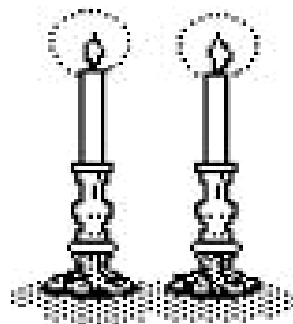


Celebrate Shabbat

with song, food and prayer
as we welcome *Shabbat Tevet*



Friday, January 15, 2010

6:00-7:00 pm Shabbat Services
7:00-8:00 pm Catered Dinner
8:00-9:00 pm Program with Rachael Bregman

Please join us for a Shabbat Dinner on Friday, January 15. We will begin with services at 6 pm, followed by a luscious catered dinner at 7:00 pm (\$16.00 per person), a family centered program featuring Rachael Bregman, followed by our usual Oneg Shabbat provided by the community.

Tzedek, Tzedek Tirdof

Justice, justice shall you pursue

It is a pleasure to welcome Rachael Bregman, our former Youth Educator, back to Beth El for a Shabbat program honoring Dr. Martin Luther King and his legacy. Rachael will speak on her experiences in Rwanda and Uganda; how her Jewish heritage inspired her to pursue justice in Africa. Join us and be inspired.

This Shabbat dinner is a wonderful opportunity to invite your friends to join you for services and dinner at Beth El. It is a wonderful Shabbat treat to host a dinner away from home. If you can join us for dinner, please fill out the form below and mail it to the office with your check no later than **Tuesday, January 12.** (We do hope you will join us for Shabbat services or our program, even if you are unable to attend the dinner).

Dinner Registration Form

The menu will be vegetarian:

Spinach & mushroom lasagna with white sauce **and** ricotta cheese, carrots & zucchini lasagna with red sauce
Green, leafy salad with cranberries, walnuts, cucumbers and cherry tomatoes
Green beans with fresh herbs and vinaigrette dressing
Garlic bread (in addition to challah)

A vegan stir-fry entry is available with **advanced registration.**

Dinner for adults \$16.00

Dinner for children (up to 12 years old) \$12.50

Please send your check with your reservation form no later than Tuesday, January 12th to Congregation Beth El

Name(s): _____ Name of Guests: _____

Adults: ____ (number) Vegan: ____ (number) Children: ____ (number)