This week, in Kindergarten-6th grade, we begin the study of our second value: Ometz Lev.

The Hebrew phrase, ometz lev translates to “strength of the heart” and often is translated as “courage” in colloquial English. We are using ometz lev to mean one’s “inner strength.”

This phrase is found in Psalm 27, reminding us to look to God for strength. Be strong and strengthen your heart. Look to God!

There are two action-oriented elements to this value:

- **Ometz** means strength, so we first have to strengthen ourselves – In order to use the power of ometz lev, we have to realize we have untapped reserves that can help us when our emotions run high – whether of anger, excitement, happiness or fright. Engaging our inner strength allows us to pause and take control of the behavioral choices we make next.

- **Lev** means heart, so we then have to reach inward into our heart – We must intentionally choose to use our inner strength. This means facing the things in life that may frighten us and, using appropriate coping mechanisms, to help calm ourselves and others.

To learn more about the value, check out this [video](#).

Special High School Leadership Opportunities:

The **AJC** is currently still recruiting for the 2020-2021 cohort of the [Leaders for Tomorrow (LFT)](#) Jewish high school advocacy program.

As you know, the program aimed at high school sophomore-seniors who are looking to building leadership skills, enhance their Jewish identity, and learn how to be an effective advocate for the Jewish people. Students are required to fill out a very brief application, found [here](#).

Sessions will begin in November and go through May. The program year will include a total of 11 90-minute virtual sessions; 7 with the Texas cohort and 2 where LFT cohorts from across the country will be brought together as well as 2 bookend program that will be more socially oriented sessions.

The **URJ** is offering a variety of fellowships and specially focused programs.

Find out more [here](#).

If your 9th-12th grader wishes to pursue any of these special opportunities, please let Rabbi Paley or myself know so that we can provide guidance and support.

**Debbie**

Deborah Niederman, RJE
Director of Religious School and Young Family Programming
UPCOMING RELIGIOUS SCHOOL DATES:

November 1 & 8 - Torah cover project
November 1 - Tots Academy
November 7 - Youth Program - all grades
November 11 - Next Dor Prep Session Online
**November 13-14** - Family Shabbat Programs
November 14 - Munchkin Minyan
**November 15** - No Sunday Classes
**November 15** - Next Dor & Beyond Next Dor
November 18 - Next Dor Follow Up Session
**November 22-29** - Thanksgiving Holiday
  No Sunday/Midweek Hebrew/Next Dor

Torah Cover Project
for Kindergarten and new 1st and 2nd Grade Parents

Our Consecration Service is the weekend of December 11 & 12 in conjunction with our congregational celebration of Hanukkah.

To help create a unique and special connection to Torah, we invite you to make a special Torah cover for your child. Some of you may have done this for older siblings! A table will be set up outside on Sunday, November 1st and 8th with materials and instructions. This is a wonderful way to personalize this experience for your child!

A few reminders for those learning online:
This is the ONLY link you will need EVERY week:
[https://us02web.zoom.us/j/84249425481](https://us02web.zoom.us/j/84249425481)

Meeting ID: 842 4942 5481
Passcode: 225473

- Please make sure your child’s camera is on and they are in a quiet place without distractions so they can participate fully.
- If you have internet connection issues it is often easier to use the phone for audio.
- Please let Debbie know if you are having any difficulties with connectivity or audio that are disrupting your child’s ability to participate.
Hebrew Online communication
Should your child be unable to meet with their teacher online, please contact the teacher directly. Emails for teachers will be provided upon request by contacting Karen in the Lifelong Learning Office at kthompson@templeshalomdallas.org.

Join Cantor Avery for a Youth Choir and Hangout Zoom Session
Sundays: November 8 & December 6
1:00pm-2:00pm

Join Zoom Meeting
https://us02web.zoom.us/j/81290762766
Meeting ID: 812 9076 2766

Drop Off & Pick Up Information
For Sunday sessions on the lawn, please drop off at the front door entrance. For pick up, please park and meet your students where you dropped them off.

Covid-19 Form
Everyone who enters the Temple building will be required to wear masks at all times. Before entering the building, everyone will have their temperature checked. Anyone with a temperature 100 degrees or over will not be able to enter.

- Please download and complete this form and send it with your student.
- We will consider the form active and current until you tell us otherwise.
Summer 2021 Registration Update

Our Early Bird Rate is only available through October 30th!

Campership Application is NOW OPEN. GFC is pleased to offer partial, need-based financial support or “camperships” to help families send their children to summer camp. The Campership application can be accessed here. Remember, all applicants must register for camp before they apply for a campership. Click here to download the 2021 Campership Checklist!

Camperships applications for Summer 2021 will be accepted from September 30 to November 30, 2020. We will continue to accept applications as long as funds are available. If you have any questions about the Campership process, please reach out to Ethan at elane-miller@urj.org.