

how ancient themes like atonement, exile, and the Law can illuminate the more modern themes of guilt, alienation, and mental health.

I am very pleased that for one of these sessions we will be joined in the Library by Rabbi Gordon Freeman, Rabbi Emeritus of B'nai Shalom. For over 30 years he has been a great colleague and friend, and I'd like to think that our friendship and mutual respect have contributed in some way to the psychological welfare of the Walnut Creek Jewish community. Rabbi Freeman will be discussing one of the themes in his upcoming book in a lecture titled, "Who Can You Trust?"

Probing more deeply into the rituals and many texts of our tradition, we can discover that Passover can be an antidote for arrogance and Sukkot good therapy for melancholy. The very act of just studying our Torah on a regular basis can yield personal insights and stability; finding a favorite mitzvah to perform can bring discipline to our scattered lives.

I hope you'll consider joining our Adult B'nai Mitzvah core group to help extract fine new wine from the old flasks of our tradition.

First session Thursday, April 4, 7 - 8:30pm. Contact the Temple office to register.

Reflections...

By Cantor Jennie Chabon



One of the many things I love about being Jewish is the fact that rituals are woven into the fabric of our tradition. We have rituals for birth, first hair cut, b'nai mitzvah, engagement, weddings, baby namings, funerals, shiva, unveilings, rosh chodesh, recovering from illness, putting up a mezuzah, shema before bedtime...name an event in life, and we probably have a blessing or a ceremony for it! These rituals are essential to the vitality of our tradition because they