CONGREGATION BETH ISRAEL

DAF HASHAVUAH

SHABBAT SELICHOT
PARSHAT NIZAVIM-VAYEILECH
WEEK OF SEPTEMBER 20 / ELUL 25

Weekday Services September 21-25
AM & PM Services at CBI
Sun 8:00 am • M-F 6:30 am
Sun-Th: 5:40 pm

Friday Evening, September 19th
Candle Lighting ..... 6:53 pm
Northside Minyan ..... 6:50 pm
1209 Shattuck Ave. (east side of the street, past Oak Park, near Eunice)
Mincha & Kabbalat Shabbat @ CBI ..... 6:55 pm

Saturday, September 20th
Morning Service ..... 9:15 am
Torah Readers: **Glenn Massarano**
Haftorah Reader: **Lenny Kristal**
Educational Programming ..... 11:00 am
Yeladim: **Rebecca Landes**
Talmidim A: **Nell Mahgel-Friedman**
Shul Club: **Michal Goldfarb, Naama Mayzlish**
Sermon by Maharat Victoria Sutton
Pre-Mincha shiur w/ R. Eliahu Klein with a focus on the meaning of shofar its connection to the Avot , the awakening principle of teshuvah, the depth of the sounds to awaken our soul to turn to God..... 5:40 pm
Mincha ..... 6:40 pm
Seudah Shlishit ..... 7:00 pm
Ma'ariv, Havdalah & Shabbat ends after ..... 7:48 pm
Pre-Selichot Community Gathering ..... 9:00 pm
Selichot services ..... 11:00 pm

KIDDUSH SPONSORS
A CBI record! Over 65 co-sponsoring families are joining together to celebrate the 70th birthday of **Alan Finkelstein** to show him how we appreciate the uncountable times he has fed all of us with his culinary talent and his unending, quiet generosity to the community.
Happy Birthday, Alan!

A NIGHT OF FORGIVENESS
Join Noa Silver & Jack Cohen, Barbara Budnitz, Chaim Mahgel-Friedman, Paul Hamburg & Mimi Weisel, and Jennifer Kamenetz, as they offer a series of personal reflections on key texts of *teshuva*, followed by a special communal singing session led by Jana Jett Loeb. We will explore the spirit of *teshuva* through song to prepare us for the joy and redemption of the High Holidays. Selichot will be led by Na'aman Kam at 11 p.m.
Saturday night, September 20
Pre-*selichot* community gathering • 9:00 pm
Selichot services • 11:00 pm

WEEKDAY SELICHOT
Monday – Tuesday, September 22nd – 23rd
Selichot ..... 6:15 am

HIGH HOLIDAY SCHEDULE

ROSH HASHANAH
Wed., Thurs. & Fri., September 24th – 26th
EREV ROSH HASHANAH
Wednesday, September 24th
Selichot & Shacharit ..... 6:00 am
Annulment of Vows ..... 7:45 am
Yom Tov Candle Lighting* .....6:45 pm
Mincha & Ma'ariv .....6:45 pm
**Note: Before a Yom Tov leading into Shabbat, we make an eruv tavshilin. Before a two-day Yom Tov, it is advisable to light a 24-hour/yahrzeit candle or a seven-day candle, so that on the second evening the candles may be lit by transferring the flame from this pre-existing flame.*

1ST DAY ROSH HASHANAH
Thursday, September 25th
Morning Service .....8:00 am
Youth Programming .....8:30 am – 1:30 pm
Torah Reading .....10:00 am
Shofar* not before .....10:30 am
Communal Tashlich @ Strawberry Creek .....5:00 pm
Mincha followed by Ma'ariv .....6:35 pm
Light candles from pre-existing flame ..... after 7:40 pm
**Note: Hearing 30 blasts of the Shofar is a Biblically ordained commandment traditionally fulfilled by both men and women. Those who are within reasonable walking distance and cannot be at CBI and wish to hear the Shofar should contact Rabbi Cohen.*

2ND DAY OF ROSH HASHANAH
Friday, September 26th
Morning Service .....8:00 am
Educational Programming .....8:30 am – 1:30 pm
Torah Reading .....10:00 am
Shofar* not before ..... 10:30 am
Yom Tov Mincha followed by Shabbat Ma'ariv services .....6:35 pm
Light Shabbat Candles from pre-existing flame at.....6:42 pm
**Note: Hearing 30 blasts of the Shofar is a Biblically ordained commandment traditionally fulfilled by both men and women. Those who are within reasonable walking distance and cannot be at CBI and wish to hear the Shofar should contact Rabbi Cohen.*

Beth Israel Classes

SUNDAY

Sunday Morning Talmud Class
A class structured to appeal to Talmud students of all levels, from beginners to more experienced. **On hiatus.**
Sunday, 9:00-10:00 a.m.

MONDAY

Women's Dance Nights at CBI! Come dance to a blend of world music, jazz, klezmer, hip hop and more. No moves to remember, no cost either. Just a chance to let loose and get some good exercise in a fun way!
2nd & 4th Mondays @ 8:00 pm

WEDNESDAY

Midrasha's Tanach and Talmud (for Teens): This course is an informal but intensive study group focusing on close thematic readings of the Tanach and Talmud in translation.
David Henkin – Wednesdays, 4:15 - 5:45 p.m.

Jewish Writings of Emmanuel Levinas: The Levinas Study Group meets at 8 pm at the Schweig home to discuss various essays of the Jewish philosopher Emmanuel Levinas. No background necessary. The class is facilitated by our resident scholar, Muni Schweig at his home.
Muni Schweig - 1st, 2nd and 4th Wednesdays 8:00 p.m.

Please refrain from wearing perfumes or scented products as there are congregants for whom these products are an irritant due to allergies or as a result of chemotherapy or other medical treatment. Thank you.

PLEASE DO NOT REMOVE THIS SHEET FROM THE BUILDING ON SHABBAT

THURSDAY

Talmudic Wisdom (Special Class, Week of Yom Kippur only): Join us for a weekly class that explores key *sugyot* (talmudic units) that discuss major Jewish questions of practice and thought. ***Please note, class will meet on Thursday morning, October 2nd***
R. Yonatan Cohen - 9:00 a.m.

Mishmar – Learners' Night: Join a Beit Misrash atmosphere for a weekly night of learning at CBI. We will do our best to match you up with a *chevrutah* (study partner) or *chavurah* (a group of learners) for some free wheelin', meaningful and personal text seeking and learning. **On hiatus.**
Thursdays, 8:00 – 10:00 p.m.

FRIDAY

Talmudic Wisdom: Join us for a weekly class that explores key *sugyot* (talmudic units) that discuss major Jewish questions of practice and thought. **Class on hiatus this week.** ***Please note, the next class will meet on Thursday morning, October 2nd instead of Friday, October 3, Eve of Yom Kippur***
R. Yonatan Cohen - Fridays, 9:00 a.m.

EVENTS/ANNOUNCEMENTS

In Beth Israel

Mazal tov! to grandparents **Aaron Marcus and Leslie Becker** on the birth of a baby girl, Frieda Grace Schäfer (Orli Margalit, אוֹרְלִי מַרְגָּלִית), to Elisheva Marcus and Henning Schäfer, Berlin, Germany on August 20, 2014 / 24 Av 5774. Mother and baby Frieda are in good health, *b''h.* May Frieda's life be filled with the insights of Torah, the warm and supportive love of family and community, and the blessings of good deeds. Mazal tov!

Between My Children and God: Navigating Tensions, Identifying Priorities, Setting Expectations

- Are you feeling pulled between praying and playing? Not sure what to expect from this year's High Holiday youth programming?
- Should my child attend part of the main service this year? Should he or she attempt to fast?
- Is it Halakhicaly permissible to employ our nanny and or hire a babysitter for part of the day?
- Have you set a time to apologize to your children for any misdeeds and unintentional failings?

Panel discussion and informal conversation - CBI parents are invited to join us for a panel presentation followed by informal discussion and sharing of ideas in preparation for the High Holidays.
Shabbat, CBI Upper Classroom
September 20, 12:15 - 1 pm

A NIGHT OF FORGIVENESS
The *selichot* service begins our process of *teshuva* and self reflection. Join us as we prepare through song & study for this night of forgiveness.
Saturday night, September 20
Pre-*selichot* community gathering • 9:00 pm
Selichot services • 11:00 pm

BUILDING FOR GENERATIONS – A Call for Blessings and Prayers
In just a few short weeks, we will begin closing walls in our rebuilt Gan Shalom Preschool. Before we do that, we wanted to invite our Gan Shalom families along with members of the CBI Family to come to the new building and leave a blessing by writing something on the inside of the walls before we close them up. Your writings and blessings will imbue our new building with sacred intentions, prayers, and good wishes.
Sunday Sept. 21, 5:00 - 6:00 pm

Metropolis Challah for Rosh HaShana: Raisin round and plain challah from Metropolis Bakery will be available at shul this coming Wednesday morning; if you would like to call and order large numbers and pick them up at the Bakery, please call (510) 848-7263.

A NEW YEAR, NEW SCRIP LADY AND YOU
Rebecca Landes has enthusiastically offered to be the scrip person to help you order scrip online. This means quicker access for you and more profit for CBI. The same "old" scrip ladies, Naomi Stamper and Ruth Wittman, will still be selling scrip for Berkeley Bowl, Peets Coffee, Afikomen and CVS. For the High Holidays and Pesach we will have Oakland Kosher Scrip available. Our goal is to increase the amount that the shul makes from the scrip program by 20% this year. And yes, this is where you come into the plan.
Please call or email Naomi Stamper, 525-8259 • Ruth Wittman, 525-9530 • Rebecca Landes, rlandes799@gmail.com

Donate your car/boat/vehicle to Beth Israel/Midrasha. Full tax write off. Beth Israel/Midrasha share proceeds from sale. Contact David: 510-849-0961 or Midrasha: 510-843-4667.

In the Community

Kosher Sandwiches @ UC Berkeley: Freshly made kosher sandwiches will be available at 11:30 am on Mondays, Wednesdays and Fridays at the following locations: Crossroads at the Den (Channing & Bowditch), Golden Bear Cafe, and Cafe Ramona. Choices available: one meat, one poultry, and an egg salad. For any questions, contact Avraham Burrell avraham@mindspring.com

JFCS Rosh Hashanah Meal Delivery: Greetings volunteers and friends of JFCS/East Bay! It's that time of year for our Rosh Hashanah delivery of Kosher meals and goodies....for the elderly and people with disabilities in our community! As you may know, this is a long-standing tradition with Jewish Family and Children's Services of the East Bay.
Would you like to deliver to between 3 and 6 homes?
Delivery Date: **Tuesday, September 23rd**
Pick-up of bags: between 2:45 and 3:15 pm
Delivery time range: between 3 and 5 pm
Pick-up from: either our Berkeley or Walnut Creek office, depending on your preference.
We'd love for you to join us. It's a great way to include your children in helping. Our deliveries are well-mapped and easy to find.
Please reply as soon as possible, if you are interested. And, let me know whether you would like to deliver in Alameda or Contra Costa County. I will send out a confirmation and more details very soon. Thank you!
Kathryn Winogura, Holiday Food Program Coordinator, kwinogura@jfcs-eastbay.org, (510) 704-7480 and (925) 927-2000 ext. 529

Join our friends at the Urban Adamah Farm in West Berkeley for...
Eat, Pray, Lulav: Sukkot Harvest Festival
Sunday, October 12th | 1:00-4:00 pm
Urban Adamah | 1050 Parker Street, Berkeley
Hands-on Sukkot Activities for All Ages!
Live music by Octopretzel and the East Bay Community Music Project.

Goats, goats and more goats. Meet the Chickens. Storytelling. Seed Saving. Planting. Cob Building. Farm Tours. Natural tie-dying. Farm Crafts. Pickling. Seed Balls. Face painting. Making bread with freshly ground wheat. Harvesting. And more!
Local, organic, Kosher food will be available for purchase, including delicious catering from Epic Bites.
Buy your tickets online today!

EBTOCD 2014
East Bay Tikkun Olam Chessed Day
Sunday October 19, 2014
Clean-up Redwood Regional Park or the Berkeley Shoreline, paint walls at the American Indian Child Resource Center or decorate bags for JFCS. These are just a few of the volunteer opportunities for East Bay Tikkun Olam Chessed Day 2014. Please click on the link below to view the full set of listings and sign-up by clicking on the listing of your choice and following the steps. For more information about a specific project, please e-mail the project leader listed on the informational sheet. For questions about the day, please e-mail Shelley (thezakpack@gmail.com) or Teri (teri.bleckner@gmail.com).
Opening Rally at Temple Sinai at 9 AM with pastries provided by Semifreddi's Bakery. http://tinyurl.com/ebtocd2014projects
Sponsoring organizations: Beth Jacob Congregation, Congregation Beth El, Congregation Beth Israel, Congregation Netivot Shalom, Temple Beth Abraham, Temple Sinai, Bend the Arc, East Bay JCRC, Oakland Hebrew Day School, Midrasha of Berkeley, and Tehiyah Day School.