



CONGREGATION
B'NAI TIKVAH

TIKVAH TALK

EDUCATION

By Sue Bojdak, Director of Congregational Learning



by Sue Bojdak

What Else Is Possible?

When we asked people of all ages at our Hanukkah gathering this December to share a spark of Jewish learning in their lives, a memorable Jewish learning experience, this is a sampling of what they said:

- Singing with Jewish youth choirs from around California at Disneyland
- Being at Camp Swig singing havdalah outside in a circle under the redwood trees
- Hearing a story on a Yiddish/English radio show about someone making tzedakah (righteous giving) so central to their lives that they gave it all away, which became a model for how this person is determined to live.
- Making shellacked mini-bagel magnets with googly eyes and felt accessories
- Playing Rummi-Q with their grandparents
- An interaction with a loving elder at synagogue as a child
- Doing a play of the story of the Jews being freed from Egypt
- Going to Israel
- Making challah for the first time with my cousin, sister and mom
- Maccabi games in Nebraska
- Jelly doughnut holes at B'nai Tikvah Hanukkah services

You can see through lines of community, family, multi-generational experiences, immersive and intensive experiences, food and play, and activities that happen in our bodies. What would our learning programs for people of all ages look like if our focus was to create these kinds of memories? Not just to lay a foundation for these experiences to have a context or to be the boring bits that hold these experiences in a context of Jewish learning, but to actually let the Jewish learning be in our bodies and mouths and relationships, including cross-generation relationships? To let the learning be inside the synagogue, at home, in the community, at camp, in Israel, with all kinds of constellations of people?

(Continued on page 3)

PRESIDENT'S MESSAGE

By Board President, Lori Siegel



One of my main jobs as Board President is to think about and plan for CBT's future. In August, I invited a URJ Trainer to facilitate a board retreat. This is something that was supposed to have happened about 4 years ago, but COVID intervened. The retreat was a great experience for our board to get to know each other, set goals, and implement action plans for the upcoming year. In September, we nominated co-chairs Jennifer Leeds and Chanel Benhamou to run our nominating committee. The nominating committee's job is to recruit future board members throughout the year and make recommendations to the board to fill available positions. In June, we will have up to two openings for board members at large. I would like to share with all of you my journey at CBT as a volunteer through committees to the board and what it means to be on the Board of Trustees at CBT.

Six years ago, I paused my sales career to be a stay-at-home mom and care for my son who has epilepsy. During the transition from working and traveling across the country to the normal day-to-day of carpooling, cleaning, and cooking, I needed another outlet; I needed to find a sense of purpose. When I looked around at the options for me to volunteer, I quickly realized that CBT was a place I could easily get involved. I became a volunteer through committee work. I started on the Rabbi Search Committee and Membership Committee. About a year later, I began my journey on the Board of Trustees and then became Fundraising Chair. I didn't realize that my leap would be so rewarding and that I wanted to give more and more back to a community that not only fulfills me spiritually but allows me to use my business skills to make a difference.

Without its members, CBT would cease to exist. As the small and welcoming community that we are, we are also a community-run and lead organization. Yes, we have an amazing Rabbi and Office Team, but they cannot provide the programming, services, and experiences we all love by themselves. They need and rely on community member volunteers to provide much-needed support. Moreover, by volunteering, working on committees, and joining the board, we, as members, get to help guide, shape, and create our Jewish home. Synagogues are not just places of worship; they are vibrant communities that thrive on the active participation of their members. Here's why you should consider taking the leap and joining a committee or the CBT Board of Trustees.

Synagogue life provides a unique space for spiritual growth. By actively participating in the various facets of the community, from services to educational programs, you can

(Continued on page 3)

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
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
Tony Lebe, Trustee
Jenn Leeds, Trustee
Amanda Regenstein, Trustee
David Ratner, Immediate Past President

CONTACT

Office Hours:
Monday -Thursday 10 a.m. - 4:30 p.m.
Friday: 10:00 a.m. - 3:30 p.m.
office@tikvah.org | (925) 933-5397
www.tikvah.org

MAZEL TOV TO OUR B'NAI MITZVAH!



WELCOME TO OUR NEWEST MEMBERS:

Matt & Melanie Hirsch
Barbara Ross
Kelci Wihera



**CONGRATULATIONS
TO OUR VOLUNTEERS
OF THE YEAR!**



Mary Ann Wittenberg and Leonard Dorin

The time, energy, compassion, and dedication of Mary Ann and Leonard, as well as all of our volunteers, are the cornerstones of who we are! We thrive as a community because of the vibrant members who define us.

Our Reimagine Task Force is doing exactly that work. Reimagine is an educational visioning project created by the Experiment in Congregational Education, an organization born from the Rhea Hirsch School of Education at Hebrew Union College. For more than 20 years they have seeded changes in how we think about what Jewish education could and should be by inspiring congregations to get creative and experiment with what else might be possible.

To do that work a 12-member task force, led by members Holly Grossman and Shari Krell, including parents, teachers, and youth, along with myself and Rabbi Chabon, is going on a year-long journey of reimagining. We are exploring CBT's educational history and practice along with our assets, challenges, and limiting assumptions. We are investigating the innovative educational models that other congregations around the Bay and across the country have experimented with in recent decades. When we are done we will have crafted a new vision statement for our educational programs, and we will have some first bold steps toward what else might be possible for us here at CBT.

This is not quick-fix work about the pick-up line or gaps in our Hebrew program, nor about topics for elective classes, or whether to do field trips or family days, though all of those things are a part of the work. Our aim is to ask big questions about Jewish education, to think expansively and creatively about what can be, and to open ourselves to experimenting in ways that not only solve current pain points but that build something joyful and exciting that is tailor-made for our CBT community right here right now. What can you imagine? What can we reimagine together?

Be a part of it! Think about a memorable Jewish learning experience you have had and share it either by writing it on a Jewish learning spark and posting it on the Reimagine bulletin board outside of the social hall or by emailing it to sue@tikvah.org.

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

Would you like to become a Kavod member? Email Lori Siegel for more information. Director@Tikvah.org

deepen your understanding. Being a volunteer or serving on the Board of Trustees allows you to contribute to the spiritual growth of the entire community. Volunteering opens doors to meaningful relationships. As I stuffed envelopes or put together baskets for the Gala and for new members, I had conversations with people that went beyond the usual oneg, "How are you?" We shared stories about our parents, our childhood, and our children. These connections turned into friendships with members of all generations. Now, when I walk into an oneg, I am in a room full of friends who have deepened my, and my family's, connection to CBT and Judaism.

Serving on the Board of Trustees is not just a commitment; it's a learning experience. You'll have the chance to develop and refine a range of skills, from leadership and communication to strategic planning and financial management. These skills not only benefit the synagogue but also enhance your personal and professional life. I quickly learned that I could get over my fear of public speaking whether it is on the bimah for announcements, speaking at our annual gala, or leading board meetings. I have had the opportunity to expand my skill set by learning how to write grants, work with committee members to meet and exceed goals and troubleshoot problems and concerns in the best interest of our synagogue.

Getting involved in synagogue life and taking a seat on the Board of Trustees is a rewarding journey that goes beyond personal satisfaction. It is a commitment to the flourishing of a community, the preservation of tradition, and the advancement of shared values. By joining the board, you become an integral part of CBT's future, ensuring that the legacy that we have been given by those who came before us continues for our children, grandchildren, and the generations to come.

For me, I have followed my family's legacy of a commitment to their synagogue. My grandparents, parents, aunts, uncles, and cousins all have and continue to serve their Jewish community. It is a part of what it means to be Jewish in my family. Growing up in small Jewish communities in Iowa, North Dakota, and Oklahoma, my family knew that to keep Judaism and their Jewish community stronger for themselves and others, they had to give their time and talents. The same is true of our Jewish community. In our world, I know we cannot take our community for granted when it is needed now more than ever. I know that I continue my volunteer journey because the reward for me is much greater than the time I give every day. My reward is the deep personal connections I have with our CBT members, the office team, and the passion I have for making CBT better today, tomorrow, and for future generations.

Many of you have shared that you want to get more involved at CBT. I encourage you to contact me, a member of the board, Jenn Leeds, Chanel Benhamou, or any committee chair. We depend on an active volunteer base and can find a role or specific task that feels right to each individual based on time and skill sets. Come find your reward in strengthening your connection to CBT.

Sisterhood News

By Mona Epstein

Committee Reports: Membership

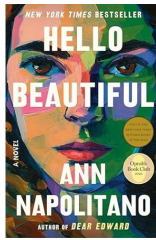
By Andrea Slavet, Membership Chair



In November, Booksisters read *The Good Daughters* by Joyce Maynard. This was an interesting book and we had good time discussing various interpretations of the story line.



In January we will read *Hello Beautiful* by Ann Napolitano and,



in February we will read *The First Ladies* by Marie Benedict and Victoria Christopher Murray. Please join us in the

CBT social hall at 2 p.m. on the second Sunday of each month for Booksisters! Get the book and join us!

This year's Sisterhood Hanukkah party was on December 12 and included a potluck, latkes and a toy collection for JFCS. We had a great time!

Wise Aging continues with part 2 of our 4 part series on aging. This program is presented on Zoom, January 10 from 7 - 8:30 p.m. See page 8 and check your weekly email for details and to register.



Toys for JFCS



Contact Mona Epstein to join Sisterhood, and/or join us at an upcoming event! monaepstein@gmail.com All are welcome!



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

The Membership Committee has been off to a busy start! One of our missions is to welcome new members into our community. Including our collaboration with Congregation B'nai Torah from Brentwood, we have welcomed over 50 new families in the past year! As part of this welcome, volunteers have called and welcomed these families personally, and have also delivered welcome bags! The tote bags, with our CBT logo on them, arrive filled with an assortment of goodies including a printed membership directory, flyers on upcoming programming, a CD from our amazing Rabbi/Cantor Chabon, and items to help enjoy Shabbat such as candles, grape juice, and wine.

We also collaborate with the Education Committee and we hosted a "Get to Know You" luncheon for new religious school families this past fall. Everyone enjoyed a buffet lunch and icebreaker games!


January 19, 2024, the Membership Committee will be hosting a New Member Shabbat dinner welcoming all new families before the beautiful Shir Joy service that evening. If you are a new member as of January 1, 2023 to now, and have not received an invitation to dinner, please call the office. We don't want anyone left out!

Moving forward into this year, we will be working with the Ritual Committee to coordinate an event inviting new members to experience the wonderful Nishma service on a Saturday while meeting CBT community leaders and members.

In addition to welcoming new members, the Membership Committee strives to recommend programming and the needs of our entire congregation in order to build community.

Stayed tuned for more information on a program we are working on, Community Circles. We look forward to building community together!

If you would like more information about the Membership Committee, please contact Andrea at aslavet@gmail.com



Congregation B'nai Tikvah's 21st Team Trivia Night is THIS SUNDAY!

There might still be room for another team!

Doors Open @ 6:15 p.m. Play starts @ 7 p.m.
100 fun, brain-challenging questions
Entry fee \$250* per team; teams of 8 players
***[Check this link to see availability!](#)**

Happening at CBT



Winter Yoga Havdalah

Saturday, January 6th at 6:00 pm

In-Person, CBT Social Hall

Please join Rabbi Chabon and our beloved David Moreno for our winter yoga havdalah class. 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 the new year.

Register in the Monday email.

Please bring \$25 in cash on January 6.

[Online TT version registration hyperlink HERE](#)



Save the Date! Saturday, January 27th Cantors in Residence

(time tbd)

Join Rabbi Chabon for a concert in our social hall to close Shabbat Shira- The Shabbat of Song.

"I am thrilled to announce that over the weekend of January 26th, I will be bringing two of my incredible cantorial colleagues to CBT to bless us with their voices and their presence. Cantor Bat-Ami Moses and Cantor Danielle Bensimhon are dear friends and esteemed colleagues with whom I studied in cantorial school at JTS. Several years ago I flew to Columbus, Ohio, for a cantor-in residence weekend at Bat-Ami's shul, and now they are coming to us! (Next stop, Florida, where Danielle is the rabbi-cantor of her shul)."

Wise Aging

A 4-part series from CBT Sisterhood Resources to live our later years with spirit, resilience, & wisdom.

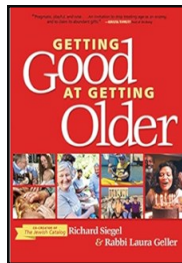
Sessions 2, 3, and 4: on Zoom

January 10, February 14, and March 13 at 7:00 pm



Session 2, Wednesday, January 10th:

We will be watching a recorded session of Rabbi Laura Geller speaking about her book *Getting Good at Getting Older*: "A tour for all of us of a certain age." Geller's book explores the resources and skills we need to navigate the years between maturity and old age. How can we bring more meaning, joy, and aliveness to this season of our lives? We'll get inspired and then talk together.



Session 3, Save the Date; Wednesday, February 14:

The Healthy Aging Brain. As people age, changes occur in the brain that can affect overall brain health and brain function. Dr. Jay Luxenberg discusses the changes seen in healthy brains as we get older and distinguishes them from unhealthy conditions such as dementia. [Register on the calendar or Monday email.](#)



Resetting the Table: January 21st

RESETTING THE TABLE from 3:00-6:00 p.m., with a little nosh and schmoozing from 2:30-3:00 p.m.

Join Rabbi Chabon for a workshop, January 21st by an organization called Resetting The Table (<https://www.resettingthetable.org/>), whose mission is to foster courageous communication across divides, in particular around Israel-Palestine. Rabbi Chabon attended one of their workshops at the URJ Biennial in 2019 and *"it truly changed my ability to hold compassion for people who see the conflict very differently from how I do."*

The goal is to have people of varying beliefs about the conflict attend the workshop so that we can all grow and learn from one another. We'll start the conversation promptly at 3:00.

This workshop offers communication skill-building for charged conversations on Israel and a forum for dialogue across disagreement. Participants will exchange views and experiences around Israel, surface differences and commonalities, and practice communication skills for engaging differences directly and constructively. The workshop builds community capacity to explore disagreements while strengthening relationships, trust, learning, and collaboration.

We can have a total of 40 participants. Sign up today with the QR code or on the online CBT calendar. Call the office if you would like us to add you to the list.

[Click here Registration opens January 2.](#)



SHABBAT SHALOM

First, First Friday 2024!

1/5 Join us for a Bake-off! 6:30 p.m.



It's Shabbat. It's a new year, and Rabbi Chabon is back on the bimah! Let's celebrate with sweetness! We'll have a quick Kabbalat Shabbat service for people of all ages and then a

fabulous CBT Bake Off. Show off your baking skills with your most crowd-pleasing dessert. There will be prizes, though on this Shabbat, everyone is a winner! Sign up in the Monday email or our calendar to enter the Dessert Bake Off Competition.

[Online TT version registration hyperlink HERE](#)



Family First Fridays

6:30 p.m.

2/2 The 2nd & 5th grades, with Rabbi Chabon's guidance, will be leading the service.

Please join us for our multi-generational Family First Friday Shabbat. This is a shorter service with music, dancing, and a story. Our class-led services are preceded with a pot luck dinner.

Sign up and join the fun. It is sure to bring a smile to your face.

All are welcome!

SERVICES AT CBT

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

2nd Fridays Community Led

1/12 Contra Costa Community Shabbat Dinner.* See page (7)

2/9 6:30 p.m. on Zoom

Experience this warm space of community leadership on the 2nd Friday of each month.* Our service on this evening is a true community shabbat, one that is led by our lay leaders with the help of participating congregants. This service has blossomed into a sweet evening where our members share their love of CBT through their participation in the service

* Our January 2nd Friday is an in person shabbat dinner with our Contra Costa Community. See pg 7

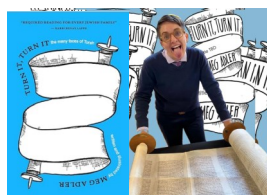


Nishma, 2nd Saturdays

10 a.m.

1/13 Welcome back to our Nishma

Service! We will greet the new year in community and song! In addition to our usual music an spirit, we will be welcoming Collin Burns-Coffin as he is called to the Torah for an aliyah as a bar mitzvah and a short dvar Torah.



2/10 Nishma with Guest Speaker, Meg Adler.

Meg received a masters degree of Religion from Yale Divinity School. She holds a certificate in Jewish Education, she is a former camper, staff member, and supervisor at Camp Tawonga, an avid artist and now author of her book *Turn it, Turn it: The Many Faces of Torah*. "A fresh, daring approach to a text you thought you knew." Join us at 10 a.m. for Nishma and Meg Adler.



3rd Fridays Shir Joy

7:30 p.m.

1/19 New

Member Shabbat. A welcome to all of our new members.

2/16 Jews of Color Shabbat.

4th Fridays

1/26 Shabbat Shira - "The Shabbat of Song."

2/23 Nourish your Soul pot-luck dinner and Shabbat service. Sign up on the CBT online calendar or with this QR code.



[Online TT version hyperlink HERE](#)

Shabbat Morning Service with our Religious School Students

Saturday, January 20 at 10 a.m. 6th Grade Shabbat Service



Please join our religious school class as they continue to prepare for their b'nai mitzvahs in their class led Shabbat morning services. Come to support our children. It is great practice for them to have the congregation there. All are welcome! There will be a kiddush lunch after the service. Please join the 6th grade class! [Online TT version registration hyperlink HERE](#)

Community Shabbat Dinner

Join our Contra Costa Jewish Community for a Shabbat Dinner in Solidarity with Israel

Friday, January 12, 2024 6:30 PM
Pleasant Hill Senior Center
\$15 per person

Vegetarian Kosher Dinner by Abba's Hummus
BYO wine

An Egalitarian Shabbat Service will be held at 5:30 PM.

RSVP at
bit.ly/Shabbat-Dinner
by January 8

2nd Fridays 1/12
Contra Costa Community Shabbat Dinner
Friday, January 12

Shabbat Service at 5:30 p.m., Dinner at 6:30 pm

In Person in Pleasant Hill

We are co-hosting a community wide Shabbat dinner along with Congregation B'nai Shalom, Beth Chaim Congregation, the Contra Costa JCC, the Contra Costa Jewish Day School, Contra Costa Midrasha, and Diablo Valley Hadassah on January 12th. Come together to enjoy a kosher dinner, great conversation, and a chance to connect with other Jews in the area.



\$15/person, \$10/child

BYO Wine

[Online TT version registration hyperlink HERE](#)

ONGOING PROGRAMS

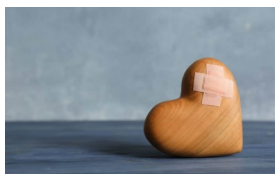
For the most up-to-date details, check your weekly email.

Peer Grief Support Group

Bi-weekly Wednesdays 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. 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 Mitch Oshinsky, a trained peer grief support leader in this 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).



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.



Winter Series

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:

January 26: Hope in the New Year

February 16: The Beauty of Nature

March 15: Growing in Gratitude

[Online TT version registration hyperlink HERE](#)

Bites of Wisdom



Sunday, 1/21 & 3/3
10am

Join Rabbi Chabon in the Social Hall right after T'filah for a short talk and a light

breakfast. Each session will highlight a different topic for a little bite of wisdom.

Bites of Wisdom provides a great opportunity for you to meet new people, all while enjoying bagels & coffee and learning something new.

This program is **free and open to anyone** - please come join us and bring your friends.



Weekly Torah Meditation: "A Taste of Torah"

Tuesdays 10:00 a.m.
On Zoom. 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 Tuesdays 1:00 p.m. on Zoom
Returning January 9

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.

And more at CBT!



Can you believe this art was made from Trash?!

All of it is plastic bits saved from the waste stream and made into something fabulous.

Ready to make your own trash art?

As part of our **January 7 Family Learning Day** we'll be making a collective art piece out of plastic trash.

To make it work, WE NEED YOUR HELP!

Between now and January 7, please save the following items:

- bottle and jar lids
 - single-use water bottles or other cool looking bottles
 - coffee cup lids
 - old cds or dvds
 - anything that is plastic, looks kinds cool and you are about to throw away/recycle
- Keep a box or a bag, rinse everything thoroughly.**

Bring it to the synagogue on January 7.

And if you have old wire, like phone wire, hanging about, email sue (sue@tikvah.org) we need that!



KESHET CLUB

Reading Rainbow Keshet Book Club

January 11th, at 6:30 pm in the CBT library.



We will once again be discussing *Paper is White* by Hillary Zaid, as so few people were able to make our October meeting. Please bring your book, your thoughts, and a dairy snack to share. Sign up with this QR

code if you plan to attend.



How do I register for events?....

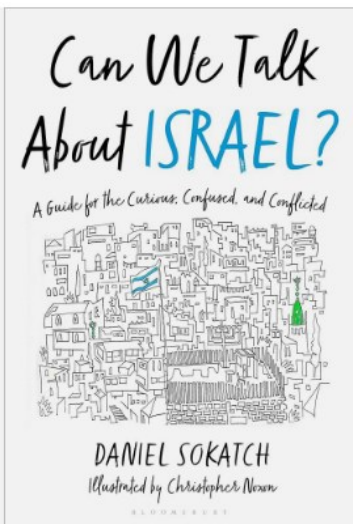
Let me count the ways...

Whether you receive the printed copy in the USPS (snail mail), or read Tikvah Talk online, there is a myriad of ways you can sign up for the classes and events listed in Tikvah Talk.

1. In the printed, mailed copy of Tikvah Talk many classes and events have a QR code next to the information. Open the camera on your cell phone. Point it at the QR code. **Do not take a picture**, rather touch the screen of your phone when the link shows up, either as yellow lines around the QR code (Android phones), or a link dialog, also in yellow (on an iPhone). Touching those links will take you to the signup page ([see the November/December edition of Tikvah Talk for more guided instructions](#)).
2. In the online version of Tikvah Talk, there are hyperlinks provided for some of the classes and events. Use your mouse to click on these blue and underlined links to be sent to the signup page. [A hyperlink looks like this](#), or like this, [HERE](#)
3. All events and classes are also featured in our Monday email (some in the Friday email) Find the event there and choose the signup link provided.
4. The online CBT calendar is another place you can signup. You can find the calendar on our webpage [Tikvah.org](#). You can also access the calendar when you are logged in to your ShulCloud account. Find the event and use your mouse to select the event to be sent to the sign up page.
5. When in doubt, please feel free to call the office and we can assist you with your signups. It is our pleasure! You can also stop by the office with your ipad, laptop, or phone when Kathy is there and she will be happy to help walk you through the process.



Can We Talk About Israel? Book Study with Rabbi Chabon



Get a copy of the book by Daniel Sokatch and join Rabbi Chabon for this three-part book/Israel conversation. Sokatch is the CEO of the New Israel Fund and former Executive Director of the SF Jewish Federation.

Upcoming Sessions:
Sundays from 10-11:30am in the CBT Library

February 4, 2024
February 11, 2024
February 25, 2024

[Sign up using this link or the link from the CBT calendar](#), Or the Monday day email,

Coming Soon!



SATURDAY, MAY 18

SAVE THE DATE FOR THE CBT ANNUAL GALA

When: **Saturday Evening, May 18th, 2024**
Where: Boundary Oak Golf Club
Walnut Creek, CA

JOIN US

Join us for an evening of Hope (Tikvah) and Community. This will be an evening to remember!

What would catch your eye from the live or silent auction? Our Auction Team is assembling an assortment of diverse items: fine wines, captivating experiences, extraordinary vacation homes, and more. They would welcome your help! If you have an item or experience, or know someone who does, please let them know!

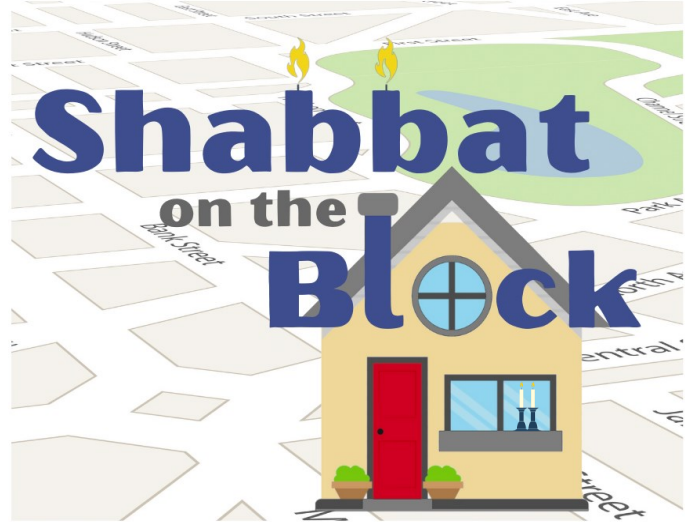
BECOME A GALA SPONSOR

Sponsorships play a pivotal role in making our annual gala a success by alleviating costs, enabling a greater portion of funds to directly bolster our innovative programs and support our exceptional clergy, teachers, and staff.

Your sponsorship not only aids us in reaching our financial objectives but also provides you with invaluable exposure before and during the event. It's an opportunity to tap into specific target markets, enhance visibility for your business, and cultivate a stronger brand image. Your support creates a win-win scenario that benefits both our cause and your business endeavors.

If you have an item to donate, would like to join the Auction Team, or would like more information about sponsorship, please contact our Gala Co-Chairs

Amanda Regenstein (amanda_berke@yahoo.com)
or Andrea Slavet (alavet@gmail.com)



Save the date
Shabbat on the Block
Friday, March 15, 2024!

Shabbat on the Block has become a tradition at CBT. It is a Shabbat evening where we close the temple and we gather with our CBT neighbors for an evening filled with warmth, laughter, and a shared Shabbat potluck meal across generations at our homes.

The office staff coordinates the sign up lists to create groups of neighbors to share this CBT tradition. You can sign up as a host or as guests for your neighborhood gathering.

Discover the joy of building bridges with those you've never met and forging bonds that transcend age and background. Imagine lighting Shabbat Candles, sharing a meal, and growing your CBT community of all ages. This special Shabbat allows us to grow connections and friendship with other families, it truly is a special evening.

Keep an eye out for sign up information, coming soon!



Now, more than ever, let us appreciate the beauty of our Jewish identity and the strength it brings to our community. Come, share in the magic of connection and celebration, as we build a community that thrives on the richness of shared experiences.

K'tan Tan

K'tan Tan is 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.

K'tan Tan Dates for 2023-2024
October 1, 2023: Sukkot
November 5, 2023: Tzedakah
December 3, 2023: Hanukkah
January 21, 2024: Tu B'Shevat
February 4, 2024: B'Tzelem Elohim/In the Image of God
March 3, 2024: Shabbat
April 14, 2024: Passover
May 5, 2024: PJ Havdallah in the Morning!



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'nai 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.

The fun started on Thursday, October 26th with Jewish Chef


Sign up today for upcoming dates:
January 25: Puppet Playhouse
March 14: Minute to Win it
May 16: Summer Fun

Sign up for
the fun
with this
QR Code!



December 14 "Light it Up" fun!



Sign up today for upcoming fun!
I'm not sure who enjoys it more,
the kids or Sue! 



Contra Costa Midrasha

By Devra C. Aarons, CCM Director

Contra Costa Midrasha's 2024 Winter Update

I have REALLY big news to share with you, our beloved community. **Contra Costa Midrasha's enrollment now sits at 107 students!** This is the highest engagement we've seen since before the pandemic. Wednesday nights are super energetic, fun and the classrooms are full of teens enjoying themselves and thriving in Jewish teen community.

Join us to be part of this exciting community this winter and early spring with these opportunities:

ONE: Plant and build in honor of Tu B'Shevat and MLK Day on January 14th with us at Tiny Village Spirit. Our "Impact Builder" teens are spending the year helping to grow this garden and village for unhoused youth.

TWO: Teens (even those not currently enrolled in CCM) are invited for our Winter Retreat in the redwoods February 9 - 11, 2024. We've grown our partnerships it means more teens are showing up on these retreats. Sign up @ https://www.flipcause.com/secure/cause_pdetails/MjAwMTIw.

THREE: CCM's annual Gala is March 2nd - we are planning on dancing the night away under a disco ball to celebrate our work with Jewish teens in our community. Sponsor, donate or buy a ticket at www.ccmidrasha.com/gala.

Finally, mark your calendars for March 20th, as CCM continues its "Teen Brain" series. That night we will welcome Claremont College professor Kendall Cotton Bronk to share about "The Science of Purpose." The event will be free, in person and for all adults who want to learn more about this burgeoning field.

Please 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 and enrollment is always open!

SAVE THE DATE
CONTRA COSTA MIDRASHA
ANNUAL GALA

MARCH 2, 2024 **SAN RAMON**

Join us for CCM's Annual Community Gathering.
The safe space Midrasha provides our community's teens is more important than ever.
Being together is more important than ever.

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:
MARCH 20, 2024

MADE POSSIBLE BY GENEROUS FUNDING FROM:

Tikvah Committees and Groups לקוות



Are you looking to get more involved at CBT? Check out our list of groups and committees and sign up!

Use this QR code to sign up today!



Or email the office. If you have mad skills in something you would like to offer, we would be interested in knowing!
Office@tikvah.org

CBT Groups and Committees:

- | | |
|-----------------------------------|----------------------------|
| Adult B'nai Mitzvah | Keshet |
| Adult Choir | Membership Committee |
| Adult Education | Men of CBT |
| Chesed/Acts of Kindness Committee | Ritual Committee |
| Education Committee | Service Lay-Leader |
| Facilities Projects | Services & Events Greeters |
| Fundraising Committee | Sisterhood |
| Israel & World Jewry Committee | Social Action Committee |



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.



Explore our Committees and Groups on our website. Contact the office if you would like more information or to join any of the groups

[Online TT version hyperlink](#)

Show your support for the hostages with our new #BringThemHomeNow bracelets.



These bracelets are available to purchase for \$2 each and can be bought either with cash or Venmo.

You can purchase bracelets during office hours in person at CBT. Please note that the supply is limited, so get one while they last.



Get a personalized Simcha Brick or Tree of Life Leaf!

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

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



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 Judith Barrall, Chesed's coordinator,

From Our Community Partners

CBT IS GOING TO CAMP!



Learn more about family camp

@campnewman.org/year-round/family-camp

[Online TT version hyperlink](#)



FROM THE URJ



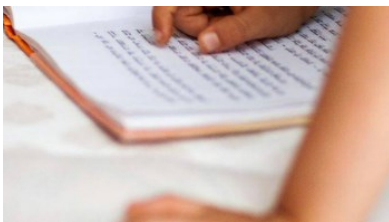
Learn to Read Hebrew for Adults. Learn the shapes and sounds of the Hebrew alphabet in this ten-session course, with a warm and supportive educator to guide you and a group of classmates through practicing together.

Cohorts for January-March 2024 now enrolling



Introduction to Judaism online is a live 20-session class for adults who wish to gain a deeper understanding of Jewish life through a Reform lens. Designed for people from all backgrounds.

Cohorts starting in January 2024 now enrolling

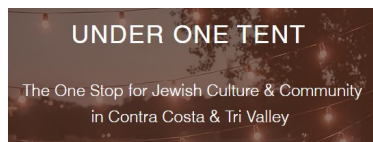


Continue your Hebrew learning in a new six-session course which focuses on reading and understanding key prayers in the Shabbat evening service. This course is open to anyone interested in exploring the meaning of Hebrew prayers

Register now for February 2024



CCJCC/Under One Tent - see all upcoming online events [HERE](#).



IVF Grants

From the JewishStork

Now Accepting Applications



Applications due January 9th, 12 pm PST



» hasidah.org/apply

Build Jewish Families

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In Memory of Nina Oshinsky
 In Memory of Rhoda & Albert Oshinsky
Mitch Oshinsky
 In Memory of Grethe Jensen, Gudmund Jensen, Hanne Giambrocco, Laura Kohen Cordova, Linda Golden Winchell
Matthew & Kristine Cordova
 In Appreciation of President Lori Siegel and all she does for the synagogue community
Lauren Turon
 In Memory of Bert De Lowe
Larry & Judit De Lowe
 In Memory of Gertrude Enock
Ferris Phillips
 In Memory of Rita Berger
Marc & Katherine Berger
 In Memory of Sandi Rosenberg
Andrea Slavet
 In Memory of Rose Love
Jean Marxheimer
 In Memory of David Resler
Arthur & Nancy Solomon
 In Honor of the Chutzpah Chavurah
Arnold & Donna Hoffman
 In Memory of Abraham Kahane
Ken & Nancy Oestreicher
 In Memory of Fritzi & Max Gewing
Walter Gewing
 In Memory of Ida Shiela Salusky
John Sutherland & Monica Salusky
 In Memory of Meni Levi Ancel Sadur
 In Memory of Jean Shaw
Craig & Ellin Sadur
 In Memory of My father Theodore Ellis
Marilyn Tamara
 In Memory of Burton Cohn
 In Memory of John Baruch
Michael & Annette Cohn
 In Honor of Judith Barrall
Jim Barrall
 In Memory of Jerome Kushnick
Phillip & Beverly Winslow
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 In Memory of Nathan Jacobson
 In Memory of Richard Shinozaki
Irene Jacobson & Rick Shinozaki
 In Memory of Reba Rabiner
Karen Lapin & John Kobzina
 In Memory of Lawrence Shaw
Idelle Lipman

In Memory of my dear grandmother, Etta Restler

Arthur & Nancy Solomon

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Rob Weiner & Susan Light
 In Celebration of Brian Zagon's Birthday!
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Lisa Hirsh

In Memory of Dick Schwartz
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In Memory of Ruth Brooks
Stephen Brooks

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In Memory of Ruth Locker
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 Max & Lori Auffhammer
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 Kevin Barnett & Alison Negrin
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 Marc & Kathy Berger
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 Nora Brown
 Ron & Sharon Brown
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In Gratitude to our Community

HIGH HOLIDAYS APPEAL 5784

continued

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January/February 2024



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Congregation B'nai Tikvah

January 2024

Sign up for events in orange either in the Monday email or on the online CBT Calendar. See page 8 for more options.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 (20 Tevet) New Year's Day Office Closed	2 (21 Tevet) 10am A Taste of Torah No Lunch & Learn No Religious School	3 (22 Tevet) 6pm Peer Grief Support group (Pg 7)	4 (23 Tevet)	5 (24 Tevet) 6:30pm Shabbat Service with our Oneg Bake-Off Sign up today!	6 (25 Tevet) Sh'mot 6pm Yoga Havdallah (Pg 5)
7 (26 Tevet) Family Day Tu B'Shevat 9:30am Religious School 12pm CBT Youth Band 6pm Trivia Night (Pg 8)	8 (27 Tevet)	9 (28 Tevet) 10am A Taste of Torah 1pm Lunch & Learn 4 pm Religious School	10 (29 Tevet) 7 pm Wise Aging (Pg 5) Getting Good at Getting Older. On Zoom	11 (1 Sh'vat) 1pm Sisterhood Mah Jong. 6:30pm Keshet Reading Rainbow Book Club. (Pg 8)	12 (2 Sh'vat) 5:30pm Shabbat and community dinner with CBS, CCIDS + (Pg 7)	13 (3 Sh'vat) Va-eira 10am Nishma
14 (4 Sh'vat) No Religious School 2pm Book Sisters	15 (5 Sh'vat) MLK Day Office Closed	16 (6 Sh'vat) 10am A Taste of Torah 1pm Lunch & Learn 4pm Religious School	17 (7 Sh'vat) 6pm Peer Grief Support group	18 (8 Sh'vat)	19 (9 Sh'vat) 7:30pm Shir Joy Shabbat - Welcoming New Members	20 (10 Sh'vat) Bo 10am 6th Grade Service. All are welcome!
21 (11 Sh'vat) 9:30 am Religious School 10am K'tan Tan (Pg 10) 10am Bites of Wisdom 12pm CBT Youth Band 12:30pm Junior Board 3 pm Resetting the Table (Pg 5)	22 (12 Sh'vat)	23 (13 Sh'vat) 10am A Taste of Torah 1pm Lunch & Learn 4pm Religious School	24 (14 Sh'vat)	25 (15 Sh'vat) Tu B'Sh'vat 4pm Mesibaba (Pg 10)	26 (16 Sh'vat) 1pm Meditation with Gerri Levitas on Zoom: Hope in the New Year 6:30pm Shabbat Shira	27 (17 Sh'vat) B'shalach Evening Cantors in Residence Concert with Rabbi Chabon. Exact time tbd (Pg 5)
28 (18 Sh'vat) 9:30am Religious School	29 (19 Sh'vat)	30 (20 Sh'vat) 10am A Taste of Torah 1pm Lunch & Learn 4pm Religious School	31 (21 Sh'vat) 6pm Peer Grief Support group			



Sign up for events in orange either in the Monday email or on the online CBT calendar. See pg 8 for more options.

Congregation B'nai Tikvah February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4 (25 Sh'vat) 9:30am Religious School 10am K'tan Tan (Pg 10) 10am Can We Talk about Israel Book Study w/Rabbi Chabon (Pg 8) 12pm CBT Youth Band	5 (26 Sh'vat)	6 (27 Sh'vat) 10am A Taste of Torah 1pm Lunch & Learn 4 pm Religious School	7 (28 Sh'vat)	8 (29 Sh'vat) 1pm Sisterhood Mah Jong.	9 (30 Sh'vat) 6:30pm Community Led Shabbat on Zoom	10 (1 Adar I) Mishpatim 10am Nishma Service
11 (2 Adar I) 9:30am Religious School 10am Can We Talk about Israel Book Study w/Rabbi Chabon 12:30pm Junior Board 4pm Israeli Film	12 (3 Adar I)	13 (4 Adar I) 10am A Taste of Torah 1pm Lunch & Learn 4 pm Religious School	14 (5 Adar I) 7 pm Wise Aging (Pg 5) The Healthy Aging Brain. On Zoom 6pm Peer Grief Support group (Pg 7)	15 (6 Adar I)	16 (7 Adar I) 7:30pm Shir Joy Shabbat.	17 (8 Adar I) Trumah 4pm Shayna Falkowski. Bat Mitzvah
18 (9 Adar I) No Religious School 3pm Book Sisters	19 (10 Adar I) OFFICE CLOSED	20 (11 Adar I) 10am A Taste of Torah 1pm Lunch & Learn No Religious School	21 (12 Adar I)	22 (13 Adar I)	23 (14 Adar I) Purim Katan 6:30pm Nourish Your Soul Shabbat service and potluck dinner (Pg 6)	24 (15 Adar I) T'tzaveh 10am Ezra Grossman Bar Mitzvah
25 (16 Adar I) 9:30am Religious School 10am Can We Talk about Israel Book Study w/Rabbi Chabon 12pm CBT Youth Band 12pm 6/7 Grade Youth group	26 (17 Adar I)	27 (18 Adar I) 10am A Taste of Torah 1pm Lunch & Learn 4 pm Religious School	28 (19 Adar I) 6pm Peer Grief Support group	29 (20 Adar I)	1 March (21 Adar I) 6:30pm Family First Friday Shabbat led by K/1 st and 6 th grades.	2 March (22 Adar I) 10am Madisyn & Noah Knel-Sharp B'nai Mitzvah



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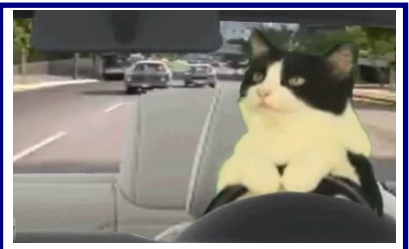



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 or Kathy Jacobs
Office@tikvah.org to schedule an appointment

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!

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

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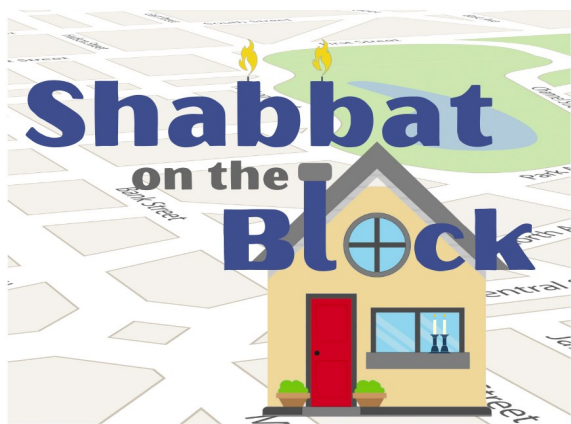
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SAVE THE DATES:



Save the Date! Shabbat on the Block, March 15, 2024
Details to come!



SATURDAY, MAY 18