



CONGREGATION
B'NAI TIKVAH

TIKVAH TALK

August/September 2021

Walnut Creek, CA

Vol. 40 Iss. 3

REFLECTIONS...

By Rabbi Jennie Chabon



Friends,

There is an old Jewish custom, dating to at least 1706 if not much earlier, of reciting Psalm 27 every day from the first day of the month of Elul to the end of Sukkot. The first reference to this custom is found in a book entitled *Shem Tov Katan* by the kabbalist Benjamin Beinish, in which he writes, "Here is a mystical secret for you: concerning anyone who recites this psalm from Rosh Hodesh Elul until after Simhat Torah, even if there is an evil decree from heaven against that person, it may be annulled." That is one powerful psalm! It is hard to imagine any piece of text having the power to change our fate, but Beinish's words do

seem to imply that reciting this psalm daily—in the morning and evening, in fact—has the potential to deeply affect our hearts and souls.

There are many translations of this psalm to be explored, several of which are sitting on my bookshelf at this very moment. But the one I would like to share with you this year comes out of the Zen tradition. It removes God's name, replacing it with "You," opening up the psalm to all people regardless of faith. If you are looking for a simple and effective way of entering into the High Holiday season, I invite you to put this psalm by your bedside, and read it out loud every day (or twice, morning and evening!). You will be amazed by how your relationship to the text changes over the course of the season. Some lines will resonate, others might offend, and you may not even notice some of the words until weeks into the practice. I hope that the words of our ancient sages will help us all to prepare for yet another unusual and transformative High Holiday season. This practice begins on Saturday evening, August 7th.

Rabbi Chabon

Psalm 27

~Zen-inspired translations of the psalms

You are my light and my help

Whom should I fear?

You are the fortress of my life

Whom should I dread?

When the narrow ones gather their

strength to devour me

It is they who stumble and fall

Even if a royal army were camped

outside my gate

My heart would not fear

And when they struck out with terrible

weapons against me

Even then I would trust

One thing I ask for, one thing I hope-

To live in your house

All the days of my life

To behold your loveliness

Every morning in the light of

your temple dawn

Till on a doomful day

You secure me in your precincts

Conceal me within the folds of your
covering tent

Place me high and safe upon a rock

My head lifted above the engulfing
waves

With the joy of my heart

I will sacrifice

Within that billowing shelter

Singing and playing my abandonment to
you

Hear my voice when I raise it up—

Be gracious—answer me—

Speaking with your voice my heart sang,
Seek my presence

I will

Do not hide your glowing face from me

Do not reject me in anger because of
my shortcomings

You have always been for me

Don't cast me off now, don't walk away

My helper, my friend

My mother and father forsake me

But you take me up

Show me the way!

Guide my steps on the clear path

Against the ever-present cliffs and
thickets

Protect me from the noise of desire and
hatefulness

From false words and shouted
accusations

If I did not have faith in your rightness

That it would bloom in this living land--

It is unthinkable

I wait only for you

With strength and good courage--

I wait only for you

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

WELCOME NEW MEMBERS!

Jennifer Brandon
 Alisa & Russell Eisenman
 Yelena & Sam Gambarin
 Nicole & Igor Kipnis
 Brielle & Mike Kroman
 Rebecca Rubin & Amit Sachdeva
 Elizabeth Weiss
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THIS IS US @ CBT: THE LEEDS-HESS FAMILY

Let's get to know each other in the community. This section is dedicated to featuring members of our community, so when we can strengthen our connection to one another in our congregational family. This month we are proud to learn more about the Leeds-Hess Family.

When did you join CBT?

Ten years ago (2011)

What city do you live in?

Walnut Creek

Jenn is the Head of Novartis Business Development on the West Coast/Canada. Husband Rob (Hess) is a retired patent attorney and active angel investor. We enjoy hiking, travel, wine tasting, and boating. We have two sons, Tjaden (23) who lives in Austin, TX and Max (20) who attends Purdue University. Our "daughter" Plum is a 12 year old Glen of Imaal terrier.

Jenn is a member of CBT Board of Trustees. Rob participates on the CBT Finance committee.

What are a few of your hobbies?

hiking, boating, travel, wines

Do you have a favorite Jewish holiday? If so, what is it?

Pesach

What is your favorite CBT service or activity?

High holiday services, hands down

PRESIDENT'S MESSAGE

By Board President David Ratner



Dear Friends,

I am honored that you chose me to be your president for the next two years. I am excited to write to share with you why I love and support CBT and why I look forward to serving in my new role.

My CBT is more than a place in which to attend religious services; it is a community hub. CBT is where we socialize with friends. CBT is where we study and learn. CBT is where we can advocate for social justice with the strong voice of a faith-based institution behind us. CBT is where we can party, where we can sing, where we can dance. CBT is where we celebrate our joys and receive solace for our sorrows. While not one institution can be all things to all people, CBT comes pretty close, and it is certainly many things for many people. CBT is where I belong. And, because of all that CBT is, I look forward to helping maintain what CBT has and help us grow to an even more vibrant synagogue.

During the next few months, I'd like to learn what CBT means to you. I intend to meet as many of you as possible in order to listen to how you think we are doing and learn what else you'd like to see us do.

That CBT offers so much for so many has proven true during the past year. While the pandemic has been hard on many and devastating to some, our Rabbi, staff, Officers and Board of Trustees devoted an exceptional amount of energy and creativity to make sure that we not only survived, but thrived. I am so proud of all that we accomplished last year, including: our amazing and moving High Holiday services conceptualized and led by Rabbi Chabon (can a Rabbi be a rock star?), our ability to connect with one another through a virtual setting, our ability to continue to be a welcoming space that even during a pandemic 38 new families joined our congregation, our ability to change and adjust to our congregants' needs, providing virtual services quickly and seamlessly, and now moving to a safe indoor service.

CBT will continue to offer all this, and, as we move out of the pandemic, we are going to have many more opportunities to connect, learn, feel, and belong.

In July, you received a statement from us with your membership commitment for the 2021/2022 fiscal year. This year we raised membership commitment by 5% to a standard commitment of \$2875.00. We did this only after careful study by a committee appointed by the Board of Trustees that examined dues paid by members of similar sized congregations and in consultation with the URJ. As

Continued on pg 4

RELIGIOUS SCHOOL

By Dorit Hetz-Crane, Director of Education



It is an honor to introduce myself as the new Director of Education of Congregation B'nai Tikvah and to join this extraordinary community. I hope that this note finds you enjoying the rejuvenating days of summer and that you and your children are looking forward to beginning a wonderful school year together in September 2021.

I come to the East Bay as an experienced early childhood and elementary teacher, as well as a Director of Integrated Jewish Learning. In addition to my role as an educator, I am first and foremost a mother and wife. In August, my son Yonatan begins ninth grade (at San Ramon Valley High School), and my daughter Yarden begins seventh grade (at Stone Valley Middle School). My husband, Ishai, is my right hand and has been my other half since college. I look forward to introducing my family to the wonderful community of Congregation B'nai Tikvah and making it our home.

This summer, we are working diligently and closely with the constantly-updated CDC guidelines for the next school year. Our inclination, based on feedback we heard this year and your children's experience, is to offer as much in-person learning as possible and possibly move indoors. We will wait to hear from our parents and from our teachers and to learn more about the guidelines before we have a decision. I will communicate with you to let you know where we are, and I am always happy to talk to you if you would like to share your thoughts.

I cannot wait to meet you all! I hope you are excited for this coming school year and that you are out this summer enjoying and relaxing with your family and friends. It is going to be a fun year together. Please know that my door is always open to you. Happy Summer!



SISTERHOOD NEWS

By Rayna Ravitz, President

What a strange year we have had! I am looking forward to 5782—hopefully a return to normal.

Our June Book Sister meeting was in person at CBT. I don't have to tell you how good that felt. I loved seeing my "Sisters" again. Several of the ladies had never been downstairs so I took them for a tour. They were amazed and loved the facility. It's hard to imagine how nice the Religious School and Library are when the kids are there. I never tire of seeing the kids in the school.

I have scheduled our Annual Membership Brunch for Sunday, September 26. I am hopeful that we can meet in person. That is our **ONE** meeting of the year (followed by many fun events). Bring your ideas of things we should do. Also, bring ideas for new books. The last time we did brunch, Tal catered it. It was terrific. This is a great opportunity to meet new members and see each other. A lot of schmoozing goes on.

Jennifer Klatsky has been leading hikes once a month on the first Wednesday. The next hikes will be August 4 and September 1.

From Jennifer Klatsky:

Several women have been meeting for a walk and this will continue.

August 4 at 10:00 a.m.

September 1 at 10:00 a.m.

Meet at Shell Ridge Open Space where Marshall Drive ends, next to the Indian Valley Elementary School.

Contact Jennifer at klatskyjen@gmail.com if you would like to join them.

UPCOMING EVENTS

Sunday, August 15 - Sisterhood Brunch – Location TBD

The Lost Girls of Paris by Pam Jenoff

Leslie Rupley will lead the discussion.

Potluck brunch, no kashrut rules.

RSVP to me and I will give you the address.

Sunday, September 26 - Sisterhood Annual Membership Brunch 10:30 a.m.

This is a catered event and open to all sisterhood members. If you are not yet a member and would like to join, you can join when you get there. All new CBT members are invited at no cost.

The purpose of this is to have our ONE meeting per year. (followed by many fun events).

Come and bring ideas for things we should be doing.

Bring books that you have finished and want to share; any unclaimed books will go to Reutlinger.

More details to come as we get closer to the date.

Tuesday, October 19 - Book Sisters - CBT 7:00 p.m.

My Grandmother Asked Me to Tell You She's Sorry by Fredrik Backman

Janet Brandess will lead the discussion.

Tuesday, November 16 - Book Sisters - CBT 7:00 p.m.

Everything She Touched: The Life of Ruth Asawa by Marilyn Chase

Joan Weinstein will lead the discussion.

We will try to schedule a date to go to the DeYoung to see some of Asawa's work.

L'shana Tova,

Rayna



PRESIDENT'S MESSAGE

By Board

(Continued from page 3)

usual, we provide options for paying your membership commitment and, as usual, we will not turn away any member because they cannot pay their full dues obligation.

As President, I will be open and transparent by keeping our members informed and engaged. All Board of Trustees meetings are held on the fourth Monday of the month and are open to our membership. I urge you to attend. Look for the dates, times, and agenda in the Monday email.

In the spirit of transparency, I am sharing a truth with you that I find troubling. The dues we collect do not come close to covering our operating budget. It costs \$892,241.00 to operate CBT at our current size and level of activity. However, the dues we collect cover only two-thirds (2/3) of our operating budget. We make up some of the shortfall through generous donations and fundraising. However, the fact that our membership commitments are significantly below our true needs should concern us all.

I am asking you to think about your membership commitment for this year, consider whether this is all you can really afford, then, if you have room in your heart and wallet to contribute more, increase your membership commitment to the highest level you feel comfortable with. If you do so, CBT will not only be financially more secure for the coming year but will also be able to deliver the programming we want in order to meet all of our spiritual and community needs. Please tell Keren or Chanel (finance@tikvah.org) to note your increased membership commitment. Thank you.

I look forward to my term as CBT's president. It will be challenging. It will be time-consuming. It will be stressful (I've been told). And, I will work my hardest to ensure that CBT delivers everything you expect from it and more.

RECONNECTING: CELEBRATE HIGH HOLIDAYS WITH OUR CONGREGATIONAL FAMILY 2021/5782

About the High Holidays

As we head towards the Jewish season of new beginnings, we are ready to announce our tentative plan for the High Holidays. With the Delta variant on the rise, it is likely that changes will be made to our current plan. The Elul programming as well as the timing and hybrid format of the High Holiday services is unlikely to change (i.e. services will continue to be offered both in person and virtually). What may change is our guest policy and the number of people allowed to attend in-person. We will communicate all changes via email—please make sure to check any emails with “High Holidays” in the subject line.

We will celebrate Rosh Hashanah and Yom Kippur true to our nature of embracing both tradition and innovation while allowing all to connect in a way that feels safe and meaningful to each of us. Honoring the Jewish value of *Shmirat Ha'guf*, “guarding the health of our body and soul,” and with cautious optimism as we face the coming month, we plan to hold services in person in the Saint Matthew Lutheran Church sanctuary as well as have services available virtually via livestream. We will also hold a Tot service for young families outdoors, which is free and open to the community, and an in-person Junior Congregation for children in Kindergarten through 5th grade (indoor & masked).

Whether you join us in person or as part of our vibrant online community, we look forward to connecting with you and making these High Holidays a meaningful, spiritual, and memorable journey for each of us as individuals and collectively as a community.

A huge thank you to Contra Costa Jewish Community Center for a grant that will offset some of the costs associated with our second High Holidays during COVID. This grant enables us to continue offering high quality services for all in person and via livestream.

Please see pages 10 and 11 for a complete list of our High Holiday services and programming.



High Holiday FAQs

What is CBT's COVID Policy for the High Holidays?

Currently, our services will be open to all who are interested to join us in person. All participants vaccinated and unvaccinated alike will have to be masked at all times when indoors (with exception of children under the age of 2). At our outdoor Tot service, masks are not required.

My child is home from college/ a recent graduate / living at home. Can they join us?

Yes, children under the age of 26 are invited to join us and do not require a guest ticket.

I have family visiting from out of town, can they join us?

Yes, member guest tickets are available for purchase online at \$120 per guest to join us in person. This donation is tax deductible.

Can my friend (non-member) join services?

Yes, guest tickets are available for purchase online at \$300 per guest for the season, \$200 for one Holiday, and \$125 for one service.

Will childcare be available this year?

No, unfortunately due to the complexities added by COVID, we will not be able to offer onsite childcare this year.

Are we holding a communal Break-the-Fast?

As of now, we are not offering Break-the-Fast, as we are unsure how communal eating will be affected by COVID in September. Please stay tuned for more information as we

CBT KESHET CLUB NEWS

By Rebecca Abraham



CBT is proud to offer a new community-centered group: Keshet @ CBT! Keshet aims to build meaningful connections for LGBTQ+ individuals and families within the CBT community. Whether you're a member

of the LGBTQ+ community, still questioning, or an ally, we would love for you to join the group. So far, we have held two social events and are looking to add to our calendar.

An LGBTQ+ book club is in the works! If you have book suggestions, or are interested in joining, contact me with your feedback.

Keshet is partnering with the Israel and World Jewry Committee and the CCJCC to bring a discussion with Ben Freeman, author of *Jewish Pride: Rebuilding a People*, to the Bay Area. Freeman offers a view of both Jewish pride and gay pride, and how these identities can inform each other. This event will be held October 3, so stay tuned for more information!

Our group is growing and evolving to fit our members' needs. If you have any ideas for the group, please let me know!

Rebecca (Email: rebecca.e.abraham@gmail.com)

Shabbat in the Park

1st Fridays at 6:30 p.m.

8/6, 9/3

Join us at Civic Park in Walnut Creek for this joyful and lively outdoor service. Family and child friendly. Fun for ALL ages. Come a bit early with a picnic dinner for a truly lovely summer/CA fall experience.



SERVICES AT CBT

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

Kabbalat Shabbat

5th Fridays at 5:00 p.m.
10/29



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 the Shabbat candles.

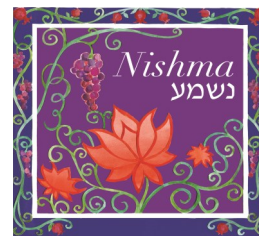
Nishma

2nd Saturdays at 10:00 a.m.
8/14*, 10/9

Join us for Nishma, Hebrew for “we will listen,” a beautifully constructed Jewish world of music experience. This incredible service, which is a hybrid of Reform and Conservative traditions was conceptualized and designed by our wonderful Rabbi Chabon, where she is in her truest form. The music is spectacular with guitar accompaniment by Lisa Zeiler, the Torah reading is always moving, the teachings Rabbi weaves through the service are enriching, and her sermons always make you think of our world in a slightly different way.

This service is truly magical!

*No Nishma in September



Shir Joy Shabbat

3rd Fridays at 6:30 p.m.
8/20*, 10/15

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

*No Shir Joy in September

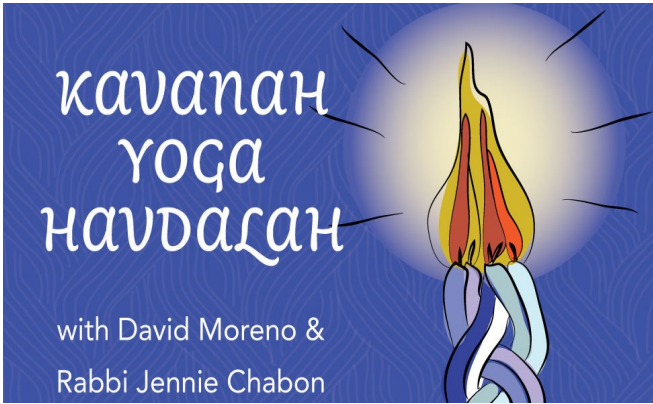


Community-Led Shabbat with Keren

4th Fridays at 6:30 p.m.
8/13*, 9/24, 10/22

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.

* Please note: August service has been moved to the 2nd Friday.



Kavanah Yoga Havdalah

Saturday, September 11* from 6:00—7:30 p.m.

Let Rabbi Chabon and Master Yoga instructor, David Moreno, take you on a spiritual cleansing, uplifting body and mind journey. This one-of-a-kind Havdalah experience will rejuvenate you as you start a new week.

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

*Please note: September Yoga Havdalah has been moved from the 1st Saturday to the 2nd Saturday

ONGOING PROGRAMS

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

Summer Meditation Series

1:00 p.m. on Friday, August 20

Softening Our Heart & Forgiving

Need some grounding in your life? Join in for this magical experience. Back by popular demand, CBT member Gerri Levitas continues her summer meditation workshop series. 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.



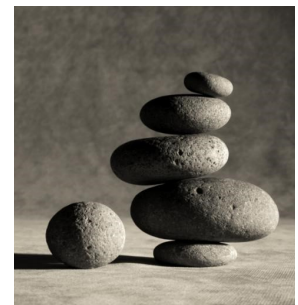
Tuesdays at 1:00 p.m.

Back from summer hiatus on August 3rd! 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 & caring space for both casual and deep conversations. See the weekly email for Zoom information.



IN GRATITUDE TO OUR COMMUNITY

GENERAL FUND

In memory of Ilene Applebaum
Randi & Todd Goldman

In memory of Loretta Schwartz

In memory of Sheri Garay Rosen

In memory of Marilyn Assael

In memory of Irving Assael
Melissa & Brian Assel

In memory of Judi Kay Brown
Chelsea & Glenn Weschler

In memory of Sally Ruth Wilk

In memory of Alice Lerner

In memory of Joseph Lerner

In memory of Irving Lerner
Nessa & Bob Wilk

In memory of Martha Greenberg

In memory of Manes Fenichel

In memory of Heinz Fenichel
Ellen Fenichel

In appreciation of Religious School
programming
Diana Insolio & John Corwin

In memory of Jack Maslin
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In honor of Idelle Lipman's Birthday
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In memory of Herman Sirota
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In memory of Nessa Nadine Stern
Nessa & Bob Wilk

In memory of Nat Stone
Hugh Tama

In honor of Cassidy Mintz's Bat Mitzvah
Beth & Jonathan Mintz

In appreciation of Rabbi Chabon
The Slavet Family

In memory of Myrna C Ostrov
Aerica Ostrov

In memory of Ilse Schoenholz
Debbie & Michael Schoenholz

In memory of Sarah Brown
Sharon & Ron Brown

In memory of Freddie Waterman
Terri & Brent Waterman

In memory of Gerald "Jerry" Applebaum
Randi & Todd Goldman

In memory of Sarah Kaplan

In memory of Milton Colton

In memory of Fanny Cohen
Iris Kaplan

In memory of George Gershen
Cindy Gershen

In appreciation of our upcoming wedding
Daniel Rogers & Brittany Robinson

In appreciation of Rabbi Chabon
Beth Mikesell

In memory of Louis Dienst

In memory of Evelyn Moulton

In memory of Nicole Bristow
Gloria Kemna

In congratulations to Karen Lapin & John
Kobzina on their marriage

In appreciation & gratitude to Rabbi
Chabon
Judith Barrall

In honor of Levi Chabon's Bar Mitzvah
Robin & Larry Gordon

In honor of Isadore Kaplan
Iris Kaplan

In memory of Aiden Thenemann

In memory of Isobel Flora Dvorsky
Kathy & Steve Weiner

In honor of Levi Chabon's Bar Mitzvah

In honor of Julian Goldstein's Bar Mitzvah
Shira Levine, Dan Halperin,
Gabriel & Elan Halperin

In gratitude to Rabbi Chabon for our
beautiful marriage ceremony
Karen Lapin & John Kobzina

RABBI ASHER'S EMERITUS FUND

In memory of Stephen Becker
Susan & John Klein

CANTOR'S MUSIC FUND

In memory of Howard Goldin
Trish & Jaren Goldin

In memory of Marlene Micco
Faith Micco

In appreciation of Rabbi Chabon
Kristen & Yuri Burda

In appreciation of Gerri Levitas

In appreciation of Rayna Ravitz
Zaffy Welch

In memory of Harry Bloom

In memory of Carol Rubenfeld
Susan & John Rubenfeld

In appreciation of Rabbi Chabon & the
beautiful music
Debbie & David Levy

In appreciation of Ezra Chabon & Ariel
Zeiler

In thanks to Lisa Zeiler for so much good
music

In honor of Levi Chabon's Bar Mitzvah

In thanks to Kathy Jacobs for all you do

In thanks to Chanel Benhamou for
everything

In thanks to the CRT Committee
Judith Barrall

In honor of Levi Chabon's Bar Mitzvah
Cookie Svingos

In memory of Margaret Saltikov
Chanel & Tracy Benhamou

In memory of Larry Gordon
Bonnie & Mark Tornheim
Chanel & Tracy Benhamou

CANTOR STEPHEN RICHARDS CHOIR FUND

In memory of Harvey Sidney Morse
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Ruth & Larry Goldenberg

JAMES COHEN SCHOLARSHIP FUND

In memory of Max Benhamou
Chanel & Tracy Benhamou
In memory of Robert Blum
Judy & Walt Blum

**STEPHAN JASPAN RELIGIOUS
SCHOOL FUND**

Thank you to Keren Smith for your
friendship & love of CBT
Judith Barrall

MORDOH/NADJARI HOLOCAUST FUND

In memory of Sam Molho
Zaffy Welch
In memory of Dorothy Kellner
Rachelle & Martin Kopelowitz
In memory of Luna Nadjari
Zaffy Welch

Gratitude to our Community continued

**THE HARRY WITTENBERG SOCIAL ACTION,
JUSTICE, AND INTERFAITH FUND**

In memory of Janet Engelhart Gutterman
Cookie Svingos
In appreciation of Judith Barrall for her
Service as President of CBT
In memory of David Wittenberg
Mary Ann Wittenberg
In memory of Milton Eisenberg
Diane Leventhal
In memory of Mel Weinstein
In appreciation of Judith Barrall's Presidency
Robin & Larry Gordon

HELP THE MORTGAGE FUND

In memory of Ben Silberman
Marcia & Harvey Maslin
In memory of Larry Gordon
Rayna & Richard Ravitz
In honor of Cookie Svingos' birthday
Rayna & Richard Ravitz

SPECIAL EDUCATION FUND

In memory of Ilene Applebaum
Randi & Todd Goldman
In memory of Gerald Applebaum
Judy & Walt Blum

ADULT EDUCATION SPECIAL FUND

In memory of Larry Gordon
Phil & Nicky Weismehl



A huge thank you to Lori Siegel and
the Gala Team for working tirelessly
to ensure that we continue to
support CBT, and that all of us enjoy
a fun-filled evening.

**THANK YOU TO OUR GALA DONORS AND
SUPPORTERS**

Devra Aarons & Jon Hesser
Marcy Abrahams
Serge Babka & Julia Babka-Kurzrock
Kevin Barnett & Alison Negrin
Scott & Judith Barrall
Bear Begelman & Barbara Loebel
Karl & Sandy Bemesderfer
Tracy & Chanel Benhamou
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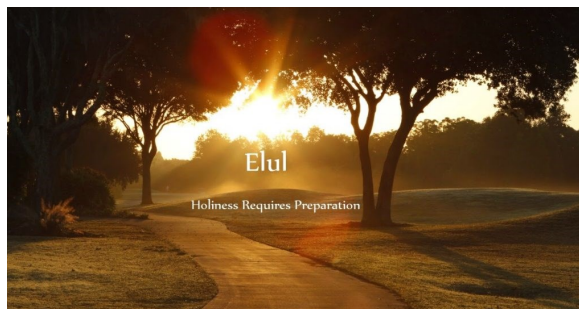
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PREPARE FOR THE HIGH HOLIDAYS WITH ELUL PROGRAMMING

We look forward to ushering in the new year with you in the month of Elul leading up to the season of renewal. The month of Elul is dedicated to starting the journey of introspection culminating on the High Holidays. We have many opportunities for us to explore this journey in the month of Elul, through:



Saturday, August 14th, 2021

10:00 am

Enter Elul with us at Nishma.

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 traditions, was conceptualized and designed by our wonderful Rabbi Chabon. The music is spectacular with guitar accompaniment, the Torah reading is always moving, the teachings Rabbi weaves through the service are enriching, and her sermons always make you think of our world in a slightly different way. This service is truly magical! In this special Elul Nishma service, Rabbi Chabon will weave in teaching about how to best prepare ourselves to the new year.

Friday, August 20th, 2021

1:00 pm

Meditation with Gerri Levitas: Softening Our Hearts & Forgiving

Join this incredible meditation lead by our beloved and talented 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.

7:30 pm

Shir Joy Shabbat: Join Rabbi Chabon and our musicians in this lively musical Shabbat as we usher in the High Holidays and prepare ourselves in this special Elul service.

Friday, August 27th, 2021

6:30 pm

Shabbat service with special guest speaker Rabbi Rebecca Gutterman

Join us for this special Shabbat leading up to the High Holidays with a very special guest, our beloved Rabbi Gutterman, where she will share her warmth and wisdom as we prepare to enter the new year.



Saturday, August 28th, 2021

8:30 pm

Slichot & Havdalah: Slichot are penitential prayers said before and during the High Holidays and other fast days throughout the year. This service is designed to set us on a path of self-reflection as we enter the Days of Awe.

Sunday, August 29th, 2021

1:30 pm

Strengthen My Heart Afternoon Meditation on Zoom with Rabbi Dorothy Richman

Suggested donation: \$18. Register online.

Elul, the Hebrew month before the High Holidays, is traditionally a period of self-reflection that reaches its highpoint on Yom Kippur. Rabbi Dorothy Richman will facilitate an afternoon of engaged spiritual practice including mindfulness meditation, text study, writing exercises, and singing. We will learn how to apply ancient Jewish wisdom to our lives in this moment and throughout the upcoming High Holy day season.



HIGH HOLIDAY PROGRAMS & SERVICES 2021/5782

High Holiday services will be held at St. Matthew Lutheran Church in Walnut Creek and virtually this year. Tickets are required for all Rosh Hashanah and Yom Kippur services. **With the rise in the Delta variant, this plan may change. Please make sure to check any emails with "High Holidays" in the subject line for the most up-to-date information.**

Saturday, August 28th, 2021

- 8:30 pm Havdalah
- 9:00 pm Slichot Service at CBT

Monday, September 6th, 2021

- 7:30 pm Erev Rosh Hashanah Service

Tuesday, September 7th, 2021

- 9:00 am Tot Rosh Hashanah Outdoor Service*, FREE open to the community (for children 5 and under)
- 10:00 am Rosh Hashanah Service
- 10:00 am Junior Congregation (for grades K-5)
- 3:00 pm Tashlich at the Radke Martinez Regional Shoreline Park off N. Court St, Martinez (in-person only, see page 14 for map)

Saturday, September 11th, 2021

- 6:00 pm Kavanah Yoga Havdalah: Shabbat Shuva at CBT

Wednesday, September 15th, 2021

- 7:30 pm Kol Nidrei Service

Thursday, September 16th, 2021

- 9:00 am Tot Yom Kippur Outdoor Service, FREE and open to the community
- 10:00 am Yom Kippur Morning Service
- 10:00 am Junior Congregation (for grades K-5)
- 4:00 pm Mincha and Avoda Service
- 5:30 pm Yizkor
- 6:00 pm Ne'ilah Service

All services will be available virtually.

*Tot services are free held outdoors and open to the community. Let your friends know they can join us by calling the temple office for complimentary tickets.

* Due to COVID we are not organizing a communal babysitting or break-the-fast this year.





AUGUST 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01	02	03 10am A Taste of Torah Meditation 1pm Lunch & Learn	04 7:30pm Mahj Mavens Online	05 10am Participant-Led Zoom & Zen	06 6:30pm Shabbat in the Park 5pm Community-Led Shabbat Service	07 10am Nishma Service
08	09	10 10am A Taste of Torah Meditation 1pm Lunch & Learn	11	12 10am Participant-Led Zoom & Zen	13 1pm Meditation with Geri Levitas: Softening Our Hearts & Forgiving 7:30pm Shir Joy Shabbat Service	14
15 11am Book Sisters Brunch	16	17 10am A Taste of Torah Meditation 6:45pm Book Sisters 1pm Lunch & Learn	18 7:30pm Mahj Mavens Online	19 10am Participant-Led Zoom & Zen	20 6:30pm Shabbat with Special Guest Speaker Rabbi Guterman	21 8:30pm Havdalah Service 9pm Slichot Service
22	23 6:30pm General Board Meeting	24 10am A Taste of Torah Meditation 1pm Lunch & Learn	25	26 10am Participant-Led Zoom & Zen	27	28
29	30	31	01	02	03 6:30pm Shabbat in the Park	04



SEPTEMBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	01	02	03	04
	Erev Rosh Hashana (begins at sunset) 7:30pm Erev Rosh Hashana Service	10am A Taste of Torah Meditation 1pm Lunch & Learn	7:30pm Mahj Mavens Online	10am Participant-Led Zoom & Zen	6:30pm Shabbat in the Park	6pm Yoga Havdalah
05	06	07*	08	09	10	11
9am Religious School (First Day)		Rosh Hashana — Office Closed 9am RH Tots Service 10am RH Service <small>* See page 11 for full list of events on this date.</small>	Erev Yom Kippur (begins at sunset)	Yom Kippur — Office Closed 9am YK Tots Service 10am YK Service <small>* See page 11 for full list of events on this date.</small>	7:30pm Joint Lay-Led Service with B'nai Israel	
12	13	14	15	16*	17	18
		10am A Taste of Torah Meditation 1pm Lunch & Learn 4pm Religious School	7:30pm Mahj Mavens Online	10am Participant-Led Zoom & Zen	6:30pm Community-Led Shabbat Service	5pm Havdalah in the Sukkah
19	20	21	22	23	24	25
9am Religious School		1st Day of Sukkot — Office Closed 10am A Taste of Torah... 1pm Lunch & Learn 4pm Religious School 6:45pm Book Sisters	7:30pm Mahj Mavens Online	10am Participant-Led Zoom & Zen		
9am Religious School 10am Annual Sisterhood Brunch	6:30pm General Board Meeting	Shemini Atzeret/Simchat Torah — Office Closed 10am A Taste of Torah... 1pm Lunch & Learn 4pm Religious School	6:30pm Shabbat in the Park	10am Participant-Led Zoom & Zen		10am Max Grossman Bar Mitzvah
26	27	28	29	30	01	02

Tashlich Service

Tuesday, September 7 at 3:00 p.m.

Join us for this beautiful and symbolic tradition of shedding our sins to the water and cleansing our souls. We will meet at the Radke Martinez Regional Shoreline (see map below) on Rosh Hashanah day.



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Search **Congregation B'nai Tikvah of Walnut Creek** to find us.

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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.

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

We look forward to opening during religious school this fall!

GET READY FOR TRIVIA NIGHT!

TEAM TRIVIA NIGHT 2021

Saturday, November 13, 2021

Doors Open @ 6:15 p.m. Play starts @ 7:00 p.m.

100 fun, brain-challenging questions

Entry fee \$250* per team; teams of 8 players

***Early registration special: \$225 if you register and pay before September 13.**

- The fun is back after the Pandemic Pause!! Join us for the 18th 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. E-mail us at TheCBTTriviaGuys@gmail.com or send in this form 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.
- Your team entry fee normally includes hors d'oeuvres and snacks; beer, wine, soft drinks and bottled water; dessert; coffee and tea. Dinner is not provided but teams are free to bring in their own. NOTE: Depending on COVID restrictions, food service may be limited. We will advise prior to Nov. 13th.

ADVANCE EVENT TEAM REGISTRATION ONLY – **AT THIS TIME We are limited to 13 teams. We fully expect this event to sell out, so preregistration of teams is a must.**

COST: \$250* per team. Teams are a maximum of EIGHT people. We suggest a minimum of six. ***Early registration special: \$225 if you register and pay before September 13.**

PAYMENT MUST ACCOMPANY REGISTRATION. Seating priority is determined by the order in which paid team registrations are received. **Team fees are nonrefundable after October 20.**

Cash or checks only. Please make checks payable to "Congregation B'nai Tikvah." Sorry, but we are unable to accept credit card payments for this event.

Register Now:

Team Contact: _____

Phone: _____

E-mail: _____

I/We Don't Have a Team But Still Want to Play: (Name) _____

Mail your entry to: Congregation B'nai Tikvah, 25 Hillcroft Way, Walnut Creek, CA 94597

Have questions, need more information, or want to volunteer your help? Contact The B'nai Tikvah Trivia Guys – Rocco Biale, Scott Danish and Kevin Wilk – at TheCBTTriviaGuys@gmail.com or call Temple Office (925) 933-5397.

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Join us for the 2021/5782 High Holidays

Slichot Saturday, August 28th

Erev Rosh Hashanah Monday, September 6th

Rosh Hashanah Tuesday, September 7th

Kol Nidre Wednesday, September 15th

Yom Kippur Thursday, September 16th

