



CONGREGATION
B'NAI TIKVAH

TIKVAH TALK

August/September 2020

Walnut Creek, CA

Vol. 39 Iss. 6

Reflections...

By Rabbi Jennie Chabon



Friends, I have been thinking a lot lately about, of all things, The Incredible Hulk. I know, I'm surprised too. On the one hand, it's not surprising at all, given my children. But 6 weeks before the High Holy Days? At the most intense spiritual time of the year? What clergy person is thinking about The Hulk?!

This Marvel great has been coming to mind because of the combination of power and frustration that I have been feeling both within myself, and in the world around me, as we all come to a place of heavy-hearted acceptance about just how long this new Covid reality is going to be with us. Until a few weeks ago, I had been riding a wave of deep sadness alternating with contentment about how my family is managing this crisis, up and down, as we all try to find our balance within the shifting waters. But lately, as I stare down a season of High Holy Days unlike any other in our collective memory, and as my children envision a year of school behind their laptop screens, the wave has turned into more of a storm within me. My usual techniques of yoga and deep breathing do not seem to be working quite as well. There is only so much that breath can do when what you really want is to open your mouth and yell at the top of your lungs into the night sky.

And so...The Hulk.

When Bruce Banner is going through his transformation, he fights it intensely, not wanting to explode into the creature he inevitably turns into. He has power, rage, fear, pulsing through him; unstoppable strength, muscles popping, clothing ripping. He has no choice about what is happening to him, but he fights it all the same. The secret, of course, which he has to discover over time, is not how to stop the change from happening, but how to harness his newfound gift for good instead of allowing it to overtake him. He is The Hulk, whether he wants to be or not. And he is mighty beyond imagination.

What if, for a moment, instead of feeling resistant to the reality in which we find ourselves today, we all felt emboldened by it? What if we could channel our anger at Covid 19, our longing for friends, our loneliness, into a communal metamorphosis? What if, instead of fighting the fact that the High Holy Days won't be what they have always been, we believed that they have the potential to create real and lasting change in the world?

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President's Message

By Board President Judith Barrall



Five years ago exactly, I made my first, magical trip to Israel. There were so many "firsts" for me on that trip, but so memorable was my first Tisha b'Av. Until then, I did not really understand the significance of this deeply painful, soulful holiday. I suppose that growing up in the United States, and nearly

2000 years after the destruction of the Second Temple, the notion of only ONE Temple was honestly a bit foreign to me. But seeing everything for the first time, with a childlike wonder, I came away with just a little more appreciation for the wisdom to spend a day in prayer for what has been lost. What does it mean when something so sacred and holy is destroyed? When everything crumbles brick by brick? There is deep pain. Lamentations are chanted, centuries later. Uncertainty abounds. The new world starts to shift as the old one falls away. So familiar, isn't it? 2000 years later and we find that our own world can still crumble around us. In fact, all we need to do is pick up the newspaper, and evidence of destruction and heartbreak is everywhere. Somedays to me it feels as if everything is crumbling all at once. Other days, I feel as if I am in the middle of a much slower change, the ending coming sometime in the far distant future. As we are all experiencing the challenges of our current world, I wonder if there is there anything that we can learn from our ancestors and the wisdom of our heritage. From pain and loss and piles of crumbled stone, the Jewish people learned new ways to pray and survive. Tisha b'Av, and all of the anguish, sets the stage for our next several weeks.

If you attended a recent Lunch and Learn, Zoom and Zen, Shabbat services, or even Havdalah Yoga, Rabbi Chabon spoke about Tisha b'Av as signifying the beginning of the holiday season for us. Soon we will be in the month of Elul and our real work begins. Because our holidays this year will be different from any other year, Rabbi Chabon hopes to inspire us to do some deep personal work during Elul. There will be workshops, readings and teachings. I am honestly both excited and terrified. These past nearly 5 months should have provided me with ample opportunity to do some introspective thinking, but I have not been doing that. I have managed to keep both my outer and inner worlds at a distance. Maybe it is time for me to crack the veneer and be open to what the month of Elul can teach me.

The Jewish calendar, Rabbi Chabon reminds us, is packed with wisdom. During Tisha b'Av, we feel the

Continued on page 4

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.

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Contact

The CBT office is open by appointment only.

office@tikvah.org (925) 933-5397

www.tikvah.org

Mazel Tov to our Bat Mitzvah!



Bat Mitzvah of Sadie Gross
Saturday, September 12th.
Daughter of Danica & Matthew Gross

Mazel Tov!

To our **NEWEST** Parents and Grandparents!

To Aliza & Eyal Golshani on the birth of their daughter, Sarah Golshani born May 15, 2020

.....
To Grandparents Rayna & Richard Ravitz, and parents, Brittany & Daniel Rein on the birth of Brody Isaac Rein born July 29, 2020

.....
To Emily Weinstein and big sister Maya on the birth of Zarah Weinstein born August 7, 2020

To share your simchas, please email us at: office@tikvah.org

INTRODUCING



Jacks Urban Eats, Walnut Creek
Tuesday, August 25th,
Takeout from 4 - 8pm

This year we will be postponing our annual Restaurant Walk and introducing "Tikvah Takeout." We will feature restaurants in the area with a date and time that CBT will receive 20% of the proceeds from your takeout order!

Join us for for some great food supporting a local restaurant and CBT

Questions? Contact Lori Siegel
LoriSiegel@aol.com

From the ED's Zoom Room

By Anne Marx, Executive Director



Hello Everyone,

I'm now more than a month into my time here with all of you at CBT and as I have told a few friends, it has been a trial by warm and welcoming fire. Staff is working very hard to do the normal things like process your annual membership packets (please DO turn those in ASAP) and get you this issue of Tikvah Talk, but also get ready for an extraordinary season of High Holy Days and an extraordinary start to our religious school year. We can use help with some of these efforts, so if you'd like to get involved, please be sure to complete our recent High Holy Day volunteer survey.

This situation that we are all in, alone in many ways but together in so many more, is certainly not what any of us want but as we actively prepare to go forward in our second half-year of gathering restrictions, we cannot wait for perfect moments. We must find the perfectness in the moments we are having.

I have particularly been thinking about this as I work with some of our upcoming B'nai Mitzvah families to consider their options for Bat and Bar mitzvahs, which are not going to look like anything they had imagined. I also have been thinking about this in the last few days, as we concretely build and develop our High Holy Day plans.

With every decision that Rabbi Chabon and CBT staff makes, the conversation turns to how our events, remote gatherings, outreach to members, and upcoming holidays should be beautiful, perfect, and meaningful. We want each moment to count. We worry about whether or not we're choosing the right technology platform for the holidays and if our sound systems are perfect enough to gather outdoors. Everything we do, and every decision we make, is new.

I have found myself wondering if "perfect" is even the right goal. The Hebrew word for perfect is *mushlam*. It has a root of *shin-lamed-mem* and shares that root with *Shalom* (peace) and "*shalem*" which means "whole." How interesting that Hebrew ties wholeness to perfection and peace. It's an association I suggest we don't wait for.

The times are hard. Parts of our world may feel broken, but as a community we are experiencing births, sharing incredible meditations and healing, reimagining age-old, and more recent, traditions and enjoying musical Shabbats that make our hearts warm. Every day, and every week, we are marking moments - first trips to a forest or beach in months, creative shelter-in-place birthdays, "Netflix watch parties", wonderful home-cooked meals, and deep lunchtime Torah learning. All of this can certainly bring us peace and wholeness if we let it. And maybe even just the right kind of perfection.

Connection Corner

By Keren Smith, Director of Membership & Education



What day is it anyhow?

In the past few months, there have been countless times that I find myself wondering what day of the week it is at any particular moment. With every day resembling its predecessor, and the promise of tomorrow feeling exactly like today, the week seems to have no beginning and no end. And sure, COVID has brought that feeling front and center for many of us, disorienting us by stripping our normal routines that help us distinguish between the days of the week. But if memory serves, even before our current situation, often I felt that the days run into one another, that weeks can be long stretches of time; an endless race towards some obscure finish line. It is moments like this that highlight the importance of Shabbat in our week.

In a recent Lunch & Learn, an amazing and enriching weekly Torah study led by Rabbi Chabon on Tuesdays at 1:00, we discussed the language used around the commandment of Shabbat. We are asked to remember (זכור) and keep or observe (שמור) Shabbat. I always had this notion that in prior generations our ancestors looked forward to the rest Shabbat offers, and it is only in modern times that we don't want to take this much-needed break. But taking a deeper look into these words, where we are asked to remember and observe Shabbat, suggests to me that as humans we have always had a hard time taking a break from our routine, pausing our work, and being present with our loved ones, unplugged and ready to connect. This discussion has inspired me to make space for this break from the mundane and create a day that feels different in the week. Our CBT calendar provides us with many opportunities to celebrate Shabbat, and enter this holy time in our week, with purpose and mindfulness.

A perfect prelude to Shabbat is a new program we have added on the last Friday of each month, Cultivating Gratitude Meditation Workshop with CBT member Gerri Levitas, who is generously sharing her time and talent. Our second meditation workshop with Gerri was in July, and Gerri has agreed to offer four more meditation workshops which will be scheduled on the last Friday of the month at 1:00, currently scheduled for August 28th, September 25th, October 23rd, and December 4th. Look for sign up information in our weekly email.

As well, a service that never fails to transport me to a more calm and restful space, is our Nishma service which takes place on the second Saturday of the month at 10:00 am. Nishma, Hebrew for 'we will listen,' is a beautifully constructed Jewish world music experience. This incredible service, which is a hybrid of Reform and Conservative

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Sisterhood News

By Rayna Ravitz, President

Hi Ladies,

In our continuing weirdest of times, I am still trying to figure out how to keep us connected.

Trying to be creative, I am working on a Zoom brunch for October 18. We could meet in the parking lot but that still seems risky. I am working on a brunch box that you can pick up at CBT and Zoom together after that. I think it would work best if we had small Zoom groups at first and then come together for our actual meeting. Anne Marx, our new Executive Director, knows how to do this and will help. New CBT members are automatically Sisterhood members for their first year.

Anna Corwin will be leading a discussion on the book "So You Want to Talk About Race" by Ijeoma Oluo. We don't have the date yet. If that is set for October, that will be our book or we will read "The Vanishing Half" by Brit Bennet.

The gift shop is closed now but if you need something let me know and I will meet you there.

If you have an idea of an activity that we can share, let me know.

Our Book Sisters group continues on via Zoom.

Tuesday, August 18 - Book Sisters - 6:45

"What We Take for Truth" by Deborah Nedelman

The book is available on Amazon also available as an audiobook

The author will be joining us via zoom to discuss her book.

We will be Zooming, contact Leslie Rupley lrupley@gmail.com to join the discussion.

.....
Tuesday, September 15 - Book Sisters - 6:45

"Call Your Daughter Home" by Deb Spera

Ellen Duree will lead the discussion.

We will be Zooming, contact Leslie Rupley lrupley@gmail.com to join the discussion.

October

Either:

"So You Want to Talk about Race" by Ijeoma Oluo
Or "The Vanishing Half" by Brett Bennet.

Be well,
Rayna

Reflections...

By Rabbi Jennie Chabon

(Continued from page 1)

Though I would never choose to lead High Holy Days in an empty sanctuary, and though I have spent many hours and weeks fighting this reality in which we find ourselves, I have also been graced by moments of creativity and clarity that have brought new perspective to my process of preparing for Rosh Hashanah and Yom Kippur. Those moments never come when I am resisting the feelings within me, or wishing for life to be different than it is. They only appear when I allow myself to feel the full force of all that we are holding as a worldwide community and commit myself to channeling those feelings into transformation.

I do not know exactly what our days of holy celebration will look like this year or how they will compare to what is familiar and beloved to all of us. I do not know yet precisely what elements will go into each service, although we do have many wonderful surprises planned! What I do know is that our Days of Awe, and indeed our entire upcoming year, have the potential to be a time of tremendous growth and innovation if we commit ourselves to surrender rather than struggle. May our process of teshuvah and renewal be fueled by not just the still, small voice within each of us, but by the Hulk's roar as well, insisting on being the visionaries that the world so desperately needs, now more than ever.

President's Message

By Board President Judith Barrall

(Continued from page 1)

breaking of our world. But the upcoming weeks leading up to Rosh Hashanah and Yom Kippur gives us so much opportunity for learning and growth, and maybe even just a bit of insight. As the light begins to shift and shadows lengthen, may you enjoy the remaining days of summer.

Connection Corner

By Keren Smith, Director of Membership & Education

(Continued from pg 3)

traditions, was conceptualized and designed by our own Rabbi Chabon. It is my personal favorite of all our services, where Rabbi Chabon is in her truest form. The music is spectacular with guitar accompaniment. The Torah reading is always moving. The teachings the Rabbi weaves through the service are enriching, and her sermons always make me think of our world in a slightly different way. This service is truly magical!

With COVID being an unwelcome guest that doesn't seem to make any signals of leaving our midst in the near future, I urge you to turn to our tradition and make space for yourself to be present, take a break and rest, once a week for Shabbat.

Check out our calendar for many opportunities to connect with our community and feed your soul.

Contra Costa Midrasha

By Devra C. Aarons, CCM Director

It's Fall and we are planning an amazing series of workshops for our teens in Midrasha. All teens in grades 8-12, please consider joining us for a very special Opening Night of Midrasha on Wednesday, September 9th. We'll be on Zoom, but we promise hands-on activities, special guests, and lots of time to connect with friends!

We remain hopeful about the future, therefore, we are moving forward with registration for 5781 (2020-21). Enrollment is now live! Show your hope (and support of our work with the Jewish teens of our community) by signing up at www.ccmidrasha.com. Click on the "ENROLL" button at the top of our website. Much of what we do will be based on the successes we had this summer.

We were able to do amazing things over the summer, physically separated but still connected. We had three amazing cooking workshops with chefs Jet Tila, Aliza Grayevsky Somekh, and Natasha Feldman. (A HUGE thanks to Grand Bakery for sourcing the ingredients for these sessions.) Our teens made Mandala plates, fused glass hamsas, and tie-dye t-shirts! Finally, we ended our "Sheva" (seven) sessions with a Drive-In movie night showing the film, "The Zig Zag Kid." The evening was made possible through a co-sponsorship with the East Bay International Jewish Film Festival and the support of Beth Chaim Congregation and Denon & Doyle. Teens also delved into all kinds of ways to make a difference in our world. 13 of our teens spent time engaging with elders in our community through our newest version of "Better Together." 17 teens learned more deeply about social justice through a series of workshops. We will continue both projects this fall. To learn more about these projects, visit:

Hamsa Fund: ccmidrasha.com/hamsa-fund and Better Together: ccmidrasha.com/byachad

Check out all we have to offer at ccmidrasha.com

For more information about any of our programs or to RSVP for an upcoming program, visit us at www.ccmidrasha.com or drop me a line at 925/944-4701 or my NEW e-mail address - devra.aarons@ccmidrasha.com.



Opening Night
Sept. ninth

Connection
Chaverim (friends)
Meaning

starting out virtual, details to come

ccmidrasha.com

Wanna change the world?
Check out our programs on the back

Support B'nai Tikvah through the CBT Gift Shop

Do you have a B'nai Mitzvah approaching? Come see* our selection of tallit, jewelry, photo albums, and more. We have gifts for babies, newlyweds, your sweetie.



You can also browse our inventory ONLINE. Select the shopping cart icon on the CBT Website.

Your purchases directly support CBT. The gift shop is open by appointment. Call Rayna Ravitz or Kathy Jacobs in the office to make an appointment.

*We are temporarily closed but if there is something you are looking for, please contact Kathy Jacobs.

Services at CBT

For the most up to date details check your weekly email



Shabbat Services Online

Join Rabbi Chabon accompanied by Lisa Zeiler
Fridays at 6:30pm* for Shabbat Services.

Services can be seen on Facebook Live or Zoom
You do not need to have a Facebook or Zoom account.

*See "Kabbalat Shabbat" below for 2nd & 5th Friday schedule

First Friday's Family Shabbat

6:30pm via Facebook, August 7th & September 4th

Fun, family-friendly services with interactive stories, prayers and melodies religious school children will recognize and everyone will enjoy.



Kabbalat Shabbat

Second & Fifth Friday of the Month
5:00 pm via Zoom
August 14th & September 11th

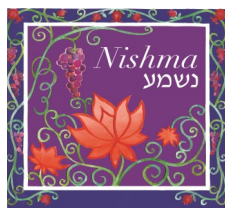
Join us as we prepare to enter Shabbat together in song and community. We will sing Shabbat melodies, chant the Misheberach for those in need of healing, and recite Kaddish. We will end our time together by lighting Shabbat candles.

Find Zoom links in the weekly email.



Shir Joy Shabbat

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



Nishma We Will Listen

Returns Oct 10th, 10am on line.

Join us for a Shabbat morning musical worship experience with Rabbi Chabon featuring live music, song, and prayer.

Online link will be provided in the weekly email.

Third Fridays August 21, 2020 Via Facebook Streaming

*Online streaming Shir Joy will feature Lisa Zeiler on guitar.

Upcoming Programs at CBT



Cultivating Gratitude Meditation Workshop with Gerri Levitas Friday, August 28th, September 25th, October 23rd, December 4th at 1:00 pm.

Back by popular demand, we are hosting four more meditation workshops with CBT member Gerri Levitas, who is a professional hypnotherapist and well versed in guided meditation. Gerri will guide participants in this workshop towards cultivating gratitude in our lives, regardless of our environment or current situation.

Taking a moment for gratitude, as is designed by the Jewish faith, can have positive affects on our well being. Through guided visualization, this workshop will help participants center, ground and access deep wisdom within their own heart.

This workshop is FREE and open to all ages, experiences and to CBT members and guests.



Zoom & Zen with Rabbi Chabon

10:00-10:45am Thursdays, August 20th,
27th, September 3rd, 10th

Looking to connect, see some friendly CBT faces and just chat with one another? Join Rabbi Chabon for a spiritual check in as we try to gain a little more balance in today's world.

Zoom information will be provided each week in the Monday email

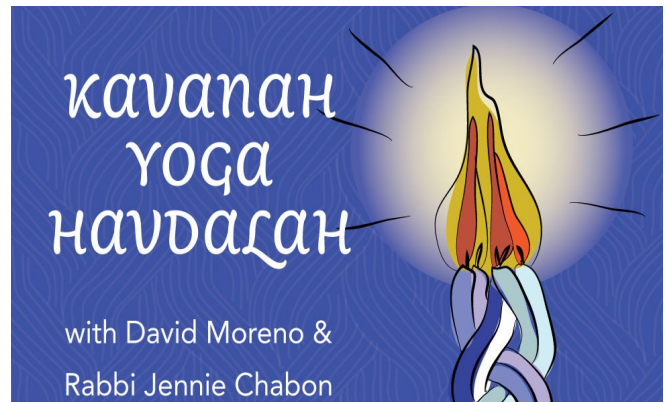


Online Lunch & Learn with Rabbinic Intern Elizheva Hurvich

1:00pm Tuesday, August 25th,
September 1st, 8th, & 15th

Join us on Zoom and bring your lunch for what we hope will be one of the best parts of your week.

Zoom information will be provided each week in the Monday email.



First Saturdays, 6:00-7:30pm
September 5th
Held Via Zoom

Suggested contribution to David Moreno
\$15-\$25 Sliding Scale

Join Senior Yoga Instructor David Moreno and Rabbi Jennie Chabon for a one of a kind Havdalah experience as we weave together yoga, song & Torah in a beautiful and meaningful celebration of Havdalah.

Contributions July 2020

GENERAL FUND

In appreciation of Sharon & Dan Fisher
Lorie Boardman

In memory of Irving Assael
Melissa & Brian Assael

In memory of Irving Fogel
Yonina & Barry Bushell

In appreciation of CBT
Joan & Dick Schwartz
Judy Weil

In memory of Harry Sherer
Thrittima & Paul Sherer

In memory of Julia Blumberg
Alvin Trepper

In memory of Robert B Tucker
Dale Tucker

In memory of Martin Winslow
Beverly & Philip Winslow

In memory of David Wittenberg
Mary Ann & Harry Wittenberg

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Hilary Friedman

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Alvin Trepper

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In memory of Larry Peterman
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Ellen Fenichel

In honor of Rayna Ravitz's Birthday
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In memory of Lou Hirsh
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In appreciation of Rabbi Chabon
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Thank you to the Chabon Band
Zaffy Welch

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Judy & Walt Blum

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In appreciation of CBT
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Alison Negrin & Kevin Barnett

In memory of Bernice Bershada
Jana & Leonard Dorin

In memory of Mel Weinstein
Robin & Larry Gordon

In memory of Goldie Glickman
Judy Gordon

In memory of Mel Weinstein
& in gratitude for Rabbi Chabon's support
Joan Weinstein

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In memory of Ben Slavet
Randi & Todd Goldman
The Paul Family

CULTURE OF GIVING

In memory of Jon Sommers
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In memory of Ben Slavet
Mona Epstein



Get a personalized
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Tree of Life Leaf!

A beautiful way to honor a
special person, event or memory
and support your synagogue at
the same time.

\$360 for members
\$540 for the community
Contact office@tikvah.org.



Celebrate your B'nai Mitzvah
with a brick on the CBT Simcha Walk

*Add a miniature keepsake
brick to your order for \$72





Introducing our Rabbinic Intern: Elizheva Hurvich

Shalom!

Elizheva Hurvich is a Bay Area native, beginning her third year of Rabbinical School at AJR-CA in Los Angeles (where Rabbi Chabon was ordained.) She is excited to join the CBT community for the next few months!

ABOUT ELIZHEVA

For nearly two decades she has worked as a Jewish educator and community-builder working independently and in local congregations (including Netivot Shalom, Kehilla Community Synagogue, The Kitchen SF and The Contemporary Jewish Museum!)

Elizheva grew up in Marin, actively involved with Kol Shofar (a Conservative synagogue community) and a Bohemian-flavored home life that included Shabbat dinner every week, and the drums of a monthly Shabbes Shul gathering with the Rock n' Roll Rabbis, Joseph and Nathan Segal. She says of her home that it was "eclectic," shaped by the hospitality of her father's family in the Deep South. "I feel blessed that the Rabbi who was my teacher as a young teen shared with me that Judaism is layered, and that as we grow, we unpeel more and more layers. It has served me to understand that our learning and experience will continue to grow as long as we feed it."

Elizheva's experience includes post-college immersion in Jewish Renewal and Reconstructionist communities in Philadelphia as well as earning a Master's Degree in Jewish studies and Art from the Jewish Theological Seminary and Columbia University.

Elizheva thrives on helping people to find meaningful and authentic connections with Judaism and with each other and looks forward to meeting more B'nai Tikvah members this fall.

She loves chocolate and lives in Oakland with her spouse, son, and their dog, Griffin.

AS OUR RABBINIC INTERN

In addition to joining Rabbi Chabon on the Bimah for the holidays, Elizheva will be teaching and leading us during the month that leads up to the High Holidays, the month of Elul. She will kick off with a "Rosh Hodesh" ritual on Wednesday, August 19, and will be offering weekly sessions to explore the texts and traditions of our High Holidays. Details on all of this coming soon!

Join Elizheva at Lunch and Learn for the Tuesdays leading up to the High Holidays. Lets give her a warm CBT welcome!



Let's get CBT selected for Reader's Choice this year!

The Weekly J. is holding their Reader's Choice Awards and your vote counts!

Click the link below. Synagogue questions are at the beginning. You can answer as many or as few as you want.

Find the link in weekly emails from CBT

or

<https://www.surveymonkey.com/r/jreaderschoice2020>

What if 2020

~Leslie Dwight

What if 2020 isn't cancelled?
What if 2020 is the year we've been waiting for?
A year so uncomfortable, so painful, so scary,
so raw that it finally forces us to grow.
A year that screams so loud, finally awakening us
from our ignorant slumber.
A year we finally accept the need for change.
Declare change.
Work for change. Become the change.
A year we finally band together instead pushing
each other further apart.
2020 isn't cancelled, but rather the most
important year of them all.

CBT is Preparing for the Holidays!

As we move into the High Holidays in a most unusual year, many of us are wondering and feeling uncertain about our usual holiday experience, our routines and rituals. How will this cornerstone of our faith hold us as it has in the past?



The staff at CBT has been working overtime to create a memorable beginning to the year 5781. We want to raise each others' hopes and spirits. We want to celebrate together, especially in this time of the pandemic.

In the weeks leading up to the High Holidays CBT will offer learning, ritual, crafting, cooking, and even more ways to prepare.

We will begin in the last month of 5780, Elul, preparing; body and soul, space and time, exploring repentance and our relationship with God.

Join us and know we are here for you. You are here for us. We will get through this unusual year and rejoice.

August 2020

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19 	Ready or not 7pm	Elul 1	Elul 2
Elul 3 23/30	Elul 4 24/31	Elul 5 Lunch & Learn 25	Elul 6 26	Elul 7 Ready or not 7pm	Elul 8 	Elul 9 29

Dates to Remember




Wednesday Aug. 19, 7-8:30pm,
Rosh Chodesh ELUL ritual with
Elizheva Hurvich

Thursday, Aug. 20, 7-8:30pm, **"Here Come the Holidays, Ready or Not"** part 1 with Michael Anker

Friday, Aug 21: **Shabbat Service** at 6:30pm via Facebook Streaming

Tuesday, Aug. 25, 1pm **Lunch and Learn** with Rabbinic Intern, Elizheva Hurvich

Thursday, Aug. 27, 7-8:30, **"Here Come the Holidays, Ready or Not"** part 2 with Michael Anker

 Friday, Aug, 28, 1:00 **Gratitude and Meditation** with Gerri Levitas.

Join us for Rosh Chodesh to welcome the month of Elul, 5780 Wednesday, August 19th, 7pm

Every Jewish month starts with a new moon and offers us an opportunity for renewal. Join rabbinic intern, Elizheva Hurvich, to welcome Elul, a month of preparing for the high holidays.

Bring a candle, something to light with, and something that is heart shaped.

Join us on [Zoom](#) Meeting ID: 838 3388 1493
Passcode: tikvah2020



Here Come the Holidays, Ready or Not

A four part series on Zoom with CBT Congregant and Philosophy

Professor, Michael Anker

August 20th & 27th, September 3rd & 10th. 7-8:30pm

The Torah says, "You must be wholehearted with the LORD your God." That isn't easy in a normal year. We always have doubts and questions. This year, 2020, may take more effort and thought than usual. We are more frustrated and worried. Let's get ready to get the most out of the holidays in this difficult year!

Zoom links will be provided in weekly emails from CBT

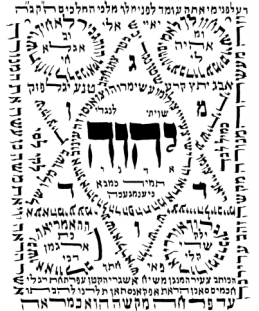




Mikdash Ma'at: Create your own Sacred Space at home.

Our kitchens have become our classrooms, our bathrooms a hair salon, our dining rooms have become our offices. Where then, is our synagogue? In truth, the rabbis recognized the sanctity of the Jewish home, calling it a "mikdash m'at," a miniature sanctuary. After the destruction of the Temple, the Shabbat table, according to the rabbis, now represented the altar.

Our living through a pandemic in 2020 has given us the challenge to create a sacred space at home while we are in front of our computers, on Zoom or Live Streaming. What can help us create that spiritual mindset? Adding the qualities of happiness (*osher*), blessing (*bracha*), peace (*shalom*), and hope (*tikvah*) with Rabbi Chabon.



Dates to Remember

Tuesday, Sept 1, 1pm **Lunch and Learn** with, Elizheva Hurvich

Thursday, Sept 3, 7- 8:30, "Here Come the Holidays, Ready or Not" part 3 with Michael Anker



Sunday, Sept 6 1:30-3:30
Meditation with Rabbi Dorothy Richman (w/B'nai Shalom)

Tuesday, Sept 8, 1pm **Lunch and Learn** with, Elizheva Hurvich

Thursday, Sept 10, 7-8:30, "Here Come the Holidays, Ready or Not" part 4 with Michael Anker

Saturday, Sept. 12 **Mikdash Ma'at & Selichot!**

7:00pm Create your own sacred space at home

8:00pm **Selichot Service**



Sunday, Sept 13, **Start of CBT Religious School!**

Tuesday, Sept 15 1pm **Lunch and Learn** with, Elizheva Hurvich

Friday, Sept 25, 1:00 **Gratitude and Meditation** with Gerri Levitas.

Join Rabbi Chabon & Elizheva Hurvich, Saturday, September 12th, 7pm to create your own sacred space in your home, just in time for the high holidays!

A link will be provided in the Monday email

September 2020

SUN	MON	TUE	WED	THU	FRI	SAT
Elul 10	Elul 11	Elul 12 Lunch & Learn	Elul 13	Elul 14 Ready or not 7pm	Elul 15	Elul 16
Elul 17	Elul 18	Elul 19 Lunch & Learn	Elul 20	Elul 22 Ready or not 7pm	Elul 23	Elul 24 Mikdash Ma'at & Selichot
Elul 25 Religious School Starts	Elul 26	Elul 27 Lunch & Learn	Elul 28	Elul 29	Elul 30 Erev RH	Tishrei 1 Rosh Hashanah
Tishrei 2 RH	Tishrei 3	Tishrei 4	Tishrei 5	Tishrei 6	Tishrei 7	Tishrei 8
Tishrei 9 Kol Nidre Yom Kippur	Tishrei 10	Tishrei 11	Tishrei 12	Tishrei 13	Tishrei 14	Tishrei 15

High Holy Days

Wherever you are, Blow the Shofar!

During the High Holidays, one of the most known and impactful rituals is the Shofar blowing. Connect with CBT and the greater Jewish community in blowing your own Shofar so that all ears can hear the hope of penetrating Covid19 isolation!



Rosh Hashana Day 2 (September 20, 2020) 3pm PST
Blow the Shofar!

Put YOUR Shofar blowing on the map! Find the link in the Monday email from CBT.

L'Shanah Tovah



CBT's Exploring Racial Injustice Series



Saturday, August 22nd,

Movie at 5pm, discussion at 7pm

Join us for an evening of exploring racial inequalities with the movie 13th: From Slave to Criminal with one Amendment, followed by a guided discussion.

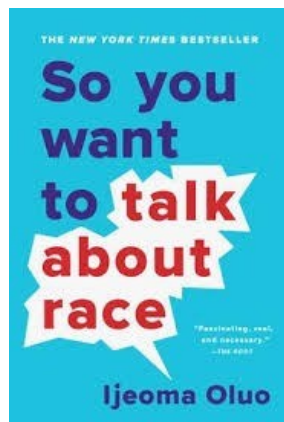
The movie 13th explores racial injustice through the lens of the criminal justice system in America. This movie may evoke strong emotions, which participants will be able to unpack in a guided discussion following the movie.

Dr. Anna Corwin, a beloved lay leader in our CBT family and a gifted and accomplished professor of Anthropology, will be leading our movie discussion. Following the movie she will help us navigate the topics highlighted in the movie honestly and thoughtfully.

5:00 pm – 6:40 pm: Movie screening. You will have two options for viewing the movie: Netflix Watch Party (for which you have to have a Netflix account), or watching the movie together on zoom.

7:00 pm – 7:45 pm: Discussion led by Dr. Anna Corwin on zoom

A link to sign up is in weekly emails from CBT.



Join us as we continue to explore the topic of racial injustice with the book

So You Want to Talk About Race

Discussion October 15th at 6pm

Facilitated by Dr. Anna Corwin

In this *New York Times* bestseller, Ijeoma Oluo offers a hard-hitting but user-friendly examination of race in America

Widespread reporting on aspects of white supremacy — from police brutality to the mass incarceration of Black Americans — has put a media spotlight on racism in our society. Still, it is a difficult subject to talk about. How do you tell your roommate her jokes are racist? Why did your sister-in-law take umbrage when you asked to touch her hair — and how do you make it right? How do you explain white privilege to your white, privileged friend?

Pick up the book today and join us in the conversation.

Zoom link to the discussion will be available in weekly email from CBT



CBT, together with Under One Tent Presents:

Around the World with Fred: 3 Films, 3 Nations, One Speaker

Join award winning author, historian and founder of Lehrhaus Judaica exploring three films with a commentary discussion after each film.

Film #2: *The Interpreter*

Eighty-year-old Jiri seeks revenge on the former SS officer who executed his parents. When he meets the man's son, the pair journey to meet surviving witnesses of war.

Initial release: March 1, 2018 (Slovakia)

The film is only [available for streaming](#) starting August 18th at noon, to August 21st at noon. Admission is free.

For information about the film and streaming and to RSVP, find the link in the CBT Monday email or go to:


https://eastbayjewishfilm.org/2020/special_events/the-interpreter/

Talk #2: With Fred Rosenbaum: Thursday, **August 27th at 7:00pm**, online.

A link will be provided in the CBT weekly email the week of August 27th.



Around the world with Fred is sponsored by the EBIJFF in partnership with the CCJCC, Cong. B'nai Shalom, Cong. Beth Emek, and Cong. B'nai Tikvah.



SOCIAL ACTION COMMITTEE

In these scary and uncertain times, when income, food and housing insecurity is as much a pandemic as Covid-19, the Social Action Committee has launched an ongoing drive to collect food for the Monument Crisis Center in Concord, CA.

The MCC (monumentcrisiscenter.org) opened a food distribution center to provide free food to all who are in need. The Social Action Committee is helping MCC's efforts by collecting nonperishable protein rich foods such as peanut butter, canned tuna fish, canned and dried beans and the like.

We will be placing an MCC barrel outside CBT daily for drop offs.

Also, on the third Sunday of every month between 2 and 4 PM we will hold a drive-up in person drop off at CBT where volunteers will unload food from your trunk (making it a contact-less transfer). We will deliver the collected food once per month to MCC. So far, we've delivered two truckloads to MCC.

Needless to say, MCC also can use money donations. We are also collecting checks.

Please help. Please be generous.

David Ratner & Alison Negrin



CHESED SEEKS NEW MEMBERS

Can you help?

The Chesed committee is a list of CBT congregants who have made themselves available to assist other congregants in time of need. Some of our activities include:

- Providing rides to medical appointments;
- Providing meals on a temporary basis for those who have recently been ill or hospitalized;
- Visiting the sick;
- assisting elderly congregants with minor home maintenance tasks; etc.

We are always looking for new members to help share the load. If you are interested in joining us, or if you are in need of assistance, please email Bert Gunter at bgunter.4567@gmail.com or call him at 925-247-4456. Thank you! It's a mitzvah!

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Email office@tikvah.org or call 925-933-5397

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CHANGE SERVICE REQUESTED

For membership information, please contact the Temple Office at 925-933-5397.

Join us for the 2020/5781 High Holidays

Selichot Saturday, September 12th

Erev Rosh Hashanah Friday, September 18th

Rosh Hashanah Saturday, September 19th

Kol Nidre Sunday, September 27th

Yom Kippur Monday, September 28th

See pages 10 and 11 for more information

