

Upcoming Family Events at Congregation B'nai Israel



[MOMS' NIGHT OUT ON THURSDAY, JUNE 2nd](#)

Congregation B'nai Israel, in conjunction with Shalom Baby of UJA of Northern New Jersey, hosts a "Mom's Night Out" for mothers of babies or children age 7 and under on Thursday, June 2nd at 7:30pm. The evening, including wine and snacks, is free of charge and open to the public. It will provide area Jewish moms with a relaxing evening together.

Mothers of young children are so busy taking care of their families, that self-care can feel like a luxury. The temple's rabbi, Debra Orenstein will offer a Jewish perspective on spiritual self-care as a necessity for everyone, including and especially mothers of babies and toddlers, and will lead a discussion on the topic, "Spiritual Self-Care for Moms." The evening will be facilitated by Nancy Bach of the UJA. For additional information about this program, contact Shalom Baby Coordinator, Nancy Bach at nancyb1@ujannj.org.

[DRUMMING CIRCLE ON FRIDAY, JUNE 17th](#)

Congregation B'nai Israel is hosting its popular monthly inter-generational Drumming Circle service on Friday, June 17th at 7:00pm. Open to the entire community, children and adults of all ages will have the opportunity to participate in a drumming circle (no experience necessary!), using percussion and rhythm to welcome the joy and peace of Shabbat. Drums are provided; however attendees are invited to bring a favorite percussion instrument.



[BUILD A LABYRINTH ON THURSDAY, JUNE 23rd](#)

On Thursday afternoon, June 23rd, Congregation B'nai Israel will set up a temporary labyrinth on its lawn for members and visitors to enjoy as they shop a rummage sale to benefit hospice, which will take place on Sunday, June 26th and runs from 11:00am – 4:00pm.

A labyrinth defines a path that can be walked in a meditative manner. Labyrinths have long been used as meditation and prayer tools in various cultural and religious traditions. Walking a labyrinth is intended to bring calm and peace and helps people (literally) take a spiritual journey.

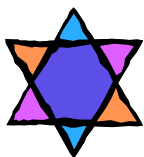
The process of designing and setting up a labyrinth is fun (especially if you love Sukkah set-up or Legos), and also a wonderful mitzvah, as you are making a spiritual road ready for yourself and others. Anyone who would like to help in the design or set-up of the labyrinth, please contact Linda at 201-491-3931 or Renee as socialactionrk@bisrael.com and join us on Thursday afternoon, June 23rd. Linda and Renee will confirm the time when you RSVP.



[EAT, PRAY, LOVE: SUMMERTIME SHABBAT LUNCHES](#)



On July 23rd, August 13th, and August 27th, Rabbi Debra Orenstein and Craig Weisz are hosting Shabbat lunches for members and friends of the CBI community! These gatherings will be opportunities for the community to gather together for Shabbat rituals around the table, food, and fellowship. Space is obviously limited, but the Orenstein-Weisz's are eager to include as many people as possible. Kindly RSVP to the CBI office (info below). If you are planning to bring children, kindly indicate their ages.



[TOT SHABBAT](#) During July and August, CBI will host Tot Shabbat services. Please check the temple's website calendar at www.bisrael.com for updates and information or call the office.

53 Palisade Avenue, Emerson, NJ

For info about any program or for directions, contact the temple office at: 201-265-2272, or bnaioffice@bisrael.com, or visit the temple website: www.bisrael.com.