

SHOFAR



Monthly Newsletter of the Monterey Peninsula Jewish Community
www.carmelbethisrael.org



Adult Education

Liturgy Class Continues

The first two classes were well attended with many enthusiastic students. The study of liturgy will continue through the school year. Join Rabbi Bruce Greenbaum and Rabbi Jeff Schulman as they teach this Jewish Liturgy class/workshop. Offered on Thursday nights from 7:30-9:00, this month November 8 and November 29, the class will explore Jewish liturgy from a variety of perspectives. Those participating will deepen their understanding of how we pray, why we pray, the origins of our prayers and different prayer practices. Together we will immerse ourselves into Jewish rituals and themes found within our prayer service including Sabbath and holiday practices. Please feel free to join the class.



BEST YEARS

Best Years Chanukah Party!

A special invitation to all those who want to help us celebrate a Chanukah that arrives early in December this year! No Best Years event in November, but join us Thursday, December 6 at **4:00 PM** for a fun Chanukah Party! This popular party allows us to enjoy delicious beverages including some wine. We dine on both hot and cold hors d'oeuvres. With some nice background music it will be a wonderful way to spend the late afternoon together. To RSVP for this party, call the CBI office at 624-2015 by December 4. Remember, **this event is free**. Please let us know if you need a ride to this event.



Chanukah Extravaganza!

Join us as we gather together for our Chanukah holiday celebration. We will enjoy a congregational potluck dinner followed by our Sabbath service. We are planning a special Chanukah evening on Friday, December 7, the sixth night of Chanukah. We join at 6:00 PM for a community Chanukah Menorah lighting followed by a Potluck Chanukah dinner. Based on your last name, A-H should bring a side dish; I-M should bring a main dish, and N-S should bring a salad. The congregation will provide latkes and drinks. The dessert/Oneg will be hosted by those whose last name ends with T-Z. All dishes should be brought ready to serve. Remember no pork or shellfish! Advance reservations will help us set up the room! **Please call CBI at 624-2015 no later than December 4** and let us know if you want to join us for our Chanukah celebration. Be prepared to sing many Chanukah songs. Bring a homemade Chanukah menorah and win a special prize! The rabbi will also hold his annual dreidle-spinning contest! Everyone wins chocolate gelt.

From the Rabbi's Desk...

I recently enjoyed a wonderful discussion with one of our Hebrew School students. The student wanted to challenge my lesson on creation from Genesis. We had just started rereading our Torah (we celebrated Simhat Torah with the entire religious school on a Sunday morning) that included the creation narrative. The student was a firm believer in science and technology and just could not believe in this modern day and age that I still clung to these "antiquated religious beliefs."

Last month in our sanctuary on the Shabbat when Bereishit (the creation story) was read I shared with the congregation why I have no problem meshing my religious beliefs with my science education. Religion and science do not necessarily conflict.

Science often answers the question of what might have occurred or how things happen. Religion explains why things are the way they are. When it comes to creation, we can only speculate how our universe came into existence. Science has given us the big bang theory, but it cannot explain what caused the big bang, or why it happened.

I am always amazed at how passionately some argue over what is written in the first chapter of Genesis. Some begin by focusing on the claim that the universe was created in 7 days. I have heard people insist it was a 24 hour day that is being described. Really? And before the planets are created including our sun, the earth or even the moon, what determined a 24 hour day? When we talk about one of God's days, could it be the equivalence of maybe millions of human years?

How about on the first day when we read "And God said, 'Let there be light.'" Was that a physical light or the light of wisdom and Torah and knowledge? Those who get stuck



on the surface meaning forget to dig into the various levels of study including hints, commentaries and secrets found within the text. They must ignore that nothing was created on the first day to radiate physical light. But our tradition teaches us not to stop at the simple reading. Our task is to dig into the words, even look at the spaces between the lines and find additional meaning inside our sacred text.

It saddens me whenever I hear someone argue against teaching the science of evolution in our public schools. Those who are bothered by science seem to think it threatens religion. Somehow they miss that just maybe God used evolution as part of God's wondrous creation. Just maybe God is busy finishing creation even now. Could it be that we are presently in the 8th day of God's creation? Could everything that has happened since we left the garden of Eden be within the day after God rested?

Some of the greatest scientists have also been strong believers in religion. They saw God's glory in what they analyzed. I challenge anyone to watch a beautiful sunset or witness the birth of a child and not sense something that is far greater than just an act of science. Our tradition reminds us that each day is created anew for us. As we celebrate Thanksgiving at the end of this month, let us recognize God's hand in the world all around us. Consider that just maybe the food on our tables could only exist because of God's blessings. The people around us live and breathe because of God's presence. For what are we grateful and to whom do we offer our thanksgiving?

Science explains a lot. But it cannot explain what I feel in my heart, my intellect, or my gut when I gather with family and friends and we share a meal together. My religion guides me on how and why I should always recite prayers of thanksgiving. This month, please join me as we count our blessings and thank God. Amen.



From our President *Cara Lieb, President, Board of Trustees*

Here is the next chapter from the annals of "Our Jewish Stories." Last month we learned about one of our most long-time members. This month, let's hear from a newish CBI member, Dennis Niekro. Although he's only been with us for a year or two, he has already joined the Religious School staff as a 4th/5th grade teacher. Welcome, Dennis! We are all ears. . . .

Shalom,
Cara

I am a more recent "immigrant" to Monterey, having moved here with my husband, Paul Richmond, in August 2016 to pursue a nurse practitioner position with Pacific Cancer Care. We both were born and raised in Ohio, and both of us were raised as non-Jews.

I've always been inquisitive, asking questions about God and religion, and struggling to discover *my* true spiritual pathway—*my* authentic connection to the divine.

I first encountered Judaism during undergrad at OSU in Columbus, but it was several years later that I set foot in a synagogue in Cincinnati, OH where I attended the conversion ceremony of a dear friend. The rabbi recognized my thirst for knowledge, and he graciously spent time that evening answering my questions. For the first time in my life I felt like I resonated with a spiritual path and a community of worshippers! In the fall of 1997, I started attending services at Temple Israel, and I joined an Intro to Judaism course. I began to live my life Jewishly, attending services, celebrating holidays, and connecting with a congregation that accepted me completely. In June 1998—nine months after beginning my Jewish studies and counseling with both rabbis—I performed the sacred rituals of conversion. As I held a sacred Torah scroll in my arms and recited the Shema, I

knew on a profound level that I had found my spiritual family and home.

After converting, I became involved in the Columbus Jewish community in a variety of ways. I taught in the religious school and continued to do so for several years. I expanded my teaching to b'nei mitzvah tutoring, particularly for students with special needs. I was hired as a spiritual and bereavement counselor in a new Jewish hospice that opened in Columbus in 2001 and completed some coursework in clinical pastoral care. At that time I had considered entering the rabbinate (with a focus on chaplaincy), and I began preparing to apply to HUC.

When my synagogue became desperate to replace their director of education two weeks prior to the beginning of the school year, I said "hineini." For three years I served as director of the religious and Hebrew schools and oversaw the b'nei mitzvah program. During this time, I became even more immersed in Judaism, but I also discovered that the rabbinate was not the pathway I was destined to take. My journey from serving as Jewish educator to becoming a nurse practitioner may seem odd, but for me it was a natural culmination of all of my educational and life experiences (including my immersion into Judaism). I view the work that I do as a health care provider in Oncology/Hematology as holy work that is instructed by my Jewish values.

I feel blessed to have found a new spiritual home at CBI. While my work-life balance isn't always so balanced, I treasure the time I spend worshiping, celebrating, and teaching in the religious school. Paul and I are grateful to CBI for welcoming us, and we look forward to sharing our love for Judaism with our new family.





Introducing the CBI Green Team

Maybe you had a chance to send your leftovers from the Jewish Food Festival to our regional composting facility. Maybe you noticed we have paper recycling bins around the office and classrooms. Maybe you have wondered how the fruit trees behind the decks are getting watered. Maybe you were inspired by Rabbi's thoughts on Rosh Hashanah of making our back yard into a garden. Or maybe you had a chance to enjoy the very satisfying sound of reusable glass kiddush cups clinking together in fellowship at a recent Oneg.

Our CBI community is committed to the practice of Tikkun Olam, repairing the universe, and one way we can do that is to live sustainably in our beautiful home, on our beautiful planet. We've begun to take small steps by recycling and replacing disposable items with reusable ones, but there is much more we could do to make our synagogue a "green" light unto the nations. You can help us out as we move forward. Help wash dishes after an Oneg instead of throwing away disposables. Switch from disposable water bottles to a refillable one. Bring a coffee cup with you instead of using a throwaway cup.

Let the Rabbi know if you would like to help create a community garden.

If you feel like you could do more, please join us as we create a Green Team at CBI--a small group of visionaries who'd like to see our congregation do even more to make ours a congregation of sustainability. Contact Laura Arnow or Donna Shore, or let the office know you are interested.

AT HOME WITH CBI

5779

A Series of Exciting Events

At Home with CBI does more than support CBI financially. It is a way for our members to get to know each other better, to share stories and create new friendships. It builds our community as well as supporting our Jewishness in the area. If you look at our mission statement, At Home events support everything we are striving for.

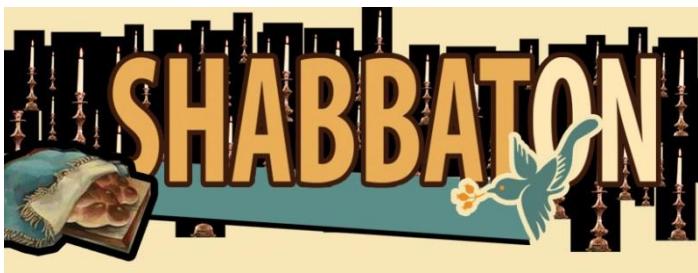
Now is the time to start the planning. I want to try something a little different this year. Instead of having all the events in May and June, I would like to have 1 or 2 a month between November and June. I know that some of the events are best done when the weather is good, in the spring. I hope that with some creativity we can come up with ideas for the winter months. Here are some of the ideas that come to mind.

- Vodka & Latkes Hanukkah Party
- House Concert
- Dinner Party
- Sunday Brunch
- Game Night

I need your help! I will find something as small or as large as you are comfortable doing.

- co-chair this fundraiser
- help with publicity
- have an event at your home
- attend an event
- help with simple tasks such as addressing invitations or making phone calls

Please contact Malina Breaux at malinabreaux@gmail.com or 831.601.5791 to help with this project.



While Our Rabbi is Away.....

Come to the Women's Torah Study Group Shabbaton

We are a group of CBI members who find stimulation and community in studying together at periodic Shabbatons (celebratory/educational Shabbat events). Our next Shabbaton will be **Saturday December 8** from 10:00 a.m. until 3:00 p.m. During that time Cantor Fineman will lead a Torah Service, we will sing, nosh, laugh, share potluck lunch and study with Dr. Beryl Levinger. Our past Sabbatons have been educational, inspiring joyful, and delicious, and the women attending form a special bond.

All women CBI members are invited to join us December 8. Contact Bee Epstein-Shepherd at 831 625-3188 (This number does not receive texts) or DrBeeMM@me.com for information and directions. RSVP by December 1.



A Message from Your Caring Committee

The Caring Committee is here to serve you. Many of your fellow congregants have volunteered to help after surgery or illness by providing meals or transportation, or just visits and friendship. Because of HIPPA laws, which protect your privacy, only the person in need or their representative can request help. When you want the help of the Caring Committee call the Rabbi or office staff. This is the only way we will know of your need.

Should you be mourning we can help by providing a minyan, food, or other services. We are eager to help and invite you to contact us!

November 2nd - Ellen Saxby will be giving the D'var Torah for Shabbat Chaye Sarah and Cantor Alisa will lead services.

November 3rd - Ellen Saxby will be co-facilitating Torah study with Cantor Alisa for Shabbat Chaye Sarah.

November 9th - Seth Pollack will lead services.
November 10th - Brian Ellinoy will lead Torah study for Shabbat Toldot.

November 16th - Laura Arnow will be giving D'var Torah for Shabbat Vayetze as well as adding her voice in song. Cantor Alisa will lead services.

November 17th - Ellen Saxby will be facilitating Torah study for Shabbat Vayetze with Cantor Alisa.

Our congregation enjoys and benefits from the depth and wisdom of our many gifted members. Our hope is that this inspires others to share their voices too. We miss the Rabbi's leadership and expertise so we look forward even more to his coming home!



CBI Book Club

November 13, 1:30 PM, location to be determined. **MISS BURMA** by Charmaine Craig. **PLEASE LET KAREN WISKOFF KNOW IF YOU ARE WILLING TO HOST THIS MEETING.**

Todah Rabah

תודה רבה

UJC Donations

David Sabih & Anna Swartley for North Carolina hurricane relief

General Endowment

Barry & Randi Brookstein
Leonard & Sheri Chodosh

Building & Grounds

Barry & Randi Brookstein
Cynthia Koehne
Steven J. & Ann B. Packer

Cantorial Fund

Betty Ann Fineman in honor of Rabbi Greenbaum and Cantor Alisa for a beautiful and inspiring Yom Kippur Service

Donald & Marcia Pompan in appreciation of Cantor Alisa

LeRoy Kohn Adult Education Fund

Donald & Marcia Pompan in Appreciation of Beryl Levinger

Rabbi's Discretionary Fund

Bill & Myrna Brandwein in memory of Myrna's father, Joseph Kessler
Leonard & Sheri Chodosh in memory of Lorraine Stocker

Carmel Jewish Film Festival

Alan & Sandra Goldman
Leonard Laub & Yvonne Ascher
Lester & Wendy Tockerman
Leonard Laub & Yvonne Ascher

Social Action

Rich & Carol Ader

General Donations

Marshal & Angelica Blatt in memory of Hilda Blatt, Marshal's mother
Ellyn Gelson in honor of October birthdays and anniversaries
Victor & Sylvia Kirmsley in loving memory of Lillian Weiner, Sylvia's mother

Jay & Ruthie Pack in honor of their new granddaughter, Stella Rose Meiggs

Donald & Marcia Pompan in appreciation of Rabbi Bruce

Matthew Schuss & Charlene Webber-Schuss in loving memory of Albert J. Schuss

Lester & Wendy Tockerman in honor of Suellen, Nancy & Emily Ruben

Lester & Wendy Tockerman in memory of Dr. Jerry Rubin

Martin & Karen Wiskoff in memory of Jerry Rubin
Madelon Zimner

Thank You Very Much

תודה רבה

(Todah Rabah)



Thank You to Our Oneg Hosts

We are grateful to the following people who helped make our October and November Onegs a beautiful experience:

October 5: Students and Families of our Religious School 7th Grade.

October 12: Dr. & Mrs. Glenn Coopermen – In loving memory of Arielle Brooke Cooperman

October 19: Family & Friends of Ryan Dicus – In honor of Ryan becoming a Bar Mitzvah

October 26: Cara Lieb & Clark Miller in memory of their fathers, Robert Lieb and Clark Richardson Miller

November 2: The Blatt Family – In loving memory of Hilda Blatt.

November 9: This date available. Please call the CBI office to host!

November 16: This date available. Please call the CBI office to host!

November 23: Stuart & Julie Chase – In honor of their 35th Wedding Anniversary

November 30: This date available. Please call the CBI office to host!

Be an Oneg Host

Those of us who attend Friday evening services look forward to the post service Oneg where we socialize, perhaps meet new people, and “nosh” on the “goodies” provided by the Oneg Host.

Congregants host in memory of a loved one’s Yahrzeit, to honor an anniversary or birthday, baby naming or other event, or “just because.” Hosting is easy. It involves providing and setting out “goodies” for around the 25-35 people who attend Friday services.

Some people host several times a year, and others never have the pleasure of doing a Mitzvah on Friday evening. We are now asking everyone to take a turn. So please, when you get a call with the request to host, say “Yes, it will be my pleasure!” There are about 250 member families so your turn will only come once every few years!

If there is a particular event you want to commemorate please call the office to reserve that date. Thanks in advance for hosting.

**Community Shabbat Dinner -
Join us on Friday,
November 30**



Join with us at 6:30 for our monthly community Shabbat dinner, prepared by Malina Breaux and her entourage of assistants. Savor a sense of community and food worthy of celebration. Gather as we offer blessings for the bread and wine and sing traditional music to begin our gatherings. Children are welcome. Evening services follow at 7:30. Call the CBI office for reservations. Members \$12.50, non-members \$20, Children \$5.

Happy Birthday

| | |
|------------------------|----|
| Raya Hoskinson | 1 |
| Leslie Pressman | 1 |
| Susan Alnes | 2 |
| Stephen Harmer | 3 |
| Ruth Lyons | 3 |
| Ilana Entin | 4 |
| Sebastian Ramirez | 4 |
| Marcus Togneri | 4 |
| Lawson Marshall | 7 |
| Joel Weinstein | 8 |
| Celia Weiss | 8 |
| Leonard Chodosh | 9 |
| Ellen Krause | 9 |
| Bennett Goldberg | 10 |
| Joyce Kapp | 11 |
| Joel Aronowitz | 12 |
| Gale Feuer Barish | 12 |
| Maya Felthoven | 12 |
| Laurie Kleinman | 13 |
| Jay Pack | 13 |
| Edward Richardson | 13 |
| Debra Givner | 14 |
| Brynie Kaplan-Dau | 14 |
| Henry Rosenblatt | 16 |
| Louise Riddell-Kaufman | 17 |
| Lyn Rosen | 17 |
| Cyndi Levey | 18 |
| Rebecca Miller | 21 |
| Chinanit Kershner | 23 |
| Taylor Togneri | 23 |
| Deborah Goldstein | 24 |
| Ryan Knight | 24 |
| Richard. Rosen | 24 |
| Richard Gold | 25 |
| William Lutz | 25 |
| Briggs Fallon | 26 |
| Charlie Fallon | 26 |
| Alex Bordetsky | 27 |
| Stuart Pressman | 28 |
| Joely Kaatz | 30 |

Happy Anniversary

| | |
|------------------------|----|
| Chad & Sara Hinds | 9 |
| Julie & Stuart Chase | 12 |
| Dan & Ellen Weiner | 19 |
| Lee & Sheree Goldman | 25 |
| Michael & Susan Newton | 27 |
| Herbert & Esther Stern | 27 |
| Steve & Cyndi Levey | 30 |

Family News

Sincerest condolences on the passing of Jerry Rubin. May his memory be a blessing to us all. A celebration of his life will be held at CBI on Sunday, December 30, beginning at 2:00 PM.

Our Congregation strives to offer love and support to fellow congregants in times of joy and celebration, as well as in times of trouble and sorrow. One of the ways we do this is to let the Congregation know your news. Please let us know if there is a simcha (blessing) you wish to share (or know someone else's that they are willing to share), or a wish of encouragement or condolence that can be shared. You can send this information to shalomcbi@aol.com to be included in the Shofar.

Thinking about honoring a loved one or a special occasion?

Consider a plaque at CBI

A leaf on the Tree of Life \$180

A Yahrzeit Plaque in our sanctuary \$360



Torah Connections:

Vol. 128 November 2018, 5779 –

Michael Waxer

The Three Levels

Last month when we discussed the Torah view of the meaning of life, we explored the well-known physical law, that **for every action there is an equal and opposite reaction**. If we are *solely* in the physical universe, then one would think that the *net sum of 'good' and 'evil' will always balance out*.

This would mean that a strong negative action would cause a strong positive reaction, and vice versa. If we are always at a net zero, what would be the point? However, the Torah tells us that humans are '*made in the image of God*', which means that we have the ability to also access the *spiritual universe*. *We are each given the power to harness this spiritual energy, and to transfer it from the spiritual realm down to the physical*.

Because this energy is coming from *outside* the physical universe, it has the potential to add *net positivity*. This is not a violation of the laws of physics since the spiritual energy enters our physical world *from outside* of it.

Although we can exist in *both universes*, many of us choose to spend our time only in the physical world, and we don't spend much time developing that part of ourselves *that is able* to be in the spiritual universe. How can we experience this?

In the Spiritual Universe *everything operates differently*. Some believe that the act of *blessing* brings down some spiritual energy into this world. Others access this spiritual energy when they are helping other people. But the Torah does give us some clues...

When Noah is building the ark, God tells him to:

“... put the entrance of the ark in its side, make it with a bottom, second and third floor.”

[Noach 6:16]. At a higher level of understanding, these 3 floors represent the *three levels of consciousness* which encompasses our entire ability to experience. First, in this *Physical* world, then the *Soul* level, and finally the *Spiritual*, or God universe.

In this metaphor, *our Soul is what links the bottom floor, the physical, with the spiritual, the Divine* represented by the top floor of the ark. As taught by Rabbi Trugman, in this world our task is to uplift, so

we can ascend above the mundane, the gravity-bound weight of physicality. As we rise to the *Souls realm* we are *connecting with other souls* while we further our relationship with HaShem. At the top level we are in a *state of unity* with HaShem.

This ultimate state of unity fulfills the well-known verse:

“Hear O Israel, Adonai is our God, Adonai is One” [Deuteronomy 6:4, emphasis added]

(This is considered the most important prayer in the Torah, recited daily by Jews worldwide, also known as the 'Shema', from the first word of this powerful verse.)

If you are following this thinking you may realize that each of us, individually, has an incredible amount of potential. This also is in line with the concept that *the nature of 'good' is that it is done individually, while the nature of 'evil' is that it is typically done communally*. That is why there is a commandment:

“Do not follow a multitude to do evil.”

[Exodus 23:2], yet there is no opposite commandment to 'participate in a crowd to do good.'

Rather, HaShem does ask each of us to *choose good*, such as:

“See, I have set before you this day life and good, and death and evil... the blessing and the curse, ...therefore choose life.” [Deuteronomy 30:15-19, emphasis added.]

Little actions that each of us may choose to do, acts of goodness, can translate into a big change in this physical world. *These threads of spiritual energy, summoned by each person from time to time, have a power beyond what science, or anything that just exists in the physical realm, can measure.* In some Jewish circles, folks set a goal of doing 100 mitzvot a day. Think what our world could be like if folks just perform *one* act of goodness each day.

Don't choose to be stuck on the bottom level. Realize *we can each travel freely between levels, which are accessed by our individual choices of doing good*. May we each be blessed in our acts of goodness, and may we harness the power of *blessing* to elevate this world. Baruch HaShem.

This article includes inspiration from many sources, but is the sole expression of the author and specifically does NOT necessarily reflect those of the Board of Trustees of CBI, CBI, its membership, Reform Judaism, or Judaism. If you have any comments regarding 'Torah Connections', please e-mail a note to: mlwaxer@sbcglobal.net.



HELP Outreach

CBI Sponsored. . . **I-HELP:**
Interfaith Homeless Emergency
Lodging Program

I-HELP for Men

CBI Sponsored. . . **I-HELP:** Interfaith Homeless Emergency Lodging Program

October - CBI Board of Trustees sponsoring - The

CBI Board of Trustees sponsored the October meal. We sincerely appreciate this group of dedicated congregation members for all they do to help our synagogue and their continuing support of this important program to help the homeless in our community.

The I-HELP program monitor updated us that three men recently left the program; two obtained housing and a third is now employed. It is this type of success, helping men help themselves, on which the I-HELP program is founded. And they can't do that without all our help.

There was also a very special mitzvah shared that evening. Religious school student Ruth Lyons is making "blessing bags" for those in need. As her social action mitzvah in honor of becoming a Bat Mitzvah, she provided these bags for each of the men to take with them. Included were personal grooming items, snacks, water and a list of community social service resources.

The men were very touched by Ruth's care and concern. In fact, one of the men, Kevin, was so moved he donated \$5 in support of Ruth's mitzvah. Ruth's passion to help others is greater than this one evening and she would love to continue making more blessing bags. If you too can donate money to help Ruth help others, please contact the CBI office to make arrangements.

The men truly enjoyed the evening. Food was wonderful. Sunday night football was shown on the big screen. The mitzvot, blessings and G-d's presence were felt by all. It was a special, festive atmosphere and the men truly enjoyed themselves. Thank you all very, very much!

November 4th - Kindergarten/ First Grade - This dinner is being hosted by the K/1 religious school class. As part of the responsibility, the teachers and I-HELP coordinators will present a lesson on

mitzvot, feeding the hungry, sheltering the homeless and caring for those in need. We ask that parents reinforce these lessons in your homes. Thank you. Your support of this important community mitzvah truly helps to positively change the lives of many people in need.

If you have any questions about I-HELP or interest in supporting the program, please contact Charlene or Matthew Schuss at cnmne3@comcast.net or call 250-7170. Thank you!

I-HELP for Women

Can you contribute something special for New Year's Eve?

No Women's IHELP at CBI in November, but start thinking New Year's Eve. CBI has responsibility for December 31st Women's IHELP. In addition to our always nutritious and delicious dinner offerings, we are hoping to have some special items, perhaps appetizers, desserts, main dish or sides, in keeping with the holiday. We welcome any help in serving or set up, but no overnight required! In fact, even if you might be out of town, but have a special dish that can be prepared, frozen and reheated, or dropped off before that night, we can arrange to receive or collect it and add it to the menu. Bari Tolliver and Susan Schwartz are coordinating this dinner; contact Susan at schwartzs@redshift.com or 831-595-7623 for more information or to find out how to donate food or special gifts for that night's guests.

Some changes in the Women's IHELP program: Good news is that many of the women transported by IHELP bus in the morning to Gathering for Women or Salvation Army for breakfast and opportunity for showers and clothes washing. So now, we at CBI are asked only to provide minimal breakfast items for those ladies who go directly to classes or jobs, if they have them. Take out items for sack lunches are still appreciated. The program is stable, but numbers continue to fluctuate. Staffing recruitment and interviews are underway. If you know of anyone who might want to interview to work with the program, contact Susan Schwartz who will put you in touch with the IHELP personnel.



Food Bank Collection Update

Our recent High Holiday Food Drive was one of the most successful ever! Not only did we fill and re-fill our collection barrels to overflowing, but also, most items donated were from the list of priority needs, not beyond expiration dates, and donated in sealed, unopened packages. We collected both food items and monetary donations. Thanks to all who gave so generously and allowed us to fulfill the mitzvah of feeding the hungry.

Thank you to our staff, Julie and Abby who arranged for barrel delivery and pick up, and who kept our collection in order during the drive. Thanks to all who assisted in bag distribution at services and religious school. Special thanks to religious school moms Shel Lyons, Amanda Mello and Adina Ables who sorted food and packed barrels for pick up at the end of our drive.

Once again, this year, we collected enough food that we were able to do a mid-drive delivery to a local Food Bank collection and distribution point handled by All Saints in Carmel. Big thanks to Matthew and Charlene Schuss who not only prepared the food lists and collection bags, but also facilitated the pickup and delivery of a SUV full of items to All Saints. In a gracious thank you letter, Hans Lehmann of the All Saints Outreach Commission reported that our donation not only helped fill the All Saints' daily food bags for those in need but also supported food distribution in Marina.

As Mr. Lehman noted in his thank you letter, the needs are never ending. With or without a

special food drive, our Food Bank collection barrels and envelopes addressed to Monterey County Food Bank will remain available in our foyer. Please continue your generosity in remembering those in need.

No more Glass Containers, please

A special note for future donations: The Food Bank really appreciates and still needs pasta sauce, peanut butter, jelly and some other items that are often in glass packaging, but they have found that that glass containers can break in the barrels before finally being unpacked at the Food Bank. Let's try to find these items in substitute containers. We can also try to put out a special bin for items in glass so that the Food Bank pick up folks are on notice for special handling and early unpacking. Thanks!

Social Action Trustee Susan Schwartz

Chevra Kadisha Training

Introduction to Taharah & Shmira

11:00 AM - 4:00 PM on Sunday, November 18th
Temple Beth El, 3055 Porter Gulch Road, Aptos

Often called a "Burial Society" the term *Chevra Kadisha* is better translated Sacred Society or even Holy Friends. In a congregational setting, the *mitzvah* of guarding (*Shmira*) and ceremonially preparing our own deceased for burial (*Taharah*) brings the reality of life's fragility into sharp focus. Far from depressing, it can awaken us to the exquisite preciousness of life. Our community Chevra has been providing this centuries-old Jewish ritual that honors the deceased for over twenty years.

For reservations or more information, please contact Rose Ashford at rose@ashfields.net or call (831) 661-5014.

Jointly sponsored by Temple Beth El and Chadeish Yameinu



Congregation Beth Israel
November 2018
TISHREI ~ KISLEV 5779

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|---|--|---|
| | | | | 1  | 2 7:30PM Erev Shabbat Services with special Birthday blessings | 3 9:00 AM Morning Shabbat Service 10:30 AM Mazel Tots 10:45 AM Shabbat Study |
| 4 Day Light Savings Time Ends 9:30 AM Religious School K/7 th Grades 12:00 R/S Faculty Meeting 12:00 Jewinors 5:00 I-Help Men's – Sponsored by Religious School Grades K/1st | 5  | 6  | 7 4:00 PM B'nai Mitzvah Class 4:30 PM Hebrew School 6:00 PM Aleynu | 8 7:30 PM Adult Liturgy Class | 9 7:30 PM Erev Shabbat Services | 10 10:30 AM Shabbat Study |
| 11 Veterans Day No Religious School | 12 CBI Office Closed | 13 1:30 Book Club 6:30 PM Executive Committee Meets | 14 4:00 PM B'nai Mitzvah Class 4:30 PM Hebrew School | 15 | 16  7:30 PM Erev Shabbat Services | 17 9:30 AM Religious School Grades 6 & 7 10:30 Service |
| 18 Religious School 9:30 AM K/5 th 9:30 AM My Munchkin & Me | 19  | 20  | 21 No B'nai Mitzvah or Hebrew School | 22 Thanksgiving CBI Office Closed | 23 CBI Office Closed 7:30 PM Erev Shabbat Services | 24 10:30 AM Shabbat Study |
| 25 No Religious School | 26 | 27 | 28 4:00 PM B'nai Mitzvah Class 4:30 PM Hebrew School 6:00 PM Aleynu | 29 7:30 PM Adult Liturgy Class | 30 6:30 PM Shabbat Dinner 7:30 PM Erev Shabbat Services with special Anniversary Blessings | 1 December 9:00 AM Morning Shabbat Services 10:45 Shabbat Study |



Mazel Tov Ryan!

Ryan Maxwell Dicus was called to the Torah to become a Bar Mitzvah on October 20. His passion for Judaism and ever-present desire to learn have carried him through the years of study to reach this honor.

Ryan is in 8th grade at San Benancio Middle School, where he enjoys the academic challenges as well as the companionship of his friends. His favorite subjects include Science, English, and more recently, Videography. He also has a strong love for technology, both in and out of the classroom. Outside of the classroom, he plays the clarinet, enjoys mountain biking, and last year, branched out into both swim and water polo. Ryan enjoys spending time with his parents, Mike and Catherine. His younger brother Andrew, frequently a source of annoyance, is also a source of many hours of laughter and happiness.

Naturally inquisitive, Ryan is constantly on the search to learn more about the world around him. Science and technology are always important to Ryan. To him, the natural world is an amazing place, to be studied and made sense of. He also is fascinated by the human world,

with a growing interest in other peoples, cultures, and languages. This has led to a love of travel. So far, he has visited fifteen other countries and wants to keep going!

Although he can be shy at times, Ryan is also comfortable as the center of attention. He takes great delight in making people laugh. The happiness of others is important to Ryan, and he will go out of his way to make sure people smile. Always ready with a joke or an internet meme, Ryan will try and bring out the best in people.

From a young age, Ryan has been drawn to animals. Rarely can we go somewhere without him stopping to pet a dog, or try and make friends with a new cat. He sees the domesticated animals as not just pets, but companions and part of the family. To that end, his bar mitzvah project was volunteering at the Society for Prevention of Cruelty to Animals (the SPCA). There, he further learned how to interact with and take care of our furry friends. One of his goals was to help socialize the younger animals, to help them get adopted to good homes.

Words cannot express how proud his parents and family are of Ryan. For all the hard work and effort he has put in to reaching his goal of becoming a Bar Mitzvah, congratulations and MAZEL TOV!



CBI Religious School

CBI Youth Calendar for November 2018
 Our Youth Calendar for the entire year is now in a
 Google Calendar Format.
 View and download it through our website:
CarmelBethIsrael.org/Learning

| Date | Special Events and Activities |
|------------------------|---|
| Saturday, November 3 | Mazel Tots - Shabbat (10:30 - 12:00) |
| Sunday, November 4 | Day Light Savings Time Ends Religious School - Grades K - 7 (9:30 - 12:00) Jewniors go Mini Golfing (12:00 - 2:00) Faculty Meeting - Teachers - 12:00 - 2:00 IHELP - K/1 (4:00 - 6:00) |
| Wednesday, November 7 | B'nai Mitzvah Class (4:00 - 6:00) Hebrew School (4:30 - 6:00) Aleynu (6:00 - 8:00) |
| Sunday, November 11 | NO Religious School Veteran's Day |
| Wednesday November 14 | B'nai Mitzvah Class (4:00 - 6:00) Hebrew School (4:30 - 6:00) |
| Saturday, November 17 | Religious School - Grades 6 & 7 only (9:30 - 12:00) |
| Sunday, November 18 | Religious School - Grades K - 5 (9:30 - 12:00) My Munchkin & Me (9:30 - 11:00) |
| Wednesday, November 21 | NO Hebrew School - Thanksgiving Break |
| Sunday, November 25 | NO Religious School - Thanksgiving Break |
| Wednesday, November 28 | B'nai Mitzvah Class (4:00 - 6:00) Hebrew School (4:30 - 6:00) Aleynu (6:00 - 8:00) |



Who: Parallel program for parents of babies through school age children & Babies through Preschoolers

When: Sunday, November 18, 9:30 - 11:00 & one Sunday a month throughout the school year

What: Parenting discussion group based on "How to Raise a Jewish Child" by Karen Kushner and Anita Diamant. Discussion facilitated by Megan Felthoven.

Preschool group with PJ Library story and craft with Kerri Goldberg.

Yummy snacks/ breakfast provided for adults and children.

How Much: \$18 for the remaining 6 sessions OR \$5 drop-in. Price includes the book.

Come meet new friends or re-connect with familiar faces as you discuss parenting issues.

Thank you to the Harold Grinspoon Foundation for underwriting this program.





VISIT the CBI GIFTSHOP

Hanukkah 5779 begins on the evening of December 2. Do you need candles, a menorah or gifts for the family? You can do your holiday shopping AND support our Religious School by visiting the CBI Gift Shop. The shop is open during Hebrew School and Religious School and the office staff is always happy to let you in Monday to Friday 9:00 AM to 4:00PM.



A PJ Library Program

Thank you to the Harold Grinspoon Foundation and the Hornik Family Foundation for subsidizing this program.



A simple way to support our synagogue and it doesn't cost a thing!

- In your internet browser enter amazonsmile.com
- Select CBI as your selected recipient
- Every purchase you make sends dollars to CBI



Learn, Think, Plan, Lead, Travel, Eat, Laugh...

NOW is the time to join the conversation

Discover your passion

Make connections & Share your strengths

Lots to learn and do beyond Religious School

It's not too late to join the Fun!

Wednesday evening program,
November 7 & 28, 6:00 - 8:00



Jewish Family Ideas November 2018

Make Thanksgiving Jewish by incorporating Jewish values into your holiday observance:

- ❖ Feed the Hungry, *Ma'achil Re'eivim*: Before your own Thanksgiving dinner, spend some time working a community Thanksgiving that serves the homeless and others in need. Purchase additional food for the Food Bank when you buy your Thanksgiving groceries.
- ❖ Welcome the Stranger, *Hachanasat Orchim*: Invite someone that has no nearby relatives to spend the holiday with you.
- ❖ Gratitude, *Hoda'ah*: Begin Thanksgiving with *ha-motzi* and *shehechaynu*. Then invite each guest to talk about something for they're thankful. What "harvests" do we have for which we can be thankful?

Share with your children your family's immigration stories. When did your family arrive in this country? Where did they come from? Where did they settle? When did they come to California?

- ◆ Book Suggestions:
 - ❖ *Molly's Pilgrim* by Barbara Cohen. A Russian immigrant girl adjusts to the American celebration of Thanksgiving as she learns about religious freedom and what it means to be a pilgrim. Ages 6-10.
 - ❖ *Thanksgiving: The True Story* by Penny Colman. The first section of the book discusses the history of the holiday and its various observations; the second half describes the traditions that have evolved around it. Ages 9 - adult

- ❖ *Emma's Poem: The Voice of the Statue of Liberty* by Linda Glaser. In 1883, Emma Lazarus, deeply moved by an influx of immigrants from Eastern Europe, wrote a sonnet that was to give voice to the Statue of Liberty. Ages 7 - 9.
- ❖ *All of Me, A Book of Thanks* by Molly Bang. From fine feet and grand hands to hearing ears and a thumping heart, this book teaches children and reminds adults to enjoy a sense of gratitude as part of the family in this big, amazing world. Ages 2 - 5.

Note: Most of the above book suggestions are also PJ Library selections. To sign up your child for FREE books delivered to your home each month, go to PJlibrary.org. PJ Our Way allows your 9 -11 year old to choose their own chapter book for free each month. Go to PjOurWay.org to sign-up.



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Reflections on Lighting the Shabbat Candles

The Light of the candle lasts only an instant
Less than a hundredth of a second before it is gone
Then replaced with something similar but never the same.
But in that instant, that second, it can be all that's needed
To inspire hope, and a flame of renewed life.

This is Erev Shabbat.
-Gabe

Serenity
Humility
Moon
Centering

This is Erev Shabbat.
-David

Fire makes me feel warm and happy. Calm too.
Having everything canceled out by darkness and having one small light is beautiful. The different colors are so artistic and that is probably because I like to paint.

Also, fire smells
Super
Good
This is Erev Shabbat.

-Elinoar

Fire can burn the house down if you are not careful
I mean it
Fire is powerful
Lighting candles requires responsibility and our full attention

This is Erev Shabbat.

- Notes from class discussion 'sparked' by Elinoar

Lighting the Shabbat Candles sparks
Hope, meditation, relaxation, calmness, spirit
It sparks Light in a dark tunnel
It is the spark of Peace.

This is Erev Shabbat.
-Ruth

Candles' flame-
They drain your mind of stress
Their light demands attention,
Like an actor on a stage.
The serene smell of soft smoke
Brings a sense of rebirth every week.

When life is hard, lighting the candles can help you change your feelings about it.

This is Erev Shabbat.
-Gabrielle

How does lighting candles make me feel?

Calm
Relaxed
Tired
Happy
Peaceful
Curious

God is like fire because it leaves a mark, but you don't know it's there.

But it is also like water because it flows right through you.

This is Erev Shabbat.
- Claire

How does Light Make Me Feel?

Warm
Safe
Sheltered
Loved
The closeness of family
Magical

This is Erev Shabbat.
-Shayna

Light equals

Calm
Relaxation
A sense of Presence

Breathe in calm
Breathe out stress
The light goes from the match to the Candles. We blow out the match but the fire In the candle is still alive.

There is a chance for light
Inside.

Stars are fire. They
Shine bright from so far away.

Some people think of fire as destruction. The smallest flame can ignite peace or war.
The way we use fire can change your feelings about it.

This is Erev Shabbat.

-Erin

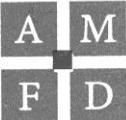
Calm
Relaxed
A sense of Presence
No worries

Empty
Happy
Me
Letting go
Being one
Still
Warm
When we light the candles and the match goes out the light is still there

One small flame can create a bigger flame
This is Erev Shabbat.

-Ethan

7th Grade Religious School
Class 30 September 2018
With teachers David Kolinsky & Alisa Fineman and Madrich Gabriel Lipow



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Chartered in 1954 as the Jewish Community of the Monterey Peninsula, Congregation Beth Israel today serves the spiritual, educational, and social needs of Jews on the Peninsula. We derive programming and administrative strength from our affiliation with the Union for Reform Judaism and offer traditional programming to meet the needs of most Jews on the Monterey Peninsula. The Congregation sponsors weekly worship services on Shabbat evening and Shabbat morning; observances of all holidays and festivals; and formal educational programs from toddler through adult. We operate our own school on weekend mornings and midweek afternoons, and we also maintain a Judaic library.

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Louise Riddell-Kaufman - *Religious Education Director*

Julie Chase - *Administrator*

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Parshiot



November 3, Chaye Sarah

T: Genesis 23:1-25:18

H: I Kings 1:1-31

November 10, Toldot

T: Genesis 25:19-28:9

H: Malachi 1:1-2:7

November 17, Vayetze

T: Genesis 28:10-32:3

H: Hosea 12:13-14:10

November 24, Vayishlach

T: Genesis 32:4-36:43

H: Hosea 11:7-12:12