2/5 - Productivity
- 2/12 - Potential Realization

TEMPLE BETH TIKVAH
12411 PARK SHADOWS TRAIL
HOUSTON, TX 77058



WWW.TORCHWEB.ORG



Temple Beth Tikvah Sisterhood's 16th Annual

Great Chicken Soup Cook-Off - Registration form

February 12, 2017 ** Tasting 11:30-12:50 PM ** Awards 1:00 PM

TBT – 12411 Park Shadows Trail, Houston 77508

\$5 Tasting Ticket includes soup, drink, dessert (under 12 eat free)

Team Members: _____

Contact Person: _____ Email /Phone: _____

EACH soup entry fee = \$18 (teams may cook more than one soup)

TEAM NAME: _____

NAME of SOUP: _____

CATEGORY: (check):

___Matzo Ball ___Chicken/Vegetable ___Noodles/Rice ___Vegetarian ___International

.....
If entering a 2nd soup – repeat registration information:

Team Name: _____

Name of Soup: _____

Category: ___Matzo Ball ___Chicken/Vegetable ___Noodles/Rice ___Vegetarian ___International

TOTAL number of entries _____ x \$18 = _____ (payable to TBT Sisterhood, DEADLINE January 17, 2014)

TBT Sisterhood provides: (1) serving table, tasting spoons/cups/napkins/trash bag. Each team also receives (2) complimentary Tasting Tickets (all other team members pay \$5 each).

Cooking Teams must provide: 2 gallons of each soup entered, all serving utensils, electrical extension cords, crock pot, hot plate or sterno-heated serving pan, and a copies of each soup recipe you enter (you know everyone will be asking for it). Themes for your soup, booth decorations and costuming is encouraged.

Judging includes the following:

Awards presented for Top 3 soups in each category, as well as for each of the following - Best Overall Soup, Booth Design, Team Spirit and Costuming, and for the People's Choice.

SPONSOR DONATIONS are appreciated. Sponsors levels will receive a business card ad in the congregation's newsletter. ___\$36 (1 month) ___\$72 (months) ___\$144 (6 months) ___\$200 (1 year)

SPONSORSHIP COMPANY/CONTACT PERSON: _____

Email: _____ Phone: _____

Make checks payable to TBT Sisterhood, Attn: Nancy Schwartz
14211 Park Shadows Trail, Houston TX 77058 www.templebethtikvah.org

For more information contact Nancy Harris: nancydsharris@gmail.com (901)496-7321



Join Us for the 17th Annual Great Chicken Soup Cook-Off – Temple Beth Tikvah Reform Congregation

Each winter, the Temple Beth Tikvah Sisterhood invites the community to experience the comforting – and some say medicinal – properties of homemade chicken matzo ball soup. Not familiar with this soup? Matzo, unleavened bread similar to a cracker, dates back to when Moses led the Hebrews out of Egypt. For centuries, Jewish families have served chicken matzo ball soup during Passover. And as Jewish grandmothers everywhere know, chicken matzo ball soup is a sure cure for a cold or the flu.

Come join us and sample the many varieties of this delicious, soul-satisfying soup. A number of teams have been perfecting their soup recipes and are ready for the competition! And if matzo ball isn't your favorite, there are other varieties such as noodle, vegetarian and international to try.

For just \$5, you'll get to taste each team's soup while enjoying the themed booths and costumed fun. Also included is a drink and dessert. Plus, you'll get to vote for the best soup.

If you already love this soup or have never tried it, plan to attend the cook-off on Sunday, February 12, from 11:30 am to 1:30 pm at Temple Beth Tikvah, 12411 Park Shadows Trail, in Clear Lake (located between Armand Bayou Nature Center and the University of Houston – Clear Lake campus). Tasting will be from 11:30am to 12:50pm followed by the awards presentation. We look forward to seeing you there! For more information, please contact Nancy Harris at nancydsharris@gmail.com or (901)496-7321.



February 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3 6:30 pm Children's Service/Potluck dinner	4
5 9:30 am Hebrew 10:30 am Torch	6	7	8	9	10 7pm Tu B'Shevat Service	11
12 9:30 am Hebrew 10:30 am Torch 11:30 am Chicken Soup	13	14	15	16	17 7 pm Torah Service	18
19 12 noon Men's Club	20	21	22	23	24 7pm Shabbat Service	25
26 Time TBD: Book Club	27	28				

