



CONGREGATION
B'NAI TIKVAH

TIKVAH TALK

REFLECTIONS...

By Rabbi Jennie Chabon



Dear friends,

I heard once that every rabbi gives just one sermon, in different shades and colors, throughout their rabbinate. One theme with many variations. At the time, it seemed insulting to suggest

that even the most seasoned and brilliant rabbis could not come up with new ideas to write about over time. But now that I have been a rabbi for 3 years—and a sermon-writing cantor before that for 15—I understand that this idea is, in fact true. It's not that we never think of novel things to say, it's that when it comes down to it, every rabbi, and therefore by extension, every human, has one (or maybe 2) repetitive themes that define who they are and how they view the world, and every sermon becomes a reflection of that perspective. I used to think of this circular pattern of thinking as a broken record, a bad thing, a mental habit that I can't break. I've now come to appreciate my view of the world and my sermon themes as the Torah that I'm meant to teach in my lifetime.

If you have heard me give a sermon, then you likely know that my Torah always has something to do with the messy, uncomfortable, wild wilderness of being a human being. A type-A Virgo who loves order and structure, I have spent my life trying to fit everything neatly into boxes and places of belonging. The older I get, the more I understand that life is not neat or controllable. It is unpredictable and so very messy and our job is not to hold on even tighter in the face of such chaos but to let go and see what kind of grace appears when we are in free fall.

This has never been more true than in the last few months when the world opened up and we felt free again! Good riddance to those pesky masks! However, Covid had different plans. As I write this article, Covid is on a vengeful contagious streak and the fear and uncertainty of early Covid days have returned. How do we plan the High Holidays? Or a summer trip on an airplane? Or a desperately needed dance party? How do we find our solid center on top of shifting ground?

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PRESIDENT'S MESSAGE

By Board President David Ratner



Friends, we've just come through a challenging year. Yet, we are still standing, still welcoming, and still providing our congregational family with the spiritual and communal experiences we have come to expect from our little

shul on the hill.

This year, despite the last-minute surge in Covid cases, we swiftly changed from what we had hoped would be in-person to meaningful and moving hybrid High Holidays services for the CBT community and our many guests. Together we raised nearly \$53,000 in our high holiday appeal with 165 of us supporting our loving home. We had a wonderful celebration of Hanukkah with many of us lighting our chanukiyot together during an uplifting service. Over 80 people joined together for our community in-person Seder to share in the spirit of rebirth and renewal. We launched our new adult b'nai mitzvah class with 18 participants. Our religious school is thriving with 104 students and a wonderful new Director of Education, Melissa Rogoway.

We are now planning for the 2022/2023 fiscal year. The CBT Board of Trustees is submitting our annual budgets for the Religious School and the Synagogue for your approval. The Board approved the budgets unanimously and we urge you to vote "yes." The budgets contain modest increases in congregational commitment and religious school tuition that are lower than the annual inflation rate. We are also increasing salaries for our staff.

Although the synagogue budget projects a deficit, the success of our L'Chaim Gala, the return of the annual Restaurant Walk, the return of Tikvah Take-Out, and by monetizing our building by making it available for events such as weddings and other social activities, we will be able to build for the future. To that end, we have budgeted for a part-time marketing professional to guide us on how to "sell" the brand we project. We have also budgeted for a part-time individual to search out and apply for grants that we can use to expand our programming.

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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

Melissa Rogoway, Director of Education

Erika Calabro, Bookkeeper

Tina Eisenman, B'nai Mitzvah Tutor

Kathy Jacobs, Office Specialist

Rachel Stokol, Communications Specialist

Tami Welch-Robinson, Executive Assistant

Raphael W. Asher, Rabbi Emeritus

Stephen Richards, Cantor Emeritus

BOARD OF TRUSTEES

David Ratner, President

Lori Siegel, President-Elect

Judith Barrall, Immediate Past President

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John Rubinfeld, Treasurer

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Marcie Hochhauser, Trustee

CONTACT

Office Hours:

Monday -Thursday 9:30 a.m. - 4:30 p.m.

Friday: 9:30 a.m. - 3:30 p.m.

office@tikvah.org (925) 933-5397

www.tikvah.org



Welcome to our newest members

Jane Gerow

Parker Atz

Did you know CBT is on FB?

You can find great pictures, event info, notes from our Clergy and more on our CBT page.

Like us! Follow us! Join the conversation!



Connection Corner

By Keren Smith, Executive Director



Shabbat with CBT Neighbors

When I was 12 years old, all the girls in my grade in Savyon, Israel studied for our B'not Mitzvah (plural for Bat Mitzvah) in a combined program that culminated in a grade-level ceremony celebrating our milestone together. At that time in Israel, girls didn't have the privilege to go up to the Torah the way our male counterparts did, and so we had a lovely ceremony for us girls, receiving our first siddurim. Savyon is a very small town, and all 20 girls in our grade knew each other very well, almost like a family. The B'not Mitzvah program took place after school at our neighborhood synagogue, about 200 yards away from our school. As part of this program, we were to go to a Shabbat dinner hosted by modern orthodox families who lived in our otherwise secular neighborhood. I had no idea that not all the kids in our neighborhood attended our local school and had assumed that I knew all the kids in Savyon who were my age. To my great surprise, I was invited to a house with a girl who, like me, was 12. She lived so close to my house that it took me only five minutes to walk over in my new Shabbat dress that my mom had bought me for this special occasion. I spent that Shabbat getting to know my orthodox neighbors, and it was one of the most magical Shabbatot I have experienced in my life. Walking to her house I didn't know what to expect. Was I dressed nicely enough? Were they going to judge me? Were there special Shabbat etiquettes I was not aware of? My worries were in vain; they were the most gracious hosts and made me feel at home as soon as I stepped in. While I was sitting there and sharing this wonderful dinner with them, all the differences between us melted away, and we were just neighbors of the same faith celebrating an ancient tradition together. At the end of the evening, I had a new friend from this version of Shabbat on the Block.

In 2018, I brought this concept of getting to know our neighbors with a Shabbat dinner to CBT with our first annual Shabbat on the Block – it was an instant hit! That first year, 157 of us celebrated Shabbat in our own neighborhoods. What was so special about this evening? Us – CBT members getting to know each other across generations and within close geographical proximity more deeply. It gave all of us an opportunity to not only meet our fellow CBT family members but to really get to know

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Adult Education



Torah on the Trail with Rabbi Chabon

Sunday, June 5 at 8:00 am | Lafayette Reservoir

Let's enjoy a beautiful walk at the Lafayette Reservoir before we dive into learning Torah together. Join Rabbi Chabon on Sunday, June 5 for a Shavuot walk before a dairy picnic and Torah study.

Participants can choose whether they want to arrive at 8:00 am for the walk (meet on the right side of the parking lot) or meet everyone at the picnic area by the playground at 9:15 am for a dairy picnic and Torah study.

Reflections Continued

By Rabbi Jennie Chabon

(continued from page 1)

The answer is that we do not. There is no rock-solid ground on which we can depend, so we must stop stepping down and imagining that it will be there. What we must do, instead, is find the lessons and the growth that are waiting for us as we wade our way through the murky middle. We must find the wisdom of what Rabbi Rachel Barenblat calls "humble not-knowing, and the splendor of not making ourselves afraid." If we can find the courage to let go and be curious, we will not be greeted by fear, but rather by our reflections in the mirror, and by the knowledge that it is only when we surrender that we discover just who we are meant to be. May this summer be a time of self-discovery, joy, and renewal for all of us.

Sisterhood News

By Rayna Ravitz and Mona Epstein

In April, Booksisters co-sponsored an interview with author Pam Jenoff, who discussed her book The Women with the Blue Star. She was a very engaging speaker and we learned more about the historical context of the book.

In May, Booksisters met in person to discuss The Four Winds, a novel by Kristin Hannah. This book, set in the depression, spurred a lively discussion of love, loss, hope and resilience.



Sisterhood is planning a group trip to see "Beehive" at the Leshar Center on June 25. This is a musical celebrating

the female singers of the sixties. Contact Mona Epstein to join the fun. monaepstein@gmail.com

Upcoming events:

Tuesday June 21, 7pm

Booksisters will discuss House on Endless Waters by Emuna Elon.

Saturday June 25 2:30 p.m.

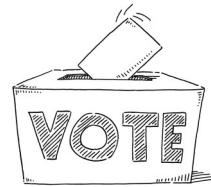
"Beehive" at the Leshar Center

Mah Jongg returns to in-person at CBT; please contact Barbara Grossman for details.

Annual Congregational Meeting

Sunday, June 12th at 4pm

Let's join together as a community as we reflect on our past year and look forward to our future together. Join us for our annual meeting where we will present and vote on next year's budget.



This is an in-person meeting at CBT. Proxy ballots and budget information were sent in May. If you are not able to attend, please send your proxy either by email, or USPS mail.

Please contact us if you have any questions Office@tikvah.org

CBT's Annual Father's Day Diaper Drive for the Monument Crisis Center Through Sunday, June 19



Got Diapers? Some people in our Contra Costa community struggle with buying diapers - let's help them! For this Father's Day, let's help parents provide basic needs for their families by helping them with disposable diapers.

Please donate disposable diapers at CBT in one of the Monument Crisis Center bins by Sunday, June 19

Connection Corner Continued

By Keren Smith, Executive Director (Continued from pg. 3)

them in a meaningful way. Following that evening, I received requests to make it a quarterly Shabbat experience and have heard from so many over the years that some of the best friendships for some congregants were born out of this evening. The following year, Shabbat on the Block grew to 236 participants, and the third year we had nearly 300 people participating.

On Friday, June 24, Shabbat on the Block is returning to CBT. For those of us who have experienced it, I am sure we can't wait to sign up again. For those of us who are either new to the community or have not had the chance to join us in previous years, don't miss this amazing evening of real community building – you will not regret it. This year, in addition to matching host with guests based on location, we will also take your comfort level with eating indoors into account. I have heard in the past from some people that they are hesitant to sign up because they are worried about meeting "random" people. To that end, I want to tell you that it takes a lot of behind the scenes work to coordinate the grouping of this evening. We work hard to ensure that each of us has a group of people we mesh well with and enjoy. So, if you are still on the fence, I urge you to take a leap of faith – it is going to be a fantastic evening of reconnecting with our community.



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 me if you want to shop,
Rayna Ravitz
925-212-6188
or contact Kathy Jacobs
office@tikvah.org

Religious School

By Melissa Rogoway



School is out for the summer....or is it? Of course, learning is not tied to any particular season. And that is why I am excited to announce two very exciting summer programs for school-age kids. Our very popular STEM summer session, led by Jordan Smith, will be

returning this year June 27th-July 1st, 9am-noon. Kids can learn about science concepts while making a huge mess and having fun with friends at camp. Jordan has a special knack for making this program amazing. Your child is invited to join us!

The second, brand new summer program is Hebrew 'Boost' Camp. Unlike boot camp, it will be a fun way to flex our Hebrew muscles. The week-long session will follow STEM camp, noon-1:30pm. Melissa Rogoway, our educator, will lead games, Modern Hebrew conversation, and reading practice runs to help with those look-alike letters and vowels. The program is made to strengthen Hebrew skills with hands-on activities, games, and fun review of skills for 4-6th graders. Kids should bring a lunch, all participants are strongly encouraged to wear a mask. Registration specifics for both programs will be sent to parents via e-mail.

In addition to our teachers, there are special people that help students at our Religious School to succeed. They sit next to a child who is having a bad day, help when the work is confusing, and provide a sense of fun with the learning. Of course, I am talking about the tutorim and madrichim who come each Sunday morning to help at school. I want to take this opportunity to share how much their work is appreciated by the parents and the teachers and staff at B'nai Tikvah. They are truly the unsung heroes of our program. Our school would be a less vibrant place without them.

As I write this our registration process for Religious School 2022-23 is in full swing. Families are registering through their ShulCloud accounts and all is going well. If you are planning ahead, the first Sunday of school is September 11th, just after Labor Day weekend. If you wish, payment can be made in installments by checking the box on your registration form. As always, we want to include every child who wishes to join us. Scholarships are available: contact Keren Smith in our office.

Wishing you a happy and healthy beginning to summer.
Melissa Rogoway

NEW in Adult Education



A Taste of Talmud with Julie Batz

Sunday, July 24 from 10:00 am - 4:00 pm

How can learning ancient Jewish texts help us create a more liberated world? In this day-long deep dive, we'll explore the radical and queer history of the Talmud, Judaism's foundational text, and discuss how it can help us understand and navigate moments of disruptive change in society and our own lives.

We'll dive right into a text and put the theory into practice. Whether you've never learned Talmud before or you're an advanced learner, SVARA-method Talmud learning is for you! All you need is the ability to decode your alef-bet (i.e. sound out your Hebrew letters), and you'll be learning Talmud in the original Hebrew/Aramaic within your first hour.

President's Message Continued

(Continued from pg. 1)

By Board President David Ratner

The Board views our budgets as investments in our future. We understand that we should not run a deficit every year. However, two years of Covid restrictions have created challenges that the Board wants to meet by spending our money wisely, giving us the opportunity to provide programming our congregants desire as well as providing the resources to grow.

The budgets require approval by a membership vote. You should have received instructions on how to do so electronically, by proxy, or at our annual membership meeting on June 12.

Also, we anticipate that the Board will be recommending a successor contract for Rabbi Chabon shortly. Rabbi Chabon is an integral part of CBT's future. The successor contract must be approved by the congregation. I hope I will be able to report at the annual meeting that we have finalized the contract.

Please vote. Please try to attend the Annual Meeting in person. Our community is strong when we all participate and congregate. I look forward to seeing you there, I loved seeing you at the gala, and I look forward to listening to your feedback about the budget or any other congregational matter.

SHABBAT SHALOM

Family First Fridays

Shabbat in the Park

1st Fridays at 6:30 p.m.

6/3, 7/1, 8/5 (in the park)

Our first Friday of the month is dedicated to the youngest members of our community and their families. Our Family First



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

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

Mark your calendar, grab your picnic basket, a blanket or chairs, and join the fun!



SERVICES AT CBT

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

Shabbat 2nd Fridays

6:30 p.m.

(no service 6/10)

7/8 with Rabbi Asher

Join us for a different Shabbat experience on each 2nd Friday of the month. From special speakers to interactive services.

Shir Joy Shabbat

3rd Fridays at 7:30 p.m.

6/17, July*, 8/19

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

June 17, Pride Shabbat

Join us for a special **Shir Joy Pride Shabbat** to celebrate June Pride Month



*There will not be a Shir Joy in July—please join us for Community led Shabbat on 7/15 at 7:30 p.m. on Zoom

Nishma

2nd Saturdays at 10:00 a.m.

6/11

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!



Special 4th Fridays

6:30 p.m.

6/24 Shabbat on the Block. See page 10 and your CBT emails for signup information.

7/22 at CBT led by Rabbi Chabon



Shabbat on the Block

4th Friday in June 6/24

Our 4th Annual Shabbat on the Block is almost here! See page 10 for signup information and more about this amazing shabbat experience. Don't miss this opportunity to build community and meet new people and enjoy your CBT neighbors. *Your comfort with eating indoors will be reflected in the sign-up information and will guide your grouping.



Kabbalat Shabbat at Urban Adamah

5th Friday, July 29

Pre-registration is required –See your weekly email

Join us in Berkeley

Urban Adamah is an educational farm and community center in Berkeley, California, that integrates the practices of Jewish tradition, mindfulness, sustainable agriculture, and social action to build loving, just, and sustainable communities. We provide training programs, educational workshops, and community celebrations for more than 15,000 visitors annually.

ONGOING PROGRAMS

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

Spring/Summer Meditation Series with Gerri Levitas

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

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

June 10: Your True Colors

July 29: Welcome the Light

August 12: Reconnecting with the Soul



Weekly Torah Meditation: "A Taste of Torah"

Tuesdays at 10:00 a.m.

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

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

LUNCH & LEARN

Tuesdays at 1:00 p.m. through June and then will return in October

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.



L'Chaim Gala



Thank you Look at these pictures from the L'Chaim gala — do you see the happiness and vibrancy of our community, the balloons and decorations, the delicious food, and the welcome table? This gala that so many of us enjoyed on May 22 was a labor of love for many people in our community and outside of CBT who came together to deliver an extraordinary evening of L'Chaim, celebrating our community coming to life in person again and honoring Rabbi Chabon's 18 years with our community.

A huge thank you to Tanya Shore from Simcha Sisters, who refused to accept payment for her hours and hours of consulting and advising on how to make this a special event. To Keith McLane, our wonderful auctioneer, who held our hand every step of the way, giving us sound advice and many, many hours of his time. To Devra Aarons, who helped us think through our Fund-A-Need design. To the Combo A jazz band, who made our cocktail hour and mingling time that much more enjoyable. And to Irene Young, who shared her magnificent talent of bringing love and appreciation onto the screen in the tribute video she shot and edited for our gala.

Thank you to our 18 CBT volunteers, who, when asked in January to help with our annual gala, said with one voice, "heneini." This serendipitous team of 18 is: Bernadette Bitton, Mike Cohn, Ellen Duree, Aimee Ennik, Tammy Fisher, Lindsay Goldberg-Kunis, Holly Grossman, Marcie Hochhauser, Jenny Michaelson, Hagit Miller, Thrittima Sherer, Lori Siegel, Jennifer Silver, Andrea Slavet, Kathy Weiner, Shirley Weiner, Zaffy Welch, and Orit Winton. We could not have done it without the contribution of these volunteers who came together to serve our shared home. A special thank you to Lori and Holly, who contributed a wealth of knowledge and allowed us to build on their previous CBT gala experiences to create this special evening for us. To Andrea, our donation warrior, who persistently secured donations for our gala, inspiring all of us to step outside our comfort zones. To Mike, who led our checkout team and brought his love for details and logistics to ensure a smooth checkout experience for all of us. To Jennifer, Holly, Lindsay, and Kathy, who decked out our L'Chaim Gala with elegance and style. To Orit and Tami, who took the lead on our food and beverage to ensure we all have plenty to drink and delicious nourishment. And to Marcie and Shirley, for arranging sign-up parties and amazing opportunities for us to build community.

Thank you to our two l'dor vador speakers, Nate Greenberg and Mary Ann Wittenberg, who represented two of our generations, and shared their compelling and heartwarming stories with all of us. They both delivered powerful messages, that brought the depth of why we are all here into focus.

A huge thank you to our amazing office staff, who worked side by side collaboratively with our volunteers. To Erika Calabro, who led the programming team in creating a variety of experiences for us this evening. To Kathy Jacobs, who brought her stylistic eye and graphics skills to create this beautiful print program. To Melissa Rogoway, who joined our meetings and shared wonderful fresh ideas. To Tina Eisenman, who welcomed us all warmly today, in New York style. And to Tami Welch-Robinson, who doubled today as a balloon lady, for her infectious energy and for helping with every facet of this gala.

Thank you to all of our generous sponsors for valuing the importance of a vibrant Jewish community and who gave their support generously.

Thank you to our leadership - to the board for supporting this event with their thoughts and their wine, and to Rabbi Chabon for inspiring all of us to be here and for creating a special memory for all of us by composing an original song to debut this evening.

With gratitude and appreciation,
Keren Smith & Rachel Stokol



L'Chaim Gala



Thank you to everyone who participated in this year's CBT Gala, Live and Silent Auction, and for your generous donations to our Fund-A-Need. Your contributions ensure that we are here, L'dor Vador—from generation to generation.



L'dor Vador



Congratulations Rabbi Chabon for your Chai year at CBT. Your leadership, your kindness, your voice. We are so grateful to have you.



Our CBT community is our very own tree of life, standing on our roots, and flourishing. It is our past and our future; it is why we are all here. We are here for each other no matter our age or our needs from the community. We are in our different stages of life but blend together in shared beliefs and values. We are here to watch and celebrate as children and grandchildren are born into our community, as we raise them together and help them find their way, and as we introduce them to our values, our ethics, and our long-standing rituals and traditions. We are here to sing together, pray together, and hold each other in times of need. We are here to welcome newlyweds as they start their lives together, to celebrate kids and adults taking on the responsibility of mitzvot, becoming b'nai mitzvah. We are here to welcome people who have found Judaism later in life, for those who are born into it, and for those who are raising a Jewish family, holding the space for one another to find our individual journeys within our rich and beautiful tradition.

A Special Thank You

to Rachel Stokol

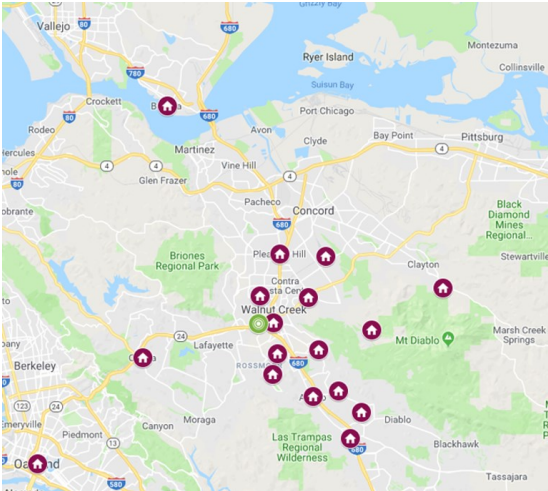
Rachel, who is a full time UCLA student and serves as our communications specialist, has been my co-lead on the gala for the past six months. I am indebted to her for her leadership and her immense contribution to making this gala a success. While I was the one who wrote you gala messages on a weekly basis, Rachel was really the one carrying the gala behind the scenes. Rachel is, without a doubt, the most organized person I have ever met, and has kept all the moving pieces on track, working with our various teams, our vendors, and with me, to ensure that we all get to the finish line successfully. She made sure that on the evening of the gala, everything ran smoothly and on time, so we could all enjoy a great program.



Please join me in thanking Rachel for all her hard work on the gala. Keren



Shabbat on The Block 2022



Sign-up Today! for Shabbat on the Block

**Shabbat on the Block returns
Friday, June 24!**

**Do you know your CBT neighbors? Take
this opportunity to meet and enjoy a shabbat dinner together!**



Shabbat on the Block is a Friday evening that we close the temple and encourage all our CBT members to have a different type of Shabbat evening experience: a Shabbat meal with our friends. Members and families sign up and are grouped by neighborhood to come together for a potluck Shabbat dinner.

If you did not participate in this in previous years or are new to the community, be sure to sign up this year. It is a fantastic evening of celebrating Shabbat with our CBT neighbors, meeting new people, and deepening our friendships. If you have participated before, I know you have been waiting for this day.

If you are interested in either joining or hosting a meal in your neighborhood, please sign up before the June 15 deadline. We appreciate your signing up early to help us in coordinating all the logistics involved in this event. We'll make sure to place your family in a home that is not only conveniently located, but that will also provide a great and comfortable Shabbat experience for all in the group - so please trust that you'll have a great time!

Please consider hosting in your house to enable us to include as many people as would like to participate in this event. When hosting, you can limit the number of people you are willing to host and indicate whether you would like to host indoors or outdoors. This event is only possible with host families as well as guest families

To sign up, see your CBT email for the link.

**If you would like to host, please sign up ASAP
so we can start filling your table!**



Contra Costa Midrasha

By Devra C. Aarons, CCM Director

A huge Mazel Tov to this year's Class of 2022 graduates! 15 teens from many corners of our community graduated from Contra Costa Midrasha this May. They are: Josh Benveniste, Rory Bernstein, Teo Buegeleisen, Zack Corr, Adee Franbuch, Tamar Franbuch, Kaycee Futterman, Clea Hansen, Sophia Isaacs, Jonah Kunis, Bella Levine, Ben Levine, Jordan Smith, Esther Sokolsky and Ben Weiss-Ishai. We are so grateful to our amazing educators - Julia Babka-Kurzrock, Brandon Heller, Shekhinyah Larks, Asher Litschwartz, Sarah Romov, Veronica Siegel, Brandon Varona and Tamar Zaken - for creating a safe space where our teens share their stories, have brave conversations, and feel connected to Judaism.



Our three Tikkun Olam programs ended the year with exciting milestones:

Project Ezechiel teens advocated at the CA Capital in Sacramento.



Hamsa Fund teens raised \$9,000 towards refugee resettlement, given

to 2nd Families, JFCS of the East Bay and Orange County Jewish Coalition for Refugees.

Better Together elders and teens celebrated their year playing bingo, sharing gifts and laughter!

Our biggest news to share - the Israelis are returning this summer! Join in the fun! July 28 - August 7, 2022 we expect about 15 Israeli teens and their educators from the Holtz Academy in Tel Aviv, Israel for a 10-day adventure in the Bay Area with our teens! Consider hosting teens or an educator, bringing cookies or being an adult chaperone. Info @ <https://www.ccmidrasha.com/mifgash-2022>.

We plan a great year for 2022-23/5783! We return to three full weekend-long retreats, great Wednesday nights and three Tikkun Olam projects. Registration is open at ccmidrasha.com - click the "enroll" button! Mark your calendars:

CCM's annual 8th grade Orientation is August 31st.

Opening night for all teens (grades 8-12) is September 7th.

Our annual Gala is February 25, 2023.

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

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

Poetry Corner

Just Think...

by Jeffrey S. Weil

Oh, how powerful our mind is
Taking us far above the ground below
Bringing sunlight on the darkest of days
Enhancing everything we know.

There are no limits to where the mind can take us
No boundaries or distances too far
It can bring us to incredible places
Some quite beautiful, while others most bizarre

One scary thing of this mind's adventure
Is we may not be the one in control
We can start at a safe place initially
Then be taken down the frightening rabbit hole!

So please be careful in your future journeys
Be mindful of the path you take
Try to keep your thoughts most positive
Knowing so much mentally is at stake!

What a most powerful gift we have
If one wants to go on a five-minute vacation
Just lay back and close your eyes
And follow your incredible imagination!

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.



In Gratitude to our Community

GENERAL FUND

In memory of Harvey Hochhauser
Bev & Phil Winslow
Trish & Jared Goldin
Nicky & Phil Weismehl
Bonnie & Mark Tornheim
Deborah Sandler & Daniel Hersh
Claire Bernardo & David Ratner
Elliot Recht
Amy & Joy Lerner
Leslie & Bill Rupley

In memory of David Rupley
Annette & Mike Cohn
Judith & Scott Barrall

In memory of Sonny Irv Pearlstein
Andrea & Dominic Lubrano

In memory of Ann & Sol Patipa
Judit & Larry DeLowe

In memory of Meyer Kryz
Shirley & Jeff Weiner

In memory of Marvin Maslin

In memory of Benjamin Silberman

In memory of Jack Maslin
Marcia & Harvey Maslin

In memory of Ted Kaplan
Rayna & Richard Ravitz

In memory of Charles Wechsler
Deane, Hanson, & Dana Wechsler

In memory of Naum Sadetsky
Natalia & Michael Sadetsky

In memory of Milton Zagon
Kim & Brian Zagon

In memory of Granny Pearl
Melanie & John Sandler

In memory of Mildred Zelman
Irene & Ron Zelman

In memory of Stanley Levyn
Terri & Brent Waterman

In memory of Loretta Schwartz
Melissa & Brian Assael

In memory of Bertha Sheldon
Christine & Murray Sheldon

In memory of Harvey Sidney Morse
Margie & Steve Richards

In memory of Gerald Applebaum

In memory of Ilene Applebaum
Randi & Todd Goldman

In memory of Edgar Kornhauser
The Friedman Family

In honor of Howard Goldin's Yahrzeit
Trish & Jared Goldin

In memory of Lawrence Berger
Kathy & Marc Berger

In memory of Sally Ruth Wilk
Nessa & Bob Wilk

In memory of Judi Kay Brown
Chelsea & Glenn Wechsler

CAMP FUND

In memory of Ida Staffieri
Mary Ann Wittenberg

RABBI CHABON'S DISCRETIONARY FUND

In loving memory of Harvey Hochhauser.
A wonderful husband, amazing father,
"F.U.N." grandpa & friend to so many.
Marcie Hochhauser

In memory of Harvey Hochhauser
Judy & Walt Blum

With gratitude to Rabbi Chabon for her
Support, and transformative service
Leslie & Bill Rupley

In honor of Rabbi Chabon's 18 years
Robin & Gene Millstein

In honor of Rabbi Chabon
Eugene Bardach

In memory of N. Stone
Sharon & Hugh Tama

In memory of Max Sherman
Lynette & Alan Scharlach

In memory of Stan Palmer
Jessica Palmer

In memory of Robert Kemna
Gloria Kemna

In memory of Sylvia Schwartz
Emma Schwartz
Cindy Turner

In memory of Myrna Ostrov
Aerica Ostrov

In memory of Arthur Scharlach
Lynette & Alan Scharlach

In memory of Elaine Unger
Judith & Scott Unger

RABBI ASHER'S EMERITUS FUND

In Celebration of Double Happiness
Janet & David Lin

With gratitude for David Rupley shiva
Leslie & Bill Rupley

In memory of David Rupley
Kathy & Marc Berger
Marcia & Harvey Maslin

RABBI CANTOR'S MUSIC FUND

In memory of Harvey Hochhauser
Rayna & Richard Ravitz
Lynn, Hawk, & Gwen Fanger
Erin & Roye Mbarah
Kathy & Marc Berger
Judith & Scott Barrall

In honor of Rabbi Chabon's Chai Year!
The CBT Choir

In memory of Charles Unger
Judith & Scott Barrall

CANTOR STEPHEN RICHARDS CHOIR FUND

In memory of Harvey Hochhauser
Lance & Bob Canter
Mona Epstein
Idelle Lipman
Pat & Chuck Eisner
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In memory of Samuel Goldenberg
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In memory of Paul Arnon Klein

In memory of Virginia E. Becker
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In memory of Betty Blum
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In memory of Sam Molho
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Marcia & Harvey Maslin

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In memory of David Yuen Kwong Lu
Claire Bernardo & David Ratner

In memory of Melva Blink

In memory of Leah Gordon

In memory of Tybe Blink

For a speedy recovery, Jim Svingos
Robin Gordon

In honor of Barbara Hirsch

In honor of Anne Devins

In honor of Morris Devins
Joan Weinstein

In memory of Hermina Davidson
Diane Leventhal

AM YISRAEL

In celebration of Sam Seaberg preparing
For his Bar Mitzvah
Julia Babka-Kurzrock & Serge Babka

TREE OF LIFE LEAF

In loving memory, Alvin Trepper
Robin & Jeff Brotman

Forever in our hearts, Harvey Hochhauser
Judy & Walt Blum

SIMCHAH WALK BRICKS

Honoring Rabbi Chabon in her Chai Year
The CBT Choir

Mazel Tov Rabbi Chabon

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Mazel Tov Avi Grossman

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June 4 22 5 Sivan 5782
The Grossman Family



JUNE 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 (2 Sivan)	2 (3 Sivan) Participant-Led. 10:00am	3 (4 Sivan) Shabbat in the P. 6:30pm	4 (5 Sivan) B'midbar Erev Shavuot Avi Grossman Ba. 10:00am
5 (6 Sivan) Shavuot Yizkor Torah on the Tra. 8:00am	6 (7 Sivan) Board Meeting 6:30pm	7 (8 Sivan) A Taste of Tora. 10:00am Lunch & Learn 1:00pm	8 (9 Sivan)	9 (10 Sivan) Participant-Led. 10:00am Sisterhood Mah J. 1:00pm	10 (11 Sivan) Meditation 1:00pm	11 (12 Sivan) Naso Nishma Service 10:00am Micah Cockrum B. 10:00am
12 (13 Sivan) Annual Meeting 4:00pm	13 (14 Sivan)	14 (15 Sivan) A Taste of Tora. 10:00am Lunch & Learn 1:00pm	15 (16 Sivan)	16 (17 Sivan) Participant-Led. 10:00am	17 (18 Sivan) Shir Joy Pride S. 7:30pm	18 (19 Sivan) B'haalot'cha Amaya Mayers Ba. 10:00am
19 (20 Sivan) Father's Day Social Action C. 10:00am	20 (21 Sivan) Office Closed	21 (22 Sivan) A Taste of Tora. 10:00am Lunch & Learn 1:00pm Book Sisters 7:00pm	22 (23 Sivan)	23 (24 Sivan) Participant-Led. 10:00am	24 (25 Sivan) Shabbat on the B. 6:30pm	25 (26 Sivan) Sh'lach L'cha
26 (27 Sivan) Keshet Pride Parade	27 (28 Sivan) Board Meeting 6:30pm	28 (29 Sivan) A Taste of Tora. 10:00am Lunch & Learn 1:00pm	29 (30 Sivan)	30 (1 Tammuz) Participant-Led. 10:00am		

JULY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 (2 Tammuz) Shabbat in the P. 6:30pm	2 (3 Tammuz) Korach
3 (4 Tammuz)	4 (5 Tammuz) Independence Day Office Closed	5 (6 Tammuz) A Taste of Tora. 10:00am Lunch & Learn 1:00pm	6 (7 Tammuz)	7 (8 Tammuz) Participant-Led. 10:00am	8 (9 Tammuz) Kabbalat Shabbat 5:00pm	9 (10 Tammuz) Chukat
10 (11 Tammuz)	11 (12 Tammuz)	12 (13 Tammuz) A Taste of Tora. 10:00am Lunch & Learn 1:00pm	13 (14 Tammuz)	14 (15 Tammuz) Participant-Led. 10:00am Sisterhood Mah J. 1:00pm	15 (16 Tammuz) Shabbat Service 7:30pm	16 (17 Tammuz) Balak Pool Party (Gala. 4:00pm
17 (18 Tammuz) Fast of Tammuz Social/Action C. 10:00am	18 (19 Tammuz)	19 (20 Tammuz) A Taste of Tora. 10:00am Lunch & Learn 1:00pm Book Sisters 7:00pm	20 (21 Tammuz)	21 (22 Tammuz) Participant-Led. 10:00am	22 (23 Tammuz) Community Led Sh. 6:30pm	23 (24 Tammuz) Pinchas
24 (25 Tammuz) Blood Drive 9:00am A Taste of Talm. 10:00am	25 (26 Tammuz) Board Meeting 6:30pm	26 (27 Tammuz) A Taste of Tora. 10:00am Lunch & Learn 1:00pm	27 (28 Tammuz)	28 (29 Tammuz) Participant-Led. 10:00am	29 (1 Av) Shabbat Service at Urban Adami Meditation 1:00pm	30 (2 Av) Matot-Mas-ei Annette Rosenthal. 4:00pm
31 (3 Av)						



High Holidays 2022/5783

Friday, August 12

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

Saturday, September 17 at CBT

8:00 pm Havdalah and Dessert
9:00 pm Selichot Service

Sunday, September 25

7:30 pm Erev Rosh Hashanah Service

Monday, September 26

9:00 am Tot Rosh Hashanah Service*
 (for children 5 and under)
10:00 am Rosh Hashanah Service
10:15 am Junior Congregation Service
 (for grades K – 5)
4:00 pm Tashlich (casting of sins)
 Radke Martinez Regional Shoreline
 Park

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

Friday, September 30

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

Tuesday, October 4

7:30 pm Kol Nidre Service

Wednesday, October 5

9:00 am Tot Yom Kippur Service*
 (best 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

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



Congregation B'nai Tikvah Memorial Book

Each year at the Yizkor Service on Yom Kippur afternoon our thoughts turn to those whom we loved and whose lives have now ended. Our Memorial Book pays tribute to our loved ones; by doing so, we enable each other to fulfill three mitzvot: Of formally remembering loved ones; Of contributing tzedakah (charity) in their memory; Of added support for our congregational family.

If you placed a tribute last year, let us know of any changes in tribute size or names and send it to the CBT office.

If you have had a loss of a loved one in the past year we will add their name on the 5782 Remembrance page, no donation required. **Please print the names of those who have passed away since last Yom Kippur (9.16.21):**

NAME	DATE OF DEATH	RELATIONSHIP

There are a number of ways to memorialize loved ones in the book. The memorial will list the names of those being remembered and the names of the family members placing the remembrance.

✦ Enclosed is a gift of \$ _____ for:

A full size page is 5 ½ by 8 ½.

- FULL page \$180 HALF page \$90
- QUARTER page \$54 ROLL OF MEMORY pages \$18 for the family name plus \$6 for each name listed.
 (The Roll of Memory is a continuous listing of names by column, printing the family name, followed by the names of those to be remembered by the family.)

✦ Please print the names of those to be remembered. Remembered by: _____

 (if necessary, add additional names on back)

I would like to receive a Yahrzeit notification on the English ; on the Hebrew date of death.

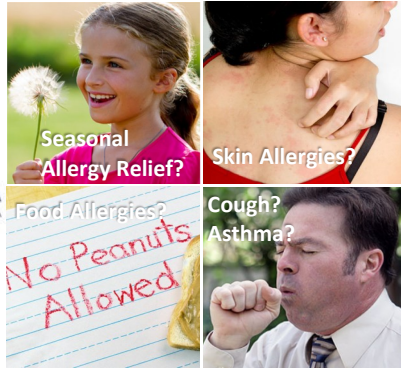
**Please remit payment and
 RETURN TO B'NAI TIKVAH NO LATER THAN AUGUST 26, 2022.**





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CHANGE SERVICE REQUESTED

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

SAVE THE DATE: Taste of Talmud on July 24



Don't miss this amazing learning opportunity

A Taste of Talmud with Julie Batz

Sunday, July 24 from 10:00 am - 4:00 pm

See page 5 for more information.