

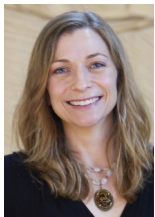


CONGREGATION
B'NAI TIKVAH

TIKVAH TALK

REFLECTIONS...

By Rabbi Jennie Chabon



Dear friends,

An amazing thing happened a couple of weeks ago. On May 20th, we celebrated the b'nai mitzvah of 16 extraordinary adults in our community, a gorgeous tapestry of individuals from varying religious backgrounds who all came

together to dedicate their commitment to their Jewish paths as a beautiful, cohesive group. Three of them had chosen to become Jewish in the last couple of years; three had become b'nai mitzvah once before in their lives, and wanted to do it again in a deeper and more meaningful way; several had kids who are becoming b'nai mitzvah and wanted to experience the ritual alongside their children; all were open, wise, dedicated and thoughtful throughout the 18 month process. I was blown away at their service, living over and over again the teaching from Pirkei Avot 1:6: aseh l'cha rav, find yourself a teacher, acquire for yourself a friend, and judge each person according to their own merits. They are all my teachers.

One of my favorite parts of being in such an immersive ritual experience is how present it requires you to be. There was not one moment in the service that I thought about my to-do list, work stresses, family dynamics—none of it. All I thought about was this magnificent group of people choosing to do something brave and true, something that brought joy and pride and meaning to every person in the room. It is so rare to have that experience these days! We are so easily distracted, so quickly tempted to go to our phones and away from the present moment, to hit 'refresh' just to have something to do, rather than breathing or feeling or thinking in that moment instead. Prayer and community celebration require our presence and attention, and I am so grateful for that requirement every time.

As we all move into the summer—into travel and unpredictable schedules and exciting adventures—my blessing for us is that we seek out moments of meaning and connection, even when we are away from the sacred community that creates it for us. Look for the quiet moments. Put down your phones. Embrace the silence of nature. Relish the times that you forget about anything else but the moment you are in. And come back to your beloved CBT whenever you are in town to share your light and presence with us. We will be here waiting for you!

EDUCATION

By Sue Bojdak, Director of Congregational Learning



"Say not, 'I am too young'" (Jeremiah 1:7) . I still remember this verse from someone's else's t-shirt at a youth convention I attended when I was active in my high school youth group. I was full of my own fierceness and potentiality. There was nothing I couldn't make happen and I was passionate about (almost) everything. This verse became my shout out to adults who maybe weren't ready to invest the next generation with the power I was sure was ours to take.

Of course, Jeremiah, not so much. The voice in this text is God chastising Jeremiah for trying to duck his prophetic call because he was "still a boy" (1:6). Scholars guess that Jeremiah was somewhere between the ages of 10 and 20. Like most of our prophets, he did not receive his call with enthusiasm. But God reassures him, putting God's hand on Jeremiah's mouth and saying, "Here - I put my words into your mouth" (1:10). It is hard to say "no" after that.

Lucky for us the response of teens to our call to join the newly created Jr. Board this year was a resounding, "Yes!" And our eighteen Jr. Board members, ages 11-18, have been rocking it all year long. They sorted who and what a Jr. Board can be and launched two initiatives, a mixed-age buddy program for the religious school (piloted this spring and set to take off this fall) and an exploration of strategies to ease B'nai Mitzvah anxiety. When the related teen leadership retreat didn't happen, the Jr. Board enthusiastically embraced the possibility of repurposing our grant funds to rehabilitating the CBT youth lounge. From imagining what might be possible in that space to hauling out beat up furniture and outdated materials, to pricing, measuring, and strategizing about new couches, the Jr. Board has taken the lead on (re) creating a fabulous space for CBT and CCMidrasha youth to be at home in our congregation.

All of this is possible thanks to the CCJCC Community Impact Grant program which seeded our Jr. Board and worked with us to redirect our retreat grant to use for the lounge remodel. And really it's possible because everyone in our community knows that our youth are not too young to lead, to create, and to design the present and future of CBT. Kol ha'kavod/All honor to our youth!

See pages 8 and 9 for This is Us @CBT Jr. Board

Congregation B'nai Tikvah

MISSION STATEMENT

At Congregation B'nai Tikvah, we believe that a kind and vibrant Jewish community deepens and restores our sense of purpose and connection to the world. We are dedicated to learning, music-infused prayer, personal relationships and a commitment to social justice, and welcome all who are looking to explore the many innovative paths to meaning that Judaism has to offer.



STAFF

Jennie Chabon, Rabbi Cantor
Michael Liepman, Interim Executive Director
Sue Bojdak, Director of Congregational Learning
Kathy Jacobs, Office Specialist
Jonah Kunis, Communications
Tami Welch-Robinson, Executive Assistant
Raphael W. Asher, Rabbi Emeritus
Stephen Richards, Cantor Emeritus

BOARD OF TRUSTEES

David Ratner, President
Lori Siegel, President-Elect
Judith Barrall, Immediate Past President
Julia Babka-Kurzrock, Secretary
John Rubinfeld, Treasurer
Joel Guss, Trustee
Jenn Leeds, Trustee
Idelle Lipman, Trustee
Amy Lerner, Trustee
Tony Lebe, Trustee
Marcie Hochhauser, Trustee

CONTACT

Office Hours:
Monday -Thursday 9:30 a.m. - 4:30 p.m.
Friday: 10:30 a.m. - 3:30 p.m.
office@tikvah.org | (925) 933-5397
www.tikvah.org

JOIN US FOR THE CONGREGATIONAL ANNUAL MEETING, SUNDAY, JUNE 25, 2023, 4–5 P.M.



CBT Social Hall

See page 5 for a list of the nominees for the open positions for the 2023-2024 Board of Trustees



Let's join together as a community as we reflect on our past year and look forward to our future together. Join us for our annual meeting where we will present and vote on next year's budget and our Board of Trustees slate.

This is an in-person meeting at CBT. Proxy ballots and budget information were sent in May. If you are not able to attend, please send your proxy either by email, or USPS mail.

Please contact us if you have any questions Office@tikvah.org



THANK YOU TO OUR KAVOD MEMBERS

Ruthie & Larry Goldenberg
Robin Gordon
Joel & Holly Grossman
Dan Lapporte
Jennifer Leeds & Robert Hess
David Ratner & Claire Bernardo
Richard & Rayna Ravitz
Andrea Slavet

Would you like to become a Kavod member? Email Michael Liepman, Interim Executive Director for more information.
Director@Tikvah.org

Interim Executive Director

By Michael Liepman



As the new Interim Executive Director, I would like to begin by saying todah rabah (thank you) for the amazing welcome that I've received since joining the B'nai Tikvah staff (team). I also appreciate Keren Smith working with me so diligently during our mutual transition. A special thanks to the Board, the team, Rabbi Chabon and all the members who I've met since I started.

Given that this is the June/July Tikvah Talk, I want to make sure you are aware that the High Holidays are early this year. Erev Rosh Hashanah is on Friday, September 15th. We look forward to greeting you at Saint Matthew Church again this year. I understand that this will be CBT's 17th year at Saint Matthew! We met with Tom from the church, who has been there ever since the beginning of our association, and they are ready for us.

July is the beginning of a new fiscal year for CBT. We would love to see our very special congregation grow by inviting new members to join us. If you have any friends, relatives, or neighbors who are looking for an amazing community, please contact me. I would love to talk to them! I am available to address questions or concerns regarding any details about the financial commitment to join. We feel strongly that no one should be turned away because of financial hardship. The office team will work with everyone to ensure that new members feel welcome.

Various projects are in the works at CBT. The amphitheater benches were recently refinished this spring. We are finishing up the process of transitioning to Kesef, a cloud-based accounting service. We appreciate your patience while we go through this transition! The exterior fence has been completed and the front entrance gate is nearing completion. We are looking at getting bids for access control systems for the new gate. We will keep you updated about developments with the gate and entry details through the weekly Monday emails.

Please stop by the office and say hello! I'm in the office Monday through Thursday.
Michael Liepman mliepman@tikvah.org

CBT's Annual Father's Day Diaper Drive for the Monument Crisis Center Through Sunday, June 19

Got Diapers? Some people in our Contra Costa community struggle with buying diapers - let's help them! For this Father's Day, let's help parents provide basic needs for their families by helping them with disposable diapers.



Please donate disposable diapers at CBT in one of the Monument Crisis Center bins by Sunday, June 19

President's Message

By Board President David Ratner



Friends this is my last Tikvah Talk article as CBT's President. I thoroughly enjoyed serving our community and I hope that you think that I added some value to who we are and who we want to be. I do not intend my last Post to be a review of the challenges and successes of the last two years. Rather, I am going to look forward with both optimism about where we can go as well as the uncertainty about our future.

It is no secret that faith-based communities are suffering from an erosion of membership. Religious institutions no longer command the loyalty and devotion that they did in the past. Organized religion has ceded its moral high ground for many obvious and not-so-obvious reasons that do not need to be recounted here. Plus, the Covid pandemic made it possible for folks seeking a spiritual connection to do so without paying for the privilege, without attending services in person, and without sticking to one particular place or, even, one particular faith or denomination. The internet has expanded our possibilities. These challenges are not unique to CBT.

However (here comes the optimism) I think we are uniquely suited to be able to thrive in this current climate.

May 20th, sixteen of our congregants concluded their eighteen-month journey to B'nai Mitzvah. All, in their B'nai Mitzvah speeches and D'var Torahs, spoke about how moving they found the experience and how the experience deepened their relationship with Judaism, with each other, and with CBT. They made clear that we stay strong and stay together not because we are Jews but because of the bonds we form within our Jewish community.

My sacred partnership with Rabbi Chabon taught me that our Rabbi understands that her job begins as our spiritual leader but does not end there. I am optimistic that as CBT's Rabbi, she will devote her time and spirit to fostering relationships as well as leading us in joyful moving services and attending to our life cycle events.

I was saddened that Keren Smith decided that the time had come to move on as our Executive Director. Keren knew us, loved us, and worked her tail off to keep CBT running as smoothly as possible. Fortunately, we were able to find an extraordinarily experienced, intelligent, and hard-working interim ED to fill Keren's shoes until we can hire someone as talented. Michael Liepman hit the ground running with both energy and creativity. So, I am optimistic that he and Keren's permanent replacement, Rabbi Chabon, Sue Bojduk (more about Sue in a bit), and Lori Siegel, our incoming President, will work together creatively to not just sustain us but, more importantly, to help us grow and thrive.

Sue, our new Education Director, brings energy and creativity to not just our religious school, but also to the entire CBT community. She and Rabbi Chabon formed an immediate bond and are working on their vision for how our shul can creatively deal with the challenges that we and all synagogues face. They understand

(Continued on page 4)

Sisterhood News

By Mona Epstein

Sisterhood started out March with Booksisters reading and discussing "The Man Who Sold Air in the Holy Land" by Omer Friedlander . Our discussion of this book of Israeli short stories was enhanced by viewing a virtual discussion with the author in May.

In April we read "The Thread Collectors" by Alyson Richman and Shaunna J Edwards. This was an engaging story set in the time of the Civil War with a surprising Jewish storyline.

In May we are reading "All About Me: My Remarkable Life in Show-business" by Mel Brooks.

We are looking forward to June when a large group of Sisterhood members will see "In the Heights" at the Leshar Theatre.

Book Sisters meet regularly on the third Tuesday evening of the month at CBT; contact me if you'd like to join in the fun! We typically have a potluck too! Monaepstein@gmail.com



Sisterhood Mahjong at CBT
on the 2nd Thursday of the month, 1- 3:30 pm
Contact Judy Weil at 925-788-4766

President's Message Continued

(continued from page 3)

By David Ratner, President

that we must offer more than Shabbat services to serve our community's interests and to maintain our congregants' connection to our institution and to each other.

In other words, friends, I'm pretty sure that CBT's path forward is secure. Although my presidency has concluded, I will serve on the CBT Board for another two years as the Immediate Past President and will continue to contribute to our health in any way I am able.

Thank you for honoring and trusting me to be your President. I am happy to welcome Lori to her new role and will be there to assist her to the best of my ability.

Did you know CBT is on FB?

You can find great pictures, event info, notes from our Clergy and more on our CBT page.

CBT and YOU



Are you looking to get more involved at CBT? Check out our list of groups and committees and sign up!

Use this QR code to sign up today!



Or email the office. If you have mad skills in something you would like to offer, we would be interested in knowing! Office@tikvah.org

CBT Groups and Committees:

- | | |
|-----------------------------------|----------------------------|
| Adult B'nai Mitzvah | Membership Committee |
| Adult Choir | Office Volunteer |
| Adult Education Classes | Planning Special Events |
| Bicycle Trips | Ritual Committee |
| Chesed/Acts of Kindness Committee | Service Lay-Leader |
| Education Committee | Services & Events Greeters |
| Facilities Projects | Shabbat Shalom Caller |
| Fundraising Committee | Sisterhood |
| Israel & World Jewry Committee | Social Action Committee |
| Keshet | Technology/Streaming |
| | Teen Programing |

Religious School Registration is OPEN!

It's not too late to sign up for the 2023-24 school year

Missed our May 31 registration deadline? Just starting to think about religious school for the first time? Register TODAY with the QR code below, or contact Sue Bojdak (sue@tikvah.org) to learn more about our programs for kids in grades K-7. We are looking forward to a fabulous 2023-24 school year with more music and art, recess, a buddy program, family days, 6/7 grade youth group experiences, and parent learning. Plus a refreshed building and curriculum and stronger teacher supports. And a visioning process to lead us into the future of CBT Religious school. Be a part of it!

Register Here



Annual Meeting, Sunday, June 25, 4 pm



CONGREGATION B'NAI TIKVAH

Board of Trustees 2023 Election Candidates

Please submit your vote, either in person at the June 25 Annual Meeting, or by proxy.



Mary Ann Wittenberg has been a member of CBT for over 20 years. The Wittenbergs initially joined to provide a religious education for their three children. They soon

discovered how special this CBT family is. Both Harry and Mary Ann became active members. Not only for the community it provided them but to also ensure that this community would be here for others. Mary Ann has been a board member at large, member of the ritual committee and participated in many fundraising events. Mary Ann recently retired, after almost 40 years, as a special educator for the Oakland Unified School District.



Julia Babka-Kurzrock My husband Serge and I joined B'nai Tikvah in 2006 while our 2 youngest were in elementary school and our oldest was in Midrasha. I immediately

volunteered tutoring Hebrew and was subsequently hired to teach in the religious school where I remained for 12 years. I have taught at several synagogues and Midrasha, where I run two programs: Better Together & Mifgash (Israeli exchange program). I volunteer for the EBIJFF (Jewish Film Festival) and CCJCC Under One Tent. I have served on the board, the religious school committee and held chair positions for Membership (co-chair), Security and the Israel & World Jewry committees. I love the community and friendships. This picture is from Mother's Day, our kids and bonus daughter Natalie Benn (CBT member) who joined our family when we became her legal guardian.



John Rubenfeld My wife Susan, son Sam, and I have been CBT members for 25 years. I've served as the Religious School committee chairperson, board president and treasurer (for the past 12 years). We've lived

in this area for 30 years. I'm very proud and honored to serve and be a part of our community and look forward to attending/participating in events and programs in the years to come.

Slate of Nominees proposed for 2023 election by the Nominating Committee

President Elect: Mary Ann Wittenberg (2-year term ending in 2025)

Treasurer: John Rubenfeld (2-year term ending in 2025)

Secretary: Julia Babka-Kurzrock (2-year term ending in 2025)

At Large: Yuri Grinshteyn (3-year term ending in June 2026)

At Large: Amanda Regenstein (3-year term ending in June 2026)

Automatic Succession (No vote needed):

President: Lori Siegel (2-year term ending in June 2025)

Past Pres: David Ratner (2-year term ending in June 2025)

Continuing Trustees At-Large (No vote needed)

Jenn Leeds (Current term ends 2024)

Joel Guss (Current term ends June 2024)

Marcie Hochhauser

(Current term ends June 2025)

Tony Lebe (Current term ends June 2025)

Outgoing Members Board of Trustees

Immediate Past Pres: Judith Barrall

At-Large Trustee: Idelle Lipman

At-Large Trustee: Amy Lerner



Amanda Regenstein (CBT Membership Committee) Former magazine Editor and school board campaign Field Director about to serve as VP Community Relations at Walnut Acres Elementary School; wife of Scott (CBT Covid Response Team and Rabbi Review Committee) & mom of Spencer (age 11) & Landon (age 8); gleeck, skier, swimmer, biker, traveler, yogi, & extreme extrovert; proud to be a five-year member of the most welcoming Jewish community in the Bay Area.




Yuri Grinshteyn lives in the Northgate neighborhood of Walnut Creek with his wife Erin, an Associate Dean at the University of San Francisco and a member of the CBT education committee, and 7-year old son Teddy, who is in the 2nd grade in the CBT religious school. Yuri has worked in the tech industry for over 20 years. He is currently an engineering manager in Google's Cloud division and has worked at companies like Oracle before that. He's excited to utilize his management and leadership experience in a non-profit context and help CBT reach its goals as an institution.


PROXY VOTE:

Our Annual Meeting this year is going to be held in person on Sunday, June 25 at 4:00 p.m. **If you are going to attend the meeting in person, you do not need to submit a proxy vote.**

Each member of your household 18 years or older is eligible to vote. There are three methods for you to vote:

1. Come in person to the meeting on June 25.
2. If you're not coming in person, use this QR code  to submit your proxy vote online

OR

3. Use this QR code  to download, print and mail in a paper proxy vote form.*

*(not necessary if you are coming in person OR if you filled out the electronic form.)

Per our bylaws, "nominations for any elective office may be made by petition of one-third (1/3) of the members of the congregation, said nominations to be filed with the Secretary at least fifteen (15) days before the election."

SHABBAT SHALOM

Shabbat in the Park
Family First Fridays at 6:30 p.m.
6/2, 7/7, 8/4, 9/1

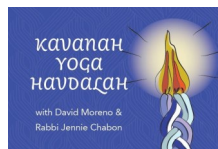
The first Friday of the month is dedicated to the youngest members of our community and their families. Our Family First Shabbat, while designed for young families as a shorter service with music, dancing, and story time, is a wonderfully joyful Shabbat for all ages to

experience. This multi-generational Shabbat is sure to bring a smile to your face.

Join us at Community Park WC for this service. Come early with a picnic dinner and enjoy a lovely evening.



Yoga Havdallah 6pm Saturday, 6/24



Replenish your body and soul as you end Shabbat and prepare to start a fresh week. Join Senior Yoga Instructor David Moreno and Rabbi Jennie Chabon for a one-of-a-kind experience as we weave together yoga, song, and Torah in a beautiful and meaningful celebration of Havdallah.

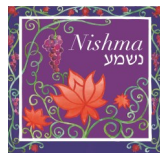
If you have experienced the magic of this class, we hope you will join us again. If you haven't, don't miss this opportunity to be inspired for the week by Rabbi Chabon while practicing yoga with a skilled and compassionate teacher

SERVICES AT CBT

For the most up-to-date details, check your weekly email.

2nd Fridays

6:30 p.m.
In-person 2nd Friday .
6/9 Nourish the Soul
7/14 Rabbi Asher
8/11 Community-Led on Zoom



Nishma 2nd Saturdays

10:00 a.m.
6/10, 8/12
Join us for *Nishma*,

Hebrew for "we will listen," a beautifully constructed Jewish world of music experience. This incredible service, which is a hybrid of Reform and Conservative traditions, was conceptualized and designed by our wonderful Rabbi Chabon, where she is in her truest form. The music is spectacular with guitar accompaniment by Lisa Zeiler, the Torah reading is always moving, the teachings Rabbi weaves through the service are enriching, and her sermons always make you think of our world in a slightly different way. This service is truly magical!

Shir Joy Shabbat

3rd Fridays 7:30 p.m.
6/16 Pride Shir Joy Shabbat
7/21* Community-Led Shabbat,
8/18

Join Rabbi Chabon and the Shir Joy Band for a joyous Shabbat service featuring live music, song, and prayer.



*The Shir Joy Band will not be here in July.

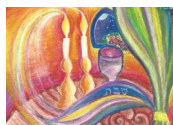
JUNE

Nourish the Soul Shabbat
FRIDAY, JUNE 9, 2023



Register

Sign up for
potluck



4th* Fridays: Community-Led Shabbat 6:30 p.m.

6/23, 7/21, 8/25 Shabbat in the Amphitheater
Experience this warm space of community leadership on the 4th Friday of each month where our members share their love of CBT through participation in the service.

*Starting in August, Community-Led Shabbat will be on the 2nd Friday each month.

Shabbat Guest Speakers



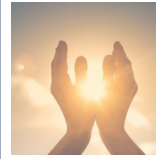
Pride Shir Joy Shabbat

3rd Friday 7:30 p.m., June 16

Join Keshet for a pot luck dinner at 6:00pm. Contact Rebecca Abraham rebecca.e.abraham@gmail.com.

Service will start at 7:30 p.m. with special guest speaker Jhos Singer

Jhos Singer is a **professional Jewish educator, community and congregational leader, writer and speaker**. As an out trans man, Jhos is deeply committed to recognizing the holy in each human he encounters.



5th Friday 5:00 p.m. 6/30 on Zoom

Welcoming Shabbat

with Special Guest Michael Eselun

Join Rabbi Chabon and Michael Eselun for a moving and inspiring Shabbat experience.

Michael serves as the oncology chaplain for the Simms/Mann-UCLA Center for Integrative Oncology. Michael weaves stories with insight, vulnerability and humor to wrap around the larger questions of life, mortality and meaning.



See the Jun 26, Monday email for the Zoom link

ONGOING PROGRAMS

For the most up-to-date details, check your weekly email.



Divorce Support Group at CBT

Led by Sue Bojdak Thursdays at CBT 6-7:30 p.m. through July, 023

This weekly support group is for people wrestling with divorce. We will use Jewish Middot/virtues and mindfulness practices to anchor ourselves as we share experiences and support one another during this difficult life transition. Sessions will be alternately facilitated and peer-led. See the Monday email for a link for more information.

Contact Sue Bojdak at sue@tikvah.org. if you have questions

Zoom Meditation Series with Gerri Levitas

Select Fridays at 1:00p.m.



Join Gerri Levitas for this amazing meditation workshop series. Gerri is a professional hypnotherapist and is well-versed in guided meditation.

Through guided visualization, this workshop will help participants center, ground and access deep wisdom within their own heart.

Choose one or all in the series:

June 30th: Mid-Summer Calm

July 28th: Deep Memories

September 22nd: Returning to Yourself



Sign up with this QR code



Conversational Hebrew With Eric Kestler

Thursdays at 1 p.m. at CBT and on Zoom
Hebrew Conversation Group

Come and practice your Hebrew conversation at this weekly drop-in gathering of fellow Hebrew speakers. Basic Hebrew fluency is required. Mistakes are welcome. A commitment to learning and community are encouraged. Led by member Eric Kestler, we'll meet in-person at CBT with an option to Zoom into the gathering. No RSVP required.

Weekly Torah Meditation: "A Taste of Torah"

Tuesdays at 10:00 a.m.



Zoom to learn about the Torah portion of each week in a calming meditation. See the Monday email for a link. For more information, contact Barbara Almy at barbaraalmy@gmail.com.



Tuesdays at 1:00 p.m.*

*There will be no Lunch & Learn in July. It will resume August 1st

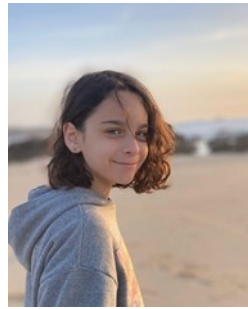
Join Rabbi Chabon for a spiritual exploration and a wonderful community discussion of sacred texts. See the weekly email for Zoom information and the text that will be discussed.

This is Us @CBT—Jr. Board



Bailey Bevitz

My name is Bailey Bevitz and I am in 6th grade. My favorite subject is history and some of my hobbies include gymnastics, writing, and reading. I joined Sunday School at the age of 5 which is how I got involved with CBT. I joined the junior board to help make a difference at CBT and use my passion for leadership for good.



Solomon Magarian

My name is Solomon Magarian and I am in the sixth grade. I have been at CBT for almost 6 years and am currently studying for my B'Mitzvah in 6 months. In my spare time I enjoy reading, playing cards/ board games, listening/playing music, & playing video games. I joined junior board to help hear and meet the needs of CBT youth.



Kesenia Goldstein

Kesenia has been a part of CBT for around 7 years, and has worked as a Hebrew tutor for the past 5 years. She enjoys painting, listening to music, and solving crosswords. She is a senior in high school and will be attending university in the fall. As the Jr. Board Secretary, she is dedicated to ensuring the voices of CBT youth are heard and represented in the future of our synagogue.



Naomi Guss

My name is Naomi Guss and I am in seventh grade. I have been at CBT since I was in Kindergarten, and have been in the religious school program since that age as well. I enjoy running, swimming, reading, cooking/baking, traveling to Israel to visit family, and chanting Torah at the synagogue. I joined the junior board so I could help make CBT a better place for youth and students at the religious school.



Ari Riak

My name is Ari Riak and I am currently a sophomore in high school. I've been attending religious school since I was in fifth grade and have been a madrich for 3 years now. I joined the Junior Board this year and am currently the president. This space has given me the opportunity to help improve the temple for everyone, especially the youth. My goal as Junior Board President is to make sure everyone's voices are heard so we can all work toward a better environment.



Aviv Milin

My name is Aviv Milin and I am currently in 8th grade. I joined CBT at the age of 8 and attended religious school for 5 years. Some of the things I am interested in and enjoy are band, softball, soccer, and reading. I joined the Junior Board because I thought there were many aspects I could contribute to in the CBT community.



Anika Sherer

My name is Anika Sherer, and I'm currently a freshman in high school. I love to play soccer, read, and bake in my free time. My goal for working with the Junior Board is to ensure that teens and youth have a say in the community and are able to make a difference.



Coby Levy

My name is Coby Levy and I am in 8th grade. I've been at CBT for 2 years and I have been a madrich since October. I am involved in a robotics team and I am very interested in engineering. I joined the Junior Board because I wanted to make sure that everyone feels included and that their voices are heard in the CBT community.



Danielle Robinson

I have been a part of CBT for about 10 years, but my family has been involved with CBT since the beginning. My grandparents were one of the first members. I am 16, and a current sophomore in high school. When I am not in school, I enjoys reading, listening to music, playing guitar, and competing in speech and debate. I am a state finalist in Congressional Debate. I joined the Junior Board to create more opportunities for Jewish teens to connect, and to help improve the community as much as I can.



Seth Raphael

Seth Raphael has been a part of CBT for 10 years, and has held the position of Head Tutor for the past two. He also manages the synagogue livestreams of Friday night services and other events, and has been the Zoom support for CBT adult learning classes. Seth is a sophomore in high school, where he plays tennis, fails calculus, and will co-captain the debate team in 2023-24. Outside of school, he enjoys playing chess, folding origami, and playing piano. Seth joined the Junior Board with the intention of helping to make CBT into the best place it can be, and that's what he intends to continue doing in the capacity of both Junior Board member and Head Tutor.

Summer and (early) Fall Update - Three exciting pieces of news to share!

ONE: Congratulations to our Class of 2023! Come celebrate Max Koebel, Maya Rajendran, Shira Weiss-Ishai, Asher Meklin, Ezryn Zupo, Adam Wies, Joelle Roberson and Ariel Shehter; from Hamsa Fund, Hannah Johnson; and from Mifgash, Maya Paul. Congratulations to the Class of 2023!

TWO: Mifgash continues for its third year this summer, July 28 - August 6, 2023! Teens from our community are invited to join with 14 Israeli teens for day-long bus adventures all over the Bay Area and beyond! Highlights teens won't want to miss include an overnight along the American River featuring a ropes course adventure, 6 Flags, watching a San Jose Earthquakes game, Zipline day, pool party, beach time, college campus visits and so much more. Did we mention making Israeli friends and bonding with fellow Midrasha teens! Consider hosting an Israeli teen and/or hop on the bus for a day, the retreat or the whole week! Spend this time connecting with an amazing group of Israeli teens from the Holtz Academy in Tel Aviv.

THREE: Mark your calendars - CCM's 2023-24 year starts August 30th with 8th & 9th Grade Orientation and September 6 for Opening Night! (And registration is now open.) We've launched our 2023-24 year! Teens entering grades 8-12 are invited to check out Midrasha late this summer. To learn more about Midrasha or to register, visit our brand new website at ccmidrasha.com to learn about all Midrasha has to offer!

What else is happening at Midrasha?

Hamsa Fund raised \$7000+ being distributed to three non-profits focusing on helping Native American youth. Congratulations to this group for their hard work this year.

Save the Date for our 2024 Gala on February 24th!

Do your teens want to change the world? Consider joining one of our three tikkun olam/social justice programs - Hamsa Fund (philanthropy), Better Together (intergenerational connections) and/or Impact builder (service projects and advocacy).

As always, spread the love about Contra Costa Midrasha! Let the teens in your life know about Midrasha and our myriad of programs. Schedule a time to talk with our Director, Devra Aarons at devra.aarons@ccmidrasha.com or check out our website at ccmidrasha.com. There's something for every teen!

Midrasha Graduates 2023



In Gratitude to our Community

GENERAL FUND

In Honor of Darren Bauer-Kahan becoming a Bar Mitzvah. Mazel Tov to our wonderful brother-in-law/uncle!

Love, Renee, Laurie, Eliana and Meytal Renee Heather Bauer

In Memory of Judi Brown

In Memory of Charles Wechsler

Glenn & Chelsea Wechsler

In Memory of Harvey Morse

Cantor Stephen & Marjorie Richards

In Memory of Jen Klatsky's Father

Cookie Svingos

In Memory of Arthur Scharlach

Lynette & Alan Scharlach

In Memory of Allen Teitelman

Carol Teitelman

In Memory of Harvey Hochhauser

In Memory of Stella Goldberg

In Memory of Mark Tornheim

Marcie Hochhauser

In Memory of Morris Devins

Joan Weinstein

In Memory of Geniya Hesin

In Memory of Eva Tsukerman

Geniya Levikova & Carlos Trujillo

In Honor of Max Silver Bar Mitzvah

Ivor & Beryl Silver

In Memory of Rosa Kryz

Jeffrey & Shirley Weiner

In Memory of Mal Vineberg

In Memory of Rudolph Vynanek

Joni Vineberg

In Memory of Lawrence Berger

Marc & Katherine Berger

In Memory of Anna and Sol Patipa

Larry & Judit De Lowe

In Memory of Shirley Brooks

Michael & Annette Cohn

In Memory of Miriam Goldin

In Memory of Howard Goldin

Jared & Trish Goldin

In Memory of Milton Zagon

Brian & Kimberly Zagon

RABBI CHABON'S DISCRETIONARY FUND

In Memory of Nat Stone

Hugh & Sharon Tama

Cantor Stephen & Marjorie Richards

In Memory of Stan Palmer

Jessica Palmer

In Memory of Morris Kaplan

Iris Kaplan

In Memory of Estelle Goldberg

Ron & Sharon Brown

In Honor of Morah Rebecca and the 6th grade class

Regina & Seth Abraham

In Memory of Harry Moebius

Jeff & Beth Mikesell

RABBI/CANTOR'S MUSIC FUND

In Memory of Mildred Zelman

Ron & Irene Zelman

In Memory of Gerri Levitas' mother

Ken & Nancy Oestreicher

In Memory of Estelle Goldberg

Stuart & Gerri Levitas

In Memory of Mark Tornheim

Bonnie Tornheim

JAMES COHEN SCHOLARSHIP FUND

In Memory of Alan Gould

In Memory of Betty Blum

Judy & Walter Blum

THE HARRY WITTENBERG SOCIAL ACTION, JUSTICE, & INTERFAITH FUND

In Memory of Hermina Davidzon

Diane Leventhal

In Memory of Anne Devins

In Memory of Barbara Hirsch

Joan Weinstein

STEPHEN JASPAN EDUCATION FUND

In Memory of Granny Pearl Joffe

John & Melanie Sandler

In Honor of Dr. Arthur Klatsky

David Ratner & Claire Bernardo

AM YISRAEL FUND

In Honor of Jenny Brandon

In Honor of In honor of Katie Alberts' conversion, thank you Rabbi!

Julia Babka-Kurzrock & Serge Babka

YOUTH GROUP FUND

In Memory of Samuel Goldenberg

Ruthie & Larry Goldenberg

TREE OF LIFE LEAF

RAYNA AND RICHARD
THANK YOU FOR SAYING YES
TO CBT—GALA 2023

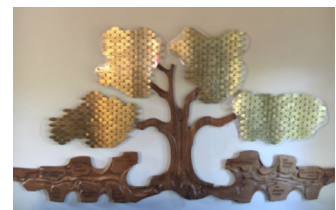
Share your memories and milestones with a Simcha Brick or a leaf on our Tree of Life



Get a personalized Simcha Brick or Tree of Life Leaf!

A beautiful way to honor a special person, event or memory and support your synagogue at the same time.

\$360 for members
\$540 for the community
Contact office@tikvah.org.





JUNE 2023 • SIVAN/TAMMUZ 5783



SUN	MON	TUES	WED	THU	FRI	SAT
28 Sivan 8	29 Sivan 9 Memorial Day Office Closed	30 Sivan 10 10:00am A Taste of Torah Meditation	31 Sivan 11	1 Sivan 12 1:00pm Hebrew Conversation Group 6:00pm Divorce Support Group	2 Sivan 13 6:30pm Family First Friday Shabbat In the Park	3 Sivan 14 Naso
4 Sivan 15	5 Sivan 16	6 Sivan 17 10:00am A Taste of Torah Meditation 1:00pm Lunch & Learn	7 Sivan 18	8 Sivan 19 1:00pm Hebrew Conversation Group 6:00pm Divorce Support Group	9 Sivan 20 6:30pm Nourish Your Soul Shabbat	10 Sivan 21 Bhaalot'cha 10:00am Nishma
11 Sivan 22	12 Sivan 23	13 Sivan 24 10:00am A Taste of Torah Meditation 1:00pm Lunch & Learn	14 Sivan 25	15 Sivan 26 1:00pm Hebrew Conversation Group 6:00pm Divorce Support Group	16 Sivan 27 7:30pm Shir Joy Pride Shabbat Service	17 Sivan 28 Sh'lach Lcha
18 Sivan 29 Father's Day	19 Sivan 30 12:00am Office Closed	20 Tammuz 1 10:00am A Taste of Torah Meditation 1:00pm Lunch & Learn	21 Tammuz 2	22 Tammuz 3 1:00pm Hebrew Conversation Group 6:00pm Divorce Support Group	23 Tammuz 4 6:30pm Community Led Shabbat	24 Tammuz 5 Korach 6:00pm Yoga Haydallah
25 Tammuz 6 4:00pm Annual Meeting	26 Tammuz 7	27 Tammuz 8 10:00am A Taste of Torah Meditation 1:00pm Lunch & Learn	28 Tammuz 9	29 Tammuz 10 1:00pm Hebrew Conversation Group 6:00pm Divorce Support Group	30 Tammuz 11 1:00pm Spring/Summer Meditation with Gerri Levitas 5:00pm Kabbalat Shabbat Service with Guest Speaker Michael Eselun	1 Tammuz 12 Chukat-Balak



JULY 2023 • TAMMUZ/AV 5783

SUN	MON	TUES	WED	THU	FRI	SAT
25 Tammuz 6 4:00pm Annual Meeting	26 Tammuz 7	27 Tammuz 8 10:00am A Taste of Torah Meditation 1:00pm Lunch & Learn	28 Tammuz 9	29 Tammuz 10 1:00pm Hebrew Conversation Group 6:00pm Divorce Support Group	30 Tammuz 11 1:00pm Spring/Summer Meditation with Gerti Levitas 5:00pm Kabbalat Shabbat Service with Guest Speaker Michael Estelun	1 Tammuz 12 Chukat-Balak
2 Tammuz 13	3 Tammuz 14	4 Tammuz 15 Independence Day 10:00am A Taste of Torah Meditation	5 Tammuz 16	6 Tammuz 17 Fast of Tammuz 6:00pm Divorce Support Group	7 Tammuz 18 6:30pm Family First Shabbat in the Park	8 Tammuz 19 Pinchas
9 Tammuz 20	10 Tammuz 21	11 Tammuz 22 10:00am A Taste of Torah Meditation	12 Tammuz 23	13 Tammuz 24 6:00pm Divorce Support Group	14 Tammuz 25 6:30pm Shabbat Service with Rabbi Asher	15 Tammuz 26 Matot-Mas'ei
16 Tammuz 27	17 Tammuz 28	18 Tammuz 29 10:00am A Taste of Torah Meditation	19 Av 1	20 Av 2 6:00pm Divorce Support Group	21 Av 3 7:30pm Shir Joy Shabbat with Barry and Donna Brian	22 Av 4 Dvarim
23 Av 5	24 Av 6	25 Av 7 10:00am A Taste of Torah Meditation	26 Av 8 Erev Tishah B'Av	27 Av 9 Tishah B'Av 6:00pm Divorce Support Group	28 Av 10 1:00pm Spring/Summer Meditation with Gerti Levitas 6:30pm Community Led Shabbat Service	29 Av 11 Va-etchanan
30 Av 12	31 Av 13	1 Av 14 10:00am A Taste of Torah Meditation	2 Av 15 Tu B'Av	3 Av 16	4 Av 17 6:30pm Family First Shabbat in the Park	5 Av 18 Eikev



AUGUST 2023 • AV/ELUL 5783



SUN	MON	TUES	WED	THU	FRI	SAT
30 Av 12	31 Av 13	1 Av 14 10:00am A Taste of Torah Meditation	2 Av 15 Tu B'Av	3 Av 16	4 Av 17 6:30pm Family First Shabbat in the Park	5 Av 18 Elkev
6 Av 19	7 Av 20	8 Av 21 10:00am A Taste of Torah Meditation	9 Av 22	10 Av 23	11 Av 24 6:30pm Community Led Shabbat Service	12 Av 25 Reih 10:00am Nishma Service
13 Av 26	14 Av 27	15 Av 28 10:00am A Taste of Torah Meditation	16 Av 29	17 Av 30	18 Elul 1 7:30pm Shir Joy Shabbat Service	19 Elul 2 Shofetim 10:00am Sam Seaberg Bar Mitzvah
20 Elul 3	21 Elul 4	22 Elul 5 10:00am A Taste of Torah Meditation	23 Elul 6	24 Elul 7	25 Elul 8 6:30pm Shabbat Service in Amphitheater	26 Elul 9 KI Tetznei 4:00pm Bar Mitzvah Cora Cooper
27 Elul 10	28 Elul 11	29 Elul 12 10:00am A Taste of Torah Meditation	30 Elul 13	31 Elul 14	1 Elul 15 6:30pm Family First Shabbat in the Park	2 Elul 16 KI Tavo 4:00pm Emiko Kuniyoshi Bar Mitzvah



High Holidays



CONGREGATION
B'NAI TIKVAH

High Holidays Schedule 2023/5784

Tickets are required for all Rosh Hashanah and Yom Kippur services.

- 8:30 pm** Saturday, September 9 at CBT
9:00 pm Havdalah and Dessert
Selichot Service
- 7:30 pm** Friday, September 15
Erev Rosh Hashanah Service
- 9:00 am** Saturday, September 16
Tot Rosh Hashanah Service* (for children 5 and under)
10:00 am **Rosh Hashanah** Service**
10:15 am Junior Congregation Service (for grades K – 5)
- 11:00 am** **Sunday, September 17**
Tashlich (*casting of sins*) Martinez**
- 1:00 pm** **Friday, September 22**
Meditation with Gerri: Returning to Yourself. On zoom.
5:00 pm Zoom Kabbalat Shabbat: Poetry & Reflections
- 6:00 pm** Saturday, September 23
Shabbat Shuvah: Yoga Havdallah
- 7:30 pm** Sunday, September 24
Kol Nidre Service
- 9:00 am** Monday, September 25
Tot Yom Kippur Service* (best for children 5 and under)
10:00 am **Yom Kippur** Morning Service**
10:15 am Junior Congregation Service (for grades K – 5)
4:00 pm **Yom Kippur** Afternoon Service
5:30 pm **Yizkor** Service
6:00 pm **Neilah** Service

*Would you like to join us for Tot Services?

Contact the Temple Office for **complimentary tickets!**

For guest tickets, questions, or concerns,
please contact the Temple Office at (925) 933-5397 or office@tikvah.org.

High Holidays



CONGREGATION
B'NAI TIKVAH

Congregation B'nai Tikvah Memorial Book

Each year at the Yizkor Service on Yom Kippur afternoon our thoughts turn to those whom we loved and whose lives have now ended. Our Memorial Book pays tribute to our loved ones. With these tributes we enable each other to fulfill three mitzvot: Formally remembering loved ones; Contributing tzedakah (charity) in their memory; Added support for our congregational family. There are several options for a tribute to your loved ones:

5783 Remembrance Page

Please submit the names of those who have passed away since last Yom Kippur (10/5/2022)
If you have lost a loved one in the past year, we will add their name to the 5783 Remembrance page.
No donation is required.

Please **print**

NAME

RELATIONSHIP

DATE OF DEATH

5784 Tribute Pages

Please select from the options below:

- My tribute is new
- Please use the names I submitted last year.
- Please use the tribute size from last year.
(Choose your tribute size and donation below)
- I am adding additional names below.
- Please change the tribute size
(Choose the new size of your tribute and donation below)

- FULL page* \$180 HALF page \$90*
- QUARTER page* \$54 ROLL OF MEMORY pages \$18 for the family name plus \$6 for each name listed.

*A full-size page is 5½" by 8½"

Roll of Memory is a continuous listing of names in the following format:

In memory
Helena Drake
Remembered by
Millie and Bob Drake

- Please add these names to my tribute (**please print**):

(if necessary, add additional names on back)

Remembered by: _____

- I will send a check to the office Please bill my account

Your name _____ Your phone or email _____

Please remit your payment and

RETURN TO B'NAI TIKVAH NO LATER THAN AUGUST 21, 2023.

May the memory of your loved one be a blessing.

Renew or add a Tribute:

- With this QR code and the online form
- Email "Same as last year" to office@tikvah.org
- Or, cut and mail this page to Kathy Jacobs at CBT.



Happening at CBT



Save the date: Friday, August 25, 6:30pm
End of Summer Shabbat Service
in our newly remodeled
Amphitheater under the Oak Tree
Enjoy the tranquility and maybe some s'mores!



Need Some Help? — Call Chesed



Loosely translated from Hebrew, Chesed means "loving-kindness," and that is what CBT's Chesed committee is all about.

Consisting of a large group of dedicated volunteers, Chesed exists to serve CBT families who may need a little extra help from time to time. It might be a ride to a doctor's appointment, a little yardwork or minor home repairs, drop-off of meals during illness or injury, or a ride to a CBT service or event. Whatever it is, we are happy to help if we can.

If you think we might be of service to you or someone else in CBT, please call the Temple Office as our point of contact. If you are interested in joining us—we always welcome more members to pitch in—please contact Bert Gunter, Chesed's coordinator. His email is bgunter.4567@gmail.com. He will explain to you how our system works and add you to our volunteer list.



Do you have a B'nai Mitzvah coming up?

Shop at the Sisterhood Gift Shop for your tallit! We have a wide selection and are happy to help. View our collection online.



We now take credit/debit cards for your purchases.

Call me if you want to shop,
Rayna Ravitz
925-212-6188
or contact Kathy Jacobs
office@tikvah.org.

Our weather is perfect for popsicle and a joyride! Keep your eyes out for Goofball if you are chatting in the parking lot with your car door open. He WILL try to go home with you (and he is messy with a popsicle





CONGREGATION
B'NAI TIKVAH

EVENT SPACE AT CONGREGATION B'NAI TIKVAH



A UNIQUE SPACE FOR **WEDDINGS, PARTIES, MEETINGS, CONFERENCES & RECITALS**

Social Hall Features

- High ceilings
- Floor-to-ceiling windows
- Wood floors
- Stage
- Private balcony
- Attached industrial kitchen
- Grand piano



Wedding packages from \$1,950



Meeting Room Features

- Rooms of various sizes to meet your needs
- Projector available for use
- Beautiful views
- Available for one-time use or recurring events



25 Hillcroft Way
Walnut Creek, CA 94597

www.tikvah.org/rentourspace

925.933.5397



ALLERGY & ASTHMA
MEDICAL GROUP OF THE BAY AREA

Call for an appointment
(925) 327-1460



Seasonal Allergy Relief?



Skin Allergies?



Food Allergies?
No Peanuts Allowed



Cough?
Asthma?

<p>Berkeley Office 3010 Colby Suite 118 Berkeley, CA 94705 p: (510) 644-2316 f: (510) 704-8346</p> <p>San Ramon Office Bishop Ranch #11 2305 Camino Ramon Suite 225 San Ramon, CA 94583 p: (925) 327-1450 f: (925) 327-1454</p>	<p>Brentwood Office 350 John Muir Pkwy Suite 180 Brentwood, CA 94513 p: (925) 513-3140 f: (925) 513-2830</p> <p>Vallejo Office 1761 Broadway St. Suite 203 Vallejo, CA 94589 p: (707) 278-9360 f: (707) 552-1264</p>	<p>Pleasanton Office 5924 Stoneridge Drive Suite 207 Pleasanton, CA 94588 p: (925) 463-9400 f: (925) 463-8554</p> <p>Walnut Creek Office 370 N. Wiget Lane Suite 210 Walnut Creek, CA 94598 p: (925) 935-6252 f: (925) 930-0942</p>
---	--	---

Bayareaallergy.com



K-8th Grade

ACADEMIC EXCELLENCE IS JUST THE BEGINNING!

MIDDLE SCHOOL IN-PERSON OPEN HOUSE
Mon, Nov 14
4:30-5:30

FUNDAY SUNDAY
Sun, Oct 2 & Dec 4
9:30-11:00

K-5TH GRADE IN - PERSON OPEN HOUSE
Sun, Oct 23 & Nov 13. 2:00-3:30

FLEXIBLE TUITION & TRANSPORTATION AVAILABLE

The Contra Costa Jewish 
DAY SCHOOL

K-8th Virtual Open House
visit our website for dates / time

Call now to schedule your visit! 925.284.8288

955 Risa Road, Lafayette • 925.284.8288 • admissions@ccjds.org • www.ccjds.org

HOME SERVICES FOR SENIORS



Allyson Lachman

Licensed Occupational Therapist with Over 25 Years of Experience

CPR/AED Certified

"I work with seniors in their homes – building relationships and providing help and guidance for safe, independent living."

- Therapeutic exercise for flexibility and strength
- Activities of daily living, shopping, gardening, games/puzzles, reading
- Errands and medical appointments
- Cooking healthy balanced meals
- Conversation and companionship
- 3-4-hour visits, 2-3 times per week

alachman62@yahoo.com
(925) 876-3561



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



Sinai Memorial Chapel
CHEVRA KADISHA (FD #1523)
3415 Mt. Diablo Blvd.
Lafayette, 94549

GAN SHALOM CEMETERY
1100 Bear Creek Road
Briones, CA 94553

Jay Lewis (FD#1523)
Associate Executive Director
(925) 962-3636
Pre-need arrangements available
www.sinaichapel.org

SCOTT LASKY PHOTOGRAPHY

Bar/Bat Mitzvahs - Weddings - Portraits
(408)807-4770
www.laskyphoto.com
scott@laskyphoto.com




Over 1200 Mitzvahs Photographed and Counting....Go for Experience



VISIT
The CBT Sisterhood Gift Shop
 Do you have an upcoming B'nai Mitzvah? Come check out our tallitot selection!

Contact Kayna Kavitz
 925-212-6188
 or Kathy Jacobs
Office@tikvah.org to schedule an appointment



PROTECTING *Your* RIGHTS

Employment Law | Personal Injury | Immigration





David Ratner
Partner, Attorney

Shelley Molineaux
Partner, Attorney

Lee Ratner
Of Counsel

Schedule a free case evaluation by contacting us online www.ratnermolineaux.com or calling (925) 332-1444 today.

We offer our legal services in English and Spanish.



1990 N. California Blvd., Suite 20
 Walnut Creek, CA 94596

311 Oak St.
 Oakland, CA 94607

Join our B'nai Tikvah Family!

Do you have friends or relatives looking to join a warm and inclusive congregation?

Contact Keren Smith at ksmith@tikvah.org or (925) 933-5397




Goofball still wants to drive your car. Keep an eye out for him whenever you are in the parking lot at CBT. If you are chatting with your car door open he WILL get in. He has gone partway home with two congregants so far.

On the positive side, he is a good passenger.

Would you like to advertise in our Tikvah Talk newsletter? Contact Tami Welch-Robinson at tami@Tikvah.org for more information.



We publish our newsletter 6 times a year.

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

Non-Profit Org.
U.S. Postage Paid
Permit No. 8071
Concord, CA

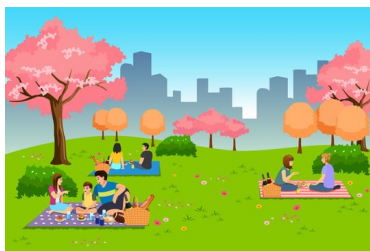
CHANGE SERVICE REQUESTED

For membership information, please contact the Temple Office at (925) 933-5397.

SAVE THE DATES:

Shabbat in the Park

June 2
July 7
August 4
September 1



Publication Change for August

We have included the August calendar on page 13 as the next Tikvah Talk will be published on August 15th instead of the 1st.