
Tikvah Talk

Vol. 31 Iss. 11

Congregation B'nai Tikvah Walnut Creek, CA

Summer 2012

From Where I Stand

By Rabbi Raphael Asher



RABBI ASHER IN THE COMMUNITY—5772

Davar Torah for Jewish Day School Board meeting

Planning committee - Firestone lectures at CBT, B'nai Shalom, and Isaiah

Spoke at St. John's Episcopal Church in Clayton

Invocation at MLK event in Civic Park

Chaplaincy advocacy for Regional Medical Center - Martinez

Farewell address for Rev. Brian Stein-Webber of the Interfaith Council

Witness our Welcome LGBT event at Congregation Beth Chaim

Introduction for Professor Sam Oliner at Yom HaShoah

Tiles for Matt Miller and Gavin Powell memorial at Las Lomas High School

Led East Bay Jewish Book Groups' discussion on the works of Israeli author David Grossman

Havdalah and Tisha b'Av study at Relay for Life (upcoming)

Reflections...

By Cantor Jennie Chabon



A few months ago, I returned to B'nai Tikvah after almost five months at home on maternity leave. During that time, my life was the simplest and quietest it has been in a long time. Ezra and Levi were at school, Steve was at work, and I spent my days with my beautiful baby Judah, walking together, grocery shopping, getting to know each other, finding a rhythm together. I have never thought that I would enjoy being a full-time mom, but during my leave, I felt the pull to stay home for the first time, and the pull was very powerful! I had time to shop and cook every day and we were together as a family almost every night for dinner and bedtime.

But even more than that, I got to spend Shabbat with my family every week, something that I rarely get to do. I treasured those Shabbats every single week, knowing that they would soon be over. I felt, more than ever before, the depth of the challenge of being a cantor and a mother. I understood for the first time why only men were cantors and rabbis for so many years in our history. Something felt very simple and right about me being home with enough time and space to prepare my house for Shabbat, rather than rushing around, giving Steve a thousand instructions about dinner for the boys, before jumping into the car and racing through traffic to B'nai Tikvah for services.

It would be an understatement to say that I felt conflicted about coming back to work.

My first Shabbat back was a Shir Joy service, and I actually felt nervous—me, nervous, at my very favorite service of the month!—before the service began. I knew there would be a lot of people at the service, and I anticipated feeling overwhelmed at having to connect with so many people in one evening. For five months, my focus had been so narrow: on Judah's little toes, his incomparably soft cheeks, each new hair growing on his head, his absolutely delightful laugh. How would I be able to expand my vision to include so many people in one night? I was feeling true doubt about my capacity to be a cantor and a mother for the first time. And then, the service began.

From the moment I started to sing, I felt the shift immediately within me, the expansion of joy and yearning that I feel when I lead services. I looked across the room at all of the beautiful, familiar faces in the congregation, and I was overcome with gratitude for

(continued on page 4)

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
Jennie Chabon, Cantor
Stephen Richards, Cantor Emeritus
Judy Blum, Temple Administrator
Phil Hankin, Director of Education

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CONGREGATIONAL OFFICERS

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Upcoming B'nai Mitzvah

Rachel Morgan
Daughter of Michelle and John Morgan
Saturday, August 4

Anna Silver
Daughter of Tracy Silver-Lieb & Jeremy Lieb
and Mark Silver
Saturday, August 11

Alyssa Mikesell
Daughter of Beth and Jeff Mikesell
Saturday, August 18

Zachary Babka
Son of Julia Babka-Kurzrock and
Serge Babka
Saturday, August 25

Special Mazel Tov to Baylee Wechsler,
Daughter of Chelsea and Glenn Wechsler,
who became a Bat Mitzvah
on Saturday, July 7

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

Shalom Connection

CONDOLENCES TO:
 Robert Miller and family on the loss of his father, Mel
 Jay Davis and family on the loss of his father, Robert

MAZEL TOV TO:
 Aaron Cohn who graduated from High School but whose
 name was in advertently omitted from the list last month.

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 John Rubinfeld

As I mentioned in my renewal letter that went out in your Membership packet, last year we set our objectives for the 2011/12 year and achieved many! Upon concluding our June 2012 General Board Meeting, I'm very excited about the goals and expectations we agreed upon for 2012/13. Here are a few:

- ✓Redesign our website
- ✓Offer a wide variety of adult education programs
- ✓Organize financially successful and highly engaged/attended fundraising events
- ✓Enhance (lighting, stairs, etc.) the amphitheater to allow us to comfortably hold more events
- ✓Create recognition events (i.e. long-time members, where you were raised, attended college, etc.)
- ✓Listen to what you say and act accordingly

As you know, the above objectives don't happen without the support of the community. As your Nudge-a-rator, let us know what you're passionate about (that relates to the Temple). Either one of the board members or I will reach out to you. Remember, "It takes a Shtetl!"

I believe most of you know the 40 students in our recently graduated 7th grade class were the largest group in our history. In June alone, six of them were called to the bimah. Witnessing more than a few, I can tell each B'nai Mitzvot did an outstanding job in not only preparing for their Torah / Haftorah readings and traditional blessings, but understanding, in their own way, the significance of their accomplishment. Obviously, that doesn't happen by itself. This is a tribute to the incredible effort by the Rabbi, Cantor, Phil, teachers, tutors, but most importantly their parents, for keeping it all together (when I'm sure there were moments that all was lost). I highly encourage you to attend upcoming B'nai Mitzvahs on Saturday mornings. The good news is there are many more to come!

Speaking of youth education/accomplishments, our school year is coming up and our fabulous Director of Education, Phil Hankin, is planning his three E's (energy, engagement and education). If you know other families who haven't decided on a religious school program, I highly recommend they contact Phil or Todd Young (our Religious School Chairperson).

Lastly, as we begin a new year, I want to thank you on so many levels for being part of our community. Sometimes we take each other for granted. However, as I mentioned the tug-of-war analogy last year, "we all need to hold on tight, pull in the same direction and don't let go." Well, we have and the days, weeks, months (and hopefully years), are getting brighter and brighter. I look forward to working with you to make your days with CBT enriching, spiritual and fun.

(continued on page 7)

Turn It, Turn It, Turn It Again

By Phil Hankin, Director of Education

At the time of writing this, I sit in my office, answering emails and phone messages, all the while gearing up for the start of the school year. Then a blog post comes through from my dear friend, Rabbi Laura Novak Winer. I had just spent 2 wonderful weeks at URJ Camp Newman with her, her husband (Rabbi Rick Winer), my wife, and many other Rabbi/Educator friends.

While reading her blog, I cannot help but close my eyes and picture my time at camp - this summer and past summers, as a camper or as a professional. I think about the memories - the people I met and the activities I engaged in. The power of Jewish summer camp is summed up below. My hope is that her words inspire many of you to think about sending your children to camp next summer. For those who currently send your kids to camp, maybe you can gain a better understanding of what is happening for them right now...

One time, at Jewish summer camp...

Camp Newman, Jewish education, music, relationships, summer camp, Youth

We just returned home after two very full and fulfilling weeks at URJ Camp Newman. We had time with camp friends, old and new, we enjoyed camp food (really!), we hiked and sang and prayed and talked and sang some more. I had all good intentions of blogging while at camp. I clearly didn't succeed. I hope to share more about our experiences this summer in future posts. Here's one to start.

It is hard to explain to adults outside of our usual circle of friends what it is like to give two weeks of our lives each year to volunteer at a Jewish summer camp. It's kind of like that line from the American Pie movies, "...one time at band camp..." They just don't get it. Now that I am home, I have been reflecting on what I really like about being at camp each summer. Here's my top 7 list, in no particular order.

1. Waking up with a different Jewish song in my head each day. *It seemed like more often than not this summer I awoke with a song or two in my head. The most persistent melodies were - A beautiful Oseh Shalom written by Elana Jagoda, "May the one, may the one who brings peace, bring peace down, bring peace down." A cute little ditty that the kids were singing at Kibbutz Yarak (affectionately called OKY) about love and sunshine that goes like this - "Deep inside my heart I've got this everlasting love. Its shining like the sun. It radiates on everyone. And the more that give, the more I've got to give. It's the way that I live. It's what I'm living for." Since I can't sing, you can Google the lyrics and find some silly videos of really granola-looking people singing it. Beware though, the tune is infectious.*

2. The politeness and appreciation of our kids. *Our children are their best selves while at camp. They say please and thank you. They aren't rude or mean to each other. They don't pass judgment. They fill each other's buckets rather than empty them. They make space for the rabbi to cut in front of them in the buffet line for lunch because she needs to get to another program on time. They are appreciative of all*

(continued on page 6)

We had a very busy year in 2011-12. We read and discussed several books, made blankets for Children’s Hospital, funded Purim lunch for the Religious School, visited museums to name a few activities. Mostly we had fun together.

Most of upcoming year will be scheduled at the October 7th brunch; our one real “meeting” of the year. We have tentative plans for outings to the Contemporary Jewish Museum for some new exhibits. Our Book Sisters group will continue to meet every other month to discuss current books that we will choose starting on July 29. Our annual Chanukah Party will be Wednesday, December 5. Sisterhood Shabbat will be on January 18. Mark these events on your calendar so you’re able to join us!

Upcoming Events:

Sunday July 29 10am - Book Sisters

Our next book is by Joyce Maynard called “Labor Day.” This book is being made into a movie which we’ll go see whenever it’s released! Let’s meet at my house for a relaxing potluck brunch. RSVP: raynaravitz@gmail.com

Wednesday, September 19 6:30pm – Book Sisters

No book has been selected yet. We’ll have that information soon.

Sunday, October 7 9:45 am – Sisterhood Membership Brunch

Save the date. Help us plan our year of activities!

Rayna Ravitz
raynaravitz@gmail.com

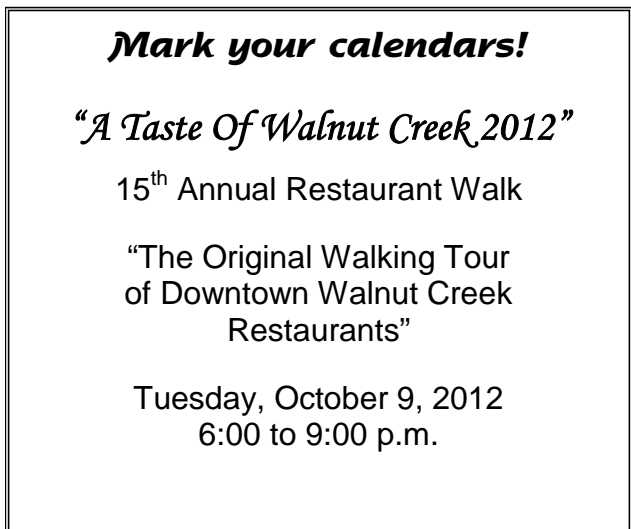


CBT has sponsored a softball team in Jewish softball league for many, many years. The season runs from March through July with games played Sunday mornings at Walnut Creek’s Heather Farms. The league is comprised of teams representing various East Bay synagogues and other Jewish organizations. CBTs most recent league championship occurred in 2008. Anyone who may be interested in playing can contact Jim Blachman at jim_blachman@yahoo.com.

(continued from page 1)

the opportunity to be your cantor, for your willingness to allow me into your lives, to trust me with your open hearts. And then, you started to sing with me! For five months, I had been singing and praying by myself or with my family at home and I had actually forgotten just how incredible it is to pray and sing in community. And even more than that, I had somehow lost sight of the fact that being a cantor is as much a part of me as being a mother.

That evening, when I was driving home, I realized that yes, it will be very hard to be a great mother and cantor, wife, friend, daughter, and sister. I won’t be able to be great in all of those roles every day. And it would surely be easier to just be a mother and to devote myself to my family full-time. But I was also reminded after that lovely service that B’nai Tikvah is a very special community, and that I need this community and this calling in order to feel whole. So thank you. For reminding me at my very first service back that this wonderful shul on the top of the hill is exactly where I need to be.



Contributions

GENERAL FUND

In memory of Arthur Scharlach
Nancy and Arthur Solomon

In memory of Kate G. Alexander

In memory of Frances L. Dobin
Frances and Rabbi Joel Dobin

In memory of Ilse Schoenholz
Debbie and Michael Schoenholz

In memory of Ben Silberman
Marcia and Harvey Maslin

In memory of Joseph Pelen
Kathryn and Neil Siegel

In memory of Byron Lewis
Sue and John Lewis

In memory of Nessim Benhamou
Chanel and Tracy Benhamou

In memory of Julia Blumberg

In memory of Janet Trepper
Alvin Trepper

In memory of Phyllis Sirota Lutzker

In memory of Herman Sirota
Ann and Stuart Lutzker

In memory of Lee Isseks
Carolyn and Barry Isseks

In memory of Frieda Stein
Leslie and Bill Rupley

In memory of Robert B. Tucker
Dale Tucker

In memory of August Gordon
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In memory of Robert Landis
Debra Landis

In memory of Leon S. Milsner
Donna and Richard Milsner

In memory of Daniel Goldstein
Doris and Alan Goldstein

RABBI'S DISCRETIONARY FUND

In memory of Arthur Scharlach
Flo and Loren Burns

In appreciation of Nieves' Bat Mitzvah
Beverly and Phillip Winslow

In memory of Mel Miller
Julie and Robert Miller

In appreciation of Rabbi Asher's special attention on our 60th
Anniversary
Robin and Larry Gordon

CANTOR'S DISCRETIONARY FUND

In memory of Irving Lerner

In memory of Sally Ruth Wilk
Nessa and Robert Wilk

GENERAL FUND FOR CANTOR'S MUSICAL PROGRAMS

In honor of Shayna's Bat Mitzvah

In memory of Charles David Unger
Judith and Scott Barrall

In honor of Cynthia and Herb Scher
Arlene and Yale Downes

In memory of Tim Teele
Jackie Chakoff

JAMES COHEN MEMORIAL FUND

In memory of Milton Eisenberg
Diane and Victor Leventhal

ABRAHAM NIVER SCHOLARSHIP FUND

In memory of Rosa Krys

In memory of Meyer Krys
Shirley and Jeffrey Weiner

RABBI JOSEPH ASHER MEMORIAL LECTURE FUND

In memory of Heinz Fenichel
Barbara Fenichel

MORDOCH/NADJARI HOLOCAUST EDUCATION FUND

In memory of Roza Gershkovich
Galina and Sasha Khalameyzer

In memory of Luna Nadjari
Zaffy and Denis Welch

Our 7th graders.....

Turn It, Turn It, Turn It Again

(continued from page 3)

the staff and faculty are doing for them. They feel pure joy and that translates into gratitude and appreciation for the gifts Jewish camp has to offer them.

3. It's alright to cry. It's alright to laugh. It's alright to be still and quiet. Camp is a place in which we can feel the sadness, joy, exaltation, pain, stillness that a moment brings. No matter what the emotion, everyone knows that s/he will be met with support, love, care and concern rather than with judgment, dismay and dismissal.

4. Family. We are a family at summer camp. We return each summer with the same friends. We pick up where we left off, catch up on the year's trials and tribulations. We take care of each other. We boost each other up enough to carry that love and support throughout the year, until next summer.

5. Deep conversations. At camp you can have those deep and meaningful conversations that don't seem to happen out in the "real" world. The great thing about these conversations is that they are usually spontaneous. They aren't part of a preplanned educational program, and some of them aren't even with the campers. My time this summer included some amazing conversations about what Judaism says real love looks like, what the concept of chosenness means to me, and even about Jewish and Christian theology. (This last one was with a fellow rabbi...don't worry we aren't teaching Christian theology at Jewish summer camp.) Camp is a place where we can ask those BIG questions and explore the role Judaism plays in our lives.

6. Quiet. Without the white noise of traffic, reruns of Law and Order SVU, or the phone ringing, I hear my inner voice. It can be so quiet (except in the chadar ocher – dining hall - when the kids are singing along to Katy Perry while cleaning up their tables). I come to appreciate that silence and the space it gives me to sit and just think, instead of constantly running and doing.

7. Not getting enough sleep. I'm usually an in-bed-by-10 type of person. At camp, that all gets thrown out the window. (And sometimes it's hard to get back into the routine, as evidenced by the fact that it is after 11 pm...I'm still awake.) Camp is about staying up late talking with good friends, singing around the camp fire or while hanging out in the cabin, laughing together and enjoying each other's company.

What I love most about our time at Jewish summer camp is that I know that many, many of our kids are having these same experiences. They are laughing and crying, learning about themselves and about those around them, exploring the world and Judaism, talking and singing, listening to the silence and to their inner voices, and developing lasting relationships that make friends into family.

What I love most about Jewish summer camp is that I know our children are reaping the benefits of its nurturing and sustenance in a Jewish environment.

I am grateful that I get to return each year and reap those benefits as well.

Social Action

By Tina Guterman, Social Action Chair

Thanks to everyone who helped bring dinners to the Martinez Family shelter where many families with young children and infants were staying while trying to secure more permanent housing. On behalf of the social action committee, special thanks to (in order of sign-ups): Sheryl Cardiff, Lorraine Rose, Alan Schwartz, Marcy Unger, Leonard Karp, Dana Brown, Trish Goldin, Susan Hennies, Carla Garrett, Phil Weismehl, Leeaht Segev, Pam Palitz, Susan Rubenfeld, Lisa McLaurin, Donna Hoffman and Juleen Lapporte! Your reaching out and generosity were most appreciated by the families and shelter staff. In the fall (end of October through beginning of November) we will be helping out with meals, tutoring, and other services through the Winter Nights program at Shell Ridge. More specific information will be forthcoming, but please don't hesitate to email Jared Goldin (Jared.Goldin@cancer.org) if you would like to participate. Winter Nights will benefit from having many volunteers pitch in during B'nai Tikvah's participating weeks.

The Social Action Committee would like to inform you of a new program of the Social Justice Alliance (SOJA) of the Interfaith Council of Contra Costa County. The Interfaith Council is an organization, of which B'nai Tikvah has been a longtime member, that promotes unity and dialog amongst various faith communities in Contra Costa County. On behalf of the the Interfaith Council, SOJA advocates partnership to focus on issues racism, welfare reform, immigration and other families of needs. For example, SOJA coordinates the Winter Nights Shelter program in which B'nai Tikvah has long participated. This year, SOJA and congregations in the county joined together to form the Multi-Faith Immigration Coalition for Action (MICA) to advocate for immigrant rights. There are a number of significant immigration justice issues that are occurring right now in Contra Costa County and MICA is working with other immigrants rights groups in the East Bay and throughout California to ensure just local policy. MICA meets at the Mt. Diablo Unitarian Universalist Church the first Wednesday of each month at 7 pm. If you'd like more information about current MICA programs and how you can participate, contact Michael Fischer (mjf1155@ca.astound.net, 925-944-5383). Look for more information and programs over the next several months.

Next Social Action Meeting is Tuesday evening, July 24th at 7 pm. Feel free to attend. Any ideas for social action that you would like to see at CBT are welcome!

Wishing all a relaxing and healthy summer!

President....

(continued from page 3)

It's my pleasure and honor to introduce our newest board members: Idelle Lipman and Amy Lichtenstein.

When trying to describe Idelle's greatest quality, so many jump to the forefront: engaging, sociable, energetic, likeable, determined. I could continue, but, after you have had an opportunity to meet her, I'm sure you'll find more. Although, she's only been part of our community for almost 2 years, her impact on recruiting members as well as participating/organizing in several programs and events is significant. She brings a smile and comfort to everyone she encounters. The great news is this is just a snapshot of her - wait until you really get to know her. Within days of moving here she attended a Book Sisters discussion, a few weeks later joined the synagogue and last year became active on our Ritual Committee. On behalf of the community, we are so fortunate to have you part of our community.

Like Idelle, Amy recently joined CBT. And just like Idelle, Amy hit the ground running. She, too, is actively involved with Sisterhood, regularly attends Shabbat Services. Amy put in long hours to help organize two of our more successful fundraisers: Texas Hold'em and Summer of Love. She has unlimited energy, a great disposition and a truly positive outlook. Additionally, she is not shy about taking on big challenges. In fact, her first assignment on the board is to chair our upcoming Restaurant Walk. Traditionally, this has been our most successful fundraising event! Not something for the tentative soul. I think this speaks volumes of her character and willingness to make a difference. Welcome to the board and we all look forward to you and Bob Grossman (her fiancée) being part of our community for years to come!

Meet Amy Lichtenstein

I want to start off by saying thank-you so much for allowing my fiancé Bob and me to become part of your wonderful congregation. We have been members for just a year now but have felt so welcomed even that first Friday Shabbat we went to last June. The Rabbi and Cantor were on vacation but a warm heartfelt Julia Babka welcomed us (as well as led the services that night with Gabrielle Jones). Lisa Wenger spoke with us at the Kiddish that night and after Judy answered my million questions during the next few days on "how things worked..." we decided to join. Now for me, this has been my first taste of temple life. I did spend part of my childhood in a Jewish area of Queens, NY and went to a Jewish day camp but that was the extent of Judaism in my life. Well, that and the amazing Jewish foods my step-mother cooks. So when Bob and I met and found out one of the many things we had in common was being Jewish... we both agreed to "look into" getting more in touch with our heritage. For me, this would be something very new. For Bob, he did grow up with Temple as a Conservative Jew, but through the years drifted away from it entirely, but missed it very much. So when we moved to Walnut Creek and Googled "Jewish temples"...that is how we found B'nai Tikvah! It has just been a great year for us going thru this journey together and very quickly we become involved. Whether it was going to a play with the Sisterhood, helping with various fundraising events, (Poker/Summer of Love), gathering gifts for a family in need or gearing up for Relay for Life later this month...we absolutely love the choice we made a year ago to join. If someone would have told me 2 years ago that pretty much every Friday night I would be heading to temple services I wouldn't have believed them...but it's true. I work for Grocery Outlet as a Logistics Manager in Berkeley.. and after a busy work week and battling the Caldecott tunnel traffic...nothing puts my mind more at rest and a state of calmness than after attending Friday services. From the lighting of the Shabbat candles, the beautiful melodies of the Cantor, the Rabbi's anecdotal stories and so much more.. We leave the Temple feeling wonderfully blessed. B'nai Tikvah has enriched our lives for the better. I can't wait to start the Rabbi's "last" Adult B'nai Mitzvah class this fall! I believe I will be 40 when we will complete but I can't think of a better time in my life to take a journey like this. I feel privileged to be a part of the Board this year and again I thank-you and all the previous families of the Temple who have made it what it is today. B'nai Tikvah has enriched our lives for the better and we'll be forever grateful.

Meet Idelle Lipman

Hello everyone. I am the "new kid on the block" new to California; new to Congregation B'nai Tikvah; new to the wonderfully active community of Rossmoor in Walnut Creek and, brand new to the Board. Perhaps I have met you and you have commented on "my accent" as it is clear when I speak that I am not a native having lived in New England all my life until two short years ago....first in Maine as a young child, then Massachusetts and for the last 30+ years in New Hampshire. Having a Dad who was raised in Brooklyn, I am also blessed with some Brooklynese diction so some people think I must be a New Yorker! In any case, I always say "I don't have the accent, it is all of you who do!"

My love of Judaism comes from the example set by my parents, especially my Dad, who worked hard to instill in me the customs, traditions and practices of our People from an early age. I have been fortunate to have had this foundation deepened

(continued on page 11)

This is that time of year at Midrasha for both reflecting back and looking forward. This month is a chance to share with you some thoughts from our Class of 2012 graduates and upcoming events in the 2012-13 year!

Some great quotes from our teens' graduation speeches:

In the last four years, I have evolved a lot as a person and as a Jewish teen. I have begun to grow and develop my own identity, and Midrasha has been one of the biggest influences on the shaping of myself." - *Brandon Heller*

I've learned so much from my years at Midrasha. Most importantly, I've learned to be proud of being Jewish. - *Dayna Silvani*

Midrasha is the perfect place to let loose and have fun. - *Emma Wenger*

When I went to [Midrasha] Shabbat services, I prayed with all my heart, and the spiritual fulfillment that I got during those weekends stayed with me for weeks after. - *Jessica Hersh*

All five years at Midrasha have been incredible. It has been one of my best choices to join Midrasha. With each year, it has gone from being just a place to socialize with other Jewish teens to becoming another family. - *Ian Truebridge*

Midrasha is honestly a second family for me. I absolutely adore the time I have spent here and will cherish the memories past and the memories to come for the rest of my life. - *Mitchell Maisel*

I never consciously thought about why I can't stay away, why it is that I can proudly say I have never missed Midrasha for a sporting event or to do homework. I now realize that it is because the enrichment provided by Midrasha is unique. - *Louis Samuel*

Our 2012-13 year begins on September 12th. This summer a group of Midrasha teens will plan our annual "Veteran's Day of Service." Since this is a Federal holiday, it's a great chance for Contra Costa Midrasha to give service back to the community. Last year the day's work centered around food, farm and cooking. This year, our CCM teens will choose a theme and pick the locations where we'll do the day of service.

Visit our website - www.ccmidrasha.com, shopping cart - <http://shop.ccmidrasha.com>, or Facebook page for further updates.

RELAY FOR LIFE!

Saturday, July 28 - Sunday, July 29

Relay For Life is an annual fundraising event for the American Cancer Society.

Join Team Tikvah to help raise awareness, raise resources, and raise hope in the fight against cancer.

Participate in all or part of the 24 hour event which begins at 10 am Saturday morning and concludes at 10 am on Sunday at Las Juntas Elementary School in Martinez.

This is a fun family activity with music, food, and raffles as well as a memorable event with touching moments, such as the seeing the "luminaria" ceremony where hundreds of lunch bags decorated in memory/honor of loved ones who have gone through cancer are used to light the track all night long.

Join Rabbi Asher from 7:30 - 8:30 pm for Havdalah and some reading related to Tisha B'av (remembrance of the destruction of the first and second temple in Jerusalem which falls this year on 7/28).

Also, between 5 -7 pm, Team Tikvah will have a caricaturist doing great caricatures to raise money.

Please use the following link to sign up to participate

http://main.acsevents.org/site/TR?pg=team&fr_id=36780&team_id=1157961

CBT's Board invites you to come schmooze at a Pre-Oneg Shabbat!

Enjoy wine and a little nosh BEFORE Shir Joy August 17 at 6:30 p.m.

Please note that we will not be having an Oneg after services.

Over 40 of our 'kids' will be attending a Jewish camp this summer! This was the 1st group at Camp Newman with Phil Hankin.

JULY 2012 Tamuz - Av 5772

15	16	17	18	19 Rosh Hodesh - Av Choir Rehearsal 7:30 pm - 9:00 pm	20 Shabbat Service 7:30 pm	21 (No service in AM) * Matot/Masei
22	23	24 Social Action Committee Meeting 7:00 pm	25	26 Choir Rehearsal 7:30 pm - 9:00 pm	27 LAY Shabbat Service 6:30 pm	28 (No service in AM) * Devarim 24 Hour Relay for Life begins 10:00 am Haydallah & Tisha B'Av "Tikkun" at Relay 7:30 pm - 8:30 pm
29 Book Sisters @ Rayna's 10:00 am Relay for Life ends 10:00 am	30	31				

AUGUST 2012 Av - Elul 5772

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Choir Rehearsal 7:30 pm - 9:00 pm	3 Family Shabbat Service 6:30 pm	4 * Va'etchanan Shabbat Service - Bat Mitzvah of Rachel Morgan 10:00 am
5	6 Ritual Committee Meeting 7:30 pm	7 Jewish Meditation: Days of Awe & Wonder 7:00 pm - 8:00 pm	8	9 Choir Rehearsal 7:30 pm - 9:00 pm	10 Shabbat Service "Refuat Hanefesh" (A Healing of Spirit) 6:30 pm	11 * Ekev Shabbat Service - Bat Mitzvah of Anna Silver 10:00 am
12	13 Executive Board Meeting 6:00 pm	14 Jewish Meditation: Days of Awe & Wonder 7:00 pm - 8:00 pm	15 Education Committee Meeting 6:30 pm - 8:00 pm	16 Choir Rehearsal 7:30 pm - 9:00 pm	17 Rosh Hodesh - Elul Pre Oneg 6:30 pm SHIR JOY 7:30 pm	18 * Re'eh Shabbat Service - Bat Mitzvah of Alyssa Mikesell 10:00 am
19	20	21 Jewish Meditation: Days of Awe & Wonder 7:00 pm - 8:00 pm	22	23 Choir Rehearsal 7:30 pm - 9:00 pm	24 Shabbat Service 6:30 pm	25 * Shofetim Shabbat Service - Bar Mitzvah of Zachary Babka 10:00 am
26 Religious School Teacher's Meeting 9:30 am - 3:00 pm Adult B'nai Mitzvah gathering 11:00 am - 12:00 pm Choir Retreat 1:00 pm - 5:00 pm	27 General Board Meeting 6:30 pm	28 Jewish Meditation: Days of Awe & Wonder 7:00 pm - 8:00 pm	29	30 Choir Rehearsal 7:30 pm - 9:00 pm	31 Shabbat Service 6:30 pm	

SEPTEMBER 2012 Elul 5772 - Tishi 5773

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 * Ki Tetze Shabbat Service - Bar Mitzvah of Jordan Rackmil 10:00 am
2	3 (Office closed) LABOR DAY	4 Religious School Orientation 7:00 pm - 8:30 pm	5	6 Choir Rehearsal 7:30 pm - 9:00 pm	7 Family Shabbat Service in Amphitheater! Ice Cream Oneg to follow! 6:30 pm	8 * Ki Tavo SELICHOT Shabbat Service - Bat Mitzvah of Rachel Melino 10:00 am Dessert 8:30 pm Selichot Service 9:30 pm
9 Religious School begins 9:30 am - 12:00 pm	10 Executive Board Meeting 6:00 pm Ritual Committee Meeting 7:30 pm	11 Religious School 4:00 pm - 5:30 pm	12	13 Choir Rehearsal 7:30 pm - 9:00 pm	14 "Shabbat Swim w/Susie" 3:30 pm - 7:00 pm Shabbat Service "Refuat Hanefesh" (A Healing of Spirit) 6:30 pm	15 * Nitzavim Morning Minyan 10:00 am
16 Religious School Rosh Hodesh - Tishri EREV ROSH HASHANAH 8:00 pm	17 ROSH HASHANAH TASHLIKH 5:00 pm	18 Religious School 4:00 pm - 5:30 pm	19 Book Sisters 6:30 pm Education Committee Meeting 6:30 pm - 8:00 pm	20 Choir Rehearsal 7:30 pm - 9:00 pm	21 SHIR JOY 7:30 pm	22 * Vayelech Morning Minyan 10:00 am
23 Religious School Sukkah Construction 9:00 am	24 General Board Meeting 6:30 pm	25 NO Religious School KOL NIDRE 8:00 pm	26 YOM KIPPUR	27	28 Shabbat Service 6:30 pm	29 * Ha'azinu Shabbat Service - Bar Mitzvah of Matan Kiesler 10:00 am
30 Religious School						

High Holydays 2012 / 5773

Saturday, September 8
Selichot Service

Sunday, September 16
Erev Rosh Hashanah

Monday, September 17
Rosh Hashanah

Tuesday, September 25
Kol Nidre

Wednesday, September 26
Yom Kippur

President....

(continued from page 7)

thru my 20+ years of service as an active Board member at my former Temple in New Hampshire by taking part in the integration of many Student Rabbis' transition into its congregation, establishing the first monthly newsletter, participating as a member of its Bereavement Committee, producing and publishing its annual Yahrzeit Memorial Booklet, and assisting in the coordination and promotion of its annual major fund raiser ... a Jewish Food Festival.

My involvement to date since joining Congregation B'nai Tikvah includes being a member of the Ritual Committee, being part of the Sukkah decorating crew, coordinating the Sukkot Service brunch, assisting with the Tu B'Shevat Oneg and most recently, helping to promote and assist in the Spring Jewish Meditation Workshop sessions. I love all of our Shabbat Services from Family to Shir Joy as well as being part of our active Sisterhood and Book Sisters Discussion Group. When not at CBT, you can find me spending time with my family on the Peninsula - son, Heath, daughter-in-law, Carrie and grandsons, Milo (5 ½) and Jasper (3 ½) or hiking in the area in addition to enjoying all that both the East Bay and my Rossmoor community have to offer.

I hold a deep respect and love for the land of Israel having visited it nine times while staying with family who live in both Jerusalem and Tel Aviv.

My professional background includes positions in the areas of sales, marketing, customer service and most recently, the hospitality industry. I am excited to be part of CBT's Board and welcome the opportunity to bring my enthusiasm and energy to its congregants.

The East Bay Children's Book Project builds literacy by putting books in the hands of children who have little or no access to them. Working through individuals and organizations who help children in need, this Book Project has given out more than half a million free books.

Please bring your donation of new or gently used books for children of all ages (preschool through high school) to the bin in the Temple lobby which will be here through, at least, all of 2012. For more information about the organization, visit their website, www.ebcbp.org.

Tell your friends too!

Adult B'nai Mitzvah Organization Meeting Sunday, August 26 11 am

All interested B'nai Tikvah members will gather in the rabbi's office on Sunday, August 26th to launch Rabbi Asher's last 2 - year B'nai Mitzvah program. Together we will outline the dates for 4 nine-week courses over 2 years that will culminate in a celebration in the Spring, 2014.

Come let us know what you would like to learn to be more competent with Jewish ritual and more responsive to the Mitzvot.

RSVP and any questions should be directed to rabbi.asher@tikvah.org or call the Temple Office.

ANNOUNCING THE 2013 EAST BAY COMMUNITY TRIP TO ISRAEL

The April 10 - 19, 2013 East Bay Community Trip is a unique opportunity to design your own Israel experience by choosing from five customized excursions each day:

The Geopolitical Landscape **Historic Israel**
Innovations: Green and High-Tech **Arts & Culture**
Social Action

- Plus special young adult programming coordinated by EastBayJews and a post-trip extension that explores the "Spice Route" and Petra in Jordan.
- Subsidies of up to \$750 are available for East Bay and Napa County residents as well as bonus savings for young adults.
- Pre-trip cultural and educational sessions.
- Registration starts July 1 on www.jfed.org/israel2013

Congregation B'nai Tikvah is a proud partner of the April 2013 East Bay Community Trip to Israel.



The Jewish Federation
The Jewish Community Foundation
OF THE EAST BAY
Together we are stronger

For more information, 510.318.6453 / israel2013@jfed.org

Congregation B'nai Tikvah

Have YOU visited the Tzedaka box
in our Lobby?



Donations made by
September 30
will benefit the
American Cancer Society
and designated for
Breast Cancer Research.

This quarter's recipient selected by our 7th grade class.



HAVE QUESTIONS ABOUT
FUNERALS OR CEMETERY?

- ✧ Don't know when to plan?
- ✧ Don't know where to go?
- ✧ Don't know what to do?
- ✧ How do I get the best price on a marker??
- ✧ Should I pre-need a funeral or wait until the need presents itself?

I am a Funeral and Cemetery Consultant who will help you answer the above questions. There is no charge for my time or services. I am a free information service and can help direct you to the right place and person.

CALL: SUE LEFELSTEIN (925) 689-4325

B'nai Tikvah Gift Shop

Tallitot, Bags and Kippot
Mezuzot Yads
Kiddush Cups
Candles and Candlesticks
Challah Boards
Tzedaka Boxes
Jewelry
Greeting Cards, Books
Spice Boxes and Havdalah Sets
and lots more!
And now - SHOFARS! 

The Gift Shop is open by appointment over the summer. Please call Irene Korn at 925.673.9300.

Proceeds from the shop benefit
Congregation B'nai Tikvah projects.

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

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CHANGE SERVICE REQUESTED

For membership information, please contact the Temple Office.

Jewish Meditation: Days of Awe and Wonder

Meditation for Jewish people has been a long and proud tradition. CBT is both celebrating a successful workshop this past May and planning a second workshop in August of this year.

We began in May with Torah tales and a brief look at both Maimonides (the Rambam) and Rebbe Nachman of Bratislav. August marks the beginning of the Hebrew month of Elul, a time for reflection and preparation for the High Holy days of Rosh Hashanah and Yom Kippur.

Dr. Phil Paris will lead our next meditation workshop with a focus on these upcoming holidays, experiencing their meaning and the wonder they provoke.

We will meet on four Tuesday evenings in the CBT library at 7 pm for about one hour, beginning August 7.

We will enter into these days of awe and wonder, hear the call of the Shofar, learn about the need to make our challah round and explore the Thirteen Attributes of Mercy.

All are welcome to one or all four of these meditation sessions.

No prior meditation experience is required.

The sessions are free of charge.

If you wish to attend or need additional information, email Phil Paris at philip.paris@ymail.com.