
Tikvah Talk

Vol. 34 Iss. 2

Congregation B'nai Tikvah Walnut Creek, CA

October 2014



A New Year Blessing from Rabbi Gutterman and Cantor Chabon



*May It Be So
By Marcia Falk, The Days Between)*

May the year bring abundant blessings—
beauty, creativity, delight!

May we be confident, courageous,
and devoted to our callings.

May our lives be enriched with education.
May we find enjoyment in our work
and fulfillment in our friendships.

May we grow, may we have good health.
In darker times, may we be sustained
by gratitude and hope.

May we be infused with joy.
May we know intimacy and kindness,
may we love without limit.

May the hours be enhanced with music
and nurtured by art.
May our endeavors be marked by originality.

May we take pleasure in daily living.
May we find peace within ourselves
and help peace emerge in the world.

May we receive the gifts of quiet.

May reason guide our choices,
may romance grace our lives.

May our spirits be serene,
may we find solace in solitude.

May we embrace tolerance and truth
and the understanding that underlies both.

May we be inspired with vision and wonder,
may we be open to exploration.

May our deepest yearnings be fulfilled,
May we be suffused with zeal for life.

May we merit these blessings
And may they come to be.
May it be so.

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.

Upcoming B'nai Mitzvah

Peri Gould
 Daughter of Marcie and Glenn Gould
 Saturday, October 18

Kyle Adelberg
 Son of
 David Adelberg & Michele Meyers and Kathy Ringot
 Saturday, October 25

Shabbat Services begin at 10 am.
 The Congregation is invited to attend.

*Mazel tov to all our B'nai Mitzvah
 and their families!*

Rebecca Gutterman, Rabbi
Jennie Chabon, Cantor
Raphael W. Asher, Rabbi Emeritus
Stephen Richards, Cantor Emeritus
Judy Blum, Temple Administrator
Phil Hankin, Director of Education

Temple Office (925) 933-5397
Office Hours: Mon-Fri 9:00 - 5:00

Fax (925) 933-6833

E-mail: office@tikvah.org
Website: <http://www.tikvah.org>

CONGREGATIONAL OFFICERS

President	Harry Wittenberg
Vice President	Dan Lapporte
Vice President	Glenn Gould
Vice President	Jared Goldin
Secretary	Bob Stern
Treasurer	John Rubinfeld
Past President	John Rubinfeld

BOARD OF TRUSTEES

Julia Babka-Kurzrock	Judith Barrall
Bob Canter	Alan Gould
Sandy Gross	Tina Guterman
Bob Grossman	Amy Lichtenstein
Idelle Lipman	Bruce Meyers
Rayna Ravitz	Leeaht Segev

Mary Ann Wittenberg

TIKVAH TOTS!

Tikvah Tots is a play group designed for the littlest members of our community! It is an informal gathering of kids and parents in our beautiful social hall with lots of toys and games for the kids to play with. On the second Friday of the month, join other families to schmooze and play from 10 - 11 am.

Rabbi Gutterman will lead the group in Shabbat blessings and a story to close out the hour. We would love to see you here!

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



I will freely admit that I didn't always look forward to the high holidays. I had my fill of yeshiva, every Friday night going down to our storefront shul just to make a minyan, and sitting all day in a hot synagogue was not my idea of a good time when I was younger. When I was old enough to strike off on my own, I didn't think to adhere to many of our rituals. I was young and free and could make my own choices.

But I also have to admit that there were two holidays that, for some reason, held me. One was Passover, mainly because I made a party out of it with my friends (I kinda still do), and Yom Kippur especially. No matter where I was living, I felt compelled to go to Yom Kippur services, even though I ignored all of the other holidays and Shabbat. Why was that? It was because I still identified with Judaism - that never left me. I also held to the belief that a yearly repentance was an important thing to do spiritually. Added to that, I had to go to Yizkor to say prayers for my father, who passed away when I was 8 years old.

Needing to be in the company of other Jews during the most holy of days just stuck with me. Go figure! While many of my friends were seeking spiritual fulfillment in the more Eastern religions, I held onto Judaism. Important to me was the belief that not only could I repent for any wrong doings over the year - it also gave me pause to decide that I could make changes during the next year. I felt I could say goodbye to the past year and really do things differently - to change - in anyway I wanted to. Having the time to reflect during services was a gift I felt our faith gave to me. And I took advantage of it every year.

Talk about change - I look at myself now. Did I ever in my years ever think I could change so much as to volunteer to become a temple president? My friends would probably say "Really...really?" That is the beauty of this holiday - that we can all decide to change.

So here is one challenge I put to all of my readers - "What can you do differently this year? What is it you would like to change about yourself, whether in relation to your loved ones, your family, your friends, your job, to our temple?" I'll stick to the part of the temple in this article.

Not long ago, I asked Judy Blum if we could put out name tags before every Friday night service so people can at least learn each others' names and maybe even talk more to folks they don't normally talk to. I've done that. (Well, I admit I have a permanent name badge given my role as President - I couldn't avoid it.). I have to say, it has been a big change for me to get to know so many of our congregants. And you can't imagine

(continued on page 12)

Turn It, Turn It

By Phil Hankin, Religious School Director



Religious School is in full swing now and in the midst of the "Chaggim" - the High Holiday season which concludes with Simchat Torah. Luckily the calendar is friendly to us this year as we do not have any school days that are interrupted because of the holidays. We will continue to have school on Sundays and Tuesdays straight through until Thanksgiving break. We have many new students this year compared to past years and the energy on Sunday mornings and Tuesday afternoons is awesome!

Besides having the students engaged in learning about Israel, Torah, prayer, Hebrew, holidays, history, and Am Yisrael (the Jewish peoplehood), our school really tries to teach the students in these areas through different modalities. Art and music are very prevalent on Sunday mornings and add depth to what is being covered in the classroom. If a student is learning about the Creation story, he/she is not only looking at the Torah text or a Torah story (depending age level), but they are also kinesthetically engaged with the material through art and music. The holistic approach towards learning, along with the fun and exciting atmosphere in and around the building, is what helps the students at CBT know they are not at their "parent's religious school." We also integrate camp into the curriculum by having our 4th - 6th graders attend the URJ Camp Newman Fall Kallah each year. Studies have shown that the best way to ensure a vibrant life-long Jewish involvement is to expose young people to camp/youth group activities. My quest as a Jewish educator has always been to break the cycle of suffering at religious school and to ensure that the Jewish youth of today know that is "cool" to be Jewish and to have a positive relationship with learning and with synagogue. I am positive that this is being achieved at CBT.

All of this work is helped with a terrific teaching staff, a wonderful cadre of volunteer parents who help in the classrooms, in the halls, in the parking lot, and during our monthly Education Committee meetings, and a strong team of teen madrichim. Come by and check out what we do on a Sunday morning. I am positive you will agree that CBT is the place to be!



Sisterhood News

By Rayna Ravitz, President

We are looking for vendors for our Chanukah fair on December 7; if you are interested in having a table or know someone who might be please email or call me.

Mah Jongg has started again. We are playing on some Wednesday nights at CBT - check the Temple calendar on line. If you'd like to play, contact Janet Goodman to get on the email list. jgoodmanwc@comcast.net. As part of the Contemporary Jewish Museum's Mah Jongg exhibit, some of us played at the gallery and met lots of interesting people!

Sunday, October 12, 9:45 am – Sisterhood Membership Brunch at CBT

Come have brunch with Rabbi Gutterman. This is our one "official" meeting for the year where we discuss things we want to do. Plus we have a catered brunch and lots of time to meet other members.

Bring books that you want to recycle to others and find books that might interest you. Bring ideas of things you would like us to do as a group. Some ideas that have come up so far: Shirley Weiner has volunteered to teach us to make necklaces from T-shirts; no-sew blankets; Game night with Men of CBT: Leslie Rupley has written a book she would like us to consider reading as a group.: "The Book Club" play at the Leshner.

Free to all Sisterhood members and new CBT members.

Tuesday, October 21, 6:30pm – Book Sisters

"Life After Life" by Kate Atkinson

We will be meeting at CBT, this is a change from previous notices. (Due to parking Issues we are meeting at CBT.)

Dinner catered by Sweet Tomatoes, \$10 per person. RSVP: Raynaravitz@gmail.com

Tuesday, November 18, 6:30 pm – Book Sisters

"Daughter's Keeper" by Ayelet Waldman

Meet at CBT.

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
- "I Know Why the Caged Bird Sings" by Maya Angelou
- "The Goldfinch" by Donna Tartt
- "The Mathematician's Shiva" by Stuart Rogstaczer

Happy Reading!

A Taste Of Walnut Creek 2014 17th Annual Restaurant Walk "The Original Walking Tour of Downtown Walnut Creek Restaurants"

TUESDAY, OCTOBER 7, 2014 6:00 to 9:00 p.m.

1ST TIME PARTICIPANTS!

Bombay Indian Restaurant
Cream Extreme Pizza
Mixed Grain The Candy Counter

RETURNING FAVORITES!

1515 Restaurant Lounge
Buckhorn Grill Coco Swirl
Crepes Ooh La La
Home of Chicken & Waffles
Hubcaps
Lottie's Creamery Opa!
The Original Mel's Diner
Peet's Coffee and Tea
Pomegranate Restaurant
Pyramid Alehouse
Salvatore Ristorante
San Francisco Creamery Co.
Silk Road Mediterranean Cuisine
Skipolini's Pizza Tomatina
Vitality Bowls
Walnut Creek Yacht Club

TICKET BOOKS ARE \$30 EACH
Get yours before they sell out!!
Stop by the Temple Office!!

K'TAN TAN SUNDAY FUN STARTING!!

Sunday, October 26th
10am - noon

CBT Social Hall
Make challah, music time,
special art projects
and lots of fun and playing!

Appropriate for children under 5!

No charge to attend.

For Qs email Leeah Segev -
leeaht@hotmail.com

Adult Education

By Phil Paris, Chair

Marijuana is not the most dangerous of the substances now available to us. It turns out the most damaging substances are actually the legal ones, alcohol and tobacco. Still, the legalization of marijuana involves a number of important health issues. Its dangers are not well publicized, so I take this opportunity to describe them:

- 1 - Marijuana addiction is not terribly common, but real enough to destroy the lives of thousands of people.
- 2 - Marijuana is damaging to the lungs in the same way that smoking is damaging, leading to chronic obstructive lung disease.
- 3 - Marijuana damages the brain of smoking teens. This is a permanent damage with measurable reductions in intelligence and critical thinking.
- 4 - Marijuana is causing a large number of automobile accidents and fatalities, a number that is soon to increase with greater access to the drug.

Marijuana laws are in critical need of change. We need to stop putting people in jail for possession of marijuana. What a waste of lives and public monies. Rather the imposing of fines for possession would be a reasonable approach. But of great importance is the need for a nationwide campaign that makes known the very real dangers of marijuana.

Phil Paris is former Director of Medical Services for the New York based Mount Sinai Hospital Narcotic Rehabilitation Center with experience in treating over 3,000 patients suffering from narcotic addiction. He is currently Project Director for Stop Stigma Now, a group of substance abuse professionals dedicated to removing the stigma associated with the long term treatment of addiction.

Welcome to our New Members

Sarah Gold

Alex 3.2.2006, Max 1.27.2008

Angela & David Goldstein

Elliot 6.29.2006, Elsa 9.1.2009

Estelle and Bernard Goldstein

Jessica Hecht & Adam Parker

Isaac 10.7.2005

Nirel Leitman

Geniya Levikova & Carlos Trujillo

Eva Trujillo 6.28.2007

Beth & Jonathan Mintz

Jeremiah 9.23.2003

Ruth Winchell-Moyes & Chris Moyes

Miriam 2.26.2006, Nathaniel 9.17.2000, Jordan 12.2.1998

Irina Pekar

Gery 12.11.2006

Welcome back

Debra & Stuart Bussey –

Laurel 4.27.1998, Ellen 9.9.2003

UNDER ONE TENT

Contra Costa Jewish Book & ARTS Festival 2014-2015

October's event at CBT



You are invited to join with lovers of art in our CBT library on Sunday, October 19th at 3 pm. Come see the work of two outstanding artists. Ira and Corliss Lesser are local residents in the Oakland area, working together as husband and wife and as collaborative artists. Their work is truly unique as they combine their artistic talents. How much of their creative spirits are based in their love of Judaism? Come hear them and see the results of their work together.

Date: Sunday, October 19th Time: 3:00 pm Place: CBT Library Admission: \$10

Co-Sponsors: Congregation B'nai Tikvah and Congregation B'nai Shalom. For more info: philip.paris@ymail.com.

For a complete line-up: jfed.org/underonetent or call 510.809.4953 for a brochure.

Sponsors: Beth Chaim Congregation, Chabad of Contra Costa, Congregation B'nai Shalom, Congregation B'nai Tikvah, Contra Costa Jewish Community Center, Contra Costa Jewish Day School, Diablo Valley Hadassah, Lehrhaus Judaica, Reutlinger Community for Jewish Living, Temple Isaiah.

Contributions

GENERAL FUND

In memory of Joel Lander
Flo and Loren Burns

In memory of Max Sheldon

In memory of Roland Forest Tullis
Christine and Murray Sheldon

In memory of Sam Blumberg
Alvin Trepper

In honor of Stan Newman's 90th Birthday
Wishing Bob Wilk a speedy recovery
Robin and Larry Gordon

In honor of Katey Melino's Bat Mitzvah
Sandi Warner

In memory of Frances Oxman

In memory of Ruth Goldstein
Lori and Michael Oxman

In memory Marni Levine
Kimberly and Brian Zagon

In memory of Ida Nankin
Alvin Trepper

In appreciation of our HHD Aliyah
Chanel and Tracy Benhamou

RABBI'S DISCRETIONARY FUND

In memory of Beverly Carol Weiss

In memory of Barry Wajda
Flo and Loren Burns

In honor of Stan Newman's Birthday
Anna and Walter Gewing

In memory of Esther Vineberg
Joni and Mal Vineberg

In memory of Dave Appleberg
Idelle Lipman

In memory of Lisa Gewing
Anna and Walter Gewing

CANTOR'S DISCRETIONARY FUND

With gratitude and in memory of Nicole
Gloria Kemna

RABBI ASHER'S EMERITUS FUND

With gratitude and in memory of Nicole
Gloria Kemna

In honor of Stan Newman's special birthday
Shirley and Paul Kadden

In memory of William Tama

In honor of Sable Adelina Tama's naming

In honor of Harper Emma Wolff's naming
Sharon and Hugh Tama

In honor of Harper Emma Wolff's naming
Karen and George Wolff & Family

In honor of Harper Wolff's baby naming
Samantha and Jonathan Wolff

GENERAL FUND FOR CANTOR'S MUSICAL PROGRAMS

In memory of Phyllis Bobier

In memory of Beatrice Sauve
Ronna and Barry Slavin

In memory of Toni Levyn
Terri and Brent Waterman

CANTOR'S CD FUND

To support Cantor Chabon's CD
Carla Garrett
Laura and Bruce Presnick

In memory of Stanley Gilman
Carol Reif and Jeffrey Gilman

JAMES COHEN MEMORIAL FUND

In memory of Sandy McReynolds
Diane and Victor Leventhal

CANTOR STEPHEN RICHARDS MUSICAL ENRICHMENT/CHOIR FUND

In memory of Beatrice Sauve
Susan and John Klein

In memory of Ruth Ellis Wise

In memory of Kevin Platt
Marjorie and Cantor Stephen Richards

In appreciation of Cantor Richards
Bonnie and Mark Tornheim
Lisa and Sean Cunningham

In memory of Harriet Gardner
Carol and Allen Teitelman

In memory of Stephanie Woldman

In memory of Myron Woldman
Marjorie and Cantor Stephen Richards

MORDOH/NADJARI HOLOCAUST EDUCATION FUND

In honor of Susan Klein's generosity
Ellen Brosbe

In memory of Max Weiner
Shirley and Jeffrey Weiner

CAPITAL CAMPAIGN

In memory of Beatrice Sauve
Katherine and Marc Berger

PRAYERBOOK FUND

In honor of Samuel Meyer's Bar Mitzvah

In honor of Kyle Adelberg's Bar Mitzvah
Barbara and Sid Meyers

TREE OF LIFE - A leaf has been added

In loving memory
Irving H. Assael

OCTOBER 2014 Tishri - Cheshvan 5775

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	1	2	3	4
9:30am - 12:00pm Religious School	12:30pm - 1:30pm Yoga 7:00pm - 9:00pm Choir Rehearsal	10:00am - 11:00am Jewish Meditation - A Taste of Torah 4:00pm - 5:45pm Religious School	10:00am Open Bridge 7:00pm Mah Jongg 7:15pm Midrasha	6:00pm - 7:00pm Yoga 6:00pm - 7:00pm Yoga 7:00pm - 9:00pm Choir Rehearsal	Kol Nidre	Yom Kippur
5	6	7	8	9	10	11
9:00am - 10:30am Sukkah building 9:30am - 12:00pm Religious School	12:30pm - 1:30pm Yoga 7:30pm Ritual Committee Meeting	10:00am - 11:00am Jewish Meditation - A Taste of Torah 4:00pm - 5:45pm Religious School 6:00pm - 9:00pm Restaurant Walk	Erev Sukkot NO Midrasha 10:00am Open Bridge	Sukkot (Office closed) 6:00pm - 7:00pm Yoga	10:00am - 11:00am Tikvah Tots 6:30pm Shabbat Service	9:00am Lay Led Torah Study 10:00am Morning Minyan & Brunch
12	13	14	15	16	17	18
9:30am - 12:00pm Religious School 9:45am - 11:15am Sisterhood Membership Brunch	12:30pm - 1:30pm Yoga 6:00pm Executive Board meeting 6:30pm - 8:00pm CBT Ed Committee Meeting	10:00am - 11:00am Jewish Meditation - A Taste of Torah 4:00pm - 5:45pm Religious School	NO Midrasha 10:00am Open Bridge 5:30pm Pizza dinner 6:00pm Torah unrolling 6:30pm Simchat Torah service & Consecration	(Office closed) 6:00pm - 7:00pm Yoga	Simchat Torah 7:30pm Shabbat Service	Parashat Bereshit 9:00am Lay Led Torah Study 10:00am Shabbat Service - Bat Mitzvah of Peri Gould
19	20	21	22	23	24	25
9:00am Sukkah - take down 9:30am - 12:00pm Religious School 3:00pm - 4:00pm Jewish Book & Art Festival event	12:30pm - 1:30pm Yoga	10:00am - 11:00am Jewish Meditation - A Taste of Torah 4:00pm - 5:45pm Religious School 6:30pm Book Sisters	10:00am Open Bridge 7:00pm Mah Jongg 7:15pm Midrasha	6:00pm - 7:00pm Yoga 7:00pm Men of CBT Poker Night	Midrasha Fall Retreat at Camp Newman 6:30pm Wine & Cheese 7:30pm Shir Joy - Installation of Rabbi Gutterman	Parashat Noach 9:00am Lay Led Torah Study 10:00am Shabbat Service - Bar Mitzvah of Kyle Adelberg
26	27	28	29	30	31	1
Midrasha Fall Retreat at Camp Newman 9:30am - 12:00pm Religious School 10:00am - 12:00pm K'tan Tan 10:00am - 11:00am Schmeer & Schmooze 1:00pm NJOP 7:30pm 2016 B'nai Mitzvah parents meeting	12:30pm - 1:30pm Yoga 6:30pm General Board meeting	10:00am - 11:00am Jewish Meditation - A Taste of Torah 4:00pm - 5:45pm Religious School 7:00pm - 9:00pm Midrasha BODM	10:00am Open Bridge 7:15pm Midrasha	6:00pm - 7:00pm Yoga	6:30pm Shabbat Service	Parashat Lech-Lecha 9:00am Lay Led Torah Study 10:00am Shabbat Service - 5th graders participating

TWO UPCOMING PIZZA DINNERS

Wednesday, October 15 Simchat Torah
5:30 pm dinner
6 pm Torah unrolling, 6:30 service

Friday, November 1
5:30 pm Tot Shabbat 6:30 pm Family Shabbat
6 pm dinner

\$10 Adults, \$5 children (5-12) Please reserve on line or through the Temple Office.

NOVEMBER 2014 Cheshvan - Kislev 5775

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	31	1
Midrasha Fall Retreat at Camp Newman 9:30am - 12:00pm Religious School 10:00am - 12:00pm K'tan Tan 10:00am - 11:00am Schmeer & Schmooze 1:00pm NJOP 7:30pm 2016 B'nai Mitzvah parents meeting	12:30pm - 1:30pm Yoga 6:30pm General Board meeting	10:00am - 11:00am Jewish Meditation - A Taste of Torah 4:00pm - 5:45pm Religious School 7:00pm - 9:00pm Midrasha BODM	10:00am Open Bridge 7:15pm Midrasha	6:00pm - 7:00pm Yoga	6:30pm Shabbat Service	Parashat Lech-Lecha 9:00am Lay Led Torah Study 10:00am Shabbat Service - 5th graders participating
2	3	4	5	6	7	8
9:30am - 12:00pm Religious School 1:00pm NJOP	12:30pm - 1:30pm Yoga 7:30pm Ritual Committee Meeting	10:00am - 11:00am Jewish Meditation - A Taste of Torah 4:00pm - 5:45pm Religious School	10:00am Open Bridge 7:15pm Midrasha	6:00pm - 7:00pm Yoga	Camp Newman Fall Kallah 5:30pm - 6:00pm Tot Shabbat 6:30pm Family Shabbat Service	for grades 4-6 Parashat Vayera 9:00am Lay Led Torah Study 10:00am Shabbat Service - Bar Mitzvah of Max Hess
9	10	11	12	13	14	15
Camp Newman Fall Kallah for grades 4-6 9:30am - 12:00pm Religious School for Grades K-3 and 7 only 1:00pm NJOP	10:00am - 11:00am Tikvah Tots 12:30pm - 1:30pm Yoga 6:30pm - 8:00pm CBT Ed Committee Meeting	10:00am - 11:00am Jewish Meditation - A Taste of Torah 4:00pm - 5:45pm Religious School	10:00am Open Bridge 7:15pm Midrasha 7:30pm The Story of the Jews	6:00pm - 7:00pm Yoga	6:30pm Shabbat Service	Parashat Chayei Sara Trivia Night! 9:00am Lay Led Torah Study 10:00am Morning Minyan
16	17	18	19	20	21	22
9:30am - 12:00pm Religious School 10:00am - 11:00am Schmeer & Schmooze 1:00pm NJOP	12:30pm - 1:30pm Yoga 6:00pm Executive Board meeting 6:30pm General Board meeting	10:00am - 11:00am Jewish Meditation - A Taste of Torah 4:00pm - 5:45pm Religious School 6:30pm Book Sisters 7:00pm - 9:00pm Midrasha BODM 7:00pm Social Action Comm Mtg	10:00am Open Bridge 7:15pm Midrasha	6:00pm - 7:00pm Yoga	7:30pm Shir Joy - Michael Eselun speaking	Parashat Toldot 9:00am Lay Led Torah Study 10:00am Shabbat Service - Bar Mitzvah of Benjamin Stark -Elster
23	24	25	26	27	28	29
NO Religious School 1:00pm NJOP	12:30pm - 1:30pm Yoga	NO Religious School 10:00am - 11:00am Jewish Meditation - A Taste of Torah	NO Midrasha 10:00am Open Bridge	Office Closed Thanksgiving	Office Closed 6:30pm Shabbat Service	Parashat Vayetzei 9:00am Lay Led Torah Study 10:00am Shabbat Service - Bar Mitzvah of Ari Khalameyzer
30						
NO Religious School						

The B'nai Tikvah Trivia Guys Present



TEAM TRIVIA NIGHT 2014!

Saturday, November 15, 2014

Doors Open @ 6:30 p.m. Play starts @ 7:00 p.m.

Over 100 fun, brain-challenging questions

Entry fee \$180 per team; teams of 6-8 players

- The event you've waited all year for is back: The 12th edition of Congregation B'nai Tikvah's Team Trivia Challenge. Movies, music, current events, history, pop culture, sports, cooking, geography, television, even Canadian Prime Ministers. We've got all that for you and more!
- This isn't Jeopardy and you don't need to be a trivia expert to play. It's a TEAM event with 6-8 players per team -- you use your collective minds to answer the questions. Just work with your teammates to puzzle out the answers. You'll be surprised to discover just how much you can come up with together.
- This event is open to everyone, B'nai Tikvah members or not, so get a team from your office, school, or neighborhood. Have friends in other synagogues? Challenge them to field a team. Don't have enough for a full team? No problem. Sign up as a single or small group and we'll do our best to pair you up that night! (Registration fee for individuals is \$30 per person.)
- We welcome teams of high school and college students. Even if you don't think you'd enjoy playing, you can be a team sponsor. We're happy to accept donations that can be used to sponsor student teams or otherwise support the event. And we're always looking for eager volunteers who can help us before and during the event.
- -----
- **ADVANCE EVENT REGISTRATION ONLY – NO TEAM WALKUPS THE NIGHT OF THE EVENT!**
- **COST IS \$180 FLAT RATE PER TEAM; TEAMS ARE A MAXIMUM OF 8 PEOPLE. WE SUGGEST A MINIMUM OF 6. COST FOR INDIVIDUALS NOT ASSOCIATED WITH A TEAM IS \$30 PER PERSON.**
- **PAYMENT MUST ACCOMPANY REGISTRATION.**
- **CASH OR CHECKS ONLY; PLEASE MAKE CHECKS PAYABLE TO "CONGREGATION B'NAI TIKVAH." SORRY; WE ARE UNABLE TO ACCEPT CREDIT CARD PAYMENTS FOR THIS EVENT**

Register Now:

Team Contact: _____

Phone: _____ E-mail: _____

I/We Don't Have a Team But Still Want to Play: (Name) _____

Mail your entry to: Congregation B'nai Tikvah, 25 Hillcroft Way, Walnut Creek, CA 94597, or via fax to 925-933-6833.

Have questions or need more information? Contact The B'nai Tikvah Trivia Guys –
Bob Canter, Mike Cohn and David Specland – at TheCBTTriviaGuys@gmail.com
or call the Temple Office, 925-933-5397.

My goal for this month’s Tikvah Talk article is to share with you a glimpse of what we at Contra Costa Midrasha do with the Jewish teens from our community. This article is the talk I should have shared with you at Rosh Hashanah. Thank you for listening to me that night, sharing our vision for sending our teens to Israel. However, I assumed that our entire B’nai Tikvah community already understood the educational and social setting created at Contra Costa Midrasha, but my assumption was misguided. Thus, I hope you will take the time to read this month’s article, to help you understand why being on the B’nai Tikvah campus on Wednesday nights is one of the great joys of my life and stands as a deep point of pride for B’nai Tikvah; and to hear what I should have said on Rosh Hashanah eve. Thanks again to Harry Wittenberg, Rabbi Gutterman, Cantor Chabon and to all of you at Congregation B’nai Tikvah for welcoming me and Contra Costa Midrasha with such wide open arms.

Midrasha is the place where our teen’s sense of Judaism is transformed from a Judaism that is handed to them to a Judaism that they form and create for themselves. In a sense, it is a Judaism that they, hear with their own ears. Midrasha challenges teens to find their own paths into Judaism. During the five years that they spend with us, from 8th – 12th grade, it is our goal to arm them with a toolbox of Jewish experiences that they can use well into their futures. Inside it are the “items” they’ve collected during their teen years at Midrasha. Some are real, physical objects. There is a Havdalah candle to commemorate the many starry nights spent together on retreats singing “la, la, la” – the Havdalah tune. Like the Shabbat candles we give as a graduation gift, it’s a way to empower our teens to take on doing Jewish ritual themselves. Other items in the box aren’t physical, but spiritual.

As part of my preparations for this article, I spoke with many of our Midrasha teens. They helped me to see the more powerful tools that Midrasha imparts to its teens are:

- A personal belief excavator... As one junior said, “To me Midrasha is where I have learned so much about myself. I have learned about my own Jewish identity as well as what beliefs I have in general. In my three years so far at Midrasha I have learned about all aspects about Judaism and those that I agree and disagree with.”
- Critical thinking skills: “We are always allowed to ask questions to learn about a specific part of Israel or Judaism or something completely different all together. We always have a say in what we do in class to make sure we get the most out of the learning experience.”
- Midrasha electives offer a variety of ways for teens to connect into the world around them – almost like a wall plug. “I have learned a lot about who I am as a person through the electives that are offered such as Teen Talk and meditation. These were classes where we could be free to talk about whatever we wanted to without judgment and in complete confidence.”
- The “Friendship tool” is one of the most valuable resources we give to our Midrasha teens. “Going on retreats is one of my favorite parts of Midrasha. It has let me meet some of the coolest people and become very close with them. It was a way to meet other Jewish teens from around the bay.”

We provide these tools – Jewish identity, critical thinking skills, Jewish beliefs, and Jewish friendships and community - to Midrasha teens through the weekly classes on this campus and through weekend retreats at Camp Newman. Together they create the framework of their new Jewish toolbox.

LEARN TO READ HEBREW

Congregation B’nai Tikvah is proud to join with the National Jewish Outreach Program (NJOP) in their Hebrew Literacy campaign. This is NJOP’s continent-wide campaign to win back the hearts of North American Jews. NJOP invites tens of thousands of Jewish adults into synagogues and Jewish centers throughout the United States and Canada to foster Jewish identity and create awareness about the importance of Hebrew literacy. The Cost is FREE!

Please join Janet Brandess in our CBT library on five consecutive Sunday afternoons from 1 - 2:30pm beginning October 26th. If you are interested in learning to read Hebrew, or if you have any questions, please email Phil Paris at Philip.paris@ymail.com.

For more information about NJOP go to <http://njop.org>.



Join us for our upcoming events:

Thursday, October 23 –POKER NIGHT FOR ALL. 7pm at CBT

*The S.F Institute for Jewish Medical Ethics Present:
Short Lectures on specific topics during the Schmeer and Schmooze Sundays*

Sunday, October 26 – Judaism, Science and Medicine

Sunday, November 16 - Medicine in Israel

Sunday, December 14 - Genetics

Sunday, January 18 – The San Francisco Contemporary Jewish Museum – The Arnold Newman Master Class Series, and Lunch - 11am to 3pm.

Sunday, February 22 - Indoor Bocce Ball at Campo de Bocce in Livermore. Will meet at 11 am at CBT and car pool. (subject to change upon availability)



6th grade art project

GO WHERE YOUR HEART TAKES YOU!

April 19-28, 2015 Community Trip to Israel

- Design your own experience and discover Israel your way!
- Five customized excursions each day: Historic Israel, Social Action/Geopolitical, Arts & Culture, Green & Hi-Tech, Jewish Learning.
- Optional pre-trip to Poland April 14-20.
- Subsidies available.

Learn More: **510.809.4953** or israel2015@jfed.org.



** Many thanks to all the members who donated and packed back packs for VESTIA for underprivileged school children. VESTIA has asked for donations of new or gently used sleeping bags. These donations will be given to the homeless who VESTIA also serves.

Back by popular demand, our **social action speaker this year is again Mike Eselun, Staff Chaplain/Oncology Spiritual Care Specialist at the UCLA Center for Integrative Oncology. He will be speaking at the Shir Joy Shabbat service, Friday, November 21st at 7:30 pm. He was well received last year (based on feedback that we got from congregants), and will follow up in November on the topic of, "exploring our relationship to our own stories, and how we use them in the attempt to make spiritual sense of our lives."

**Upcoming event: "OPERATION ONE WARM COAT." While preparing for fall and winter, please put aside all coats, sweaters, gloves, mittens, and umbrellas that you do not want. Last year we collected over 100 coats. Hope to break the record this year.....There will be bins in the lobby starting in November.

**We wanted to call your attention to Proposition 47, also named Safe Neighborhoods and Schools Act of 2014, which will be on this November ballot and in which MICA (Multifaith Immigration Coalition for Action) is involved in terms of educating members of our larger interfaith community. The overall goal of this proposition is to reduce incarceration/felony sentencing for petty nonviolent theft, and drug possession (more likely to occur in populations who do not have resources for representation). The considerable money saved will be diverted to K-12 school programs, and mental health programs. More information on this can be found at: [http://ballotpedia.org/california Proposition_47,_Reduced_Penalties_for_Some_Crimes_Initiative_\(2014\)](http://ballotpedia.org/california Proposition_47,_Reduced_Penalties_for_Some_Crimes_Initiative_(2014))

Shalom Connection

Condolences to:

Elaine Manno and family on the loss of her grandmother, Eleanor Cohen

Dale Billy and family on the loss of his father, Myron Billy

Mazel Tov to:

Pam and Albert Palitz on birth of grandson, Elliot Joseph Goldman

President's Message....

(continued from page 3)

the people we have as part of our membership.

Here are some folks I met along the way. I'm not going to use their names because I want you to find out for yourselves who they are. So get this - here is a short list of the backgrounds of people I have met who are current members of our temple:

- A military helicopter pilot who flew missions in Iraq and is now an advisor to the IDF
- A former restaurateur who owned a restaurant in Woodstock NY whose customers included Paul Butterfield and Lee Marvin in the 70's
- An opera singer
- A Holocaust survivor who is a retired professor and authored many books in his field
- A retired US Army veteran who volunteered to be chaplain for soldiers while serving in Bosnia
- A well known chef who has brought organic menus to a major hospital.

I can go on, but I wanted to whet your appetite for finding out who these fascinating people are. And by the way - you are equally as fascinating to others. I know that people are very different when it comes to meeting others. In my line of work, I facilitate many workshops with executives and their teams to help them work more effectively together. One assessment I use is called the Myers-Briggs Personality Inventory (also known as the MBPI).

It identifies the inborn behavioral preferences of normal people when it comes to where they get their energies from when relating to people (extraverts and introverts), how they take in information (literally or intuitively), how they make decisions (from the head or the heart), and how they orient themselves in the world (by controlling it or experiencing it.)

SO why am I babbling on about this? Because I want to talk about the first preference - where we get our energies when relating to people. Extroverts get their energies by being with people, easily talking to folks, and liking relationships with many people. Introverts are more focused inwardly - liking to have deeper relationships with just a few people and finding it draining to talk to many people, especially in crowds.

Where I am going with this is that whether you identify with extroversion or introversion, I encourage you to meet others in our congregation who you haven't met yet. And do it on your terms - but just do it. For some of us, this is quite a change - and now is the time to make the decision to do it. So whether you enjoy meeting lots of folks or just like a quiet chat with just a few, the way we survive and thrive as a community is to build relationships with each other in our congregation. The more we know each other, the more comfortable we look forward to coming to temple and holding it as a place that is secure, friendly, and where you know other's names. That is where I hope we can move towards as we transition our temple into its next generation - call it Tikvah 2.0. It's our future.

So put on your name tag, say hello and start asking if any one of the folks I listed above is the person on the list. And if it isn't, then find out more about the other person and share your background - I guarantee something very interesting will come out of it.

Shanah Tova - I am looking forward to a year of great changes, new relationships, and energizing our community.

Open Bridge at CBT!

Beginning October 1st, on Wednesday mornings, bridge players are invited to join the new CBT Open Bridge at 10 am in our social hall. You may come with a partner or by yourself. The only requirement is your willingness to play with some beginning bridge players who have been learning to play bridge for the first time this summer. They are anxious to learn from more experienced players - who themselves were once in need of guidance at the bridge table. You can expect to sit at one table with the same foursome for each session, but free to sit with other couples on future Wednesday mornings.

It is expected that Open Bridge will continue indefinitely, but you can always check the CBT calendar. There is no charge for Open Bridge. Please let Phil Paris know if you are planning to come tables and cards can be prepared for your pleasure. philip.paris@gmail.com



CBT choir before Erev Rosh Hashanah services.

Congregation B'nai Tikvah
25 Hillcroft Way
Walnut Creek, CA 94597

Non-Profit Org.
U.S. Postage Paid
Permit No. 71
Walnut Creek, CA

CHANGE SERVICE REQUESTED

For membership information, please contact the Temple Office.

PLEASE JOIN US FOR THE INSTALLATION OF

Rabbi Rebecca Gutterman

FRIDAY, OCTOBER 24, 2014
WINE & CHEESE RECEPTION 6:30 P.M.

"SHIR JOY" SHABBAT SERVICE AND
INSTALLATION BY RABBI LESLIE GUTTERMAN 7:30 P.M.

ONEG TO FOLLOW

CONGREGATION B'NAI TIKVAH
25 HILLCROFT WAY, WALNUT CREEK, CA 94597

SHUTTLE PARKING WILL BE AVAILABLE FROM THE CCCSD PARKING LOT
1250 SPRINGBOOK ROAD, WALNUT CREEK