



CONGREGATION
B'NAI TIKVAH

TIKVAH TALK

REFLECTIONS...

By Rabbi Jennie Chabon



Dear friends,

It is that time of year again when Jewish clergy all over the world are spending nearly every waking hour thinking about the upcoming high holidays, pondering sermon topics, wondering what our congregations need and want to hear,

listening for openings in the chaotic hum of life for signs of what we feel called to say and sing and teach. It starts in the early summer, usually beginning with a feeling of mild dread, and turns into a constant tug, like a compass pulling our hearts and minds to one place and one place only. It's enticing and terrifying and so very, very important.

Part of the strange quality of this time is the fact that we know that we are part of a very small population—tiny, in fact—that is thinking incessantly about a few upcoming days in the fall. Think about it. Jews make up just 2% of the population of the United States, and a mere 0.2% of the population of the entire world. Of that tiny fraction, clergy make up an even smaller percentage of the small Jewish whole. So what we are consumed by is just a fraction within a fraction of what most people are thinking about during the warm summer months!

By the time the High Holidays arrive, clergy have been thinking of almost nothing else for weeks on end, while most of our beloved congregants, the people whom we serve, have been living their lives and not thinking about the Jewish holidays whatsoever. However, that does not diminish the reality that those very congregants—you, my most wonderful tribe of CBT-nicks—hope to be awed and moved and brought to tears by a few little days in September. This is no small task for us, my friends.

So I have an assignment for you in return:

As we move into the month of September, I invite you to pause and look for small moments of glimmer in your daily lives. Moments that you could easily ignore, that could be mundane—a toddler smiling at you as you get your morning coffee, a flower growing unexpectedly in your garden, and instead of passing it by, take a moment to allow it to enter your consciousness and fill you with wonder that you were granted a little bit of unexpected light that day. It is a small act, but it is not insignificant. If we lose the ability to be open to wonder, we lose our contact with the sacred. As Abraham Joshua Heschel writes, "Our goal should be to live life in radical amazement....to get up in the morning and look at the world in a way that takes nothing for granted. Everything

(Continued on page 4)

EDUCATION

By Sue Bojdak, Director of Congregational Learning



Creating Sacred Space

"My House shall be called a house of prayer for all peoples." (Isaiah 56:7)

It is not unusual in houses of worship that we attend to our sacred spaces, the spaces where we pray with our mostly adult community, with care and intention. We

straighten up before and after services, make timely repairs, worry about drips from the HVAC system, consider lighting and airflow, ensure our books are treated with respect, and remove them when they are worn out.

And it is not unusual in those same houses of worship that we pay less attention to the spaces we designate for the children and youth. Won't they just treat them roughly anyway? Don't they feel more at ease in a space that is "lived in"? Can't they get a little more wear out of this carpet, this old office chair, this stapled table, this well-loved bookshelf? Before we know it, one well-intentioned item at a time migrates into the children's spaces until they look like the inside of your grandparents' attic, full of old junk.

Dr. Rebecca Nye, a leading thinker on children's spirituality, observes that creating a sanctuary, a holy and safe space for our children is one of the key elements to cultivating a foundation for spiritual growth. When we fail to attend to the spaces our children and youth inhabit in our houses of worship with the same attention and intention that we bring to our adult gathering spaces, we communicate something to the children about who they are and about the experience we are crafting for them. And it isn't how much we value them or that what we are doing together matters and is sacred.

Creating sacred spaces begins with mindfulness and intention. It requires that we consider our purposes. How do we mean to use these spaces? What are we communicating with them? If our classroom spaces are meant to communicate how much we value our children, that their learning is important, and that they are an important group or maybe even the most important group of members of our community, then those spaces should reflect that. Our classrooms should receive at least the same loving attention that our sanctuary receives. Because the work of learning and community building and growing as Jews that our children are doing downstairs

(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

Michael Liepman, Interim Executive Director

Sue Bojdak, Director of Congregational Learning

Kathy Jacobs, Office Specialist

Tami Welch-Robinson, Office Specialist

Jen Selman, Facilities Staff

Samantha Youngman*, Communications

Lisa Zeiler, Music Specialist

Raphael W. Asher, Rabbi Emeritus

Stephen Richards, Cantor Emeritus

BOARD OF TRUSTEES

Lori Siegel, President

Mary Ann Wittenberg, President-Elect

Julia Babka-Kurzrock, Secretary, Israel & World Jewry

John Rubinfeld, Treasurer, Finance

Yuri Grinshteyn, Trustee

Joel Guss, Trustee

Marcie Hochhauser, Trustee

Tony Lebe, Trustee

Jenn Leeds, Trustee

Amanda Regenstein, Trustee

David Ratner, Immediate Past President

CONTACT

Office Hours:

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

Friday: 10:00 a.m. - 3:30 p.m.

office@tikvah.org | (925) 933-5397

www.tikvah.org



WELCOME TO OUR NEWEST MEMBERS:

Brad & Lori Berg

Harlye & Jeffrey Carlton

And coming to us from B'nai Torah in Brentwood we warmly welcome:

Amy & Andrew Alvis

Ned Bogie

Mae Bragen

Barbara J. Brooks

Nora Brown

Shelley Brucker

Matthew & Kristine Cordova

Denise & Jamie Duran

Rich & Margaret Ellenson

Al & Ava Epstein

Jessica & Jeremy Gitelman

Ira Goldberg

Matthew & Danica Gross

Michelle Guandalini

& Roberta Weber

Gisela Halbasch

Lucy & Ron Heymann

Ellen & Jay Israel

Michael & Gail Kean

Betty Kohn

Howard Lentzner

Jean Marxheimer

Basha & B.J. Mendenhall

Daniel & Kristin Moskowitz

Mitch Oshinsky

Ferris Phillips

Greycloud Rios

Marilyn & David Tamura

Mark & Carol Weitz

Judy & Josh Zuckert

We are so happy to make our CBT your CBT!

* We welcome Samantha Youngman as our Communications specialist as Jonah Kunis moves on to the life of a student at UC Davis. We are excited to work with Samantha, who is well versed in communication skills. We thank Jonah for his time behind the emails and wish him the best of luck in this new chapter. Don't be a stranger!

Interim Executive Director

By Michael Liepman



Shalom! It's one of my favorite Hebrew words. It has multiple meanings - peace, hello, and goodbye. I can report that all three apply in this likely final column. I will say hello/shalom to you at the upcoming High Holidays and I will also say goodbye shortly afterwards.

Shalom to all of you whom I had the pleasure to work with; the CBT team- Rabbi Chabon, Sue Bojdak, Tami Welch-Robinson, Kathy Jacobs, Jen and Scott Selman, and our newest hire, Samantha Youngman, the Board, countless volunteers, and many of you who are reading this today.

Thank you for allowing me to serve as your Interim Executive Director. It continues to be a unique experience for me and while I enjoyed it a great deal, I also look forward to returning to retired life. I have been able to witness firsthand how all of you make this congregation a very special place. We are a community and for those of us who work here, we could not do our jobs sufficiently without your involvement.

During these past six months, we've all been through a transition, and I look forward to welcoming a new permanent Executive Director soon who will join our senior team. Tami and Kathy, your office team, have been my right and left arm. Tami has expanded her role to include being your first contact if you have any questions about your statements. She would be happy to show you how you have control and private access to your membership portal, and how you can schedule your payments. Kathy continues to offer her expertise in technology, the database, reports, Tikvah Talk, and much more.

There have been numerous improvements in the past six months. We have been working on converting to a new accounting system. We now have a professional accounting service working in sync with the Shul Cloud membership software to formulate a reliable, efficient, and affordable bookkeeping service that provides excellent safeguards and a check and balance system.

We have also welcomed 26 households to our community who have joined us from Congregation B'nai Torah (CBT as well!) in Brentwood. They were no longer able to have services, programs, or events so they have joined CBT. It has been an amazing experience getting to know our eastern Contra Costa cousins and I know that they are excited about becoming involved with CBT and hopefully joining us permanently. To quote Denise Duran, their president who started this long journey, "This adventure we are embarking upon is a year-long trial period, or... a potential *"shidduch"* a Yiddish word for an arranged marriage. Welcome B'nai Torah!

We are glad to have you!

(Continued on page 9)

President's Message

By Board President Lori Siegel



It is with great honor and humility that I write to you today as the new president of Congregation B'nai Tikvah. I am grateful for the opportunity to serve our community and look forward to working with Rabbi Chabon, Michael Liepman, Sue Bojdak, the office team, committed board and lay leaders, and each of you as we embark on this journey together.

My CBT journey began 8 years ago when my wife Katie and I were looking to find a spiritual home for our family. We found a warm, caring, and committed community that loves and respects our people, our faith, and each other.

As we embark on a new (Temple fiscal) year, I want to take a moment to express my deep admiration and appreciation for the leadership of our Founders, Clergy, Past Presidents, and Past Board Members, who have worked tirelessly to build and strengthen our congregation. With their guidance and leadership, our congregation has grown and flourished, and I am excited to continue their legacy in hopes of taking our community to new heights.

Our congregation is a place where people of diverse backgrounds and beliefs come together to learn, pray, and grow in our Jewish traditions. It is a place where we find support and comfort in times of joy and sorrow and celebrate the milestones of our lives. As we move forward together, I am committed to fostering a welcoming, inclusive, and supportive community for all members.

Of course, this will not be a solo effort! We are blessed to have 10 board members and a team of lay leaders whose commitment to our community inspires us all. Most importantly, our goals would not be achievable without a Rabbi and professional staff that is second to none. I believe an integral part of my presidency is empowering and supporting them.

Another of my priorities as president will be to ensure that our congregation remains a vibrant and thriving center of Jewish life. This means we must continue to provide meaningful and inspiring worship experiences, educational programs that engage and challenge us, and opportunities for social action and tikkun olam. I believe that our congregation has been, and will continue to be, a powerful force for good in the world, and I am eager to work with our community to continue making that vision reality.

As we look to the future many exciting opportunities and challenges are ahead. We live in a rapidly changing world and our congregation must be nimble and adaptive to meet the needs of our members and the wider community. I believe that we are up to this task and that together we can build a congregation that is both deeply rooted in our traditions and responsive to the needs of the modern world.

In the coming weeks and months I look forward to meeting with many of you to hear

(Continued on page 4)

Sisterhood News

By Mona Epstein

In June, Sisterhood enjoyed the musical “In The Heights” at the Leshner theater. Our group of 20 was delighted to watch the enthusiastic singing and dancing of the play, which was set in New York.

Booksisters read “The Personal Librarian” by Heather Terrell and Victoria Christopher Murray. Our discussion was led by Marilyn, who brought pictures of the historical characters.

Sisterhood members have indicated an interest in exploring topics relating to healthy aging. After meeting with Sue Bojdak, our director of congregational learning, we have potentially identified areas for future workshops. Updates will follow.

On *Sunday* August 13 we will meet at Rayna’s home to discuss “What Could Be Saved” , an intriguing mystery by Liese O’Halloran Schwarz, and have a potluck.

Sisterhood Mah Jong continues at CBT, on second Thursday of the month, 1:00 to 3:30 pm

Contact Judy Weil at 925-788-4766

Book Sisters meet regularly on the third Tuesday evening of the month at CBT; contact me if you like to join in the fun! We typically have a potluck too!
Monaepstein@gmail.com

Sisterhood Mahjong at CBT on the 2nd Thursday of the month, 1:00- 3:30 pm. Contact Judy Weil at 925-788-4766



Help us collect tea to add to New Year bags of food to be delivered to homebound elderly neighbors. The Jewish Family Services has asked us to donate boxes of tea to add to this program. Bring your donations to CBT and we will deliver them to JFS.

(continued from page 1)

Education Continued

By Sue Bojdak, Director of Congregational Learning

is just as important as the work the adults are doing upstairs.

The hours and hours and hours I spent this summer on the ‘Great Classroom Clean Up of 2023,’ with the good-humored collaboration of my summer assistant Jeremiah Mintz, were not just about clearing out decades of detritus so that children and teens, and teachers could have room to work and learn and breathe together, they were about restoring our learning spaces to their true purpose as sacred spaces. They were about recreating spaces that communicate to our children that they are cherished, that their learning matters, and that there is room for them here because God’s house is for all peoples, including, and especially, the children. May the children fill their spaces with renewed joy and possibility and may we protect their spaces with our attention and intention in the weeks and months and years to come.

Not to miss at CBT

Be sure to check out these new items in this issue!

- Elul programming, page 5
- B’nai Tikvah Peer Grief Support Group, led by Mitch Oshinsky, page 7
- Fall Meditation series begins October 27, page 7
- America’s Twist of Faiths class with Rabbi Asher, page 7
- Rebuilding After Divorce format & date changes, page 7
- Help is needed to move to St Matthew for High Holidays, page 8
- Guest tickets for High Holidays, page 8
- Community Shabbat Lay-Leader Reflections, page 9
- Get ready for Religious School, page 11



Remember your loved ones in the High Holidays Yizkor Book

The deadline to renew or add new tributes has been extended to September 8th. Call or email Kathy Jacobs if you have questions.
Kathy@tikvah.org



Sign up to fulfill your Oneg commitment TODAY!

Help our vibrant community by signing up to bring food for Shabbat onegs. It is a wonderful opportunity to share your culinary offering (homemade or store-bought) and connect with fellow congregants after services. There are many slots left to fill. Sign up with this QR code, on your ShulCloud page, and you will find a link in our emails!



Reflections Continued

By Rabbi Jennie Chabon

(continued from page 1)

is phenomenal; everything is incredible; never treat life casually. To be spiritual is to be amazed.”

I will be speaking more about this at our holy days this year, about the importance of the smallest moments of grace in our lives. I cannot wait to meet you all there.

President’s Message Continued

(continued from page 3)

By Lori Siegel, President

your thoughts and ideas about how we can continue to grow and evolve as a congregation. I encourage you to reach out to me with any questions, concerns, or suggestions that you may have. Together, we can build a stronger and more vibrant community that truly reflects our shared values and beliefs.

In closing, I want to express my gratitude for the trust that you have placed in me as your new president. I am honored to serve our congregation and look forward to the journey ahead.

Elul 5783: Teshuvah Requires Preparation

We begin the month of Elul this year on **Wednesday evening, August 16**. During Elul we are called to prepare our hearts and souls for the high holidays. This contemplative month reminds us that even as our secular lives continue apace, we can slow down and bring attention to our spiritual selves. Please join us for one or many of these opportunities for learning and contemplation as we prepare together. **Use the QR codes below to register.**



Playing with Psalms: A Spiritual Practice for Elul led by Sue Bojdak Tuesday, August 22, 6:30-8:00 pm at CBT

How can reciting the Psalms make us ready for the High Holidays? Let's find out! We will play with the Psalms through chant, contemplative reading, and creative expression, exploring and imagining our way into this traditional practice.



Learn to Blow Shofar with Magz Magarian Sunday, August 27 from 10-11 am in the CBT Sanctuary

This could be the year when you become a shofar blower. Get to know the ins & outs of this simple and complex ancient horn and be empowered to call the Jewish community to attention. We have shofarot for you to practice with; no obligation to blow in public.



Walking Through the Machzor/High Holiday Prayer Book with Rabbi Jennie Chabon Monday, August 28 & Thursday, August 31, 6:30-8:00 pm at CBT

Have you ever arrived at Rosh Hashanah services, opened up the machzor/high holiday prayer book, and felt like you didn't know how to find your way through it? You are not alone! Join us for two sessions where we will walk our way through the machzor, looking at the familiar parts, the puzzling, the beautiful, and everything in between.



Returning to Yourself: Meditation with Gerri Levitas

Friday, September 8, 1-1:45 pm on Zoom

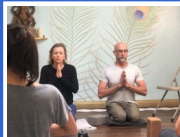
Through guided visualization, this workshop will help participants center, ground, and access deep wisdom within their own hearts as we prepare for the High Holidays.



Dessert, Havdalah & Slichot Service led by Rabbi Jennie Chabon

Saturday, September 9, 8:30-10:00pm at CBT

Join us in a beautiful, introspective service to prepare our hearts and souls for the upcoming High Holidays. We will sing familiar, evocative melodies, hear the call of the shofar, and awaken to this powerful season of transformation.



Yoga Havdalah for Shabbat Shuva led by Rabbi Jennie Chabon and David Moreno

Saturday, September 23, 6:00-7:30pm at CBT

Join Rabbi Chabon and David Moreno on Shabbat shuva, the Shabbat of return. As the sun sets outside the social hall windows, you will be guided through a physical and spiritual practice to help you align your actions and intentions in this season of return and renewal.



Send the Sweetest of all Rosh Hashanah greetings to your family, friends, and business associates.



Order Your Lulav & Etrog Through CBT
Order by September 5. The cost per set is \$45.



SHABBAT SHALOM

Shabbat in the Park Family First Fridays

6:30 p.m. 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 multi-generational Shabbat is sure to bring a smile to your face.

Join us for the last two

Shabbats in the park for this year! Come early with a picnic dinner and enjoy a lovely evening among friends.

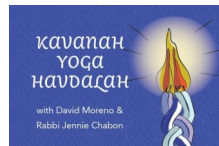


Family First Fridays at CBT

6:30 p.m. 10/6

Welcome back to our sanctuary after a lovely summer in the park. Our Family First Friday in October is on Erev Simchat Torah.

Yoga Havdallah



6p.m. Saturday, 9/23

Replenish your body and soul as you end Shabbat and prepare to start a fresh week. Join Senior Yoga

Instructor David Moreno and Rabbi Jennie Chabon for a one-of-a-kind experience as we weave together yoga, song, and Torah in a beautiful and meaningful celebration of Havdallah.

If you have experienced the magic of this class, we hope you will join us again. If you haven't, don't miss this opportunity to be inspired for the week by Rabbi Chabon while practicing yoga with a skilled and compassionate teacher.

Register on page 5

SERVICES AT CBT

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

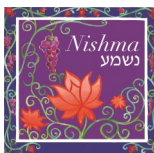


2nd Fridays Community-Led Shabbat

6:30 p.m. 8/11, 9/8, 10/13 on Zoom
Experience this warm space of community leadership on the 2nd Friday of each month where our members share their love of CBT through participation in the service.

For the past year, the fourth Friday of each month (moving to the second Friday of the month beginning August 11, 2023), a small treasure occurs. Our service on this evening is a true community shabbat, one that has been led by our lay leaders with the help of participating congregants. What started as a Ritual Committee meeting discussion on ways to engage the CBT community while expanding the service offerings to congregants has blossomed into a sweet evening where community gathers to welcome in Shabbat with prayers, poems and songs.

Thank you to our lay leaders who have taken up the challenge and made it their own. Under Rabbi Chabon's guidance, interested leaders are provided with a simple structure for the service and suggestions for readings and reflections while being encouraged to personalize the service with music or poetry that speaks to them. Thank you to the many congregants who have answered our calls to read, sing or play music. Your participation continually expands our circle. This service truly reflects our community. It is warm, friendly and relaxed. **See page 9 for Reflections From Community-Led Lay-Leaders!**



Nishma 2nd Saturdays

10:00 a.m.
8/12, 10/14

Join us for *Nishma*, Hebrew for "we will listen," a beautifully constructed Jewish world of music experience. A hybrid of Reform and Conservative traditions, This service is magical!

3rd Fridays Shir Joy Shabbat

7:30 p.m.
8/18, 10/20

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



4th Fridays

6:30 p.m.

8/25, Shabbat Under the Oak

in our newly remodeled amphitheater under the oak tree. Enjoy the tranquility and maybe some s'mores!

9/22, Kabbalat Shabbat with Rabbi Chabon on Zoom

10/27, Israel Shabbat: Tappas and Dancing at CBT



5th Friday in September: Nourish the Soul

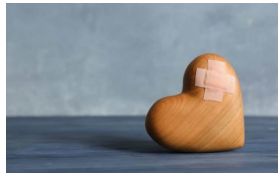
6:30 p.m. 9/29

Use the QR code below to sign up, and join us for this potluck dinner & Shabbat service with Rabbi Chabon that nourishes your body, mind, and soul. A new favorite experience!



Peer Grief Support Group

Starting @ B'nai Tikvah
August 16 – then every other
Wednesday on Zoom



Are you grieving the death of a spouse, or other significant person in your life? Grief is unique to each person, and journeying through it can be painful, lonely and confusing, but there are similarities in our grief experiences, and it can be comforting to share this journey with others who have experienced similar loss. Wherever you are on your grief journey, you don't have to travel alone. Join our new spousal grief support group, open to CBT members and non-members, on Zoom for one hour every other Wednesday at 6 p.m.

Our grief group is facilitated by new CBT member Mitch Oshinsky, a trained peer grief support leader who has led spousal grief groups for five years including at Congregation B'nai Torah in Brentwood. This is an ongoing group; anyone can start at any time. Contact Mitch if you would like to join or have any questions, at moshins@pacbell.net or (925) 818-6092 (phone or text).

America's Twists of Faith: Four Episodes of Jewish Import in American Religious History. With Rabbi Raphael Asher

7:30-9:00p.m.
October 16th, 30th, November 13th, 27th

"In their quest for religious liberty and cultural renewal, the Early Americans were conscious of their desire to be an exception to all the pitfalls of medieval, European, religious conflict. The New World might bypass the crusades, prejudices, and dogmatic frictions of the Old.

Through the prism of Jewish settlement and ideological influence, this course will examine the values of the Founding Fathers, the mindset of waves of Jewish immigrants, the Civil War, and the modern yearning for innovative spiritual frontiers in determining the American religious landscape.

In our Jewish desire to be considered and consider ourselves in fresh ways, can we reconsider the gentile communities and their dynamics on this promising new land? Or will there be new theocracies, race wars, and more trails of tears?"

Registration will open soon. Keep an eye on your CBT emails.

ONGOING PROGRAMS

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



Rebuilding After Divorce

First & Third Tuesdays, 7-8:30 p.m. at CBT

Divorce is one of the most difficult transitions that many of us go through in our lifetimes. And it is one of the most fraught. In spite of the high rate of divorce in our culture, divorce is often met with shame, blame, and side-choosing. In addition to losing the marriage, there can be a ripple effect which results in the loss of family members, friends, and communities, as well as a sense of who you are in the world. The process of navigating divorce and re-orienting one's self can take years. And as many people who are divorced continue to engage in co-parenting and other shared responsibilities with their former spouse, finding a way to hold the complex emotions and logistics becomes a long-term way of being in the world.

While each person's journey is their own, having company along the way can bring comfort, helpful reality testing, and essential companionship. It's so great to talk with someone who just gets it. For that reason, this past May CBT launched a support group for people wrestling with divorce. Our support group is anchored in Jewish *middot*/virtues, a little bit of mindfulness practice, a few short texts, and deep listening as we share our experiences and offer compassion and understanding to one another.

After a few months of exploring what works, Rebuilding After Divorce is continuing into the months ahead, meeting on the 1st and 3rd Tuesdays of the month from 7-8:30pm. We meet in-person in the CBT library. Both members and non-members are welcome, as are people at any stage in their divorce journey. If you have questions about whether this group is right for you, contact Sue Bojdak at sue@tikvah.org.

Zoom Meditation Series with Gerri Levitas

4th* 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:

September 8th: Returning to Yourself
Fall Series

October 27th: Hope for the New Year
November 17th: Making Each Moment Count*

December 15th: Let there be Light: Open to Hanukkah*

*Nov and Dec are on the 3rd Friday



September 22nd



Fall Series

Weekly Torah Meditation: "A Taste of Torah"

Tuesdays at 10:00 a.m.



Zoom to learn about the Torah portion of each week in a calming meditation. See the Monday email for a link. For more information contact Barbara Almy at barbaraalmy@gmail.com.



Lunch & Learn will return October 10

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

High Holidays 5784



CONGREGATION
B'NAI TIKVAH

High Holidays Schedule 2023/5784

Tickets are required for all Rosh Hashanah and Yom Kippur services.

Saturday, September 9

8:30 pm Havdalah and Dessert
9:00 pm Selichot Service

Friday, September 15

7:30 pm Erev Rosh Hashanah Service

Saturday, September 16

9:00 am Tot Rosh Hashanah Service (5 & under)
10:00 am Rosh Hashanah Service
10:15 am Jr. Congregation Service (K – 5)

Sunday, September 17

11:00 am Tashlich (casting of sins) Martinez**

Friday, September 22

1:00 pm Meditation with Gerri: Returning to Yourself.
5:00 pm Zoom Kabbalat Shabbat: Poetry & Reflection

Saturday, September 23

6:00 pm Shabbat Shuvah: Yoga Havdallah

Sunday, September 24

7:30 pm Kol Nidre Service

Monday, September 25

9:00 am Tot Yom Kippur Service* (5 & under)
10:00 am Yom Kippur Morning Service**
10:15 am Junior Congregation Service (K – 5)
4:00 pm Yom Kippur Afternoon Service
5:30 pm Yizkor Service
6:00 pm Neilah Service

Members' children between the ages of 16 and 25 are included with their parents High Holiday tickets.

Tot services for Rosh Hashanah and Yom Kippur are free to all children ages 5 years and under.

Contact the Temple Office at (925) 933-5397 or office@tikvah.org if you have questions.

Guest Tickets

If you have friends, relatives, or children over the age of 25 who would like to join us for the High Holidays, you can purchase tickets here. We welcome all as we usher in the new year and find a space to reflect, while sharing moments in the midst of a loving community.

Use the QR code to purchase tickets

\$54 per person for young adult guests (ages 18 - 30)

\$125 per person for guest tickets purchased by a CBT member for an adult family member

\$300 per person for adult guests

Tot Services are free. Please Use the QR code to sign up

Virtual Access to services:

For members and ticket-purchasers, virtual access is free.

For guests who would like virtual-only access, there is a suggested donation of \$360 per family.



We need help moving to St. Matthew

Can you help:

- Moving books to and from St. Matthew
- Setting up/Cleaning up Break the Fast

Can you bring

- Dessert for Slichot
- Apples & Honey for Rosh Hashanah
- Break the Fast potluck

Use this QR code to sign up today!



Greetings from Congregation B'nai Torah

By Denise Duran, President



B'nai Torah has embarked on an adventure with Congregation B'nai Tikvah in Walnut Creek. In 1989, our founders put an ad in the newspaper asking if anyone wanted to light Friday night candles together, and so started our journey as Congregation B'nai Torah.

This new adventure we are embarking upon is a year-long period, or as presented in last month's newsletter, a potential "shidduch," Yiddish for an arranged marriage. The coming year will be an opportunity to learn, grow, and develop the next steps for ensuring that Reform Judaism remains alive and well in East Contra Costa County.

Our new path with B'nai Tikvah adds so much to our community. B'nai Tikvah is a warm and inviting community. There is a dedicated staff onsite that includes Sue Bojdak, Director of Congregational Learning. They provide relevant and engaging programs throughout the calendar year. Young families can develop connections to other Jewish families and there is

Interim Executive Director Continued

(continued from page 3)

By Michael Liepman

Security concerns remain an unfortunate reality. Your team will continue to strive to make our congregation more secure. CBT volunteers and the CBT team have done a terrific job managing the security grant process and the project for over 2 years. We now have a security fence around the perimeter, increased parking lot lighting, door hardening and classroom window glass hardening, a new alarm system, and better security-related landscaping.

Our final security project is the gate access control system. I'd like to make one final request. For us to continue with the large expense of security guards, we need to try to apply for a new grant. If you are a grant writer, or if you know of someone who is, please let either Lori Siegel, CBT president, or me know. If you haven't read Lori's recent email update on both the history of our security upgrades and future needs, please let me know and I'd be happy to send you a copy.

Communication remains a top priority and we plan to continue to let you know about all the many programs, services, and special events that CBT and the wider Jewish community has to offer. I look forward to Samantha professionalizing that process as the new Communications Specialist. Thank you to Jonah Kunis who stepped in before he began his college education.

The Social Action committee has begun holistically to explore ways of improving the efficiency of our energy usage from our mechanical equipment including equipment that is at the end of their expected life span including HVAC, Kitchen Stove, oven, and solar panels that were installed in 2015. The committee is working on improving the solar panels' output and exploring a battery backup system that will help save on our increasing electrical bills. There is more low-hanging fruit that we can accomplish as well.

Again, shalom, and thank you for the honor of serving this community. ~Michael

an established religious school at B'nai Tikvah.

We look forward to experiencing Rabbi Jennie Chabon's beautiful cantorial musicality and her uplifting rabbinical voice as she skillfully and soulfully entwines the Holy Scriptures into our everyday world.

In closing, I want to thank B'nai Tikvah's leadership; Past President, David Ratner, President, Lori Siegel, Michael Liepman, and Rabbi Jennie Chabon for your generosity of spirit, warmth, and welcoming arms. Also thanks goes to B'nai Torah's Board of Directors, as well as Lucy Heymann, and Alan Epstein. Most importantly, thank you to B'nai Torah's members. I am deeply humbled and inspired by you. Your presence and dedication to each other is the spirit that will continue to be the bond that embraces who we are, yesterday, today, and tomorrow.

Amen and Amen.

Denise

Reflections from Community Shabbat Lay Leaders

(continued from page 6)

My name is **Rebecca Abraham**, and I have been a member of CBT since 2020. The Zoom Community- Led services were some of the first that I attended. There is a wonderful sense of camaraderie at these special services - each of us in our own homes, alone together, bringing in Shabbat, and making our spaces sacred. As a Lay Leader, you are asking each participant to be vulnerable, and to share a part of themselves in a very exposed way. Every time, our community rises to the challenge, supporting each other through successes and difficulties. It is a beautiful service filled with heart and joy!

I am **Deborah Sandler**, member of CBT since 1988 when Rabbi Asher performed our wedding ceremony, and CBT choir member since 1990. It was a natural outgrowth from choir for me to serve as occasional "para-cantor" or cantorial soloist, but until the Lay Leader program began, I had not been asked to lead services on my own. It is an honor and a delight to lead these services! This is a wonderful way for us to connect more informally, from our homes, reaching out to each other to share Shabbat outside of the synagogue. Leading these services has deepened the meaning of our prayers for me, and has deepened my friendships with several congregants as we share the responsibility of putting these services together. Please join us online!

We, **Debbie and Robert Raphael**, have been members of CBT since our older son Seth began kindergarten in the religious school about 11 years ago. We have enjoyed stepping up as "lay leaders" for the congregation for these Zoom Community Shabbat services, and our younger son Josh has come to enjoy being a part of it also. These services are lovely to be a part of at the end of the week on a Friday evening.

If you have never experienced this shabbat service, we encourage you to tune in. The service is on Zoom making it easy to join in from the comfort of your own surroundings while welcoming Shabbat in community. If you are inspired to lead or participate in the service, please contact Sue Bojdak at Sue@tikvah.org. Our lay leaders are happy to mentor new leaders and service participants are always welcome.

This is Us @ CBT—Religious School Teachers

Looking forward to welcoming you back to school in October!



Kindergarten/1st Grade, Molly Lin-Utzig
Molly Lin-Utzig grew up attending B'nai Tikvah as a student, Bat Mitzvah, and now teacher. She is excited to be teaching K/1 because she enjoys watching students grow and learn.



5th Grade, Julie Trost
Julie is a Bay Area native and had her Bat Mitzvah in Tiburon, CA. She attended college and earned her Teaching Credential at UC Davis, completed graduate degrees in Reading and Language Arts at Cal State East Bay, and taught third grade in both Newark and Walnut Creek. She loves teaching reading and writing among other things. Julie lives in Walnut Creek with her husband, her two sons, and six bunnies. The Trosts have been members of CBT since 2012.



2nd Grade Zach Zagon
Zach was raised in the Bay Area and has been a part of the CBT community since childhood. He attended Hebrew School and had his Bar Mitzvah at CBT. During the week he works as a Special Education Assistant at Valley View Middle School and is currently a student

majoring in psychology with the goal to become a special education teacher. In his free time, he enjoys powerlifting, playing with his dog Moose, and spending time with his family and friends. He is excited to be teaching second grade at CBT on Sundays and strives to create a fun environment where his students can learn more about their Jewish heritage.



5th Grade, Mitch Goldman
Mitch is overjoyed to be returning to B'nai Tikvah: the place where he went to Hebrew School, became a Bar Mitzvah, and worked as a madrich. He graduated from UC Santa Barbara with a degree in mechanical engineering. Mitch has worked as an educator for the past 5 years, first as a tutor and then as the middle school math teacher at St. Joseph in Alameda. He is extremely excited to be rejoining the B'nai Tikvah community to share his unique Jewish perspective with his students and to help them grow in faith. In his free time, Mitch enjoys creating math-based art, rapping, dancing, gardening (particularly peppers), cooking, doing crossword puzzles, and more .



3rd Grade, Rina Kirsch
Originally from Massachusetts, Rina moved to the Bay Area with her family 7 years ago and has been living here full time for the past 3 years. She graduated from Juniata College, located in Pennsylvania, in 2019 with a degree in Biology and Theatre Performance. She was an active member of United Synagogue Youth, Hillel, and attended Camp Ramah New England. She has several years of experience as a TA and a substitute teacher, most recently working at CCJDS. She is very excited to teach the 3rd-grade class!



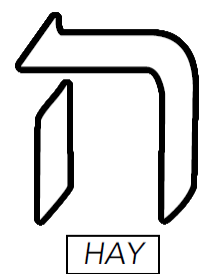
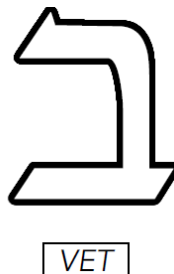
6th Grade, Rebecca Abraham
Rebecca Abraham has been a member of CBT since 2020. She lives in Concord with her partner, Emily. Rebecca is a speech language pathologist at a rehab facility in the East Bay, and teaches 6th grade in the religious school at CBT. She is also the current chair and a founding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



4th Grade, Ellen Fasman
Ellen was born in the Bay Area and has roots in Chicago. She has three children, four grandchildren, and two cats. She graduated from UC Davis with degrees in Biology and Physical Anthropology. Ellen recently retired from teaching high school biology and physiology for many years. She still teaches part-time. Ellen has been teaching at CBT with love and passion for many years. Outside of teaching, she studies jazz piano and loves to bike ride.



7th Grade, Marshall Sachs
Marshall has been passionate about Jewish education ever since first working as a camp counselor at a Jewish camp at 17 years old. Over the years he has served in many roles including religious school teacher, summer camp program director, and youth director, and is excited to join the staff of B'nai Tikvah. Marshall has a degree in biology from UC Berkeley, and recently completed a master's degree in teaching through Miami University's Project Dragonfly. During the week, he is a science teacher at Orinda Intermediate School. In his free time, Marshall loves being out in nature, hiking, and traveling to learn about new places.



CBT Kids

Get Ready for Religious School!

We've spent the summer getting ready; now all we need is YOU. We've cleaned up, sorted out and planned all kinds of learning, connection, and fun. We've got refreshed classrooms, a (re)new(ed) youth lounge, and new outdoor recess space. Plus new arts and music opportunities like the new CBT youth band! We're adding more Tues elective learning time (grounded in core curriculum), mostly monthly family days, 6/7 grade youth group experiences, and parent learning with Rabbi Chabon. Now is a great time to be a part of CBT Religious School. If you haven't registered yet, do it today! If you have friends looking for a Jewish community, invite them to consider CBT.

We kick off on September 10 with a Yom Kehillah/Community Day from 10-11:30am @ CBT. We'll gather, sing and pray, meet teachers & madrichim, reconnect with each other, and play. Classes start on Sunday, October 1, and Tuesday, October 3, after Rosh Hashanah and Yom Kippur. Use this QR code to see the whole calendar. See the full calendar on the CBT website Tikvah.org



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



Crafts



Stories



Preschool Programs @ CBT

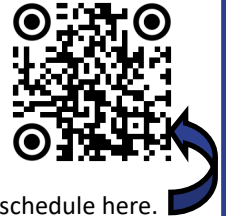


K'tan Tan is a monthly program for children ages 0-5 and their parents/ caretakers. Together we explore Judaism through music, stories, crafts, and fun. Each session meets on Sundays from 10:00 – 11:30 am and is organized around a Jewish theme.

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

Games, Crafts, Gaga, Dinner, and More!

It's like an afternoon of camp! Mesibaba offers five uniquely themed programs on Thursday afternoons throughout the year from 4:00 – 6:00 p.m. at Congregation B'nei Tikvah in Walnut Creek. Mesibaba is open to all 2nd – 7th graders in the Jewish community and is focused on friendships and fun. We play, create, eat, and connect. Sign up for one session or commit to a whole year's worth of Mesibaba joy.



Registration opens in September.

See the 2023-2024 schedule here.



New youth lounge and outdoor space

CBT is going to Israel!

DISCOVER ISRAEL BEAUTY AND COMPLEXITY B'NAI TIKVAH JOURNEY

LED BY RABBI JENNIE CHABON

Mar 6, 2024 - Mar 16, 2024

DESTINATION
ISRAEL

WHO'S GOING
OUR
COMMUNITY

TRIP TYPE
CONGREGATIONAL

DURATION
11 DAYS

GROUP SIZE
15+

PRICE
FROM \$5,390

DAY 1

DEPARTURE

Wed. Mar 6, 2024

DAY 2

STARTING A SPECIAL JOURNEY

Thu. Mar 7, 2024

DAY 3

LAYERS OF A HOLY CITY

Fri. Mar 8, 2024

DAY 4

SHABBAT ALONG THE DEAD SEA

Sat. Mar 9, 2024

DAY 5

THE COMPLEXITIES OF SHARED REALITIES

Sun. Mar 10, 2024

DAY 6

MEMORY AND RENEWAL

Mon. Mar 11, 2024

DAY 7

BOUND FOR THE NORTH

Tue. Mar 12, 2024

DAY 8

THE GALILEE AND GOLAN

Wed. Mar 13, 2024

DAY 9

COMMUNITY AND DIVERSITY

Thu. Mar 14, 2024

DAY 10

FACES, VOICES, AND ENCOUNTERS

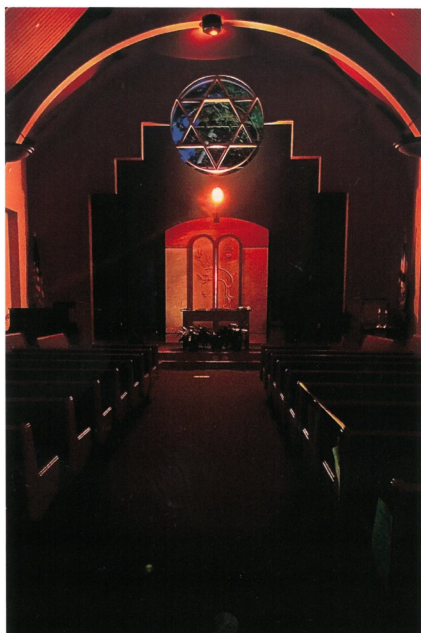
Fri. Mar 15, 2024

DAY 11

FINAL TASTES AND CLOSING THOUGHTS

Sat. Mar 16, 2024

From Jerusalem to the Dead Sea, the Western Wall, Tel Aviv, and everything in between. Learn more about Israel, its people, history, geography. Experience the center of Jewish life, and holiness. With Rabbi Chabon at your side, make this incredible journey for your mind, body, and soul. See all the details; hotels, excursions, adventures, and more on the **J² adventures** website with this QR code.



“Sanctuary at Midnight”

This beautiful card is available in the CBT gift shop for purchase. The original photo, see the full size original in the CBT office, was taken by CBT security guard David Oberhoffer.

A portion of your purchase will go to the Rodef Security Fund.

Contact Rayna Ravitz or Kathy Jacobs
Kathy@tikvah.org to purchase.

Sanctuary at Midnight,
Congregation B'Nai Tikvah



High Holidays at the CBT Sisterhood Giftshop

Contact Rayna Ravitz or email
Kathy@tikvah.org to make an appointment to shop. Look for shopping hours in your email.



Contra Costa Midrasha

By Devra C. Aarons, CCM Director

Contra Costa Midrasha's Fall Update: Launching 2023-24/5784 off right!

We launch 2023-24 on the heels of an amazing 10-day Mifgash adventure combining 26 Midrasha teens and a cohort of 13 Israeli teens from the Holtz Academy in Tel Aviv. Whether it was walking the streets of San Francisco, hanging out at the beach, ziplining through the Sequoia redwood canopies or spending Shabbat together, we saw three amazing things happen. One: the teens bonded, creating new friendships and a growing understanding of each other's lives. Two: we all learned more about Jewish life in America and life in Israel. Three: These connections will serve both groups of teens well into the future. Now it's time to think about Winter, when we travel to Israel with our Midrasha teens for the reciprocal trip. To find out more visit ccmidrasha.com/mifgash.

Parents of pre-teens and teens, mark your calendars for two engaging opportunities to learn about the growing and ever-changing teen brain! Through a grant from "Scientists in Synagogues" Contra Costa Midrasha will host two events this year: December 20th and April 14th for community learning about teen brain development with the scientists who study it and the educators who teach our teens. Mark your calendars for these events - all are welcome!

CCM's 2023-24 year starts August 30th with 8th & 9th Grade Orientation and September 6 for Opening Night! (And registration is now open.) We've launched our 2023-24 year! Teens entering grades 8-12 are invited to check out Midrasha late this summer. To learn more about Midrasha or to register, visit our brand new website at ccmidrasha.com to learn about all Midrasha has to offer!

Know a teen who wants to change the world today? We invite them to consider one of our three Tikkun Olam (Repair the World) projects. They are:

1. Better Together connects teens with elders in our community to learn about each other, alleviate loneliness and isolation and to share in small service projects.
2. Hamsa Fund empowers teens to create their own philanthropic Foundation. Over the year teens pick an issue, learn about it, fundraise for it, then distribute funds to non-profits who serve individuals impacted by their chosen issue.

Impact Builder teens go out into our community doing service projects around an issue they care about at one non-profit for the whole year.

This year we are adding a Spring Break trip in Los Angeles for all teens to dive deep into the world of Tikkun Olam.

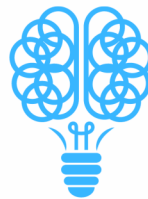
What else is happening at Midrasha?

Retreats begin in November!

Save the Date for our 2024 Gala on February 24th!

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!



CCM'S NEWEST INITIATIVE!

THE TEEN BRAIN

...A SERIES OF WORKSHOPS FOR PARENTS, TEENS & EDUCATORS IN 2023-24

SAVE THE DATE FOR THESE PARENT WORKSHOPS:
DEC. 20, 2023
APRIL 14, 2024

MADE POSSIBLE BY GENEROUS FUNDING FROM:



Sisterhood
CBT
GIFT SHOP

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.

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

In Gratitude to our Community

GENERAL FUND

In Memory of Stephen Slavet
Andrea Slavet

In Memory of Geraldine Berres
In Memory of Marni Levine
Brian & Kimberly Zagon

In Memory of Martin Winslow
Phillip & Beverly Winslow

In Memory of Brett Wilk
In Memory of Robert Wilk
Kevin & Jill Wilk

In Memory of Beatrice Sauve
Michael & Annette Cohn

In Memory of Elaine Greenfield
Steven Greenfield

In Memory of Robert B. Tucker
Dale Tucker

In Memory of Leon S. Milsner
Richard & Donna Milsner

In Memory of Tim Teele
Jackie Chakoff

In Memory of August Gordon
In Memory of Larry Gordon
Robin Gordon

In Memory of Marilyn Assael
In Memory of Irving Assael
In Memory of Sheri Rosen
Brian & Melissa Assael

In Honor of Dasi and Jay Lefkowitz
Mimi and Eli Korn

In Memory of Brittany Morgan Stout
In Memory of Rev Alan Greenbat
In Memory of Michelle Smilo
Bernadette & Nathan Bitton

In Memory of Rona Kaufman
In Memory of Lorraine Saltikov
Brian & Kimberly Zagon

In Honor of Majjong Group
Judy Weil & Sanford Weitzner

In Memory of Molly Weinstein
Joseph & Julie Patute

In Memory of Bertha Sheldon
Murray & Christine Sheldon

In Memory of Frieda Oestreicher
Ken & Nancy Oestreicher

In Memory of Rick Martel
In Memory of Joseph Lerner
In Memory of Alice Lerner
In Memory of Irving Lerner
Nessa Wilk

In Honor of Adult B'nai Mitzvah Class
Joel & Holly Grossman

In Memory of Benjamin Slavet
Andrea Slavet

In Memory of Alan Gould
Arthur & Nancy Solomon
John & Susan Rubenfeld

In Memory of Hattie Arnett, Seymour Solomon, Irene Solomon, Nathaniel Goldman
Arthur & Nancy Solomon

RABBI CHABON'S DISCRETIONARY FUND

In Memory of Abraham Leventhal
Diane Leventhal

In Memory of Hope Rapoport
Cookie Svingos

In Memory of Evelyn Moulton
In Memory of Nicole Bristow
In Memory of Louis Dienst
Gloria Kemna

In Memory of Iris Kaplan
In Memory of Sarah Kaplan
In Memory of Milton Colton
In Memory of Fanny Cohen
Iris Kaplan

In Memory of Sarah Brown
Ron & Sharon Brown

In Memory of Myrna Ostrov
Aerica Ostrov

In Honor of Rabbi Chabon
The 2023 Adult B'nai Mitzvah Class

RABBI/CANTOR'S MUSIC FUND

In Memory of Irving Fogel
Barry & Yonina Bushell

In Honor of Lisa Zeiler's Birthday
Bernadette & Nathan Bitton

In Memory of Nessim Benhamou
Tracy & Chanel Benhamou

In Memory of Martin Zaretsky
Ron & Irene Zelman

In Honor of Adult B'nai Mitzvah Class
Idelle Lipman
Cookie Svingos

CANTOR S. RICHARDS MUSIC FUND

In Memory of Hannah Roth
Ron & Sharon Brown

In Memory of Charles David Unger
Judith & Scott Barrall

JAMES COHEN SCHOLARSHIP FUND

In Memory of Eckart Sellinger
Phyllis Ruderman

In Memory of Robert Blum
In Memory of Alan Gould
In Memory of Betty Blum
Judy & Walter Blum

Rabbi Asher Emeritus

In Memory of Mel Tobias
Allan & Carol Tobias

In Memory of Alan Gould
Arlene Gould

Bonnie Tornheim
Gloria and Robert Howard
Melissa Emanuelson

THE HARRY WITTENBERG SOCIAL ACTION, JUSTICE, & INTERFAITH FUND

In Memory of Carol Gunter
Bert & Roberta Gunter

In Memory of Robert Bloom
David Ratner & Claire Bernardo

In Honor of David Albert Negrin
Kevin Barnett & Alison Negrin

In Memory of Dr. Milton Eisenberg
Diane Leventhal

In Memory of Mel Weinstein
Joan Weinstein

In Memory of Florence Reif
Jeffrey Gilman & Carol Reif

STEPHEN JASPAN EDUCATION FUND

In Memory of Irene Letush Friedman
In Memory of Edgar Kornhauser
Norman & Nancy Friedman

YOUTH GROUP FUND

In Memory of Samuel Goldenberg
Ruthie & Larry Goldenberg

TREE OF LIFE LEAF

Sylvia Schwartz Rest in Peace
Cindy Turner, Emma Schwartz

RODEF SHALOM SECURITY FUND

In Memory of Klara Bekker
Irina Pekar

In Celebration of Our Anniversary
Bert & Roberta Gunter

MORDOCH/NADIARI HOLOCAUST FUND

In Memory of Ruth Binheim-Wallage
In Memory of Fred Carter
Jeffrey & Danita Daniels

In Memory of Sam Molho
Zaffy Welch

HELP THE MORTGAGE FUND

In Memory of Bertha Stern
In Memory of Ted Kaplan
In Memory of Iris Kaplan
In Memory of Beverly Bikoff
Richard & Rayna Ravitz

BUILDING MAINTENANCE FUND

In Memory of Alan Gould
Richard & Rayna Ravitz

SPECIAL EDUCATION FUND

In Celebration of Martin and Amberly marriage
Mona Epstein



Congregation B'nai Tikvah

August 2023

Printed Aug 16, 2023 10:42am

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 (14 Av) A Taste of Torah. 10:00am Rebuilding After Divorce. 7:00pm	2 (15 Av) Tu B'Av	3 (16 Av)	4 (17 Av) Family First Sha. 6:30pm	5 (18 Av) Eikev
6 (19 Av)	7 (20 Av)	8 (21 Av) A Taste of Torah. 10:00am	9 (22 Av)	10 (23 Av) Sisterhood Mah J. 1:00pm	11 (24 Av) Community Led Sh. 6:30pm	12 (25 Av) R'ei Nishma Service 10:00am
13 (26 Av)	14 (27 Av) Choir Practice 7:00pm	15 (28 Av) A Taste of Torah. 10:00am Rebuilding After Divorce. 7:00pm	16 (29 Av) Peer Grief Support group on Zoom. 6:00pm	17 (30 Av) Choir Practice 7:00pm	18 (1 Elul) Shir Joy Shabbat 7:30pm	19 (2 Elul) Shofetim Sam Seaberg Bar Mitzvah. 10:00am
20 (3 Elul)	21 (4 Elul) Choir Practice 7:00pm	22 (5 Elul) A Taste of Torah. 10:00am Playing with the Psalms. 6:30pm	23 (6 Elul)	24 (7 Elul) Choir Practice 7:00pm	25 (8 Elul) Shabbat Service . 6:30pm	26 (9 Elul) Ki Teitzei Cora Cooper Bat Mitzvah. 4:00pm
27 (10 Elul) Learn to Blow the Shofar. 10:00am	28 (11 Elul) Walking Through the Machzor. 6:30pm Choir Practice 7:00pm	29 (12 Elul) A Taste of Torah. 10:00am Rebuilding After Divorce. 7:00pm	30 (13 Elul) Peer Grief Support group. 6:00pm on Zoom	31 (14 Elul) Walking Through the Machzor . 6:30pm Choir Practice 7:00pm		



Congregation B'nai Tikvah

September 2023

Printed Aug 17, 2023 11:35am

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 (15 Elul) Family First Sha. 6:30pm	2 (16 Elul) Ki Tavo Emiko Kuniyoshi Bat Mitzvah 4:00pm
3 (17 Elul)	4 (18 Elul) Labor Day Office Closed 12:00am	5 (19 Elul) A Taste of Torah. 10:00am	6 (20 Elul)	7 (21 Elul) Choir Practice 7:00pm	8 (22 Elul) Meditation with Gern Levitas . 1:00pm Community Led Sh. 6:30pm	9 (23 Elul) Nitzavim-Voyelech Dessert, Havdalah & Slichot Service. 8:30pm
10 (24 Elul) Religious School. 10:00am Junior Board 11:30am Choir Rehearsal 1:00pm	11 (25 Elul) Choir Practice 7:00pm	12 (26 Elul) A Taste of Torah. 10:00am	13 (27 Elul) Peer Grief Support group. 6:00pm	14 (28 Elul) Sisterhood Mah J. 1:00pm Choir Practice 7:00pm	15 (29 Elul) Erev Rosh Hashanah	16 (1 Tishrei) Rosh Hashanah
17 (2 Tishrei) Rosh Hashanah Tashtlich 11:00am	18 (3 Tishrei) Fast of Gedalia	19 (4 Tishrei) A Taste of Torah. 10:00am Book Sisters 7:00pm Rebuilding After. 7:00pm	20 (5 Tishrei)	21 (6 Tishrei) Choir Practice 7:00pm	22 (7 Tishrei) Kabballat Shabbat . 5:00pm	23 (8 Tishrei) Haazinu Yoga Havdallah . 6:00pm
	25 (10 Tishrei) Yom Kippur Yizkor	26 (11 Tishrei) A Taste of Torah. 10:00am	27 (12 Tishrei) Peer Grief Support group. 6:00pm Sukkah Building . 6:00pm	28 (13 Tishrei)	29 (14 Tishrei) Erev Sukkot Nourish Your Soul. 6:30pm	30 (15 Tishrei) Sukkot



Congregation B'nai Tikvah

October 2023

Printed Aug 17, 2023 11:46am

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 (16 Tishrei) Sukkot Religious School 9:30am K'tan Tan 10:00am	2 (17 Tishrei) Sukkot	3 (18 Tishrei) Sukkot A Taste of Torah. 10:00am Religious School 4:00pm Rebuilding After Divorce 7:00pm	4 (19 Tishrei) Sukkot	5 (20 Tishrei) Sukkot Sisterhood Mah J. 1:00pm Reading Rainbow Keshet Book Club 6:30pm	6 (21 Tishrei) Hoshana Rabbah Family First Shabbat. 6:30pm	7 (22 Tishrei) Simchat Torah and Sh'mini Atzeret Yizkor
8 (23 Tishrei) Religious School 9:30am Junior Board 12:30pm	9 (24 Tishrei) Indigenous Peoples Day	10 (25 Tishrei) A Taste of Torah. 10:00am Lunch & Learn 1:00pm Religious School 4:00pm	11 (26 Tishrei) Peer Grief Support. 6:00pm	12 (27 Tishrei)	13 (28 Tishrei) Community Led Sh. 6:30pm	14 (29 Tishrei) B'reishit Nishma Service . 10:00am
15 (30 Tishrei) Religious School 9:30am 6/7 Grade Youth. 12:00pm	16 (1 Cheshvan) America's Twist of Faith Class with Rabbi Asher. 7:30pm	17 (2 Cheshvan) A Taste of Tara. 10:00am Lunch & Learn 1:00pm Religious School 4:00pm Rebuilding After Divorce 7:00pm	18 (3 Cheshvan)	19 (4 Cheshvan)	20 (5 Cheshvan) Climate Change/Social Action Shir Joy 7:30pm	21 (6 Cheshvan) Noach Solomon Magarian B'nai Mitzvah. 10:00am
22 (7 Cheshvan) Religious School 9:30am Sisterhood Lunch 1:00pm The Silenced Abuse: what to look for & what we can do. 3:00pm	23 (8 Cheshvan)	24 (9 Cheshvan) A Taste of Torah. 10:00am Lunch & Learn 1:00pm Religious School 4:00pm Book Sisters 6:30pm	25 (10 Cheshvan) Peer Grief Support. 6:00pm	26 (11 Cheshvan) Mesibaba 4:00pm	27 (12 Cheshvan) Meditation with Gert Levitas: Hope for the New Year . 1:00pm 4th Friday Shabbat. 6:30pm	28 (13 Cheshvan) Lech L'cha Samantha & Brinley Edison Bat Mitzvah. 10:00am
29 (14 Cheshvan) Religious School 9:30am 5th Grade B'nai Mitzvah mtg 10:00am 6th Grade B'nai Mitzvah mtg 10:30am	30 (15 Cheshvan) America's Twist of Faith Class with Rabbi Asher. 7:30pm	31 (16 Cheshvan) No Religious School A Taste of Torah. 10:00am Lunch & Learn 1:00pm				



ALLERGY & ASTHMA
MEDICAL GROUP OF THE BAY AREA

Call for an appointment
(925) 327-1460



Seasonal Allergy Relief? Skin Allergies?
Food Allergies? Cough? Asthma?

Berkeley Office 3010 Colby Suite 118 Berkeley, CA 94705 p: (510) 644-2316 f: (510) 704-8346	Brentwood Office 350 John Muir Pkwy Suite 180 Brentwood, CA 94513 p: (925) 513-3140 f: (925) 513-2830	Pleasanton Office 5924 Stoneridge Drive Suite 207 Pleasanton, CA 94588 p: (925) 463-9400 f: (925) 463-8554
San Ramon Office Bishop Ranch #11 2305 Camino Ramon Suite 225 San Ramon, CA 94583 p: (925) 327-1450 f: (925) 327-1454	Vallejo Office 1761 Broadway St. Suite 203 Vallejo, CA 94589 p: (707) 278-9360 f: (707) 552-1264	Walnut Creek Office 370 N. Wiget Lane Suite 210 Walnut Creek, CA 94598 p: (925) 935-6252 f: (925) 930-0942

Bayareaallergy.com



K-8th Grade

ACADEMIC EXCELLENCE IS JUST THE BEGINNING!

MIDDLE SCHOOL IN-PERSON OPEN HOUSE
Mon, Nov 14
4:30-5:30

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

FLEXIBLE TUITION & TRANSPORTATION AVAILABLE

The Contra Costa Jewish DAY SCHOOL

K-5TH GRADE IN - PERSON OPEN HOUSE
Sun, Oct 23 & Nov 13. 2:00-3:30

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

Call now to schedule your visit! 925.284.8288

955 Risa Road, Lafayette • 925.284.8288 • admissions@ccjds.org • www.ccjds.org

HOME SERVICES FOR SENIORS



Allyson Lachman
Licensed Occupational Therapist with Over 25 Years of Experience
CPR/AED Certified

"I work with seniors in their homes – building relationships and providing help and guidance for safe, independent living."

- Therapeutic exercise for flexibility and strength
- Activities of daily living, shopping, gardening, games/puzzles, reading
- Errands and medical appointments
- Cooking healthy balanced meals
- Conversation and companionship
- 3-4-hour visits, 2-3 times per week

alachman62@yahoo.com (925) 876-3561



Event Planning Specialists
Celebrating All Your Jewish Lifecycle Events
www.simchasisters.com
info@simchasisters.com
925.984.7024

bris • simcha bat • b'nai mitzvahs • weddings • parties



SINAI MEMORIAL CHAPEL CHEVRA KADISHA

Sinai Memorial Chapel
CHEVRA KADISHA (FD #1523)
(877)895-0359
3415 Mt. Diablo Blvd. Lafayette, 94549
GAN SHALOM CEMETERY
1100 Bear Creek Road Briones, CA 94553
www.sinaichapel.org

SCOTT LASKY PHOTOGRAPHY

Bar/Bat Mitzvahs - Weddings - Portraits
(408)807-4770
www.laskyphoto.com
scott@laskyphoto.com




Over 1200 Mitzvahs Photographed and Counting....Go for Experience



VISIT
The CBT Sisterhood Gift Shop
 Do you have an upcoming B'nai Mitzvah? Come check out our tallitot selection!

Contact Kayna Kavitz
 925-212-6188
 or Kathy Jacobs
Office@tikvah.org to schedule an appointment



PROTECTING *Your* RIGHTS

Employment Law | Personal Injury | Immigration





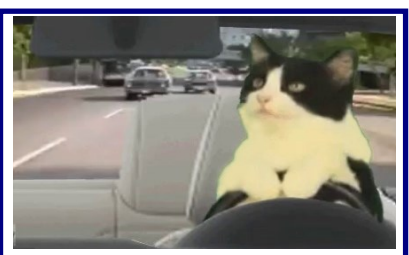
David Ratner
Partner, Attorney

Shelley Molineaux
Partner, Attorney

Lee Ratner
Of Counsel

Schedule a free case evaluation by contacting us online
www.ratnermolineaux.com
 or calling (925) 332-1444 today.

We offer our legal services in English and Spanish.




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

311 Oak St.
 Oakland, CA 94607

Well, I'm running down the road tryin' to loosen my load
 I've got seven lizards on my mind....
 ...Make It easy, make it easy
 Don't close your door while you chat in the parking lot, it drives me crazy
 Let me in while you still can
 Don't even try to understand
 I want to ride in your back seat, make it easy!
 ~Goofball—I want to drive your car
 Watch out for him in the CBT parking lot!

Join our B'nai Tikvah Family!

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

(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.

Congregation B'nai Tikvah
25 Hillcroft Way
Walnut Creek, CA 94597

Non-Profit Org.
U.S. Postage Paid
Permit No. 8071
Concord, CA

CHANGE SERVICE REQUESTED

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

SAVE THE DATES:



Tickets for the annual CBT Restaurant Walk will be available soon. Keep an eye on your email for more information!

Trivia Night, January 7, 2024

Gala, May 18, 2024, Boundary Oaks Golf Club, Walnut Creek

WISE SONS

— JEWISH DELICATESSEN —

Wise Sons Pop-up @ CBT

Order deadline:

Rosh Hashanah—Tues, Sept 12, 9:00am

Yom Kippur—Fri, Sept 22, 9:00am

Pick-up at CBT:

Rosh Hashanah –Thurs, Sept 14, 10am-11am

Yom Kippur—Sun, Sept 24, 12-1pm

The High Holidays are nearly upon us and Wise Sons is here to help you celebrate and stay connected to tradition.

Place your orders and then pick-up in the CBT parking lot.

See your weekly email for the link to order