

Kehillah Connection

'When we return

home from burying

commanded to eat....'

a loved one, we're

August 2025 • Av 5785

Feasting from Rabbi Alter



The fast of Tisha b'Av – the Ninth of Av (August 2-3) – has likely just passed. The fast of Yom Kippur appears on the not too distant horizon (October 1-2). So, I want to write about feasting, a regular feature in Jewish time.

Shabbat dinner is a weekly feast. Wine (or grape juice) is mandated both Friday night and Shabbat lunch, and two loaves at each of three meals. The meals are ideally substantial and festive. (Add in sitting down at a well-laid table washed and dressed, joined by a guest or more, and the meal climbs in status.) Shammai set the example more than 2,000 years ago of reserving the best food each week for Shabbat. He'd bump up to a weekday

dinner something he'd set aside early in the week, if he subsequently came across something better to hold for Shabbat. (A beloved Shabbat zemer (table song) fantasizes about swans, quail, and fish ...

all manner of the finest foods ... stuffed chicken ... great variety ... spiced wines and delicacies at each of three meals.) Yom Tov (holiday) meals are similarly extravagant.

Early in my career, I would sometimes return from work perilously close to Shabbat. Not having Shammai's gift for advance menu planning, there were weeks when I had to resort to an instant Shabbat meal. I had the great fortune of living paces from a terrific Italian shop. I'd grab two baguettes, tomato, basil, and mozzarella. Balsamic vinegar and olive oil – I had in my pantry. A Caprese sandwich is a Shabbat meal. Ramen noodles, not so much.

Feasting is mandated, too, at moments in a Jewish life: the meal after a bris, baby-naming, bar/bat mitzvah, or wedding is not merely a reception but a se'udat mitzvah – a commanded feast. Gratitude to God and joy are not only private matters, they're of communal concern. These milestones are essentially reached by virtue of community, and they advance communal priorities. Similarly, achieving a substantial milestone in Torah study is cause for feasting with community. The Torah itself, rather than the learner, is the honoree.

When we return home from burying a loved one, we're commanded to eat: the se'udat hav'ra'ah – a healing meal, or meal of consolation. It's modest yet life-affirming. Its round foods, like lentils and hard-boiled eggs, evoke modesty – even grief, yet signal that the cycle of life does and will keep turning. Toward death, yes, but also back toward life. One eats

not necessarily because one has an appetite, but because one is alive.

Which leads us to the feasts that frame the Yom Kippur fast. The meal before the fast is called se'udah mafseket – the concluding or pausing meal. Traditions vary

whether the menu should be grand or modest. Either way, it's a proper, sit-down meal – not a rushed, forgettable carbo-load before the fast. Before we take the radical step of refraining from eating or drinking, we savor a dignified meal, imbued with gratitude, appreciation, and modesty. (Easier said than done, I know, but if you can pull it off, it's well-worth the effort.) And the break-fast meal, called *se'udat hamaftir*, is a quietly joyful meal. It not only restores our strength, it returns us to the most basic routine of living – eating – after having lived in the suspended-life state of the Yom Kippur fast.

You Had Me at Shabbat: Why God is the Ultimate Startup Genius from Beata Abraham



Sure, Silicon Valley (and of course Israel) is rife with startup geniuses. So many, in fact, they have likely begun to believe that they invented the concept of the brilliant startup founder. We cannot help but be awed by the visionary who sees

what no one else sees, works tirelessly to build something from nothing, and creates a culture that inspires generations. Amazing work if you can get it.

But hear me out. Long before there were pitch decks, wellness rooms, and bean bag chairs in open-concept offices, there was God: the ultimate OG startup genius. God did not bother with prototypes, or beta testing; it was just straight up, raw, purpose-driven creation.

The Original Launch. Here's how it all began: six days of unparalleled productivity. Not a single energy-drink-fueled all-nighter, just pure unadulterated, epic creation. Light, sky, sea, land, vegetation, sun, moon, stars, animals, and finally, us – humanity. All launched in under a week. Top that, Jeff Bezos.

In the tech world, glory for founders comes when they successfully build something out of nothing. The most iconic, legendary startups seem to have all begun in someone's garage, just a couple of college friends brainstorming, making them even more impressive (talking about you – Amazon, Microsoft, Apple, Google). But God's "garage" was a bit different. It was no less than *Tohu Vavohu* (a formless void), and from that, He built the universe. Alone.

The Brilliant Company Policy. And then, on the seventh day, God does something that is the exact opposite of what a Silicon Valley founder would do during their Series A funding round: He rests. Not because He had to. Because He chose to. In doing so, He embedded into the DNA of His "company" (i.e., humanity), a revolutionary policy: Shabbat.

Think of Shabbat as the original work-life balance model. No emails. No Slack notifications. No late-night code reviews. Just time to reflect, recharge, and connect with ourselves, our families, our communities, and with God. While modern startups realize the need for a sustainable culture often only after burnout has set in, God, the original CEO, designed a culture to avoid burnout from the get-go. Visionary genius at work.

The Original Company Culture Code. A really good startup founder knows that the success of a company is not just about what you build, it's also about how you build it. This is why God didn't just create a world, He also gave us a really user-friendly manual to follow to sustain it. Jewish law (Halacha) is literally our very own brilliant company culture code:

- It's Mission-Driven: Every commandment is tied into our fundamental core values justice, compassion, humility, holiness (just to name a few).
- Has Clear Guidelines: Like every well-written employee handbook, Torah law outlines everything from navigating ethical business practices to our interpersonal relationships, even how to show respect for the environment (hello Sabbatical year!).
- Source Code Analysis: Built-in systems to encourage questioning, debate, and interpretation. The Talmud is the ultimate code review.

God's laws didn't just create a functioning world. They shaped a resilient, purpose-driven community that's thrived for thousands of years even in the face of determined attempts to dissolve it. The best startups consider themselves successful if their culture lasts a decade. God set His sights higher.

Why Shabbat Was the Closer. Shabbat wasn't just a new feature, it was the killer app. It differentiated the "brand" of Judaism from everything else out there. Where other ancient cultures demanded endless toil and sacrifice, Judaism insisted on sacred rest, reflection, and joy. Shabbat wasn't just downtime, it was an integral part of creation itself. The Talmud (Pesachim 68b) teaches: "Shabbat was given to Israel as a gift." Rabbi Samson Raphael Hirsch later describes Shabbat as "the cornerstone of social equality," ensuring that no matter one's

Celebrating Summer & Mirit from Hazzan Stein

My annual stay at Camp Ramah in New England was, as always, a fantastic time. Teaching and leading Israeli songs to all ages. Leading *Tefilot*. Running a camper band. Writing *niggunim* with the oldest campers and playing silly Hebrew games with the youngest. Seeing old friends and making new ones. I have many, many stories to share, but for now, I'll just focus on one highlight.

During the first week of camp, Mirit celebrated her Hebrew 12th birthday. That Saturday morning, wearing her homemade tallit, she was called to the Torah for an aliya, and chanted the Maftir and Haftara for her *eidah* (age cohort). Upon completion, she was embraced by her bunkmates and then her family. The place where she took her first step as a pre-toddler became the place she stepped forward to embrace the next phase in her Jewish life. We could not be more proud.

Please put January 10, 2026, on your calendar as we look forward to the Bat Mitzvah ceremony 2.0 in Milwaukee.



Amanda Ruppenthal Stein and Hazzan Jeremy Stein, with Yishai Bear, Mirit and Hadas.

Feasting from Rabbi Alter (continued)

And here, finally, is a word about the fasts of Tisha b'Av and Yom Kippur. The former is an expression of grief. Broken by our losses, eating seems beyond us. Or, classically, the self-affliction of the fast is meant to call attention to our own contributing role in our misfortune. (This last point is increasingly controversial from several perspectives and deserves separate treatment.)

The fast of Yom Kippur, however, is none of these. It is a day when we hold up our lives, adorned as they are with feasts, to a bright, searching light. What are our lives? Are we living them mindfully? Are we living life in alignment with the God who granted it? When we wrest ourselves away from our normal and, um, consuming focus on our next meal, what remains? What is the person of the mind, heart,

and spirit within our bodies of appetites? What happens if we give ourselves over entirely to teshuva – to the act of returning, or reconnecting, or rebalancing, without the delightful distraction of dining? What opens up when we stop taking in and instead look in and pour out our hearts and spirits? What do we discover about ourselves, one another, and God when we trust that, while our bodies may wobble, we have all the resources we need* to get through 25 hours with no food and no drink, focused wholly on who we need to be and how to get there?

It's because of the feasting that the fast of Yom Kippur is precious, liberating, enlightening, and beautiful.

*Most of us. One who cannot fast must not fast but, rather eat or drink on Yom Kippur.

You Had Me at Shabbat: Why God is the Ultimate Startup Genius from Beata Abraham

status, everyone pauses for sacred rest. Even livestock.

The Legacy. Today's tech founders are still trying to achieve what God baked in at the very beginning: creation with purpose, innovation based on values, success that is sustainable.

They pull all-nighters in their efforts to "disrupt the status quo" or "create intentional culture." But clearly, God did it first. And yes, the **Torah** is still the best business model around.

Of course we were hooked. You had us at Shabbat.

Sisterhood Activities Strengthen CBINT and Community

Your Sisterhood continues to be busy. Our baking crew works most Wednesday mornings, our Mah Jongg games continue twice a month, and we meet once a month to talk about what and how we are doing.

Beyond our usual activities, we have a Women's Voice lecture scheduled for August 10, 1:30 p.m., at the home of Judy Zaks. Prasanta Verma Anumolu will speak about "Loneliness and Social Connection: How can we Connect Better." **Space is limited**, so call Judy to reserve your spot at 414-807-1379.

On September 4 we will hold Mah Jongg and Margaritas – a fun event open to the whole Milwaukee community to benefit both CBINT and Sisterhood.

September 14, we will honor Gayle Weber Rakita, at a high tea to raise funds for Women's League for Conservative Judaism's Torah Fund. This fund supports Masorti and Conservative seminaries in America and around the world.

We will be hosting a Road Rally along with the Men's Club on October 19. Participants will hop in their cars to explore Jewish Milwaukee past and present!

Sisterhood will be working with both Men's Club and the Social Action Committee to prepare a meal in the fall or winter for the needy followed by a meal for ourselves. More details will follow.

Our next presidium meeting is on Sunday, August 17, 1 p.m., at the home of Bobbie Fishman.

Our goal is to support the members of CBINT and the Milwaukee community, bring people together, and help create community. Join us!

Pinnacle of the Mitzvah Garden Harvest

Many people rely on gardens to bring peace and reflection to their day. Whether you grow food or flowers in your space, it's a safe place to just sit and let your mind wander.

The CBINT Mitzvah Garden is not known to the food recipients. Janet and I mull over the quality of the soil and the earthy smell of the tomato plants. They are raised from seed with utmost attention to the health of the plant. It is my sincere hope that the recipients of the food somehow feel the effects of the two women who cared for the plants. Do you think it's possible that plants transmit those feelings?

August has promise for the pinnacle of the Mitzvah Garden harvest. The squash and soup beans on the vine bring glowing thoughts of crisp fall days, leading up to the High Holidays and our harvest holiday of Sukkot. CBINT has ensured that Tikkun Ha Ir's Veggie Chop Shop has the goods that they need to help their clientele. Tune in next month for pictures of our harvest.

Wishing everyone a happy fall season, Karen Rachum

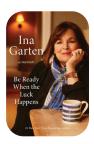


CBINT Book Group Lineup

The CBINT Book Discussion Group meets Monday, August 18, to discuss "How to Love Your Daughter" by Hilah Blum. Sheila Eglash moderates. On Monday, September 15, Bobby Miller moderates "Be Ready When the Luck Happens" by Ina Garten.

The group meets at 1 p.m. in the Promenade and invites all to join. For details, contact Bobby Miller: b.jeanmiller6790@gmail.com.







MAZEL TOY!



Ian Kulakow Bar Mitzvah

Ian Kulakow will be called to the Torah as a Bar Mitzvah on Saturday, August 30, 2025. He is entering 8th grade at Milwaukee Jewish Day School, where he enjoys learning and staying informed about current events from around the world. Ian loves sports and has a strong passion for playing baseball. He spends much of his free time on the field with friends, where he enjoys playing first base and pitching.

Celebrating this special milestone with Ian will be his parents, Matt and Lisa Kulakow, and his younger brother, Sam. He will also be joined by his grandmothers, Rixanne Lefco and Linda Kulakow, as well as his greatgrandmother, Paula Garber. Ian also looks forward to celebrating with many beloved family members and friends from near and far.



Emma Solenn Briand-Rabin Bat Mitzvah

Emma Solenn Briand-Rabin will be called to the Torah as a Bat Mitzvah on Saturday, August 9, 2025. She will be a 7th grader at Shorewood Intermediate School this fall and just completed her third summer at Camp Tavor. Emma loves creating art, reading, theater, fashion, thrifting, manga, watching movies, listening to music, playing video games, spending time in France, and roaming the streets of Shorewood with her friends.

Sharing in the joy of her simcha are her parents, Anna Rabin and Cedric Briand, and her grandparents, Su and Jonathan Schaer. She will also be surrounded by friends and family from Illinois, Georgia, Michigan, Washington, D.C., New York, California, Ohio, France, Canada, and more.

For her mitzvah project, Emma is collecting supplies and donations for Courage House, Wisconsin's first group home for displaced LGBTQIA+ youth. Donations can be made directly to Courage House through the QR code and/or you can donate supplies (travel-size shampoo and conditioner, toothpaste, and toothbrushes, deodorant, Chapstick, feminine products, face wash, granola bars, and trail mix) to the box at synagogue.





Men's Club Will See You at the Picnic!

What's better than summer in Wisconsin? Men's Club is taking a well-deserved, SHORT hiatus to enjoy the brief sun and hot weather, then jumping back into the fray.

We will once again be cooking for the CBINT family picnic. We don't handle the menu, but we can promise to grill our part to perfection! Bring the family for fun, games, and a delicious lunch.

As September approaches, we will start requesting assistance for High Holidays ushering. We hope our younger members will volunteer, but we are always open to our more senior members, too. It gives us a chance to meet people and help them out. It's an easy mitzvah. Please contact me at bfdds48@yahoo.com or 414-467-3203 if you can take a 90-minute shift.

We will start building the sukkah before Yom Kippur and finish right after Yom Kippur. As always, your help is appreciated. Contact me again if you are willing.

All the best, Bill Fink, president



HAZZ & SHINER PLAY SONGS ABOUT THE WEATHER

SUNDAY, AUGUST 10

4PM

OUTSIDE IN THE STEIN GARDEN (RAIN LOCATION: SIEGEL HALL)

FREE

DONATIONSKINDLY ACCEPTED





LIVE &STREAMING AT CBINTMILWAUKEE.ORG/STREAM

6880 N. Green Bay Avenue, Glendale, WI 53209 For more information, call the office at 414-352-7310

YIZKOR BOOK OF REMEMBRANCE

We are approaching the High Holidays **5786/2025-2026**. To remember beloved friends and relatives in the **Yizkor Book of Remembrance**, please complete and return this form with payment to the synagogue office by **Monday, August 18, 2025.**

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Congregation Beth Israel Ner Tamid BIOMETER BIOMETER CONGREGATION CO

Save the Date! Join us for food & fun!

Sunday, August 24, 2025 11:30 AM

CBINT Annual Congregational Picnic
Bouncy house!
Raffle prizes!

Delicious picnic food available – \$5 per person

To RSVP: Return this form to the office, go to our website, or email programs@cbintmilwaukee.org

Please RSVP by Sunday, August 17

Family Name

Number of Adults

Number of Children (younger than 9 yrs)

Dietary Restrictions/Allergies

(We might not be able to accomodate all allergies)

Telephone:

Email:

Count on me to Volunteer! I'll help with:



CBINT Sisterhood is proud to bring back

Women's Voice: An Intimate Gathering to Learn Together



Hometown: Grew up in Alabama. Born under an Asian sun, raised in the Appalachian foothills, and now living in Wis., Prasanta is an accomplished author, speaker, and public health professional. She works to improve food access in Milwaukee County and is dedicated to fostering community connections and relationships. Her recently published book, "Beyond Ethnic Loneliness," is a Finalist for the 2024 Foreword Reviews Book of the Year and speaks into the loneliness epidemic, the need for social connection and bridging understanding. She is passionate about making our communities healthier and better connected.

Prasanta Verma Anumolu Healthy Communities Coordinator

Extension Milwaukee County | FoodWlse

Loneliness and Social Connection: How Can We Connect Better?

Maybe you've heard we are living in a loneliness epidemic. Why is that important and why does it matter? This talk looks at the implications of the loneliness epidemic and why it matters to each of us, and shares some practical how-to's we can use in our everyday lives to better connect with one another.

Sunday, August 10, 1:30 p.m.

At the home of Judy Zaks 1731 W Edward Lane 414-807-1379 Space is limited, call to reserve your spot!



The Glass Box Gift Shop

Don't know what to get for that special gift? Purchase a CBINT Glass Box gift certificate.

They are available in denominations of \$18, \$36, and \$54.

Also all attendees to the summer family picnic will receive a gift certificate worth 15% of any purchase! Be sure to take advantage of this benefit!

Stop in Tuesday - Friday

10 AM to Noon

Contributions

In Honor of Sheila Eglash's Birthday

Social Action

Barbara & Al Simon

Kiddush Fund

Judy Eglash & Family

In Honor of Beata Abraham's Daughter's Marriage Social Action

Barbara & Al Simon

In Honor of Geraldine Boym Kiddush Fund

Judy Eglash & Family

In Honor of Bobbie Miller
Youth Scholarship Endowment

Bobbie Fishman

In Honor of Marlynn Brick's

Retirement Kiddush Fund

Barbara & Al Simon Judy Eglash & Family

Social Action

Barbara & Al Simon

In Memory of Marsha Edelman

General Fund

Elizabeth Lederman & H. Zussman

Arlene & Mark Litow

Ann Lederman
Social Action

Social Action

Barbara & Al Simon

In Memory of Naomi Pikofsky

General Fund

Bobbie Fishman

In Memory of Beatrice Regner

General Fund

Arlene & Mark Litow

Social Action Fund

Barb & Al Simon

Kiddush Fund

Judy Wolkenstein

Rabbi's Discretionary Fund

Rodney & DeeDee Ugent

In Memory of Dora Littiken

General Fund

Judy Wolkenstein

Kiddush Fund

Deanna Spanjar

Cindy Cooper

In Memory of Stuart Dolnick Youth Scholarship Fund

Aura Hirschman

CBINT Welcomes Our New Members!

Edd Stillwell & Erica Coleman

Katherine Turner & Stanley Gutiontov

Urs Brechbuehler

Marlene & Bert Bilsky

Helen & Rodney Eglash

Dena Abramowitz & Jay Beder

Rebekah Mastel & Andrew Colegrove

Roberta Clark

We Celebrate August's Member Birthdays!



Please find the complete list of this month's birthdays on our website:

CBINTMilwaukee.org/celebrate/birthdays





Please Find Yahrzeits for August at cbintmilwaukee.org/yahrzeits





Congregation Beth Israel Ner Tamid Marvin & Marilyn Zetley Family Campus 6880 N. Green Bay Ave Milwaukee, WI 53209-2821 Return Service Requested

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CBINT Funds

Alan & Rita Marcuvitz Education Endowment Fund – Funds to be used for adult, youth, and family education.

Balkansky Fund – Provides scholarships for Camp Ramah.

Beth Hearst Fund (Formerly Passport to Israel) – Provides funds for current youth and educational programs.

Carl S. and Sandra G. Zetley Generation to Generation Fund – Provides funds for education and family programming.

CBINT/Religious School Fund – Underwrites tuition for children of members attending the CBINT School of Religious Studies.

Ervin & Suzann Colton Education Endowment Fund – Provides funds for Scholars in Residence and other speakers.

Gemilut Hasadim – Provides funds for Shabbat meals for CBINT families with newborns or families in mourning.

General Fund – Provides funds to maintain CBINT.

Harold M. Kramer Beautification Fund – Provides funds for beautification projects at CBINT.

Hazzan's Discretionary Fund – Fund established for charitable causes.

Isadore & Sylvia Blankstein Library Fund – Provides funds for CBINT library acquisitions.

Jacobson Chapel Fund – Provides funds for the maintenance of Jacobson Chapel.

Kenneth Weber Choir Fund – Fund dedicated to supporting the choir and other musical programs.

Marilyn Zetley Children's Library Fund – Provides funds for the children's section of the library (books, furniture, etc.)

Merry Atinsky Kiddish Fund – Helps CBINT Sisterhood provide kiddish lunches after Shabbat services

Panitch CBI Family Education Fund – Assists CBINT families with financial needs who wish to attend family education retreats. Pentateuh/Humash Fund – Provides funds to purchase Pentateuh/ Humashim. Books will have a dedication bookplate.

Prayer Book Fund – Provides funds to purchase prayer books/siddurim. Books will have a dedication bookplate.

Rabbi's Discretionary Fund – Fund established for charitable causes.

Rabbi Panitch Camp Ramah Scholarship Fund – Provides scholarships for Camp Ramah.

Sam & Aidee Cooper Art Fund – Provides funds to purchase art for CBINT.

School Fund – Provides funds for the school and special school projects.

Senior Activities Fund – Provides funds for social, spiritual and educational opportunities for mature adults.

Shirley Bass Floral Fund – Provides bima flowers for the holidays.

Sol & Esther Blankstein Scholarship Fund – Assists high school/college students to pursue Jewish Education.

Soloman & Yetta Soloff Memorial Adult Education Fund – Established in the memory of Dr. Soloman & Yetta Soloff. Promotes and supports Adult Education programs.

Special Scholarship Endowment Fund – Provides scholarships for Jewish education.

Stein Mendelson Scholarship Fund
– Provides funds for a Camp Ramah scholarship for one student per summer.

The Schuster Family Endowment Fund for Second Home Cemetery

William & June Sherkow Scholarship Fund – Provides funds for charitable, educational, or religious purposes.

Youth Scholarship Endowment Fund (YSEF) (Formerly Youth Education Endowment Fund) – Provides scholarships for trips to Israel, Jewish overnight camp and advanced Jewish education.

CBINT Office Information

Joel Alter	Rabbi	
Jeremy Stein	Hazzan	
Herbert G. Panitch	Rabbi Emeritus	
Beata AbrahamExecutive Director / Director of Congregational Learning and Education		
Anita Nagurka	Business Manager	
Pnina Goldfarb	President	
Aimee Kahn	Executive Assistant	
Armona Nadler-Strick	Sisterhood Presidium	
Anita Bensman	Sisterhood Presidium	
Bill Fink	Men's Club President	
Michael Johnson	Facilities Management	
Dennis Kahn	Second Home	
	Cemetery Administrators	
Charlie Kagan	Kitchen Manager	

Phone: 414-352-7310 **Fax:** 414-352-2050

Office Hours: Monday – Friday: 9:00 am – 2:00 pm

www.CBINTMilwaukee.org

Please call to confirm office operation hours.

Worship & Service Information Weekday Services:

7:30 am and 6:00 pm

Sunday and Civic Holidays:

9:00 am and 6:00 pm

Shabbat:

9:30 am

Please advise Rabbi Alter or Hazzan Stein if needed to help recruit attendees for a yahrzeit minyan.