



CONGREGATION
B'NAI TIKVAH

TIKVAH TALK

REFLECTIONS...

By Rabbi Jennie Chabon



Friends,

The time we are in right now, the ten days of *Teshuvah*, is a time of turning. Turning away from the external world and into the inner landscape of the heart and soul. It is a time of transformation, faith, and

hard work. If you want to reap the benefits of our upcoming observance of Yom Kippur, now is the time to get very quiet, to pray, to meditate, to tune out any unnecessary noise in your external world and allow the spaciousness you create to reveal what you are meant to learn this year.

In that spirit, I want to share the following story by Rabbi Alan Lew (z"l) to guide you on your way.

A certain *rebbe* had a close disciple who fell into a long period of staleness, which troubled him deeply. He felt as if all meaning had been drained from his life, and when he prayed, his prayers turned to chalk and died in his mouth. [The *rebbe*] took him out of the village to a deep dark forest [and said to his student], "As you are entering the forest, ask God to give you the answer to your dilemma. Then... You must pay very close attention to the path through the forest. Otherwise you'll get lost and never come out alive." So the student entered the forest, asking God for the answer to his struggle... [Then,] as the rabbi had instructed him, he devoted all his attention to the path. Soon, he began to take great pleasure in this path; he took pleasure in the fall of his foot on the cool forest floor. He took pleasure in the path itself – a verdant, mossy path of deep, brilliant green. When he finally came out of the forest, he was smiling broadly. The *rebbe* asked, "Did God give you an answer?" The student started to weep... "[Alas!] I put all my attention on the path, and after a while I took so much pleasure in what was in front of my face, that I forgot about the question altogether!" "In that case," the *rebbe* said, "I would say that God gave you your answer after all."

May true and lasting renewal be offered to each and every one of us. *Gmar Chatimah Tovah.*

PRESIDENT'S MESSAGE

By Board President David Ratner



Last year at this time I introduced myself to CBT with my High Holiday Speech. I described what CBT means to me and why CBT plays a significant part in my life. As we approach Yom Kippur this year, I want to repeat some of what I said during the High Holiday Appeal and ask you to keep it in mind when I speak to you this year.

CBT has given me, and I hope you, more than anything a community with a commonality of purpose, but to which we each bring our own faith and reasons for congregating with each other. Our members come from all walks of life, and we all come for different reasons that mesh into that commonality of purpose that feeds our souls.

One of the core values, perhaps the cornerstone of our congregation set by Marc Usatin and our founding members, is that of a genuine and warm welcoming community, in which everyone feels a sense of belonging.

Some of us want a place to celebrate the High Holidays. CBT cherishes your presence. We are grateful that we can provide you the space to worship and celebrate our most holy days. You are important for CBT's existence.

Some of us are at CBT because we want our children to have meaningful Jewish educations up to and including their B'nai Mitzvah. CBT could not provide the religious school without our friends whom we only see twice a year. And we could not provide for our twice-a-year friends without our religious school families.

Some of us are at CBT because we want a home to worship and pray on Shabbat and during our sacred holidays. Their children are out of school. They are not interested in CBT's social action and social justice work. We can provide a community for them because our twice-a-year Jews and Religious School families have made CBT their home.

Many of us fit in several of these groups throughout our lives and our time at CBT.

Again, each person's reason for joining our community may be different but the existence

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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
Keren Smith, Acting Director of Education
Orit Winton, Assistant Director of Education
Paula Mosaati, 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

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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

Hanna Bronsky Peña
Shayna Zucker Haroutunian & George Haroutunian
Noel Honeck
Wendy Knel & Chris Sharp
Alison & Allen Romano
Judith Rosenblatt & Bradley Alberts
Cathy & Steven Schechter
Ariel & Eli Spector

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



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.



Connection Corner

By Keren Smith, Executive Director



There was a time in my life when I believed that everything was simple, one-dimensional, good versus bad. But as I am maturing (hmmm), I find that nothing is one-dimensional, that every person and each situation is layered and complex, and that nothing is purely good or absolutely bad.

This is true even for one of the most challenging times in recent history, Covid, which abruptly changed our world two and a half years ago. For me, and I imagine for many of us, there was a feeling of helplessness, of isolation from people I love and my community, of anxiety and uncertainty, while at the same time, this period was also a time of simplicity, ease, and strong family connection. I thought that when the world opened again, I would be bursting at the seams to re-engage. But the truth is that re-engaging after this long period of social hibernation feels at times like it takes a lot of effort.

This feeling was front and center for me on the first day of religious school earlier this year, when I had to prepare for opening the school in person again, as opposed to leading it from my kitchen as I did two years ago. But something transformative happened to me that morning. That feeling of isolation-inertia, or perhaps laziness, was quashed when our community came into the building, and the social hall was buzzing with excitement and fresh energy. It was replaced by a genuine sense of belonging I have not felt for a long time, of strong community and powerful connections. Standing in the room surrounded by people who I love and care about reminded me that this feeling of being so connected to other people was missing in my life, and it is worth making an effort for.

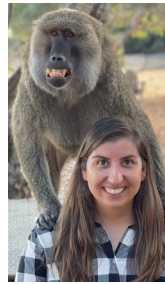
It also occurred to me that me making this effort by myself is not enough – that it took each person in the room to share the same sentiment and make the same commitment for us to enjoy the power of community connections once again.

As we walk into our new year together, I hope that we all let go of the simplicity and ease that was brought to our lives by the early days of the pandemic, and that we all commit to creating these amazing moments for one another. I hope that as we contemplate on Fridays whether to get into our PJs early and have an easy dinner at home, perhaps even streaming services, or dressing up, gathering everyone, and driving to temple for service, we remember that it is worth making the effort. We remember that it is only when we all make this effort that we are here for one another, and it takes a concentrated effort from all of us to step away from the residue of

Continued on page 4

Religious School

By Orit Winton, Assistant Religious School Director



It's nice to be back! After teaching at B'nai Tikvah for 5 years, and helping out in various different roles, I'm happy to be involved in the religious school again. Now that we have figured out our new normal, it's exciting to be able to move forward with some fun programming this year. From having regular in person, in classroom religious school, to in person

Tuesdays, to Mesibaba, Purim & more, we have an exciting year ahead of us. We are really focusing on bringing the fun and community aspects back into the school and we want B'nai Tikvah to be a place where your kids look forward to coming. We have a fantastic teaching staff this year and they are all just as passionate about making this a great year.

One of the things I love about being here is how quickly we are able to make new things happen. When someone has a great idea, we really want to hear it, and if we can, we will make it happen. For example, pizza is a regular on Tuesdays. We got a suggestion from a parent for a Sunday program with pizza and we were able to offer it the following week. Our first Pizza & Gaga was a success! We had a great turnout and the kids who joined enjoyed the casual hang out time with friends.

Mesibaba is another amazing program that Keren & I created and it has always been about fun! Our first one of the year is coming up on October 27, and the theme is Jewish Chef. This one is always a favorite, and the kids really love the opportunity to cook! I love watching them all dive in and come up with innovative creations, and then (gulp) taste their recipes. My twins have been begging to come to Mesibaba for years, and they are so excited that they are finally in 2nd grade and able to join in on the fun!

Be sure to keep reading your emails so you don't miss out on any of our amazing programs & events. Next up is Simchat Torah on October 16th, where we will have class at 4pm followed by a community dinner and Simchat Torah Celebration.

See page 8 for an introduction to our amazing teaching staff, page 9 for more Mesibaba information, page 13 for preschool programs, and please feel free to give us a call if you have questions.

Shana Tova!
Orit

TIKVAH TAKEOUT

Fall into dinner with Tikvah Takeout! 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.

WISE SONS

JEWISH DELICATESSEN
since 5771

Order deadline: Monday, October 3.

Pick-up at CBT: Wednesday, October 5 from 1-2:30pm

Vitality Bowls (Lafayette)

Tuesday, November 15,
8am– 8pm



VITALITYBOWLS
•SUPERFOOD CAFÉ•

Tikvah Takeout for Religious School!

Zachary's Pizza in Pleasant Hill

Tuesday, December 6th, 11am-9pm
Take a pie home or stay to eat there.



Watch your email for more info

Sisterhood News

By Mona Epstein

Book Sisters has resumed meeting in person in August and September.

In August we met in Rayna's lovely backyard for brunch and a discussion of Home Baked by Alina Volz. The discussion was lively and the food was excellent!

In September we met to discuss The Seven Husbands of Evelyn Hugo by Taylor Jenkins Reid. Lots of juicy Hollywood-like details as well as a look at love and loss.

We have arranged to partner with the JCC to sponsor an **author discussion in May** - The book is The Man Who Sold Air in the Holy Land by Omer Friedlander. It is a collection of Israeli short stories.

Please join us for our annual sisterhood brunch to welcome new members on October 16 @11 am, outdoors at CBT. New members are free the first year and returning members are \$36. Bring any books you'd like to exchange! Please RSVP to Mona by Oct 9.

Sisterhood will be coordinating with the Social Action Committee to participate in a postcard writing session to support abortion providers. Contact Jennifer Klatsky for details.

Upcoming Booksisters:

Tuesday October 25 7 pm @CBT; The 7 1/2 Deaths of Evelyn Hardcastle

Have you purchased your tickets for the CBT Annual Restaurant Walk?

Use the QR code below to get them today!



"Best progressive dinner on two feet"

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



This year's restaurants include:

- | | |
|-------------------------|-------------------------|
| Broderick Roadhouse | Skipolini's Pizza |
| Capullo Cocina Mexicana | Slice House |
| Extreme Pizza | Tacos Walnut Creek |
| Gott's Roadside | Tomatina |
| Massimo Ristorante | Torsap Thai Kitchen |
| Nick the Greek | Veggie Grill |
| San Francisco Creamery | Walnut Creek Yacht Club |
| Silk Road | |



For ticket purchase and more information, scan QR code or visit <https://tikvah.org/a-taste-of-walnut-creek/>.

Your Restaurant Walk Passports will be available for pickup from Lori Siegel at CBT or at Gotts Roadhouse, October 18th starting at 5:30pm.

Connection Corner Continued

By Keren Smith, Executive Director *continued from page 3*

isolation and back into our welcoming and loving community.

As we set our intentions for the new year, I ask all of us to make the effort and lean in – make room in our hearts and space in our schedule to show up for one another in community. Let's all make the effort to leave a dark period of isolation behind us and step back into the warmth of this community.

High Holidays 2022/5783



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

Guest Tickets

- \$36 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
- 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 \$180 per family.

Tuesday, October 4

7:30 pm **Kol Nidre** Service

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

6:00pm **Neilah** Service

Friday, October 14

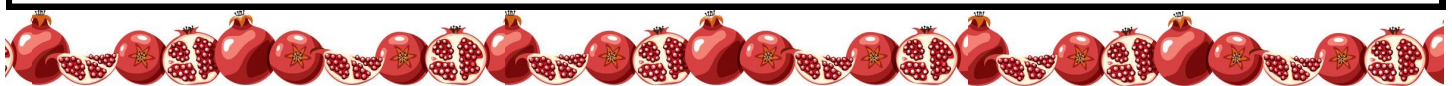
6:30pm **Sukkot Nourish the Soul Shabbat** Service

Sunday, October 16

4:00pm **Simchat Torah Celebration**

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.

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



President's Message Continued

By David Ratner *continued from page 1*

of our community depends on the inclusion of all of us. And, I dare say that the strength of our community depends on the diversity of our congregation.

Some institutions refer to these different groups as silos – stand-alone groups that do not share a commonality of purpose. I like to think of the different groups of congregants as pillars – the support for our big tent. And, it seems to me, the more pillars we have to support the structure of our institution, the stronger and healthier we are.

So, we welcome those of us who belong to a synagogue because it provides a connection to Israel and its centrality to life in the diaspora.

So, we welcome and include our LGBTQ friends and families looking for an open inclusive synagogue. We welcome Jews of Color looking for a synagogue in which their Jewish identity will not be questioned. We welcome millennials and gen x, y and, zers who have been unable to find a fountain to quench their spiritual thirst.

We welcome interfaith families, we welcome folks who want to convert to Judaism, we welcome those who are unsure of their own religious identity.

The more pillars we can add to support our big tent the stronger the tent will be, the stronger our connection can become, and the better able we will be to withstand whatever ill winds blow our way.

It's because of our pillars that we have not only survived but have thrived in the face of the Covid pandemic and the challenges it caused.

And let's not forget that one of our strongest pillars is composed of our founding and longtime members who had the foresight to create a synagogue based on kindness and community.

And it's also because of congregants who have given their time and energy to CBT that we are maintaining our ability to be who we want CBT to be.

My ask of our congregation this year will be similar but different than last year. Before this year's appeal, let's all start thinking about what we have received from CBT this past year and whether something more exists here that can give us something more.

L'shana Tovah

SHABBAT SHALOM

Family First Friday Shabbat

1st Fridays at 6:30 p.m.

10/7 LAST Shabbat in the Park for the year,

11/4, Led by the 1st Grade, 12/2, Glow in the Dark. Led by Kindergarten

1/6, PJ Shabbat Led by the 2nd Grade,

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.



Don't miss the last of the season Shabbat in the Park October 7th.

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.

10/14, 11/11, 12/9, 1/13

In-person services on the 2nd Friday of the month. We will explore new and creative ideas and experiences for our service. See page 14 for more information!



Shir Joy Shabbat

3rd Fridays at 7:30 p.m.

10/21, 11/18 Volunteer Shabbat, 12/16, 1/20

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



Save the Date For our Community-Wide Hanukkah Celebration!

4th Friday, December 23rd

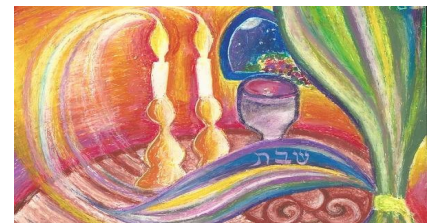


4th Fridays: Community-Led Shabbat

6:30 p.m.

10/28, 11/25, 1/27

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.



See Page 14 for more information.



Exploring the World of Rabbinic Midrash

Meets November 3, 10, & 17 from 6:30 – 8:00 p.m.

Instructor: Deena Aranoff

Join an incredible teacher, Deena Aranoff, in learning about what's hidden between the lines of the Torah. This three-part series devoted to the world of rabbinic midrash will explore rabbinic storytelling, interpretation and debate. We will meet iconic rabbinic figures such as Hillel and Shammai, and study a selection of texts that articulate foundational perspectives within rabbinic culture.

Class Information

In-person on November 3, 10, & 17 at CBT. \$72/person for members and \$100/person for guests.

Interested in joining us for this class? Use the QR code to register.

About Deena Aranoff

Deena Aranoff is Faculty Director of the Richard S. Dinner Center for Jewish studies at the Graduate Theological Union in Berkeley. She teaches rabbinic literature, medieval patterns of Jewish thought, and the broader question of continuity and change in Jewish history. Her recent publications engage with the subject of childcare, maternity and the making of Jewish culture.



ONGOING PROGRAMS

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

Zoom Meditation Series with Gerri Levitas

Fridays at 1:00 pm

Join Gerri Levitas for this amazing meditation workshop series. Gerri is a professional hypnotherapist and is well-versed in guided meditation.

Through guided visualization, this workshop will help participants center, ground and access deep wisdom within their own heart. Choose one or all in the series:

- October 28: Moving on the Path of Hope
- November 11: Feeding Our Souls with Gratitude
- December 16: The Miracle of Light



FREE for CBT members. \$10 suggested donation for guests. Scan the QR code above to register.



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.



Is BACK in November!

Tuesdays 1:00 p.m.

Join Rabbi Chabon for a spiritual exploration and a wonderful community discussion of sacred texts. See the weekly email for Zoom information and the text that will be discussed.

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—Religious School

Meet Our Teachers



Rebecca Seidenspinner
K'tan Tan

Rebecca comes to CBT with 20 years of pre-school experience. She currently teaches Pre-K at Pleasant Hill Rec and Park Preschool, and served as a teacher in Gan B'nai Shalom Preschool for ten years. While she was attending classes at Diablo Valley College in Early Childhood Education, she worked concurrently in a preschool that her son attended for seven years.



Molly Lin-Utzig
Kindergarten

Molly Lin-Utzig grew up attending B'nai Tikvah as a student, Bat Mitzvah, and now teacher. She is excited to be teaching kindergarten because she enjoys watching students grow and learn.



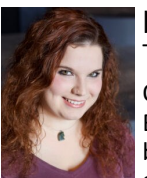
Jordan Smith
First Grade

Jordan has grown up in the Bay Area and has been a member of B'nai Tikvah since she was 13 years old. She is attending UC Berkeley, studying Bioengineering. She has been a member of the madrichim program for the past five years and was Head Madricha last year. She has also run the STEAM camp at B'nai Tikvah in previous years and has helped with Mesibaba. Jordan loves teaching and is very excited to incorporate her



Zach Zagon
Second Grade

Zach was raised in the Bay Area and has been a part of the CBT community since childhood. He both attended Hebrew School and had his Bar Mitzvah at CBT. During the week he works as a Special Education Assistant at Valley View Middle School and is currently a student majoring in psychology with the goal to become a special education teacher. In his free time, he enjoys powerlifting, playing with his dog Moose, and spending time with his family and friends. He is excited to be teaching second grade at CBT on Sundays and strives to create a fun environment where his students can learn more about their Jewish heritage.



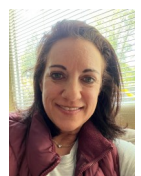
Rina Kirsch
Third Grade

Originally from Massachusetts, Rina moved to the Bay Area with her family 7 years ago and has been living here full time for the past 3 years. She graduated from Juniata College, located in Pennsylvania, in 2019 with a degree in Biology and Theatre Performance. She was an active member of United Synagogue Youth, Hillel, and attended Camp Ramah New England. She has several years of experience as a TA and a substitute teacher, most recently working at CCJDS. She is very excited to teach the 3rd-grade class!



Ellen Fasman
Fourth Grade

Ellen was born in the Bay Area and has roots in Chicago. She has three children and two cats. She graduated from UC Davis with degrees in Biology and Physical Anthropology. Ellen also teaches high school biology and physiology. Ellen has been teaching at CBT with love and passion for many years. Her work with



Julie Trost
5th Grade

Julie is a Bay Area native and had her Bat Mitzvah in Tiburon, CA. She attended college and earned her Teaching Credential at UC Davis, completed graduate degrees in Reading and Language Arts at Cal State East Bay, and taught third grade in both Newark and Walnut Creek. She loves teaching reading and writing among other things, and is excited to guide her fifth graders in writing their own interpretative Siddurim at CBT.

Julie lives in Walnut Creek with her husband, her two sons (a fourth grader and a sophomore Tutor in the Madrichim

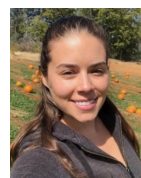


Rebecca Abraham
Sixth Grade

Rebecca grew up in Tempe, Arizona. She moved to the Bay Area after completing her Masters in Speech Language Pathology at Arizona State University. While in college, Rebecca was an active member of Jewish life on campus, taking classes in modern Hebrew, Biblical Hebrew, and holding leadership positions in the Hebrew language club 'Medabrim.'

While in Tempe, Rebecca was an active member of her synagogue. She was a camper and a counselor at a Jewish overnight camp. She worked with all ages first as a madricha, and then as a teacher. She also tutored B'nai Mitzvah students and Modern Hebrew classmates.

Rebecca works as a speech language pathologist at 2 nursing



Vanessa Redmond
Seventh Grade

Born and raised in San Francisco, Vanessa now lives in Concord and is proud to be a newer CBT member, having joined the community in July of 2021. Vanessa has cultivated a lifelong love of Judaism, beginning with her attendance at Congregation B'nai Emunah's preschool in the Outer Sunset district of San Francisco 33 years ago. A convert to Judaism, Vanessa brings a passion and enthusiasm for all aspects of Jewish life, and the power of the Jewish community to be a positive force in the world. As a fan of food and cooking, she attended City College of San Francisco's Culinary Arts program, before earning her Bachelor's degree in Communication Studies at San Francisco State University. Vanessa works full-time at a financial tech company, and enjoys spending time with her dog, Jasper.



Scan the QR code to register for Mesibaba!

Bringing 2nd - 7th graders together to have FUN!

Games, Crafts, Gaga, Dinner & More

Jewish Chef
THURSDAY, OCTOBER 27



The Amazing Hanukkah Race
THURSDAY, DECEMBER 15



Trash to Treasure
THURSDAY, JANUARY 26



Minute to Win It
THURSDAY, MARCH 23



Summer Fun
THURSDAY, MAY 18



This awesome youth program is sure to deliver a fun social afternoon to all attendees and leave your kids waiting for more. Mesibaba offers five uniquely themed programs on Thursday afternoons throughout the year from 4:00 – 6:00 p.m. at Congregation B'nai Tikvah in Walnut Creek. Mesibaba is open to all 2nd – 7th graders in the Jewish community and is always focused on building friendships while having a blast. Each Mesibaba is dedicated to a different theme, combining a backdrop of Jewish content with sheer fun.

Advanced Purchase Rate (Online):

At-the-Door Rate:

Full School Year Pass (All Five Sessions Included):

\$25/member, \$30/guest

\$30/member, \$35/guest

\$100/member, \$125/guest

In Gratitude to our Community

GENERAL FUND

In Memory of Abraham Leventhal
Diane Leventhal

In Memory of Barbara Schechner

In Memory of Martin Winslow
Beverly & Phil Winslow

In Memory of Beatrice Sauve
Annette & Mike Cohn

In Memory of Bob Wilk
Beverly & Phil Winslow
Laura & Bruce Presnick
Adrian Blumberg

In Memory of Brett Wilk

In Memory of Jonathan Horowitz
Jill & Kevin Wilk

In Memory of Chester Tobias

In Memory of Dorothy Tobias
Carol & Allan Tobias

In Celebration of David Ratner 75th birthday
Susan & John Rubinfeld
Dan Lapporte

In Memory of Elaine Greenfield
Steven Greenfield

In Memory of Esther Vineberg
Joni Vineberg

In Memory of Harvey Hochhauser
Laura & Bruce Presnick

In Memory of Kay Bernstein Tucker
Dale Tucker

In Memory of Klara Bekker
Irina Pekar

In Honor of Larry Goldenberg's Birthday
Susan Aglietti

In Memory of Lillian Friedman
Hilary Friedman

In Memory of Lisa Gewing
Walter Gewing

In Memory of Max Sheldon
Christine & Murray Sheldon

In Memory of Richard Katz
Karen Lapin & John Kobzina

In Memory of Rona Kaufman

In Memory of Marni Levine

In Memory of Geraldine Berres
Kim & Brian Zagon

In Memory of Tim Teele
Jackie Chakoff

RABBI CHABON'S DISCRETIONARY FUND

In Memory of Ben Brown
Sharon & Ron Brown

In Memory of Bob Wilk
Steven Greenfield
Jane Sedley
Susan & John Rubinfeld
Nancy Hirsh
Sharon & Ron Brown
Nicky & Phil Weismehl
Nancy & Arthur Solomon

In Memory of Our dear friend Bob Wilk
Marg & Herb Eder

In Honor of Bob(z:l) and Nessa Wilk
Dee Thompson

In Memory of Brian Schwartz
Cindy Turner & Emma Schwartz

In Celebration of Bryan Lurie's Bar Mitzvah
Arlene Lurie

In Memory of Dave Appleberg
Idelle Lipman

In Memory of Josh Steinhorn
Judy Weil & Sanford Weitzner

In Memory of Star Kaplan
Iris Kaplan

In Memory of William Tama
Sharon & Hugh Tama

In Memory of Florence Miller
Susan & John Rubinfeld

In Memory of Hannah Roth
Sharon & Ron Brown

In Memory of Stanley Gilman
Carol Reif & Jeffrey Gilman

JAMES COHEN SCHOLARSHIP FUND

In Memory of Rita Spector

In Memory of Robert Blum
Judy & Walt Blum

MORDOH/NADJARI HOLOCAUST FUND

In Memory of Luna Nadjari
Judith & Oskar Nadjarin

Memory of Rene Molho
Zaffy Welch

THE HARRY WITTENBERG SOCIAL ACTION, JUSTICE, & INTERFAITH FUND

L'CHAIM GALA FUND-A-NEED

CAPITAL CAMPAIGN FUND

In Memory of Bob Wilk
Claire Bernardo & David Ratner
Dan Lapporte

In Memory of Carol Gunter
Bert Gunter

In Memory of Florence Weinstein and Arnold Devins
Joan Weinstein

In Memory of Harriet Gardner
Carol Teitelman

In Honor of Robin Gordon's 90th Birthday (Sept. 24, 2022)
Clarie Bernardo & David Ratner
Idelle Lipman
Joan Weinstein

In Memory of Sadie Teitelman
Carol Teitelman

In Memory of Sandy McReynolds
Diane Leventhal

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In Memory of Bob Wilk
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Carol Reif & Jeff Gilman
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In Memory of Ruth Schultz Goldenberg
Ruthie & Larry Goldenberg

In Memory of Stephanie Woldman & Myron Woldman
Margie & Steve Richards

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JAMES COHEN MEMORIAL FUND

In Memory of Eckart Sellinger

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Irina Pekar

In Memory of Eric Father's
and Loving Memory of Tina's Father
Tina & Eric Eisenman

ADAM NIVER SCHOLARSHIP FUND

In Honor of Rabbi Chabon
Sara & Joshua Rosenthal

JOSEPH ASHER MEMORIAL LECTURE FUND

In Honor of The wedding of Mira Asher
and Nick Battjes





Culture of giving Fund of the month:
The High Holiday Appeal

OCTOBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				3 (9 Cheshvan) Participant-Led Zoom & Zen 10:00am Exploring the World of Rabbinic Midrash 6:30pm		1 (6 Tishrei) Vayelech
2 (7 Tishrei) Religious School 9:30am	3 (8 Tishrei)	4 (9 Tishrei) Kol Nidre A Taste of Torah Meditation 10:00am Office Closes at 1:00pm	5 (10 Tishrei) Yom Kippur Yizkor Office Closed	6 (11 Tishrei) Participant-Led Zoom & Zen 10:00am	7 (12 Tishrei) Shabbat in the Park 6:30pm	8 (13 Tishrei) Haazinu
9 (14 Tishrei) Erev Sukkot Religious School 9:30am	10 (15 Tishrei) Sukkot Office Closed	11 (16 Tishrei) Chol HaMo-eid Sukkot A Taste of Torah Meditation 10:00am Religious School 4:00pm	12 (17 Tishrei) Chol HaMo-eid Sukkot	13 (18 Tishrei) Chol HaMo-eid Sukkot Participant-Led Zoom & Zen 10:00am Sisterhood Mah Jongg 1:00pm	14 (19 Tishrei) Chol HaMo-eid Sukkot Nourish the Soul Shabbat – Sukkah Dinner with Rabbi Chabon 6:30pm	15 (20 Tishrei) Chol HaMo-eid Sukkot
16 (21 Tishrei) Hoshana Rabbah Religious School 4:00pm Community Dinner 5:00pm Simchat Torah & Consecration 6:00pm	17 (22 Tishrei) Simchat Torah and Sh'mini Atzeret Yizkor Office Closed	18 (23 Tishrei) A Taste of Torah Meditation 10:00am Religious School 4:00pm CBT Annual Restaurant Walk 5:30pm	19 (24 Tishrei)	20 (25 Tishrei) Participant-Led Zoom & Zen 10:00am	21 (26 Tishrei) Shir Joy Shabbat 7:30pm	22 (27 Tishrei) B'reishit Bar Mitzvah of Noah Auffhammer 4:00pm
23 (28 Tishrei) Religious School 9:30am K'tan Tan 10:00am	24 (29 Tishrei) Board Meeting 6:30pm	25 (30 Tishrei) A Taste of Torah Meditation 10:00am Religious School 4:00pm Book Sisters 7:00pm	26 (1 Cheshvan)	27 (2 Cheshvan) Participant-Led Zoom & Zen 10:00am Mesibaba – Jewish Chef 4:00pm	28 (3 Cheshvan) Fall Meditation with Gerri Levitas 1:00pm Community-Led Shabbat 6:30pm	29 (4 Cheshvan) Noach
30 (5 Cheshvan) Religious School 9:30am	31 (6 Cheshvan)					



Culture of giving Fund of the month:
The CBT General Fund

NOVEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 (7 Cheshvan) A Taste of Torah Meditation 10:00am Lunch & Learn 1:00pm Religious School 4:00pm	2 (8 Cheshvan)	3 (9 Cheshvan) Participant-Led Zoom & Zen 10:00am Exploring the World of Rabbinic Midrash 6:30pm	4 (10 Cheshvan) Family First Friday Shabbat Led by 1 st Grade 6:30pm	5 (11 Cheshvan) Lech L'cha Bat Mitzvah of Aviv Milin 10:00am
6 (12 Cheshvan) Religious School 9:30am	7 (13 Cheshvan)	8 (14 Cheshvan) US Election Day A Taste of Torah Meditation 10:00am Religious School 4:00pm	9 (15 Cheshvan)	10 (16 Cheshvan) Participant-Led Zoom & Zen 10:00am Sisterhood Mah Jongg 1:00pm Exploring the World of Rabbinic Midrash 6:30pm	11 (17 Cheshvan) Veterans Day Fall Meditation with Gerri Levitas 1:00pm Shabbat Service 6:30pm	12 (18 Cheshvan) Vayelra Nishma Service 10:00am
13 (19 Cheshvan) Religious School 9:30am K'tan Tan 10:00am	14 (20 Cheshvan)	15 (21 Cheshvan) A Taste of Torah Meditation 10:00am Religious School 4:00pm Lunch & Learn 1:00pm Book Sisters 7:00pm	16 (22 Cheshvan)	17 (23 Cheshvan) Participant-Led Zoom & Zen 10:00am Exploring the World of Rabbinic Midrash 6:30pm	18 (24 Cheshvan) Shir Joy Shabbat 7:30pm	19 (25 Cheshvan) Chayei Sarah
20 (26 Cheshvan)	21 (27 Cheshvan)	22 (28 Cheshvan) A Taste of Torah Meditation 10:00am Lunch & Learn 1:00pm	23 (29 Cheshvan)	24 (30 Cheshvan) Office Closed Thanksgiving Day Participant-Led Zoom & Zen 10:00am	25 (1 Kisleiv) Office Closed Community-Led Shabbat 6:30pm	26 (2 Kisleiv) Toi'dot
27 (3 Kisleiv)	28 (4 Kisleiv) Board Meeting 6:30pm	29 (5 Kisleiv) A Taste of Torah Meditation 10:00am Lunch & Learn 1:00pm Religious School 4:00pm	30 (6 Kisleiv)			



K'Tan Tan

- FREE monthly parent & me program for ages 0 - 5
- Sundays from 10:00 - 11:30 am
- Open to everyone
- Learn more at tikvah.org/ktantan



Scan the QR code to register for K'tan Tan!

Crafts



Stories

Preschool Programs @ CBT



CONGREGATION
B'NAI TIKVAH

Music

Gan Gani

- Monthly PreK program for ages 4 & 5
- Sundays from 10:00 am - 12:00 pm
- Open to everyone
- \$150/child for CBT members, \$180/child for guests
- Learn more at tikvah.org/gangani

Play



Scan the QR code to register for Gan Gani!



2nd Fridays @ CBT

OCTOBER

Nourish the Soul Shabbat

FRIDAY, OCTOBER 14, 2022



NOVEMBER

Camp Shabbat

FRIDAY, NOVEMBER 11, 2022



DECEMBER

Shabbat After Hours

FRIDAY, DECEMBER 9, 2022



JANUARY

Open Mic Shabbat

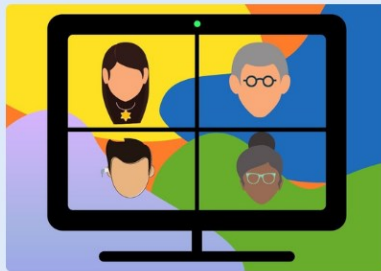
FRIDAY, JANUARY 13, 2023



FEBRUARY

Better Together Shabbat

FRIDAY, FEBRUARY 10, 2023



MARCH

Shabbat on the Block

FRIDAY, MARCH 10, 2023



APRIL

Midwestern Shabbat

FRIDAY, APRIL 14, 2023



MAY

Jewish Night of Why Shabbat

FRIDAY, MAY 26, 2023



JUNE

Nourish the Soul Shabbat

FRIDAY, JUNE 9, 2023





Engage & Connect @ CBT

Mark your calendars!



Restaurant Walk

TUESDAY, OCTOBER 18, 2022

Join us for this fun evening for a taste of a variety of local restaurants, walking with family and friends, and running into many more friends on the street. This is a lovely opportunity to discover new restaurants, enjoy a bite from restaurants you love, and support our our beloved CBT.

Community Hanukkah Celebration

FRIDAY, DECEMBER 23, 2022

Don't miss this amazing multi-generational community celebration of light. In this special Shir Joy service filled with music and *ruach*, we will hold a latke cooking competition, fill the room with lights in our communal candle lighting, and enjoy a dinner together.



Annual Gala

SATURDAY, FEBRUARY 4, 2023

Mark your calendar for this wonderful, elegant, and fun night with community at The Bridges Golf Club in San Ramon. This is an opportunity for all of us to show up in support of our shared home, get dressed up for a night out, and share a spectacular evening with good friends. The theme of the gala will be revealed soon — stay tuned!

Community Passover Seder

THURSDAY, APRIL 6, 2023

Let's get together for the second seder to celebrate freedom and renewal with our congregational family. Join this seder for a delicious catered meal, and experience a spiritual and musical journey through the Haggadah led by Rabbi Chabon, moving from a life of bondage to renewal and coming back to life. We look forward to a multi-generational celebration creating memories together.





Join in for Trivia Night! Sunday, December 4, 2022

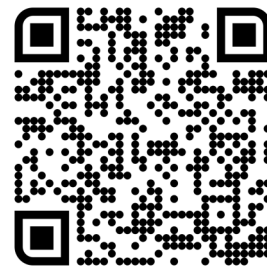
Join us for the 19th annual edition of Congregation B'nai Tikvah's Team Trivia Challenge. Movies, music, current events, history, pop culture, sports, cooking, geography, television. We've got all that for you and more!

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.



Poetry Corner

Reflection

by Jeffrey S. Weil

The period between Rosh Hashanah and Yom Kippur,
A time to think back on the past year
How do I wish I had acted differently?
What words would I not have said?
What actions did I neglect to take?

This is a precious time of reset, to start over, to move forward, in a positive direction, learning from these past experiences so as to improve upon them during the upcoming New Year.

What a blessing, to be able to wipe clean mistakes made, not to others, but before God. Errors to others I must ask for forgiveness as those are not automatically erased. But the rest, reset, turning the counter back to zero, and look forward to the New Year with fresh aspirations, not burdened by the past but enlightened because of what I have learned from reflecting on the past.

What a blessing these High Holy Days can be!



Goofball still wants to drive your car. Keep an eye out for him whenever you are in the parking lot at CBT



Sisterhood Mah Jongg

NOW in the Social Hall!
On the **2nd Thursday of every month** from 1:00 - 3:30 p.m.

Contact Barbara Grossman for more information

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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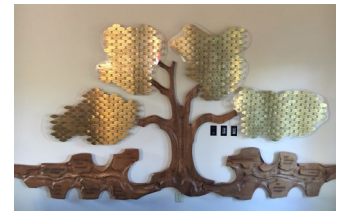


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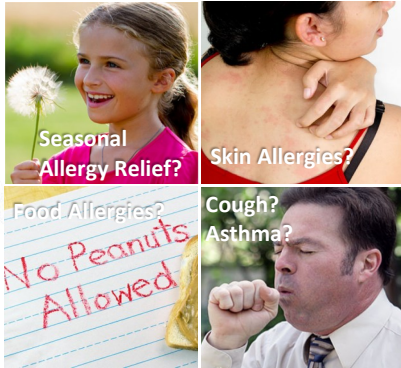
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SAVE THE DATE:



CBT Restaurant Walk

October 18, 2022

5:30 - 8:30 pm



For ticket purchase and more information, scan QR code
or visit <https://tikvah.org/a-taste-of-walnut-creek/>.

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Today!**