

## community calendar

Want to know what's going on in Jewish Calgary?  
Check out the Community Calendar at [jewishcalgary.org](http://jewishcalgary.org)

Have an event?  
Click on "Suggest an Event" to add it to the calendar

# Pomegranate

NEWS, VIEWS AND SCHMOOZE WITH THE CALGARY JEWISH COMMUNITY

**CALGARY**  
JEWISH FEDERATION  
The strength of a people.  
The power of community.  
[jewishcalgary.org](http://jewishcalgary.org)



## A MESSAGE FROM ADAM SILVER

Summer is in our rear-view mirror (don't fight it), the first days of school are behind us, and Rosh HaShana, Yom Kippur, and Sukkot, Shemini Atzeret, and Simchat Torah will all be over by the end of September. Typically, we emerge from summer in a paced and measured way. We begin by re-establishing our carpool and lunch-making routines, we prepare for the *chagim* (holidays) over a series of weeks letting the anticipation build, and only weeks later do we realize that we are suddenly closer to winter than we are to summer.

This year continued with the fear and uncertainty that COVID-19 brings with it, and on the heels of false hope, we now see ourselves in the thick of a fourth wave of the pandemic. Yet, we continue to find meaningful ways to remain a community, a Jewish community. Our synagogues, schools, social service, and recreation organizations have adapted and modified their services to ensure that even at a distance we can still be together. Those who need spiritual, educational, social, and recreational supports can still feel connected and be cared for.

In a usual Sukkot message, I would take the opportunity to connect the *lulav* and *etrog*, the four species (myrtle,

palm, willow, and citron), to the diversity of our community. I would highlight that each is wonderful on its own, but that together the species comprise something greater and holier than their individual parts.

All of this remains true. Our community is broad and diverse, and much stronger and fulsome when its unique parts come together in unity. However, this year is a rare year – a year of *shmita* (release), in which debts are to be forgiven, agricultural lands lie fallow, private land holdings become open, and staples such as food storage and perennial harvests are to be freely redistributed and accessible to all. *Shmita* occurs every seven years – six years of farming activity are followed by a seventh year of rest for the land. This action of rest or release is seen by many as a sacrifice. However, we can also view it as an intentional attempt at rejuvenating the land for greater capacity, of strategically making resources available to those in need, and of being mindful of agricultural and environmental concerns. A focus is placed on ensuring the land is ready and able to support future growth and development, and that those in need receive an extra level of support during the *shmita* year during which they have a degree of certainty that food will be accessible to them.

As we launch our annual United Jewish Appeal (UJA) Campaign, we hope our community will consider the *shmita* year and do its utmost to ensure we can continue to support the agencies that do such excellent work in supporting those in need, in building Jewish identity, educating our children, and ensuring our community is inclusive, caring, and accessible.

Our UJA theme this year is *Together, we are...* and it draws on our connectedness and commitment to one another. Please do all that you can to support the campaign, and be as generous as you are able. After all, *Together, we are more meaningful; Together, we are stronger; Together, we are a community!*

Shana Tova, G'mar Chatima Tova, and Chag Sameach,

*Adam Silver*

Adam Silver  
CEO  
Calgary Jewish Federation

Building an inclusive community is a priority. Contact us and we will make every effort to meet your needs.



# LAUGHTER YOGA

## FOR ALL

SUNDAY, OCTOBER 3 • 1PM • JCC OR ZOOM

Join us for an afternoon of fun, wellness, and health with **Lora Pesant**. Laughter Yoga (or Laughter Wellness) is a simple yet powerful form of exercise. It combines yoga-based deep breathing and gentle stretching to stimulate laughter and cultivate an inner spirit of joy. This program is accessible to all!

REGISTER FOR \$18 AT [JEWISHCALGARY.ORG](http://JEWISHCALGARY.ORG)

Proceeds will be directed to inclusion efforts and programs

Sponsored by Lenny and Faigel Shapiro and Family

**INCLUSION**  
POWERED BY CALGARY JEWISH FEDERATION

For more info email Karina Szulc at [karinas@jewishcalgary.org](mailto:karinas@jewishcalgary.org)

As soap is to the body, so laughter is to the soul.  
(Yiddish quote)

## STUDENT FACULTY Mixer

SUNDAY, OCTOBER 3  
4-6PM • Paperny Family JCC

Registration required:  
[jewishcalgary.org](http://jewishcalgary.org)

Mix, mingle, and enjoy appetizers and refreshments

**Note:** Event may be cancelled on short notice in accordance with AHS measures and COVID-19 infection rates

For info: [dbraitman@jewishcalgary.org](mailto:dbraitman@jewishcalgary.org) or 403.444.3146

IMAGINE IF YOU COULD PROVIDE A GIFT TO THE JEWISH COMMUNITY THAT WOULD LAST FOREVER



**LIFE & LEGACY**  
is designed to help you create permanent legacy gifts, demonstrating your belief in the continuity of Jewish life in Calgary for generations to come.

**LIFE & LEGACY**  
Assuring JEWISH TOMORROWS  
A program of the BARBELL GREENBERG FOUNDATION

**CALGARY**  
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The power of community.

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Your vision is our mission.  
Inspiring Philanthropy for more than 30 years.

To learn more about how to create your Jewish legacy contact Diana Kalef at 403-444-3154 or [dkalef@jewishcalgary.org](mailto:dkalef@jewishcalgary.org).

**TOGETHER**  
WE ARE A COMMUNITY  
UJA 2021

All activities on this page are made possible by your gifts to Federation's annual UJA Campaign.

# GIVE GENEROUSLY TOGETHER WE ARE A COMMUNITY

## *UJA 2021*



Your support enables our community to receive the tools and resources needed to handle one of the most adverse periods we have ever experienced.

In Jewish Calgary, inclusion isn't just a concept or an ideal - it's a real and tangible action allowing everyone to fully participate in the community regardless of ability, income or identity.



## TOGETHER WE ARE RESILIENT

Our community stepped up at the onset of the pandemic to meet the needs of Jewish Calgary by providing financial support through the **Jewish Together Fund**. From adapted, virtual programming and one-on-one support, to hot Kosher meals and care packages, you can be proud of how far we have come. But we are not done.

**Your UJA gift is vital as we continue to recover and adjust to new challenges.**

## TOGETHER WE ARE INCLUSIVE

Programs such as **Kesher** increase quality of life for individuals with disabilities and to support those who love them by providing recreation, cultural connections and friendships. Through the **Integrated Bursary Program (IBP)**, income never has to be a barrier to participation in formative Jewish experiences such as camp or dayschool. Participation in events such as Calgary Pride sends a message of acceptance to LGBTQ+ in our community.

**Your UJA gift makes a powerful impact.**

**WAYS  
TO GIVE**

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