
Tikvah Talk

Vol. 33 Iss. 8

Congregation B'nai Tikvah Walnut Creek, CA

April 2014

From Where I Stand

By Rabbi Raphael Asher



No one expects much to come from the Kerry Mideast Initiative, but for me Tikvah Springs Eternal. If Cub's fans can hope for a pennant, I can hope that Israel and the Palestinians can find some common ground for a two-state solution to their endless stand-off. And even if 90% would prefer a solution to the status quo, any agreement can be sabotaged by those who prefer the current impasse.

Kerry has asked all sides to cool their heels until the end of April, but I anticipate saboteurs both among Israeli settlers and among those in the Arab world who will always bristle at the idea of a Jewish state. Right here in Contra Costa County an international conference was held by a group called "Sabeel" ("The Way"), which likens Israel to apartheid and the Palestinians to Jesus on the cross.

This form of "liberation theology" is reminiscent of the Gospels' Passion Narrative that was replayed in medieval Europe every year at Easter with the Jews as villain. The Church has come a long way in the last 50 years in dispelling these caricatures, but the Sabeel mythology can stir vestiges of ancient hatreds.

We Jews have some mythic images ourselves that could use some correctives. Not all Arabs are the evil Pharaoh, and certainly not all Palestinians are potential terrorists. If Kerry's diplomacy has any chance of success, it will require seeing land and people for who they are and not as they are depicted in one scripture or another.

(continued on page 4)

Reflections...

By Cantor Jennie Chabon



As I sit down to write this article, I am still basking in the glow of our incredibly successful Purim celebration. The whole evening was fun, funny, a little crazy (as it should be!) and filled with joy. If you could not be there, then rest assured that the 200 of us who were there had a fabulous time celebrating together!

There were many factors that contributed to the evening's success—the fantastic kids' choir, the carnival, the pizza dinner and wine, the Purim spiel players and the Tikvah Tones, the rabbi as Mordecai—but I would like to highlight one particular factor that stands out in my mind as I reflect on the evening. What made that night so very special was that so many of our congregants volunteered their time and energy to make it great. Some people rehearsed for many hours as part of the spiel, some people served wine and food, some people cleaned up. There were jobs big and small that needed to get done, and everyone participated in the effort.

The effect of that participation was not just that the evening was smooth and successful. It was more than that. The reason the night was so great was that it felt like a true COMMUNITY coming together, with people pitching in however they could to help. That may seem like a small thing, but it's not. If you are one of the handful of people who volunteer regularly and feel burdened by it because there aren't enough people helping you, then you know what a big deal it was to have so many people working together at Purim.

It says in the Torah, in Parshat Vayakhel, that God commanded the Israelites to contribute to the building of the Tabernacle, both the people with particular skills to contribute and the people who just wanted to give: "And everyone who excelled in ability and everyone whose spirit moved him came, bringing to the Lord his offering." (Exodus 35:21) For days and days the people came with gifts for the Tabernacle. They brought so many gifts, in fact, that Moses had to ask them to stop giving.

What moves me about this story is not just how generous the people were. It's WHO gave. The Torah doesn't say that it was just

(continued on page 7)

Congregation B'nai Tikvah is a Reform congregation which, through personal attention, provides to its members an extended family. The congregation fulfills its members' spiritual needs, fosters their Jewish identity, promotes the perpetuation of Judaism and its members' Jewish education, and encourages a commitment to full participation in Temple life.

Raphael W. Asher, Rabbi
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Judy Blum, Temple Administrator
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Delivering gift baskets to Reutlinger.

PASSOVER
at the CBT Gift Shop

Passover begins Monday, April 14

The Gift Shop will have its Passover display out
 Sunday morning April 6th and 13th
 9:00 am - 12:00 pm.

Items on display include:

paper plates and napkins
(a good idea if you're hosting a large seder),
Seder plates, Haggadot,
matzah holders,
candle holders and candles,
story books and cookbooks,
Elijah and Miriam cups,
and much more. (but NO FOOD!)

Support CBT!
Shop Your Gift Shop first!

Tikvah Talk

Tikvah Talk is published 11 times a year and is distributed free of charge to anyone expressing an interest in Congregation B'nai Tikvah. All news items are due the 10th of each month. Please submit articles electronically, if possible, to Congregation B'nai Tikvah, at office@tikvah.org (subject *Tikvah Talk*) or by mail to 25 Hillcroft Way, Walnut Creek, CA 94597, (925) 933-5397.

President's Message

By Harry Wittenberg



3...2...1 We Have Lift Off! That was the subject line I used for the email I sent to our Board and Search Committee when I received the signed contract from our new spiritual leader, Rabbi Rebecca Gutterman. At that moment, I could visualize a new era for CBT. By now, many of you have had the opportunity to meet her at the congregational meeting when I interviewed her about her past, present and future. Or at the reception that afternoon when you had a chance to say hello and chat with her. I knew the search committee had made the right choice when so many congregants thanked me for the letter they received from me about Rabbi Gutterman. And of course, when the ballots were counted and you overwhelmingly cast your confidence in our search committee, the Board and our process in finding the best fit for the future of our temple. (To the right is a picture of Rabbi Gutterman symbolically signing her contract, after which those in attendance applauded, some with teary eyes as we all said the Shechyanu.) I'd like to take the opportunity of thanking the Search Committee Chairs Jennifer Paul and Phil Weismehl, and the entire committee: Chanel Benhamou, Bob Grossman, Art Korn, Lydia Lapporte, Idelle Lipman, Pam Palitz, Alyce Rados, Richard Ravitz, and John Rubinfeld. And of course our Board of Trustees for voting their confidence in offering Rabbi Gutterman a contract. (For friends of CBT who are on our mailing list, Rabbi Gutterman's bio is posted on our website if you'd like to learn more about her.)



One thing I am anticipating is change - something we have all been thinking about to for a while. In my professional life I help teams of managers and employees understand the implications of change and how it will effect them over time, overwhelmingly in a positive way. But the funny thing about change is how we as humans react to it. Even when the change is very positive, like our new rabbi, we still go through an emotional process that starts with the desire to keep things as they are. We look for reasons to miss what was and resist the good things ahead. What we need to do at this time is to allow ourselves to let go and look forward. If we can't do that, then we remain stuck in the past and no matter how wonderful the changes become, we will deny them.

When we do let go, we begin to open ourselves up to what's new in our temple - services, music, rituals, learning and much more. Yet, some of us will go through a "wait and see" period, observing, listening, being somewhat skeptical, even criti-

(continued on page 6)

7th Grade Mitzvah Day

By Devra C. Arons, 7th grade midweek teacher



One of my favorite primary documents to teach is the photo of Abraham Joshua Heschel marching alongside Martin Luther King Jr. during the Civil Rights Era. Heschel said of that day, "It felt as though I were praying with my feet." I always felt that Heschel was saying a mitzvah is praying through action.

So this year's 7th grade class has proceeded to pray with our feet, our hands, our minds by creating and executing this year's Mitzvah Day. We have learned about different ways to do Tikkun Olam (repairing the world) - so that the community at B'nai Tikvah could all participate in a day of mitzvot.

We landed on six projects - two off site and four projects on site, to be done at the synagogue. Our classroom madrich, Brandon Varona, summarized the view that morning, "I liked walking around and seeing everyone work together and work with all the other volunteers." When I walked into the Social Hall, Sunday morning March 16th, it was amazing to see our 7th graders leading adults and kids in these activities. Here are some snapshots - from them - of the day:

In the Social Hall and upper entry hallway, there were three activities going on. First, we made shaloch manot baskets for our elders who live at the Reutlinger Center for Jewish Living. A lot of love and care went into those packets - some people made cards, while others constructed and baked fresh hamantaschen, and some compiled more snacks into each basket. 7th grader Lily Appleby shared that, "Looking at everyone at all the tables - making all the gifts felt like everyone was helping out." These baskets were delivered by Izzy Young and Lily to the residents at Reulinger. Izzy said that while delivering these baskets, "It made me really happy to see the retired people happy and have little sparks of joy in their faces. They really enjoyed having people there - and it made us happy. They appreciated that we came."

Second, you could see kids and parents making colorful braids of material. What was going on in that corner of the social hall? We were constructing dog toys for the animals being sheltered at ARF - the Animal Rescue Foundation. I saw so many people working diligently on this project. 7th grader Hannah Hoffmeister observed, "it was really nice that there were lots of people to help, it was really crowded. It was so crowded we had to move the station."

And in the hallway, we made quick work of creating snack bags for the homeless who are served at the Trinity Center. Juliette Benazra explained, "we made snack bags with foods that don't go bad, so that we could give them to the Trinity Center, so that they would hand them out to homeless people. We interrupted

(continued on page 7)

Sisterhood News

By Rayna Ravitz, President

Mah Jongg at CBT - every other Wednesday at 7 pm
If you are interested in playing get on Janet's email list : jgoodman@comcast.net or 934-8817.

Upcoming Events

Thursday, April 24, 6:30 pm – Book Sisters at Sunrise Bistro
“The Buddha in the Attic” and “When the Emperor was Divine” by Julie Otsuka.
RSVP: Raynaravitz@gmail.com by April 23.

Sunday, May 4, 2 pm – “The Real Housewives of Walnut Creek” One ticket is still available.

Sunday, May 25 – RAFT (Rabbi Asher Farewell Tour) at Craneway Pavillion. Sisterhood is sponsoring the Photo Booth – be sure to visit it!

Thursday, June 19, 6:30 pm – Book Sisters
“The Language of Flowers” by Vanessa Diffenbaugh. Hilary Balfour has graciously agreed to lead the discussion. Location and food TBD.

Books recommended by Book Sisters:
“My Mother's Wars” by Lillian Faderman
“What we Talk about When We Talk About Anne Frank” by Nathan Englander
“The Golem and the Jinni” by Helen Wecker
“A Guide for the Perplexed” by Dara Horn
“Steve Jobs” by Walter Isaacson

Rayna Ravitz
raynaravitz@gmail.com

From Where I Stand.....

(continued from page 1)

On Friday, April 25th at 6:30pm Ron Young, Executive Director of the National Interreligious Leadership Initiative for Peace in the Middle East, will revisit our congregation. Over the years he has gained the trust of faith leaders across the country in promoting American engagement in a two-state solution. He has been to B'nai Tikvah and Contra Costa before to keep frayed emotions on track, and I can think of no one better to report on the Kerry efforts and the possibilities of an Israel/Palestine spring.

Social Action

By Tina Guterman, Chairperson

Mark your Summer Calendar. It is almost that time.....B'nai Tikvah will be participating in Relay For Life, a 24-hour walkathon where we come together as a community, walk the track, hang out in our Team Area, and raise money for the American Cancer Society. It is fun for all ages. Whether you are a cancer survivor, currently struggling with cancer, a friend or relative of someone with cancer, and/or someone who would like participate in the effort to cure cancer, it is a great, incredibly supportive event in which we have been participating for many years. Every team has its own fundraising activities; there's food, music, and some themed walking laps. Mike Cohn (who did such a great job last year!) has generously volunteered to be our Team Captain again this year. So, save the date – Saturday July 26th 10:00 am to Sunday, July 27th 10:00 am, and send us an email letting us know your interest in participation – veefrog@gmail.com (Mike) or tguterman@aol.com (Tina).

Immigration Justice: Deferred Action for Childhood Arrivals (DACA): Claire Bernardo, Michael Fischer, Pam Palitz and I met with another DACA applicant at the Michael Chavez Center, who is moving quickly in the application process in spite of obstacles. It is amazing and inspiring to hear these young people's stories of both: what it is like to have lived here almost all of their lives, often since childhood; yet face obstacles by not having citizenship; and their determination to try to secure opportunity and hope for their future by going through the DACA process. Let Michael Fischer mjf1155@gmail.com or me know if you would like to get involved.



The cast of “The Megillah According to the Beatles!”

On Thursday, April 24th The Men of CBT will host a Poker Night. Bring your poker faces and come play some Poker with the guys. Game starts at 7pm. There will be lots of food and prizes for the 1st, 2nd, 3rd and 4th place winners as the players get knocked out. Sure to be a lot of fun. This is a fundraiser for the Men of CBT for Congregation B'nai Tikvah. The number of RSVPs will determine the Buy-Ins so get your RSVP in to the men.of.cbt@gmail.com before April 20th. Buy-ins at the door will be higher.

Join us Sunday, April 27th when we will have a Schmeer and Schmooze at 11 am. For those of you who wonder "What is a Schmeer and Schmooze?" This is when a group of Men get together and talk about Life, Events, Reform Judaism or anything that catches the interest. We have coffee and bagels and schmeer and get to know each other.

Rabbi Asher's Retirement

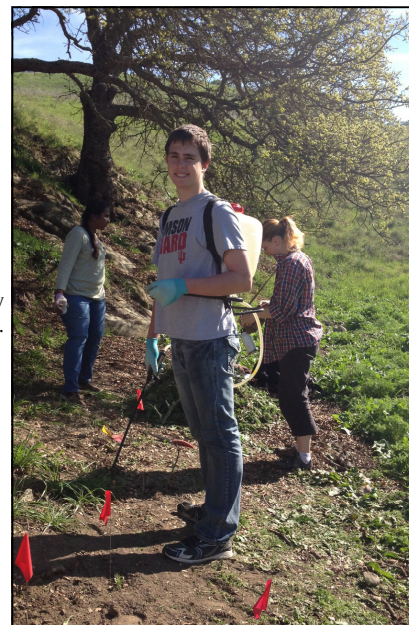
Thirty - two years of spiritual guidance, teaching, friendship, dedication and service. To honor our beloved Rabbi, Raphael W. Asher, as he retires, we are planning a series of activities. Mark your calendar as appropriate.

- **Saturday, May 24th at 10am**
A special 'homecoming' event just for Rabbi Asher's B'nai Mitzvah through 2008. He would love to hear from and see Congregation B'nai Tikvah 'graduates' from the past.
- **Sunday, May 25th at 2pm**
A celebratory afternoon of fun for all ages with music, food, Israeli dancing, face painting, tributes and more at the historical waterfront Craneway Pavilion in Richmond.
- **Saturday, June 7th at 7pm**
A more intimate evening affair with entertainment and toasts. This event will be in lieu of our annual gala.
- **Tribute Book**
A way for congregants, local community members, organizations and businesses to tell Rabbi Asher just what his presence at Congregation B'nai Tikvah has meant to them – and a loving gift for him to cherish.

*As always, it takes a village.
Please watch your email for ways you can volunteer
or contact Judy Blum, Temple Administrator.*

In the words of Napoleon Bonaparte, what kind of people are these who every year choose to remind themselves of their time as slaves? Good question and one we try to answer every year at our Seder. We came out of a narrow place (Mitzrayim), out of Egypt where we were slaves for at least two hundred years. And having come out of slavery, in less than two months we arrived at Mount Sinai to receive the Torah. So what are we remembering, our slavery or our new beginning?

Setting aside for the moment these great moments in our history, this year the Adult Education committee is pleased to present a cooking demonstration for a very special, traditional Seder food. Alison Negrin and Rob Hess will have a sampling of kugel for you to taste, as well as a demonstration of their special approach to cooking those delicious kugel. So come join us on Sunday morning, April 6th, at 10 AM in our CBT social hall kitchen.



Mitzvah Day
clean up.

Guest Speaker @ Shabbat Services
Friday, April 25th 6:30 pm

Ron Young, Executive Director, NILI
(National Interreligious Leadership Initiative)
www.nili-mideastpeace.org

An Israel / Palestine Spring?
The Kerny Mideast Initiative

Be sure to join us for this interesting evening!

Contra Costa Midrasha

By Devra C. Arons, CCM Director

April brings many transitions to Midrasha. Since graduation is right around the corner, it's a time when we do a lot of soul searching with our seniors. We work to bring our juniors forward as leaders. And we also do outreach with the incoming 8th graders.

This year, April brings two exciting programs to our community. First, the Spring retreat is the final weekend of April. This is always my favorite retreat. With the sunny weather and the energetic teens, we always have great hikes, see lots of stars and sing Havdalah extra loud. We also spend a lot of time late Saturday night with our seniors, saying goodbye, remembering fun times and helping them move forward into the next stage of their lives. All Midrasha teens are invited to join in the fun at Camp Newman. This final retreat of 2013-14 is April 25-27. To enroll, visit our website at www.ccmidrasha.com.

The end of April also brings our annual Open House, on April 30th, from 6:30 – 9:15pm. On this evening we invite all Jewish 7th graders and their parents to join us. The 7th graders get to spend time meeting other 7th grade teens from the Contra Costa area and experience Midrasha first-hand. The teens get to try out any existing electives – including film, meditation, cooking and more. Parents are invited for an information session, experiencing a Midrasha lesson first-hand, talking with the Director and members of our Board and hearing about Midrasha from our older teens. It's an easy way to get oriented into the world of Midrasha (it also includes donuts!) and is a fun opportunity to see Midrasha as it actually happens.

Finally, we will open early registration to our families for the 2014-15 year in April. The online site will go live before Passover at www.shop.ccmidrasha.com. Look for it!

For more information about these programs or other events at Midrasha, visit our website at www.ccmidrasha.com or call us at 925/944-4701.



"We all pray in a yellow synagogue, a yellow synagogue, a yellow synagogue...."

President's Message.....

(continued from page 3)

cal. This is when you need to pull yourself through this period of time, be open to new experiences and new ways for you to celebrate our faith. And when you do, you'll begin to embrace our new rabbi and all that she, Cantor Chabon and Phil Hankin have to offer us.

The best way you can move through those stages of predictable emotional transition is to get involved. If you volunteer to get involved and fully embrace the opportunity we have, you'll experience joy, pride, and the wonderful feeling of being a critical part of the next era of CBT. Contact Judy Blum to get involved. The ritual committee is looking for members to help our new rabbi. There are other ways to help. In the words of a well known sports manufacturer - *Just Do It!*



Making no - sew blankets for families at Shelter Inc.

Shalom Connection

Mazel Tov to:

Larry and Robin Gordon on the birth of great grandson
Dylan James Gordon

Turn It, Turn It.....

(continued from page 3)

this church meeting to drop off the bags. It made me happy to know that other people are going to have things that they don't usually get. It felt like we were giving them presents."

Downstairs 7th grade teens Kara Levy, Carly Johnson and Peri Gould organized families in making blankets for the families living at the Shelter Inc. transitional housing facility in Martinez. Each group took two fleece sheets, cut the edges and tied them together into bright and cheerful blankets. Each blanket then got tied together with hand-made dolls, a pair of socks and a set of tissues. Kara Levy summarized the experience with this, "I thought it was really cool to see all the blankets piled up. A lot work went into them, but they were finished pretty quickly."

Off site our 7th graders led environmental clean up efforts at both Sibley Park and the Walnut Creek Open Space. There our teens cleaned up. "We were pulling a weed called the French Broom that took over the park," said Matthew Zweigbaum, who continued to explain, "It felt really satisfying to look at the space that we cleared, to know that we've done something good for the environment." And some even experienced a small miracle. Alden Friedman told me that, "Elliot and me were taking a break on a tree stump and under us we found a geo cache. It was cool because they are really fun and hard to find. It was wrapped in duct tape camouflage and was full of plastic jewelry." Elliot Stern concluded, "We helped the Earth by taking out the unnatural mustard plants and grass."

The day ended with a lovely tribute of gratitude for the 7th graders. Emma Vaccaro said of the moment, "It was really nice to see all of the people watching us and smiling. They seemed really happy that we put this whole thing together."

We spent the Tuesday after Mitzvah Day evaluating our work. I asked them to consider the longer term impact of all these projects. The group consensus? They hope that their mitzvah projects will inspire others to give back, creating a never-ending circle of mitzvah. May it come to pass.

A big thanks to my co-educator Chelsea Ferguson, to Phil Hankin, to all the 7th grade parents and the families who participated in Mitzvah Day. Your efforts were a big part of making this day happen. It was an honor to do mitzvah together.

Reflections...

(continued from page 1)

the leaders, or the most wealthy, or the most successful Israelites who gave. Everyone gave, people with special skills and people who just felt moved to give. And it was because of everyone's contributions that the effort was so successful. In order to complete the Tabernacle, we everyone needed to participate.

As Rabbi Asher's retirement grows near, I hope that you will reflect on the ways that you can participate in the life of CBT. We need ALL of you to participate, in big ways and small, to make the transition to a new rabbi successful and to continue



The Community-wide Commemoration in Contra Costa for

YOM HASHOAH V'HAGEVURAH

EXCERPTS FROM THE OPERA "ANOTHER SUNRISE"



Noted composer Jake Heggie and librettist Gene Scheer based their opera on *I Survived Auschwitz* by Krystyna Zywulka. With her mother, Krystyna walked out of the Warsaw ghetto in broad daylight in 1942, and joined the Polish resistance. She counterfeited identity cards and other documents. Captured by the Gestapo in 1943, she was eventually sent to Auschwitz-Birkenau. There, she began to write satiric poems that became camp anthems of resistance and exuded life, specifically Zywulka's own will to live.

SUNDAY, APRIL 27, 4:30 PM
Temple Isaiah, 945 Risa Road, Lafayette

Admission is free
For more information: 510.318.6453

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Beth Riseman

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In memory of Melva Blink

In memory of Leah Gordon
Robin and Larry Gordon

(continued on page 11)

APRIL 2014 Nisan 5774

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	1	2	3	4	5
9:30am Religious School 11:00am - 12:00pm Schmeer & Schmooze 12:15pm - 1:15pm Machaneh Ivrit - Session III	12:30pm - 1:30pm Yoga!	10:00am - 11:00am Jewish Meditation - A Taste of Torah 4:00pm - 5:45pm Religious School	7:00pm - 9:00pm Mah Jongg	7:00pm Jewish Life on American Soil	6:30pm Family Shabbat Service - 2nd graders participating	Parashat Metzora 9:00am Lay Led Torah Study 10:00am Morning Minyan
6	7	8	9	10	11	12
9:30am Religious School 9:30am - 12:00pm Passover Display in the Gift Shop 10:00am Cooking for the Seder with Alison Negrin 12:15pm - 1:15pm Machaneh Ivrit - Session III	12:30pm - 1:30pm Yoga! 5:30pm - 6:30pm Executive Board Meeting 6:30pm General Board Meeting	10:00am - 11:00am Jewish Meditation - A Taste of Torah 4:00pm - 5:45pm Religious School	7:00pm Jewish Life on American Soil	6:30pm Shabbat Service	Parashat Achrei Mot Shabbat HaGadol 9:00am Lay Led Torah Study 10:00am Morning Minyan & Haggadah Helper	Parashat Metzora 9:00am Lay Led Torah Study 10:00am Morning Minyan
13	14	15	16	17	18	19
9:30am Religious School 9:30am - 12:00pm Passover Display in the Gift Shop	1st Night Passover 12:30pm - 1:30pm Yoga!	NO Religious School 2nd Night Passover (Office closed) 10:00am - 11:00am Jewish Meditation - A Taste of Torah 6:00pm Community Seder	3rd Night Passover 7:00pm - 9:00pm Mah Jongg	4th Night Passover	5th Night Passover 7:30pm Shabbat Service	6th Night Passover 9:00am Lay Led Torah Study 10:00am Morning Minyan 7:30pm Passover Yiskor Service & Havdallah
20	21	22	23	24	25	26
NO Religious School 7th Night Passover	Last Day Passover (Office Closed) 12:30pm - 1:30pm Yoga!	NO Religious School 10:00am - 11:00am Jewish Meditation - A Taste of Torah	7:00pm Men of CBT play Poker!	6:30pm Shabbat Service	Parashat Kedoshim 9:00am Lay Led Torah Study 10:00am Morning Minyan	Parashat Kedoshim 9:00am Lay Led Torah Study 10:00am Morning Minyan
27	28	29	30	1	2	3
Yom HaShoah 9:30am Religious School 11:00am - 12:00pm Schmeer & Schmooze 4:30pm - 5:30pm Yom Hashoah Community Event @ Isaiah	12:30pm - 1:30pm Yoga!	10:00am - 11:00am Jewish Meditation - A Taste of Torah 4:00pm - 5:45pm Religious School	6:30pm - 9:15pm Midrasha Open House for 7th graders 6:30pm - 8:00pm RS Education Committee 7:00pm - 9:00pm Mah Jongg	6:30pm Family Shabbat Service - K/1 participating	Parashat Emor 9:00am Lay Led Torah Study 10:00am Shabbat Service - Bar Mitzvah of Matthew Zweigbaum	Parashat Emor 9:00am Lay Led Torah Study 10:00am Shabbat Service - Bar Mitzvah of Matthew Zweigbaum

MAY 2014 Nisan - Sivan 5774

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30		1	2
Yom HaShoah 9:30am Religious School 11:00am - 12:00pm Schmeer & Schmooze 4:30pm - 5:30pm Yom Hashoah Community Event @ Isaiah	12:30pm - 1:30pm Yoga!	10:00am - 11:00am Jewish Meditation - A Taste of Torah 4:00pm - 5:45pm Religious School	6:30pm - 9:15pm Midrasha Open House for 7th graders 6:30pm - 8:00pm RS Education Committee 7:00pm - 9:00pm Mah Jongg		6:30pm Family Shabbat Service - K/1 participating	Parashat Emor 9:00am Lay Led Torah Study 10:00am Shabbat Service - Bar Mitzvah of Matthew Zweigbaum
4	5	6	7		8	9
9:30am Religious School 2:00pm Sisterhood to Leshet!	Yom HaZikaron 12:30pm - 1:30pm Yoga!	Yom HaAtzma'ut 10:00am - 11:00am Jewish Meditation - A Taste of Torah 4:00pm - 5:45pm Religious School			6:30pm Shabbat Service	Parashat Behar 9:00am Lay Led Torah Study 10:00am Shabbat Service - Bar Mitzvah of Samuel Meyers
11	12	13	14		15	16
NO Religious School	12:30pm - 1:30pm Yoga! 5:30pm - 6:30pm Executive Board Meeting	10:00am - 11:00am Jewish Meditation - A Taste of Torah 4:00pm - 5:45pm Religious School	7:00pm - 9:00pm Mah Jongg		7:30pm Shir Joy	Parashat Bechukotai 9:00am Lay Led Torah Study 10:00am Shabbat Service - Bat Mitzvah of Isabelle Young
18	19	20	21		22	23
Lag B'Omer 9:30am Religious School 10:00am Annual Meeting 11:00am Bocce Ball w/Men of CBT 4:00pm Contra Costa Choral Festival	12:30pm - 1:30pm Yoga!	10:00am - 11:00am Jewish Meditation - A Taste of Torah 4:00pm - 5:45pm Religious School	7:15pm - 9:15pm Midrasha Graduation		6:30pm Shabbat Service	Parashat Bamidbar 9:00am Lay Led Torah Study 10:00am Shabbat Service - B'nai Mitzvah "Homecoming!"
25	26	27	28		29	30
NO Religious School 2:00pm - 5:00pm Rabbi Asher Retirement Event	(Office closed) MEMORIAL DAY	10:00am - 11:00am Jewish Meditation - A Taste of Torah 4:00pm - 5:45pm Religious School	7:00pm - 9:00pm Mah Jongg		6:30pm Shabbat Service	Parashat Nasso 9:00am Lay Led Torah Study 10:00am Shabbat Service - Adult B'nai Mitzvah

ONGOING MEDITATION GROUP

You are invited to join our meditation group meeting each Tuesday morning from 10 to 11 am in the CBT library. Everyone is welcome, those having past experience with meditation and those who have never had that experience.

Each session begins focusing on the Torah portion of the week, a Taste of Torah. There is no charge for this activity, but an email to philip.paris@ymail.com indicating your interest in attending will be appreciated. Come as often as you can!

Shalach Manos for our College Kids

Every year before Purim we ask our members to send us the addresses of their (undergrad) college kids. Two parents then put together little bags of goodies including a letter from Rabbi Asher to mail to each of the kids. This was Rabbi Asher's message this year.....

I'll be graduating from UCBT (University of Congregation B'nai Tikvah) at the end of June. I minored in long sermons and genizahs, but my major, which took me 37 years to complete, was in Bar and Bat Mitzvah. My senior thesis: "TORAH; TORTURE AND TRIUMPH."

Looking back, Bar/t Mitzvah training was the most satisfying part of my years in the rabbinate. Watching your growth from 12 ½ to 13 was a real privilege, and demonstrating to your families and to yourselves how much you were capable of doing was a great joy for me.

If you're home for Memorial Day weekend, there will be a reunion for as many of the 600 B'nai Mitzvah I've done on Saturday, May 24. (You'll be receiving more information next month.) In the meantime the Jewish calendar is very aware that these end-of-winter weeks can be very trying emotionally, particularly with midterms and finals on the horizon.

Please find a few moments to find some sweetness and refreshment with the enclosed. And the whole point of these "Shalach manos," is to pay them forward with small gifts and kindnesses for others.

Hope to see you soon - I may be retiring but I won't be disappearing.

Rabbi Asher



Contributions.....

(continued from page 8)

TREE OF LIFE - Leaves have been added
GREAT GRANDSON, DYLAN JAMES GORDON
MARCH 4, 2014
Robin and Larry Gordon

BIRTH OF COLIN MURRAY BURNS-COFFIN
JANUARY 13, 2010
BIRTH OF JULIA RAY BURNS-COFFIN
SEPTEMBER 21, 2013
Cassie and Jared Burns-Coffin

YOGA the Gentle Way at CBT

Stretch, strengthen, tone, and de-stress Mondays from 12:30-1:30pm.

Anyone can attend – all levels welcome!

Cost: Drop in rate is \$15 or purchase 5 classes for \$60. Half of your payment is donated to CBT.

Bring your own mat.

Questions? e-mail DrsPresnick@earthlink.net

Dr. Laura has been practicing Yoga since 1972 and teaching yoga since 2000. She combines her 35 years of Chiropractic bio-mechanical expertise with Yoga to create a safe place for your spine and joints to gain flexibility, strength and whole-body balance.

You will feel relaxed, refreshed, and awesome!
(Friends of CBT welcome to attend!)



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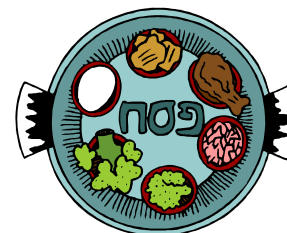
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For membership information, please contact the Temple Office.

YOU'RE INVITED TO OUR ANNUAL CONGREGATIONAL PASSOVER SEDER
Led by Rabbi Asher

WHERE: Congregation B'nai Tikvah Social Hall
MENU: A complete Passover meal catered by Sunrise Catering
CHOICE of: brisket of beef, roasted chicken or vegetarian stuffed cabbage
(gluten free meal available - please indicate below)
WHEN: Tuesday, April 15, 2014. Arrive at 5:45 p.m.
Seder will begin promptly at 6:00 p.m.
COST: \$45 /Adults, \$24 / children 4-12 (members)
\$55 /Adults, \$28 / children 4-12 (guests)



RSVP: Reservations due Monday, April 7.

Please return the portion below with your check payable to Congregation B'nai Tikvah and mail to CBT.
Reservation forms can also be printed from our website. Members can also make reservations on line.

Name(s):	Entrée choice:		
_____	Brisket	Chicken	Vegetarian
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

**Ceremonial wine
will be served for
the Seder.
If you'd like to bring
a nice bottle
for dinner,
you are welcome
to do so.**

Enclosed is my (our) check for: _____ adults member \$45 / guest \$55
_____ children member \$24 / guest \$28

Reservations due Monday, April 7.
All reservations must be accompanied by payment.