



CONGREGATION  
B'NAI TIKVAH

# TIKVAH TALK

## REFLECTIONS...

By Rabbi Jennie Chabon



Dear friends,

A few weeks ago, Lisa and I had dinner with dear friends of ours, one of whom is a woman who I met when I was pregnant with Ezra 18 years ago. We have traveled the motherhood journey by each other's sides, first with newborns, walking with our babies strapped to our chests, desperate to get them to calm down, through our next kids being born, major life changes turning our lives upside down, her older child being diagnosed with various learning and neurological challenges—on and on, we have lived and breathed and loved each other through the maze of the complex human experience. She is a true friend who I trust completely, and who trusts me with her whole heart in turn.

I share this because there we were, sitting at dinner, wrapping things up, when she moved to sit next to me and told me that she had recently started therapy with an eating disorder specialist, to treat her anorexia. I have known for all these years about her struggles with food and with her body, and I had noticed that night how frail and thin she looked, but this was the first time that she said the words out loud, the first time she had the courage to tell some of her beloved people that she was deeply suffering and in need of help. She said that she was feeling incredibly vulnerable about sharing what was going on with her, but that she knew because of the trust between us that sharing it with us was important. My brave warrior friend.

You might think that telling your best friends that you are in need of help would be a relatively easy thing. After all, these are the people with whom you share every other challenge as it arises in life. So when you are not well, wouldn't you want to tell the people you trust most? But what I have found in 20 years of serving this community is that the opposite is, in fact, more often true: when people get a scary diagnosis, are undergoing surgery, or have a family member who is struggling with mental illness, they retreat. They may want to be held and helped, but they feel ashamed or too vulnerable to let people in. And so they suffer in silence.

Philosopher Ken Wilbur writes about this phenomenon in his memoir *Grace and Grit*, in which he chronicles his wife Treya's cancer diagnosis, treatment, and ultimately, her death.

"In any disease, a person is confronted with two very different entities," he writes. "One, the person is faced with the actual disease process itself, a broken bone, a case of influenza, a heart attack, a malignant tumor. We call this aspect of the disease illness. Illness is more or less value-free. It's not true or false, good or bad, it just is. Just like a mountain isn't good or bad, but just is. But two, the person is also faced with how his or her society or culture deals with the illness, all of the judgments, fears, hopes, myths, stories, values, and meanings that a particular society hangs on each illness. We call this aspect of disease sickness. Cancer is not only an illness, a scientific and medical phenomenon; it is also a sickness, a

(Continued on page 3)

## EDUCATION

By Sue Bojdak, Director of Congregational Learning



### Opening Ourselves to Rest

I don't know about you but I remember as a kid longing for summer to start. We would joyfully hurl ourselves into freedom on the last day of school. By upper elementary/middle school that would include the defiant singing, chanting really, of Pink Floyd's "We don't need no education..." It was true liberation. One of the things I love about being an educator is that I still get to experience that wild joy of the end of the school year, deliciously anticipating three months of actual weekends and spaciousness in my work with time to think and dream and create. Amen.

I'm so grateful to have work that has an ebb and a flow, and especially an ebb. It's when the tide is out that all the wonders of the sea appear, that you can discover and imagine. I remember the extreme boredom of those dog days of August from my childhood. We had done every fun thing summer had to offer already and were longing for school to start again. Now we live in a culture that eschews boredom like the plague filling every waking moment, for everyone of every age, with activities and digital media and diversions of all kinds. Our capacity to be still long enough to even discover what might be calling us seems to shrink by the hour.

I recently heard writer Anne Lamott say, "If you want to be a writer, look at your do-list and take two things off of it." Because writing requires time and attention. It requires space to notice, to think, to let your mind wander. Really, if you want to be a human, look at your do-list and take two things off of it. Or if your do-list is like mine, take ten things off! Because being a person, really being a person, requires spaciousness and time to be still, to follow pleasure, to get curious about what's around the corner, even if you didn't plan to go there.

Tricia Hersey, creator of the [Nap Ministry](#), writes in *Rest is Resistance: A Manifesto*, "Rest makes invention and imagination accessible. Rest gives us the ability to test our freedom. Our souls are calling to see differently. To move differently. To feel differently. To rest. Rest as a subversive act. The deepest act of resistance." Hersey is especially concerned with the extraction of labor from Black and Brown bodies in our white supremacist capitalist culture. In that context rest is not just personal resistance to our culture but a political act. Regardless of the body you find yourself in, Hersey's passionate call for personal and collective pushback against a culture that demands that we do more in every waking moment, and sometimes even in how we manage, measure, and perform the act of sleep, is intended for you.

(Continued on page 5)

# 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  
Lori Siegel, Interim Executive Director  
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



## JOIN US FOR THE CBT ANNUAL MEETING SUNDAY, JUNE 2, 2024, 4 PM TO 6 PM



Join us for our annual meeting where we will present and vote on next year's balanced budget and our Board of Trustee.

This is an in-person meeting at CBT. Proxy ballots and budget will be sent prior to June 2. If you are not able to attend, please send your proxy either by email, or USPS mail.

Join us for a community wine and cheese reception after the annual meeting.



## BOARD OF TRUSTEES

Lori Siegel, President  
Mary Ann Wittenberg, President-Elect  
Julia Babka-Kurzrock, Secretary  
John Rubinfeld, Treasurer  
Yuri Grinshteyn, Trustee  
Joel Guss, Trustee  
Perry Jurow, Trustee  
Tony Lebe, Trustee  
Jenn Leeds, Trustee  
Amanda Regenstein, Trustee  
David Ratner, Immediate Past President



## Slate Nominees for the open position proposed for 2024 election by the Nominating Committee



**Trustee at Large: Irene Zelman.** Irene is originally from New York, and moved with her family to Southern California when she was eight years old. While studying history in college she married her best friend Ron, who also happened to be the son of her mother's best friend. Ron and Irene have been married for 48 years and have two wonderful sons and two fantastic grandsons. Irene was an elementary school teacher for twenty-five years and retired in 2016. She enjoys spending time with family, playing piano, knitting, reading, and hiking. She is grateful to be a part of the CBT community and the B'nai Mitzvah program.



**Re-elect Trustee Joel Guss**

## 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

# President's Message

By Board President, Lori Siegel



There is so much going on at Congregation B'nai Tikvah. We have many new members joining our community. I spoke to our newest member last week and she shared with me how radically welcoming we are as a community. It was a sweet moment we shared because it reminds me how special our tiny but mighty shul on the hill is. We welcome our guests and make them

feel at home. This leads to our guests making CBT their spiritual home. I truly enjoy hearing everyone's unique story of why they join CBT. Our radically welcoming community continues to be a common trend as so many of you are ambassadors to all who enter. Whether it is during services, an event, or an oneg, we welcome all who enter our building. I am truly grateful for those of you that show up and are there for our community. My wish is for all congregants who belong to CBT to join us in person. I want you to join us at services or an upcoming event. You will find camaraderie like you have never experienced in any other synagogue, big or small. I am biased but this is the warmest, friendliest, and most caring group of people I have had the privilege to get to know. There is an energy within our community that so many are missing. My hope is more of us experience all the good we are doing.

This month we will be coming together as a community to celebrate CBT at our annual Gala at Boundary Oak Golf Club on Saturday, May 18th. This is the perfect time to come together as a community to schmooze and celebrate with each other. There will be drinks, good food, desserts, dancing, in addition to many one-of-a-kind items to bid on at all price points. Your generosity at the Gala provides much needed funding for our Temple to continue to be your Jewish home for worship, education, and community. If you aren't able to attend in person there are still ways to support our community by participating in our online auction and supporting our fundraising efforts. I thank you in advance for your support Amanda Regenstein and Andrea Slavet are the gala co-chairs this year. I truly want to thank them and the entire committee for all their hard work to make our annual gala possible.

Sunday, June 2nd at 4pm we will be holding our annual meeting at CBT. I am excited to extend a heartfelt invitation to each one of you. This gathering isn't just a routine event; it's a moment for us to come together, connect, and share the remarkable journey we've been on as a congregation this year and what is ahead.

There's truly a lot to celebrate and discuss! The Board and I will be presenting a balanced budget for the first time in many years. Our goal is to be transparent of where we are and what steps and sacrifices we are making

*(Continued on pg 5)*

## WELCOME TO OUR NEWEST MEMBERS:

Ryndie Azevedo & Andrew MacKenzie  
Jennifer & Brandon Farnsworth-Komar,  
Lisa Goodman  
Alla & Michael Lyubinina  
Jerry Nadler  
Reg O'Sullivan

## Reflections Continued

*(continued from page 1)*

By Rabbi Jennie Chabon

phenomenon loaded with cultural and social meanings. Science tells you when and how you are ill. Your particular culture or subculture tells you when and how you are sick." [Wilbur, 2001, pg. 40]

My beautiful friend is ill, but she is afraid to talk about it lest people label her—and judge her—as sick.

Parshat Tazria, one of the central parshiot in the book of Leviticus, offers an interesting antidote of sorts to this communal issue. In Leviticus 13 we read about a person afflicted with tzara'at, with a suspicious skin rupture that is loosely but falsely translated today as leprosy. This person, the metzora, is brought before the priest for inspection, to determine if the spot is surface or skin deep, and then TEN TIMES in 8 verses the priest will look and see how deep the spot goes. The priest must bring compassion and the perspective to diagnose what is or isn't there. He does this by being meticulous and thorough with his diagnosis.

In the eyes of the priest, the difference between illness and sickness is much more clear, the source is cleaner. If it's just on the surface, the case is dismissed immediately. If the priest doesn't call it an affliction, it's not.

But if he does declare it so, if he determines that the affliction is deeper than the skin, the metzora's life is turned upside down. They must shave their head, burn their clothes, put on the clothes of a mourner, and then, most disturbingly, shout for all to hear, "tamei, tamei!" Tamei is usually translated as impure, or unclean, but perhaps a better translation is unwell. "Unwell, unwell" the metzora must shout, and then they must live outside of the community in quarantine until the tzara'at heals.

There are two ways you could understand this ancient ritual. On the one hand, you could see it as a shaming exercise. The person who is already bearing the humiliating burden of being kicked out of the community because of tzara'at has to declare their status at full volume to the whole neighborhood? How awful!

But what if we flipped the way we see the text and imagined the public declaration to be an act of courage, of grace? Someone who is suffering might withdraw from the world because of the stigma attached to their illness. So, the Torah says, we won't allow it. Instead, we will require you to tell everyone so that the community can help you. What if 'tamei tamei' isn't an admission of guilt but a cry for help? What if it is saying I need you, now more than ever? Please love me through my time of suffering.

Today there is no kohen in our midst, no individual person who determines illness and prescribes remedy and ritual in response. We no longer have the priestly system to hold us accountable. But we learned back in Exodus, in parshat Yitro when we received the Torah at Sinai, that we are in fact a kingdom of priests, a holy nation (Ex 19:6) and that it is our responsibility to look after each other, priest or no priest. We needed each other then, when a structured system was in place, to make it through the hardest times. And there is no doubt that we surely need each other now.

As many of you may know, we in our CBT community are also striving to be a kingdom of priests to one another as we recommit to our Chesed committee. In our last Tikvah Talk, I

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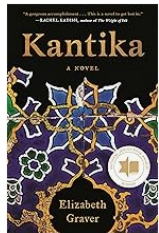
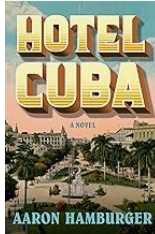
# Sisterhood News

By Mona Epstein

Sisterhood has been busy!

We had session four of Wise Aging with Robin Reiner, talking to us about funerals, burials, and planning all the little details we like to avoid thinking about. She was very enthusiastic and informative. Sisterhood is sending out a questionnaire to see if there are other areas of interest we can address.

Booksisters met to discuss "The Cost of Free Land- Jews, Lakota and American Inheritance" by Rachel Claren. A very important book which led to a vibrant discussion. Our next book is "Hotel Cuba," by Aaron Hamburger, a work of fiction based on his grandmothers experience leaving Russia in 1921 and arriving, unprepared, in Cuba rather than US due to new immigration laws. Very interesting background on Cuba in the twenties as there was prohibition in US and Americans came to drink and gamble. We were able access an interview with the author who based his story on recorded interviews with his grandparents in the seventies.



In May we will read "Kantika" by Elizabeth Graver, also based on her grandmother immigrating to Cuba. We are able to borrow copies of this book thru a program by the SF Jewish Community Library.

In April, Sisterhood sponsored a Women's Seder led by Sue Bojduk with a Sephardic theme. We also participated in a Shabbat service in April and named our "Women of the Year." This year we are pleased to honor Robin Gordon, a longtime active member of CBT.

In June a group of sisterhood members are attending Cabaret at the Leshner Theater. Please let me know if you would like to join us!

## Congratulations to the Sisterhood Woman of the Year Robin Gordon

Thank you, Robin for all you do for CBT. From giving rides to fellow congregants, to dropping off High Holiday bags during covid, your work on the Ritual Committee, always volunteering for whatever needs doing around CBT and so much more. Thank you also, for your smile that brightens the day wherever you go!



**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!

## TIKVAH TAKEOUT

**JACK'S** URBAN EATS

### JACK'S Urban Eats

Walnut Creek  
Tuesday, June 4, 2024  
4 pm—8 pm  
2862 Ygnacio Valley Rd.



## Reflections Continued

(continued from page 3)

By Rabbi Jennie Chabon

wrote about the need for us to say 'amen' to the call to join the committee, and to be one of the people in our community who will offer help when others are in need. But the truth is that we cannot help those who do not ask for it. We cannot bring you food or drive you to an appointment or pray for you if you are not brave enough to say "tamei, tamei, unwell, unwell"--I'm a member of this community and I don't want to go through this alone.

Writer Joseph Campbell once wrote, "The black moment is the moment when the real message of transformation is going to come. At the darkest moment comes the light." It may feel like a black moment to say I need help, to be vulnerable, but that is how you open yourselves to the light. That is how I was able to find an excellent therapist for my friend because in her darkest moment, she chose to cry out for help instead of managing her pain alone. And that, I believe, is one of the most important ways that we will survive this crazy world together. When you are feeling strong, when you have an abundance of health and light in your own life, share it with others, and allow your good fortune to help strengthen the web that holds us together. And when you are the one who needs to be held up, ask for it. That is what makes us, and our system whole and complete.

## Sisterhood Seder, April 14th, 2024





# SHABBAT SHALOM

## Shabbat Under the Oak

6:30 p.m. 5/3, 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!



## Summer Yoga Havdalah

Saturday, June 15th at 6pm

**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 with this QR code.**

**Please bring \$25 in cash, June 15.**



Scan or Click this QR code

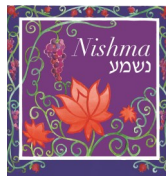
# SERVICES AT CBT

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

## 2nd Fridays Community Led Shabbat

6:30 pm on Zoom  
5/10, 6/14

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.

### 5/11 Hana Moran Bat Mitzvah

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 pm

5/17, 6/21

Join us for this inspiring musical service with our rabbi, accompanied by members of our Shir Joy band. You won't be disappointed.

June 21st is Pride Shir Joy Shabbat



## 4th Friday

6:30 pm 5/24, 6/28

## May 24 -Nourish Your Soul

A delightful service spiritually while sharing a meal.



Please be sure to register for the event AND sign up for a potluck dish to share.



Register for event



Sign up for dish you will bring

## 5th Fridays Kaddish Minyan

5:00 p.m. on Zoom  
5/31



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.



March 22, 2024



Thank you to all who hosted and all who participated!



# ONGOING PROGRAMS

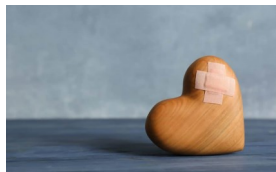
For the most up-to-date details, check your weekly email.

## Peer Grief Support Group

6:00 pm. Bi-weekly  
Wednesdays on Zoom 4/10, 4/24,  
5/8, 5/22, 6/5, 6/19

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](mailto:moshins@pacbell.net) or (925)818-6092 (phone or text).



## Zoom Meditation Series with Gerri Levitas

1:00 pm on Zoom, 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:

May 24: Connecting with Community

June 28: Becoming Free

Scan or Click



Spring/Summer Series



## Weekly Torah Meditation: "A Taste of Torah" Tuesdays 10:00 am

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](mailto:barbaraalmy@gmail.com).



Tuesdays 1:00 pm 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

## Living as Jews On Ohlone Land



Sunday, May 5,  
10:00-11:30 am  
At CBT

Since time immemorial, hundreds of generations of Lisjan Ohlone people have lived here in the East Bay. Over the last 250 years, they have survived three waves of genocide and colonization, and now are working to *rematriate their land* and revitalize their culture. What does it mean for us as Jews to live on this land? Through exploration of our own Jewish texts and genealogies, the history of colonization in the Bay Area, and contemporary Lisjan testimony and activism, we'll consider how to partner with local Indigenous communities and deepen our connection to the land we live on. A workshop for adults with Ariel Luckey and members of [J.O.O.L.](#)

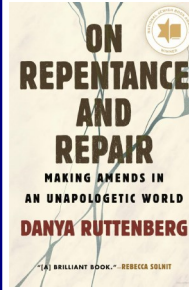


## CBT Garden Club

Our launch has been a great success! 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](mailto:Alison.Negrin@cbt.org) [ChefAlison@gmail.com](mailto:ChefAlison@gmail.com) to get on the garden club list.



## Book Study



**\*Note the date change!\***

Gather together with members of both Congregation B'nai Tikvah and the Mount Diablo Unitarian Universalist Church for this book read on Danya Ruttenberg's recent (2023) work *On Repentance and Repair: Making Amends in an Unapologetic World*.

*Rabbi Chabon and Reverend-Doctor Rodney Lemery will be co-leading this book study. We'll eat and study together.*

Our first session will be at **CBT on Tuesday, May 28\* at 6:30 pm** and the second will be at **MDUUC on Tuesday, June 4\* at 6:30 pm**

We'll study together and later, each congregation will host workshops on working the five steps. Please join us for the rich and enriching opportunity to learn together with our neighbors.

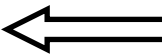
Register and get more information here.



Scan or Click QR Codes



Potluck sign up [here](#).



**Mother's Day Drive** for feminine hygiene products for MCC. There are signs on both of the Monument Crisis Center barrels, located inside and outside the lobby at CBT. Please give generously!



Our collection will end on May 12

## THANK YOU TO OUR KAVOD MEMBERS

- Ruthie & Larry Goldenberg
- Lisa Goodman
- Robin Gordon
- Joel & Holly Grossman
- Dan Lapporte
- Jennifer Leeds & Robert Hess
- David Ratner & Claire Bernardo
- Richard & Rayna Ravitz
- Andrea Slavet
- Zaffy Welch

Would you like to become a Kavod member? Email Lori Siegel for more information. [Director@Tikvah.org](mailto:Director@Tikvah.org)



# Passover, 2nd Night Seder at CBT



CBT Passover Poem 2024

**Empathy is**

- Kindness
- Listening
- Humanity
- Sharing
- Walking in the shoes of others



**Empathy is**

- Necessary
- Understanding
- Giving
- Welcoming the stranger
- It is for everyone



**Empathy is**

- Understanding yourself
- Courageous
- Healing
- Forgiveness
- Accepting others for who they are



**Empathy is**

- Equity
- Giving back to others
- Feeling another's pain

**Empathy is  
HERE**





**Mesibaba**  
**Thursday, May 16**  
**4:00—6:00 pm**

@ Congregation B'nai Tikvah

## Summer Fun!

Grades 1 thru 7  
 Members and Guests are welcome

FIRST GRADERS are invited to join us for this final Mesibaba of the year!

We will celebrate Israel (which turns 76 on 5/14) and the coming of summer with Israel snacks, outdoor water play, and a one-of-a-kind obstacle course.

Come cook, play, and create!

Members \$25/\$30 @ the door  
 Non-members \$30/\$35 @ the door



Scan or Click to sign up today!

## Madrichim Applications are Open

Apply by May 5, 2024

Madrichim, our teen leadership program, includes opportunities to support classroom teachers, work as a Hebrew tutor, and staff Mesibaba and youth group events. Teens grow their skills, inspire younger kids, have fun, and earn a stipend. Open to CBT youth in grades 8-12. Have questions? Contact



Head Madrich [Ari Riak](mailto:Ari75J@gmail.com). [Ari75J@gmail.com](mailto:Ari75J@gmail.com)

[Apply today!](#)



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 –11:30am and is organized around a Jewish theme



Join us on Sunday, May 5, 2024 for PJ Havdallah in the morning!  
 This is our last K'tan tan of the school year. We hope to see you!

Scan or Click



## Final Day of Religious School

Sunday, May 19 - Special Schedule

9:30-11:15 - Kids Wrap Up in Class

10:15-11:15 - Parents Reimagine  
 Hear from our Reimagine Task Force about our dreams for CBT education; share your input!

11:15-Noon - Closing Tfillah & Love  
 Our CBT Youth Band PLUS so much appreciation for our teachers and madrichim. Bring a gift, a note, some flowers, a hug for your teachers as we close the year.

Kol Tov

כל טוב  
 Tikvah  
 Teens

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

There are so many great opportunities for engaging Jewish teens from leadership programs to internships, camp, scholarships, & 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](mailto:Sue@tikvah.org) and we'll get you connected. Sue@tikvah.org

# Contra Costa Midrasha

By Devra C. Aarons, CCM Director

## Contra Costa Midrasha's 2024 Spring/Summer Update

This May 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: Open House on May 1st** for any teens (and their parents) interested in experiencing Midrasha first hand! Do you know a teen who is looking for Jewish friends, community and connection? Then please invite them to check out Midrasha!

[RSVP @ bit.ly/CCM Open House 2024](https://bit.ly/CCM_Open_House_2024)

**TWO:** Yom HaShoah event on May 8th that the whole community is welcome to attend.

**THREE: Graduation on May 22nd.** Congratulations to this year's graduating class, with 23 teens! Special shout out to B'nai Tikvah teens, Elliot Goldstein, Nate Greenberg, Ben Lebe, Jacob Lebe, and Sam Slavet. Join us for a meaningful evening honoring these teens' journey, our amazing staff, and more!

**FOUR:** Did you know you can register now for Midrasha? Registration for 2024-25 is now open. We also invite you to nominate a teen for Hamsa Fund and sign up for Better Together. Here are all the links:



- CCM's 2024-25 Registration @ [https://www.flipcause.com/secure/cause\\_pdetails/MjA3MDgz](https://www.flipcause.com/secure/cause_pdetails/MjA3MDgz)

- Hamsa Fund Application for 2024-25 @ <https://docs.google.com/forms/d/e/1FAIpQLSfOHpVUCahZQos5GTp8u5hRGNVMfVPGI3K9XxX0hUFiYDf7Sg/viewform>



- Better Together Registration for 2024-25 @ [https://www.flipcause.com/secure/cause\\_pdetails/MjA2MjI3](https://www.flipcause.com/secure/cause_pdetails/MjA2MjI3)

**Finally, save the date for February 22, 2025 - CCM's Annual Gala happening at the San Ramon Marriott.** 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](mailto:devra.aarons@ccmidrasha.com) or check out our website at [ccmidrasha.com](http://ccmidrasha.com). There's something for every teen and enrollment is always open!

**Visit Contra Costa Midrasha's Annual Open House**

**May 1st 2024, Wednesday, 7:15pm**

**Inviting teens to check out Midrasha!**  
The evening will include time with new and existing friends, donuts at break, choose your own elective, a treasure hunt, and more!

**And find out what's the deal with all those pineapples!**  
Parents are invited for a separate information, education, and shmooze session too! (Wine included)

**RSVP at**  
[bit.ly/CCM\\_Open\\_House\\_2024](https://bit.ly/CCM_Open_House_2024)

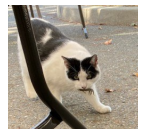
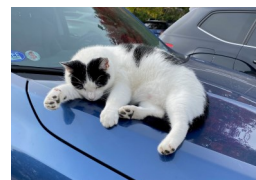
or scan this QR code:

*contra costa midrasha*

**Join us for 2024-25!**

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[ccmidrasha.com](http://ccmidrasha.com)



**I've put away my umbrella and I'm looking forward to summer! (and, I'm still looking for a ride).**

Goofball is our neighbor's cat and he likes to get into congregants' cars when they are talking with the car door open! He has gone halfway home with two families to date. Keep an eye out for him in your back seat!!

# Tikvah Committees and Groups לקוות

## 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.

**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 for using QR codes).

Scan or click QR



**2. Hyperlinks** In the **online version** of Tikvah Talk:

- Our QR codes are also hyperlinks. Click on the QR code to go to the webpage.
- An underlined word, it is likely a hyperlink. Click on the underlined word(s).

[A hyperlink can look like this](#), or like this [HERE](#)

When you hover over a hyperlink with your cursor, the cursor arrow will change to a hand.

**3. 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, select the event to be sent to the sign up page.

Register

Join the Zoom

**4. Monday and Friday emails** provide links for registering. These are also called hyperlinks and will either be a "button" or an underlined word.

Can't make it in person? Please consider donating a bottle of wine to our auction [here](#).

**5. When in doubt, please feel free to call the office!**



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

### Are you my mother? Find me in the office and on the coat hooks at CBT



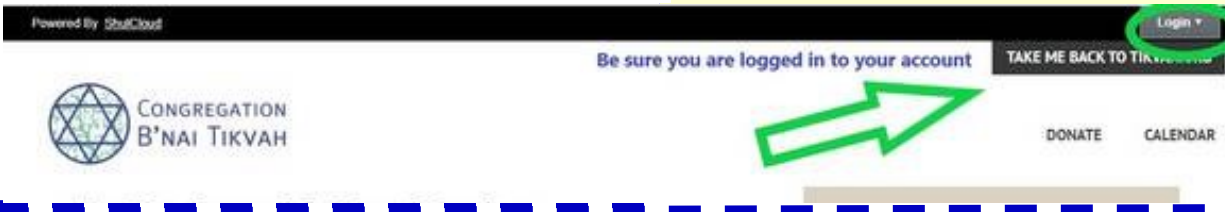
### OK. So now that you know how to sign up for events;

#### ARE YOU LOGGED IN TO SHULCLOUD?

Below is a screenshot of the upper part of your computer screen when you are looking around at CBT events and the calendar. The green arrow and circle below indicates whether you are logged in or not.

If it says "Welcome (your name)" you ARE logged in.

If it says "Login" like below, click on that box and "Login"!!!



# Purim Fun! April, 2024



## GENERAL FUND

In Memory of Estelle Altman  
*Mae Bragen*

In Memory of Shirley Brooks  
*Michael & Annette Cohn*

In Memory of Ruth Daniels  
*Jeffrey & Danita Daniels*

In Memory of my mother, Frances Ellis  
*Marilyn Tamura*

In Memory of Abram Eyzerman

In Memory of Geniya Hesin  
*Geniya Levikova & Carlos Trujillo*

In Memory of Gerald Friedman

In Memory of Irene Letush Friedman  
*Norman & Nancy Friedman*

In Memory of Harry Gerstel

In Memory of Herb Weiss

In Memory of Jean Marxheimer  
*Lucy & Ron Heymann*

In Memory of Miriam Goldin

In Memory of Alice Levich  
*Jared & Trish Goldin*

In Memory of Harvey Hochhauser  
*Marcie Hochhauser*

In Memory of Pearl Joffe  
*John & Melanie Sandler*

In Memory of Meyer Kryz  
*Jeffrey & Shirley Weiner*

In Memory of Abraham Kurzrock  
*Matthias & Carol Kurzrock*

In Memory of Mel Lerner  
*Amy & Joy Lerner*

In memory of Jay Michaelson  
*Noah Goldstein & Jenny Michaelson*

In Memory of Paula Mueller  
*Gisela Halbasch*

In Memory of Anna Patipa

In Memory of Solomon Patipa  
*Larry & Judit De Lowe*

In Memory of Barbara Ritter  
*Mary Ann Wittenberg*

In Memory of Robert Salusky

In Memory of Mary Kimball Sutherland  
*John Sutherland & Monica Salusky*

In Memory of Ruth Schottland  
*Joseph Schottland & Rachel Van Cleave*

In Memory of Loretta Schwartz  
*Brian & Melissa Assael*

In Memory of Meriel Winn  
*Mary Ann Wittenberg*  
*Robin Gordon*  
*Tracy & Chanel Benhamou*

In Memory of Lucille Winslow  
*Phillip & Beverly Winslow*

In Memory of Milton Zagon  
*Brian & Kimberly Zagon*

## RABBI CHABON DISCRETIONARY FUND

In Memory of Scott Arganek  
*Vikki Bearman*

In Memory of Raymond Barrall  
*Judith & Scott Barrall*

In Memory of Gloria Falk  
*Jeff & Beth Mikesell*

In Memory of Robert Kemna  
*Gloria Kemna*

In Memory of Walter Norwick  
*Constance J Norwick*

In Memory of Stan Palmer  
*Jessica Palmer*

In Memory of Julia Scharlach

In Memory of Max Sherman  
*Lynette & Alan Scharlach*

In Memory of Michelle Smilo  
*Bernadette & Nathan Bitton*

In Memory of Lucia D'Amico

In Memory of Ida Staffieri  
*Mary Ann Wittenberg*

In Memory of Joshua Steinhorn  
*Judy Weil & Sanford Weitzner*

In Memory of Nathan Stone

In Memory of Gussie Tama  
*Hugh & Sharon Tama*

## RABBI/CANTOR'S MUSIC FUND

In Memory of Bernard Brooks  
*Stephen Brooks*

In Memory of William Bushell  
*Barry & Yonina Bushell*

In Memory of Margarette Cline  
*Cathie Sheldon*

In Memory of Harry Moebius  
*Jeff & Beth Mikesell*

In Memory of Barbara Ritter

In Memory of Meriel Winn  
*Cookie Svingos*

In Memory of Mildred Zelman  
*Ron & Irene Zelman*

## THE HARRY WITTENBERG SOCIAL ACTION, JUSTICE, & INTERFAITH FUND

In Memory of Hermina Davidson  
*Diane Leventhal*

In Memory of Anne Devins

In Memory of Barbara Hirsch  
*Joan Weinstein*

In Memory of Arnold Greenfield  
*David Ratner & Claire Bernardo*

In Memory of Larry Raphael, MD  
*Cookie Svingos*

In Memory of Leo Reif  
*Jeffrey Gilman & Carol Reif*

In Memory of Barbara Ritter  
*Joan Weinstein*

## ABRAHAM NIVER SCHOLARSHIP FUND

In Appreciation of Devra Aarons and the incredible and necessary Midrasha program.  
*Judy & Walter Blum*

## MORDOH NADJARI HOLOCAUST FUND

In Memory of Hanna Carter  
*Jeffrey & Danita Daniels*

In Memory of James Welch  
*Zaffy Welch*

## PRAYERBOOK FUND

In Memory of Melva Blink

In Memory of Tybe Blink

In Memory of Leah Gordon  
*Robin Gordon*

## RODEF SHALOM SECURITY FUND

*In Memory of Arnold Locker*  
*Stephen Brooks*

## STEPHEN JASPAN FUND

In Memory of Isaac Bronstone

In Memory of Nathan Bronstone  
*Trace & Madeleine Bronstone*

In Memory of David Enock  
*Ferris Phillips*

## 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.



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# Congregation B'nai Tikvah

## May 2024

Please see the online calendar and the weekly emails for the most up-to-date information.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>5 (27 Nisan)</b> 9:30am R School 10am K'tan Tan 10am Living as Jews on Ohlone Land workshop <b>pg 7</b> 12pm CBT Youth Band 4pm Junior Board 5pm Yom Hashoah Community Event	<b>6 (28 Nisan)</b> <b>Yom Hashoah</b>	<b>7 (29 Nisan)</b> 10am A Taste of Torah. 1pm Lunch & Learn 4pm Religious School	<b>1 (23 Nisan)</b> 7:15pm 7th Grade Midrasha Open House.	<b>2 (24 Nisan)</b>	<b>3 (25 Nisan)</b> 6:30pm Shabbat Under the Oak	<b>4 (26 Nisan) Acharei Mot</b> 10am Chase Simon Bar Mitzvah
<b>12 (4 Iyar)</b> Mother's Day No Religious School	<b>13 (5 Iyar)</b> <b>Yom Hazikaron</b>	<b>14 (6 Iyar)</b> <b>Yom Haatzmaut</b> 10am A Taste of Torah. 1pm Lunch & Learn 4pm Religious School	<b>8 (30 Nisan)</b> 6pm Peer Grief Support on Zoom <b>pg 7</b>	<b>9 (1 Iyar)</b> 1pm Sisterhood Mah J.	<b>10 (2 Iyar)</b> 6:30pm Community Led Shabbat on Zoom	<b>11 (3 Iyar) K'doshim</b> 10:00am Nishma 10:00am Hana Moran Bat Mitzvah
<b>19 (11 Iyar)</b> 9:30am R School 10am PJ Library @ th.	<b>20 (12 Iyar)</b>	<b>21 (13 Iyar)</b> 10am A Taste of Torah. 1pm Lunch & Learn 6:30pm Book Sisters	<b>22 (14 Iyar)</b> 6pm Peer Grief Support on Zoom <b>pg 7</b>	<b>16 (8 Iyar)</b> 4pm Mesibaba	<b>17 (9 Iyar)</b> 7:30pm Shir Joy Shabbat	<b>18 (10 Iyar) Emor</b> 6pm CBT Gala 2024
<b>26 (18 Iyar)</b> <b>Lag BaOmer</b>	<b>27 (19 Iyar)</b> Memorial Day <b>OFFICE CLOSED</b>	<b>28 (20 Iyar)</b> 10am A Taste of Torah. 1pm Lunch & Learn 6:30pm Book Study: On Repentance & Repair *date changed from May 7 <sup>th</sup> ** At CBT <b>pg 8</b>	<b>29 (21 Iyar)</b>	<b>23 (15 Iyar)</b>	<b>24 (16 Iyar)</b> 1pm Meditation with Gerri Levitas <b>pg 7</b> 6:30pm Nourish Your Soul	<b>25 (17 Iyar) B'har</b> 10am Tovah Haroutuni Bat Mitzvah





Please see the online calendar and the weekly emails for the most up-to-date information.

## Congregation B'nai Tikvah June 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2</b> (25 Iyar) 4pm Annual Meeting at CBT	<b>3</b> (26 Iyar)	<b>4</b> (27 Iyar) 10am A Taste of Torah. 1pm Lunch & Learn 6:30pm Book Study: On Repentance & Repair *date changed from May 14 <sup>th</sup> * at MDUUC <a href="#">pg 8</a>	<b>5</b> (28 Iyar) <b>Yom Y'rushalayim</b> 6pm Peer Grief Support on Zoom <a href="#">pg 7</a>	<b>6</b> (29 Iyar)	<b>7</b> (1 Sivan) 6:30pm Shabbat Under the Oak	<b>1</b> (24 Iyar) <b>B'chukotai</b> 10am Shane Fox Bar Mitzvah
<b>9</b> (3 Sivan)	<b>10</b> (4 Sivan)	<b>11</b> (5 Sivan) <b>Erev Shavuot</b> 10am A Taste of Torah. 1pm Lunch & Learn 7pm Erev Shavuot – Repairing the World	<b>12</b> (6 Sivan) <b>Shavuot Yizkor</b>	<b>13</b> (7 Sivan) 1:00pm Sisterhood Mah J.	<b>14</b> (8 Sivan) 6:30pm Community Led Shabbat on Zoom.	<b>15</b> (9 Sivan) <b>Naso</b> 6pm Yoga Havdallah
<b>16</b> (10 Sivan) Father's Day	<b>17</b> (11 Sivan)	<b>18</b> (12 Sivan) 10am A Taste of Torah. 1pm Lunch & Learn 6:30pm Book Sisters	<b>19</b> (13 Sivan) 6pm Peer Grief Support on Zoom <a href="#">pg 7</a>	<b>20</b> (14 Sivan)	<b>21</b> (15 Sivan) 7:30pm Shir Joy Pride Shabbat.	<b>22</b> (16 Sivan) <b>B'haalot'cha</b> 10am Bailey Bevit Bat Mitzvah
<b>23</b> (17 Sivan)	<b>24</b> (18 Sivan)	<b>25</b> (19 Sivan) 10am A Taste of Torah. 1pm Lunch & Learn	<b>26</b> (20 Sivan)	<b>27</b> (21 Sivan)	<b>28</b> (22 Sivan) 1pm Meditation with Gerri Levitas <a href="#">pg 7</a> . 6:30pm 4th Friday Shabbat.	<b>29</b> (23 Sivan) <b>Sh'lach L'cha</b> 10am Benjamin Brodie Bar Mitzvah
<b>30</b> (24 Sivan)						



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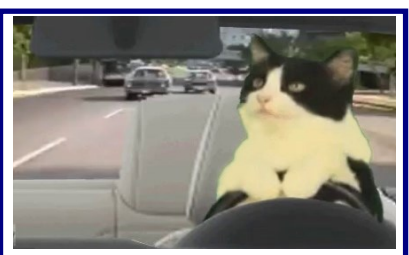



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 925-212-6188  
 or Kathy Jacobs  
 Office@tikvah.org to schedule an appointment

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?

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

We publish our newsletter 6 times a year.

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**SAVE THE DATES:**



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

**JOIN US FOR THE CBT ANNUAL MEETING**  
**SUNDAY, JUNE 2, 2024, 4 PM TO 6 PM**



See page 2 for more information