



CONGREGATION
B'NAI TIKVAH

TIKVAH TALK

REFLECTIONS...

By Rabbi Jennie Chabon



Dear friends,
As you all know, our Israel trip in March was canceled because of the war, but I have continued to communicate with the rabbi who runs the tour company we were working with. He is a Reform rabbi who made aliyah ten years ago and now lives in Tel Aviv. Every time we speak, I feel a sense of connection with him and

I am always grateful to hear from him.

In our last exchange, I asked him to give me a sense of how people are feeling in Israel right now. I feel so helpless, and so far from Israel, so it feels important to at least find out how Israelis are doing and feeling during this ongoing tragedy.

This is what he shared:

1. People want Bibi out. That's clear.
2. The government they say they want will be center/right but more trustworthy.
3. People are quite torn on what goal is most important – destroying Hamas or getting the hostages home. It's clear that we can't do both – at least not simultaneously. This is where I see the most angst.

"This is where I see the most angst." Those are the words that keep echoing in my head because they give me a sense of the internal struggle that Israelis are holding. Their angst is what makes me want to keep reaching out, to keep praying, so that our family across the world knows that we are in fact a global Jewish community.

It is striking to me, as I think about the interconnectedness of the Jewish community, that we are all yearning to be seen, to be witnessed in the fullness of our human experience, whether by friends here at CBT or by people thousands of miles away. We are all looking to cultivate what Rabbi Sharon Brous calls "the amen effect." In her wonderful new book by the same title, Rabbi Brous suggests that the magic of Jewish community depends on each person being willing to say 'amen' to others in their community, whether that amen is a blessing at a joyful time or an amen when someone is suffering. No matter what you are going through, your Jewish community, whether local or global, should be able to show up and say 'amen' to your experience and help you through it. We all need someone to see our angst and to hold it with us.

The trick, and the hardest part, is that this requires honesty and commitment on both sides. When you need help, you must ask for it. And when you are the one being asked, you must feel that it is your holy responsibility as a community member to say yes and to show up for people who cannot do it alone.

For this reason, I would like to invite you all to consider joining

(Continued on page 3)

EDUCATION

By Sue Bojdak, Director of
Congregational Learning



I Wonder

Notice. Appreciate. Wonder. It's my favorite thinking tool. It's a reflection practice that invites you to look at a piece of work, which could be a piece of art, a learning project, a story, and first, pay attention. What do you see, hear, experience? Then, comment, if you wish, on what you appreciate about it. Finally, wonder. What questions arise for you? About the work? About the creator of the work? About the subject of the work? Where does this work take your thoughts and feelings? How does this make you wonder? What does it make you wonder about?

Three of our teachers (K'tan Tan, K/1, and 2nd grade) participated in a day-long training this fall on [Torah Godly Play](#). It's a storytelling strategy using simple 3-D materials and short pieces of Torah to engage young children (though you could be any age really) in Torah study. Using a minimalistic set of tools, a simplified text, and some hand gestures, the experience is astonishingly mesmerizing, creating a kind of contemplative approach to Torah that draws you in deeply. The most important part of the practice is the wondering questions that follow: I wonder what part of the story you like best? I wonder what part of the story you think is the most important? I wonder where you are in the story? I wonder if there's any part of this story we could take out and still have all the story we need? These wondering questions take the story to the next level, inviting listeners into a relationship with the text and into curiosity about what a text is and what else it could be.

Today in our 4th grade classroom I was able to hear students wondering what God looks like and wondering how we can express our love for God, as the V'ahavta prayer commands us. And how could we be commanded to love at all? How is that even a thing? Especially this God that we can't see or experience with our senses?

In 3rd grade, we wondered how sitting still and listening could be prayer. And if it is prayer, what are we listening for? And if we are listening for God, what does God sound like? And before we wondered, we noticed. What do we hear when we sit still outside in the amphitheater for a minute? For three? I can tell you from experience that if we sit still for three minutes, we hear a lot of restless 3rd-grade bodies, but they wanted to try it.

So what is it about wondering and curiosity that matters to education? Obviously, we need to be curious to learn. But more than that, we have to cultivate curiosity to create learners. If we delude ourselves into thinking there are just a handful of things to know and learning is only about the acquisition of that information, then we've left out all the joy of learning, including discovery and experimentation and

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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

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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



WELCOME TO OUR NEWEST MEMBERS:

Mark Cohen
Jamie Jefferson



**Saturday,
March 16, 2024
6:00-10:00 p.m. @ CBT**

Bring us your kids in grades K thru 7, and we'll keep them busy while you enjoy a night out. Their evening will include dinner, games, crafts, gaga, a movie, and friends.

Staffed by Sue Bojdak & our Jr. Board, this is a fundraiser for our Religious School.

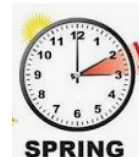
**\$54 FOR ONE CHILD
\$100 FOR TWO SIBLINGS
\$150 FOR THREE SIBLINGS**



Give us your kids and go out already!

Scan or Click

Daylight Savings Time starts
Sunday, March 10th. Move
your clocks ahead one hour!



President's Message

By Board President, Lori Siegel



As we continue to navigate the ever-changing landscape of our lives and world today, I am reminded of the profound strength and resilience that our synagogue community embodies. Jews need each other now, more than ever. It is crucial for us to come together, support one another, and deepen the bonds that unite us as a spiritual family.

Recently, Rabbi Chabon invited our community to read the book, "The Amen Effect" by Rabbi Sharon Brous. I strongly encourage you to read this book. I believe exploring the author's perspectives can provide everyone with invaluable insights and tools to enhance our community experience. "The Amen Effect" delves into the power of two "rules" - showing up in community and truly seeing each other when we do.

You show up for the wedding and the funeral. You show up for the simchas and the bad times. Jews are a people of community. Rabbi Brous invites us to reflect on the significance of our shared rituals, prayers, and moments of support during the good and the bad. In doing so, we combat the isolation and loneliness that threaten our individual and community health. The Amen Effect allowed the book group to explore how our words and actions not only shape our individual lives but also the fabric of our community life. We have an opportunity to deepen our understanding of one another, cultivate empathy, and create a space where every voice is heard and valued.

In light of this, I am writing to emphasize the importance of actively connecting with one another through the simple yet profound acts of listening, showing up, and getting involved in our community's life and activities.

Whether you show up for religious school, Shabbat services, a program, or stop by the office – I encourage you to say hello or just smile at someone you don't know. Take the time to get to know members of our community. It is a gift to truly hear one another's stories, experiences, joys, and struggles.

In this moment, we not only honor each other's humanity but also foster a culture of empathy, understanding, and mutual respect within our community. Let us commit to showing up, being attentive listeners, and truly seeing each other's joys and pains.

Another theme in "The Amen Effect" is *b'tzelem Elohim*. Every person is created in the image of God. Each person carries in them the essence of God. When we look for and see this in every person we meet, our eyes are opened and we actually see each other. Think of the way it felt the last time someone took the time to really see you.

It feels amazing, right? Now imagine that every time you are at CBT, someone sees you like that. Are you smiling like I am?

We want CBT to be a place for each of us to show up and see each other. One little way to meet this goal is to greet and see each person who shows up for services or a program. When members of our community say "Hi! Welcome! Glad you are here." to each person who enters our synagogue, we see and value them, and make sure they know we are glad they are here. That simple gesture can transform someone's day, night, and even more. To that end, I invite

(Continued on pg 4)

Reflections Continued

(continued from page 1)

By Rabbi Jennie Chabon

Past President Judith Barrall in imagining how we can be a community that says 'amen' to our fellow CBT members by being a part of our Chesed committee. Chesed means loving kindness, and Chesed is all about congregants supporting one another with everything from a ride to synagogue or the doctor's office, to meals when you are sick or have a new baby, to helping with a household chore or childcare. Judith is organizing others to meet our community needs and she needs you to say 'amen' to the call! Be on the lookout for an email with how you can join Judith and Chesed in building a stronger, more compassionate, and more connected community. Amen!

Chesed Committee

By Judith Barrall



Chesed Reimagined

Hello CBT Family. With help from Sue and Lori, we are working to reimagine and redefine our Chesed Committee. We are hoping to form a steering committee to help with this important work. If you are interested in joining

the steering committee, please reach out to Judith Barrall

If you are interested in helping Chesed in other ways, or have needs that you are hoping that Chesed can fill, please fill out the form by scanning the QR code. Stay tuned for more.

Judith
judithbarrall@gmail.com.



(continued from page 1)

Education Continued

By Sue Bojdak, Director of Congregational Learning

imagining new unanswered questions and new unimagined ideas. To create possibility we need curiosity.

At CBT religious school we're trying to go one more step, to cultivate not just wondering minds but a sense of wonder, a kind of awe, and an openness to possibility. Part of that is endemic to Judaism. We are questioners at the core, evolvers of our tradition and practice, wanderers (albeit not usually willingly) who get curious about where we are and find ways to adapt. But at a deeper level tapping into our capacity for awe and wonder creates opportunities for joy and hope and what Rabbi Abraham Joshua Heschel called "radical amazement." To bring that into the world as Jews, we have to practice it, play with it, discover it, be in it. Not in the answers but in the wondering, and in the wonder. I wonder how that could change the world.

Sisterhood News

By Mona Epstein

In January, Booksisters met to discuss "Hello Beautiful" by Ann Napolitano. All agreed it was a well written book but several of us were disturbed by the depressing subject matter.

In February, we are reading "First Ladies" by Marie Benedict and Victoria Christopher Murray. The book is historical fiction based on the real friendship between First Lady Eleanor Roosevelt and educator and civil rights activist Mary McLeod Bethune. The book is told from the perspective of both characters, and stretches from 1927 to 1945.

Starting in March, Booksisters will return to Tuesday evening meetings. On March 19 @6:30 we are reading "The Cost of Free Land- Jews, Lakota and American Inheritance" by Rachel Claren - this is to coordinate with the CCJCC Book read and interview with the author on March 5. @ 3:30 p.m.



Sisterhood is organizing a Women's Seder, led by Sue Bojdak, on April 14. We will have a Sephardic potluck. *Details will be out soon!*

Wise Aging concludes with part 4 of our series on aging. This session is on Preparing for Death – The Sacred & the Mundane. Join us on March 13th at 7 p.m. on Zoom. There is more information about this session on page 8.

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

Don't forget to visit the CBT gift shop for all your Passover needs!

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

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

President's Message Continued

(continued from page 3)

By Lori Siegel, President

you to show up for CBT and spread joy and comfort by becoming a greeter on Shabbat. You can be the "amen" that makes someone's day and I guarantee you will be a recipient of the "amen" as well in this act of connection to your community.

Please contact Mary Ann Wittenberg mawittenb@gmail.com or Lori Siegel lsiegel@tikvah.org to learn more about becoming a CBT Greeter.

Thank you for your unwavering dedication to our community, and my hope is together we continue to deepen our connections and make a positive difference in the lives of those around us.

And now, to put a song in your heart and mind for the next time you show up:

b'tzelem Elohim" by Dan Nichols
We all got a life to live. We all got a gift to give.
Just open your heart and let it out.

We all got a peace to bring. We all got a song to sing.
Just open your heart and let it out. Yeah...

When I reach out to you and you to me,
We become *b'tzelem Elohim*.

When we share our hopes and our dreams,
Each one of us, *b'tzelem Elohim*.

We all got a tale to tell. We all want to speak it well.
Just open your heart and let it out.

We all got a mountain to climb. We all got a truth to find.
Just open your heart and let it out. Yeah...

B'reishit bara Elohim,
B'reishit bara Elohim, all our hopes, all our dreams,
B'reishit bara Elohim, each one of us, *b'tzelem Elohim.*
B'reishit bara Elohim, all our hopes, all our dreams,
B'reishit bara Elohim, each one of us, *b'tzelem Elohim.* Yeah

 Set your Passover table with the CBT Sisterhood GIFT SHOP

Seder plates, afikomen bags, toys, hostess sets, and more!
Open Sundays during religious school, 9:30 a.m. to 12:00 p.m.

Or by appointment: Call Rayna Ravitz 925-212-6188 or
Kathy Jacobs in the CBT office email.office@tikvah.org



Purim and Passover Community wide & At CBT



**COMMUNITY WIDE
PURIM
CARNIVAL**

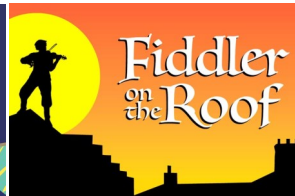
March 24
10am-1pm at Cong. B'nai Shalom
Adults and kids under 2: FREE
Kids 2-13: \$20 in advance
\$25 day-of

Costume contest, pony rides, extreme fun, music, crafts, carnival games and prizes!

Don't wait in line, pre-order your carnival lunch today!
Meals include a drink and chips.

Hot dog, veggie dog meals pre-sale \$6, at the carnival \$8
Chicken wings, chicken sandwich, hamburger, veggie burger meals pre-sale \$8, at the carnival \$10
Gluten-free buns are available upon request.
A la cart purchases (at the carnival only)
Chips \$2, Drinks \$2



Purim Spiel @ CBT
Saturday, March 23,
7:00-9:00 pm

Our Purim Celebration & Fiddlin Purim Spiel is March 23! We'll read the megillah, enjoy the spiel, and joyfully drink and eat. Come in costume. Be a part of the hamantaschen bake-off (no nuts please) or bring schnapps to share. Let's have a riotously good time with cocktails, mocktails and sugar! It's tradition ...



Register

Scan or Click

Sign up for bakeoff



Save the Date
for the Women's Seder
Sunday, April 14th

Women and girls of all ages are invited to come together for a woman-centered exploration of our Passover themes of liberation and empowerment sponsored by the CBT Sisterhood. We'll enjoy ritual, community and, of course, food. Stay tuned for more details and registration coming soon.

Online Tikvah Talk version: Get your Purim Carnival Wristband [HERE](#)

Community Passover Seder

A Celebration of Rebirth and Renewal

Congregation B'nai Tikvah invites you to our annual Community Seder on Tuesday, April 23 at 6:00 pm



Join us for a celebration of the rebirth and renewal of spring on April 23 at 6:00 p.m. at our in-person Community Seder in our own social hall. This evening will be a wonderful opportunity for us to connect, share a delicious catered meal, and experience a spiritual and musical journey through the Haggadah led by Rabbi Chabon, moving from a life of bondage to renewal and coming back to life. As part of our celebration, participants are asked to bring flowers that represent freedom and rebirth to you and your family.

Pricing

Members: \$95/adult, \$45/child
Guests: \$110/adult, \$50/child

Deadline to sign up is April 12

Scan or Click to register



Purim Toy Drive for Chai Lifeline

March 7 is the last day to contribute.



Help deliver joy and hope to children

impacted by illness and crisis by donating toys for kids age 0-13. Bring your NEW unwrapped toys to CBT today and put them in the large bin in the entryway. This is an initiative of **Project Impact** sponsored by the CCJCC in partnership with **NCSY & Beth Chaim**.



SHABBAT SHALOM



Family First Fridays

6:30 p.m. 3/1, 4/5

3/1 The K/1st & 6th grades, with Rabbi Chabon's guidance, will be leading the service.

4/5 (Spring Break, how do I love thee?) will be a poetry Shabbat

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 by a pot luck dinner.

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

All are welcome!



Shabbat Under the Oak

6:30 p.m.

5/2, 6/7

As the weather warms and the sun shines

later we are bringing First Friday Shabbat into our amphitheater under our beautiful oak. As with all First Fridays, this is a shorter service with music, dancing, and a story.

Join us as spring turns into the lazy days of summer and celebrate Shabbat outside in our beautiful Walnut Creek Weather! All are Welcome!

SERVICES AT CBT

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

2nd Fridays Community Led Shabbat

6:30 p.m. on Zoom

3/8, 4/12

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



Nishma 2nd Saturdays

10:00 a.m.

3/9, 4/13

Join us for *Nishma*, Hebrew for "we will listen," a beautifully constructed Jewish world of music

experience. This incredible service, which is a hybrid of Reform and Conservative traditions, was conceptualized and designed by our wonderful Rabbi Chabon, where she is in her truest form. The music is spectacular with guitar accompaniment by Lisa Zeiler, the Torah reading is always moving, the teachings Rabbi weaves through the service are enriching, and her sermons always make you think of our world in a slightly different way. This service is truly magical!



3rd Fridays Shir Joy Shabbat

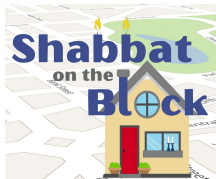
7:30 p.m.

3/15, 4/19

Shir Joy in March will be our usual inspiring musical service with our rabbi, accompanied by members of our Shir Joy band. You won't be disappointed.

Join Sisterhood in April for their annual Shir Joy Service. The Sisterhood 'Woman of the Year' will be announced and the oneg is sure to please

4th Friday, March 22-Shabbat on the Block



The deadline for signing up for Shabbat on the Block is Wednesday, March 6. Don't miss this amazing Shabbat experience where CBT neighbors gather for a Shabbat potluck meal together at a home in their neighborhood. The office will coordinate the neighborhoods and we will let each of you know where you will be by March 13th.

We do need a few more families who will open their home to host for your neighborhood so please sign up today!

4th Friday, April 26

6:30 p.m.

Join us with our guests, Julie Batz & Maggid Johs Singer (see pg 7)

5th Fridays Kaddish Minyan

5:00 p.m. on Zoom

3/29

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





Join us for the ever-inspiring Julie Batz and Johs Singer

4th Friday, April 26 at 6:30.

Julie Batz (she/her) is passionate about delving into Judaism's ancient teachings in accessible and meaningful ways with all who are curious to explore! Connecting people to the tradition that is theirs has been the through-line of her more than two decades of work as a Jewish educator, congregational leader, ritual facilitator, and Talmud teacher.

Maggid Johs Singer is a professional Jewish educator, community and congregational leader, writer and speaker. Johs is deeply committed to recognizing the holy in each human he encounters. Johs seamlessly engages his students in conversation about Jewish spirit, text, story, tradition and being.



Spring Yoga Havdalah Saturday, April 6th at 6:00 pm

In-Person, CBT Social Hall

Please join Rabbi Chabon and our beloved David Moreno for our spring 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 throughout your life.

**Register in the Monday email or QR
Please bring \$25 in cash on April 6.**



Scan or Click this QR code



ONGOING PROGRAMS

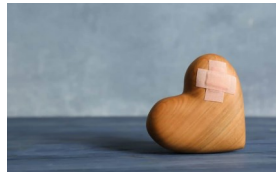
For the most up-to-date details, check your weekly email.

Peer Grief Support Group

6:00 p.m. Bi-weekly
Wednesdays on Zoom 3/13, 3/27,
4/10, 4/24

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

1:00p.m. on Zoom, 3/15, 5/24, 6/28



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:

March 15: Growing in Gratitude
May 24: Connecting with Community
June 28: Becoming Free

Scan or Click



Spring/Summer Series



Sunday, 3/3 10:00 a.m.

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.



Tuesdays 1:00 p.m. on Zoom

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.

Happening at CBT



Wise Aging

A 4-part series from CBT Sisterhood

Resources to live our later years with spirit, resilience, & wisdom.

Session 4: on Zoom
March 13 at 7:00 pm

Our March session is on Preparing for Death - the Sacred & the Mundane.

In the fourth part of the series, we take a guided, lively tour through the Valley of Death. Our guide, Robin Reiner, retired funeral director and cemetery manager, combines practical easy steps for planning ahead with discussion of rich Jewish rituals - what's available for mourners, when and why. If you're going to meet Decedent Barbie, you know this session includes a bit of humor along with the serious, helpful content.

[Scan or Click](#)



Use this QR code to register for the Zoom. The Zoom link will be sent to your email once you register.



Check out our Wise Aging Resource Sharing Page with this QR code

[Scan or Click](#)

The Evolution of the Israeli-Palestinian Conflict: An Historical Look at How We Got Here with Ron Hassner

Sunday, March 17. 10:00-11:30 a.m.



This workshop will provide a background to the Israeli-Palestinian conflict up to recent developments in the Israel-Hamas war. Ron Hassner is a scholar of religion and international conflict who co-directs Berkeley's institute for Israel Studies. His

emphasis will be on wars and negotiations to end war, on the causes and effects of the October 7 terror attack, and on the ongoing Israeli counterinsurgency campaign. Register with this QR code. [Scan or Click.](#)



Book talk: The Cost of Free Land 3/5

3:30-4:30 p.m. on Zoom

Join this **online Jewish book talk** on March 5 with author Rebecca Clarren as she talks about her new work, *The Cost of Free Land: Jews, Lakota and American Inheritance*. More information and register [here](#). Admission is free.

Upon registration, you will first receive a confirmation email. An hour before the program begins, we will email the Zoom link you need to join the event. CBT in partnership with the CCJCC, CBS and the Jewish Book Council.



[Scan or Click](#)



Hip Hop with Westside Gravy

March 7, 2024 7:00—8:30pm

Register in the Monday email or on the CBT Calendar



★ **NEW DATE !!! THURSDAY, MARCH 7, 7:00 PM** ★

AT CONG. B'NAI TIKVAH, 25 HILLCROFT WAY, WALNUT CREEK

SPECIAL EVENT FOR MIDDLE AND HIGH SCHOOL STUDENTS
PARENTS ARE WELCOME. TEENS(13-18): \$5. ADULTS: \$10.

Noah will present *The Jewish Story Through Music*, leading us on a journey from the Jewish indigenous roots in Israel through the Diaspora and back home.

Noah is a Jewish educator, lecturer, and musician. He graduated from George Washington University with a BA in Judaic Studies. As an artist, he fuses his passion for Jewish culture and history with his experience growing up Black and Jewish.

FOR MORE INFO & TO REGISTER: WWW.UNDERONETENT.ORG



Tikvah Gala, Saturday May 18, 2024



SATURDAY, MAY 18, 2024
6:00 PM | THE CLUBHOUSE AT BOUNDARY OAK

At CBT, we're all connected – by beliefs, interests, traditions, studies, rituals, festivities, and friendships that make us all feel like family. Did you know that you can strengthen our shul through connections outside of CBT? The ask is quick and easy: Can one of your

connections help to make our Tikvah Gala a success? Read on to pick which connection feels right for you:

Donate an Item or Experience to our Live or Silent Auction:

- Consider where you spend money (favorite restaurants, wineries, salons, specialty stores, museums, cinemas, gyms, pet supply stores, camps, after school activities, etc.), and ask for a donation gift card or service.
- Perhaps you know a sole proprietor or new business? One donation opens the door to our diverse clientele.
- Is travel your thing? Unused airline or hotel miles, or a long weekend away at a vacation home or timeshare make lucrative auction items.
- Do you have access to a unique experience? Tickets to live entertainment, group tours, VIP access, season tickets to local sports teams, and more are exciting auction offerings.
- Do you have an unused gift card? We'll take it!
- Prefer to shop? Whether it's in person at a mom 'n pop store or at home online, select something fun for bidding.

Be or solicit a sponsor: Vital business sponsorship offset the many expenses of our biggest fundraiser of the year. Realtors, contractors, financial planners, doctors, interior designers, and tutors all make excellent sponsors who might value the advertising opportunity online, in our program, and also live at our event.

Donate to our Gala's Dessert Dash: Whether you frequent a favorite bakery or bake as a hobby at home, your fanciest dessert could bring in big dough from one of our gala tables.

Host a Buy-in Party: These parties (big or small) cater to adults, children, or families who contribute by paying their entry. Commune with fellow congregants to choose the theme, set the budget (aka your generous donation), pick the date, and determine the number of guests. Think bbqs, crafts, bike rides, movies, board games, whiskey, music, and so much more. The ideas are endless!

Fine Print:

Our last day to accept donations is 4/26, and some donations are tax-deductible. (Our Tax ID 501(c):

#94-2824039)

If you have questions or would like to join the auction team, we want to hear from you.

You can reach us by email to send forms, or if you have questions (see below for forms and emails). Our auction donation team will coordinate with you or the donor to pick up physical items.

It takes *everyone's* help to raise critical funds that sustain our unique community, so, be bold because everything goes at auction. Thanks for pitching your "INs!"

Keep an eye out for more information in emails about when tickets will go on sale. Invitations are in the works. We are so excited to see everyone and look forward to sharing this incredible evening with you!

Button links and QR codes below

Donation Form



Sponsorship Form



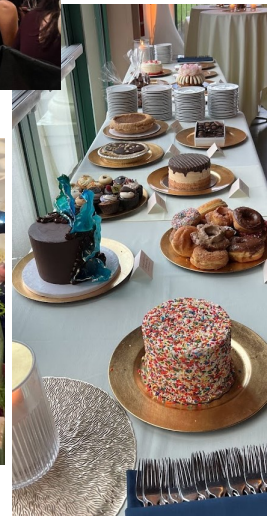
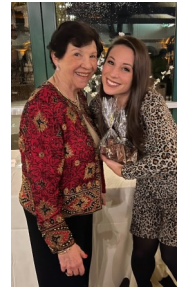
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amanda_berke@yahoo.com

Email Andrea

as

Gala 2023



CBT's STEM SUMMER CAMP

- Physics
- Chemistry
- Biology
- Medicine
- And More!

EXPERIMENTS

HANDS ON LEARNING

Led by Head Madrich, Ari Riak

Hands-on activities such as:

- Extracting DNA
- Making elephant's toothpaste
- Creating your own lungs
- Engineering a balloon car
- Creating an electric motor
- So much more!

- Dates: June 10-14
- Time: 9am-2pm
- \$300 for CBT members
- \$360 for non-members

STEM Camp

June 10-14, 9am-2pm

- It's a super fun week of Jewish STEM Camp at CBT. Open to rising 3rd-7th graders, this most-of-the-day camp features hands-on science entwined with Jewish teaching and our own fabulous madrichim as staff. Register today with this QR code.

Scan or Click



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: P'J Havdallah in the Morning!

Scan or click



CONGREGATION
B'NAI TIKVAH



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 today for upcoming dates:

March 14: Minute to Win it

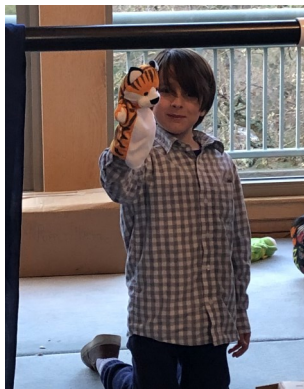
May 16: Summer Fun

Sign up for the fun with this QR Code!

Scan or click



December 14 "Puppet Playhouse" fun!



Contra Costa Midrasha

By Devra C. Aarons, CCM Director

This Spring is chock full of exciting opportunities for the whole community to learn about and with Contra Costa Midrasha! Join us to be part of these exciting opportunities:

ONE: Celebrate the next 36 years of Contra Costa Midrasha at our annual Gala on March 2nd. This year we will dance the night away, enjoy amazing wine and food and bid on exciting items. Join us or donate in honor of our work crafting Jewish belonging and Jewish identity with our community's Jewish teens at www.ccmidrasha.com/gala

TWO: Learn about the teen brain on March 20th, with Professor Kendall Cotton Bronk. Claremont Graduate University College professor Kendall Cotton Bronk to share about "The Science of Purpose." The event will be free, in person and open to all adults who want to learn more about this burgeoning field. RSVP at <https://bit.ly/TeenBrainMarch20>

THREE: Our Spring Retreat happens April 12-14. All Jewish teens in our community are welcome! Join us for a weekend in nature, amidst the redwood trees - celebrating Shabbat together. RSVP @ https://www.flipcause.com/secure/cause_pdetails/MiA0MDE2

Finally, save the date for May 22nd when our magnificent Class of 2024 will graduate. You won't want to miss their stories and insights!

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!

It is not too late to donate to the Midrasha Gala!

Scan or click below & choose Fund-A-Need



 Contra Costa Midrasha's "Teen Brain Series" invites parents and community members to:

CULTIVATING PURPOSE IN ADOLESCENTS

March 20, 2024 - 7:15pm
Walnut Creek, CA

Professor Bronk, Ph.D., is the Principal Investigator for the Adolescent Moral Development Lab and a Professor of Psychology in the Division of Behavioral and Social Sciences at the Claremont Graduate University. She is a developmental scientist interested in studying and promoting positive youth development and the moral growth of young people. Most recently, she has investigated these topics through the lens of young people's purposes in life.


Kendall Cotton Bronk
Claremont Graduate University

Event is FREE, RSVP is Required @ bit.ly/TeenBrainMarch20

Made possible by a grant from Sinai and Synapses "Scientists in Synagogues"



 **Opportunities for Teens @ CBT, Around the Bay and Beyond**

There are so many great opportunities for engaging Jewish teens from leadership programs to internships, scholarships to college guides. Check them out on our monthly **teen email**. Want to be on the list as a Parent of Teens or to have your Teen on the list? Contact **Sue Bojdak** and we'll get you connected. Sue@tikvah.org

Raindrops are falling on my head. (I'm still looking for a ride). Goofball is our neighbor's cat and he likes to get into congregant's cars when you are talking with your car door open! He has gone halfway home with two families to date. Keep an eye out for him!



Tikvah Committees and Groups לקוות

CBT Garden Club

Our launch meeting is Sunday, March 3 from 10-11:30 a.m. We had such a great time with our Tu B'Shevat-inspired fertilizing and mulching (in early Jan) that we want to invite all enthusiastic gardeners to join our efforts. Our new garden club will extend the work of our Social Action Committee's greening of CBT by attending to sustainable landscaping. We'll share landscaping ideas, organize periodic workdays, and imagine more strategies for making CBT literally green. Interested? Email **Alison Negrin** to get on the garden club list.



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	Israel & World Jewry Committee
Adult Choir	Keshet
Adult Education	Membership Committee
Chesed/Acts of Kindness Committee	Men of CBT
Education Committee	Ritual Committee
Facilities Projects	Service Lay-Leader
Fundraising Committee	Services & Events Greeters
Garden Club	Sisterhood

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.

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](#)).



1. In the online version of Tikvah Talk, our QR codes are also hyperlinks. Click on the QR code to go to the webpage.
2. When you see an underlined word, it is likely a hyperlink. Click on the underlined word(s).
3. All events and classes are also featured in our Monday email (some in the Friday email) Find the [A hyperlink can look like this](#), or like this, [HERE](#)

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!

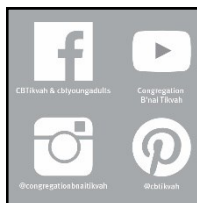


Show your support for the hostages with our new #BringThemHomeNow bracelets.

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.

Do I belong to you? Find me in the office and on the coat hooks at CBT



Follow us on your favorite social media!

From Our Community Partners



29TH ANNUAL EAST BAY INTERNATIONAL JEWISH FILM FESTIVAL

March 9—March 22, 2024

Streaming on Eventive

Tickets on sale February 5

Check it out with this QR code or if you are online, click the info button below.



Scan or Click



More info & Tickets

CBT IS GOING TO CAMP! MARCH 8-10, 2024

Learn more about family camp

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



Spend a magical Shabbat together at the beautifully rebuilt Santa Rosa site doing all of your favorite camp activities. It's a great chance to relax with your kids, and without them, while they get a taste of camp.

URJ
**CAMP
NEWMAN**



Learn More
& register



Scan or Click

Excited, but can't swing the cost? CBT has limited scholarship funds and Camp Newman can also help. Use this QR code to the form for CBT scholarship. Camp Newman also offers a scholarship. See the registration form for more info.

Scan or Click for scholarship info.



Ta'anit Esther Tent of Mourning Actifest

Thursday, March 21 2024 (pre-dawn to night)

East Bay Public Park (exact location TBA soon)

The Shalom Center is organizing an actifest (activist festival) in the Bay Area this March for Ta'anit Esther. We will be erecting a public Tent of Mourning for all those whose hearts are open and tender enough to grieve both Gazan and Israeli lives lost since and beyond 10/7. Inspired by Queen Esther's ritualized grief in the Purim story, we are curating a full day of sessions, teachings, and ritual to support attendees in deepening and expanding their grief. With a mix of traditional and creative mourning practices, we are opening to the possibility that, through our shared grief, new paths forward might shake loose for us as individuals and more broadly.



Use this QR code for more information.
Scan or click for the website.

We know that for this to be as meaningful as it can be, it will take a village of volunteers and support.



GENERAL FUND

In Memory of Edward Chakoff
 In Memory of Alice Chakoff
Jackie Chakoff
 In Memory of Stanley Pomerantz
Dawn Shifreen-Pomerantz
 In Memory of Henry Daniels
Jeffrey & Danita Daniels
 In Memory of Dr. Charles Hillel Pollack
Jason Pollack & Karen Sibony
 In Memory of Philip Cohn
 In Memory of Thelma Cohn
Michael & Annette Cohn
 In Memory of Alice Kushnick
Phillip & Beverly Winslow
 In Memory of Terrence Leon Fine
Dorian Fine
 In Memory of Lillian Kalish Weiner
Rob Weiner & Susan Light
 In Memory of Fred Enock
Ferris Phillips
 In Honor of Irvin Pollock & Marty
 Croshal
Jennifer & Brian Croshal
 In Memory of Jonathan Gitelman
Jessica & Jeremy Gitelman
 In Memory of David Barukh
Adam & Keren Torman
 In Memory of Max Goldin
Jared & Trish Goldin
 In Memory of Milton Blink
Robin Gordon
 In Memory of Edna Wittenberg
Mary Ann Wittenberg
 In Memory of Jean Kindall
Marc & Katherine Berger
 In Memory of Harry Denwitt
Arthur & Nancy Solomon
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 In Memory of Rea Letush
Norman & Nancy Friedman
 In Memory of Julie Mann
Craig & Ellin Sadur
 In Memory of Lois Clauson
Andy & Cathy Clauson
 In Memory of David Gross
Walter Gewing
 In Memory of Jean Glazer
 In Memory of Deni Ravin
 In Memory of Etta Rankin
 In Memory of Elaine Moskowitz
 In Memory of Nathan Lerner
Nessa Wilk

In Memory of Gordon Abbo

Gisela Halbasch

In Memory of Lynn Kaufman

Brian & Kimberly Zagon

RABBI CHABON DISCRETIONARY FUND

In Memory of Donald L Ostrov

Aerica Ostrov

In Honor of our granddaughter, Leah
 Luskey, on the occasion of her Bat
 Mitzvah

Kenneth Luskey

In Honor of Leah's Bat Mitzvah

Randy & Lizzy Luskey

In Celebration of Leah Luskey's Bat
 Mitzvah

Margaret & Des Shapiro

In Honor of Mahjong

Judy Weil & Sanford Weitzner

In Memory of Ann Dienst

Gloria Kemna

In Honor of Sydney Kimmel -Krell's Bat
 Mitzvah

Shari Krell & Bonnie Kimmel

In Honor of Morah Rebecca and the 6th
 grade class

Regina & Seth Abraham

In Memory of Dr. Conrad Smolarski

In Memory of Miriam Holmes

Bernadette & Nathan Bitton

In Memory of Ercolino Staffieri

Mary Ann Wittenberg

In Honor of Rabbi Chabon & Lisa Zeiler

The Jewish Community of Sedona

In Memory of Jackie Boyd

Ron & Sharon Brown

In Appreciation of Keith Feiring

Andrea Chertoff

RABBI/CANTOR'S MUSIC FUND

In Memory of Mildred Volov

In Memory of Sidney Volov

Ruthie & Larry Goldenberg

In Memory of Alfred Rodney

In Memory of Alan Zelman

In Memory of Rhea Rodney

Ron & Irene Zelman

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Barry & Yonina Bushell

In Memory of Moshe Teitelman

In Memory of Samuel Teitelman

Carol Teitelman

JAMES COHEN SCHOLARSHIP FUND

In Memory of Ted Deutsch

Judy & Walter Blum

THE HARRY WITTENBERG SOCIAL ACTION, JUSTICE, & INTERFAITH FUND

In Memory of Shirley Lipman

Idelle Lipman

In Memory of Esther Leventhal

Diane Leventhal

RABBI ASHER'S EMERITUS FUND

In Honor of Sydney Kimmel -Krell's Bat
 Mitzvah

Shari Krell & Bonnie Kimmel

In Appreciation of Maya's beautiful
 baby naming ceremony led by Rabbi
 Asher.

Sari Ancel

In Memory of Lois Clauson

Andy & Cathy Clauson

BUILDING FUND

A Speedy Recovery To my mom, Lucy
 Heymann, and very special thanks to
 my dad, Ron, who has been taking
 exceptional care of his beloved and
 partner in life. Here's to new sunrises
 and adventures shared together in
 renewed health and spirit.

Denise & Jamie Duran

Help us grow our Culture of Giving

There are so many ways to honor loved
 ones celebrate a simcha, or acknowledge
 a yahrzeit, including leaves on the Tree
 of Life and bricks on our Simcha Walk.
 Another opportunity is contributing to
 our various funds. These are a few of
 our funds.

General Fund: Where we always need it
 the most to do what we do best.

Abraham Niver Scholarship Fund:

Provides scholarships for Religious
 School & Contra Costa Midrasha for
 those children who may not be able to
 afford a Jewish Education.

James Cohen Scholarship Fund: Assists
 young people with camp programs of
 Jewish content.

Stephan Jaspan Religious School Fund:

Funds special programs & projects in our
 religious school.

Harry Wittenberg Social Action Fund:

Supports various outreach activities. Its
 funds have been used to purchase food
 for homeless shelters, supporting the
 Monument Crisis Center, and donations
 to other social justice organizations to
 promote social justice and sustainability.



CONGREGATION
B'NAI TIKVAH

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For the most up to date information, see our calendar online

Congregation B'nai Tikvah


March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 (23 Adar I) 9:30am Religious Sch 10am K'tan Tan 12pm CBT Youth Band 12:30pm Purim Spiel Rehearsal	4 (24 Adar I)	5 (25 Adar I) 10am A Taste of Torah 1pm Lunch & Learn 3:30pm Book Talk (pg 8) 4pm Religious School	6 (26 Adar I)	7 (27 Adar I) 7pm Hip Hop with Westside Gravy @CBT (pg 8)	1 (21 Adar I) 6:30pm Family First Fri. K/1st & 6th Grade Led Shabbat	2 (22 Adar I) Ki Tisa 10am Madisyn & Noah Knel-Sharp B'nai Mitzvah
10 (30 Adar I) Camp Newman Family DST starts. Spring Forward one hour! 9:30am Religious Sch 12:30pm Purim Spiel Rehearsal 12:30pm Junior Board	11 (1 Adar II)	12 (2 Adar II) 10am A Taste of Torah 1pm Lunch & Learn 4pm Religious School 6:30pm Purim Spiel Rehearsal Tikvah Takeout: California Fish Grill	13 (3 Adar II) 6pm Peer Grief Support Group. 7pm Wise Aging on Zoom	14 (4 Adar II) 1pm Sisterhood Mah Jong 4-6pm Mesibaba (pg 10)	15 (5 Adar II) 1pm Meditation with . Gerri Lewitas 7:30pm Shir Joy Shabbat	16 (6 Adar II) P'Kudai 6pm Parents Night Out (pg 2)
17 (7 Adar II) 9:30am Religious Sch 10am The Evolution of Israeli-Palestine (pg8) 12pm CBT Youth Band 12:30pm Purim Spiel Rehearsal	18 (8 Adar II)	19 (9 Adar II) 10am A Taste of Torah 1pm Lunch & Learn 4pm Religious School 6:30pm Purim Spiel Rehearsal 6:30pm Book Sisters	20 (10 Adar II)	21 (11 Adar II) Taanit Esther	22 (12 Adar II) Shabbat on the Block (sign up by March 6th)	23 (13 Adar II) Vayikra Erev Purim 7pm Purim Spiel & Celebration at CBT including the Hamantashen bake off! (pg 5)
24 (14 Adar II) Purim 10am Purim Carnival (pg 5) 2pm Fiddlin' Purim Spiel at Rossmoor	25 (15 Adar II) Shushan Purim	26 (16 Adar II) 10am A Taste of Torah 1pm Lunch & Learn 4pm Religious School	27 (17 Adar II) 6pm Peer Grief Support Group Tikvah Takeout: Burger Lounge	28 (18 Adar II)	29 (19 Adar II) 5pm Kabbalat Shabbat on Zoom	30 (20 Adar II) Tzav
31 (21 Adar II) No Religious School						



For the most up to date information, see our calendar online

Congregation B'nai Tikvah April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 (22 Adar II)	2 (23 Adar II) No Religious School 10am A Taste of Torah 1pm Lunch & Learn	3 (24 Adar II)	4 (25 Adar II)	5 (26 Adar II) 6:30pm Poetry Shabbat	6 (27 Adar II) Sh'mini 6pm Yoga Havdallah
7 (28 Adar II) No Religious School	8 (29 Adar II)	9 (1 Nisan) 10am A Taste of Torah 1pm Lunch & Learn 4pm Religious School	10 (2 Nisan) 6pm Peer Grief Support group	11 (3 Nisan) 1pm Sisterhood Mah Jong. 6:30pm Reading Rainbow	12 (4 Nisan) 6:30pm Community Led Shabbat on Zoom.	13 (5 Nisan) Tazria 10am Nishma
14 (6 Nisan) Women's Seder 9:30am Religious Sch 10am K'tan Tan 12:30pm Junior Board	15 (7 Nisan)	16 (8 Nisan) 10am A Taste of Torah 1pm Lunch & Learn 4pm Religious School 6:30pm Book Sisters	17 (9 Nisan)	18 (10 Nisan)	19 (11 Nisan) 7:30pm Shir Joy Sisterhood Shabbat	20 (12 Nisan) M'tzora
21 (13 Nisan) 9:30am Religious Sch 9:30am Family Day 12pm CBT Youth Band	22 (14 Nisan) Erev Passover OFFICE CLOSED	23 (15 Nisan) Passover No Religious School 10am A Taste of Torah 1pm Lunch & Learn 6pm 2nd night Seder: Rebirth & Renewal (pg 5) 	24 (16 Nisan) Chol Hamoed Passover 6pm Peer Grief Support group	25 (17 Nisan) Chol Hamoed Passover	26 (18 Nisan) Chol Hamoed Passover 6:30pm Shir Ha'shirim Shabbat	27 (19 Nisan) Chol Hamoed Passover
28 (20 Nisan) Chol Hamoed Passover 9:30am Religious Sch 12pm 6/7 Grade Youth group	29 (21 Nisan) Passover Yizkor OFFICE CLOSED	30 (22 Nisan) 10am A Taste of Torah 1pm Lunch & Learn 4pm Religious School				



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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
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Walnut Creek Office 370 N. Wiget Lane Suite 210 Walnut Creek, CA 94598
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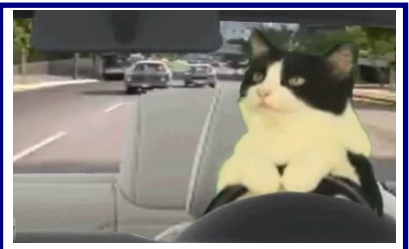



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 Do you have an upcoming B'nai Mitzvah? Come check out our tallitot selection!

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

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

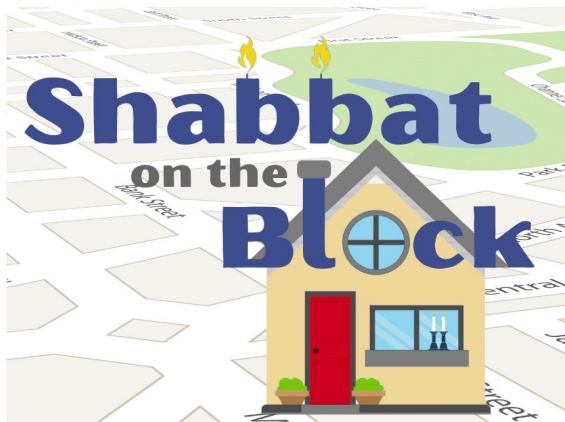
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For membership information, please contact the Temple Office at (925) 933-5397.

SAVE THE DATES:

Daylight Savings Time starts
Sunday, March 10th. Move
your clocks ahead one hour!



Sign up TODAY! Shabbat on the Block, March 22,
2024 See your Monday email and page 6 in TT



SATURDAY, MAY 18, 2024
6:00 PM | THE CLUBHOUSE AT BOUNDARY OAK