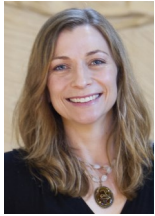




TIKVAH TALK

REFLECTIONS...

By Rabbi Jennie Chabon



Dear friends,

One of the things I love about our congregation is how willing we are to try new things. We are constantly assessing our programs and services, listening to our members, and trying our best to really offer what our community wants, and not

just what we in leadership think you need. This was part of the inspiration for our creative second Friday programming this year, and it is also behind our decision to launch another experimental Shabbat idea that we are calling the Kaddish Minyan.

Here is the idea: there are a few times of the year in our congregation — and in all smaller congregations across the country — that we find ourselves looking at a week when we see a confluence of events: a big holiday service that falls right before Shabbat, during a vacation week for our school families. If we were a large congregation, all of these events happening simultaneously wouldn't have a meaningful impact on attendance because there would always be enough people showing up to everything. But in our sweet shul, the impact is significant when too many programs fall during the same week. We just aren't big enough for people to show up for everything, so we occasionally need to adjust what we offer.

For example, our big second-night community Passover seder falls this year on Thursday, April 6th, which is spring break for most of our families. We anticipate a great turnout on Thursday night because many people love to celebrate Passover in community. But what that means is that most of those people will have done their big Jewish event for the week, and they won't come back the next night for Shabbat services. Makes sense to me! And many of you won't be in town at all.

And so...the Kaddish Minyan. Instead of offering an in-person Shabbat service on Thursday the 7th, we will offer a Zoom kaddish minyan. A short, thirty-minute virtual gathering at 5:00 p.m. in which we will connect, sing a few songs, and say kaddish. It will not be a formal Shabbat service but rather a way for people who need to say kaddish to do so, supported by community members. Our building will stay closed but our connections will be as strong as ever.

We will try this minyan a few times during the year and see how it feels, always on a week when we anticipate a very small service. Let us know what you think!

CONNECTION CORNER

By Keren Smith, Executive Director

Shalom: A Farewell Note to You



In my life I have had to pivot in my journey many times. I have said farewell to life as I knew it, and started anew on a fresh adventure uprooting time and again, to reestablish myself in new grounds, replanting in unfamiliar soil. I wish I could say that it

gets easier after you have practice, but in truth, for me no matter how wonderful and promising the journey ahead, closing a door and leaving my familiar life behind is always accompanied by a host of emotions.

There are many different sayings in English (and for that matter in Hebrew too) about the end of the road... turning a new page, when one door closes another opens. Those idioms have never resonated with me — they seem to want to make light of the feeling of loss. We have such tremendous discomfort with endings that we quickly try to move to the more positive, the new page, the new road, the greener pastures. Endings are difficult; they signify the passing of something that we know and have come to take as part of our reality.

For the past nearly seven years, my reality, my home, and a significant part of my life and heart has been our shared home, our congregational family, you, my team, and my partner, Rabbi Chabon, all of whom have come to mean the world to me. And so, as I stand at the end of this journey, just a few weeks from crossing the threshold of the proverbial door, I am filled with so many emotions, deep sadness, gratitude and also anticipation of the future that I chose to pursue.

Years ago, when I first stepped foot into this building as a prospective member raising a young family, I was greeted so warmly into this community, that it instantly held a place in my heart. True to my Israeli upbringing, I was never a service-goer. My connection with Judaism has always been the people and the community. And yet, on this first visit I was moved by then-Cantor Chabon's magical voice, the captivating music, the beautiful service, and of course, the wonderful people I met. It was not until a few years later that I joined the community as the Director of Education, after a grueling interview process chaired by John Rubenfeld, who is one of the most outstanding humans I have ever met. I then had the chance to meet this congregation again, this time being welcomed with anticipation and excitement into my new role.

I have had a long and fruitful journey here and am filled with gratitude to you. Thank you for taking me in with open arms, thank you for believing in me,

(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
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



WISE SONS

JEWISH DELICATESSEN

since 5771

Your Passover meal straight to your table!

Pop-up delivery in the CBT parking lot

Order Deadline: Monday, April 3 at 9:00 a.m.

Pick-up at CBT: Wednesday, April 5 3:00 - 4:00 p.m.

See page 14 for the Passover menu and QR code to order.



WELCOME TO OUR NEWEST MEMBERS

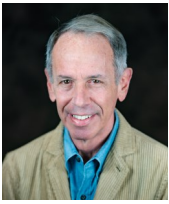
Perry Jurow
Nina and Lara Taylor Kester

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



The CBT Board of Trustees has appointed a Nominating Committee which is tasked with creating a slate of nominees for election to the CBT Board of Trustees. The Committee consists of Ron Brown (chair), Sarah Greenberg, Joel Guss, Jenn Leeds, and Mary Ann Wittenberg. The Committee has been hard at work over the past month. The Slate of Nominees developed by the Nominating Committee will be sent to the Board of Trustees for approval in early May. Once approved the Slate will be sent to CBT's membership for a vote at least one month before CBT's Annual Meeting. The Annual Meeting will take place on June 25, 2023. Voting may be in person at the meeting or via proxy before the meeting.

Currently, five Board positions must be filled: President-Elect, Treasurer, Secretary, and two At-Large board seats. An officer must either be a current board member or have served for at least one term on a previous board. All Board members must be congregants in good standing. Serving on the Board is not the only way congregants can help CBT thrive. CBT thrives because of all the congregants who volunteer to serve in a variety of capacities.

CBT has six standing committees, each of which is important for our functioning, and each requires robust participation of congregant volunteers to assure that CBT serves the interests and needs of all congregants.

The Budget and Finance Committee along with the Executive Director is charged with the responsibility of estimating our annual income and expenses and submitting an annual budget for Board approval.

The Building and Grounds Committee is tasked with helping the Executive Director keep our property safe, secure, and in good repair.

The Membership Committee along with the Rabbi and Executive Director works to retain and engage current congregants, conduct community outreach, and develop programs to accomplish these goals.

The Human Resources Committee assists and advises the Executive Director in selecting staff, devising our personnel policies and procedures, and helping resolve any employee disputes.

The Religious School Committee in cooperation with the Director of Education makes recommendations necessary for the governance of the school and helps develop curriculum and programming for the school.

The Ritual Committee in cooperation with the Rabbi considers the synagogue's rituals and observances and promotes practices that will enhance the values of Jewish life.

If you have skills, talents, or interests that you think would be assets to CBT and are willing to give your time, many ways exist for you to be involved, including serving on a committee and one-time project work.

I would love to hear from you. Please feel free to contact me (bnaitikvahpresident@gmail.com) to learn more about Board service, committee work, and volunteer opportunities.

Religious School

By Sue Bojdak, Director of Congregational Learning



"Rabbi Samlai taught: With regard to the Torah, its beginning is an act of kindness/g'milut chasadim and its end is an act of kindness/g'milut chasadim. Its beginning is an act of kindness/g'milut chasadim, as it is written: 'And God made for Adam and for his wife garments of skin, and clothed them' (Genesis 3:21). And its end is an act of kindness/g'milut chasadim, as it is written: 'And he (Moses) was buried in the valley in the land of Moab' (Deuteronomy 34:6)." [from the Talmud: Sotah 14a:6]

G'milut chasadim literally means "the giving of loving-kindness/chesed." One of the things I love about the word chesed is the word 'loving.' It's more than just kindness. I don't know exactly what we mean by the phrase loving kindness but I know that it's more than stepping back to make space for someone on a crowded elevator or putting your mask on to make someone else more comfortable or sending a note to someone who is feeling blue. Maybe it's all of those things done with a certain kind of kavanah/intention.

And then there's the giving part of g'milut chasadim, the part where kindness is a gift, something you give away. So there's a quality of generosity about it; it requires you to be in the world with generosity, with an open heart.

One of the things I was told repeatedly about the community at B'nai Tikvah before I arrived, one of the things you all told me when I asked what you love about this community, is how warm it is, how welcoming. As of this writing, I've been here seven weeks and I want to affirm for you how true that is, how much chesed/loving-kindness I've witnessed. I see it when a seventh grader shows a new third grader how to play gaga and when a group of children clusters around the kid who accidentally got whacked in the face while playing to make sure he's ok. I see it when kids patiently daven/pray together while a group of their peers is practicing leading the service, including when they make goofy faces and poke each other while singing along in support of the kids on the bima. I see it when the Jr. Board puzzles over how to reduce b'nai mitzvah anxiety for their peers and when the madrichim wrestle with how to more effectively support the individual student.

It's these acts of chesed/loving-kindness that knit our community together, that make us who we are. And, of course, it's not just the kids. It's the parents who jump in to help sell coffee at the Purim carnival, who offer 11th-hour alternative hosting when someone's sick child disrupts our Shabbat on the Block gathering, who patiently wait in the pick-up line so that each child can

(Continued on page 4)

Sisterhood News

By Mona Epstein

Sisterhood started out in February by supporting the Gala honoring Rayna and Richard Ravitz at the Bridges Golf Club in San Ramon. Sisterhood sponsored a table and many Sisterhood members were in attendance for this beautiful event.

At Booksisters in February we discussed *Shanda* by Letty Cottin Pogrebin and supported Tikvah Takeout at Jack's Urban Eats. The book was generally well received and members shared their own stories and shandas.

In March we will read and discuss *The Man Who Sold Air in the Holy Land* by Omer Friedlander, a collection of short stories about Israel. We were fortunate to be able to borrow copies of this book from the Jewish Community Library in SF in their 'Book Club in a Box' program. Also included was information about the author and other materials to help enhance our appreciation of the book. Coming up in May, CBT will sponsor, in coordination with CCJCC, a virtual talk with the author.



Sisterhood hosted a Shir Joy Shabbat in March and surprised me by naming me 'Woman of the Year.' I am very thankful for the honor and amazed at how many sisters kept this secret!

Coming up:

Tuesday, April 18, Booksisters: "The Thread Collectors" by Shaunna J Edwards and Alyson Richman. Led by Eileen Hinds. Potluck at 6:30, discussion at 7.

May 2 virtual discussion with author Omer Friedlander - details to follow.



Sisterhood Mahjong at CBT

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

Religious School Continued

By Sue Bojdak, Director of Congregational Learning

be safely delivered to their car. It's the adult learners who bounce around the synagogue to accommodate the children's space needs, and who diligently make their way into Lunch & Learn around power outages in order to study Torah together. It's our teachers and staff who bring open and generous hearts to each of the 100 tasks they perform each day.

Just as the Torah begins and ends with g'milut chasadim/the giving of loving-kindness so too does B'nai Tikvah. The more we notice it, the more it inspires us to bring our own chesed/open-hearted generosity, and the more we continue to create the community that we love and that loves us back. Thank you for welcoming me in.



Tuesday, April 25
10:30 a.m.-10:00 p.m.

Starbird (Positively delicious) Chicken

2849 Ygnacio Valley Rd. Walnut Creek

Orders can be placed on StarbirdChicken.com or via the Starbird Chicken App



Use code **CBT** at checkout and 15% will be donated to CBT

Connection Corner Continued

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

thank you for trusting me first with the school and then with this leadership role for our entire community. Thank you for saying yes to me every time I had a new idea, and trying new things along with me, some that were successful (like Shabbat on the Block) and some that we have tried once, and left behind. Thank you for allowing me to grow here, to develop, to discover a new version of myself in the safety of your faith in me. Thank you for always saying yes to me, even when I called for you to volunteer — sometimes in big ways, and sometimes in smaller ways that fit into your life more easily. Thank you for trusting me with your thoughts, your concerns, your joys, your hard times, and for giving me your genuine care, warmth and friendship — I will cherish them forever.

Leaving my role at CBT is one of the most difficult decisions I have ever made. I feel so privileged to have served this beautiful, loving community, and to have met some of the kindest, most beautiful people I have met in my life. My hope is that this place will remain my home, a home to my family, and our extended, congregational family for years to come.

On April 21, our Shir Joy Shabbat is dedicated to celebrating l'dor va'dor, from one generation to another in our Better Together Shabbat. This will be my final Shabbat as the Executive Director here, and it is serendipitous that it coincides with this theme for Shabbat that for me is the cornerstone of Judaism. I would love and would be so honored to see you at this service, celebrating each other in our beloved CBT community, a room filled with care, warmth and vibrancy of the different generations coming together.



Set your Passover table with the CBT Sisterhood GIFT SHOP

Seder plates, afikomen bags, toys, hostess sets, and more!
Open Sundays during religious school, 9:30 a.m. to 12:00 p.m.
Or by appointment: Call Rayna Ravitz 925-212-6188 or
Kathy Jacobs in the CBT office email office@tikvah.org



CBT Kids

RELIGIOUS SCHOOL FUNDRAISER



at

myo Frozen Yogurt

Sunday, April 23
12:00-9:00 p.m.

Walnut Creek
2913 Ygnacio Valley Rd
(Whole Foods Plaza)
Alamo
3215 Danville Blvd



CONGREGATION
B'NAI TIKVAH
Religious School

K'Tan Tan

K'tan Tan is for families with children ages 0 - 5. We have music, stories, crafts, and fun!
This month's theme is Passover. [RSVP here](#) or just come on in!

Save the dates or RSVP today to for the final two K'tan Tans of this year.

[April 16, 2023: Celebrating Israel](#)

[May 7, 2023: Honoring Our Parents](#)



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!

Summer Fun
THURSDAY, MAY 18



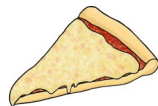
This awesome youth program is sure to deliver a fun social afternoon to all attendees and leave your kids waiting for more. Mesibaba offers five uniquely themed programs throughout the year at Congregation B'nai Tikvah in Walnut Creek. Mesibaba is open to all 2nd—7th graders in the Jewish community and 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.

Pizza & Gaga: the Reboot

Once/month, \$10/kid
sign-up or drop-off

Next Dates
April 16
May 7

Open to all grades K-7, we gather in the social hall from Noon - 1:00 pm for pizza, play and community.



Know your kids want to go?
Scan this QR code to sign up today.



SHABBAT SHALOM

Kaddish Minyan

4/7

Join us for a short, thirty-minute virtual gathering at 5:00 p.m. in which we will connect, sing a few songs, and say kaddish. It will not be a formal Shabbat service but rather a way for people who need to say kaddish to do so, supported by community



Shabbat in the Park is Back!

Family First Fridays at 6:30 p.m.
5/5, 6/2, 7/7, 8/4, 9/1

The 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 at Community Park WC for this service. Come early with a picnic dinner and enjoy a lovely evening.



SERVICES AT CBT

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

2nd Fridays

6:30 p.m.

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

4/14 Midwestern Shabbat

Are you from America's Heartland? Want to have a Shabbat dedicated to the Midwest? **You Betcha!** Join us April 14th for this special service and oneg. We can share stories about life in the Midwest, the land of the **Frozen Chosen**.

Dontcha know, I was at the store today and I saw your uncle! He said the best place to be on April 14th is oneg after services at CBT. **Cheese and mice** you better be there!

5/26 Jewish Night of Why

Why is the blessing that is recited over bread not recited over other baked goods?

Why is eating dairy together with meat prohibited in Jewish law?"

Why is a shank bone placed on a Seder plate?

Why does Uncle Moishe's nose whistle when he snores?

We don't know about Uncle Moishe, but if you have pondered these questions or could add to the list, join us on May 26th for the

CBT Jewish Night of Why.

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





Nishma 2nd Saturdays

10:00 a.m.

5/13 New Member Shabbat

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!

Shir Joy Shabbat

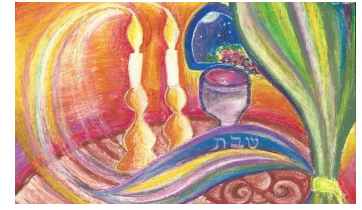
3rd Fridays 7:30 p.m.

4/21, 5/19

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



4th Fridays: Community-Led Shabbat



6:30 p.m.

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.

ONGOING PROGRAMS

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



Conversational Hebrew With Eric Kestler

Thursdays at 1 p.m. at CBT and on Zoom

Hebrew Conversation Group

Come and practice your Hebrew conversation at this weekly drop-in gathering of fellow Hebrew speakers. Basic Hebrew fluency is required. Mistakes are welcome. A commitment to learning and community are encouraged. Led by member Eric Kestler, we'll meet in-person at CBT with an option to Zoom into the gathering. No RSVP required.

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:

May 26th: Opening our soul to receive.

June 30th: Mid-summer calm

July 28th: Deep memories

September 22nd: Returning to yourself



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.

This is Us @CBT—Adult B'nai Mitzvah Class

I am so proud of this beautiful, dedicated, group of people who are our adult B'nai Mitzvah of 2023. Congratulations on this major milestone in your Jewish journey. This is a powerful experience at any age, and especially as an adult. In Judaism learning is a lifelong commitment, and it has been my honor and my privilege to escort you along this spiritual and intellectual path and to watch you gain ownership and mastery of our ancient tradition I look forward to celebrating you on May 20th.

Mazel Tov, Rabbi Chabon



Irene Zelman is originally from New York, and moved with her family to Southern California when she was eight years old. While studying history in college she married her best friend Ron, who also happened to be the son of her mother's best friend. Ron and Irene have been married for 47 years and have two

wonderful sons and two fantastic grandsons. Irene was an elementary school teacher for twenty-five years and retired in 2016. She enjoys spending time with family, playing piano, knitting, reading, and hiking. She is grateful to be a part of the CBT community and the B'nai Mitzvah program.



Beth Cohn-Mintz: I have been a member of CBT for a decade, along with my husband Jon and kids Jeremiah and Cassidy, both of whom went through the B'nai Mitzvah program at CBT. Although I grew up in a Jewish home, I did not attend religious school and from time to time as an adult thought about

participating in a B'nai Mitzvah program. But it wasn't until we joined CBT that I knew I was in the right place to embark on this journey. It has been a joy to participate in this process with my fellow learners and the incredible teachers we have had.



Jennifer Klatsky retired, moved back home to the Bay Area and joined CBT three years ago. She spent almost 40 years as a

community college counselor in CA, NY, and IL, and volunteered for the Champaign-Urbana Jewish Federation, Sinai Temple, and numerous public school and mental health related organizations. Her proudest achievements have been raising her three amazing children, Gabe, Rebecca and Joshua, and she's loving living in the same state as two of them, as well as near her nonagenarian parents. She enjoys reading, traveling, playing piano, walking in CA's gorgeous parks, cooking, and, most of all, spending time with family and friends. She looks forward to singing in the choir again and has been involved with Book Sisters and co-chairing the Social Action Committee. Learning to read Hebrew and having a Bat Mitzvah has been a half-century old dream, and she is thrilled to finally be achieving this.



Shari Krell and Jennifer Silver:

As we sit here together on what we have now branded our Good Friday we reflect.....the seed of an invitation, the connection, the energy, the homecoming, the completion, the honoring of L'dor V'dor. In the traditional style of Judaic learning, we were paired early on in our studies with a Havurot partner. Well we lucked out! This new partnership helped organically foster a deeper appreciation for Torah, humility, honesty, and community. Pairing the traditional with the non-traditional, we made Good Friday our time to share and have fun...always with a side of bacon. We are now family!



Susanne Revutsky joined CBT in the fall of 2021. She lives with her husband Yury, daughter Lucy and dog Luna in Walnut Creek. Susanne works part-time as the Director of Development & Special Projects at Contra Costa Senior Legal Services. In her free time she enjoys walking her dog at nearby Larkey Park, doing yoga, and reading books.



Darren Bauer-Kahan and his family have been members of CBT for about 10 years. With all three of his kids learning and experiencing their own journeys in the CBT religious school, Darren became increasingly interested in deepening his own sense of Judaism and having the Bar Mitzvah that he himself never had as a child. He decided that it's time to catch up!



This is Us @CBT—Adult B'nai Mitzvah Class



Anna Corwin (she/her) and David Magarian (they/them)

Our family has been part of the CBT community for nearly 7 years now. We like to think that by becoming b'nai mitzvah at CBT, we are following in the footsteps of

our children (Solomon - 6th grade and Luna Mae 4th grade). We are so grateful to have this opportunity to learn in community and to become b'nai mitzvah together. For each of us, this will be a first in more than two generations.



Katie Albers and Lori Siegel: We started our journey at CBT nine years ago as an interfaith family looking for a place to raise our children, Max and Sarah, and teach them Jewish values. We started with attending T'filah with our kids

before Sunday school. Then, the next thing we knew, we were attending Shir Joy services as date nights. Before long, we both became more involved in our own ways. Katie attended Lunch and Learn, began studying Torah, and found herself on the path to conversion. Lori became involved in Membership Committee and fundraising, and then eventually, joined the Board. As we each formed new connections with our community, our lives were enriched with a deeper connection to Judaism. CBT has now become more than a place for Max and Sarah to learn Jewish values, but a spiritual home for all of us.



Jamila Low first joined CBT as a newlywed with husband David in 2003 and rejoined when their child Shayna began religious school as a preschooler. Participating in the B'nai Mitzvah class has deepened Jamila's Jewish identity by learning

Hebrew, studying Torah and reclaiming both significant time and real estate in her busy mom-brain for intellectual and spiritual growth. Jamila loves to cook, knit, and listen to audio books and podcasts while gardening. She works at the City of Orinda and lives with David and Shayna and two cats, and is thrilled to have her parents and immediate family living nearby in the Bay Area.



Dawn Brava: I joined B'nai Tikvah about two years ago and fell in love with our strong, beautifully diverse community.

Within that time, my child and I completed our conversion with Rabbi Chabon. Shortly after, we had a beautiful naming ceremony for my child at the park with congregants and friends.

I completed coursework for my conversion; however, since I did not have the opportunity to go to Hebrew school and go through a Bat Mitzvah when I was younger, I wanted to gain that knowledge and experience as an adult. Going through the B'nai Mitzvah process has helped me to take the journey I wanted and needed. I have enjoyed the process of building on my knowledge of Jewish history and holidays, studying Torah, exploring Midrash, and learning Hebrew, to name a few; not only to gain the knowledge I felt was missing, but to develop a deep, tangible adult



Jessica Palmer: I have been a member of CBT for four years and currently serve on the Membership Committee. Initially, I planned to attend just the Hebrew class with the B'nai Mitzvah Cohort. However, I discovered the group was clever and vibrant, with a shared passion for learning, so I decided to join and pursue my (second) Bat Mitzvah. It has been an honor and a privilege to study with the Rabbi and several amazing guest teachers. I feel blessed to be at



Elizabeth Weiss: I'm the mother of two boys, Adam and Daniel Weiss Bonagofsky, who are finishing 8th and 6th grades at Los Cerros Middle School. I am a business and litigation attorney at Gagen McCoy in Danville. I enjoy spending free weekends skiing with my boys and extended family, swimming, and doing yoga. I also enjoy theater, music, and good food. I was born in NYC but grew up largely in Rockford, Illinois, where I did not get to have a bat mitzvah. I

jumped at the chance to enter the adult b'nai mitzvah program after joining CBT in 2021. I have relished the opportunity to learn more about Judaism in community with Rabbi Chabon and the other inspiring members of my cohort.



In Gratitude to our Community

GENERAL FUND

In Memory of Mark Tornheim
 In Memory of Stella Goldberg
Marcie Hochhauser
 In Memory of Milton Zagon
Brian & Kimberly Zagon
 In Memory of Renee Denwitt
Arthur & Nancy Solomon
 In Memory of Gussie Tama
Hugh & Sharon Tama
 In Memory of Robert Salusky
John Sutherland & Monica Salusky
 In Memory of Mary Kimball Sutherland
John Sutherland & Monica Salusky
 In Memory of Mel Lerner
Amy & Joy Lerner
In Memory of Ruth Schottland
Joseph Schottland & Rachel Van Cleave
 In Memory of Robert Schwartz
Thelma Bronet & Sheldon Schwartz
 In Memory of Stanley Levyn
Brent & Terri Waterman
 In Memory of Lillian Kalish Weiner
Rob Weiner & Susan Light
 In Memory of Rea Letush
 In Memory of Lillian Kornhauser
Norman & Nancy Friedman
 In Memory of Deni Ravin
 In Memory of Jean Glazer
 In Memory of Etta Rankin
 In Memory of Morris Lerner
 In Memory of Nathan Lerner
 In Memory of Elaine Moskowitz
Nessa Wilk
 In Memory of Phillip Cohn
 In Memory of Thelma Cohn
Michael & Annette Cohn
 In Memory of Malcolm Vineberg III

 In Memory of Jeanette Vineberg
 In Memory of Rudolph Vynanek
Joni Vineberg
 In Memory of Harry Dvorsky
Steve & Kathy Weiner
 In Memory of William Saltikov
Brian & Kimberly Zagon

RABBI CHABON'S DISCRETIONARY FUND

In Honor of Morah Rebecca and the 6th grade class
Regina & Seth Abraham
 In Memory of Harry Moebius
Jeff & Beth Mikesell
 In Memory of Robert Kemna
 In Memory of Ann Dienst
Gloria Kemna
 In Memory of Irving Cohen
Iris Kaplan
 In Memory of Mark Tornheim
Richard & Rayna Ravitz

RABBI/CANTOR'S MUSIC FUND

In Memory of Estelle Goldberg
Stuart & Gerri Levitas
Robin Gordon
 In Memory of Mark Tornheim
Bonnie Tornheim
 In Memory of Gerri Levitas's mother
 In Memory of Jason Pollack's father
Cookie Svingos

JAMES COHEN SCHOLARSHIP FUND

In Memory of Ted Deutsch
Judy & Walter Blum

RODEF SHALOM SECURITY FUND

In Memory of Lucille Winslow
 In Memory of Alice Kushnick
Phillip & Beverly Winslow
 In Honor of Richard & Rayna Ravitz
Jacquelyn Nissim & Ivar Levine
Beth Riseman
 In Honor of Rayna & Rich Ravitz. Well Done & Mazel Tov! All the best!
Elliot & Tammy Kallen

THE HARRY WITTENBERG SOCIAL ACTION, JUSTICE, & INTERFAITH FUND

In Memory of Donald L Ostrov
Aerica Ostrov
 In Memory of Moshe Teitelman
 In Memory of Samuel Teitelman
 In Memory of Samuel Teitelman
Carol Teitelman

ABRAHAM NIVER SCHOLARSHIP FUND

In Memory of Julia Scharlach
Lynette & Alan Scharlach

MORDOH/NADJARI HOLOCAUST FUND

In Memory of Stella Goldberg
 In Memory of Mark Tornheim
Zaffy Welch
 In Memory of Ruth Daniels
 In Memory of Henry Daniels
Jeffrey & Danita Daniels

SPECIAL EDUCATION FUND

In Memory of Isaac Bronstone
 In Memory of Nathan Bronstone
Trace & Madeleine Bronstone

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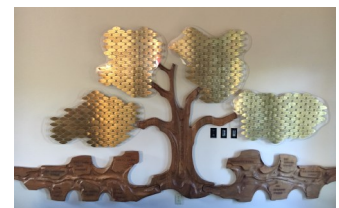
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 \$540 for the community
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APRIL 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 (11 Nisan) Religious School: School Seder 9:30am	3 (12 Nisan) Wise Sons order deadline 9:00am	4 (13 Nisan) A Taste of Torah Meditation 10:00am Lunch & Learn 1:00pm	5 (14 Nisan) Erev Passover Happy Passover! Wise Sons order pickup 3:00-4:00pm	6 (15 Nisan) Passover Office Closed Community Passover Seder: Rebirth & Renewal 6:00pm	7 (16 Nisan) Chol Hamoed Passover Kaddish Minyan on Zoom 5:00pm	8 (17 Nisan) Chol Hamoed Passover
9 (18 Nisan) Chol Hamoed Passover	10 (19 Nisan) Chol Hamoed Passover	11 (20 Nisan) Chol Hamoed Passover A Taste of Torah Meditation 10:00am Lunch & Learn 1:00pm	12 (21 Nisan) Passover Office Closed	13 (22 Nisan) Sisterhood Mah J. 1:00pm Hebrew Conversation Group 1:00pm	14 (23 Nisan) Midwestern Shabbat 6:30pm	15 (24 Nisan) Sh'mini
16 (25 Nisan) Religious School 9:30am K'tan Tan – Celebrating Israel 10:00am	17 (26 Nisan) Yom HaShoah Ve Ha'Gevurah @ Temple Isaiah & Online 7:00pm	18 (27 Nisan) Yom HaShoah A Taste of Torah Meditation 10:00am Lunch & Learn 1:00pm Religious School 4:00pm Book Sisters 7:00pm	19 (28 Nisan)	20 (29 Nisan) Hebrew Conversation Group 1:00pm	21 (30 Nisan) Better Together Shir Joy Shabbat honoring Keren Smith 7:30pm	22 (1 Iyar) Tazria-M tzora Bar Mitzvah of Colin Burns-Coffin 4:00pm
23 (2 Iyar) Religious School 9:30am	24 (3 Iyar)	25 (4 Iyar) Yom HaZikaron A Taste of Torah Meditation 10:00am Lunch & Learn 1:00pm Religious School 4:00pm	26 (5 Iyar) Yom HaAtzmaut	27 (6 Iyar) Hebrew Conversation Group 1:00pm	28 (7 Iyar) Community Led Shabbat with the Raphaels 6:30pm	29 (8 Iyar) Acharei Mot-K'doshim Bar Mitzvah Max Silver 10:00am
30 (9 Iyar) Religious School IsraFest75						



MAY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 (10 Iyar)	2 (11 Iyar) A Taste of Torah Meditation 10:00am Lunch & Learn 1:00pm Religious School 4:00pm	3 (12 Iyar)	4 (13 Iyar) Hebrew Conversation Group 1:00pm	5 (14 Iyar) Shabbat in the Park 6:30pm	6 (15 Iyar) Emor
7 (16 Iyar) Religious School 9:30am K'tan Tan – Honoring Our Parents 10:00am	8 (17 Iyar)	9 (18 Iyar) Lag BaOmer A Taste of Torah Meditation 10:00am Lunch & Learn 1:00pm Religious School 4:00pm	10 (19 Iyar)	11 (20 Iyar) Sisterhood Mah Jongg 1:00pm Hebrew Conversation Group 1:00pm	12 (21 Iyar) Community Led Shabbat with Rebecca Abraham 6:30pm	13 (22 Iyar) B'har-B'chukotai Nishma New Member Service 10:00am
14 (23 Iyar) Mother's Day	15 (24 Iyar)	16 (25 Iyar) A Taste of Torah Meditation 10:00am Lunch & Learn 1:00pm Religious School 4:00pm Book Sisters 7:00pm	17 (26 Iyar)	18 (27 Iyar) Hebrew Conversation Group 1:00pm Meshbaba: Summer Fun 4:00pm	19 (28 Iyar) Yom Y'rushalayim Shir Joy Shabbat 7:30pm 4:00pm	20 (29 Iyar) B'midbar Adult B'nai Mitzvah 10:00am
21 (1 Sivan) Religious School 9:30am	22 (2 Sivan)	23 (3 Sivan) A Taste of Torah Meditation 10:00am Lunch & Learn 1:00pm	24 (4 Sivan)	25 (5 Sivan) Erev Shavuot Hebrew Conversation Group 1:00pm	26 (6 Sivan) Shavuot Yizkor Office Closed Jewish Night of Why Shabbat 6:30pm	27 (7 Sivan)
28 (8 Sivan)	29 (9 Sivan) Memorial Day	30 (10 Sivan) A Taste of Torah Meditation 10:00am Lunch & Learn 1:00pm	31 (11 Sivan)			

Community Partners



Yom HaShoa Ve Ha'Gevurah

Monday, April 17th, 2023—7:00 to
8:30 p.m.

Temple Isaiah, 945 Risa Rd, Lafayette
And online (see link below)

An Evening ON THE **Holocaust**

Join the community in remembrance and solidarity
First, Second, and Third generation speakers will share “Stories of Resilience”

Admission is free and open to the public.

To watch the commemoration online, visit: <https://www.youtube.com/TIJewishNeighborhood>

Convened by the Contra Costa JCC.

Sponsors: Beth Chaim Congregation, Congregation Beth Emek, Congregation B'nai Shalom, Congregation B'nai Tikvah, Sinai Memorial Chapel, and Temple Isaiah.

Co-sponsors: Contra Costa Jewish Day School, Contra Costa Midrasha, Diablo Valley Hadassah, East Bay Holocaust Education Center, East Bay International Jewish Film Festival, Israeli American Council, JEICOR, Jewish Partisan Educational Foundation, New Lehrhaus, and The Reutlinger Community.



Celebrate Israel's 75th Birthday at

IsraFEST75



Sunday, April 30, 10:00 a.m.—2:00 p.m.

Stone Valley Middle School, Alamo

Family Programming, Interactive Youth Activities (ages 3 - 13), Live Music, Israeli Dancing, Lectures, Yoga with a Hebrew Twist, Israeli Films, Food, Information Tables, and More!

Admission is free. Register and the schedule and Contra Costa location to follow @ underonetent.org/Israel75

Presented by the Contra Costa JCC.

Sponsors: Congregation B'nai Tikvah, Beth Chaim Congregation, Congregation Beth Emek, Congregation B'nai Israel, Congregation B'nai Shalom, Contra Costa Jewish Day School, Contra Costa Midrasha, Diablo Valley Hadassah, Israeli American Council, JEICOR, NCJW-Contra Costa, Shevet Egoz, and Temple Isaiah.

Community Partners: Consulate General of Israel of the Pacific Northwest Jewish agency for Israel and NCJW-Contra Costa.

Passover

WISE SONS

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since 5771



Order with this QR code

Order Deadline: Monday, April 3 at 9:00 a.m.
Pick-up at CBT: Wednesday, April 5 3:00 - 4:00 p.m.
 However you define family, we're here to help yours gather around the table. It takes a small miracle to do it all on your own. We can help make sure this year's seder doesn't leave you feeling like you've been wandering the desert for 40 years. All food will come pre cooked for in-home reheating! Our holiday community pop-ups are contactless pickup only. At the time of your pickup, please drive up to the tent and pop the trunk. Our team will place your order directly in the trunk. To ensure everyone's safety, please stay in the car!



PASSOVER MENU

- SEDER PLATE KIT** \$17
 lamb shankbone, horseradish root, parsley, greens, egg, an orange (!), charoset and sea salt (to fill the ceremonial seder plate, purely ornamental)
- CHAROSET** 16oz \$18
 tart apple, honey, walnut, cinnamon, sweet wine and raisi
- CHOPPED CHICKEN LIVER** 8oz \$10
 chicken liver, caramelized onion and shmaltz
- CHICKEN BROTH** serves 2-3 \$12
 just the broth – made with organic chickens and roasted vegetables (24oz)
- MATZO BALLS** 2 pieces per order \$6
 handmade matzo balls in brine (broth sold separately)
- ROASTED BRISKET** serves 6-8 \$75
 2 lb. of pre-sliced, hormone- and antibiotic-free beef brisket with gravy on the side
- ROASTED CHICKEN** serves 2-4 \$58
 hormone- and antibiotic-free salt and pepper roasted whole chicken with herb salsa verde

- NANA'S POTATO KUGEL** serves 4 \$18
 gluten-free traditional recipe with potatoes and onions
- SAFTA'S PEAS & CARROTS** serves 4 \$14
 organic roasted carrots, pearl onions, peas & pea shoots with lemon herb butter
- MINI COCONUT MACAROONS** BAY AREA ONLY, dozen \$18
 gluten-free recipe with coconut, egg whites, sugar
- CHOCOLATE, CARAMEL & SEA SALT MATZO** serves 4 \$14
 Guittard bittersweet chocolate, caramel and Jacobsen sea salt
- CHRAIN** 4oz jar \$7
 beet stained horseradish
- DILL PICKLES** 1 quart \$10.5
- MATZO** 16oz box \$8

Easy Order Seder Meal Kit serves 6-8

roasted brisket *or* roasted chicken, spring vegetables, nana's potato kugel, matzo ball soup, charoset, box of matzo, and chocolate matzo

\$218



CBT Committee Work



There are still opportunities for Sign-Up Parties From the 2023 Say YES to CBT Gala and Auction

Several sign-up parties still have room for more of us to join in the fun -- Use the QR code here to see what fun you could be having while helping CBT!



JEWISH FAMILY & COMMUNITY SERVICES
EAST BAY

Tea for Seniors

JFCS has requested donations of tea bags this year for their Passover packages for seniors. Please bring boxes of any type of tea to CBT by April 2nd. There is a collection box near the office.



A big thank you to the Social Action Committee for their work in making us "greener" at CBT.

You will find larger waste cans in the social hall and we are working on learning what goes in which can.

Whenever possible we will provide compostable plates and cups etc.

Help us by taking a moment before you drop your items in a can to be sure you choose the proper one!

Landfill	Recycling	Organics
<p>YES</p> <ul style="list-style-type: none"> Plastic utensils Plastic Packaging Compostable & Biodegradable Plastic Food Service Ware Juice Pouches Chip Bags Snack Wrappers Broken Dishware Expanded Polystyrene Foam Diapers Pet Waste Receipts Coated Paper Food Cartons Plastic w/o a Recycling numbers <p>NO</p> <ul style="list-style-type: none"> Food Scraps Uncoated Food Soiled Paper Landscape Trimmings Recyclables Electronics Medicine Medical Sharps Batteries Florescent Bulbs Motor oil/filters Hazardous Waste <p>Compostable & Biodegradable plastic food serviceware should go in black landfill bin.</p>	<p>YES</p> <ul style="list-style-type: none"> Empty, Clean, and Dry (#1-7) Plastic Containers Bundled Plastic Bags Metal Containers Clean Foil Glass Bottles and Jars Clean Paper (If shredded, put in clear bag) Clean Cardboard <p>NO</p> <ul style="list-style-type: none"> Food Scraps Food-Soiled Paper and Containers Garbage Paper Towels Paper Plates Organics Wood Expanded Polystyrene Foam Hazardous Waste Batteries Electronics Plastic Utensils Broken Glass <p>Recyclables should be loose (no bags) or placed in a clear bag only</p>	<p>YES</p> <ul style="list-style-type: none"> Small Twigs & Branches (4 foot x 6 inches in diameter) Landscape Trimmings Uncoated Food-Soiled Paper (incl: Napkins, paper Towels, paper food cartons, pizza boxes) Raw & Cooked Food Leftovers, To-GO Food Fruits and Vegetables (raw & cooked) Dairy Products Breads Meat & Seafood (including bones & shells) <p>NO</p> <ul style="list-style-type: none"> Plastic Glass Metal Pet Waste Diapers Plastic Food Containers Compostable & Biodegradable Plastic Expanded Polystyrene Foam <p>Organics should be loose (no bags) or in compostable or paper bags only</p>
<p>REDUCE REUSE RECYCLE</p>		
<p>What are your biggest recycling questions?</p>		
<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>		

CBT: Support, Shop, and Teens

Contra Costa Midrasha

By Devra C. Aarons, CCM Director

In advance of summer and late Spring, we have three exciting announcements to share!

ONE: Graduation of this year's class happens on May 24th.

Come celebrate Max Koebel, Maya Rajendran, Shira Weiss-Ishai, Asher Meklin, Ezryn Zupo, Adam Wies, Joelle Roberson and from Hamsa Fund, Hannah Johnson. Congratulations to the Class of 2023!

TWO: Learn all about CCM's 2023-24 year at our April 19th Open House! (And registration is now open.)

We've launched our 2023-24 year! Teens entering grades 8-12 are invited to check out Midrasha as it actually happens on April 19th. To learn more about Midrasha, visit our brand new website at ccmidrasha.com to learn about all Midrasha has to offer!

THREE: Mifgash continues this summer, July 28 - August 6, 2023 with 15 Israel teens joining us for day-long bus adventures.

Teens in our community are invited to host and/or hop on the bus for a day, a retreat or the whole week! Spend this time connecting with an amazing group of Israeli teens from the Holtz Academy in Tel Aviv.

What else is happening at Midrasha?

Our Better Together teens and elders will share some of their stories on April 21st at the Shir Joy Shabbat. Join in the pre-oneg to hear about the impact of this intergenerational program.

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.

Thanks to all who joined us at our Gala!

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!

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.



Do you have a B'nai Mitzvah coming up?

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

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or contact Kathy Jacobs

office@tikvah.org.



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4:30-5:30

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Sun, Oct 2 & Dec 4
9:30-11:00

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The Contra Costa Jewish DAY SCHOOL

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Sun, Oct 23 & Nov 13. 2:00-3:30

K-8th Virtual Open House
visit our website for dates / time

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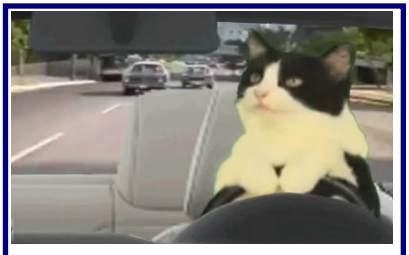
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We offer our legal services in English and Spanish.



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.



1990 N. California Blvd., Suite 20
 Walnut Creek, CA 94596

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 Oakland, CA 94607

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.

CHANGE SERVICE REQUESTED

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

SAVE THE DATES:

Shabbat in the Park is back! (See page 6)

- May 5
- June 2
- July 7
- August 4
- September 1

