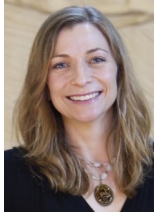




TIKVAH TALK

REFLECTIONS...

By Rabbi Jennie Chabon



Dear friends,

One of the things I love about CBT is our spirit of experimentation. We are constantly evaluating our community—what brings people through the doors, which events build connections, which moments feel transformative—and

adjusting as we go. It is one of the benefits of being a smaller synagogue, the ability to respond in real-time to how things land and to really listen to feedback, and remain flexible with our programming. In October, for example, we held our first Nourish the Soul dinner in our sukkah, an evening dedicated to delicious food, beautiful music, and deep learning around the Shabbat table. It was so meaningful and successful that we promptly shifted our calendar to add another dinner to the calendar. The second Nourish the Soul was held a few weeks ago and it was just as wonderful as the first one, giving us valuable information about our sweet community on Hillcroft Way.

The secret to these services and events being successful is, of course, you, our congregants. Covid profoundly changed all of us in countless ways—community institutions in particular—places whose missions are founded on the idea of human connection. When you cannot be with the people with whom you have chosen to be in community, how do you continue to stay connected? How do you not go adrift? Zoom was an extraordinary blessing for all of us during the height of the pandemic, as it allowed us to continue to reach each other even when it wasn't safe to be in the same room together. It was indeed a bright light during a dark time.

When the miracle of the Covid vaccine arrived so quickly, we all scrambled to get it, desperate to come out of isolation and hug our parents, eat out at a restaurant, and sing in community once again. Across the country, synagogue leaders felt sure that once people had been vaccinated and the worst of the pandemic was behind us, we would see our sanctuaries filled with congregants again, perhaps not to pre-pandemic numbers, but certainly full enough to reflect the longing for community that we had heard expressed throughout 2020-2021. \But here's the thing: that is not what has happened. Here we are in 2023, and week after week, we still have nearly as many people streaming our services from home as we have in the room. I continue to give thanks for the blessing of technology, as it allows people to stay home when they are sick, or attend services

(Continued on page 2)

CONNECTION CORNER

By Keren Smith, Executive Director



It is all about you.

There is a word in Hebrew that is derived from the word katan, small, describing a moment that you realize that you are too 'small' to know, that there are things that others know better than you. This word, katonti (I have become small), is usually used

when you get to a point of not understanding God's reasoning. It is a humble place in which you trust that someone else has better answers than you, and you must listen.

I find myself in the space of katonti quite often as I approach designing new programs for our congregational family, of different demographics, ages, and interests. I don't have all the answers to what motivates each of us to step out of the comfort of our own homes, and add more to our very limited time in order to come together. And, the answer is not the same for each of us; my answers are very different from those of even my own children who share the same home and values as me.

This is the year of YES. It has been our theme not just since the Gala, but really since the High Holidays when we were gathered together, feeling so connected as we returned to our usual space, with beautiful and inspiring services. We were asked by our leadership from the Bimah to lean in, to say "yes," to come back to the shared home we all love. And so, as we ask you to lean in and say "yes," we ask ourselves, what opportunities will be meaningful for you, and how to best show you the way back home – and to that I say katonti.

As we started designing programming this year we decided to approach it by ensuring that different groups had programs that spoke to them. In part that was our vision for our 2nd Friday with themes ranging from New York Shabbat, to Nourish the Soul – a dinner with teaching and music with the Rabbi. We knew that one of our Shabbatot was going to be targeted towards young adults, an important demographic that needs a place to reconnect post-isolation.

As I was thinking of what to offer to bring this group to synagogue on a Shabbat evening, I decided to approach this with a katonti mindset. I was lucky that a few young adults came to a small focus group, and through a very straightforward conversation, described what they want: a one-hour service with high-energy, camp-like singalong songs starting at 7:00 pm, followed by an oneg with substantial snacks and good alcoholic and non-alcoholic beverages, with some icebreaker

(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

Sue Bodjak, Director of Congregational Learning

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

Helen & Eric Kestler

Cathie Sheldon (welcome back!)

Rose Strogatz & Richard Bikoff

Rebecca & Chadwick Wyler

Jessica & Michael Zapruder

Judy & Josh Zuckert

MAZEL TOV TO OUR NEWEST GRANDPARENTS

Ellin & Craig Sadur, Maya Harriet Sadur was born December 11, 2022 to her parents, Sari Ancel and Eric Sadur.

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

Reflections Continued

(Continued from pg. 1)

By Rabbi Jennie Chabon

while traveling, which was not possible before Covid. But make no mistake, something very important has been lost as well. It is simply not the same to participate in a service with 25 people in the room as it is to come into a full room on Shabbat evening and feel the power of an intentional community gathered in prayer and song. There is a palpable energy when we come together in the sanctuary, knowing that we all made an effort to get there and that we all want to be there, to feel each other's energy and rebuild precious connections. Those of us in the room have no idea how many people are watching at home. We cannot see you and we cannot hear you but we feel your absence, and we miss your presence.

My ask for this year, in the year of saying yes to CBT, is this: if you are healthy and able, please choose to be present in person for Shabbat services and community events. We will continue to stream our services for those folks who are not able to be with us in person, but for everyone else, please bring your beautiful faces and spirits into the building. Our community experiences are not the same without you!

President's Message

By Board President David Ratner



Since I am writing this Post on Martin Luther King's Birthday, I thought an interesting and relevant piece of Contra Costa County history would be worth exploring.

On July 17, 1944, a cargo vessel exploded at the Port Chicago Naval Magazine in Concord California, resulting in the deadliest home front disaster of World War II. 320 sailors, 202 of whom were African American, were killed in the explosion. The Navy was segregated, and all sailors loading munitions at the time of the explosion were African American.

Many of the surviving sailors, believing Jim Crow segregation devalued the lives of African Americans and contributed to poor working conditions, refused to return to loading explosives until they could be provided with proper training, basic gear, and improvements to safety practices. Fifty of the sailors, now known as the Port Chicago 50, were threatened with death-by-firing-squad if they did not return to loading explosives, but they persisted.

For their courageous stance, they faced a court martial that convicted them of mutiny in a military trial that was the only punishment the Navy imposed on anyone for the Port Chicago Disaster.

As word of their heroics spread, a national appeal campaign on the sailors' behalf, led by NAACP's Chief Counsel Thurgood Marshall, gained support from First Lady Eleanor Roosevelt among others. The sailors were quietly released from prison and returned to active duty in January 1946. One month later, because of intense public pressure, the Navy became the first branch of the military to end segregation.

Today, the collective actions of the brave sailors are now widely recognized as one of the catalysts of the modern civil rights movement.

Decades after the trial, the Navy publicly released internal records revealing hazardous working conditions at the naval magazine violated federal safety laws and regulations, and the sailors should not have been punished for refusing unlawful orders. In fact, Naval historians now acknowledge the Port Chicago 50's courageous actions changed the U.S. Navy for the better and probably saved many lives.

After nearly 80 years, I believe it's long past time for the Navy to restore honor and justice to the legacies of the brave sailors of Port Chicago through full exoneration.

I am not alone. In July 2022, U.S. Representative Mark DeSaulnier authored a measure to exonerate the Port Chicago 50 which passed the U.S. House of

(Continued on page 4)

Religious School

By Sue Bojdak, Director of Congregational Learning



In the early days of his reign, King Solomon encounters God in a dream where God says, "Ask, what shall I grant you?" (I Kings 3:5) Overwhelmed by his youth, lack of experience and the enormity of the task before him, Solomon asks for a lev shomea, a listening heart

with which to serve the People of Israel. Moved by Solomon's request, God grants Solomon a lev chaham v'navon, a wise and discerning heart. And impressed by the self-effacing nature of Solomon's request, God throws in riches and kavod/honor "the likes of which no king has ever had," plus long life, so long as Solomon is faithful to God.

Conventional wisdom when you begin a new job, especially if you occupy a leadership role, is to listen first, observe, build relationships, learn, and then act with the understandings you have gained and in the context of the relationships you have fostered. As a naturally passionate do-er and an enthusiastic experimenter, I've spent years cultivating my listening skills, my patience and my capacity to sit still as a counterbalance. It is my hope as I begin my tenure at B'nai Tikvah as the Director of Congregational Learning to lead with my own lev shomea/listening heart so that I can best serve the needs of our community.

By taking time this spring to get to know B'nai Tikvah, to get to know all of you - learners of all ages - and the minhagim/customs of this place, I hope that together we can nurture a lev chaham v'navon/a wise and discerning heart. And that with shared wisdom and careful discernment we will make ourselves ready to experiment together as we explore the riches of what learning at B'nai Tikvah is today and might be.

My heart and door are open; please come in! Tell me about the best learning experiences of your lives and why you loved them. Share your favorite learning moments at B'nai Tikvah. What is central to our current learning communities and what is missing? What questions do you wrestle with, texts do you want to explore, and learning activities do you want to play with? Let's get coffee, schedule a chat, connect by email (sue's email here) and talk about teaching and learning. I can't wait to meet you and to listen to your stories and ideas.

My first day is February 5 – parents, please come for Tfilah and say "hello."

Feb 12 we have a bagel and schmooze after Tfilah. Parents, please join us!

SAY YES! TO THE ONLINE AUCTION!

Wine Tasting



- Dashe Winery Tasting for 2
- Michael Katz Tasting for 8

- Silver Trident Winery Potato Chip and Wine Tasting for 4
- VJB Cellars VIP Tasting for 4
- Wellington Cellars VIP Tasting for 4

Golf



- Eagle Vines

Family Fun and Date Night



- Oakland Zoo
- SF Botanical Garden
- Limitless Escape Room
- Red Door Escape Room
- Napa Valley Bike Tours
- CBT Restaurant Walk
- Pizza and Beer Night
- Total Wine Private Class for 20
- Leshner Center Newsmaker Series Tickets



Prepare for your B'nai Mitzvah

- Gatsby Custom Lighting Package
- Gatsby Photo Booth
- Trope with Tina



Spoil Yourself

- Custom Bicycle
- Eat Local Farm Box
- Gorjana Jewelry Gift Certificate
- Kendra Scott Jewelry



Scan this QR code with your phone camera to place your bids!

Connection Corner Continued

(continued from pg 1) By Keren Smith, Executive Director

activities to reduce social anxiety – and so was born our Shabbat After Hours. This evening was exactly what they wanted, and so when they came, they wanted more – our second Shabbat After Hours is now scheduled for February 10, and although it is geared towards young adults, we encourage everyone to come and join in the fun.

We went through a similar process when designing Havdallah and Casual Dinner for March 4 targeted at Gen Xers (that's my peeps). We held a focus group and asked – then turned around and planned just that: a casual evening where you don't have to get dressed up, an intimate enough environment where you can really talk to people, and a progressive dinner where you sit with different people for each course, with some structure to reduce social anxiety. When we opened the registration for that, we quickly started to fill spots, and now we only have a few left.

This is my way to tell you, reading this right now, that I want you to say “yes,” lean in and find exactly what you want in your spiritual home. Katonti – I don't know what will bring you, and I really want to hear from you. We are here to listen and deliver what you want, so you can lean in and say “yes.”

President's Message Continued

(continued from page 3)

By David Ratner, President

Representatives by a vote of 329-to-101. The U.S. Senate then failed to pass the measure.

In August 2022, the California State Legislature passed SJR-15, which calls on the federal government to provide full exoneration to the Port Chicago 50.

In October 2022, the Contra Costa County Board of Supervisors passed a resolution supporting exoneration of the sailors.

In December 2022, the City of Concord, CA passed a resolution in favor of exonerating the sailors. That same month, the City of Albany, CA passed a resolution to lead support for local, state, and federal exoneration efforts.

The East Bay Regional Park District, the largest regional park district in the country, has long supported exoneration. In recent months, the Park District created a pamphlet tracing the history of the exoneration movement.

The newly-named, 2500—acre Thurgood Marshall Regional Park – Home of the Port Chicago 50 in Concord, California will commemorate the pioneering role the sailors played in our nation's ongoing struggle for civil rights and will inspire future generations to continue to cry out for justice for the Port Chicago 50 and all of the sailors and their families affected by the Disaster and the Mutiny Trial.

I hope this small bit of our history and our County's connection to the Civil Rights movement proves both interesting and inspiring. I believe our Jewish values support the exoneration of the Port Chicago 50. If you too are inspired I suggest that you take a few moments to urge our senators to join the House of Representatives by passing the bill to exonerate the Port Chicago 50.

New Member Shabbat

Friday, January 20th we hosted a dinner for our newest members before our Shir Joy Shabbat Service. Following the event, we received a beautiful note from board member Jenn Leeds who took the time to express her feelings about the event. We are including it here as we were all inspired by her words. Andrea and the Membership Committee worked hard and deserve these accolades!

A huge thank you to Andrea Slavet and the membership committee for a wonderful new member Shabbat event. The membership committee, Rebecca Abraham, Jessica Palmer, Nate Stratton, Amanda Regenstein, Lori Siegel, Ashley Ordin Rubinsky, and Andrea Slavet, spent months planning how to make our new members feel welcome and connected at CBT. Thank you for a wonderful evening.

Dear all (and more! I just don't know who exactly was involved in planning and executing last night's event so please forward),

I can't express in words, nearly enough, how wonderful the new member Shabbat dinner and Shir Joy service was. We had so much fun meeting new members, hearing stories, eating fantastic food (OMG that salmon!), and singing and praying and learning together. It was a packed house, which was so energizing. I started flashing back to memories of synagogue as a kid, which I've been trying to recapture for years and didn't think it was possible.

The oneg was equally impressive and engaging, with very meaningful interactions. I saw a line of people waiting to speak with the Rabbi, and it brought me so much pride and awe.

Congratulations and kudos to the entire membership committee and to the entire CBT staff and leaders for making this such a wonderful way to welcome Shabbat.

Jenn Leeds, Board Member



SHABBAT SHALOM

Family First Friday Shabbat

1st Fridays at 6:30 p.m.

2/3: 4th grade, 3/3: 5th grade,

Our first Friday of the month is dedicated to the youngest members of our community and their families. Our Family First Shabbat, while designed for young families as a shorter service with music, dancing, and story time, is a wonderfully joyful Shabbat for all ages to experience. This

multigenerational Shabbat is sure to bring a smile to your face.

Join us for a special Family First Friday TuB'shvat oneg on March 3rd



4th Fridays: Community-Led Shabbat

6:30 p.m.

2/24, 3/24, 4/28

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. *(2/10 @ 7:00p.m.)

2/10 Shabbat After Hours*

3/10 Shabbat on the Block

In-person services on the 2nd Friday of the month. We will explore new and creative ideas and experiences for our service. See page 8 for this year's schedule

Shir Joy Shabbat

3rd Fridays 7:30 p.m.

3/17 Sisterhood Shabbat

4/21, 5/19

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






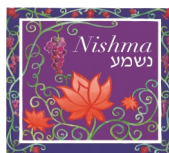
YOUNG ADULTS OF CBT
Ages 20s & 30s

Join us on Friday, February 10 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.

2/11: Refugee Shabbat, 3/11: New member Nishma with Brunch

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!

Friday, March 10, 2022

Sign up TODAY! The deadline is March 1st. You can choose to be a host or a guest in your neighborhood!

Shabbat on the Block returns on Friday, March 10! If you did not participate in this in previous years or are new to the community, make 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.

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.



Sign up with this QR code

ONGOING PROGRAMS

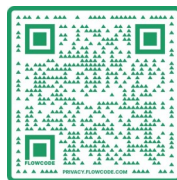
For the most up-to-date details, check your weekly email.

Tu B'Shvat @ CBT



Say hello to our new lemon tree, planted in the CBT parking lot. We look forward to years of lemons this tree will produce! For Tu B'Shvat, plant a tree! In your yard, in your neighborhood, even in Israel.

Use the QR code below and for \$18 you can have a tree planted in Israel.



Zoom Meditation Series with Gerri Levitas



Select 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:

- February 24: Placing Faith in the Future
- March 24: Walking together in Community



Sign up with this QR code

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.

2nd Fridays @CBT

2ND FRIDAYS @ CBT



CONGREGATION
B'NAI TIKVAH

FEBRUARY

Shabbat After Hours
FRIDAY, FEBRUARY 10, 2023



MARCH

Shabbat on the Block
FRIDAY, MARCH 10 2023



APRIL

Midwestern Shabbat
FRIDAY, APRIL 14, 2023



MAY

Jewish Night of Why Shabbat
FRIDAY, MAY 26, 2023



JUNE

Nourish the Soul Shabbat
FRIDAY, JUNE 9, 2023



Passover @CBT



Community Passover Seder Thursday, April 6

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 Rabi 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 Bert De Lowe
Larry & Judit De Lowe

In Memory of Burton Cohn
Michael & Annette Cohn

In Memory of Max Gewing & David Gross

In Memory of Fritzi Gewing
Walter Gewing

In Memory of Harold Jacobson

In Memory of Nathan Jacobson

In Memory of Richard Shinozaki
Irene Jacobson & Rick Shinozaki

In Memory of Jean Kindall
Marc & Katherine Berger

In Memory of John Baruch
Michael & Annette Cohn

In Memory of Lillian Weil
Judy Weil & Sanford Weitzner

In Memory of Lynn Kaufman
Brian & Kimberly Zagon

In Memory of Rhea Rodney
Ron & Irene Zelman

In Memory of Robert Pritchett
Jenny Brandon

In Memory of Sandi Rosenberg
Andrea Slavet

RABBI CHABON'S DISCRETIONARY FUND

In Memory of Alan Zelman

In Memory of Alfred Rodney
Ron & Irene Zelman

In Memory of Jackie Boyd
Ron & Sharon Brown

In Memory of Josh Steinhorn
Judy Weil & Sanford Weitzner

In Celebration of Kim Zagon's conversion to Judaism
Diane Gardiner
Brian & Kimberly Zagon

In Memory of Mark Tornheim
Judy & Walter Blum

In Memory of Stanley Light
Rob Weiner & Susan Light

RABBI/CANTOR'S MUSIC FUND

In Memory of Edna Wittenberg

In Memory of Ercolino Staffieri
Mary Ann Wittenberg

In Memory of Shirley Lipman
Idelle Lipman

CANTOR S. RICHARDS CHOIR FUND

In Memory of Bernice Scharlach
Lynette & Alan Scharlach

JAMES COHEN SCHOLARSHIP FUND

In Memory of Esther Leventhal
Diane Leventhal

RODEF SHALOM SECURITY FUND

In Memory of Mildred Volov

In Memory of Sydney Volov
Ruthie & Larry Goldenberg

In Honor of Rayna & Richard Ravitz Gala 2023
Michael Frank
Ruthie & Larry Goldenberg

THE HARRY WITTENBERG SOCIAL ACTION, JUSTICE, & INTERFAITH FUND

In Memory of Ida Sheila Salusky
John Sutherland & Monica Salusky

In Memory of Irving Weinstein
Joan Weinstein

In Celebration of Kim Zagon's conversion
Ron & Linda Zagon

In Memory of Milton Blink
Robin Gordon

ADULT EDUCATION FUND

In Honor of Rayna & Richard Ravitz
Sandra Taradash

TORAH FUND

In Memory of Ruth Locker
Stephen Brooks

HELP THE MORTGAGE FUND

In Memory of Rita Berger
Marc & Katherine Berger

HIGH HOLIDAY APPEAL

BW Abrams
David Adelberg & Michelle Meyers
Tesha Babka
Sophie Babka
Zachary Babka
Barry & Donna Brian
Anna Corwin & David Magarian
Bob & Barbara Felix
Shayna Falkowski
Tjaden Hess
Max Hess
Steve Kaplan
Zoey Lebe
Jacob Lebe
Benjamin Lebe
Tony & Jessica Lebe
Daniel & Jo Ellen Levy
Paula Mosaati
Gary Peete

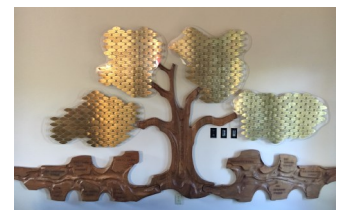
Brad Rose & Lorraine Rose-Lerman
Samuel Rubinfeld
Cathie Sheldon
Steve Siegel
Jennifer Siegel
Amy Siegel
John Siegel
Robin Siegel
Lori Siegel & Katie Alberts
Max Alberts-Siegel
Sarah Alberts-Siegel
Keren Smith
Jordan Smith
Daniel Smith
Amalia Smith
Mike & Susan Smith
Arthur & Nancy Solomon
Lauren & Michael Turon
Louis Turon
Susan Salem & Serge Merlin
Elizabeth Weiss
Meriel Winn
Kim & Brian Zagon
Irene & Ron Zelman



Get a personalized Simcha Brick or Tree of Life Leaf!

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

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





Culture of giving Fund of the month:

FEBRUARY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 (14 Sh'vat) Religious School 9:30am Junior Board 12:30pm	6 (15 Sh'vat) Tu BiSh'vat	7 (16 Sh'vat) A Taste of Torah Meditation 10:00am Lunch & Learn 1:00pm Religious School 4:00pm	8 (17 Sh'vat)	9 (18 Sh'vat) Sisterhood Mah Jongg 1:00pm	10 (19 Sh'vat) Shabbat After Hours 7:00pm	11 (20 Sh'vat) Yitro Nishma-Refugee Shabbat 10:00am
12 (21 Sh'vat) Religious School 9:30am Bagel & Schmooze 10:00am K'tan Tan - Havdallah 10:00am	13 (22 Sh'vat)	14 (23 Sh'vat) A Taste of Torah Meditation 10:00am Lunch & Learn 1:00pm Religious School 4:00pm	15 (24 Sh'vat)	16 (25 Sh'vat)	17 (26 Sh'vat) Shir Joy Shabbat: Celebrating Jews of Color 7:30pm	18 (27 Sh'vat) Mishpatim Bat Mitzvah of Zoe Lebe 10:00am
19 (28 Sh'vat)	20 (29 Sh'vat) Office Closed	21 (30 Sh'vat) A Taste of Torah Meditation 10:00am Lunch & Learn 1:00pm Book Sisters 7:00pm	22 (1 Adar)	23 (2 Adar)	24 (3 Adar) Winter Meditation with Gerri Levitas 1:00pm Community Led Shabbat 6:30pm	25 (4 Adar) Trumah
26 (5 Adar) Religious School 9:30am	27 (6 Adar)	28 (7 Adar) A Taste of Torah Meditation 10:00am Lunch & Learn 1:00pm Religious School 4:00pm				



MARCH 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 (8 Adar)	2 (9 Adar)	3 (10 Adar) Family First Shabbat Led by 5 th Grade 6:30pm Teen Leadership Retreat @ CBT & Quarry Park	4 (11 Adar) T'etzaveh Havdallah & Casual Dinner 6:30pm
5 (12 Adar) Purim Carnival 10:30am	6 (13 Adar) Taanit Esther Erev Purim Purim Spiel 6:00pm	7 (14 Adar) Purim A Taste of Torah Meditation 10:00am Lunch & Learn 1:00pm Religious School 4:00pm	8 (15 Adar) Shushan Purim	9 (16 Adar) Sisterhood Mah Jongg 1:00pm	10 (17 Adar) Shabbat on the Block 6:30pm	11 (18 Adar) Ki Tisa New Member Nishma 10:00am
12 (19 Adar) Religious School 9:30am	13 (20 Adar)	14 (21 Adar) A Taste of Torah Meditation 10:00am Lunch & Learn 1:00pm Religious School 4:00pm	15 (22 Adar)	16 (23 Adar)	17 (24 Adar) Shir'loj Sisterhood Shabbat 7:30pm	18 (25 Adar) Vayak'heil-P'kudei
19 (26 Adar) Religious School 9:30am K'tan Tan - Passover 10:00am	20 (27 Adar)	21 (28 Adar) A Taste of Torah Meditation 10:00am Lunch & Learn 1:00pm Religious School 4:00pm Book Sisters 7:00pm	22 (29 Adar)	23 (1 Nisan) Meshbaba: Minute to Win It 4:00pm	24 (2 Nisan) Winter Meditation with Gerri Levitas 1:00pm Community Led Shabbat 6:30pm	25 (3 Nisan) Vayikra 6th Grade Shabbat Service 10:00am
26 (4 Nisan) Religious School 9:30am Bow Making Party 12:00pm	27 (5 Nisan)	28 (6 Nisan) A Taste of Torah Meditation 10:00am Lunch & Learn 1:00pm Religious School 4:00pm	29 (7 Nisan)	30 (8 Nisan)	31 (9 Nisan) Chocolate-Themed 2 nd Grad Shabbat Service 6:30pm	

Air Out Your Sleeping Bag

Tikvah Te[▲]ts

Tikvah Tents

Saturday, June 10, 2023

Whether you are an avid camper or have never set foot in a tent, you don't want to miss this event! Why - you ask? Because this is an awesome opportunity to get together and have fun out of the beautiful walls of CBT. It is a perfect way for us to get to know each other more deeply across generations and outside of our neighborhood.



This is Us @ CBT Spotlight: Alice Lasky

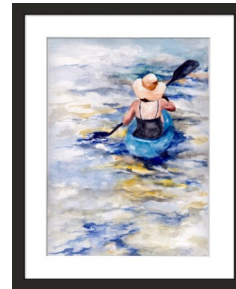


Alice Lasky

I have spent my whole life involved in the arts. From the youngest age I was drawing portraits of my friends and family as well as self portraits. Along with my art studies I started to play the violin in elementary school back in Massachusetts. I was immediately drawn to the power of

music and practiced many hours. I graduated with a music degree from Boston University School For The Arts and played in local symphony orchestras as well as performing in chamber music groups. I also began teaching the violin which was very rewarding and I have continued to reach for over 40 years. Many of my little violin students have gone on to become professional musicians.

I continued to draw, paint and also started learning to become a ceramic artist. I have been involved with the ceramic studio in Walnut Creek for over 20 years. I recently designed a Havdalah set for my daughter Mara who lives in NY. I have sold my ceramics locally and I also do custom pieces. I especially love making ceramic lamps, teapots and menorahs. I hope to share my violin playing and some of my Judaica pieces with B'nai Tikvah in the future.



Self Portrait drawn in teen years



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

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 throughout the year 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.



Scan the QR code to register for Mesibaba!

Minute to Win It

THURSDAY, MARCH 23

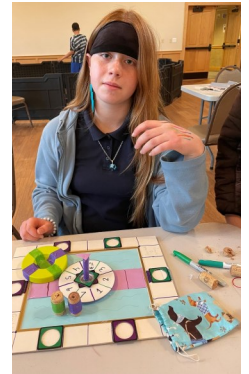


Summer Fun

THURSDAY, MAY 18



Mesibaba Trash To Treasure Fun!



K'Tan Tan

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



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

Crafts



Stories



Preschool Programs @ CBT



Contra Costa Midrasha

By Devra C. Arons, CCM Director

Sisterhood News

By Mona Epstein

We have three amazing pieces of Winter 2023 news to share!

ONE: Our annual Gala is just around the corner! Join us on February 25, 2023 at Boundary Oak Clubhouse in Walnut Creek, dressed in your late 1950's "cocktail" best to celebrate Contra Costa Midrasha's 36th birthday. The evening will feature dinner, auctions, a dessert dash, Copper Cane wines, dancing and more! Visit ccmidrasha.com/gala2023 to buy tickets, sponsor or donate.

TWO: CCM just returned from an amazing 10 days in Israel with 7 of our teens! Our journey to Israel featured our partnership with the Holtz Academy in Tel Aviv and the Mosenzon Village in Hod HaSharon. We spent 2 days in the Judean desert, waled along the ancient paths of our ancestors in Jerusalem, shopped in Tel Aviv and watched planes take off from Palmachim - the IDF Air Force base. Check out #mifgashnifim on Instagram to see photos from our adventure!

THREE: January features two awesome opportunities for our teens to deeply engage Jewishly! MLK weekend our new "Impact Builder" digs into tikkun olam (repairing the world) at Winter Nights, making and serving dinner at the Trinity Center. And our Winter retreat at the end of January will focus on Tu B'Shevat, where we will sleep among the redwoods while learning about the Jewish connections with nature. Learn more at ccmidrasha.com.

What else is happening at Midrasha?

Wednesday nights continue on January 11th! Teens are invited to sign up anytime for our weekly Wednesday wonderland. Click the "enroll" button at our website - ccmidrasha.com.

Hamsa Fund focuses their nonprofit mission this year helping Native American youth. Look for their e-mails, texts and phone calls inviting you to make a gift towards their efforts.

Save the Date this summer from June 20 - 30, 2023 to help host at least 30 Israelis

(continued on pg 16)

Sisterhood had a busy month in December! We joined with the Social Action Committee to host a Hanukkah party and service project. We had a lovely potluck dinner and way too many latkes! Members brought their menorahs for a beautiful community candle lighting. Our service project was to benefit Jewish Family and Community Services' refugee program. Newly arriving families from Afghanistan and Ukraine were supplied with kits containing cleaning supplies purchased and packed by the members of both committees. In addition, members collected games for children to be distributed by JFCS.

In January, Booksisters will meet to discuss Inheritance by Dani Shapiro.

Upcoming :

Booksisters -Tuesday, February 21 at 7 pm "Shanda" by Letty Cottin Pogrebin

Friday, March 17 Sisterhood Shabbat at 7:30 pm



Sisterhood Mahjong resumes in February at CBT

Join us the second Thursday of the month, 1:00 to 3:30 pm
Contact Judy Weil at 925-788-4766





THE FESTIVAL AS YOU WANT IT

2x as Amazing

Delighted to return to a brick-and-mortar theatre? Still want to watch films from the comfort of your home? This year, the choice is yours:

IN-THEATRE FESTIVAL: February 25 – March 2 at the Century 16 in Pleasant Hill

VIRTUAL FESTIVAL: March 11 – 24

Binge the best in contemporary international cinema from the comfort of your own home.



Cong. B'nai Tikvah is proud to sponsor Israel's Oscar nominee *Cinema Sabaya*.

Wednesday, March 1, 4:15 PM

An exhilarating and beautiful portrait of shared sisterhood. Israel's #1 film for 2022.

For more information about the film, passes & tickets:

www.eastbayjewishfilm.org

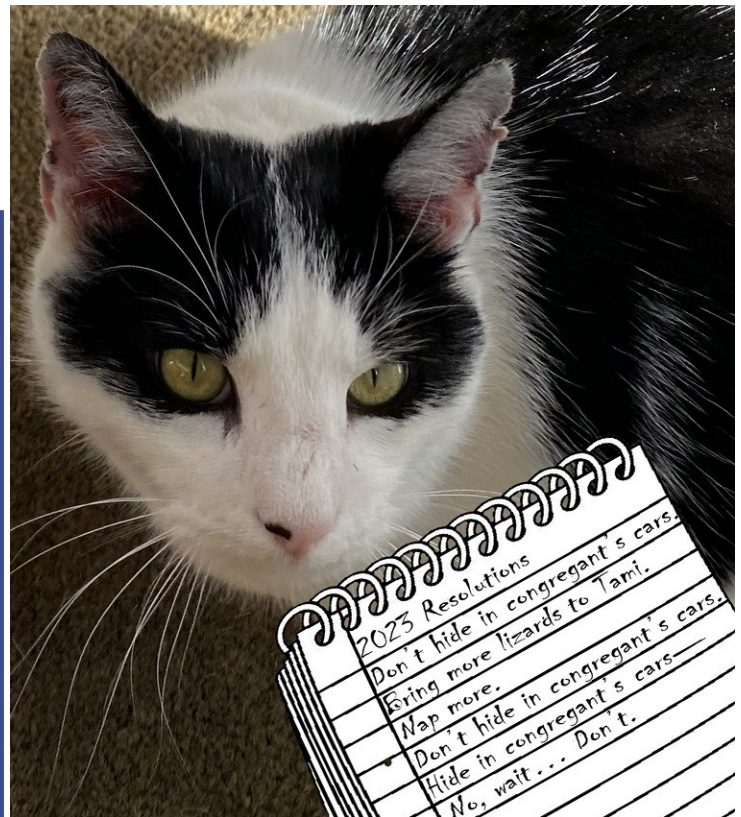
info@eastbayjewishfilm.org 925.240.3053

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.



Contra Costa Midrasha continued

By Devra C. Aarons, CCM Director
(continued from pg 15)

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!



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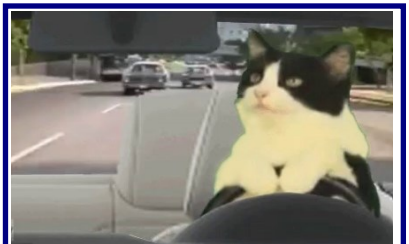
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Goofball still wants to drive your car. Keep an eye out for him whenever you are in the parking lot at CBT. If you are chatting with your car door open he WILL get in. He has gone partway home with two congregants so far.

On the positive side, he is a good passenger.

Join our B'nai Tikvah Family!

Do you have friends or relatives looking to join a warm and inclusive congregation?

Contact Keren Smith at ksmith@tikvah.org or (925) 933-5397



Would you like to advertise in our Tikvah Talk newsletter? Contact Tami Welch-Robinson at tami@Tikvah.org for more information.



We publish our newsletter 6 times a year.

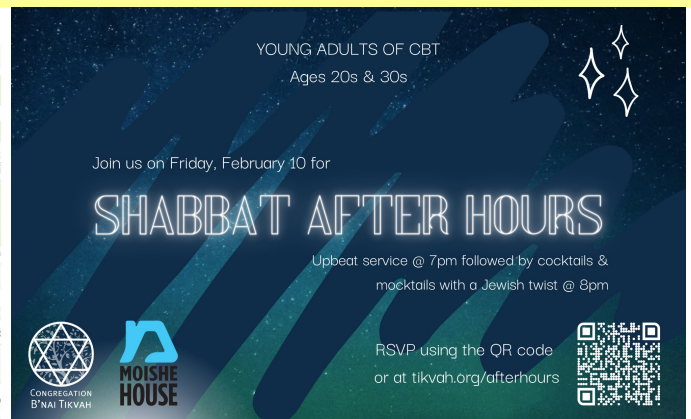
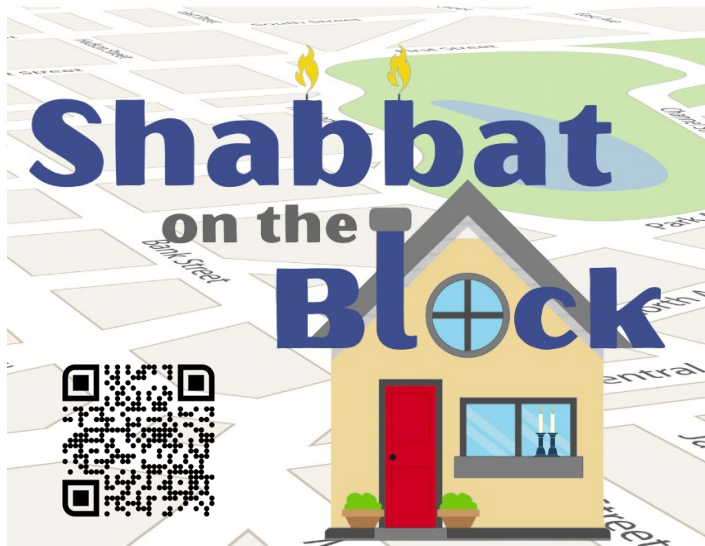
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SAVE THE DATES: FRIDAY FEBRUARY 10 & MARCH 10



Our first **Shabbat After Hours** was a great success. Sign up for the February 10th Shabbat After Hours to enjoy this lively one hour service starting at 7pm

Shabbat on the Block is March 10th. Scan the QR code or see page 7 for more information.