



## REFLECTIONS...

By Rabbi Jennie Chabon



Friends,

Two new hashtags are going around the Jewish world right now:

#HeshbonHeshvan

#JewishClergySelfCare

I'm not a big hashtag enthusiast, but this month, I want to post those two hashtags in ALL CAPS, because Jewish clergy all around the world are burned out, and we're turning to the calendar to formulate a response.

Heshvan is the month in the Jewish calendar that immediately follows the High Holidays, and it is often called mar Heshvan, bitter Heshvan, because it is void of Jewish holidays. We Jews like our holidays, and we have something to celebrate or commemorate every other month of the year. So a month without holidays could, in theory, be seen as bitter. But ask any rabbi or cantor and they will tell you that Heshvan is not bitter at all. It is a desperately needed opportunity to replenish our depleted bodies and souls. This year, that is more true than ever before.

In an article published in the Jewish Exponent in early October, Rabbis Elyse Wechterman and Ilana Garber explored the immense stress that all clergy have faced during the pandemic, and Jewish clergy in particular in the weeks after the High Holidays:

“Clergy stress levels have been soaring, according to experts on ministry and clergy nationally. Articles on clergy burnout during COVID-19 and civil unrest abound on the internet. Barna Research, a Christian-based think tank on faith and public life, reports in a recent study that 31% of pastors are struggling with their mental and physical well-being and 25% are concerned about their marriage and family lives.”

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## PRESIDENT'S MESSAGE

By Judith Barrall, Board President



These Days. I awake this morning, the hot weather feeling a little too much for me right now. I am ready for a bit of crispness in the air, for a signal that the seasons are marching on. The end of summer has dragged on and on in recent years. We will

get a tease of cooler weather and then, BAM, another heat wave. I am grateful, however, for the blue skies and pray that we are nearing the end of our devastating fire season. We are all heading into month 8 of our new COVID world. How can it be that the world stops completely and yet spins faster and faster every day?

The brutality, cruelty, and sheer strangeness of the outside world never pauses, even for one minute. It bleeds over all of us, seeping, unwelcome into our homes. In our personal lives, many have stress after stress and loss after loss. And like waves in the ocean, it seems like it will never stop. The minute we stand up in the cold forceful water, we get knocked down again. The cycle repeats like Sisyphus bearing the weight of the boulder. At least this is how I feel this morning as I face the cruel reality that our synagogue has just lost one of its greatest leaders, Harry Wittenberg.

Harry was one of the kindest people that I ever met. His eyes always had a sparkle, despite his very great suffering, and he had a way of always seeing the very best in people. He was an inspired writer (he just published a book *Out of Control: Reflections on Life and Death*, which you can find on Amazon). The book is a compilation of his blog posts, the last chapters written with his eyes, as his body succumbed to the devastation of ALS. He was a musician, bringing his talents to CBT with the Tikvah Tones on many joyous nights. Many of you probably remember the incredibly interesting electric bass that he built himself, a neck on a stand, with no curvy bot-

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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

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**Anne Marx**, Executive Director

**Keren Smith**, Director of Membership & Education

**Tina Eisenman**, B'nai Mitzvah Coordinator

**Kathy Jacobs**, Office Coordinator

**Chanel Benhamou**, Finance Manager

**Raphael W. Asher**, Rabbi Emeritus

**Stephen Richards**, Cantor Emeritus

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## CONTACT

The CBT office is open by appointment only.

[office@tikvah.org](mailto:office@tikvah.org) (925) 933-5397

[www.tikvah.org](http://www.tikvah.org)

## MAZEL TOV

to our B'nai Mitzvah!



Bar Mitzvah of Seth Raphael  
Son of Debbie & Robert Raphael  
Saturday, November 7



Bar Mitzvah of Ben Levy  
Son of Karen & Dan Levy  
Saturday, November 21



Bat Mitzvah of Aviv Spivak  
Daughter of Irina Spivak & Jacob Spivak  
Saturday, December 19



Bar Mitzvah of Max Gold  
Son of Sarah Gold  
Saturday, January 30

## WELCOME NEW MEMBERS!

Aerica Ostrov  
Susanne & George Revutsky  
Rebecca Abraham &  
Emily Agostino  
Jueli & Joel Garfinkle  
Erin & Yuri Grinshteyn

Eileen & Ward Hinds  
Shanna Lai  
Marianne Smith  
Leslie Bardsley  
Ashley Lachman & Jeff Hamm  
Beth and Jeff Mikesell

## TIKVAH TAKEOUT

Fresh Millions in San Ramon (50%): November 5, 1-7 pm

Extreme Pizza Walnut Creek: November 10, 11 am-9 pm

Zachary's Pizza Pleasant Hill: November 17, 11 am-8:30 pm

Tal's in Danville: November 20 delivery

Pancoast Pizza in Walnut Creek: December 7, 11 am-9 pm

Tal's in Danville Hanukkah Dinner: December 11 delivery

Join us for some great food supporting local restaurants and CBT. Questions? Contact Lori Siegel.

## FROM THE ED'S ZOOM ROOM

By Anne Marx, Executive Director



For most of us the High Holidays are passed- the familiar celebrations and contemplation, carried out during a totally different set of backdrops this year, are just a memory. My post High Holiday to-do list stretches on for another few items

– so some of you may be hearing from me in the early weeks of November as I finish up thank you's and put out a final call for any remaining High Holiday appeal donations...

One of the sweetest things to happen during these last two months has been our first two larger-scale pandemic Bat Mitzvahs.

Neither of them was the celebrations originally planned by either of the families, and each one had the CBT staff and clergy fully on our toes to prepare for, but each of them was a beautiful, intimate, meaningful celebration with a dazzling display of dedication from CBT's newest "adult" members. Both Sadie Gross and Eva Trujillo simply shined. In November and December, we will see another few of these special B'nai Mitzvah- Each one taking place differently and with unexpected adjustments, as we learn something at each of these events, with brand new backgrounds but familiar and age-old traditions.

Separately, I have been thinking about the concept of Mar Heshvan – the bitter month of Heshvan. It is called this because Heshvan is a month in the Jewish calendar where we have absolutely no holidays, immediately following our busiest holiday period.

It does not feel bitter for me this year, even though I deeply missed the normal flurry of Sukkot celebrations in my backyard. Instead, I am finding that I have been looking forward to the relative normalcy of a month where I can get some things done, shorten my to-do list, and simply catch my breath.

With wishes of plenty of clean and clear, crisp fall air with which to do your own deep breathing.

Anne

Executive Director

## CONNECTION CORNER

By Keren Smith, Director of Membership & Education



One of the best days I experienced at CBT was last year during our community-wide Hanukkah celebration. It is hard to imagine it now during COVID, but I remember how we started the evening together, eating food that each of us cooked

and brought to share. Kids were engaged in activities, and the social hall was buzzing with excited energy, joyful conversations, smiles, and a great sense of community. The room was so full that we needed to add more seating in the lobby so everyone could take part in our community celebration.

We then packed into the sanctuary, filling the pews like sardines; the kids sitting on the floor in the front. And still, we needed to add more seats in the lobby, so we could all enjoy an amazing Shir Joy Service. Rabbi Chabon was in her element, raising our already high spirits, and leading us all in a joyous journey of music and meaning. The room was filled with candles that we lit together, and we all saw them through our Hannukah spectacles, which made the world light with Jewish stars all around us. The choir filled our ears and hearts with a beautiful medley of Hanukkah songs. There was not one face in the room that wasn't smiling from ear to ear when Leah Taylor sang for us, sharing her wonderful musical talent and playful personality. It was a perfect night. I left the synagogue that evening feeling elated; so happy to be part of such a warm and vibrant congregational family. What a great way it was to kick off a celebration of lights for the season.

When COVID started and a new reality set in, I remember wondering how will we experience these amazing feelings with our community, in a world that for a while, will not accommodate us gathering in person? I wondered what type of celebrations we will have now that we meet virtually, and a physical room can no longer be packed with our energy. As we moved through COVID, it became clear to me that our energy is present no matter the location; that our connection to one another has not been diminished even by a pandemic. I especially remember feeling so much of the same connection and vibrancy in our Shavuot: Open Mic Celebration that took place on Zoom. I left that evening

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# SISTERHOOD NEWS

By Rayna Ravitz, President

Despite these weird times, our Zoom Sisterhood Membership Brunch was fun. We were able to split into small groups for a few minutes, and when we came back to the large group, people complained we didn't have enough time. That is what happens in person too. There never seems to be enough time to connect with friends, old and new.

Tal's brunch box was fun and delicious. I hope you enjoyed it.

Old favorite activities: We are making blankets for donating to JCFS. Laurie Rabinowitz will lead a Zoom tutorial. Date TBD. We will get together for Chanukkah on night 6. Cookie Svingos needs volunteers for Passover baskets. Sisterhood Shabbat will probably be in March. Susan Desmond will coordinate parts for this.

New ideas: Rabbi Chabon mentioned that Steve has "taken" people to a virtual escape room. I have been to escape rooms when you can actually be in the room. We are researching doing this virtually.

We are thinking about a Tu B'Shevat seder.

Ellen Fasman will teach a virtual shakshuka class. This is a delicious Israeli dish.

We're also looking for a virtual museum tour.

Sisterhood is now running the gift shop. I will be looking for volunteers when we can physically go. In the meantime, click on the shopping cart on tikvah.org (top right). If you see something that you would like to look at in person, let me know. I will meet you at CBT.

We are always interested in new ideas. Let me know what you want to do.

Sisterhood is supporting the CCJCC Under One Tent programming. There are some wonderful events. [Underonetent.org](http://Underonetent.org)

## UPCOMING SISTERHOOD EVENTS

Tuesday, November 17 - Book Sisters 6:45

"The Vanishing Half" by Brit Bennet

Beth Riseman will lead the discussion.

Tuesday, December 15 – See back page for details.

Tuesday, January 19 – Book Sisters 6:45

Let's light candle #6 together

"The Color of Love" by Marra B. Gad

This book is in line with Rabbi Chabon's Yom Kippur sermon. It's the story of a mixed-race Jewish girl.

# REFLECTIONS...

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Add to that the immense creativity and work required to produce beautiful High Holiday services; growing incidents of hatred and antisemitism across the country; and an American cultural ethic that seems to be allergic to self-care, and you have a recipe for very, very tired Jewish leaders across the world.

During the High holiday season, we do a spiritual accounting called heshbon hanefesh, in which we take stock of the state of our souls. The idea behind #HeshbonHeshvan is for us to do an accounting of our self-care so that we can strengthen ourselves for the year ahead. Kosi revaya, we say in Psalm 23, my cup is overflowing, a psalm, and chant that I adore. But today, friends, my cup is running dangerously low and for that reason, #JewishClergySelfcare sounds like exactly what I need.

The truth is, we are all running on empty, with a tremendously pivotal election just a few weeks away, Covid cases on the rise, and all of us still living and working and parenting in the same house. So my hope and prayer for us all is that we remember to practice #dailyselfcare, every one of us, because we need it. Taking care of ourselves shows strength, not weakness. Rest rejuvenates our exhausted bodies so that we can continue to warrior through the many months of pandemic ahead of us. Let's model that for our children, for our partners, for our friends, and in so doing, hold each other up throughout whatever the future holds.

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## CONNECTION CORNER

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feeling rejuvenated, feeling such a sense of connection, pride, and love for our community.

This Hannukah, I hope we will pack a Zoom room with our love, connection, excitement, and Hannukah spirit. On Friday, December 11 we will have our annual Community-Wide Hanukkah celebration virtually. This evening is carefully designed to elicit many of the same feelings we experienced on both Hanukkah last year and in our Open Mic night. To achieve that magic we all shared we need YOU; it is only when we all come together that we can feel that sense of community and a celebration with our warm extended Bnai Tikvah family.

# CONTRA COSTA MIDRASHA

By Devra C. Aarons, CCM Director

Happy Fall! We've had an amazing Opening to Midrasha, even though we remain virtual for the time being. Enrollment is still open and teens continue to roll onto our weekly Wednesday night Zoom. Sign up at: [www.ccmidrasha.com](http://www.ccmidrasha.com). Click on the "ENROLL" button at the top of our website.

So far this Fall, we've:

- Inspired almost 70 enrolled teens in Jewish engagement, learning and experiences during Wednesday night program.
- Hosted virtual High Holiday programming.
- Started a new Better Together intergenerational project between teens and elders, including CBT members.
- Launched a Fall "Celebrity Chef" series (below).
- Welcomed guests Josh Feinberg of the Oakland A's and actor (and former Midrasha student) Zachary Noah Piser to our Wednesday at 8pm teen community time.
- Begun a new year of Hamsa Fund, our teen-lead philanthropy program and did a virtual aid session with Isra-Aid.

Our Fall-Tastic Food Series with celebrity chefs continues in November, December and into January! (In October Menachem Mendel Davis joined us to make egg rolls.) French Chef Helene Jawhara Piner will join us live from the South of France on November 11th at 8pm to teach us how to make Sephardic hand pies. Just in time for Hanukkah, Chef Liz Alpern (check out her book, *The Gefilte Manifesto!*) will visit on December 9th at 6pm to instruct us in making root veggie latkes from scratch. Lastly, come back to this series after the New Year for an



Midrasha's  
FALL-TASTIC  
FOOD SERIES  
6 pm

Nov 11th Sephardic Hand Pies with Helene Piner * 8pm	Dec 9th Root Veggie Latkes with Liz Alpern	Jan 27th Falafel with Marlene Bernstein
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[CCMIDRASHA.COM/FALLFOOD](http://CCMIDRASHA.COM/FALLFOOD)  
...with support from the Contra Costa  
Jewish Community Center



Save the Date  
**CCM Gala 2021**  
FEBRUARY 20TH 2021  
A [virtual] Tropical Journey!  
[ccmidrasha.com/gala](http://ccmidrasha.com/gala)

inspiring evening making falafel from scratch with LA based cook, Marlene Bernstein. For more details, or to sign up for any of the sessions, visit: [ccmidrasha.com/fallfood](http://ccmidrasha.com/fallfood) (We're starting a Spring series too! Stay tuned...)

In addition to our Wednesday night program, we invite teens to join one of our supplemental programs, both of which make a big impact in our community:

- Hamsa Fund empowers teens to make change in the world through advocacy, service and philanthropy. Teens pick an issue (like climate change, poverty, access to education, etc...) then spend the year learning more deeply about this topic, fundraise for it, then solicit grant applications from nonprofit organizations who work towards change. They end their year with a grant allocation ceremony. Over the last three years, Hamsa Fund has donated over \$50,000 of funds they've raised to make change in the world and our community. Apply or nominate a teen at: [ccmidrasha.com/hamsa-fund](http://ccmidrasha.com/hamsa-fund).
- Better Together connects teens and elders through intergenerational learning and programming. Right now we are connecting 10 elders with 17 CCM teens to deepen each other's understanding of what it means to be alive today. CCM has received funding to both continue and expand this project In the coming months. Find out more at: [ccmidrasha.com/byachad](http://ccmidrasha.com/byachad).

Space is still available for both programs!

In short, even in these challenging times, we continue the work to engage our teens in Jewish identity, community, culture, Israel and more! Check out all we have to offer at: [ccmidrasha.com](http://ccmidrasha.com)

## Family Shabbat

1st Fridays at 6:30 pm on Facebook.

Fun, family-friendly services with interactive stories, prayers and melodies religious school children will recognize and everyone will enjoy.



## Shabbat Services Online

4th Fridays at 6:30 pm.

Join Rabbi Chabon accompanied by Lisa Zeiler for Shabbat Services on Facebook Live or Zoom.

You do not need to have a Facebook or Zoom account to watch.



# SERVICES AT CBT

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

## Kabbalat Shabbat

2nd & 5th Fridays at 5:00 pm on Zoom.

Join us as we prepare to enter Shabbat together in song and community. We will sing Shabbat melodies, chant the Misheberach for those in need of healing, and recite Kaddish. We will end our time together by lighting Shabbat candles.



## Nishma

Saturdays (11/14, 12/12, 1/9) at 10:00 am on Zoom.

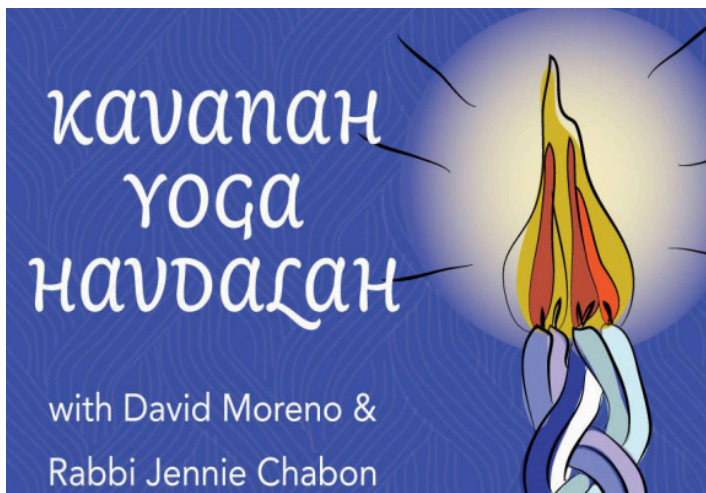
Join us for a Shabbat morning musical worship experience with Rabbi Chabon featuring live music, song, and prayer.

## Shir Joy Shabbat

3rd Fridays at 6:30 pm on Facebook.

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

\*Online streaming Shir Joy will feature Lisa Zeiler on guitar.



First Saturdays, 6:00-7:30 pm on Zoom.

Suggested contribution to David Moreno \$15-\$25 sliding scale.

Join Senior Yoga Instructor David Moreno and Rabbi Jennie Chabon for a one of a kind Havdalah experience as we weave together yoga, song & Torah in a beautiful and meaningful celebration of Havdalah.

# ONGOING PROGRAMS

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

## Meditation Workshop

with Gerri Levitas at 1:00 pm on December 4, January 22, February 19, March 26, April 23. Come to one or all.

CBT member Gerri Levitas is a professional hypnotherapist and is well-versed in guided meditation. Gerri will guide participants in this workshop towards cultivating gratitude in our lives, regardless of our environment or current situation.

Taking a moment for gratitude, as is designed by the Jewish faith, can have positive affects on our well being. Through guided visualization, this workshop will help participants center, ground and access deep wisdom within their own heart. This workshop is FREE for CBT members and open to all ages. Guests are welcome (\$10 suggested donation).



## LUNCH & LEARN

Tuesdays at 1:00 pm on Zoom. Join us and bring your lunch for what we hope will be one of the best parts of your week.

## Zoom & Zen

Thursdays at 10:00 am.

Looking to connect, see some friendly CBT faces and just chat with one another? Join Rabbi Chabon for a spiritual check in as we try to gain a little more balance in today's world.

# CONTRIBUTIONS

## GENERAL FUND

In memory of Tim Teele  
Jackie Chakoff

In memory of Helene Fenichel  
Ellen Fenichel

In memory of Brett Wilk

In memory of Rose Beard

In memory of Jack Lerner

In memory of Max Wilk  
Nessa & Bob Wilk

In memory of Janet Trepper  
Robin & Jeff Brotman

In memory of Brett Wilk  
Jill & Kevin Wilk

In memory of Jerry Levy  
Robin & Larry Gordon  
Leslie & Bill Rupley

In honor of Rabbi Chabon with thanks for  
her cheerful & uplifting Facetime Services  
Marc Hallert

In congratulations on the birth of Brody  
Isaac Rein  
Suzy Zeigler  
Judith & Scott Barrall

In honor of the wedding of Ashley Lach-  
man & Jeff Hamm  
Allyson & Michael Lachman

In memory of Dorothy Tobias  
Carol & Allan Tobias

In memory of Avrum-Moyshe Sadetskiy

In memory of Peisah Sadetskiy  
Rakhil Sadetskiy

In memory of Harry Rabiner

In memory of Richard Katz  
Karen Lapin

In memory of Marni Levine  
Kimberly & Brian Zagon

In memory of Sylvia & Harry Schwartz  
Joan & Dick Schwartz

In memory of Sam Blumbert

In memory of Ida Nankin  
Alvin Trepper

In appreciation of CBT  
Beverly & Phillip Winslow

In memory of Kay Bernstein Tucker  
Dale Tucker

In memory of Dave Appleberg  
Idelle Lipman

In memory of Brian Schwartz  
Cindy Turner

In memory of Lisa Gewing  
Walter Gewing

In memory of Roland Forest Tullis  
Christine & Murray Sheldon

In memory of Elaine Greenfield  
Steven Greenfield

In memory of Chester Tobias  
Carol & Allan Tobias

In memory of Hilda DeLowe  
Larry DeLowe

In honor of the New Year  
Barbara & Harvey Samuels

In memory of Jeanne Ettelson  
Trish & Jared Goldin

In memory of Reba Rabiner  
Karen Lapin

In honor of High Holidays  
Alfred Gross

In memory of Anna Gewing  
Walter Gewing

In memory of Harry Wittenberg  
Nancy & Art Solomon  
Judy & Walt Blum  
Laura & Bruce Presnick

## RABBI CHABON'S DISCRETIONARY FUND

In appreciation of Rabbi Chabon  
Barbara & Harvey Samuels  
Danita & Jeff Daniels

In appreciation of Isaac's Bar Mitzvah  
Jen & Ben Paul

In memory of William Tama  
Hugh Tama

In honor of Michael George's 80 th  
Birthday  
Kelly & Aaron Kaplan

In honor of their wedding  
Ashley Lachman & Jeffrey Hamm

In appreciation of Rabbi Chabon  
Thelma Bronet

In appreciation of Rabbi Chabon and  
Lisa Zeiler  
Mary Ann & Harry Wittenberg

In memory of Star Kaplan  
Iris Kaplan

In memory of Lilian Friedman  
Hilary Friedman

In honor of Zooming together  
Ruth & Larry Goldenberg

In memory of Abraham Cohen  
Iris Kaplan

In memory of Aleksandra Dunayevich  
Irina & Gery Pekar

In memory of Esther Appleberg  
Idelle Lipman

In appreciation of High Holiday candle  
lighting honor  
Chanel & Tracy Benhamou

In appreciation of High Holidays  
Alice Adelberg NY

## CANTOR'S MUSIC FUND

In appreciation for Rabbi Chabon  
Lisa Hirsh

In memory of Jerry Levy

In memory of Esther Rapoport

In congratulations on the birth of Brody  
Isaac Rein  
Cookie Svingos

In honor of MaryAnn & Harry Witten-  
berg's wedding re-dedication  
Judith & Scott Barrall

In gratitude to Rabbi Chabon & Lisa Zeiler  
MaryAnn & Harry Wittenberg

In memory of Harry Wittenberg  
Cookie Svingos  
Susan & John Klein  
Kathy & Marc Berger  
Judith & Scott Barrall

## CANTOR STEPHEN RICHARDS CHOIR FUND

In memory of Myron Woldman

In memory of Stephanie Woldman

In memory of Adele Morse Platt

In memory of Kevin Platt

In memory of Ruth Ellis Wise  
Marjorie & Cantor Stephen Richards

**JAMES COHEN SCHOLARSHIP FUND**

In memory of Irving Ruderman  
Phyllis Ruderman

In memory of Regina Deutsch  
Judy & Walt Blum

In memory of Brett Wilk

In memory of Irving Lerner

In memory of Belle Lerner

In memory of Henry Wilk

In memory of Sally Ruth Wilk

In memory of Nessa Nadine Stern

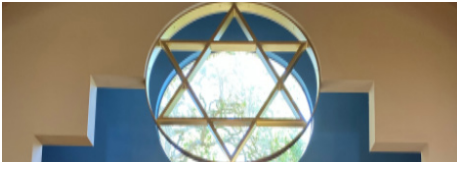
In memory of Frank Lerner  
Nessa & Bob Wilk

In memory of Goldie Cohen  
Sally Cohen

In memory of Vic Leventhal  
Susan & John Klein

In memory of Vic Leventhal  
Kathy & Marc Berger





**STEPHAN JASPAN RELIGIOUS SCHOOL FUND**

- In memory of Stephen Slavet  
Andrea Slavet
- In appreciation of Gerri Levitas' Amazing Meditation Class  
Zaffy Welch
- In appreciation of Keren Smith Hebrew Classes  
Shirley & Jeff Weiner
- In memory of Nicole Fleiss  
Zaffy Welch
- In memory of Max Weiner  
Shirley & Jeff Weiner

**ABRAHAM NIVER SCHOLARSHIP FUND**

- In appreciation of CBT  
Ruth Winchell-Moyes
- In memory of Jack Fasman  
Patricia & Lorry Marcus
- In appreciation of CBT  
Ann & Stuart Lutzker

**MORDOH/NADJARI HOLOCAUST FUND**

- In memory of Rene Molho
- In memory of Dorothy Welch  
Zaffy Welch

**SOCIAL ACTION FUND**

- In memory of Hannah Roth  
Sharon & Ron Brown
- In memory of Sadie Teitelman  
Carol Teitelman
- In memory of Ben Brown  
Sharon & Ron Brown
- In memory of Florence Weinstein
- In memory of Arnold Devins  
Joan Weinstein
- In memory of Sandy McReynolds  
Diane & Victor Leventhal
- In memory of Don Arenfeld  
Joy Lerner
- In memory of John Sutherland  
Monica Salusky & John Sutherland
- In memory of Harry Wittenberg  
Lance & Bob Canter  
Claire Bernardo & David Ratner

**HELP THE MORTGAGE FUND**

- In appreciation of Tina Eisenman  
Jen & Ben Paul

## Social Action Committee

The Social Action Committee sends a huge thank you to everyone at CBT. The food and money we have donated to the Monument Crisis Center has greatly helped our neighbors in Contra Costa County in these difficult times.

Let's switch gears in November and contribute to MCC's Thanksgiving Food Drive. Please drop off at CBT the following in a plastic bag by November 18:

- 1 can of cranberries
- 1 can of vegetables
- 1 packet of gravy mix
- 1 mashed potato mix
- 1 stuffing mix
- 1 corn bread mix
- 1 cake mix

Note: no glass, please. MCC will add a turkey for each bag.

There will be a MCC barrel inside and outside of CBT for your contributions. We will continue to have a barrel for regular drop offs after Thanksgiving.

Also, on the third Sunday of every month between 2 and 4 PM we will hold a drive-up in person drop off at CBT where volunteers will unload food from your trunk (making it a contact-less transfer). We will deliver the collected food once per month to MCC. So far, we've delivered two truckloads to MCC.

MCC also can use monetary donations. We are collecting checks.

Please help. Please be generous.

David Ratner & Alison Negrin

## PRESIDENT'S MESSAGE

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tom! You could see him plucking his bass, the rhythm of the music washing over him. His home was filled with instruments, art, and most importantly love. Harry was also one of the best leaders that we had at CBT. He served as President, worked on the legacy committee, the capital campaigns and so much more. Even when he was well into his ALS illness, wheelchair-bound, he attended board meetings, offering sage advice. He was passionate about Interfaith relations and served on the Contra Costa Interfaith Council. He even formed a relationship and friendship with a reform synagogue in Netanya, Israel. He and his beloved wife, Mary Ann, made the effort to come to Tashlich this year, participating in person for this sweet and meaningful service. And they were the first to witness the Torah on Yom Kippur. His family, faith, his CBT community, and his Rabbi all provided a foundation on which he lived his life. I can go on and on about Harry. I did not know him as well as many of you. But Harry has so much to teach us. And we lost him far too soon. His life and legacy will be with me for years to come.

At Shir Joy the day of Harry's passing, Rabbi Chabon spoke so incredibly beautifully about surrender. She reminded us that in the moment of our deepest sorrows, our deepest struggles, when nothing is going well, when we fail time and time again, when we face the deepest loss, we say Hallelujah. She had no notes, no books. The wisdom came straight from her heart. Right now, in this time, I am keeping surrender at bay. I know I need to open those doors, but they are remaining closed to me. As we all desperately crave peace, friendship, love and kindness, and just a moment of calm and surrender, I will utter the words "Hallelujah."

## Financial planning and wealth management that includes socially responsible investing



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# Happy Hanukkah

## Community Hanukkah Party

December 11, 5 pm.

Featuring a Kahout! online game, costume/decorating contest and musical surprise!

## Tal's Dinner

December 11, 5 pm.

Meat or Dairy options, free delivery (within limits), 20% of the sales come back to CBT!

To order: <https://talspatisserie.square.site/>

## Sisterhood Latke Making

December 15, 6 pm.

Chef and Author, Cindy Gershon, will take us on a culinary Hanukkah journey with a variety of latkes.

Cook along on Zoom with Cindy to make latkes the right way.

Contact Cathie Izen to get a list of ingredients that you will need.

## Vodka & Latke

December 14, 6 pm.

A Zoom evening dedicated for adults to enjoy!

