

SHOFAR



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



Adult Education Liturgy Class Begins

Join Rabbi Bruce Greenbaum and Rabbi Jeff Schulman as they teach our new Jewish Liturgy class/workshop. Offered 15 Thursday nights from 7:30-9:00, this month October 4 and October 18, 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 call the CBI office at 624-2015 and let us know if you hope to join us.



BEST YEARS

Best Years Lunch Gathering

It's been a while since our Best Years group has enjoyed good kosher hotdogs. Let's join together on **Thursday, October 18** at noon at CBI for a delicious kosher hotdog lunch. With salads and chips and all the usual extras, it is a meal not to be missed. If time allows we might just make time to brainstorm together as we plan future Best Year events. To RSVP for this lunch, call the CBI office at 624-2015. Remember, **this event is free**. Please let us know if you need a ride to this event.



October Night at the Theater

Call the CBI office now at 624-2015 and reserve your discount tickets for another great theater night which will be **Saturday, October 6**. We will enjoy a play entitled "The Lusty Adventures of Tom Jones" starting at 7:30 at the Outdoor Forest Theater. Ticket prices are only \$30.50 for adults, \$22.50 for seniors, and \$13.00 for teachers and military personnel. Dress warmly for this evening show. Bring some wine and snacks or desserts to share with each other. What a wonderful way to celebrate the end of our holy day season. Also save December 8 for the show "Mama Mia" and January 5 for the "Legends of Rock and Roll!"



Lunch with the Rabbi

Join Rabbi Greenbaum this month on **Thursday, October 4 at noon** at our new location Baja Cantina when he will lead a discussion on divisiveness in the Jewish realm. With all the debate about partisanship and societal angst, how has Judaism survived its own disagreements? Jews never seem to get along with one another yet we remain a small but strong people. What are some of the great divisions in our Jewish history and how have we managed not to destroy one another? What do we learn from the Talmud on divisiveness? Come prepared to **RESPECTFULLY** discuss, question and debate these issues. Lunch costs only \$20. Call the CBI office at 624-2015 to RSVP.

From the Rabbi's Desk...

If you joined us for some of the services during our High Holy Day season you hopefully noticed that interspersed in our prayers were moments of levity. This was not an accident. While not always specifically planned, when given the opportunity I try to insert a little joy or laughter into the service, even when we are wrestling with issues of repentance and forgiveness. I don't want to lessen the significance of our prayers but rather help our spirits soar and celebrate the joy of being Jewish, even on our most sacred days.

I have been both praised and criticized for bringing humor into my rabbinic duties. People have labeled me as funny and disrespectful. I have helped brides and grooms relax under the chupah with a quick chuckle and brought laughter to those at a brit milah celebration. Sometimes we just need to rid ourselves of tension with a humorous moment. While there are times when it is not appropriate, more often than not, laughter helps.

Let me share with you something I tell those struggling with depression or who have simply lost their way. Try and lift the spirits of everyone you meet today. Imagine how you will feel knowing that you made everyone around you feel a little better. I am not talking about a major shift, just helping others smile or add a slight skip to their step. It can be as simple as smiling at those you encounter or sharing a small compliment. It's easy to share with others that you like their shirt, or their hair looks great or simply "you're looking good." With children a comment about how big they are or how much they have grown always draws a smile. Just giving others around you a little positive attention will lift their spirits. Doing these things will also lift your spirits as well.



Possibly the most challenging time to do this is when you're around those closest to you. We forget to add that extra little effort with our spouses and our own family members. Too often we take our family for granted and forget that we should always be working to raise each other's spirits. A little note, a nice gesture, a warm comment goes a long way inside our own homes.

As we enter this New Year 5779 this small task, lifting the spirits of everyone we encounter every day, can give us a sense of purpose. At camp we used to sing a Hebrew song "You and I can change the world." By performing this small act we begin to change our little corner of the world. But like the pebble thrown into the pond, the waves expand to the far shores. Instead of being grumpy, maybe we help our neighbors become a little friendlier who then passes this positive mood to his friends who pass it on to their friends... It all begins with a simple smile or a kind comment.

Of course, this only works if you can smile or be kind to those around you. That can be difficult if we find ourselves struggling. In those moments, I would encourage you to focus on those around you instead of thinking about your own challenges. You might discover that working on lifting their spirits magically lifts your own spirits as well.

By the way, have I told you what a nice congregation you are? Some rabbis have congregations that do nothing but complain all the time, but you usually offer me positive feedback and helpful suggestions. Also you are wonderful singers. Cantor Fineman and I often find we are joined by a fabulous choir during our services. I also appreciate how supportive you are with our pledge system at CBI. Now, please go out there and make others feel better.





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

In my August column, I said that I would be devoting my future monthly columns to learning about some of the members who make up our diverse and inclusive Jewish community. I'm calling it "Our Jewish Stories." The first installment is from one of our Founding Mothers and longtime member, Barbara Lipman. Here's what she has to say. . .

Shalom,
~Cara

After 61 years of uninterrupted, active membership in the Jewish Community of the Monterey Peninsula, I have a long story. Born in Philadelphia to a loving family, my parents were true sweethearts, and my two sisters and I adored them. It was a beautiful childhood.

When my fabulous father—loved by everyone—brought his mother-in-law to America, Yiddish became the house language . . . Russian for secrets. Out of respect for my Bubbie, we became Orthodox, and I knew each holiday by the special foods that accompanied it. My mother was an extraordinary homemaker, and her cooking and baking flavored our lives.

Jewish humor and Yiddishkeit filled our family and all of our many, many relatives.

My mother wanted "well rounded" girls. We all played a musical instrument, took elocution/drama classes, and went to Corlena, our terrific dance instructor. We did shows at the Shubert Theater and I entered many ballroom dance contests, winning a few. My favorite first place was won at Grossinger's in the Catskills.

My academic schooling was interrupted by a great job offer. My social life was full. It was a happy time.

My future husband's sister went to the same hair salon that I did. She wanted me to meet her brother, Paul, when he visited from California. Reluctantly, I agreed, and that's how I became a California Girl.

I met the handful of Jews immediately upon my arrival. They were a bright, capable group of Ashkenazi Jews (like me), and we got to work. A Jewish presence in this non-Jewish environment meant everything to us. We struggled, worked hard, laughed, and always knew the perfect Yiddish word to describe a situation—so colorful, so natural. As our everyday English vocabulary includes many Yiddish words, I "kvell."

All of our endless efforts brought us to this new place, a big change. Also, our familiar Temple tunes have changed. That is a loss for me.

I want to thank Rabbi Greenbaum for my Torah education, an excellent addition to my Jewish life.

Aaron Lansky, President of the Yiddish Book Center in Amherst, Massachusetts has collected books, plays, songs, tapes, conversations, etc. so that we can all share and enjoy the warmth of our "mamalashen."



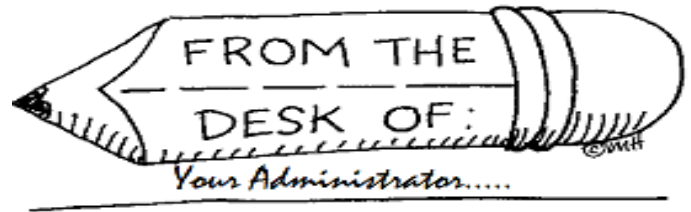
Barbara Lipman

Thank You from the Worship Committee Chair, Sylvia Krimsley

Our Rabbi Greenbaum, our Cantor Fineman, our scholars, rabbis, and cantorial student, our vocalist, our musicians, our shofar blowers and those who chanted from the Torah unlocked our souls and opened our minds and hearts to the spirit of tefilah during this New Year's High Holy Days. On the second day of Rosh Hashanah we were joined by Cantor Bruner, a rabbinical student, and Congregation Beth El, and we were blessed as two cantors and a cantorial student joined their voices in stirring, beautiful prayers. And throughout, all of us participated as well to raise the level of ruach, as we made aliyot, read haftarah, chanted the blessings for the haftarah, opened the doors to the ark, carried, raised and dressed the torahs, participated in readings, blessings on the bimah, and, finally, the havdalah service. We walked away uplifted and ready to make this year one of connection to G-d, finding the spark of the Divine within ourselves, service to others, kindness, generosity, justice and social action. The Worship Committee appreciates all of you who helped to make these days run smoothly and helped to make them so very meaningful. We would like to thank:

Rabbi Bruce Greenbaum for his strength, humor, inspiring words, and his spiritual leadership;
Cantor Alisa Fineman for leading with a beautiful voice that often evokes the sound of a powerful, yet gentle shofar and for being the driving force of our musical ensemble;
Cantor Margaret Bruner and rabbinical student Elana Nemitoff for their participation in leading the service on the second day of Rosh Hashanah;
Pauline Troia, Kimball Hurd, Noah Freedman, Ari Freedman for their musical accompaniment, Joel Jaffe for his participation in the Kol Nidre service, and Diana Rosenthal and cantorial student Elizabeth Baseman for their beautiful voices;
Rabbi Bruce Greenbaum and Cantor Alisa Fineman for leading the workshops on Selichot;
Beryl Levinger for leading the discussion on Yom Kippur;
President Cara Lieb for her announcements and enthusiastic address;
Todd Hornik for distributing the prayer books;
Saul Eisenstadt for relaying Tehila Eisenstat's appeal to support Israel;
Ryan Knight for blowing the Shofar;
The Torah chanters for their dedication to learning and chanting the High Holy Days trope;
This year's chanters were: Cantor Alisa Fineman, Victor Krimsley, Susan Newton, Ryan Knight, Ellen Saxby, Zia Shapiro, Bryan Telford, Rabbi Jeff Schulman, Nancy Mikita, Lorraine Gerstl, Seth Pollack, Galena Bordetsky, David Awerbuck, Pauline Troia, Daniel Nussbaum, and Sylvia Krimsley.
The understudy Torah chanters for being prepared to chant if called upon;
The Haftarah readers and those who gave the Haftarah blessings;
This year's Haftarah readers and chanters were: Bee Epstein-Shepherd, Rabbi Jeff Schulman, Alan and Sandra Goldman, and David Sabih. Blessings were given by Rosemary Lande, Cantor Margaret Bruner, Victor Krimsley, and Jane Bednar.
The honorees who opened the ark doors, carried the Torahs, held the Torah aloft, dressed the Torah, recited the Aliyot blessings, read from the prayer book, lit the candles, led the V'ahavta and the Kiddush;
The Board members for welcoming worshippers at the door;
The Past Presidents for participating in the Havdalah service;
Julie Chase and Abby King for organizing the Break the Fast and for their supporting efforts.

Today Rabah, thank you so much.



CBI Book Club

October 9, 1:30 PM, home of Suellen Rubin (suellenrubin@hotmail.com). Book: *HERE I AM* by Jonathan Safran Foer. 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.**

Our new website is up (www.carmelbethisrael.org).

Huge thanks to Malina for shepherding this redesign and to her talented assistant, Juby, for her technical prowess. We also thank Gary Simon, our retiring webmaster, who has skillfully maintained our site for many years.

The website is a work in progress and will continue to grow.

What can you do to help us improve?

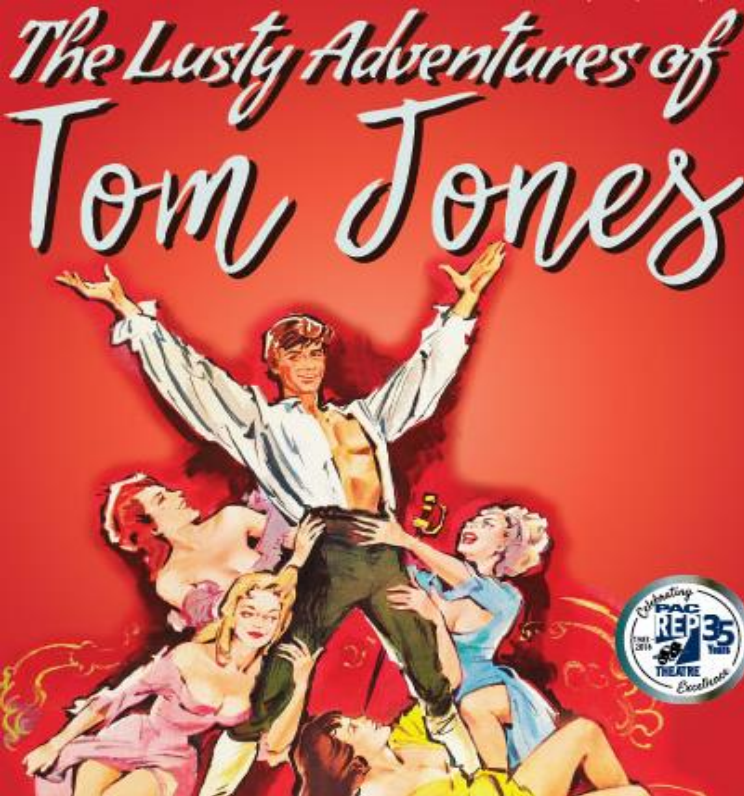
- Take a look at the new site and send us a "punch list" if you find areas that need work.
- Take photos at CBI events and send them along for inclusion in the site.
- Thinking about making a Donation? Try our "Donate Now" link with online credit card functionality.

We have recently engaged a new credit card processing company. In addition to saving us money and allowing for online donations, we are now able to create accounts where your credit card information can be securely maintained. This will make it easier for you to call the office and make donations, payments, gift shop purchases and event reservations.

We look forward to your comments. Please know that if you have any questions about your accounts, upcoming events or any happenings around the Temple you can always reach Abby or me at 831 624 2015 or email us at shalomcbi@aol.com

Julie

Join us on October 6



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





Thank You!

General Endowment Fund

Lewis & Sandra Leader
Todd & Veena Waldman

Building & Grounds Fund

Monica Browning
Todd & Veena Waldman

Rabbi's Discretionary Fund

Leonard & Sheri Chodosh in memory of
E. Schuber
Barry R. Harrow
Sharon Hoffman

General Fund Donations

Marshal & Angelica Blatt
Malina Breau in honor of Bari Tolliver's
Birthday Beryl & Sam Levinger
Gordon & Amanda Freedman
congratulations on their 50th wedding
anniversary
Ellyn Gelson in honor of September,
birthdays & anniversaries
Steven River Gurtin & Dr. Diana Case-
Gurtin in memory of Beatrice Gurtin
David & Xochitl Kolinsky
Rosemary Lande in memory of Grace
Tikosen
Rabbi Jeffrey Schulman & Susan Alnes
in memory of Pearl Schulman
Gary & Judy Simon in memory of
Abram Simon
Lester & Wendy Tockerman in honor of
Alden & Deanna Adolf

Martin & Karen Wiskoff in memory of
Grace Tikosen

High Holiday Appeal

Rich & Carol Ader
Maureen Chodosh in memory of
Lorraine Stocker
David & Xochitl Kolinsky
Deborah & Mitch Winick

Religious School Donations

Susan Schwartz in honor of Bari
Tolliver's birthday

Book of Remembrance

Marshal & Angelica Blatt
William & Myrna Brandwein
Julie & Stuart Chase
Leonard & Sheri Chodosh
Maureen Chodosh
Bee Epstein-Shepherd
Melvin F. & Susan N. Gorelick
Rabbi Bruce & Susan Greenbaum
Michael & Constance Kean
Thomas & Ellen G. Krause
Victor & Sylvia Krimsley
Marcy Jae Levin
Tobi & Michael Marcus
Steven & Barbara Neil
Cele Passin
Israel Pren
Wendy Rosenthal
Corrina Joan Rucka
Matthew & Webber-Schuss &
Charlene Schuss
Andrew Sisolak
Lester & Wendy Tockerman
Mindy Western
Martin & Karen Wiskoff





Thank You to Our Oneg Hosts

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

September 14: Mary Sher- In loving memory of Gerald Sher.

September 21: CBI Board & Staff - In honor of our beautiful High Holy Days Season.

September 28: Alan Lefkof and Ann Gordon- In honor of Katy & David's wedding.

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 Mitzah

October 26: This date available. Please call the CBI office to host!

November 2: This date available. Please call the CBI office to host!

Please help keep this wonderful tradition alive by hosting an Oneg in memory of a loved one or in honor of a special person or life cycle event.

Call the CBI office to schedule this simple yet meaningful mitzvah.



Community Shabbat Dinner -Join us on Friday, October 26

Join with us at 6:30 for our

monthly community Shabbat dinner, prepared by Malina Breau 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 to enjoy our lovely community Shabbat meals. Members \$12.50 non-members \$20



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. But again, you must let us know.



David Heilman,	1
Sara Hinds	1
Sidney L. Richardson	2
Barry Kassels	3
Margaret Harrit	5
Barbara Neil	7
Marva B. Hoffman	8
Kristin Orliss	8
Donald Pompan	8
Maureen Chodosh	10
Rabbi Bruce Greenbaum	12
Robert Block	13
David Ehrenpreis	14
Ruth Rubin	14
Richard Baquiao	17
Gabriel Lipow	17
Jeannette Stern	17
Amanda Freedman	18
Stuart Chase	19
Lizbeth Davis	20
Sandra Goldman	21
Tricia Popky	21
Philip Sammet	21
Elinor Schuss	21
Shel Lyons	24
Roger Shiffman	24
Gabriela Bravo	25
Kate Popky	25
Jesse Entin	26
Michael Kapp	26
Jason Schnitzer	27
Evan Vitiello	28
Fred Cohn	30
Yoshimi Ishii	30
Scott Lyons	30
Esther Stern	30
Edmond Howser	31
Joan Schaeffer	31



Gloria Beil-Phillips & Jason Phillips	11
Richard Fogg & Sharon Neben-Fogg	14
Seth & Naomi Pollack	14
Brynie Kaplan-Dau & Daniel J. Dau	18
Vivi & Paul Fenwick	25

Family News

Welcome to our new families:

Adina Ables & Brian Granbery
Samuel & Tally Helfont
Robert & Sandra Kohn
Ron & Lillian Shelan
Laurie and Larry Wetterschneider

Sincerest condolences on the passing of Grace Tikosen. May her memory be a blessing to us all.

Mazel Tov Jay and Ruthie Pack on the birth of their new granddaughter, Stella Rose Meiggs.

Noah and Jared Liebmiller are both employed in their first “real” jobs in Los Angeles. Parents Clark Miller and Cara Lieb are kvelling! Tell us about your children. This is your chance to crow! [there must be a Yiddish word for *crow*; I’ll ask around tonight]

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.

Jewish Cuisine



Here are some recipes for Fall, compliments of ReformJudaism.org.

Do you have a recipe you would like to share with the congregation? Send it to us at shalomcbi@gmail.com.

Pumpkin Challah

An unconventional twist on traditional challah, this dough incorporates pumpkin pie spice and pumpkin puree.

Cook Time: 2h 30min | Makes 12 Servings

Ingredients:

- 1/2 cup warm water (about 100 degrees)
- 1 1/2 packages active dry yeast
- 3 cups white flour
- 1 cup whole wheat flour
- 2 teaspoons pumpkin pie spice
- 1 teaspoon salt
- 1 cup pumpkin puree
- 1/4 cup honey
- 1/4 cup vegetable oil
- 1 egg + 1 egg yolk for the dough and 1 egg for the glaze

Directions:

1. Mix the yeast into the hot water water in a bowl. Leave for 10 minutes to dissolve.
2. Meanwhile, mix the flours, pumpkin pie spice and salt in a large bowl.
3. In the bowl with the water and yeast, whisk in pumpkin puree, 1 egg and 1 egg yolk, oil, and honey.
4. Make a well in your flour mixture and add in the pumpkin mixture to form a dough. Add more flour if your dough is sticky.
5. Knead dough for 5-10 minutes.
6. Put dough in a warm, dry bowl and cover with plastic wrap. Put in a warm place to rise for about 1 1/2 hours until tripled in size.
7. Form dough into a braided challah. For a simple three-strand braid divide your dough into three parts and

start in the middle, braiding each side and securing at the ends.

8. Put challah on parchment paper and cover with plastic wrap for 45 minutes until it doubles in size again. While it is rising, pre-heat oven to 350°F.
9. Brush challah with an egg yolk wash and bake for 35 minutes until golden brown.

Spiced Angel Pecans

These angel pecans are truly heavenly! A perfect treat to make in the fall when pecans are freshly harvested. Cook

Time: 45min | Makes 4 Cups

Ingredients:

- 1 egg white
- 1 tablespoon unsalted butter, melted
- 1 teaspoon vanilla
- 1 pound pecan halves
- 1/2 cup sugar
- 1 1/2 teaspoons cinnamon
- 1/4 teaspoon ground allspice
- 1/2 teaspoon nutmeg
- 1/2 teaspoon salt

Directions:

1. Preheat oven to 250°F.
 1. Place egg white in a 2-quart bowl and beat with a whisk until light and foamy.
 2. Fold melted butter and vanilla into the whites. Add the nuts and gently stir to coat all the nuts with the egg white mixture.
 3. In a small bowl, combine the sugar, cinnamon, allspice, and salt, and gently fold into the nuts to coat evenly.
 4. Spread the nuts onto a jelly roll pan lined with parchment paper, and bake for 45 minutes, stirring the nuts after the first 25 minutes. Nuts should be very crisp and dry.
 5. When completely cool, store in an airtight container or freeze in ziplock freezer bags until ready to use.

Variations

For Savory Nuts: Substitute 1 teaspoon Worcestershire sauce for vanilla, and use 1 1/2 teaspoons Lawry's seasoned salt, 1/4-1/2 teaspoon garlic powder, and 1/4 teaspoon curry powder instead of the spices. Prepare as directed above.

For Orange-Spice Nuts: Substitute 1 teaspoon orange extract for the vanilla, and use 1/2 teaspoon cardamom instead of the nutmeg. Prepare as directed above.

Torah Connections:

Vol. 127 October 2018, 5779

Michael Waxer

Traveling toward the Light

The Torah gives us the answer to the question, **what is the meaning of life?** One of the reasons we have both positive and negative commandments has to do with the answer.

Early in the Torah God says "*Let there be light and then there was light*" (Genesis 1:3). What you may not realize is that '**darkness**' already existed. The first creation is "*... the heavens and the earth.*" (Genesis 1:1). Verse 2 states that the earth was empty **and dark**. Darkness exists, but God makes no comment on it.

Then, in the very next verse God creates light (Gen. 1:3), and "*God saw the light that it was good...*" (Gen. 1:4). Now we know that although both are creations of God, one is **good**. From this we infer that we want to progress from darkness to light. This journey is essentially the story of every human life.

So, you can think of it this way: The earth (the universe) is empty and dark and it is us, God's creation, which brings light into the darkness. God is the light, and we are the light. It is our purpose to enhance the light, to shine the light, *and to transform darkness into light*. Wherever we are in our life's journey, we should constantly be looking for these opportunities.

The Torah is one tool we are given that helps us to identify light, or pathways that lead toward light. Contained within the Torah we have the mitzvot, 613 commandments, which are like markers that lead us toward the light. There are 365 'negative' commandments, which are balanced with 248 'positive' commandments.

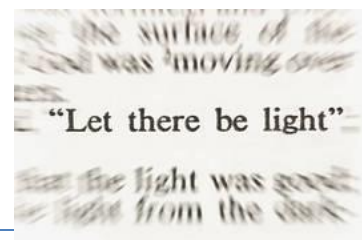
The negative commandments give us instructions on what not to do, while the positive ones tell us what we should do. All of these actually give us guidance on our purpose, and how to make good choices.

Consider 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 be in balance*. 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?

Because humans are '*made in the image of God*', we have the ability to elevate ourselves to that **spiritual universe**, the place of light and goodness. We have the ability to harness this spiritual energy, and to transfer it from the spiritual universe to the physical. Because this 'light' is coming from *outside* the physical universe, it truly would have the ability to add *net positivity, goodness, or 'light' into this physical universe*. This is not a violation of the laws of physics since the spiritual energy enters our physical world *from outside* of it.

How do we harness this spiritual light? By making choices to do good. By elevating ordinary actions so they have a hint of holiness. By making deliberate choices to elevate ourselves and those around us. Our purpose is to harness the 'spiritual light', so we can do our part to transform this physical world, even ever so slightly, and to increase the net goodness.

This article includes inspiration from discussions with Dan Nussbaum, 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, 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

September – The September 2nd meal was sponsored by the local chapter of Hadassah and coordinated by Iris Brewster. For many years Hadassah has graciously committed to providing the meal during Labor Day weekend when it is difficult to find sponsors within CBI membership. Thank you Iris and Hadassah for your generosity and support of CBI's commitment to feed the homeless in our community.

The men dined on baked chicken, lasagna, fried rice with vegetables and beef, green vegetables, macaroni salad, green salad, rolls with butter and, of course, dessert including fruit salad, berry pie and cookies. Breakfast included fresh fruit, yogurt, PB&J sandwiches, bagels with cream cheese and individually packaged to-go food bars.

It was a wonderful, heart-warming meal among friends sharing wholesome food, close comradery and the feeling of being blessed. Thank you G-d and all who participated.

October – CBI Board of Trustees sponsoring – The CBI BOT has agreed to sponsor the October meal. We sincerely appreciate this group of dedicated congregation members for all they do to

help our synagogue and our community. Thank you very, very much!

November 2018 – May 2019 – The CBI Religious School classes and youth group families are sponsoring these I-HELP meals. A fundamental part of our children's Jewish education includes lessons on mitzvot, feeding the hungry, sheltering the homeless and caring for all those in need. Teachers will share these lessons in the classroom and we ask that parents reinforce the importance in your homes. Buying food and preparing meals for the homeless is an important real-life lesson that will enhance classroom learning and truly help those in need. THANK YOU to all the Religious School families, teachers and Louise Riddell-Kaufman, Religious School Education Director, for your continued mitzvot! Your support of this important

Raising Funds for IHELP with "Pasta with the Rabbi!"

Pasta with the Pastors is the traditional end of summer fundraiser for IHELP. Once again, our own Rabbi Bruce Greenbaum was involved in making this event a big success. In his role as MC, Rabbi encouraged a frenzy of last minute silent auction bids as he described items available and counted down the minutes left until the bids closed. Rabbi Bruce also helped by pre-selling tickets and joining other clergy serving up the spaghetti dinner.

Thank you to everyone who contributed to this fund raiser by buying tickets or making donations to IHELP. (continued on Page 12)

Please consider attending future Pasta with Pastors so that you, too, can bid in the silent auction. You'll also get a chance to be served by past and present IHELP participants and hear some of their stories. New this year was a great musical performance from a choir made up of IHELP participants, Board members, and volunteers and professional musicians and singers from various houses of worship.

If you have been asked to bring food to CBI for an IHELP night, you may wonder why fundraising is necessary when so much is donated. Even though each night's sleeping site and food are provided by members of the Interfaith Coalition, IHELP still needs funds for its minimal staffing, insurance costs, and to run the busses that provide transportation between designated pick up spots and each night's host site. Thank you to all who donate food, time and funds, all year long to our IHELP programs.

Art for IHELP

IHELP leadership is looking for folks interested in helping to set up an art auction night to benefit IHELP. Some experience and interest in art and art appraisal would be helpful. If interested please contact Rosmarie Axton at 831-646-8196 or axton@gmail.com. Especially here in Carmel, there is real potential to raise funds as items donated are often from famous local cartoonists or known California artists.

Of course, our own CBI Religious School students contribute their artwork to

IHELP throughout the school year. Each month, former Social Action Co-Trustees Matthew and Charlene Schuss, meet with the class providing that month's Men's IHELP dinner. The Schusses discuss issues of homelessness and how we help feed those in need. The students decorate paper placemats which are used at IHELP dinners. On Mitzvah Day, in addition to preparing that night's IHELP dinner, the children prepare special welcome banners. Attendees love and appreciate this artwork and always comment on it with thanks.

I-HELP for Women

CBI will be hosting Women's IHELP on Monday night, October 29. Once again, Arlene Krebs and friends will be hosting this date as a project of the Lambourne Institute for Lifelong Mastery. Please contact arelenekrebs123@gmail.com if you can donate food or participate in set up or serving.

Do you have a favorite New Year's Eve dish or tradition? CBI has been assigned to host Women's IHELP on December 31st, the last night of 2018. Susan Schwartz, Bari Tolliver and others from the CBI Mussar Study Group have volunteered to coordinate and host this evening. A fun, alcohol free evening is planned with lots of sparkling cider and special New Year's treats. Please contribute a dish or help set up, serve food or stay for dinner and conversation. We are really looking for some donations and helper-hostesses; food can be dropped off, and no staying 'til midnight required!. Contact Susan at schwartzs@redshift.com or leave a note at the CBI office for the Social Action Trustee mail slot.



Congregation Beth Israel

October 2018

TISHREI ~ CHESHVAN 5779

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 4:00 PM B'nai Mitzvah Class 4:30 PM Hebrew School 6:00 PM Aleynu	4  12:00 Pm Lunch with Rabbi 7:30 Adult Liturgy Class	5 6:00 PM 7 th Grade Shabbat Dinner 7:30PM Erev Shabbat Services with special Birthday blessings	6 9:00 AM Morning Shabbat Service 10:45 AM Shabbat Study  7:30 PM "The Adventures of Tom Jones" at the Forest Theatre
7 No School – Columbus Day Weekend CBI – Board Retreat 10:00 AM to 4:00 PM 5:00 I-Help Men's – Sponsored by the CBI Board of Trustees	8	9	10 No Hebrew School	11	12 7:30 PM Erev Shabbat Services	13 10:30 AM Shabbat Study
14 9:30 AM Religious School	15	16	17 4:00 PM B'nai Mitzvah Class 4:30 PM Hebrew School 6:00 PM Aleynu 7:30 Worship Committee Meeting	18 12:00 Best Year's Hot Dog Lunch 7:30 Adult Liturgy Class	19 7:30 PM Erev Shabbat Services	20 9:30 AM Shabbat Study Grades 6 & 7 10:30 Shabbat Service when Ryan Dicus becomes a Bar Mitzvah 
21 9:30 AM Religious School  9:30 My Munchkin & Me	22	23 6:30 PM CBI Executive Committee Meeting	24 4:00 PM B'nai Mitzvah Class 4:30 PM Hebrew School	25	26  6:30 PM Shabbat Dinner 7:30 PM Erev Shabbat Services with special Anniversary Blessings	27 10:30 AM Shabbat Study
28 9:30 AM Religious School	29	30 7:15 PM CBI General Board Meeting	31 4:00 PM B'nai Mitzvah Class 4:30 PM Hebrew School	1 November 	2 7:30 PM Erev Shabbat Services with special Birthday Blessings	3 9:00 AM Morning Shabbat Services 10:45 Shabbat Study

CBI Religious School

CBI Youth Calendar for October 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
Wednesday Oct. 3	B'nai Mitzvah Class (4:00 - 6:00) Hebrew School (4:30 - 6:00) Aleynu (6:00 - 8:00)
Friday, Oct. 5	7 th Grade Class Shabbat, 6:00 dinner, 7:30 service
Sunday, Oct. 7	No School - Columbus Day Weekend
Wednesday Oct. 10	No Hebrew School - October Break
Sunday, Oct. 14	Religious School Grades K - 7 (9:30 - 12:00) Upper Grade Art, Lower Grades - No Specialist
Wednesday Oct. 17	B'nai Mitzvah Class (4:00 - 6:00) Hebrew School (4:30 - 6:00) Aleynu (6:00 - 8:00)
Saturday, Oct. 20	Shabbat Study for Grades 6 & 7 (9:30 - 12:00) Ryan Dicus becomes a Bar Mitzvah (10:30)
Sunday, Oct. 21	Religious School for Grades K - 5 (9:30 - 12:00) My Munchkin & Me (9:30 - 11:00)
Wednesday Oct. 24	B'nai Mitzvah Class (4:00 - 6:00) Hebrew School (4:30 - 6:00)
Sunday, Oct. 28	Religious School Grades K - 7 (9:30 - 12:00) Cooking - Pickles
Wednesday Oct. 31	B'nai Mitzvah Class (4:00 - 6:00) Hebrew School (4:30 - 5:30) - Note shortened day Come in costume ☺

MY MUNCHKIN & ME



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

When: Sunday, October 21, 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 full 7 session program. 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.

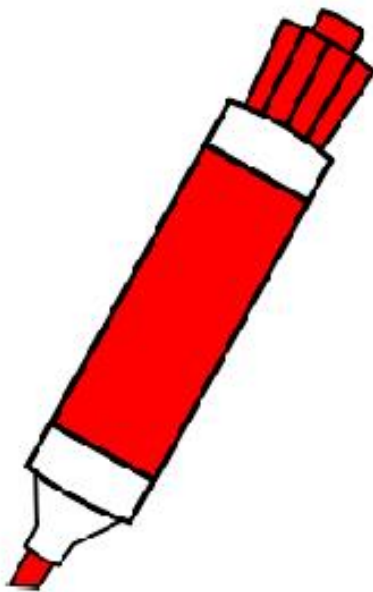
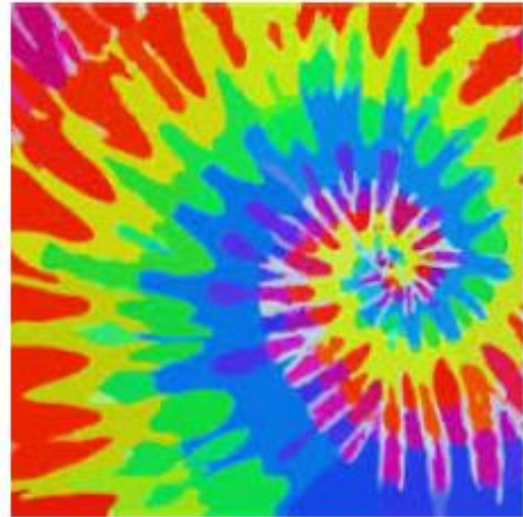


KATANIM!

Who: 3rd-5th Graders

What: Making T-Shirts
(Tie-Dye and Pens!)

How much: \$5



Time: 12 - 1:30 p.m.

Where: CBI

When: Sunday, Oct. 21st

**Please RSVP including food
allergies to Rachael Carroll:
rachaelscarroll@gmail.com**

Be Part of the NEW program for teens



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

NOW is the time to join the conversation

Discover your passion

Make connections & Share your strengths

All Jewish identified teens in grades 8 - 12

Lots to learn and do beyond Religious School

It's not too late to join the fun!



Aleynu Details

Choose any or all options



Wednesday Evening Classes

At Congregation Beth Israel

- Approximately every other week from 6:00 - 8:00
- 1st night FREE pizza tasting dinner
- Trimester schedule (5 sessions per trimester)
- Limmud (core) and Chug (elective) classes & socializing over dinner
 - 1st trimester Limmud: "Ingredients for Revolution: Inspiration for Social Change" taught by Cantor Alisa Finemen
 - 1st trimester Chug: "Yum! Jewish Cooking for Teens" taught by Paige Weisskirch
 - 2nd & 3rd trimester classes chosen by students

Leadership Training

- Plan and put-on your own teen generated one-time events
- Periodic Sunday afternoons (12:00 – 1:30) hanging out & planning
- Earn \$36 bonus for creating and implementing a pop-up event
- What do you want to do with your friends?

Midrashim Program

- Be a Teacher Assistant (paid or community service)
- Become a model for younger Religious & Hebrew School students
- Religious School registration not required
- Interested? Contact Louise Riddell-Kaufman at directorlouise@aol.com

Trips



- San Francisco
 - 8th & 9th grade trip on December 2
 - Contemporary Jewish Museum
 - "Lew the Jew & His Circle: Origins of American Tattoos"
 - Washington DC
 - Tour Washington DC & learn to lobby with other teens from around the country
 - Build new skills & share your views with decision-makers on Capitol Hill
 - L'Taken Social Justice program, <https://rac.org/ltaken-social-justice-seminars>
 - 10th - 12th grade trip on March 15 – 18
 - Cost of trips significantly subsidized
- Looks great on college applications. ☺
Potential Community Service hours

Want to talk to a teen about Aleynu? Contact Joely Kaatz @ 831-915-9980, joelykaatz@me.com

Want to talk to a parent about Aleynu? Contact Donna Shore @ 831-236-1478 shornikandsons@sbcglobal.net

Ask questions to our new Teen Engagement Coordinator, Charles Stone, 216-509-2507, chuckelsruels@gmail.com

For more links & further information or to register: <http://www.carmelbethisrael.org/learning>, or call 624- 2015.



Jewish Family Ideas – October 2018

- *Derech Eretz* can be translated “the way of the world.” It has come to mean doing the right thing. Acts of *Derech Eretz* include: treating other people with respect, helping others whenever possible, being a good neighbor, being a good guest, being a good friend, say “please” and “thank you”, take good care of your pets, going the extra mile for someone else.
- Make a family *derech erez* plan. Talk about the way your family will be sure to treat people the right way. Examples: saying thank you to the waitress who brings your meal, helping to find the owner of a dog that seems to be lost. What can you add to the list?
- Recognize when others (both parents and kids) are doing the right thing in the right place at the right time.
- Share awareness of each other’s acts of *derech erez* at the Shabbat dinner table as part of reviewing the week together.
- Book Suggestions: *Estie the Mensch* by Jane Kohuth. Estie does not always like people. So when her grandmother reminds her to be a mensch, she'd rather not. She'd rather be a dog. Or a turtle. Or a seagull. Being a monkey can even make another kid laugh! But it can also make another kid cry, and that's when Estie and her grandmother find out what a mensch Estie can really be. Ages 3 – 7.

It's a...It's a... It's a Mitzvah by Liz Sundebly & Diane Heiman. Mitzvah Meerkat loves the simple acts of kindness that help lead to tikkun olam (repairing the world). Whether it's welcoming friends, sharing food with the hungry, respecting our elders, or forgiving others

for mistakes, there's almost always an opportunity for a mitzvah. Ages 3 – 7.

Hanna's Sabbath Dress by Itzhak Schwiger-Dmi'el. Hanna's mother sews a beautiful white dress for her. When a promise to keep the new dress clean for the Sabbath is broken, Hanna discovers that helping people is much more important than a spotless dress. Ages 3 – 7.

Note: All of the above children's books were selections from the FREE books sent to PJ library subscribers. For more information on these selections, or to subscribe to the PJ Library, go to pjlibrary.org. For children ages 9 - 11 sign them up so they can choose which chapter book to receive each month at PJOurWay.org.

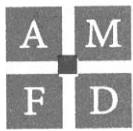


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Chartered in 1954 as the Jewish Community of the Monterey Peninsula, Congregation Beth Israel today serves the spiritual, educational, and social needs of Jews on the Peninsula. We derive programming and administrative strength from our affiliation 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.

Senior Staff

Bruce Greenbaum - *Rabbi, D.D.*
 Alisa Fineman - *Cantor*
 Louise Riddell-Kaufman - *Religious Education Director*
 Julie Chase- *Administrator*
 Abby King- *Administrative Assistant/Facility Use Coordinator*
 Ruby Cohan-*Bookkeeper*

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5778 (2018)

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 Scott Lyons, *At Large*
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 Herb Stern, *Honorary Life Trustee*

Parshiot

October 6, Beresheet

T: Genesis 1:1-6:8

H: Isaiah 42:5-43:10

October 13, Noah

T: Genesis 6:9-11:32

H: Isaiah 54:1-55:5

October 20, Lech Lecha

T: Genesis 12:1-17:27

H: Isaiah 40:27-41:16

October 27, Vayera

T: Genesis 18:1-22:24

H: II Kings 4:1-37

