



DAF HASHAVUAH

OCTOBER 7-8, 2019 — 10 TISHREI, 5780

Weekday Morning and Evening Services

October 8-10, 2019

Morning: W 8:00 am • Th - F 6:30 am
Evening: Tu-W 4:00 pm • Th 6:20 pm

YOM KIPPUR

Tuesday Night & Wednesday, October 8-9

EREV YOM KIPPUR

Tuesday night, October 8

Selichot and Morning Service ..... 6:20 am
Mincha with Vidduy ..... 4:00 pm
Tefillah Za'aka ..... 6:20 pm
Yom Kippur Candle Lighting ..... 6:24 pm
Fast Begins at ..... 6:24 pm
Kol Nidrei led by Ori Kanefsky ..... 6:30 pm
Appeal Card Distribution: Sheila Yudenfreund, Carol Cunradi, Eric Seder, Rebecca Landes, Ben Rose, Noah Nathan, Desmid Lyon
Greeters: Ronna Kabatznick, Philip Tendler
Youth Programming @ Gan Shalom ..... 6:30 - 8:45 pm
Pickup between 8:30 and 8:45 pm, Gan will close at 8:45 pm
Kol Nidrei Children's Program with performer and puppet artist Risa Lenore: Gardenia and Greedy Gus ..... 7:00 pm
Yom Kippur Appeal by President Issy Kipnis
Sermon by R. Cohen: Letting Go & Holding On – On Regret

YOM KIPPUR

Wednesday, October 9

Morning Service ..... 8:00 am
Greeters: Leslie Valas, Joshua Ladon, Doreet Stein, Issy Kipnis
Youth Programming ..... 9:00 am - 2:00 pm
Pickup between 1:30 to 2:00 pm, Gan closes at 2 pm
P'Sukei D'Zimrah: Bob Budnitz
Shacharit led by R. Daniel Hoffman
Torah Reader: Jamie Conway
Haftorah Reader: Issy Kipnis
Sermon by R. Cohen: Holding On & Living On
Yizkor ..... 11:15 am
Mussaf led by R. Daniel Lehman
Teen discussion with R. Yoshi Fenton in the CBI library ..... 12:00 pm
13 Middot: Divine Qualities, Human Receptivity, w/M. Sutton ... 3:00 pm
The 13 Middot, Attributes of the Divine, form the core of the selichot, tashlich and other high holiday liturgy. We will explore how our human consciousness perceives these Divine qualities, and inquire as to the movement and transformation we seek in the Divine and in our ourselves through the teshuvah process.
Mincha led by Mark Schickman ..... 4:00 pm
Greeter: Miriam Barrere
Torah & Haftorah Reader: Zeev Neumeier
Youth Programming ..... 5:00-7:15 pm
(children will be walked back to CBI for Shofar blowing)
Neilah led by Steve Silberblatt ..... 5:30 pm
Introduction by R. Cohen: Holding On to Our Souls (and Letting Go of Everything Else)
Greeters: Noah Nathan, Ronna Kabatznick, Ben Rose
Neilah Children's Program with performer and puppet artist Risa Lenore: To the Farallons and Back Again- A Mermaid story ..... 6:15-7:15 pm
Shofar by Jamie Conway ..... 7:19 pm

Ma'ariv & Havdalah\* ..... after 7:19 pm
\*Note: One is obligated to hear Havdalah after Yom Kippur before eating or drinking.

BREAK FAST SPONSORS

Deena Aranoff & Adam Berman, Jory & Lisa Gessow, Chaim & Nell Mahgel-Friedman, Harry & Dorothy Rubin, Naomi & Bob Stamper, The Stein Family, The Wulf Family

Kiddush Wine:

Covenant Winery, with special thanks to the Morgan Family

Sukkah Decorating with Meitav & Moriyah
Sunday, October 13, 10 am-11 am

Decorate and beautify our CBI Sukkah with our b'not sherut. Adults and children welcome!

Beth Israel Classes

SUNDAY

Contemplation Practice from Jewish Tradition: On-going group for both beginner and experienced meditators with CBI Member R. Ken Lipman, Ph.D. Theory and practice based on the teachings of the Maggid of Mezeritch and other Hasidic masters
Includes: Brief teaching / Text study • Practice • Questions / Discussion time. Drop-ins welcome. Class on hiatus, resumes October 27.
R. Ken Lipman, Ph.D. — Sundays, 9:30 am-10:45 am @ CBI

MONDAY

Key Books in Tanakh: Book of Samuel: Following the chaotic period of the Judges, the Book of Samuel narrates the centralization of leadership in Israel. The book opens with the birth of the prophet Samuel, who unifies the nation, and crowns the first kings of Israel. The Book of Samuel presents a gripping exploration of political personalities, palace intrigue and the role of God in the lives of kings and nations. Class on hiatus, resumes October 28.
M. Victoria Sutton — Mondays @ 12:00 pm.

WEDNESDAY

Emmanuel Levinas: Nine readings of the Talmud by the French Jewish philosopher Emmanuel Levinas translate Jewish thought into the language of modern times. Here Levinas applies a hermeneutic that simultaneously allows the classic Jewish texts to shed light on contemporary problems and lets modern problems illuminate the texts. Besides being quintessential illustrations of the art of reading, the essays express the deeply ethical vision of the human condition that makes Levinas one of the most important thinkers of our time.
Muni Schweig — Wednesdays @ 8:00 pm @ the Schweig home

FRIDAY

Talmudic Wisdom: Join us for a weekly class on Tractate Chagigah that explores major Jewish questions of practice and thought. In this week's class we will begin the second chapter of the tractate. Class on hiatus, resumes October 25.
R. Yonatan Cohen — Fridays, 9:00 am

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.

## EVENTS/ANNOUNCEMENTS

### In Beth Israel

#### **High Holiday Kiddushim:**

You can make a contribution to sponsor a catered kiddush for

- Night or Day of Simchat Torah (\$50)
- Both Night and Day of Simchat Torah (\$100)

#### **Open Kiddush dates:**

- October 12
- Sukkot 1 (October 14)
- Shabbat Chol Hamoed (October 19)
- Shabbat Bereishit (October 26) co-sponsors needed
- November 9
- November 30

Email [kiddush@cbiberkeley.org](mailto:kiddush@cbiberkeley.org) to sponsor kiddush at any level.

**Sukkah Decorating with Meitav & Moriyah, Sunday, October 13, 10 am-11 am:** Decorate and beautify our CBI Sukkah with our *b'not sherut*. Adults and children welcome!

**SCRIP!** Are you grocery shopping this week at Berkeley Bowl or at Safeway? You can pay with cash, credit card or SCRIP. Your food will be tastier if you pay with SCRIP and CBI will make money. Should you choose scrip but do not have any, contact Naomi nstamper@sbcglobal.net and she will happily get it to you. Wishing you health and sweetness in the New Year. The CBI Scrip Committee

**Meal Matching for the Holidays:** Sukkot is right around the corner! At Congregation Beth Israel, we are offering a meal matching program as we did over the High Holidays in past years. The process is simple:  
**Hosts:** Just let Sara know if you have an extra place or 2, or 3, etc. in your Sukkah during for dinners or lunches during Sukkot.  
**Guests:** Let Sara know if you need a place for a meal during Sukkot. Please let me know of any dietary restrictions you may have. We'll make all the matching happen!  
Email: Sara Darmoni [schnitzsa@gmail.com](mailto:schnitzsa@gmail.com) whether you want to host or be a guest.

#### **CBI COMMUNAL DINNERS IN THE SUKKAH - RSVP by October 10**

Join us as we fill Beth Israel's sukkah with warmth, and joy. We will feast, learn, sing and gaze at the stars through the sukkah's schach.

<https://www.cbiberkeley.org/pray/holiday-calendar/communal-sukkah-meal-2019/>

—Meat meal with vegan options —

\$20 Adults • \$12 Students & Young Professionals & Children (to 12) • \$60 max. per family Nobody will be turned away for lack of funds.

#### **1st Night Sukkot – October 13**

Yom Tov Candle Lighting\* 6:16 pm  
Mincha & Yom Tov Ma'ariv 6:20 pm  
Communal Sukkah Meal 7:01 pm

#### **2nd Night of Sukkot – October 14**

Yom Tov Mincha and Ma'ariv 6:10 pm  
Light candles from pre-existing flame after 7:12 pm  
Communal Sukkah Meal 7:12 pm

#### **CBI Sock & Underwear Drive**

#### **BENEFITING YEAH! YOUTH ENGAGEMENT ADVOCACY HOUSING**

Between Rosh Hashanah and Simchat Torah, join us as we collect Adult men's and women's new (unopened, unused) socks and underwear for YEAH! You will find designated bins in our social hall.

*Housed in Berkeley, YEAH! provides shelter and support for at-risk homeless youth.*

**Berkeley Food & Housing Project Towel Drive:** The shelter is in dire need of bath towels. Please donate new or gently used towels between now and Simchat Torah in the bins in our social hall.

#### **CBI GAME GROUPS**

**Mah Jongg w/Marti Zedeck:** Anyone interested is welcome to meet on **Tuesdays** from noon to 3:00 pm at the shul. Check with Marti to confirm dates: [martizedeck@yahoo.com](mailto:martizedeck@yahoo.com) (510) 527 0719. **On hiatus, resumes October 29.**

**CBI Sunday Soccer:** A group of CBI members meet on Sunday mornings at 9 am at San Pablo park for a friendly game of soccer. All ages and levels of play skills (and no-skills) are welcomed to join. Email Noah Nathan at [noahnathan@hotmail.co.uk](mailto:noahnathan@hotmail.co.uk) for exact dates each week.

#### **YP Sake & Sushi in the Sukkah**

#### **Wednesday, October 16 @ 8pm**

Everyone's favorite alliteration: Saké & Sushi-making in the Sukkah for Young People at CBI. Roll your own sushi with whatever fillings you want. 8pm on Wednesday October 16th. \$8 per person - please Venmo to @Noah-Nathan-1 once you have registered. Register here: [tinyurl.com/sushi-sukkah-2019](http://tinyurl.com/sushi-sukkah-2019)

#### **YP Simchat Torah After-Party**

#### **Monday, October 21**

Young People - please join us for a Simchat Torah after-party after services at CBI on Monday evening October 21st! Location: Melissa and Noah Nathan's apartment.

#### **CBI SISTERHOOD**

**The General Sisterhood meeting will be Sunday, October 27th, 11 am.**

**@ CBI:** All women are welcome, come see what we are about; Chesed, Jewish community activities, sponsorship, chevra, and so much more. If you are interested in joining our board, we want to hear from you! There will be noshes, an inspirational speaker (TBA), and a fun activity. Children always welcome to attend! **QUESTIONS?** email [sabrinadabella@gmail.com](mailto:sabrinadabella@gmail.com)

**2nd Annual Art Shuk** Sunday, December 8th at CBI. The Beth Israel Sisterhood would like to invite interested artists to participate in both showing and selling your creations. If interested, please contact Sabrina Kabella [sabrinadabella@gmail.com](mailto:sabrinadabella@gmail.com)

**GAN SHALOM PRESCHOOL ACCEPTS VEHICLE DONATIONS:** Car donations are an easy way to support Gan Shalom Preschool, providing you with a tax write-off and with additional funds for our community. We take care of the DMV paperwork, pick up your car, sell it at auction and then send you a receipt for the full amount that the car sold for. It's that easy! We can also accept trucks, boats, motorcycles and RVs. For more information and to begin the process, please contact **Jerry Robbins**, [robbins42@hotmail.com](mailto:robbins42@hotmail.com) (650) 766-7233.

### In the Community

**Order your Lulav and Etrog Set from Afikomen Judaica.** Your set includes a Premium Etrog, Lulav, Hadassim and Aravot with a traditional holder. Sukkot begins September 23. Reserve your set in one of three ways easy ways: online, phone or store visit. 510-655-1977. 3042 Claremont Ave Berkeley [www.afikomen.com/lulav-etrog/](http://www.afikomen.com/lulav-etrog/)

#### **High Holy Day Mikvah Hours at Beth Jacob Congregation, Oakland:**

High Holy Day Mikvah Hours at Beth Jacob: The Mikvah will be open to the community on Tuesday, October 8 from 8:00 - 3:00 PM and on

Sunday, September 28 from 8:30 AM - 3:00 PM on a first-come, first-served basis.

Jewish Family & Community Services East Bay invites you to our 13th annual Art of Living gala fundraiser on Sunday, October 27, 2019 at Temple Isaiah in Lafayette. This year, we are thrilled to welcome Peter Sagal, host of NPR's *Wait Wait . . . Don't Tell Me!* Peter will have an on-stage conversation with Scott Shafer, KQED Radio's Senior Editor for Politics and Government. The evening will support JFCS East Bay's vital services for immigrants, refugees, kids, parents, seniors, and Holocaust survivors here in the East Bay. Information and tickets: <https://jfcs-eastbay.org/art-of-living-2019/>

## HIGH HOLIDAYS 2019

For a schedule of the High Holidays, please see our website: <https://www.cbiberkeley.org/pray/holiday-calendar/>

### Attendance Request

Members (no cost with payment of at least half of membership commitment fees or with fee commitment payment plan in place).

For friends, relatives and visitors, our fees are below. You may place your request and process your payment either:

- 1) By check to: Congregation Beth Israel, 1630 Bancroft Way, Berkeley, CA 94703.
- 2) On our website with a credit card: <https://www.cbiberkeley.org/pray/holiday-calendar/high-holidays-2019/>

### Non-Members

Yom Kippur services only – \$150/person

### Full-Time Students

Yom Kippur services only – \$75/person

No one is turned away for financial consideration.

**KAVOD REQUEST:** Senior CBI members (age 70 and over) and those with disabilities can request and be assigned specific seat assignments. Kavod seats will be labeled with the name of the seat holder, at no extra cost. To make a Kavod request for a seat assignment, please email the CBI office: [office@cbiberkeley.org](mailto:office@cbiberkeley.org)

### MEMORIAL PLAQUES

Loved ones may be remembered by having their names inscribed on a memorial plaque to be mounted on CBI's memorial wall in the sanctuary. This is a permanent way to remember those who have passed from our lives. The memorial light is lit annually during the week of yahrzeit of your loved one and at Yizkor services throughout the year. The cost of a memorial plaque is \$360.

Please contact Carol Cunradi [cunradi@sbcglobal.net](mailto:cunradi@sbcglobal.net)

Congregation Beth Israel

# SOCK & UNDERWEAR DRIVE

Between Rosh Hashanah and Simchat Torah, join us as we collect new (unopened, unused) socks and underwear for YEAH!

**YEAH!** YOUTH ENGAGEMENT ADVOCACY HOUSING  
Founded in Berkeley, YEAH provides shelter and support for at-risk homeless youth.

CONGREGATION BETH ISRAEL

# TOWEL DRIVE

ROSH HASHANAH THRU SIMCHAT TORAH

donate new or gently used bath towels for berkeley food & housing project

BERKELEY FOOD & HOUSING PROJECT