



B'nai Butte Reporter

East River Valley Jewish Community
December 2013 – Tevet 5774

bnaibutte@crestedbutte.net
www.bnaibutte.ORG

Bruce Alpern, President	970-349-7742	bnaibutte@crestedbutte.net
Monica Bilow, Vice President	970-349-0703	monicabilow@yahoo.com
Cantor Robbi Sherwin, Spiritual Leader	512-947-7270	robbisherwin@me.com

Upcoming events:

December 27-28
Shabbat weekend
with Cantor Robbi

January 17-18
Tu B'Shevat with
Cantor Robbi

February 21-22
Shabbat weekend
with Cantor Robbi

March 14-15
Shabbat weekend
with Cantor Robbi

March 16
PURIM CARNIVAL

April 15
FIRST NIGHT OF
PASSOVER:

WE WILL NOT HOLD A COMMUNITY SEDER THIS YEAR due to the school calendar. Please contact us to borrow Haggadahs for your own celebration.

Shabbat Weekend with Cantor Robbi Sherwin

Wednesday, December 25

5:30 PM Join Cantor Robbi for “Jewish Christmas” Chinese (or rather, RYCE) and a movie! Dinner at Ryce at 5:30 followed by *The Secret Life of Walter Mitty* at 7:00 PM (approximately) at the Majestic Theatre. Call Cantor Robbi (512) 947-7270 for more information.

Friday, December 27

9:00-11:00 AM Take a ski break schmooze with Cantor Robbi at Camp4 Coffee in Mountaineer Square, base of the ski area, Mt. CB. Stop in to say “hi”!

6:00 PM Oneg Shabbat (Pot luck dinner) and brief prayer service at the home Beth and Ben Wegbreit, 4 Silver Lane, Gold Link, Mt. Crested Butte. Highway 135 to Mt. CB, past Fire Station and Town Hall. Right on Winterset Dr. then quick left into Gold Link. Right on Silver Lane, house on right. 349-2538

Saturday, December 28

9:00-11:00 AM Take a ski break schmooze with Cantor Robbi at Camp4 Coffee in Mountaineer Square, base of the ski area, Mt. CB. Stop in to say “hi”!

A FEW WORDS FROM CANTOR ROBBI

Just Say “Yes” to Rest!

Down time – what is it? If you are a “working outside the home” Mom, as I am, it’s even harder to find down time. When everyone else is off – Friday night, Saturday and Sunday, I am JUST getting started, although I teach all week as well. As a parent, weekends are filled with social obligations: birthday parties, marching band contests, science fairs, dance or soccer, or in my community, HOCKEY matches, and more.

Not easy, right? When do we have time to do anything? We all send emails when our kids are involved with their own stuff – it’s the only time we can answer them. Or, that’s our opportunity to check Facebook. We run, they run – when does it stop?

When my kids were younger and they saw me get on the phone – you know, that device with a twisty cord? – my kids knew that it was a great time to nurse – after all, I was sitting down. The phone was the primary way to communicate, as texting, email or Twitter didn’t exist. Sitting down is a rare occurrence for anyone with young kids. My babies learned to associate the phone ringing with a great opportunity to get some “sitting down time” with Mom. Seriously, they would toddle on over and in just a few minutes, all would be right with the world...

If you have nursed, or had a partner who has, you know that the hormone oxytocin kicks in when you are doing so. Known as the “Bonding Hormone,” Oxytocin is credited with lowering your blood pressure, relaxing and calming you. Ahhhh... how I miss the oxytocin in my system and those moments of sitting down, looking into the eyes of my 3 kids as they nursed (not at the same time, of course!) forcing me to STOP what I was doing and just “BE.” My shoulders would relax, my head might nod a bit – my breathing would even out. Knowing this, I could never deny them – because that would also be denying ME. I would always say “yes,”

Judaism has a built in weekly mechanism for just stopping and being - for saying YES - It’s called Shabbat. It is much more than saying NO to spending money, building fires, working... all those prohibitions that those who are more observant than us DON’T do.

Imagine stopping the crazy, hectic pace of your life – even for just a little while. What would it be like just sitting by the fireplace with nothing jamming up your head space? A little dozing, breathing? Maybe reading – for pleasure - maybe napping? What a concept – who came up with it? Oh, yeah, that was us - the Jews. From the earliest days of the history of our lives as a civilization – from Bereshit, “in the beginning” in the Torah,” Shabbat was built into our lives. God rested on the 7th day, which gave us the imperative to do so. The Jewish people said “yes” to God when we accepted God’s commandments into our lives and hearts, one of the “Top 10” being to remember and keep the Sabbath day holy.

Shabbat is about saying YES. It’s about saying YES to your family and your community. Shabbat is about saying YES to YOU. God wants us to have a personal relationship with the Holy One - and gave us the gift of stopping. The gift of relaxing. The gift of Shabbat. Make this a gift to yourself – a promise, a “New Years’ resolution” to take at least an hour on Shabbat to stop.

Just like the hormone oxytocin, Shabbat calms us, clears our heads and lowers our blood pressure. Shabbat is the oxytocin of our lives. Just say “yes” to “rest.”

I want to share with you a poem by Kaylin Haught. “God says Yes to Me” to many people, is a witty, humorous poem about affirmation and feminine power. It describes a personal, if not irreverent, relationship with God that totally jazzes me.

“God Says Yes to Me “ by Kaylin Haught

I asked God if it was okay to be melodramatic
and She said yes

I asked her if it was okay to be short
and She said it sure is

I asked her if I could wear nail polish
or not wear nail polish

and She said honey
(She calls me that sometimes)

She said you can do just exactly
what you want to

Thanks God I said
And is it even okay if I don't paragraph

my letters
Sweetcakes God said
(who knows where She picked that up)

what I'm telling you is
Yes Yes Yes

May we all say yes, yes, yes! to Shabbat. Try to find an hour and make it yours!

See you soon!
Cantor Robbi

JANUARY BOOK CLUB NEWS

Contact your library or online source for great books - At my January visit (Saturday, Jan. 18) we are going to discuss The Dovekeepers by Alice Hoffman. It is a sweeping novel about women at Masada – how they got there, the history of the region and the roles of the many people who ran to this fortress in the desert and fought off the Roman army. Alice Hoffman is one of my favorite authors and this book took my breath away.

Cantor Robbi

AN ILLNESS IN REB BAHIR’S FAMILY

Rabbi Bahir Davis was the spiritual leader of B’nai Butte for several years. He and his wife, Hedvah (as Rahamyah now prefers to be known) made the trip to Crested Butte from Boulder through blizzards and thunderstorms, never missing an event. As we now hear from Betsy Cohen, former B’nai Butte President:

Dear Family, Friends, and Friends of Friends,

Many of you know the Davis family and the abundance of love and support they have tirelessly extended to those in need, near and far, known and unknown to them, within our community, or wherever the need has arisen. With their giving, many have passed through extremely difficult periods in their lives, or the lives of loved ones.

Life brings us all unexpected challenges and today we reach out to you in humility requesting your help for the Davis family. Hedvah (Rahamyah) has begun a very difficult course of treatment for cancer, and will not be able to work for many months. Beyond the medical costs mostly covered by insurance, there will be a great many uncovered additional expenses. The bills continue to arrive during this time. As the family courageously faces all that is before them, we come together to provide financial resources for uncovered medical costs, food, rent, household expenses, and other essentials that arise.

The Davis family has always come forward to help others. Now it is our turn to aid them. Please, will you help? We are asking that you please send your financial contribution to help Hedvah and her family. Everything helps, and we are grateful for whatever you are able to do.

If you require a tax deduction, please make your checks out to:

NCHD (and mark in the lower left corner "Davis family")
Send to Eve Ilse
1720 Lehigh St.
Boulder 80305

If you don't need a tax deduction, please make out your check to Betsy Cohen who is coordinating the giving effort and mark the memo line as 'Davis Family'. Send to:

Betsy Cohen
212 Seminole Dr.
Boulder, CO 80303

Understandably, many of you have inquired about visiting Hedvah, and offering your love and support in that way. Because her exposure to potential infection must be carefully controlled in her compromised immune state, visits are not possible at this time. Updates will be offered on the following website: www.rockymountainhai.com
We will keep everyone informed of Hedvah's progress there. We ask for your prayers, and that you hold her in your consciousness with loving, healing thoughts.

In gratitude,
All of US Helping to Support the Davis Family
Betsy J Cohen
Cell: 970.209.5223

CONTRIBUTIONS

B'nai Butte gratefully acknowledges the following generous contributions in response to our annual appeal. Won't you please join them? B'nai Butte depends on your financial support:

Idelle & Norman Abramson
Debbie & Bruce Alpen
Joan Binkow
Marla & Ken Drucker
Michael Faktor
Linda Fialkoff
Marsha Goldstein & Dr. Robert Fine
Margot Levy

Nancy & Herman Markowitz
Stephan Quentzel
Bobbie Reinhardt
Emmet C. Richards
Tracey & Jeff Schwartz
Beth & Ben Wegbreit
Donna & Herb Weitzman
Laura & Michael Werner

In honor of Becky and Joe Williams' extraordinary support of B'nai Butte:
Betsy Roistacher & Steve Polan

HOSTS NEEDED!

We need volunteers to host Cantor Robbi for her winter visits (see below for the dates plus/minus a day or two to allow for her travel time) and for Shabbat dinners Friday, February 21 and Friday, March 14.

Please call Bruce 970-349-7742 or e-mail bnaibutte@crestedbutte.net to volunteer or for further information. Thank you!

CANTOR ROBBI'S WINTER SCHEDULE

January 17-18 Tu B'Shevat

February 21-22 Shabbat weekend

March 14-15 Shabbat weekend including the PURIM CARNIVAL on Sunday, March 16

ST. MARY'S GARAGE

St. Mary's Garage would like to thank the B'nai Butte community for all your support over the past four years. St. Mary's Garage has **moved to a new location at 310 Bellevue**, entrance is in the back of the HVM Security building; we will be operating there beginning November 7. This new space is heated, enabling St. Mary's Garage to stay open through the winter.

We would appreciate any clothing or bedding donations especially at this time as we have run down our inventory in anticipation of this move. And cash donations would also be appreciated to help us with the rent and overhead costs.

Please come visit us at our new location! We are open to dispense clothing and to accept donations every Thursday from 4:00 to 5:30. We look forward to working with all the faith communities in Crested Butte as we continue this work. Thank you.

Please phone Diana 970-275-5285 for more information.

HEBREW CLASSES

Ofra Reynolds and Monica Bilow, our Israeli Hebrew speakers, are offering group Hebrew classes to our pre-Bar and Bat Mitzvah students. Classes are held at the Queen of All Saints Parish Hall, to whom we are eternally grateful for their generous hospitality. Please see our website www.bnaibutte.org for the class schedule or contact Ofra at 349-5211 e-mail: ofrarey@gmail.com for more information.

MIKE POTOKER MEMORIAL

Mike's family will be having a memorial ceremony for Mike in Placencia, Belize [as per his request] on February 15, 2014. We hope that many of his friends from B'nai Butte will attend.

Best Regards,
Avi Rotem (Steve Potoker)

OUR NEW WEBSITE IS RUNNING!

Our new website www.bnaibutte.org is up and running! Thank you to Board member Erin Rottman for her hard work making this happen. **PLEASE NOTE THAT THE NEW WEB ADDRESS IS .ORG!**

The website will allow us to post our activities including cancellations if necessary.

ACTIVITIES IN CRESTED BUTTE

Planning a trip to Crested Butte? We'd like to call your attention to the Valley's website: www.gunnisoncrestedbutte.com where you can find activities and events—including ours!

E-MAIL

The Board has determined that going "paperless" for the Newsletter and other B'nai Butte communications is a goal we will work towards in the coming year. **If we do not currently have an e-mail address for you please contact us!** (If you got this newsletter in the mail we don't have a current e-mail for you...) Our e-mail is bnaibutte@crestedbutte.net. Please help us in this important cost and environmental saving.