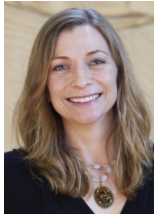




TIKVAH TALK

REFLECTIONS...

By Rabbi Jennie Chabon



Dear friends,

A few weeks ago, I got an email from a congregant requesting a meeting with me. He explained that he and his wife had joined CBT relatively recently, and while she had found her home with us, he was still struggling to find his place, and his

comfort with our community depended on the two of us having a conversation. He had heard me say something at services that did not sit well with him, so he reached out to talk to me about it. We had never spoken face to face before, and I really appreciated this opportunity to get to know him.

I loved so many things about his email and about our following conversation. I always enjoy it when congregants reach out to me, whether it is because they are in need of spiritual counseling, they want to get to know me better, or they want to discuss something that is bothering them. Our entire community structure depends on people feeling safe and heard by their rabbi and by our synagogue leadership, and that is most often accomplished in personal, intimate conversations.

When he came to meet with me, we sat in my office and had a beautiful, honest conversation in which we both learned a lot about each other. For many of us, these types of conversations are challenging and can feel confrontational. Many people might feel nervous about meeting with the rabbi to share something difficult, especially if we have never spoken before. But this man chose candor and a desire for connection over fear or apprehension. He also chose to speak to me, instead of harboring these feelings and allowing them to fester. What resulted was the beginning of a new sacred relationship, and his desire to stay in our community. Indeed, it is often in the uncomfortable moments that we plant the seeds of transformation.

I share this story because in our community, we have just one rabbi—that would be me!—serving three hundred families. I want to know each one of you, our members: know your stories, your personalities, your smiles, and be that person you can always talk to about whatever is on your heart. This is easiest to do with the people I see most often: our Shabbat regulars, our choir members, our Torah study aficionados, the kids in our school on Sunday mornings and our b'nai mitzvah students,

Continued on page 3

CONNECTION CORNER

By Keren Smith, Executive Director



We are in good hands

Judaism is designed to ground us in gratitude, to start each day with the glass half full, reciting the *Modeh Ani*, and remembering that life is a gift. When I take the time to reflect, I know how incredibly fortunate I am to wake up each day in a

healthy body, with a wonderful family, surrounded by people I enjoy and love, and work for a community that I believe in. And yet, we live in a world surrounded by a glass half-empty mentality and highlighted by a myriad of things that are broken and need fixing, and I often find that I forget the good.

I want to share a recent experience that left me not only thankful for what we have created together but settled me in a new confidence about our future: getting to know the next generation of our community leaders – we are doing something right.

A year ago I came back from the annual NATA (National Association of Temple Administrators) conference, fired up with all sorts of thoughts and ideas that were either presented or inspired by this time with my colleagues. One of these ideas was a Junior Board, an opportunity for our teens to engage as leaders in the community. This idea came after an incredibly fascinating lecture about how different generations interact with organized religion. I learned that Gen Z, the generation of our teens, has the potential to become active members as their interest in the world aligns with being part of a strong community. I wanted to create a program that engages our future leaders, gives them the tools and the skills needed to become Jewish leaders, and teaches us more about how they like to engage with temple life so we can make sure to provide it.

We received a generous grant from the East Bay JCC for two teen leadership programs, one of which is the Junior Board. I recruited an adult partner in championing this program, general board member Amy Lerner, and together we launched the Junior Board. We intentionally put very few parameters around the design of the board, just enough to give it shape, but otherwise allowing room to empower our teens in making the board their own. The definition we gave the Junior Board is its name, the age range of 6th -12th grade, and that it makes recommendations to the General Board about any CBT topic, rather than being a

Continued on page 4

Congregation B'nai Tikvah

MISSION STATEMENT

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



STAFF

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

BOARD OF TRUSTEES

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

CONTACT

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

WELCOME TO OUR NEWEST MEMBERS

Marilyn Diamond & Thetan Ariyamitr
Haylene & Pierre Anesoir
Lara Heisler & Doug Falkowski
Stacey & Jeff Neustadt
Nancy & Ken Oestreicher
Nancy & Jerry Rauch
Emily & Eric Wight

MAZEL TOV TO OUR NEWEST GRANDPARENTS

Rickie & Sandy Shaller's granddaughter, Robin Leona Krejci Shaller, was born September 29, 2022



TIKVAH
TAKEOUT

See more info here



for Religious School!

Zachary's Pizza in Pleasant Hill

Tuesday, December 6, 11a.m.-9p.m.

Take a pie home or stay to eat there.

Watch your email for more information

THANK YOU TO OUR KAVOD MEMBERS

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

President's Message

By Board President David Ratner



Friends,

When I spoke to you on Yom Kippur, I highlighted the difference between the past two years during which Covid forced us to experience our High Holiday Services on screen to the awe, beauty, and personal connection we experienced this year because we were able to gather in community to share our holidays in person. I know that I felt a much stronger spirit of our community and its emotional presence this year than I felt viewing rather than participating in the services while observing them at home.

Well, our Shabbat services offer us the same opportunity. I know it's more convenient to sit at home, power up your computer, and observe the services. I know it's dark and cold at night. I know that you can keep your WFH sweats or PJ's on rather than putting on "real" clothes. But I know and you know too that it is not the same.

So, I am going to repeat what I asked on Yom Kippur, that we all lean into what CBT has to offer.

Maybe that means attending one Shabbat service a month. Maybe Shir Joy with its beautiful music and interesting and changing melodies. Maybe the Friday themed services. Read our calendar. Although our Shabbat services are enjoyable (thank you Rabbi Chabon) they are not entertainment. We all, including CBT as an institution, benefit from congregational participation.

And we all benefit from the onegs. We eat, schmooze, communicate, talk to each other, talk to Rabbi Chabon, make new friends, stay in touch with old friends – in other words grow closer and stronger as a community.

CBT is more than place to worship. We are a strong vibrant community. We offer both social and educational experiences that are rich and fun. Think of the Social Action Committee's advocacy for racial, immigrant, and climate justice, and its support of deserving charitable organizations serving marginalized and needy communities. Or, Sisterhood's Book Sisters, Hanukkah drives and its brunches and get togethers. Think of Keshet's safe place for LGBTQ congregants and their allies. Or Lunch & Learn and other opportunities to learn about our faith.

And of course, our Religious School is the foundation on which CBT rests, providing our children, the next generation of CBTers, a place to not only obtain an understanding of our religion and equally important our Jewish values.

We all get more from CBT when we lean in to participate more in what CBT offers and in return CBT grows and is strengthened.

Continued on page 8

Sisterhood News

By Mona Epstein

In October, Sisterhood held their annual membership brunch. We had a lovely meal catered by Tal's Patisserie and welcomed several new members. We discussed the past year's events including Book Sisters, a speaker event, and a field trip to the Leshar Theater to see the musical "Beehive."

In October Book Sisters read and discussed "The 7 1/2 Deaths of Evelyn Hardcastle," a book that was a little different than our usual fare.

Sisterhood joined with the Social Action Committee to write postcards supporting abortion providers. We will also join them to participate in a service project in December sponsored by Jewish Family and Community Services supporting refugees.

Upcoming events:

December 20, 6:30p.m.:

Annual holiday party and service project—Packing hygiene kits for refugees



Sisterhood Mahjong resumes in

December at CBT social hall at

1:00p.m. to 3:30p.m. on the 2nd

Thursday of the month. Everyone is

welcome! Please bring your Mahjong card.

If possible, RSVP to Judy so we know how many sets to provide. Contact Judy Weil for details. 925/788-4766

Shop Hanukkah
at the Sisterhood
CBT GIFT SHOP

Open December 4, 6, 11, & 13
during religious school, or by
appointment.

Come see our new inventory!

Reflections Continued

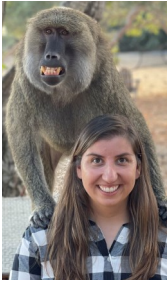
(Continued from pg. 1)

By Rabbi Jennie Chabon

because we get to know each other week after week. But, it is more challenging to make these connections with people whom I don't see often here at our sacred home. So, I depend on people reaching out and requesting time with me to get to know those of you who aren't shul regulars, and who want to deepen your connection to our community.

Religious School

By Orit Winton, Assistant Director of Education and Programming



The Gift of Friends

Our tagline for Mesibaba is “Fun Times at Tikvah,” and how I wish I was a kid again whenever we have one of those events! In our back to school parent presentation we asked all of our parents to lean in, come to services, show up in person to school, and send kids to as many Mesibabas as possible. Our kids deserve coming back to the safety and warmth of the community, something that many of us took for granted when we were their age.

So many of our parents answered our ask by showing up, rearranging their once again full schedules, leaning in, and creating a community for our kids to thrive in. At our first Mesibaba of the year, we all had a blast - including me and the madrichim, watching our kids’ sheer happiness, creativity and friendships. I can’t even begin to describe to you how much joy I witnessed with kids working together in a Chopped style baking challenge where they all were tasked to create a dessert using condensed milk, frosted flakes & a zucchini - a real challenge even to the best bakers among us adults.

There is nothing like watching kids being kids, especially after such a long time during covid that they couldn’t gather in the same way. I loved seeing the team work, innovation, mess, fun & incredible creations each team made.



Mesibaba is truly a magical time for kids, it is an inclusive environment where kids are free to be themselves and make friends across grades. If you have a child of Mesibaba age (2nd - 7th grade) please plan to send them. If you have friends who don’t belong to CBT but have kids this age, please invite them to join in the fun. Let’s all give our kids these precious two hours, even if they have other activities on Thursdays, even though traffic is terrible, even though it is something else to fit into an already hectic schedule, it makes for



amazing lasting memories, and there are only 4 more this year!

More fun times are coming soon. Mark your calendar, our next Mesibaba on December 15 is The Amazing Hanukkah Race - think escape room meets scavenger hunt! Let’s give our kids the gift of community this year.



Connection Corner continued

By Keren Smith , Executive Director *continued from page 1*

religious school governing body.

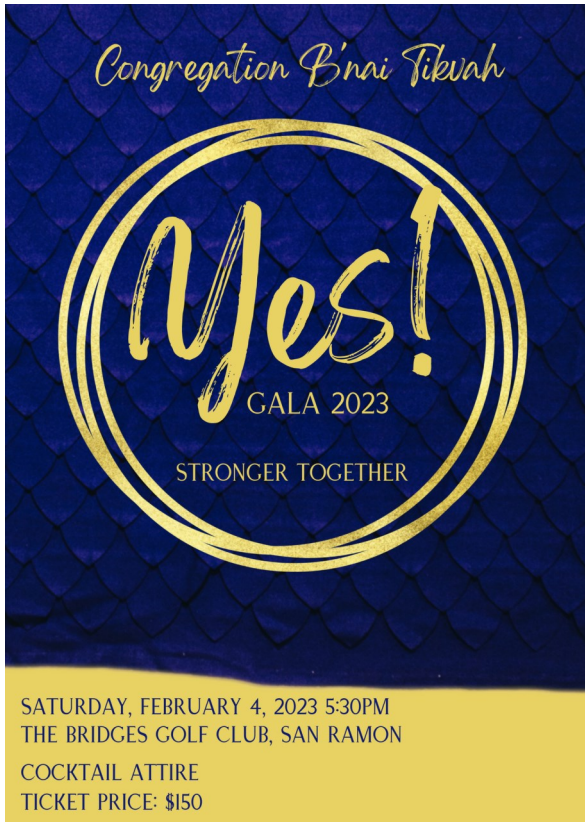
On Sunday, October 30, Amy and I were blown away by not only the number of participants, which exceeded our expectations at a total of 19, but also the caliber of teens that came to the table and the way they interacted with one another. I sat at this meeting in awe, grateful to watch and interact firsthand with the next generation of our leaders - *yasher koach* to the parents in our community who raised such wonderful humans. I walked away from this meeting feeling gratitude and a sense of confidence about our future - we are in good hands.

To introduce themselves, each teen shared a fun fact (their favorite song) and the reason they chose to be on the Junior Board. I wish you were all there to just listen in because it was quite profound. Reasons ranged from wanting to have a positive impact on our community to wanting to connect to other teens to being new to the community and wanting to lean in. It was genuine, not practiced empty answers, but rather a room filled with amazing humans with nothing but the best intentions.

The first question the board needed to answer was how to elect a president. There were many ideas in the room, and what was so amazing to watch was how they expressed themselves so beautifully and listened to one another respectfully. There was real dialogue, with people asking good questions, and challenging thoughts to arrive at the best solution. They decided unanimously within 30 minutes on the process by which they will elect a president and created a second position of vice president as well.

I share this with you, because, like mine, your world is probably bombarded with everything that needs fixing, and you too can appreciate a bright light shining on our future. I am inspired by these intelligent, poised teens who care so deeply about something greater than themselves, they wake up on a beautiful Sunday morning to meet with their fellow CBT teens to make their home that much better. I am filled with gratitude that as I watch this next generation, my glass looks so much fuller and my heart is filled with hope and inspiration.

Gala 2023: Say YES! To CBT



Our annual CBT Gala on Saturday, February 4, 2023 is at The Bridges Golf Club in San Ramon, CA. Our theme this year is YES! to CBT - Stronger Together. This is a year to say YES to our CBT community by volunteering, attending a new shabbat service, and by just showing up. Leaning in strengthens all of us as a community and our individual connection to one another. The more involved we are at CBT, the stronger we are together. We look forward to celebrating this year of YES with you at the gala. It will be a fun evening supporting and celebrating our wonderful community.

A Special Honor

As part of our Gala we are honoring two members who have said YES to CBT more times than anyone can count -- Rayna and Richard Ravitz. Richard and Rayna have made CBT stronger through their leadership, dedication, and presence. As we honor Richard and Rayna, there are many way for us to share our love and appreciation for their dedication to CBT for so many years. These options are available to all who would like to honor Rayna and Richard regardless of attendance at the event, **tributes are available now to purchase:**

Mitzvah Level Package (BEST VALUE) - 2 tickets & quarter page ad or tribute to Rayna and Richard Ravitz in the program: \$400

Raise Your Glass - Quarter page tribute ad or tribute to Rayna and Richard Ravitz in the program: \$180

Chaver (Friend) - Your name listed in the program: \$54

To order tickets or make a tribute, use the "Ticket Order Form" QR code.

Become a Sponsor

Sponsorships help offset the cost of our annual gala, allowing more funds to directly support the innovative programs, amazing clergy, teachers, and staff. A huge thank you to Ratner Molineaux, LLP for sponsoring at the Kavod level and Allergy & Asthma of the Bay Area for sponsoring at the Mensch level.

Your involvement will help us achieve our financial goals, while you gain valuable exposure leading up to and at the event. Reach target markets, increase the awareness of your business, and build your image. Please contact Lori Siegel at (925) 337- 3300 or lorsiegel@aol.com to learn more or become a sponsor.

For more information about becoming a sponsor, use "Gala Web Page" QR code.

Donations Needed

We would greatly appreciate your help in securing donations for both our silent and live auctions. You can find the donation form and letter on the Gala Web Page. Please contact [Andrea Slavet](#), [Brittany Rein](#), or [Lori Siegel](#) with any questions about donations.

We are also still recruiting members to join our CBT Fundraising Committee! Please contact Lori Siegel at lorsiegel@aol.com.

SAY YES! TO CBT

Join us for an evening of community as we celebrate CBT, because we are stronger together! There will be drinks, dinner, dancing, and friends, new and old.

As part of our gala we are honoring two members who have said yes to CBT more times than anyone can count – Rayna and Richard Ravitz. They have made CBT stronger through their leadership, dedication, and presence.

tikvah.shulcloud.com/form/yes!-gala-2023

<i>Ticket Options</i>	<i>Tributes</i>
Regular: \$150	Raise Your Glass: \$180
Mitzvah: \$400	Chaver: \$54

Gala Web Page *Ticket Order Form*



SHABBAT SHALOM

Family First Friday Shabbat

1st Fridays at 6:30 p.m.

12/2, Glow in the Dark Shabbat
Led by the Kindergarten class



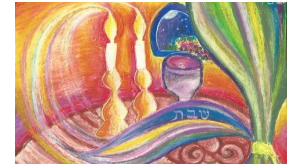
1/6, PJ Shabbat



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.

4th Fridays: Community-Led Shabbat

6:30 p.m.
1/27



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

SERVICES AT CBT

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

2nd Fridays

6:30 p.m. *(12/9 7:00p.m.)

12/9 Shabbat After Hours*

1/13 Nourish the Soul

In-person services on the 2nd Friday of the month. We will explore new and creative ideas and experiences for our service.

See page 14 for this year's schedule

Shir Joy Shabbat

3rd Fridays 7:30 p.m.

12/16,

1/20 New Member Shabbat,

3/17 Sisterhood Shabbat

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



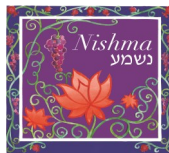
YOUNG ADULTS OF CBT
Ages 20s & 30s

Join us on Friday, December 9 for

SHABBAT AFTER HOURS

Upbeat service @ 7pm followed by cocktails & mocktails with a Jewish twist @ 8pm

RSVP using the QR code
or at tikvah.org/afterhours



Nishma 2nd Saturdays

10:00 a.m.

12/10, 1/14, 2/11

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!



Community-Wide Hanukkah Celebration! Latkes & Lights Shir Joy Shabbat

December 23, 5:30 - 8:30p.m.

5:30p.m. Potluck Dinner, kids activities, and spirit competition

6:30p.m. Shir Joy with candle lighting and live music including the CBT Choir.

Bring your menorah with seven candles.

7:30p.m. Oneg with sufganiyot



ONGOING PROGRAMS

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

Zoom Meditation Series with Gerri Levitas

Fridays at 1:00p.m.

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

Through guided visualization, this workshop will help participants center, ground and access deep wisdom within their own heart.

Choose one or all in the series:

- December 16: The Miracle of Light (see email for signup)
- January 27: Moving Forward with Purpose
- February 24: Placing Faith in the Future
- March 24: Walking together in Community

Meditation QR code for Jan, Feb, & Mar 2023



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.



Tuesdays at 1:00 p.m.

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

This is Us, CBT Lay Leaders



Rebecca Abraham.

Rebecca Abraham has been a member of CBT since 2020. She lives in Concord with her partner, Emily. Rebecca is a speech language pathologist at a rehab facility in the East Bay, and teaches 6th grade in the religious school at CBT. She is also the current chair and a founding member of Keshet. Rebecca and Emily love music and theater, and are both avid fiber-crafters.

Donna & Barry Brian



Barry Brian has been creating and conducting Jewish choirs for two generations. In the 1960s, starting at age 13, he was assistant director of his synagogue choir. In the 1970s, he formed a Jewish choir in Allentown, PA, and wrote 2, 3, and 4-part arrangements. In the 1980s, he formed and directed a nationally recognized synagogue choir in the Philadelphia area for 28 years. In the 1990's Barry created and led two additional Jewish choirs at two Philadelphia area synagogues. In 2000s, Barry led sectional rehearsals for Mati Lazar's Shirah choir in Tenefly, NJ JCC. Barry continues to sing with Shirah and has sung for Zamir. He has sung with Yavneh a premier professional Jewish choral group in the Philadelphia area. Barry, was one of the founding members and second chair of Harmoniyah, the Reconstructionist Music Network. In 2008, Barry cofounded Kol Rina, the Chorus of the Cleveland Jewish Community, the first Jewish Community Chorus in Cleveland in 19 years. In 2011 he took over running the 50 year-old Philadelphia area Jewish Choral Festival. In 2015, he co-founded the Rossmoor Jewish Community Chorus in Walnut Creek, CA and revived it in 2021, becoming its director in 2021. Barry & Donna have been leading Friday night services at



Gerri Levitas

Gerri Levitas has been a member of CBT for five years and has served on the Ritual Committee for the last two years. Gerri loves leading the monthly meditation series for the Community and welcomes everyone to join in when they can. A New York transplant, Gerri is a Certified Hypnotherapist and works with people locally and internationally. She is happily married to Stuart, a proud Mom of two amazing adult children and her 3 grandkids (ages 6, 4 and 2) are the joy of her life.

Thank you to Idelle Lipman, Mary Ann Wittenberg, for organizing everything that goes into the Community Led Shabbat each month. From speakers and chanters, to announcements and yahrzeit lists, you think of it all!



Debbie and Rob Raphael

Robert and Debbie have been members of CBT for over 10 years, since their older son Seth was starting kindergarten and younger son Josh was a newborn. Seth now works as Head Tutor in the Madrachim/Tutorim program, and Josh is in fifth grade in the Religious School. Debbie, a child psychiatrist, has enjoyed singing in the CBT choir in the past, and Robert, a pediatric hematologist/oncologist, has been part of CBT's Covid Response Team. Both are grateful for this supportive community, and have enjoyed the opportunity to serve as Lay Leaders for the Community



Deborah Sandler

We joined CBT in 1988 when Rabbi Asher married us. My bond with CBT has deepened over the years, through my membership in the choir, my prior volunteering as an occasional paracantor, praying, congregational singing, celebrating and grieving together as a community, and so many deep conversations with fellow members. I cherish the warmth, music, prayerfulness, and diversity of CBT, where all are welcome. It is an honor and a joy for me to offer up my

President's Message

By David Ratner, President

continued from page 3

Speaking of strengthening us as a community, we are close to but have not yet arrived at receiving the \$10,000 match that our generous anonymous donor has pledged if 163 of us pledge.

Has everyone in your household pledged? Remember, it's the number of pledges that count. No amount is too small. Our HHD appeal is necessary for CBT to provide the programming we all thrive on.

Please participate and pledge; we will all benefit.

163 donations = \$10,000

We need 37 more!

(We have 126 so far)

Each person in your household counts as a separate donation.

Use the QR code to make your donation(s) with the HHD donation form.

Help us get the extra \$10,000!





2nd Fridays @ CBT

DECEMBER

Shabbat After Hours
FRIDAY, DECEMBER 9, 2022



JANUARY

Nourish the Soul Shabbat
FRIDAY, JANUARY 13, 2023



FEBRUARY

Better Together Shabbat
FRIDAY, FEBRUARY 10, 2023



MARCH

Shabbat on the Block
FRIDAY, MARCH 10, 2023



APRIL

Midwestern Shabbat
FRIDAY, APRIL 14, 2023



MAY

Jewish Night of Why Shabbat
FRIDAY, MAY 26, 2023



Engage & Connect @ CBT

Mark your calendars!

Community Passover Seder

THURSDAY, APRIL 6, 2023

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



In Gratitude to our Community

GENERAL FUND

In Memory of Don Arenfeld
Amy & Joy Lerner

In Honor of Judy and Jeff Weil
Arthur Weil

In Memory of Jerome Berres
Kim & Brian Zagon

In Memory of Anna Gewing
Walter Gewing

In Memory of Harry and Silvia Schwartz
Joan & Dick Schwartz

In Memory of Max Weiner
Shirley & Jeff Weiner

In Memory of Rozsa Jacobson
Irene Jacobson & Rick Shinozaki

In Memory of Janet Deutch
Marcia & Harvey Maslin

In Memory of Jerome Kushnick
Beverly & Phil Winslow

In Memory of Aaron Greenfield
Steven Greenfield

In Memory of Lawrence Shaw
Idelle Lipman

In Memory of Etta Resler & David Resler
Nancy & Arthur Solomon

In Memory of Ann Christian
Joni Vineberg

RABBI CHABON'S DISCRETIONARY FUND

In Memory of Brian Schwartz
Cindy Turner & Emma Schwartz

In Memory of Abraham Cohen
Iris Kaplan

In Memory of Esther Rapoport

In Memory of Sidney Rapoport

In Memory of Bob Wilk
Cookie Svingos

In Memory of Hilda Stone
Sharon & Hugh Tama

In Memory of Daniel Bristow
Gloria Kemna

In Memory of Herman Roth
Sharon & Ron Brown

In Memory of Joan W Palmer
Jessica Palme

In Memory of Dr Renata Smilo
Bernadette & Nat Bitton

RABBI ASHER'S EMERITUS FUND

In Celebration of Rabbi Asher's beautiful naming ceremony for our granddaughter Celeste

Nicky & Phil Weismehl

RABBI/CANTOR'S MUSIC FUND

In Memory of Nicole Fleiss
*Tami & Rob Robinson
Zaffy Welch*

In Memory of Dorothy Polay Bushell
Beverly & Phil Winslow

Memory of Hilda Bloom
Susan & John Rubinfeld

CANTOR S. RICHARDS CHOIR FUND

In Memory of Esther Appleberg
Idelle Lipman

In Memory of Sidney Solomon
Margie & Steve Richards

STEPHEN JASPAN RELIGIOUS SCHOOL FUND

In Memory of Geri Brooks
Stephen Brooks

ABRAHAM NIVER SCHOLARSHIP FUND

In Memory of Bruce Macrae
Lynette & Alan Scharlach

MORDOH/NADJARI HOLOCAUST FUND

In Memory of Dorothy Welch
*Tami & Rob Robinson
Zaffy Welch*

In Memory of Tillie Molho
Zaffy Welch

THE HARRY WITTENBERG SOCIAL ACTION, JUSTICE, & INTERFAITH FUND

In Memory of Victor Leventhal
Diane Leventhal

In Memory of John Sutherland
John Sutherland, & Monica Salusky

In Honor of Robin's 90th Birthday
Cookie Svingos

ROSE AND SAM USAITN MEMORIAL FUND

In Memory of Rose Usatin
In Memory of Marvin Rosenbaum
Debbie & Marc Usatin

HIGH HOLIDAY APPEAL


*Rebecca Abraham & Emily Agostino
Marcy Abrahams, Marcy
Barbara & Beill Almy
Daina & Martin Apple
Rabbi Asher & Jennifer Rosenberg
Assael, Brian & Melissa"
Parker Atz
Julia Babka-Kurzrock & Serge Babka
Kevin Barnett & Alison Negrin
Jay Begun
Sandy & Karl Bemesderfer
Chanel & Tracy Benhamou
Kathy & Mark Berger
Bernadette & Nat Bitton
Judy & Walt Blum
Thelma Bronet & Sheldon Schwartz
Madeleine & Trace Bronstone
Lori Brooks
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Culture of giving Fund of the month:
Mortgage Fund

DECEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4 (10 Kislev) Religious School 9:30am K'Tan Tan - Hanukkah 10:00am Parent-Sponsored Bagel & Schmooze 10:00am Trivia Night 6:00pm	5 (11 Kislev)	6 (12 Kislev) A Taste of Torah Meditation 10:00am Lunch & Learn 1:00pm Religious School 4:00pm	7 (13 Kislev)	8 (14 Kislev) Sisterhood Mah Jongg 1:00pm	9 (15 Kislev) Shabbat After Hours 7:00pm A special oneg will follow with cocktails and mocktails with ta Jewish twist	10 (16 Kislev) Vayishlach Nishma Service 10:00am Bat Mitzvah of Naomi Guss 10:00am
11 (17 Kislev) Religious School 9:30am	12 (18 Kislev)	13 (19 Kislev) A Taste of Torah Meditation 10:00am Lunch & Learn 1:00pm Religious School 4:00pm	14 (20 Kislev)	15 (21 Kislev) Mesibaba – The Amazing Hanukkah Race 4:00pm	16 (22 Kislev) Fall Meditation with Gerri Levitas 1:00pm Shir Joy Shabbat 7:30pm	17 (23 Kislev) Vayeishev Keshet – White Elephant 6:00pm
18 (24 Kislev) Erev Hanukkah	19 (25 Kislev) Hanukkah	20 (26 Kislev) Hanukkah A Taste of Torah Meditation 10:00am Lunch & Learn 1:00pm Sisterhood Hanukkah Party 7:00pm	21 (27 Kislev) Hanukkah	22 (28 Kislev) Hanukkah	23 (29 Kislev) Hanukkah Community Hanukkah Celebration 6:30pm 	24 (30 Kislev) Mikeitz Hanukkah
25 (1 Tevet) Hanukkah	26 (2 Tevet) Hanukkah Office Closed	A Taste of Torah Meditation 10:00am	28 (4 Tevet)	29 (5 Tevet)	30 (6 Tevet)	31 (7 Tevet) Vayigash

JANUARY 2023

Culture of giving Fund of the month:
Adult Ed Fund



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 (8 Tevet) New Year's Day	2 (9 Tevet) OFFICE CLOSED	3 (10 Tevet) Fast of Tevet A Taste of Torah Meditation 10:00am Lunch & Learn 1:00pm	4 (11 Tevet)	5 (12 Tevet)	6 (13 Tevet) PJ Shabbat 6:30pm, led by the Kindergarten Class	7 (14 Tevet) Va-y'chi
8 (15 Tevet) Religious School 9:30am Parent-Sponsored Bagel & Schmooze 10:00am	9 (16 Tevet)	10 (17 Tevet) A Taste of Torah Meditation 10:00am Lunch & Learn 1:00pm Religious School 4:00pm	11 (18 Tevet)	12 (19 Tevet) Sisterhood Mah Jongg 1:00pm	13 (20 Tevet) Nourish the Soul Shabbat 6:30pm	14 (21 Tevet) Sh'mot Nishma Service 10:00am
15 (22 Tevet) Thai Cooking Class (Sign-Up Party) 4:00pm	16 (23 Tevet) MLK Day Office Closed	17 (24 Tevet) A Taste of Torah Meditation 10:00am Lunch & Learn 1:00pm	18 (25 Tevet)	19 (26 Tevet)	20 (27 Tevet) Shir Joy New Member Shabbat 7:30pm	21 (28 Tevet) Va-eira 3rd Grade Havdallah 6:00pm
22 (29 Tevet) Religious School 9:30am K'tan Tan – Tu B'shvat 10:00am	23 (1 Sh'vat)	24 (2 Sh'vat) A Taste of Torah Meditation 10:00am Lunch & Learn 1:00pm Religious School 4:00pm Book Sisters 7:00pm	25 (3 Sh'vat)	26 (4 Sh'vat) Mesibaba – Trash to Treasure 4:00pm	27 (5 Sh'vat) Meditation with Gerri Levitas 1:00pm Community Led Shabbat 6:30pm	28 (6 Sh'vat) Bo
29 (7 Sh'vat) Religious School 9:30am Bites of Wisdom 10:00am	30 (8 Sh'vat)	31 (9 Sh'vat) A Taste of Torah Meditation 10:00am Religious School 4:00pm				

Social Action - More than just a committee at CBT

The Social Action Committee (SAC) is alive and well at B'nai Tikvah! We are currently 23 members strong. We always welcome additional members, new ideas, and those who might not want to become a member but DO want to join us for an occasional activity or event.

Our ongoing work supports a range of local service organizations. These include assisting with settling immigrants and refugees with The Interfaith Movement for Human Integrity (IFMHI) and the Jewish Family and Children's Services (JFCS); and supporting the Monument Crisis Center (MCC) with food, diapers, school backpacks and finances. Your generous donations to our committee allow us to send monetary support to local nonprofits which include White Pony, Hope Solutions, Culinary Angels, MCC, JFCS and IFMHI.

As CBT is a member of the Union for Reform Judaism, the SAC is active in the Religious Action Center of URJ. This group works to educate, inspire, and mobilize the Reform Jewish Movement to advocate for social justice. The CA state branch has been working on Climate Justice this year and the national group has continued its focus on Civil and Voting Rights. The SAC attempts to share relevant information with the congregation as well as opportunities to take individual action on specific issues.

The SAC is also tasked with greening our synagogue and we currently have a sub-committee working on how to best accomplish the next phase of this ongoing project.

We've also provided opportunities for congregants who aren't members of the committee to act on issues which might feel particularly important to you as individuals. We've sent a group, with CBT banner held high, to a local march for women's reproductive rights; organized folks assisting with food collection for Walnut Creek's Day of Service; held a local blood drive at CBT, and held a post-carding party (via National Council of Jewish Women) to thank independent women's reproductive providers nation-wide for their care for patients.

We've also partnered with other CBT committees and groups in collaborative efforts. Two of these events are coming up in December. We're working with the Interfaith Council of Contra Costa on the Food for Thought program packing food for needy children for the winter break, and we'll be assisting Sisterhood with their upcoming holiday project for JFCS, making hygiene kits for refugees. Please consider joining us for one or both of these activities!

We're thankful for our office staff, board, and clergy for their ongoing support. And we're especially grateful for you, the members of CBT, who generously donate the funds which allow us to contribute so much to our community.

Please consider joining us on the third Sunday of the month for a one hour Zoom meeting. We welcome religious school parents interested in helping to create programs for families so they can experience the joy and teachings of Tikkun Olam. We hope to be a conduit for fulfilling your own desire for repairing the world.



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Click [here](#) to get step-by-step instructions or to learn more. (Find the links in your CBT Monday email.)

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.

CBT Kids

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

Games, Crafts, Gaga, Dinner & More

Advanced Purchase Rate (Online): \$25/member, \$30/guest
 At-the-Door Rate: \$30/member, \$35/guest



Scan the QR code to register for Mesibaba!

Jewish Chef
 THURSDAY, OCTOBER 27

The Amazing Hanukkah Race
 THURSDAY, DECEMBER 15

Trash to Treasure
 THURSDAY, JANUARY 26

Minute to Win It
 THURSDAY, MARCH 23

Summer Fun
 THURSDAY, MAY 18

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



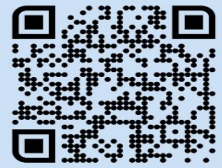
Crafts

K'Tan Tan

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



Stories



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

Preschool Programs @ CBT



Contra Costa Midrasha

By Devra C. Aarons, CCM Director

We have three amazing pieces of Winter 2022 news to share!

ONE: CCM is taking 7 of our teens to Israel this Winter! We will spend 10 amazing days in Israel in partnership with both the Holtz Academy in Tel Aviv and the Mosenzon Village in Hod HaSharon. I am especially excited to spend 2 days in the Judean desert, getting to walk along the ancient paths of our ancestors, showing off Israel to our teens and visit Palmachim - the IDF Air Force base. We can't wait to share our adventures with all of you when we return.



TWO: Retreats are 100% back on for Midrasha and our partners!

Just this November we spent a gorgeous weekend in the Santa Cruz mountains with 40 teens from Contra Costa Midrasha, Berkeley Oakland Midrasha and Sherith Israel youth. A highlight of the weekend was a giant Havdalah and song session with Eric Schoen around a

campfire with s'mores under a canopy of stars. We go back in January - tell the teens in your life to join us!

THREE: Wednesday nights get better each week with pineapples, donuts, teens, Jewish engagement and more!

What's coming up?

CCM's Annual Gala celebrates our 36th year on Feb. 25, 2023 at Boundary Oak Clubhouse in Walnut Creek with a "1950's Cocktail" theme. So brush up on your Mad Men attire and get ready with a martini glass for an evening of fun! Tickets and Sponsorships are available online at www.ccmidrasha.com/gala2023

Save the Date this summer from June 20 - 30, 2023 to help host at least 30 Israelis for our third year of Mifgash - where Israeli and American teens tour the Bay Area, learn about Jewish life in America and bound while in line at Six Flags. This has become one of CCM's signature programs. Even if you don't have a teen, consider hosting one of the visiting educators. For more information, contact the CCM office at 925/944-4701 or office@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

Farewell To Zoom & Zen by Jeffrey S. Weil

At the beginning of the pandemic
We all stayed sheltered inside
Our synagogue B'nai Tikvah
Came up with a Zoom program they tried

We want to have folks stay connected
To share their hopes, fears and perhaps a dream
So Rabbi Chabon and Keren Smith
Invented Zoom and Zen to for congregant's to stream

It was very successful
And ran almost three years
We had around 12 regular members
Jewish members all peers

We discussed almost everything
Other than politics, every topic fair game
Our kids, our parents, Jewish rituals
Week after week we all came

First it was the Rabbi
Organizing and inviting us in
Keren Smith helping as well
And Tina and Debra giving it a spin

Cookie, Thelma, Marianne, Ruthie
Debra, Monica, Bernadette and Nat
Debra, Tina, and perhaps a few more
We all looked forward to our Thursday chat

A few times we met in person
Very special occasions those were
Hugging and seeing friends not on a screen
But these past years now becoming a blur

Jeff, with our weekly poem
Our family stories and so much we shared
Alas, some good things must come to an end
Throughout, with love, we cared!

So fair well, Tikvah Zoom and Zen
You served a most welcomed need, the best!
We made lasting strong friendships
And for that we are all blessed!

Holiday Dinner Drive

Congregation B'nai Tikvah HOLIDAY DINNER DRIVE

Benefiting the Food Bank of Contra Costa & Solano

The Food Bank needs our help. 1 in every 6 of our neighbors receives food assistance – around 250,000 people each month. Demand is greater than ever due to the pandemic. Please donate.

\$1.00 will provide for 2 meals.

\$36. PROVIDES 72 MEALS

\$72. PROVIDES 144 MEALS

\$100. PROVIDES 200 MEALS



Please give now.



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foodbankccs.org/temple

1. Click the big blue DONATE button.
2. Complete your donation and select Congregation B'nai Tikvah at the bottom.
3. You will receive a donation receipt by email.

SCAN ME



DONATE BY MAIL:

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The Food Bank is a 501(c)(3) nonprofit organization. Your donation is tax-deductible.

Thank you for your generosity.

Happy
Hanukkah
Coloring
Page



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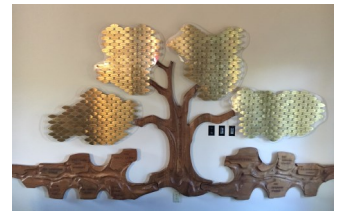


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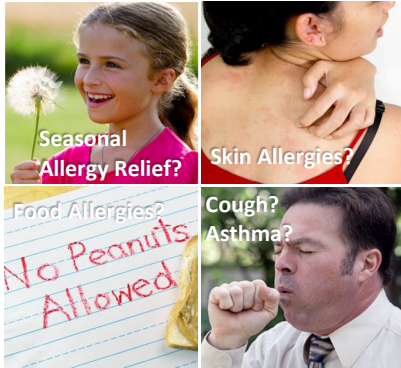
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