

CONGREGATION
B'NAI TIKVAH

TIKVAH TALK

September/October 2016

Walnut Creek, CA

Vol. 35 Iss. 7

SHALOM, B'NAI TIKVAH!

By Rabbi Rebecca Gutterman



For the third fall since 2014, Cantor Chabon and I have searched our bookshelves for a reading or poem that spoke to us at this time of year, animating the themes of the High Holidays in ways we hoped would be true for our congregation as well. Those words we chose appeared on the first page of Tikvah Talk. This year we've each chosen a different one, with a reflection on how each invites us forward into a meaningful Elul.

What follows are the concluding lines of a poem by Marge Piercy. It's one I've often turned to before Rosh Hashanah, for its rich imagery and gentle reminders that like all living things, we journey forward imperfectly, as best we can. If we're fortunate, then even the wounds and missteps of the past year might regenerate into something that can teach and nourish us. That is part of the sacred work of this season. May we lean on each other as the time draws near, and in Piercy's own words, may wherever we wake up be the right place to be, where we start again.

continued on page 7

PRESIDENT'S MESSAGE

By Dan Lapporte



Shalom B'nai Tikvah family –

As the summer winds down and we begin to prepare for the High Holy Days in October, I want to give you a preview of coming attractions for our community and consider something different for our High Holy Days this year. I also want to highlight a new program

B'nai Tikvah is part of that allows our members to enjoy the benefits of solar power (as our temple is), benefit the planet, and create a fundraising opportunity for our Shul. Intrigued? Read on.

First some highlights about recently held and upcoming activities:

On August 23, we held our second annual End of Summer Schmooze. Like our congregational meeting on May 22, the Summer Schmooze is an opportunity for you to interact with the leadership of B'nai Tikvah in a town hall style meeting, hear about some of our opportunities and challenges and ask questions that may be on your mind. This year, the Schmooze featured all our staff and clergy including our two newest staff members: Amanda Radman, our Temple Administrator and Keren Smith, our Director of Education. It was a lively meeting

continued on page 5

REFLECTIONS...

By Cantor Jennie Chabon



During this time of the year, as the summer draws to a close and the Jewish New Year beckons, cantors and rabbis across the world find themselves turning inward. Contemplation calls out, and our senses become more porous, searching for meaning and lessons that we can weave into the upcoming High Holidays. It may seem early to many to be thinking about holidays that this year fall in early October, but ask any Jewish clergy friend in your life and you will hear that their hearts and minds have been preparing for weeks already. It's as if I find myself spinning deeper and deeper into my most quiet center, building a cocoon from which I will reemerge on Erev Rosh Hashanah.

I was sitting across from my spiritual director this morning, talking about one of the themes of my spiritual life that comes circling back again and again. I called this topic one of my 'broken records', the phrase laden with a healthy dose of self-recrimination. She stopped me to talk about this idea of a personal struggle being somehow a *broken* part of ourselves, just by virtue of it repeating itself throughout our lives. We all probably have a top ten list of themes--not just one broken record!--that we come back to as we age, themes that keep us company, that force us to confront the stickiest parts of ourselves. On the one hand, these repetitive topics can feel heavy and burdensome, something we wish to shed finally if we can just figure out how. But--and this is the secret--these cyclical melodies can be a portal to our liberation if we stop demonizing them, and instead stay in *conversation* with them. If you hold up a mirror to even your messiest, most tangled self, you will see light shining back within the reflection.

My wish for us all this season is to hold up a bright light to every part of ourselves, and in so doing, be reminded that the potential for beauty and joy lives within all of us, right alongside the darkness. As you navigate your own High Holiday preparations, I offer you this prayer from Teresa of Avila:

May there be peace within you.

May you trust God that you are exactly where you are meant to be.

May you not forget the infinite possibilities that are born of faith.

May you use those gifts that you have received, and pass on the love that has been given to you.

May you be content knowing that you are a child of God.

Let this presence settle into your bones, and allow your soul the freedom to sing, dance, praise and love.

It is there for each and every one of you.

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.

CONTACT

Temple Office (925) 933-5397
Office Hours: Monday-Thursday 9 am - 5 pm
Friday 9am—3pm
Fax (925) 933-6833 E-mail: office@tikvah.org
Website: <http://www.tikvah.org>

STAFF

Rebecca Gutterman, Rabbi
Jennie Chabon, Cantor
Raphael W. Asher, Rabbi Emeritus
Stephen Richards, Cantor Emeritus
Amanda Radman, Temple Administrator
Keren Smith, Director of Education

OFFICERS

Dan Lapporte, President
Glenn Gould, Vice President
Julia Babka-Kurzrock, Vice President
Judith Barrall, Secretary
John Rubinfeld, Treasurer
Harry Wittenberg, Past President

BOARD OF TRUSTEES

Michael Fischer	Bruce Meyers
Alan Gould	Alison Negrin
Sandy Gross	Jason Pollack
Bob Grossman	Rayna Ravitz
Holly Grossman	Mary Ann Wittenberg
Daniel Jones	Samantha Youngman
Idelle Lipman	

UPCOMING B'NAI MITZVAH



Bar Mitzvah of Ryan Johnson
Son of Jenny Wodinsky &
Martin Johnson
Saturday, September 3



Bat Mitzvah of Eliana Goldstein
Daughter of Megan and Scott Goldstein
Saturday, September 10



Bar Mitzvah of Zachary Roberson
Son of Caron Treger & Brian Roberson
Saturday, September 17



Bat Mitzvah of Ellen Bussey
Daughter of Debra & Stuart Bussey
Saturday, October 22

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

Mazel Tov to our B'nai Mitzvah

Tikvah Talk is published 6 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 to office@tikvah.org (subject Tikvah Talk).

Congregation B'nai Tikvah can be accessed on-line at: <http://www.tikvah.org>.

Giving of Yourself - Literally

The Social Action Committee has scheduled two events that concern vital giving but won't cost you anything.

On **Wednesday, October 26, at 7:30** the congregation is invited to hear speaker **Robert Moss from Donate Life**. We will be joined by Contra Costa Midrasha.

The subject is organ donation. This is an opportunity to learn so much more about this topic than is generally known. You will be amazed at how this area of medicine has advanced and the number of lives you can impact.

On **Sunday, October 30, from 9 a.m. to 1 p.m.**, Congregation B'nai Tikvah will host a **blood drive** on-site. This is a follow up to our very successful drive this past spring. As before, we will have the large bus in our parking lot and an array of goodies in the social hall.

It does not take long to donate and you will be rewarded with food (what else), some donor thank you items from Blood Centers of the Pacific and the knowledge that you have done something wonderful for our community.

If you have donated before, you know that this is an easy process. If you have not donated before, please consider doing so. It is not difficult.

Please review the eligibility requirements – most of us are eligible unless we have recently traveled in certain foreign locales – and sign up for a time that is convenient for you. If you are not already registered with the Blood Centers of the Pacific, you will need to register before signing up. That same ID/password will be used to access an on-line health questionnaire to be filled out at home before coming for your donation.

There are steps that can be taken in advance of your donation to make the whole process easier and faster.

- Hydrate yourself well the day before and day of
- Eat a good meal
- Fill out the questionnaire before coming and print the scan-able code

If you have any questions, please contact congregants Phil and Nicky Weismehl at phinicky@astound.net or 925-935-2403. Phil is a long-time donor and Nicky a former blood bank nurse.

Finally, Donate Life is going to be the recipient of **donations to our Tzedakah box** for the period of October, November and December.



RELIGIOUS SCHOOL NEWS

By Keren Smith, Director of Education



L'Chaim To New Beginnings

This time of the year, as the weather is starting to get cooler, at least in theory, as our home routines return to normalcy, albeit very hectic; as kids are starting back at school in their new grades – is a time accompanied by great anticipation. On our journey towards new beginnings: a new class or the new Jewish year, we are full of hope, plans and perhaps alongside them some apprehensions; leaving behind the adventures, accomplishments and experiences of the previous year.

In the Jewish religion we carve out ten days in our calendar for this time of transition between the old and the new year; reflecting on our past year and thinking about the year to come – we call these days the Days of Repentance or in Hebrew: *Aseret Yemey Tshuvah*. It is the time that elapses between Rosh Hashanah and Yom Kippur; the first ten days in the Jewish calendar. It is a time set aside for each one of us to do our personal *Kheshbon Nefesh* – which translated literally is the Hebrew for something along the lines of Arithmetic of the Soul, but translated into English means Introspection. It is a calculation we each make with our inner self about the past year of our life on an imaginary scale of things we did well versus those we wish to improve upon, as we gear up to a fresh new start. It is a great tool that we are gifted by our faith to collect our thoughts and be focused and inspired as we enter the new year.

In the same spirit of gearing up for a fresh new start, I would like to invite you, the parents, to think about the future of our school in a similar way of our own individual *Kheshbon Nefesh*. What is it that we have done so well in the past? What is it that we love about our school? Where do we collectively want our religious school to go in the future? These are questions that I would love to explore more with you, in our partnership in this very important task of making Judaism a meaningful part of your children's lives. To this end, I will invite you to reach out to me with any thoughts you would like to share, to answer surveys designed to gauge your opinions on this matter, and to participate in small group discussions on this topic.

In the spirit of new beginnings, I would like to share one new program that is starting in the school this year called: Hevrutah Challenge. In this program students in the upper grade will gather to be introduced to a synopsis of the Parasha or Torah portion of the week. At the end of this introduction we will pose a question to the kids, a thought provoking one that doesn't have one 'right' answer. The kids will discuss this question for 10-15 minutes as a group, and then individually will express (on paper) their answer to the question. Each week an entry will be selected as the best answer and will be displayed in our hallway and will receive a mention in the congregational weekly email.

SISTERHOOD NEWS

By Rayna Ravitz, President

Ready for another fun year with Sisterhood? We would love to hear your ideas.

Please come to the Membership Brunch on Sunday, October 9.

Join Sisterhood when you renew your CBT membership or at the Brunch.

UPCOMING EVENTS

September

20 (Tuesday): Book Sisters, 6:30 pm, CBT
"Marriage of Opposites" by Alice Hoffman
Discussion leader: Leslie Rupley
Dinner from Morucci's - \$10

October

9 (Sunday): Membership Brunch, 9:45 am, CBT
This is the time to bring your programming ideas to us. We will be looking for a speaker from a non-profit for Sisterhood Shabbat.

All new CBT members are complementary members.

This is a chance to see friends and make new ones. Brunch will be catered.

Bring books you want to pass along.

RSVP: <http://www.signupgenius.com/go/20F0B4CA5A922AB9-sisterhood>

18 (Tuesday): Restaurant Walk
Book Sisters will take a break this month and have fun at the Restaurant Walk.

November

15 (Tuesday): Book Sisters, 6:30 pm, CBT
"Frog Music" by Emma Donoghue
Discussion Leader – Beth Riseman
Dinner from Morucci's - \$10

December

20 (Tuesday): Sisterhood Chanukah Party, 6:30 pm, CBT
Potluck Dinner

January

24 (Tuesday): Book Sisters, 6:30 pm, CBT
"Japanese Lover" by Isabel Allende
Discussion Leader – Ellen Duree
Dinner from Morucci's - \$10

WELCOME TO OUR NEWEST MEMBERS

Lori & Max Auffhammer
Noah

Jessica & Tony Lebe
Benjamin, Jacob & Zoey

Jill & Dan Jarmel
Caleb & Grace

Aimee & Anton Enik
Nathan & Alison

Joshua Bevitz & Patricia Mitrakis
Bailey Bevitz

Wendy Joy Knel
Madisyn & Noam Knel-Sharp

See page 9 for Notes on New Members.

SHALOM CONNECTION

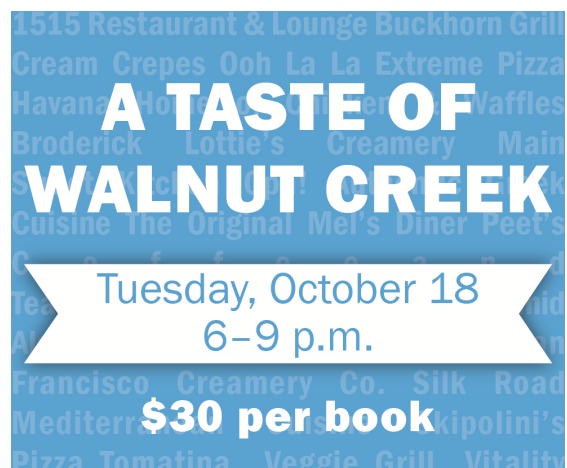
Condolences to:

Barbara Felix and family on the loss of her sister,
Libby Levin

Brian Assael and family on the loss of his mother,
Marilyn Assael

Rabbi Raphael Asher and family on the loss of his mother,
Fae Asher

Iris Kaplan and family on the loss of her husband,
Isidore "Irv" Kaplan



A Taste of Walnut Creek
Tuesday, October 18
6-9 p.m.
\$30 per book

The poster features a blue background with a white banner at the bottom. The text is in white and blue. The background has a faint, repeating pattern of restaurant names like '1515 Restaurant & Lounge', 'Buckhorn Grill', 'Cream Crepes', 'Ooh La La', 'Extreme Pizza', 'Havana', 'Lottie's Creamery', 'Main', 'Broderick', 'Cuisine', 'The Original Mel's Diner', 'Peet's', 'Tea', 'Al', 'Francisco Creamery Co.', 'Silk Road', 'Mediterranean', 'kipolini's', 'Pizza Tomatina', 'Veggie Grill', and 'Vitality'.

Are you looking for:
Beautiful Jewelry
Mezuzah
Menorah
Mah Jong Items
Seder plates
Candlesticks or Kiddush Cups
Story books and cookbooks

We have an extensive collection of Tallit, don't order online- come in and see for yourself our amazing selection!

Come visit our beautiful store in the Temple lobby-

Irene looks forward to helping you!

Please call in advance

**Supporting the Gift Shop supports
YOUR synagogue**

MEN OF CBT

By Bob Grossman, President

Sunday, Sept. 18th at 10:00 am

Please join us for our Men of CBT's Shmeer and Schmooze. We will discuss current events along with up coming calendar planning for the High Holidays.

The next Men's Night Out will be Sept. 28th - Stay tuned for more details!

Who wants in on the act? Congregation B'nai Tikvah is in the beginning stages of planning a one of a kind Comedy Night. (Details of the show to come) This will be a "Red Carpet Event" Fundraiser. If you would like to help us plan and be part of this incredible committee - contact Bob Grossman at men.of.cbt@gmail.com.

Men, Let's not forget the High Holidays are in the beginning of October. Our duty to our Shul is to help see that the processes run smoothly. I would like some volunteers to help move, set-up and organize and return the needed items. Please e-mail me and let me know if and when you can help and be an Usher. men.of.cbt@gmail.com. Thank-you in advance.

PRESIDENT'S MESSAGE

continued from page 3

with about so many congregants attending. We got to a number of questions, but there were some we didn't have time for. I'll look to answer those in upcoming Tikvah Talk articles or more directly. As always, you can reach me at bnaitikvahpresident@gmail.com with any questions or concerns.

Now here's a bit more about the new solar opportunity for B'nai Tikvah members. Following the installation of the SunPower solar system on our temple roof, we've seen a dramatic reduction in our electricity bills each month. We won't know the full amount of our savings until our "true up" March 2017, but we're saving about \$1,000 / month. We'd like to make this opportunity available for all CBT members through a new program with SunPower. As an added bonus, for each CBT member who installs solar on their house, a benefactor in our membership will donate \$518 toward the temple general fund. This is in addition to the \$1,500 rebate SunPower is offering that you can donate directly or partially. This is a win-win-win: A win for the planet through the addition of renewable energy; a win for you through lower energy bills; and a win for B'nai Tikvah with up to \$2,018 per installation!! Please see page 7 for full details of this amazing offer. Another way to look at this offer: If just four members take advantage of the opportunity, we pay one month of our mortgage... Now that's a win we can all feel good about participating in!!

Two other upcoming events I want to highlight:

On September 18, we'll host Al Clark, the first Jewish umpire in the major leagues and a fascinating speaker. Al was an umpire in the American League from 1976 to 1999 and will talk with our Hebrew School students in the amphitheater about the importance of teamwork at an assembly, and then speak again in

the evening about his experiences in professional baseball including some of the personalities he met while umpiring 3,392 major league games. Please see page 9 for details of this entertaining event and make sure to reserve your tickets early and wear your favorite uniform! Special thanks to Julia Babka-Kurzrock and her amazing Membership Committee for pulling our events with Al Clark together.

On October 18, the 19th Annual Restaurant Walk will be held in downtown Walnut Creek. This is an amazing event and an important fundraiser for our temple. A special Yasher Koach to Sandy Gross and Kelly Kaplan for leading the charge on the Restaurant Walk this year!! Please save the date on your calendar and look for ticket books coming in September!

The High Holy Days offer us an opportunity to reflect on the past year and look forward to the year to come. We also get the gift of a true and deep look into how we choose to spend our precious time, consider our family experiences and question how we might improve ourselves. I find these days of awe and reflection empowering – and sometimes a little daunting.

As a prelude to my High Holy Day appeal, you'll hear about a renewed *culture of giving* at B'nai Tikvah. Our founding members had this culture 35 years ago when they created B'nai Tikvah, and that I think that culture still exists within our community. Our capital campaign is being led by immediate Past President Harry Witternberg and Sandy Gross, an active member of our General Board. You'll hear about a number of opportunities to ensure the existence of B'nai Tikvah into the future by retiring our mortgage once and for all. This capital campaign will be a hallmark of 2016 /2017, and I look forward to sharing more of the great work and opportunities with all of you in a couple of months.

B'Shalom
Dan Lapporte

CONTRIBUTIONS

GENERAL FUND

In honor of the naming of Jonah Daniel
Simons

*Claire Bernardo and David Ratner
Bernadette and Nat Bitton*

Yonina and Barry Bushell

Barbara Fenichel

Susan Friedman

Barbara and Allen Grossman

Michael Fine and Sal Ingrande

Karan Lapin

Diane and Victor Leventhal

Jon, Beth, Cassidy and Jeremiah

Mintz

Alison Negrin and Kevin Barnett

Laura and Bruce Presnick

Rayna and Richard Ravitz

Cynthia and Herb Scher

Lisa and Howard Wenger

In memory of Robert Tucker

Dale Tucker

In memory of Irving Assael

Melissa and Brian Assael

In memory of Janet Trepper

Robin and Jeff Brotman

Alvin Trepper

In memory of Aiden Thenemann

Kathy and Steve Weiner

In memory of Herman Sirota

Ann and Stuart Lutzker

In memory of Phyllis Sirota Lutzker

Ann and Stuart Lutzker

In memory of Mel Tobias

Carol and Allan Tobias

In memory of August Gordon

Robin and Larry Gordon

In memory of Malcolm Vineberg, Sr.

Joni Vineberg

In memory of Guy Christian

Joni Vineberg

In memory of Leon S. Milsner

Donna and Richard Milsner

In memory of Robert Landis

Debra Landis

In memory of Izzy Kaplan

Rayna and Richard Ravitz

In honor of David Albert Negrin

Alison Negrin and Kevin Barnett

In honor of Judy Blum's Retirement

Alison Negrin and Kevin Barnett

*In condolence to Iris Kaplan on the loss
of her husband, Irv

Loren Burns and Family

In appreciation for High Holy Day Prayer
Books

B'nai Israel of Rossmoor

In memory of Adolph Joseph

Alaine & Keith Joseph

In memory of Chiune Sughara

Patricia Viera

In memory of Max Sheldon

Christine and Murray Sheldon

In memory of Fae Asher

Robin and Larry Gordon

In memory of Martin Winslow

Beverly and Phillip Winslow

RABBI GUTTERMAN'S DISCRETIONARY FUND

In honor of the naming of Jonah Daniel
Simons

Ellen and Doyle Duree

Mona Epstein

Julie, Bob and Leah Miller

Leslie and Bill Rupley

In memory of Jack Ross

Barbara Ross

In honor of Dick Schwartz's birthday

Anna and Walter Gewing

*In appreciation for my father's *shiva*
service

Mona Epstein

In memory of Tom Rankin

Nessa and Bob Wilk

In memory of Pauline Ravin

Nessa and Bob Wilk

*In appreciation for leading my
mother's funeral service

Brian Assael

In appreciation for the Rabbi's kindness
and compassion

Iris Kaplan and Family

In memory of Fae Asher

Rabbi Roberto and Evelyn Graetz

CANTOR CHABON'S DISCRETIONARY FUND

In honor of Kylie Wechsler and Max
Soriano's Marriage

Haverim Havurah

In memory of Irving Fogel

Yonina and Barry Bushell

In honor of Dick Schwartz's Birthday

Myrna Leib

RABBI ASHER'S EMERITUS FUND

In memory of Fae Asher
Shirley and Paul Kadden

Loren Burns and Family

Annette and Mike Cohn

Leslie and Bill Rupley

Nessa and Bob Wilk

In loving memory of your beloved
mother, Fae Asher

Janet and Les Gutterman

In memory of Florence Vickter Burns

Loren Burns and Family

CANTOR'S MUSIC FUND

In memory of Marilyn Assael

The Benhamou Family

In memory of Sarah Brown

Sharon and Ron Brown

In memory of Hannah Roth

Sharon and Ron Brown

In memory of Florence Reif

Carol Reif and Jeffrey Gilman

In memory of Irving Lerner

Nessa and Bob Wilk

In memory of Rick Martel

Nessa and Bob Wilk

In memory of Mary Margaret Viera

Patricia Viera

JAMES COHEN SCHOLARSHIP FUND

In memory of Milton Eisenberg

Diane and Victor Leventhal

In memory of Abraham Leventhal

Diane and Victor Leventhal

CANTOR STEPHEN RICHARDS CHOIR FUND

In memory of Sadie Teitelman

Carol and Allen Teitelman

STEPHAN JASPAN RELIGIOUS SCHOOL FUND

In honor of Julia Babka-Kurzrock for an
amazing 6th grade year!

The Rubin Family

MORDOH/NADJARI HOLOCAUST FUND

In memory of Luna Nadjari

Zaffy Welch

HELP THE MORTGAGE FUND

In honor of Judy Blum's retirement

Karen Lapin

In honor of Jonah Daniel Simons

Susan and John Rubenfeld

continued on page 7

In memory of Nicole Bristow, Louis Dienst and Evelyn Moulton
Gloria Kemna

In memory of Fae Asher
Marcia and Harvey Maslin
Barbara and Bill Almy

In memory of David Wittenberg
Mary Ann and Harry Wittenberg

JOSEPH ASHER MEMORIAL LECTURE FUND

In memory of Fae Asher
The Blum Family
Pat and Chuck Eisner
Cookie and Jim Svingos
Claire Bernardo and David Ratner
Riva Gambert
Suzy Ziegler
Diane and Vic Leventhal
Lynne Raider
Laura and Bruce Presnick
Mary Ann and Harry Wittenberg

TREE OF LIFE

*In loving memory of Marilyn Assael
Melissa and Brian Assael

SHALOM, B'NAI TIKVAH

continued from page 1

*... Remember to bury
all old quarrels
behind the garage for compost.
Forgive who insulted you.
Forgive yourself for being wrong.
You will do it again
for nothing living
resembles a straight line,
certainly not this journey
to and fro, zigzagging
you there and me here
making our own road onward
as the snail does.*

*Yes, for some time we might contemplate
not the tiger, not the eagle or grizzly
but the snail who always remembers
that wherever you find yourself eating
is home, the center
where you must make your love,
and wherever you wake up
is here, the right place to be
where we start again.*

Save money on your electric bills with solar AND raise money for CBT!

Did you know Congregation B'nai Tikvah just installed 20 kilowatts of SunPower® solar on the roof? We're now generating clean, renewable energy and saving money on the temple's electric bills every day.

As a member of Congregation B'nai Tikvah, you can benefit from going solar too. Not only can you save money on your own electric bills, but you're eligible for a **special \$1,500 mail-in rebate** on the purchase or lease of a SunPower home solar system.

Plus, an anonymous benefactor will donate **\$518 to the temple** for every member who goes solar as a way to say thank you for helping change the way our world is powered.

How do I get started?

- 1 Request a free solar evaluation.
- 2 Receive a customized proposal.
- 3 Receive rebate after installation.

Visit solar.sunpower.com/asp-tikvah to schedule your free home solar consultation.

SUNPOWER™



CONTRA COSTA MIDRASHA

By Devra C. Aarons, CCM Director

It's a NEW YEAR at Contra Costa Midrasha! Join CCM for 2016-17 or 5777 for a year not to be missed. Not only do our Wednesday nights promise fantastic programs, electives and experiences for our teens, we've also got some new projects underway designed to inspire and change the world!

Why is Midrasha important to today's teens? Hear what Marc Heller had to say at our May 2016 graduation:

"Before I joined Midrasha, the only time I interacted with a Jewish community was at my synagogue during my bar mitzvah training. Midrasha showed me how versatile the Jewish religion could be. It showed me that Judaism could be anything from having a family dinner on Shabbat to Jedi prayer. If I hadn't started attending Midrasha, my bar mitzvah probably would have been the end of the road for my Jewish involvement. It acted as bridge to keep me in touch with a community that has become a massive part of my life today." – Marc Heller

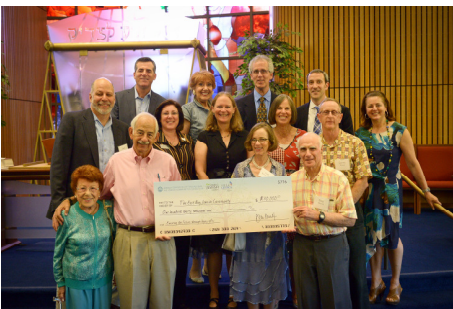
Don't let your teen miss out on a massive part of their teen experience! Encourage the teens in your life to check out Contra Costa Midrasha for Wednesday night programs, monthly social action projects and weekend Shabbat/retreat experiences. **CCM begins the year on September 7 at 7:15pm for our kickoff event** and then continue most Wednesday nights until May. Join in with other Jewish teens every Wednesday night from 7:15 – 9:15pm at B'nai Tikvah (25 Hillcroft Way in Walnut Creek) for nights to explore important issues and try out new skills like Jewish cooking, Krav Maga (Israeli self-defense), art – learn how to make a yarmulke, meditation, Jews in the media and more! To find out more or enroll a teen you know in grades 8-12, visit: <http://shop.ccmidrasha.com/CCM-Registration-Deposit-2016-17-2016-17RegDeposit.htm>

This year, CCM will focus a lot of energy on two additional teen-focused projects guaranteed to teach new skills, inspire your mind and change the world. Here they are:

1. In "Better Together," teens will learn the skills to create, write, direct and edit a short documentary that will be screened at the end of the school year. This year-long intergenerational project consists of teens partnering with seniors living at the Reutlinger Community in Danville – hearing their stories, studying Jewish concepts of caring for our elders and crafting the life stories into a short film. This is an amazing opportunity to learn while doing, get community service hours and build a skill that can serve each teen into the future. Plus, by partnering with seniors we will benefit from their wisdom and experience.
2. Teens are invited to join the Teen Philanthropy Board in its second year at Contra Costa Midrasha. "Be the change we want to see in the world" by picking a mission, raising funds and giving money to charitable causes of our choosing. Once a month on Sundays we will spend three hours together – one hour of service at a local non-profit and two hours of philanthropic work and learning. This is a chance for teens to learn real leadership skills: becoming a philanthropist and tzaddik (person who does good in the world). The program includes a weekend retreat in October learning about philanthropy and Tzedakah with other teens in the SF Bay Area who also participate in the program.

Applications for both programs are now being accepted online. Visit www.ccmidrasha.com to apply and learn more!

Midrasha returns for its 2016-17 year on September 7, 2016! All teens in our community are invited to join in – to inspire and do good work in the community, to be heard, to relax and to grow their own Jewish identity. To enroll today, make a donation, or find out more about CCM's programs, visit our website at www.ccmidrasha.com. Or contact the office via phone at 925/944-4701 or e-mail at contracostamidrasha@gmail.com. See you in September!



In June, thirteen East Bay Jewish organizations received checks from the Harold Grinspoon Foundation as a reward for successfully building their legacy programs. CBT added 20 new donors to our legacy society, bringing us to a total of almost 40 members. As a result, we earned \$10,000 now for doing something that will make us financially stronger decades from now. Because sustaining and strengthening the Jewish community is the whole point of legacy giving, the synagogue will use our grant to support pre-K education programs, our religious school, and Midrasha.

CBT is in position to receive another \$10,000 grant this year. If you are someone who cares about the future of our community, and would consider leaving a small percentage of your estate to help ensure that future, please contact Lisa Wenger (lisa.wenger@thomsonreuters.com) or Sandy Gross (sandyfgross@gmail.com).

NOTES ON NEW MEMBERS

Below is a brief profile of one of our new members.

We hope you enjoy getting to know our newcomers – and that if you are a newcomer, you too would like to tell us more about yourself and what's drawn you to join Congregation B'nai Tikvah.

Happy reading

Yael & Yaniv Benaroya & Family



Our family joined CBT in 2015 as we felt this community would provide our kids with the Jewish values that we wanted to instill in them. CBT offered an amazing educational program that made going to Temple something we all looked forward to. While our kids and the educational program was the deciding factor, we quickly then felt like this was a home to our family as well. We connected with families with kids in our classes and enjoyed participating in B'nai Tikvah's programs. Yael and I, and our children Arielle, Maya and Nathan, love being part of an intimately sized congregation that makes it fun to participate in Jewish life.

AL CLARK:

“CALLED OUT, BUT SAFE.” AUTHOR KEYNOTE AND DINNER

Sunday, September 18, 2016

What: 4:30 p.m. Sponsor's Event
5:00 p.m. Casual Ball Park Dinner
6:00 p.m. Al Clark Speaks

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

Cost: \$154 - Sponsor's event
\$54 - General Admission
\$45 - Members
\$18 - Youth
\$15 - Event Babysitting (5 p.m. - 8 p.m.)

Valet parking available

Wear your favorite team uniform!

Al Clark was an umpire's umpire who worked in the American League from 1976 to 1999. The son of Herb Clark the famed New Jersey sportswriter, Al had an impressive 25 year career.

For Tickets: <http://alclark-cbt.eventbrite.com>

Call CBT for more info.

PREPARING FOR THE HIGH HOLYDAYS: ELUL – THE MONTH OF SEARCHING OUR HEART

This year, the first day of the Hebrew calendar month of Elul, the last month before Rosh Hashanah, falls on September 3. Elul is traditionally a time of repentance and reflection, an accounting of the soul, before the Days of Awe – the High Holy Days. Elul is a time when we examine our lives and reflect on what areas of repentance or re-dedication we want to work on during the High Holidays.

To help you get into the spirit of Elul, our congregation's Mussar group is offering a special readings, practices, and a Shabbat morning service all designed to offer opportunities to get into the right frame of mind for the High Holidays. Each week, we will be sending out e-mails to all congregants with readings about how we can improve our character by focusing on ethical traits. The readings will focus on four soul-traits – generosity, order, calm, and gratitude – and will provide reflections on how you can improve these soul-traits in your everyday life. We will also provide links so you can read more about how our Judaism frame these soul-traits in our customs, our rituals, and our sacred texts.

On Shabbat morning, September 24, we will present a special morning service that ties our prayers to the ethical behavior we all aspire to. The service will include specially selected readings from contemporary and traditional Jewish writers and there will be special chanting and short meditations to blend with our more traditional service elements.

We hope you will take advantage of this special opportunity to prepare yourself for a meaningful High Holiday experience. We hope this month of Elul will be fruitful for you and your family.

If you have any questions or comments, please contact Michael Fischer, CBT's Adult Ed chair.

The B'nai Tikvah Trivia Guys Present

TEAM TRIVIA NIGHT 2016!

Saturday, November 19, 2016

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

100 fun, brain-challenging questions

Entry fee \$210 per team; teams of 6-8 players

- The fun is back!! Joins us for the 14th annual edition of Congregation B'nai Tikvah's Team Trivia Challenge. Movies, music, current events, history, pop culture, sports, cooking, geography, television. 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 find or put together a team for you. (Registration fee for individuals is \$35 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 during the event.

ADVANCE EVENT REGISTRATION ONLY –We are limited to 15 teams. We expect this event to sell out, so preregistration of teams is a must.

COST: \$210 flat rate per team. Teams are a maximum of EIGHT people. We suggest a minimum of six. \$35 for individuals not associated with a team.

PAYMENT MUST ACCOMPANY REGISTRATION. Seating priority is determined by the order in which paid team registrations are received. **Team fees are nonrefundable after October 29.**

Cash or checks only. Please make checks payable to "Congregation B'nai Tikvah." Sorry, but 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

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

SEPTEMBER 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 5:30pm - 6:30pm Picnic in the Park 6:30pm Family Shabbat Service at the Park	2 Parashat Re'eh 9:00am Lay Led Torah Study 10:00am Shabbat Service - Bar Mitzvah of Ryan Johnson
4 No School	5 (Office closed - Labor Day)	6 10:00am - 11:00am Jewish Meditation - A Taste of Torah	7 10:00am Open Bridge 12:00pm - 5:00pm Jewish Coalition for Literacy 7:15pm Midrasha- 8th Grade Orientation	8 6:30pm Shabbat Service	9 6:30pm Shabbat Service	10 Parashat Shoftim 9:00am Lay Led Torah Study 10:00am Shabbat Service - Bat Mitzvah of Eliana Goldstein
11 9:30am - 12:00pm Religious School	12 6:00pm Executive Board Meeting 7:00pm - 9:00pm Education Committee Meeting 7:30pm Ritual Committee Meeting	13 10:00am - 11:00am Jewish Meditation - A Taste of Torah 4:00pm - 5:45pm Religious School	14 10:00am Open Bridge 7:15pm Midrasha	15 11:30am - 12:30pm Tum e Time 7:30pm Shir Joy	16 11:30am - 12:30pm Tum e Time 7:30pm Shir Joy	17 Parashat Ki Teitzei 9:00am Lay Led Torah Study 10:00am Shabbat Service - Bar Mitzvah of Zachary Roberson
18 Religious School	19 Religious School	20 Religious School 10:00am - 11:00am Jewish Meditation - A Taste of Torah	21 10:00am Open Bridge 7:15pm Midrasha	22 11:30am - 12:30pm Tum e Time 7:30pm Shabbat Service with guest speaker Chaplain Michael Eselun	23 11:30am - 12:30pm Tum e Time 7:30pm Shabbat Service with guest speaker Chaplain Michael Eselun	24 Parashat Ki Tavo 9:00am Lay Led Torah Study 10:00am Special Mussar Infused Service: Themes of Elul 8:30pm Selichot dessert 9:30pm Havdallah and Selichot Service
25 Religious School	26 5:30pm - 6:30pm Executive Board 6:30pm General Board Meeting	27 Religious School 10:00am - 11:00am Jewish Meditation - A Taste of Torah 7:30pm Friends of the IDF Speaker- "Saving the World"	28 10:00am Open Bridge 7:15pm Midrasha	29 11:30am - 12:30pm Tum e Time 6:30pm Shabbat Service	30 11:30am - 12:30pm Tum e Time 6:30pm Shabbat Service	

Check the website and weekly emails for most up to date calendar information.

FIRST RESPONDERS TO WORLDWIDE DISASTERS: THE IDF MEDICAL TEAM

Tuesday, September 27, 7:30 PM, Free Admission. Call 925.933.5397 for more information.

Guest Speaker Major (Res.) Nik Wolfson, M.D.

After immigrating to Israel from Belarus, Dr. Nik Wolfson served as Chief Medical Officer in the Israel Defense Force's submarine flotilla. Now an orthopedic surgeon in San Francisco, he was part of the IDF Medical Team when it traveled to earthquake-ravaged Nepal. As the local president of Friends of the IDF, Wolfson personally knows the heroic work carried out by Israeli first responders when worldwide catastrophes strike.

OCTOBER 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Parashat Nitzavim 9:00am Lay Led Torah Study
2 Erev Rosh Hashanah No School 8:00pm Erev Rosh Hashanah	3 Rosh Hashanah	4 No School 10:00am - 11:00am Jewish Meditation - A Taste of Torah	5 10:00am Open Bridge 7:15pm Midrasha	6	7 11:30am - 12:30pm Tum e Time 5:30pm Tot Shabbat 6:00pm Pizza Dinner 6:30pm Family Shabbat Service	8 Parashat Vayeilech Shabbat Shuva 9:00am Lay Led Torah Study 10:00am Shabbat Service
9 Religious School 9:45am Sisterhood Brunch	10 6:00pm Executive Board Meeting	11 Kol Nidre No School 10:00am - 11:00am Jewish Meditation - A Taste of Torah 8:00pm Kol Nidre	12 Yom Kippur 10:00am Open Bridge	13	14 6:30pm Shabbat Service	15 Parashat Ha'Azinu 9:00am Lay Led Torah Study
16 Religious School	17 (Office closed) Sukkot 8:00am Sukkot Service followed by brunch	18 Religious School 10:00am - 11:00am Jewish Meditation - A Taste of Torah 6:00pm - 9:00pm Restaurant Walk!	19 10:00am Open Bridge 7:15pm Midrasha	20 4:00pm - 6:00pm 3rd Thursday @ Tikvah	21 7:30pm Shir Joy	22 9:00am Lay Led Torah Study 10:00am Shabbat Service - Bat Mitzvah of Ellen Bussey
23 Religious School Simchat Torah 5:45pm - 6:30pm Pizza dinner 6:30pm Simchat Torah & Consecration	24 (Office closed) Simchat Torah 5:30pm - 6:30pm Executive Board 6:30pm General Board Meeting	25 No School 10:00am - 11:00am Jewish Meditation - A Taste of Torah	26 10:00am Open Bridge 7:15pm Midrasha 7:30pm Robert Moss- Donate for Life Speaking Event	27	28 7:30pm Shabbat Service	29 Parashat Bereshit 9:00am Lay Led Torah Study
30 Religious School 9:00am - 1:00pm Blood Center of the Pacific Blood Drive	31					

Check the website and weekly emails for most up to date calendar information.

Do you like to travel?

Are you planning vacations in exotic destinations? Bert Gunter is interested in starting a travel group of CBT and local unaffiliated folks who would be interested in meeting on a regular (e.g. monthly) basis to share experiences and ideas on all things travel, including venues, tips, ways to go, etc. Exact format TBD. If you or someone you know might be interested, please email Bert at bgunter@comcast.net.

Interested in helping at CBT?

We need office volunteers to come in at least one afternoon a week to help with various office tasks. Please contact Amanda at amanda@itkvah.org to join the team.

SUPPORT CBT:

 You shop. Amazon gives.

Relay for Life 2016

Thanks to everyone for making Team Tikvah's participation in this year's Martinez Relay for Life a stunning success. We set a loyalty goal this year of raising \$10,000. We reached \$8,704.00, so far. A bit shy from last year's total of \$11,567.53 for the American Cancer Society's Cancer Research, Education and Prevention programs.

We were the second highest grossing team in the Martinez Relay out of 24 teams, which so far has brought in a total of \$62,462.05 raised of their \$85,000.00 goal. There is still time to contribute to this wonderful and worthy cause through August 31. Donations to our team members can still be made through their personal pages and donations to our team can be made through the team webpage: Team



OUR STORY

Our team captain's this year were Martha Jensen, Amy Lichtenstein and Bob Grossman.

A Special Thanks to, Mike and Annette Cohen, Phil and Nikki Weismehl for their guidance and continued support. We appreciate all their help year after year.

Also *thanks* go out to our team members: Phil Weismehl,, Mike Cohn, Karen Lapin, Toni Dine, Amy Lichtenstein, Art Korn, Lisa Wenger, Martha Jensen, Bob Grossman, Geri Kahn, Kathy Berger, Annette Cohn, Alison Negrin, Nikki Weismehl. A Special Thank-You to our Team supporters Too many to mention, you all are amazing.

Martha Jensen made Home Made Neck Coolers to sell and she made special coolers for the team and we sure needed them. Thank-you Martha. Nikki Weismehl made homemade Lavender Sachets to sell as well. We were the coolest and freshest smelling team out there.... Thanks Nikki !!

We also raffled off 11 baskets to make extra money for the Team. Thank-you Amy Lichtenstein and little Noah.

See you next year in July.....Please Join us !!

Thank you to all who joined us to help find a cure for this deadly disease, Cancer. Cancer has affected us in one-way or another...a Loved one, A close friend, Spouse, even ourselves.

Unfortunately our own Miss Shuley Temple missed a third straight crown by just a few \$\$...He told me that next year he plans to step it up a bit.

Thank you to Rabbi Gutterman for leading us in a very special Havdalah ceremony. Tradition!!



Specializing in B'nai Mitzvah

LisaDuncanPhotography.com

(925) 708-8936



Lisa Duncan
PHOTOGRAPHY



Event Planning Specialists

Celebrating All Your Jewish Lifecycle Events

www.simchasisters.com

info@simchasisters.com

925.984.7024

bris • simcha bat • b'nai mitzvahs • weddings • parties

BECOME A READING BUDDY

September 7

In just one hour a week you can help a student learn to love reading. Take part in this rewarding tikkun olam program.

Join the Jewish Coalition for Literacy at the tutor training on Wednesday, September 7 from 1-4 pm.

Register at jclread.org or contact Judy Pam-Bycel, JCL EB Program Director, jpbysel@jcrc.org or [510 809-4904](tel:5108094904).

Tutoring will begin in the summer or fall after you are fingerprinted by Mt. Diablo Unified School District.



Martha Ann Wishnev

Helping my Real Estate clients connect to the Jewish Community since 1977



Broker Associate, DRE # 00608658

EXPECT

- EXPERIENCE
- KNOWLEDGE
- INTEGRITY
- PROFESSIONALISM

MarthaAnn@wishnev.com

www.wishnev.com

925.586.2853

Better
Homes
and Gardens
REAL ESTATE

MASON-McDUFFIE



Sinai Memorial Chapel
CHEVRA KADISHA (FD #1523)

3415 Mt. Diablo Blvd.

Lafayette, 94549

GAN SHALOM CEMETERY

1100 Bear Creek Road

Briones, CA 94553



Harvey Hochhauser
Experience is Priceless!
Serving ALL of
Contra Costa County

Sales Manager, DRE# 0-600020-2

Here to handle your most valuable investment! Helping Buyers, Sellers, Landlords and Tenants for 39 Years!

"Complimentary Notary Service for Any Temple Member!"



Office 925-827-9000
 Cell 925-285-3858
 hhochhauser@sbcglobal.net

EAST BAY CHILDREN'S BOOK PROJECT
 Every Child Needs a Book

The bin is in our lobby.

Bring in gently used books for all age children.

<http://www.eastbaychildrensbookproject.org/>



Have YOU visited the Tzedaka box in our Lobby?

All donations received through the end of September will be sent to American Cancer Society Relay for Life



All donations received through October through December will be sent to

Donate Life

These organizations were selected by our Social Action Committee.

MAKING WAVES
 NOVEMBER 13, 2016

SUNDAY, NOVEMBER 13, 2016
 DOORS - 4:15 PM SHOW - 5:00 PM
 ACALANES HIGH SCHOOL THEATER, LAFAYETTE

FEATURING THE MACCABEATS!

TICKETS ON SALE SEPTEMBER 1, 2016
 \$25 for adults \$15 for kids ages 6-12

jfed.org/makingwaves

JEWISH FEDERATION OF THE EAST BAY
 THE JEWISH COMMUNITY FOUNDATION

www.ccjds.org

K-8th Grade Open House
Sunday, December 4
 3:30-5:00pm

Check Us Out Day
Friday, November 11
 1st - 7th grade students are invited to visit our classrooms

Middle School Open House
Thursday, January 19, 2017
 6:00-8:00pm

Private tours by appointment, call our admissions office.

great kids going places

A Community Jewish Day School
 Kindergarten-8th Grade
 955 Risa Road, Lafayette, CA
 925.284.8288
 admissions@ccjds.org

The Contra Costa Jewish DAY SCHOOL

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.

HIGH HOLYDAYS 2016/5777

High Holyday tickets will *automatically* be sent early September to all members in good standing **and** their children between the ages of 16 and 25. If your children are older, we're happy to have them join us! If you do not receive your tickets by September 23rd, please call the temple office. Tickets must be brought to all services.

HIGH HOLYDAY SCHEDULE

High Holyday services will be held at St. Matthew Lutheran Church.
Tickets are required for all Rosh Hashanah and Yom Kippur services.

Saturday, September 24 at CBT

8:30 pm Dessert and Havdalah
9:30 pm Selichot Service

Sunday, October 2

8:00 pm Erev Rosh Hashanah Service

Monday, October 3

9:00 am Children's Rosh Hashanah Service**
10:30 am Adult Rosh Hashanah Service
5:00 pm Tashlich – Civic Park, Walnut Creek

Tuesday, October 11

8:00 pm Kol Nidre Service

Wednesday, October 12

9:00 am Children's Yom Kippur Service**
10:30 am Morning Yom Kippur Service
4:00 pm Afternoon Yom Kippur Service
6:00 pm Yizkor Service
6:30 pm Neilah Service
7:15 pm Break-the-Fast

**Do you have unaffiliated friends who would like to join us for Children's Services? Have them contact the Temple Office for complimentary tickets!! Questions or concerns, please contact Amanda at the Temple Office 925-933-5397.