



CONGREGATION
B'NAI TIKVAH

TIKVAH TALK

REFLECTIONS...

By Rabbi Jennie Chabon



Dear Friends,

It could be argued that the oldest story in our tradition is the story of the beginning of the world. It is a deeply mystical story, and though many of you have likely heard it

before, it is also an urgent story for our time that should be told again and again. It goes like this:

In the beginning, there was only darkness. Holy darkness which was complete and perfect and filled with the Source of Life. When God decided that it was time for the creation of the world, God went through a process called *tsimtsum*, contracting God's own self in order to make room for us. Out of this darkness emerged an extraordinary ray of light that contained our world. But then, there was an accident. The vessels containing such a powerful Divine light could not contain its brilliance, and they broke, shattering into tiny fragments of light sent across the universe.

According to the mystics of our tradition, the creation of humanity is a response to the shattering of these vessels. We were created to find the hidden sparks and to gather them, no matter where they are hidden, no matter how small or how hard they are to find. That is our job as human beings, to find the hidden light in all things and to reveal it, doing our part in the restoration of the innate wholeness of the world. *Tikkun olam*.

I share this story this summer because it is easy to feel daunted by the vastness of the brokenness of the world and to tell ourselves that we alone can make no difference. That our outrage, our grief, our despair at what is happening to our country cannot be channeled into significant change. How can one little person make a difference? I know that feeling well. How can I possibly affect the impact of the court's decision about *Roe v Wade*? Or make any kind of difference in the fight for gun control? I'm just little old me in my tiny corner of the universe! But our mystics would say no no no, you are looking at it all wrong. The restoration of the world does not depend on huge acts that everyone can see. It

Continued on page 3

PRESIDENT'S MESSAGE

By Board President David Ratner



What is our North Star? Where do we want to be in five years? How do we want to get there?

Several months ago, CBT's Board of Trustees, Rabbi, and Executive Director met in a mini-retreat planned and hosted by Keren Smith to discuss these questions and to start some strategic planning for our future.

We talked about what makes CBT unique, our strengths, our weaknesses, our opportunities, and our challenges.

The conversation was rewarding and eye-opening, helping our leadership team focus on planning for our future.

We agreed that our uniqueness and strengths come from our community and the diversity of our congregants, how warm and welcoming, and accepting we are; and from our Rabbi, who offers a unique blend of spirituality, intelligence, and, of course, musicality.

We agreed that our biggest challenge is creating a financially sustainable synagogue that maintains its intimate size.

Our opportunities stem from our uniqueness and strengths – we offer a spiritual home to Jews who have not found comfort in other synagogues, either because of the synagogue's size, ritual practice, membership, or leadership. Our challenge is how to remain who we are yet grow our community to the point where we are still small enough that no one feels lost but large enough that our financing is stable, and our budget contains annual surpluses rather than deficits. We gave ourselves a five-year horizon, and with the new fiscal year, we launched into year one of the plan.

First, the congregation approved offering Rabbi Chabon a successor contract by an overwhelming vote. She and I just signed a five-year contract that provides for our continued relationship and Rabbi Chabon's place as our spiritual leader for the future.

Second, the congregation approved a budget that gives us the tools to stabilize our financial health even though the budget contains a deficit. We will be hiring a part-time marketing professional to

Continued on page 5

Congregation B'nai Tikvah

MISSION STATEMENT

At Congregation B'nai Tikvah, we believe that a kind and vibrant Jewish community deepens and restores our sense of purpose and connection to the world. We are dedicated to learning, music-infused prayer, personal relationships and a commitment to social justice, and welcome all who are looking to explore the many innovative paths to meaning that Judaism has to offer.

STAFF

Jennie Chabon, Rabbi Cantor
Keren Smith, Executive Director
Melissa Rogoway, Director of Education
Erika Calabro, Bookkeeper
Tina Eisenman, B'nai Mitzvah Tutor
Kathy Jacobs, Office Specialist
Rachel Stokol, Communications Specialist
Tami Welch-Robinson, Executive Assistant
Raphael W. Asher, Rabbi Emeritus
Stephen Richards, Cantor Emeritus

BOARD OF TRUSTEES

David Ratner, President
Lori Siegel, President-Elect
Judith Barrall, Immediate Past President
Julia Babka-Kurzrock, Secretary
John Rubinfeld, Treasurer
Joel Guss, Trustee
Jenn Leeds, Trustee
Idelle Lipman, Trustee
Amy Lerner, Trustee
Tony Lebe, Trustee
Marcie Hochhauser, Trustee

CONTACT

Office Hours:
Monday -Thursday 9:30 a.m. - 4:30 p.m.
Friday: 9:30 a.m. - 3:30 p.m.
office@tikvah.org | (925) 933-5397
www.tikvah.org



WELCOME TO OUR NEWEST MEMBERS

Joel & Jessica Brodie
Keith Feiring & Stephanie Scott
Deborah Scher
Arnold Morse
Melissa Zubi

WELCOME TO OUR NEW BABIES AND THEIR FAMILIES

Ashley Lachman & Jeff Hamm welcomed Haley Jade Hamm
6/3/22
Mazel Tov to grandparents Allyson & Michael Lachman
Sarah and Nate Stratton welcomed Yael Simone Stratton 6/28/22
Mazel Tov to big brother Asher

THANK YOU TO OUR KAVOD MEMBERS

Ruthie & Larry Goldenberg
Robin Gordon
Joel & Holly Grossman
Dan Lapporte
Jennifer Leeds & Robert Hess
David Ratner & Claire Bernardo
Richard & Rayna Ravitz
Andrea Slavet

Connection Corner

By Keren Smith, Executive Director



CBT—The Next Generation

On June 19, I drove Amalia, my 10-year-old, to be dropped off for her first sleep-away camp at Camp Tawonga. It was such a swirl of emotions for me; I was excited for her to be able to have this amazing experience, and true to being a Jewish mother, I was also nervous to let my baby go for two weeks without the ability to check in on her. Earlier that morning I started to text with Jen and Rebecca, two other mothers in Amalia's class, sharing our feelings as we were heading out for drop-off.

As soon as we arrived at the Camp Tawonga drop-off parking lot, the three CBT girls found each other and were glued to one another; it warmed my heart, and I was able to see Amalia off knowing that she was going to a wonderful experience, albeit the unknown, with her CBT family by her side. In the pictures camp sent daily, Amalia was with her two CBT classmates, and I have no doubt that these three girls will forever remember this summer together.

This experience was a wonderful reminder to me of how central my Jewish community is to my family life. It made me wonder how we might ensure, years into the future, that those three CBT girls text with one another about their own daughters going to camp. How do we bind these relationships for our younger generation and ensure that the Jewish community provides them the same support it does for us?

This coming year, we are investing in exactly that: Ensuring that our younger generation is engaged and has both the skills and the inspiration to lead our community. We hope to accomplish that by focusing on both teens and young adults. We just received a grant from the Contra Costa Jewish Community Center to help us with our new Teen Leadership Program. This program is made up of two separate and related facets:

The first is the creation of a Junior Board, comprised of 15-20 teens who will meet monthly to discuss engagement at CBT. This junior board will make recommendations to our



Connection Corner Continued

By Keren Smith, Executive Director

general board to consider and implement. This program is designed to empower our teens to take an active part in our community, and to help us understand how to support them as they become young adults.

The second is a weekend retreat that will be open to all CBT teens, including our junior board, kids in the madrichim program, and teens who have not been involved since they completed religious school. This retreat is designed to open the door wider and engage more teens, allowing them to build community in a fun weekend, while also learning how to be effective leaders.

Young adults, who are between the ages of 18-30, are also an important cohort in building a strong next generation for our community. This year we are adding a new service to our calendar focused on young adults. On December 9, 2022 we will hold a Shabbat After Hours service at 8:00 pm, geared toward engaging and catering to young adults.

Your participation is much appreciated in making these Next Generation program initiatives a success, as the success of these programs depends on people showing up – yes, it is as simple as that. Reluctant service-goers find a lot of meaning when they connect to others like themselves.

Help us get the word out about our Next Generation programs. Reach out to your neighbors, friends, and even your own family. This will let them know that we care about them, and want them here.

With the success of these new programs, we will truly live our value of l'dor vador.

Reflections Continued

(Continued from pg. 1)

By Rabbi Jennie Chabon

depends on every single human looking for light where they are meant to find it and revealing it, thereby restoring a tiny fragment of the world's wholeness, one person, one heart, at a time.

As you move through the rest of the summer and turn toward the fall, when you find despair entering your consciousness, when you doubt your power to fix the world's brokenness, turn towards the light, friends. Look for the magnificently small rays of light that shine all around us and remember that your impact depends only on your lifting up that light and joining it with the fragments found by every other human being. In this way, our world will be redeemed.

TIKVAH TAKEOUT

IT'S SUMMER!
Who wants to cook?
 We've got you covered 2-3 times a month!

Tikvah Takeout is back by popular demand! We are partnering with restaurants for a percentage of each order to come back to CBT.



Pancoast Pizza
 Wednesday, August 17 all day



Buttercup Diner
 Tuesday, August 23 all day



Jack's Urban Eats
 Tuesday, September 6 from 4:00 - 8:00 p.m.



Panera Bread (Walnut Creek)
 Wednesday, September 21 from 4:00 - 8:00 p.m.

Sign-Up Parties

As part of our fundraising this year, we have a number of sign-up parties designed to both support our fundraising efforts and build community. Many of our sign-up parties still have room for more of us to join in the fun. These include cooking classes, Soulful & Swanky, a family pool party, and a Seinfeld night, to name a few. Please scan the QR code to learn more and sign up!



a taste of .
 Since 1997
WALNUT CREEK
 "Best progressive dinner on two feet"
Save the Date!
October 18, 2022 from 5:30 - 8:30 p.m.

Sisterhood News

By Mona Epstein

In June, Booksisters met in person to discuss the novel House on Endless Waters by Emuna Elon. The discussion was lead by Ellen Duree and included information on the author, background on the time period, and interesting facts about Amsterdam. This was a complicated book which left our readers with lots of questions and plenty to talk about. We also took time to set our calendar for the coming months.

On June 25 the Sisterhood organized a group trip to the Lesh Theater to see "Beehive" — a musical production featuring female artists of the sixties. It was a fabulous performance with the audience clapping and singing along! Several of us enjoyed a meal at Lettuce after the show.

Upcoming Booksisters Events:

Sunday, August 14, 10 am: Brunch at Rayna's home - book will be Home Baked by Alia Volz.

Tuesday, September 20, 7 pm: Seven Husbands of Evelyn Hugo by Taylor Jenkins Reid.

If you have any questions, please contact me.

Mona



GIFT SHOP NEWS

Shop at the Sisterhood Gift Shop for your tallit! We have a wide selection and are happy to help. View our collection online.

We now take credit/debit cards for your purchases.

Call Rayna Ravitz at (925) 212-6188 if you want to shop or contact Kathy Jacobs at office@tikvah.org.

Religious School

By Melissa Rogoway



I hope that all of you have had a relaxing summer filled with swimming, ice cream, and those exciting movie premiers. It is certainly a time for us to slow down and enjoy life. For me summer brings a bit of time off for lunch with friends and movies, but also a focus on planning for the coming school year.

At the moment I am attending a nationwide conference for Jewish educators called “new CAJE”: Conference on Alternatives in Jewish Education. The sessions this summer include everything from helping kids deal with antisemitism to tot Shabbat programming and trends in the world of Jewish education. It is energizing to attend sessions with other educators, rabbis, and cantors. I get so many ideas to bring back to our school! As you can imagine, the Jewish music at the conference is amazing and I can’t wait to share the new melodies I’ve learned. Thank you to Rabbi Chabon for making it possible for me to attend this amazing conference.

Please mark your calendar for end of summer fun with the Back to School Havdalah at Civic Park in Walnut Creek, the evening of Sunday, August 20. All families with school-age children are invited to picnic, play field games together, and enjoy a short musical service led by Rabbi Chabon. Come and celebrate with us! I hope to see you there.

We look forward to being together on the first Sunday of Religious School on September 11. The whole family is invited for this day of learning and reconnecting as a school community.

Kol Tuv (all good things),
Melissa Rogoway

President’s Message Continued

(Continued from pg. 1)

By Board President David Ratner

promote our brand. Not just the little shul on the hill, but the diverse synagogue in which all are welcome. Our marketer and executive director will work to monetize our building (you want to have a party; we have the place for you) and develop programming that showcases who we are. We also budgeted for a new part time employee to search out and apply for grants to help finance our programming.

Third, we created an Investment Committee led by Rob Hess to advise the Board on how to safely grow our assets.

We now have in place some of the tools we need to thrive and grow over the next five years.

However, challenges exist. Organized religion is losing congregants. While the pandemic gave us the tools to meet remotely, those tools have also created the opportunity for worshippers to attend services and participate in learning without joining a particular congregation. Inflation, which didn’t exist for years, has now eroded our net worth as well as our discretionary income.

I believe we are poised to meet these challenges with our clergy, staff, and board. As CBT’s President I believe in our community and welcome these challenges. I hope that our community does too.

As I’ve said in almost all my posts, I want to hear from you. What do you want from CBT? What do you perceive as our strengths? How can we overcome our weaknesses? I can be reached by email (bnaitikvahpresident@gmail.com) or phone. Let’s chat. Let’s meet.

Trivia Night

Sunday, December 4, 2022

Join us for the 19th annual edition of Congregation B’nai Tikvah’s Team Trivia Challenge. Movies, music, current events, history, pop culture, sports, cooking, geography, television. We’ve got all that for you and more!

This isn’t Jeopardy and you don’t need to be a trivia expert to play. It’s a TEAM event with 6 - 8 players per team -- you use your collective minds to answer the questions. Just work with your teammates to puzzle out the answers. You’ll be surprised to discover just how much you can come up with together.

Although registration is by team only, this event is open to everyone, B’nai Tikvah members or not, so get a team from your office, school, club or neighborhood. Don't have a team to play on? No problem. Email us at TheCBTTriviaGuys@gmail.com and we will do our best to find a team for you to join. And we’re always looking for eager volunteers who can help us during the event.

COST: \$250 per team. *Early registration special: \$225 if you register and pay by October 10.

Scan the QR code to register, or check the “Upcoming Programs” section in your weekly email for the registration link.



SHABBAT SHALOM

Shabbat in the Park

1st Fridays at 6:30 p.m.
8/5, 9/2 (Civic Park)

Our first Friday of the month is dedicated to the youngest members of our community and their families. Our Family First Shabbat, while designed for



young families as a shorter service with music, dancing, and story time, is a wonderfully joyful Shabbat for all ages to experience. This multigenerational Shabbat is sure to bring a smile to your face.

We all look forward to this wonderful time of year when we have picnic dinners and enjoy the service in our beautiful California summer weather in the park.

Mark your calendar, grab your picnic

basket, a blanket or chairs, and join the fun!



SERVICES AT CBT

For the most up-to-date details, check your weekly email.

2nd Fridays

6:30 p.m.
8/12, 9/9, 10/14

As our year of Shmita is ending, we are returning to in-person services on the 2nd Friday of the month. This year of Shmita, allowed us to explore new and creative ideas, which will now take place on the 2nd Friday of the month, with an array of experiences.

- August 12: New York Shabbat
- September 9: Poetry Shabbat
- October 14: Nourish the Soul Shabbat
- November 11: Camp Shabbat
- December 9: Shabbat After Hours
- January 13: Open Mic Shabbat
- February 10: Better Together Shabbat
- March 10: Shabbat on the Block
- April 14: Midwest Shabbat
- May 26: Jewish Day of Why
- June 9: Nourish the Soul Shabbat

I'm in a New York state of mind!

New York Shabbat at CBT

On August 12, at 6:30 p.m. we are starting a new Shabbat experience with a different theme each month. Our first theme is New York Shabbat! Whether you grew up in NY and have the accent to show it, or just love a good bagel, the best pizza or a black and white cookie, join us for this special New York Shabbat.



Don't fuhgeddaboutit!

CBT, how do I love thee...

Join us on **September 9 at 6:30 p.m.** for Poetry Shabbat. As we gear up to the High Holidays let's spend a contemplative evening of poetry for Shabbat. Immerse yourself in a beautiful selection of words and rhythm that will fill your heart with inspiration as we enter the new year together.



....Let me count the ways

Shir Joy Shabbat

3rd Fridays at 7:30 p.m.
8/19, 9/16, 10/21

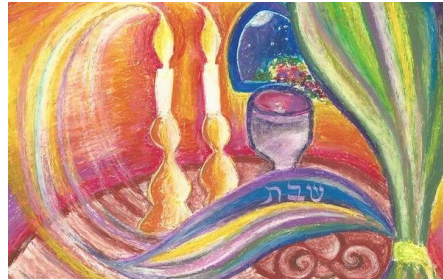
Join Rabbi Chabon and the Shir Joy Band for a joyous Shabbat service featuring live music, song, and prayer.



4th Fridays: Community-Led Shabbat

6:30 p.m.
8/26, 9/23, 10/28

Experience this warm space of community leadership on the 4th Friday of each month where our members share their love of CBT through participation in the service.



Kabbalat Shabbat

5th Friday, 9/30
Shabbat Shuvah with Rabbi Gutterman

Join us as we prepare to enter Shabbat together in song and community. We will sing Shabbat melodies and end our time together by lighting the Shabbat candles.



ONGOING PROGRAMS

For the most up-to-date details, check your weekly email.



Summer Meditation Series with Gerri Levitas

1:00 p.m. on Zoom on the dates below

Need some grounding in your life? Join in for this magical experience with CBT member Gerri Levitas. Gerri is a professional hypnotherapist and is well-versed in guided meditation. Through guided visualization, this workshop will help participants enter, ground, and access deep wisdom within their own hearts.

August 12: Reconnecting with the Soul



Weekly Torah Meditation: "A Taste of Torah"

Tuesdays at 10:00 a.m.

Now hybrid! Join us in person at CBT or on Zoom to learn about the Torah portion of each week in a calming meditation.

For more information, contact Barbara Almy at barbaraalmy@gmail.com.

Adult Education: Sign up for this three-part class beginning November 3 at 6:30 p.m.

Exploring the World of Rabbinic Midrash

One of the most magical things in Judaism is close reading of the Torah and trying to understand what is not being said between the lines. Midrash is that practice in Judaism, with rich text that comes to explain some of the things that are missing from the text of the Torah. Join an incredible teacher, Deena Aranoff, in learning about what's hidden between the lines of the Torah.

Classes will be November 3, 10, and 17 from 6:30-8:00 p.m.

Participant-Led Zoom & Zen

Thursdays at 10:00 a.m.

Looking to connect? Join this wonderful, safe and caring space for both casual and deep conversations. See the weekly email for Zoom information.



This is Us @ CBT

This month, we decided to introduce our fun and spirited office team, so you know who we are. In a recent staff meeting, the team came up with a few words to describe one another. Our description for each team member below stems from that meeting, where you can see that we approach each other with humor and kindness. What we share in the office is a deep love and care for our community, and dedication to this organization. We are always here for you, and now that you know our faces, feel free to give us a call and say hi.

**Rabbi Chabon:****Spiritual & Compassionate Leader**

- ◆ Beloved Rabbi and Cantor
- ◆ 18 years at CBT: 16 years cantor, 2 years rabbi
- ◆ Our spiritual leader – always delivers high quality services and programming
- ◆ Inspires us all with her beautiful voice and

words of wisdom

- ◆ Gifted teacher who helps us all connect to our own souls

**Keren Smith:****Persistent, Considerate, Passionate**

- ◆ Executive Director
- ◆ 6 years at CBT
- ◆ Leads our team, ensuring both the delivery of quality results and an enjoyable work environment

- ◆ Ensures member outreach and engagement
- ◆ Manages our day-to-day operations to ensure best practices
- ◆ Develops strategic plan with leadership and executes it

**Melissa Rogoway:****Centered, Calm, Creative**

- ◆ Director of Education
- ◆ First year at CBT
- ◆ Has years of varied experience, including managing schools and educating many different ages in the Jewish arena

- ◆ Dedicated to making our Religious School is the best it can be by staffing it for success, ensuring curriculum is inclusive and current, and creating more community-building programming

**Tina Eisenman:****New Yorker with a Side of Kindness**

- ◆ B'nai Mitzvah Tutor
- ◆ 3 years at CBT
- ◆ Brings a level of professionalism and a unique skill set to our B'nai Mitzvah program
- ◆ A passion for Judaism, liturgy, and education

- ◆ Cares deeply about our kids and fosters a deep connection with each one

**Kathy Jacobs:****Can-Do Team Player**

- ◆ Office Specialist
- ◆ 20-year CBT Member, 4 years in the office
- ◆ Loves CBT and is dedicated to making it a success
- ◆ Is a master organizer and is in charge of our building storage space

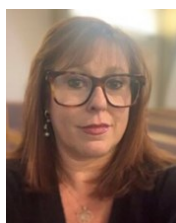
- ◆ Does magnificent work on Tikvah Talk, presenting it in a beautiful, easy-to-read way
- ◆ Supports our members with care and respect
- ◆ The “invisible hand” ensuring that all the behind-the-scenes details are met

**Rachel Stokol:****Nearly Perfect**

- ◆ Communications Specialist & Project Manager
- ◆ 14-year CBT member, 3 years RS leadership, 1 year in the office
- ◆ Communications specialist and project manager for both our ShulCloud migration and

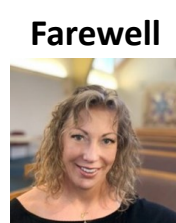
the gala

- ◆ Full-time college student at UCLA who brings to our team an incredible attention to detail and her amazing organizational skills
- ◆ Works on the website to ensure that our image and brand are communicated successfully

**Tami Welch-Robinson:****Spirited, Hard Working, Loud**

- ◆ More than an Executive Assistant
- ◆ 40-year CBT member, 1 year in the office
- ◆ Has added such spirit to our team—she is fun, lighthearted, hardworking, kind, and has amazing follow-through

- ◆ Works on facility management, including maintenance and promotions
- ◆ Doubles as an event planner for families using our space

**Farewell**

to our beloved **Erika Calabro**, our bookkeeper, who in a few months became such an integral part of our team. This departure is bittersweet, while we will miss Erika and her bubbly energy in the office, we wish her much luck as she pursues her dream job of advanced accounting (yawn).

Shabbat on the Block 2022

On June 24, many of us gathered in our own neighborhoods for our annual Shabbat on the Block. Thank you to all who participated, and a special thank you to all the hosts who opened their homes to our community.



Save the date! Coming March 10, 2023 to a neighborhood near you.



In Gratitude to our Community

GENERAL FUND

In Memory of Irving Assael
In Memory of Marilyn Assael
In Memory of Sheri Garay Rosen
Brian & Melissa Assael
In Memory of Nessim Benhamou
Tracy & Chanel Benhamou
In Memory of Alan Greenbatt
In Memory of Brittany Stout
In Memory of Leonard Gold
In Memory of Rebecca Bitton
In Memory of Barney Smilo
Bernadette & Nat Bitton
In Memory of Irving Fogel
Barry & Yoni Bushell
In Memory of August Gordon
In Memory of Larry Gordon
Robin Gordon
In Memory of Rita Spector
Gerri & Stuart Levitas
In Memory of Herman Sirota
In Memory of Phyllis Sirota Lutzker
Stuart & Ann Lutzker
In Celebration of Fathers everywhere!
John & Lisa McLaurin
In Memory of Leon Milsner
Richard & Donna Milsner
In Memory of Udlya Yatskayir
Michael & Natalia Sadetsky
In Honor of Robin Gordon, thank you for rides to the doctor.
In honor of Bert Gunter & Chesed
Dick & Joan Schwartz
In Memory of Benjamin Slavet
Andrea Slavet
In Memory of Hattie Arnett
In Memory of Nathaniel Goldman
Arthur & Nancy Solomon
In Memory of Mel Tobias
Allan & Carol Tobias
In Memory of Robert B. Tucker
Dale Tucker
In Memory of Aiden Thenemann
In Memory of Isobel Flora Dvorsky
Steve & Kathy Weiner
In Memory of Alice Lerner
In Memory of Irving Lerner
In Memory of Joseph Lerner
Bob z"l & Nessa Wilk
In Memory of David Wittenberg
Mary Ann Wittenberg

In Memory of Lorraine Saltikov
Brian & Kim Zagon
In Honor of Aunt Janet's 107th Birthday
Joan Weinstein
In Memory of Bob Wilk
Hugh & Sharon Tama
In Memory of Elaine Greenfield
Steven Greenfield

RABBI CHABON'S DISCRETIONARY FUND

In appreciation for a beautiful unveiling ceremony.
Robin Gordon
In Honor of Avi Grossman's Bar Mitzvah
Joel & Holly Grossman
In Memory of Fanny Cohen
In Memory of Milton Colton
In Memory of Isidor Kaplan
In Memory of Sarah Kaplan
Iris Kaplan
In Memory of Louis Dienst
Gloria Kemna
In Memory of Harvey Hochhauser
Gerri & Stuart Levitas
In Memory of Ilse Schoenholz
Mike & Debbie Schoenholz
In Honor of Rabbi's 18th anniversary
Mary Ann Wittenberg
In Memory of Bob Wilk
Cookie Svingos
In Memory of Evelyn Moulton
In Memory of Nicole Bristow
In Memory of Louis Dienst
Gloria Kemna
In Memory of Alvin Trepper
Hugh & Sharon Tama

RABBI CANTOR'S MUSIC FUND

In Memory of Harvey Hochhauser
Ron & Sharon Brown
Cookie Svingos
Jeffrey Gilman & Carol Reif
Bernadette & Nat Bitton
In Celebration of Rabbi's 18 years
Cookie Svingos
In Memory of Sarah Brown
Ron & Sharon Brown
In Memory of Bob Wilk
Bernadette & Nat Bitton
Joel & Susan Friedman
Judith & Scott Barrall
Marc & Kathy Berger
Robin Gordon
Stuart Kirsch
Tracy & Chanel Benhamou

JAMES COHEN SCHOLARSHIP FUND

In Memory of Rita Spector
In Memory of Robert Blum
Judy & Walt Blum

MORDOH/NADJARI HOLOCAUST FUND

In Memory of Fred Carter
In Memory of Ruth Binheim-Wallage
Jeffrey & Danita Daniels
In Memory of Luna Nadjari
Zaffy Welch

THE HARRY WITTENBERG SOCIAL ACTION, JUSTICE, & INTERFAITH FUND

In Memory of David Albert Negrin
Kevin Barnett & Alison Negrin
In Memory of Dr. Milton Eisenberg
Diane Leventhal
In Celebration of David Ratner's 75th birthday
Idelle Lipman
Cookie Svingos
Joan Weinstein
Bernadette & Nat Bitton
Judy Gordon
Robin Gordon
In Memory of David Rupley
Cookie Svingos
In Memory of Allen Teitelman
Carol Teitelman
In Memory of Mel Weinstein
Joan Weinstein
In Honor of Katie Alberts
Cookie Svingos

L'CHAIM GALA FUND-A-NEED

In Celebration of fathers everywhere
John & Lisa McLaurin

CAPITAL CAMPAIGN FUND

In Memory of David Wittenberg
Mary Ann Wittenberg

CANTOR S. RICHARDS CHOIR FUND

In Memory of Bob Wilk
Joan Weinstein
Judy & Walter Blum
Lynette & Alan Scharlach
Mike & Annette Cohn
Mona Epstein

ROSE AND SAM USAITN MEMORIAL FUND

In Memory of Joseph Sams
In Memory of Louis Usatin
In Memory of Sam Usatin
In Memory of Susan Sanders Terrana
Marc & Debbie Usatin



AUGUST 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 (4 Av)	2 (5 Av) A Taste of Torah 10:00am	3 (6 Av)	4 (7 Av) Participant-Led Zoom & Zen 10:00am	5 (8 Av) Shabbat in the Park 6:30pm	6 (9 Av) D'varim Erev Tishah B'Av
7 (10 Av) Fast of Tishah B'Av Revelation in Jewish Tradition 10:00am	8 (11 Av)	9 (12 Av) A Taste of Torah 10:00am	10 (13 Av)	11 (14 Av) Participant-Led Zoom & Zen 10:00am Sisterhood Mah Jongg 1:00pm	12 (15 Av) Tu B'Av Meditation with Gerri Levitas 1:00pm New York Shabbat Service 6:30pm	13 (16 Av) Va-et'chanan Micah Cockrum Bar Mitzvah 10:00am Luke Ficken Bar Mitzvah 4:00pm
14 (17 Av) Revelation in Jewish Tradition 10:00am Book Sisters Brunch 10:00am	15 (18 Av)	16 (19 Av) A Taste of Torah 10:00am	17 (20 Av)	18 (21 Av) Participant-Led Zoom & Zen 10:00am	19 (22 Av) Shir Joy Shabbat Service 7:30pm	20 (23 Av) Eikev Brian Lurie Bar Mitzvah 10:00am
21 (24 Av) Keshet Board Game Night 4:00pm	22 (25 Av)	23 (26 Av) A Taste of Torah 10:00am	24 (27 Av)	25 (28 Av) Participant-Led Zoom & Zen 10:00am	26 (29 Av) Community-Led Shabbat Service 6:30pm	27 (30 Av) R'eih Ethan Korman Bar Mitzvah 10:00am
28 (1 Elul) Adult B'nai Mitzvah 10:00am	29 (2 Elul)	30 (3 Elul) Office Closed A Taste of Torah 10:00am	31 (4 Elul)			



SEPTEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 (5 Elul) Participant-Led Zoom & Zen 10:00am	2 (6 Elul) Shabbat in the Park 6:30pm	3 (7 Elul) Shofetim Elsa Goldstein Bat Mitzvah 10:00am
4 (8 Elul)	5 (9 Elul) Labor Day	6 (10 Elul) A Taste of Torah 10:00am	7 (11 Elul)	8 (12 Elul) Participant-Led Zoom & Zen 10:00am Sisterhood Mah Jongg 1:00pm	9 (13 Elul) Poetry Shabbat Service 6:30pm	10 (14 Elul) Ki Teitzei Pizza & Pool Party 4:00pm Seinfeld Night 6:30pm
11 (15 Elul)	12 (16 Elul)	13 (17 Elul) A Taste of Torah 10:00am	14 (18 Elul)	15 (19 Elul) Participant-Led Zoom & Zen 10:00am	16 (20 Elul) Shir Joy Shabbat Service 7:30pm	17 (21 Elul) Ki Tavo Slichot Service 9:00pm
18 (22 Elul) K'tan Tan 10:00am	19 (23 Elul)	20 (24 Elul) A Taste of Torah 10:00am Book Sisters 7:00pm	21 (25 Elul)	22 (26 Elul) Participant-Led Zoom & Zen 10:00am Challah Baking w. 6:30pm	23 (27 Elul) Community-Led Shabbat Service 6:30pm	24 (28 Elul) Nitzavim
25 (29 Elul) Erev Rosh Hashanah	26 (1 Tishrei) Office Closed Rosh Hashanah Tashlich	27 (2 Tishrei) Office Closed Rosh Hashanah	28 (3 Tishrei)	29 (4 Tishrei) Participant-Led Zoom & Zen 10:00am	30 (5 Tishrei) Shabbat Shuvah w. Rabbi Gutterman 5:00pm	

High Holidays 2022/5783

Friday, August 12

1:00 pm Zoom Meditation: Reconnecting with the Soul with Geri Levitas

Saturday, September 17 at CBT

8:00 pm Havdalah and Dessert

9:00 pm Slichot Service

Sunday, September 25

7:30 pm Erev Rosh Hashanah Service

Monday, September 26

9:00 am FREE Tot Rosh Hashanah Service* (for children 5 and under)

10:00 am Rosh Hashanah Service

10:15 am Junior Congregation Service (for grades K – 5)

4:00 pm Tashlich (casting of sins) Radke Martinez Regional Shoreline Park

Friday, September 30

7:00 pm Shabbat Shuvah: Zoom Kabbalat Shabbat Service with Guest Speaker Rabbi Rebecca Gutterman

Tuesday, October 4

7:30 pm Kol Nidre Service

*Would you like to join us for Tot Services? Contact the Temple Office for **complimentary tickets!**

Wednesday, October 5

9:00 am FREE Tot Yom Kippur Service* (for children 5 and under)

10:00 am Yom Kippur Morning Service

10:15 am Junior Congregation Service (for grades K – 5)

4:00 pm Yom Kippur Afternoon Service

5:30 pm Yizkor Service

6:00 pm Neilah Service

Friday, October 14

6:30 pm Sukkot Nourish the Soul Shabbat Service

Sunday, October 16

4:00 pm Simchat Torah Celebration

For guest tickets, questions, or concerns, please contact the Temple Office at (925) 933-5397 or office@tikvah.org



Guest Tickets

- \$54 per person for youth and young adult guests (ages 4 - 30)
- \$125 per person for guest tickets purchased by a CBT member for an adult family member
- \$300 per person for adult guests
- For members and ticket-purchasers, virtual access to services is free. For guests who would like virtual-only access, there is a suggested donation of \$360 per family.

Members' children between the ages of 16 and 25 will be sent High Holiday tickets. For children who are over the age of 25 and other family members, please scan the QR code or visit tikvah.org/high-holidays to purchase guest tickets.



High Holidays

Order Your Lulav & Etrog Through CBT!

\$45 per set | Order by September 16

Do you need a lulav and etrog for your sukkah? Grown in and shipped from Israel, each lulav and etrog set consists of an Etrog, Lulov (palm branch) with its palm holder, Hadassim (myrtle branches), and Arovot (willow branches).

A basic guide is included with each set. It will contain a list of all the Brochot (blessings) and Halochot (laws) of the four species.

Orders for each \$45 set must be placed by September 16. Scan the QR code below to place your order.



An 8-ounce jar of kosher honey arrives in time for the Jewish New Year, decorated with a colorful label, and includes a personalized card reading "Shana Tova - Wishing you a Healthy and Happy New Year." This card also lets the recipients know that a donation has been made in their honor to Congregation B'nai Tikvah - Walnut Creek.

- \$13.00 per jar including shipping and handling in the United States.
- Outside the United States for an additional fee.
- To order honey: go to <https://orthoney.com/WCC>, click the honey link and follow the step-by-step instructions.
- Order by August 1 to avoid a \$6.50 per jar shipping fee.
- Order by September 1 for guaranteed delivery in time for Rosh Hashanah.

Please contact Lori Siegel loriesiegel@aol.com or Joan Weinstein jandmwein@gmail.com with any questions.

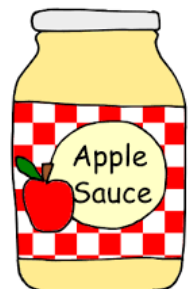
Volunteer for the High Holidays

Volunteer help is needed for the High Holidays! Please scan the QR code below to view and submit the volunteer form.



CBT is partnering with Jewish Family and Community Services of the East Bay to deliver about 250 kosher holiday meals to Jewish seniors, Ukrainian Jews, and Holocaust survivors across Contra Costa and Alameda Counties.

If you would like to help, we are collecting apple sauce as our contribution to these holiday meals. Please bring applesauce to CBT and we will deliver it to JFCS.



High Holidays



CONGREGATION
B'NAI TIKVAH

Congregation B'nai Tikvah Memorial Book

Each year at the Yizkor Service on Yom Kippur afternoon our thoughts turn to those whom we loved and whose lives have now ended. Our Memorial Book pays tribute to our loved ones. With these tributes we enable each other to fulfill three mitzvot: Formally remembering loved ones; Contributing tzedakah (charity) in their memory; Added support for our congregational family. There are several options for a tribute to your loved ones:

5782 Remembrance Page

Please submit the names of those who have passed away since last Yom Kippur (9/16/2021)
If you have lost a loved one in the past year, we will add their name to the 5782 Remembrance page.
No donation is required.

Please **print**

<u>NAME</u>	<u>RELATIONSHIP</u>	<u>DATE OF DEATH</u>
_____	_____	_____
_____	_____	_____

5783 Tribute Pages

Please select from the options below:

- My tribute is new
- Please use the names I submitted last year.
- Please use the tribute size from last year.
(Choose your tribute size and donation below)
- I am adding additional names below.
- Please change the tribute size
(Choose the new size of your tribute and donation below)

- FULL page* \$180 HALF page \$90*
- QUARTER page* \$54 ROLL OF MEMORY pages \$18 for the family name plus \$6 for each name listed.

*A full-size page is 5½" by 8½"

Roll of Memory is a continuous listing of names in the following format:

In memory
Helena Drake
Remembered by
Millie and Bob Drake

- Please add these names to my tribute (**please print**):

_____	_____	_____
_____	_____	_____
_____	_____	_____

(if necessary, add additional names on back)

Remembered by: _____

- I will send a check to the office Please bill my account

Your name _____ Your phone or email _____

**Please remit payment and
RETURN TO B'NAI TIKVAH NO LATER THAN AUGUST 26, 2022.**

May the memory of your loved one be a blessing.



Scan to see the
2021/5782 Yizkor Book



Scan to submit the 5783
Yizkor Book Form online

Contra Costa Midrasha

By Devra C. Aarons, CCM Director

Our biggest Summer 2022 news to share - the Israelis are returning this summer! Join in the fun! From July 27 - August 7, 2022 we expect about 15 Israeli teens and their educators from the Holtz Academy in Tel Aviv, Israel for a 10-day adventure in the Bay Area with our teens! Any teen in our community interested in having fun, making friends, and learning about Israel is welcome to join. If you are an adult without teens at home - we still need your help! Consider hosting an Israeli educator, bringing cookies or being an adult chaperone.
Info www.ccmidrasha.com/mifgash-2022

CCM's 2022-23/5783 year is just around the corner! We return to three full weekend-long retreats, great Wednesday nights and three Tikkun Olam projects.
Registration is open at ccmidrasha.com — click the “enroll” button! Mark your calendars:

1. CCM's annual 8th grade Orientation is August 31st.
2. Opening night for all teens (grades 8-12) is September 7th.
3. The Fall retreat happens November 11 - 13, 2022 at our new site at Redwood Glen in Pescadero.
4. Our annual Gala is February 25, 2023.

Stay tuned for sign up information on CCM's website at ccmidrasha.com.

CCM's three Tikkun Olam programs ended the 2021-22 year with exciting milestones:

- Project Ezechiel teens advocated at the CA Capitol Building in Sacramento.
- Hamsa Fund teens raised \$9,000 towards refugee resettlement, given to 2nd Families, JFCS of the East Bay and Orange County Jewish Coalition for Refugees.
- Better Together elders and teens celebrated their year playing bingo, sharing gifts and laughter!

And next year any teens signed up for these projects are welcome to join us for a week of service in Los Angeles.

As always, spread the love about Contra Costa Midrasha! Let the teens in your life know about Midrasha and our myriad of programs. Schedule a time to talk with our Director, Devra Aarons at devra.aarons@ccmidrasha.com or check out our website at ccmidrasha.com

There's something for every teen!



Poetry Corner

It Is Still a Very Good Life! by Jeffrey S. Weil

Arthur Weil was born September 4, 1925
He was a kid in Germany when the Nazi's came
They made him stay out of school
The economy, The Great Depression, Jews were to blame.

They came and took away their belongings
Terrible things to Jews were happening in the street
His mother Charlotte was fearful for his life
She had to get him to America but what a feat!

She found a rare spot for him on a kinder transport
10,000 were sent to England, 1,000 to the USA
All by himself across the Atlantic Ocean
So that Arthur could live another day!

He was placed in a Foster Home,
And was shuffled to another
So hard to be with stranger families
And not with his loving mother

Father Siegfried was in a concentration camp
So many other family members soon to die
But Arthur persevered, studied and worked hard
This left little time for him to cry.

When he was 17 he went off on his own
Working many jobs and staying in school
Learning how hard honest work pays off
Otherwise, life can be so cruel!

As soon as he was old enough he joined the US Army
Part of the engineering brigade
They sent him to England to repair damage from buzz bombs
So much destruction the German bombing made!

Later as an army clerk he was transferred to Belgium
Oh what adventures did Arthur enjoy
Dancing in off-hours and seeing the sights
Turning into a young man, from a boy!

With the war now over and the GI Bill
Arthur was able to get several college degrees
Hoping to eventually get his PhD.
All the professorial opportunities he could then seize!

So much more of Arthur's life to share
This poem will be in several parts
Thank you for listening to this
So glad Arthur's story can warm others hearts!

Need Some Help? — Call Chesed

Loosely translated from Hebrew, Chesed means "loving-kindness," and that is what CBT's Chesed committee is all about. Consisting of a large group of dedicated volunteers, Chesed exists to serve CBT families who may need a little extra help from time to time. It might be a ride to a doctor's appointment, a little yardwork or minor home repairs, drop-off of meals during illness or injury, or a ride to a CBT service or event. Whatever it is, we are happy to help if we can.

If you think we might be of service to you or someone else in CBT, please call the Temple Office as our point of contact. If you are interested in joining us—we always welcome more members to pitch in—please contact Bert Gunter, Chesed's coordinator. His email is bgunter.4567@gmail.com. He will explain to you how our system works and add you to our volunteer list.



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Contact office@tikvah.org.



It's been a long, hot summer and Goofball is looking for an air-conditioned ride and a sweet treat!

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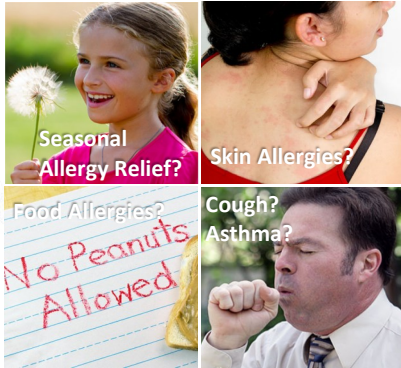
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SAVE THE DATE:

High Holidays 2022

- Friday, August 12 - Reconnecting with the Soul
Meditation on Zoom
- Saturday, September 17 - Slichot
- Sunday, September 25 - Erev Rosh Hashanah
- Monday, September 26 - Rosh Hashanah
- Friday, September 30 - Shabbat Shuvah
- Tuesday, October 4 - Kol Nidre
- Wednesday, October 5 - Yom Kippur



October 18, 2022, 5:30 - 8:30 pm