

# **Handout: Life Cycle & Pastoral Care**

**Last updated: May 2020**

*This handout is divided into two sections: I. List of Important Contacts and II. Jewish Life Cycle: An In-Depth Look.*

## **I. LIST OF IMPORTANT CONTACTS**

- **Clergy (pastoral emergency outside hours): 917-513-0413, leave a message**
- **Baby namings: Rabbi Rapport, [rabbirapport@cbst.org](mailto:rabbirapport@cbst.org)**
- **B'nai mitzvah: Rabbi Rapport, [rabbirapport@cbst.org](mailto:rabbirapport@cbst.org)**
- **Death/pastoral emergency: Office (Mon-Thurs 9am-5pm, Fri 9am-3pm): 212-929-9498, x876**
- **Illness/refuah shleimah list: Office, 212-929-9498, x876**
- **Weddings & kiddushin: [rabbi@cbst.org](mailto:rabbi@cbst.org)**
- **Gender transition & coming out: Clergy, 212-929-9498, x875**
- **Conversions: Rabbi Rapport, [rabbirapport@cbst.org](mailto:rabbirapport@cbst.org)**
- **Funerals: During office hours (Mon-Thurs 9am-5pm, Fri 9am-3pm), call 212-929-9498, x875, outside of office hours 917-513-0413, leave a message**
- **Burials/memorial wall plaques: Yolanda Potasinski, [ypotasinski@cbst.org](mailto:ypotasinski@cbst.org), 212-929-9498, x811**
- **Memorial/honorary opportunities: Ann Targownik, [giving@cbst.org](mailto:giving@cbst.org), 212-929-9498, x814**
- **General life cycle-related events: 212-929-9498, x876**

**PLEASE NOTE:** access to regular pastoral counseling and *chesed* visits is reserved exclusively for CBST members.

## II. JEWISH LIFE CYCLE: AN IN-DEPTH LOOK

CBST rabbis officiate all Jewish life cycle events for CBST members, including:

### **B'rit Milah / B'rit Bat -- Entering The Jewish Covenant**

*B'sha'ah tovah!* May your child grow to a life of learning, loving and changing the world! Our rabbis officiate at covenanting rituals alongside our recommended *mohelim*. If possible, please notify the office in advance of the expected due date.

Share your joy with the entire CBST community by having a baby naming at our main Shabbat evening (Friday) or Shabbat morning (Saturday) service, where your child will receive a special blessing and a gift from the congregation. We welcome your entire family to join us as we welcome your child into their Jewish community.

### **B'nai Mitzvah - Stepping Up to Jewish Leadership and Learning**

CBST support individuals of many ages in their "B'Mitzvah" journey, from adolescent to adult. Children of CBST members under thirteen years of age members prepare for b'nai mitzvah through Limmud b'Shabbat, our children's education program, with preparation from CBST clergy, staff, and tutors. For adults, the Lehrhaus Adult B'nei Mitzvah program provides a great opportunity for learning, camaraderie, and spiritual growth. The program consists of a three-year course of study with our rabbinical staff and learned volunteers. The program culminates in a cohort b'nai mitzvah at a Shabbat morning service.

### **Weddings & Kiddushin**

*Mazal tov!* We are happy to share in your joy! Commitment is more than a ceremony and requires an extended period of consultation with the officiating clergy prior to the actual event. It is important to speak with one of the rabbis prior to confirming the date of your ceremony. Rabbi Kleinbaum and Rabbi Rapport both perform Jewish weddings for Jewish and interfaith couples.

### **Gender Transition & Coming Out**

Trans members are warmly invited to commemorate meaningful rituals including coming out, name changes and transitional milestones. If you are coming out to your family, friends and peers, you can seek support and commemorate your experience in a meaningful and spiritual way at CBST.

## **Conversion**

CBST includes numerous congregants who are Jewish by choice. Conversion requirements' length and intensity is highly individualized and is overseen by Rabbi Yael Rapport. Throughout your journey to a Jewish life, our clergy accompany as you study, pray, participate in our community, visit Israel, and more.

## **Illness and Hospital Visitation**

Whenever possible, one of our clergy members will visit those in the hospital or at home with a serious illness. Contact the CBST office if someone should be placed on the *r'fuah shleimah*/healing list. This list is for those with acute illness. Any member can submit their name for one-month inclusion. We only print names of members who have consented. You may say any name aloud during the healing prayer. If you or a CBST member you know is ill and would like support, contact [cbstoffice@cbst.org](mailto:cbstoffice@cbst.org). We're here for you.

## **Funerals, Mourning, & Commemoration**

The CBST community is a tremendous source of support at times of loss. Our clergy perform funerals for CBST members and CBST members' immediate and chosen family. As with all CBST funerals, arrangements must be made through the CBST office and agreed upon by the clergy member performing the service. Due to the emergency nature of funerals, we cannot guarantee the availability of specific clergy or a specific time and date for funerals. Please speak with a CBST rabbi before finalizing arrangements.

CBST owns a private section in Cedar Park Cemetery, located in Paramus, NJ. Members can purchase burial rights for themselves, family, and friends.

The Wine Family Sanctuary Memorial Wall is reserved for those who pass away as CBST members. CBST members can memorialize their family and friends in the Kuriel Chapel. Names are read from the *bimah* on the Shabbat prior to the deceased's *yortzeit* (anniversary of death). Annual reminders are sent to mourners. It is traditional to make an annual *yortzeit* contribution to the synagogue. Prayerbook bookplate inscription is another meaningful tribute to loved ones we have lost.

With a contribution of \$18,000 to the CBST Capital Reserve Fund, a CBST member can dedicate a bench in the Wine Family Sanctuary. There are also dedication opportunities in the Home of Our Own Capital Campaign.

### **Shiva**

The ritual of *shiva* guides the mourner through the immediate days following a loss. It is customary to hold a *shiva minyan* (evening and/or morning prayer service) in the house of mourning to bring the community to you during your time of need. CBST's clergy and lay leaders lead *shiva minyanim* for CBST members regardless of the membership status of the deceased.

*Shiva* is a time for family, friends and CBST members to pay condolences. It is traditional when you arrive at the residence to enter quietly, usually without ringing the bell. The gathering usually includes a short service requiring a *minyan*, which gives the mourners an opportunity to recite *kaddish* in their house. As part of the service, the family may offer remembrances, and others may be invited to speak. It is customary to bring some food, dairy or *parve*, to share or for the family to eat later. It is a mitzvah to attend a *shiva*. You don't have to know the deceased or the mourners for your presence to be comforting.