



Weekday Morning and Evening Services

January 19-23, 2020

8:00 am Sun, Mo • 6:30 am Tu - F

Evening: Sun-Th 5:05 pm

Friday, January 17

Northside minyan at Sudikoff home..... 4:55 pm
1209 Shattuck Ave (east side of street, past Live Oak Park, near Eunice)
Candle Lighting 4:58 pm
Mincha & Kabbalat Shabbat @ CBI 5:00 pm

Saturday, January 18

Morning Service 9:15 am
Tot Childcare (upstairs at CBI*) with **Shyenne Burrell**..... 9:15 am
**Children 18 mos-3 yrs can be dropped off at tot childcare.*
Childcare at Gan Shalom (ages 3-10) 9:15 am
Greeters: **Joshua Ladon, Vered Frank, Noah Alper, Eric Seder**
Torah Readers: **Jamie Conway, Ari Varga**
Haftarah Reader: **Ari Varga**
Formal Group Time 10:30 am
Kedma (Pre-K): **Natan Kuchar**
Tzafona: **Matan Gilbert**
Gan Assistant: **Rebekah Sherman**
Parent Supervision: **Yoel Greenberg**
Sermon by Ari Varga: "Moses and Seinfeld had an Argument..."
Mincha 12:45 pm
Seudah Shelishit 5:00 pm
Ma'ariv, Havdalah & Shabbat ends after..... 5:59 pm

KIDDUSH SPONSORS

The Varga Family in honor of Ari Varga's Bar Mitzvah

Kiddush Wine:

Covenant Winery, with special thanks to the Morgan Family

MARTIN LUTHER KING, JR. DAY

Monday, January 20

Shacharit 8:00 am

Beth Israel Classes

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.

M. Victoria Sutton — Mondays @ 12:00 pm.

NCSY LNL – Latte & Learning (for teens in grades 9 to 12): Our Special Blend: Coffee & Torah every week. In addition to coffee, NCSY's Latte & Learning initiative serves up Judaism in a relaxed, inspirational, and fun environment. L&L is the place for teens to ask questions, voice their feelings, and connect with each other.

Mondays at 7:30-8:30 pm, @ Starbucks 2128 Oxford

TUESDAY

"Alter" natives: Divergent Paths to Ethical Perfection in the Evolution of the Mussar Movement: Rabbi Israel Salanter (1809-1883) innovated the Lithuanian Mussar Movement, an immersive and controversial approach to character development which applied ethical teachings and psychology to Torah study and meditative practice. Rabbi Israel's three primary disciples, the "Alters" (Elders of Kelm, Slabodka, and Novhardok, approached the monumental task of character development from different angles. In exploring a selection of their texts, we will focus on the creative and startlingly divergent ways in which the "Alters" interpreted Biblical passages and instituted Mussar exercises in order to inspire personal growth in their students. We will also consider how some of these approaches might be meaningful in a contemporary quest for personal development.

Raizy Lichtenstein has taught Judaic Studies and English Literature in a wide variety of educational settings. She holds a master's degree in English Literature from the Hebrew University. Raizy currently works as a Jewish educator at Edah and Kevah, and is an artist-in-residence fellow at the Atiq Maker Kollel.

Raizy Lichtenstein — Tuesdays, Jan 21, 28, Feb 4 @ 7:30 pm

WEDNESDAY

Vices & Virtues: Mussar is a spiritual Jewish practice focused on virtue-based ethics. Through the cultivation of inner virtues, such as patience, gratitude, and reverence, we improve ourselves. Our sessions will explore various vices and virtues as presented by classical books of Mussar.

R. Yonatan Cohen — Wednesdays @ 12:00 pm

Mussar Shmooze: Join in ongoing *mussar chaburot* or *hevrutot*, organized around a particular mussar work, from classical to modern. The evening of learning, over hearty soup, will close with an opportunity for folks to share words of Torah from their learning.

Please be in touch with Maharat Victoria Sutton to participate or if you would like to convene a *chabura* on a particular mussar work.

Bi-monthly, Wednesday Nights at 7:30 pm, January 22, February 5, 19, March 4, 18, April 1, 22, May 6, 20

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

THURSDAY

Hashiva Hakaratit: As part of the Mussar Shmooze, come and join us in learning what has been termed as the contemporary-Hasidic-female movement! "Hashiva Hakaratit" or the Yemima method is an Israeli spiritual movement that has been growing over the last thirty years, originally taught by Yemima Avital (1929-1999) in Herzlia in the 80's and 90's. Her system teaches us how to be connected more to our true essence ("*mahut*") and be closer and accepting of ourselves and others. If you really want to learn but can't in the mornings, there is also a night class offered by Naama Sadan on Wednesdays when Mussar Shmooze meets!

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.

Class is taught in English. Both men and women are welcome; you can always join, even if you missed previous classes.
Rachel Perl — Thursdays, 10-11:30 am. Meets weekly through March 5.

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.
R. Yonatan Cohen — Fridays, 9:00 am

EVENTS/ANNOUNCEMENTS **In Beth Israel**

CBI Cooks at Berkeley Men's & Women's Shelter Wednesday, January 22, 5-7:30 PM

Thank you to all those all-star volunteers who came out to cook and serve a meal on December 25th! Special Thank you to Shulamis Green for coordinating the cooking, Rebecca and Oded Angel for receiving the grocery order to their home and transporting to the shelter, and Rona Rothenberg for bringing Semifreddi donation of bread and pastries! Oded & Rebecca Angel, Joan and Joel Brodsky, Nimrod, Nava and Maya Elias and Marilyn Samuels, Shulamis Green, Linda Levine, Joan Reich, Rona Rothenberg, Meena Viswanath and Psakhya
With your help, CBI prepares and serves dinner to more than 75 guests, both men and women, usually on the 4th Wednesday of each month. You can join us on Wednesday, January 22 to cook, serve or clean up.

Please note shelter location is 2140 Dwight Way.

5-6:30 - Cook and Prep Shift

6:40-7:30 Serve and Clean-Up Shift

To help support the shelter cooking, you can contribute to Rabbi Cohen's Discretionary Fund which finances these dinners. Whether paying online or by check, please indicate "Homeless Shelter" in your memo section.

Please click here to make a donation online.

Tizku l'Mitzvot, Maharat Victoria Sutton

CBI SISTERHOOD: STITCH MEETING

Thursday, January 23, 10 am to 1 pm

WHERE: Home of Barbara Budnitz

BRING: Scissors & yarn needle if you have one. (I have a few)

AGENDA: Finish sewing the Afghan project and finishing the edge with blanket stitch.

RSVP: barbara@budnitz.com or 510-527-9775

rosegins@gmail.com or 510-525-3906

Musical Melava Malka at CBI

Saturday, February 1, 8-9:30 pm

Come join us for singing and jamming as we escort out the Shabbat Queen! Bring yourselves and your instruments. All ages are welcome. There will be instruments available for children as well. We will be playing well beloved Jewish songs as well as some deeper cuts. Light nosh will be served. Look forward to seeing you there!

Embodied Chassidis - A Men's Dance Group

Monday, February 3, 7:00-8:30 pm (please note date change)

Come join us as we embody chassidis through learning, song and dance. We will begin by learning a piece of chassidis from Rebbe Nachman that relates to movement. We will then put on music and dance! The hope is to draw a relationship between what we learn with our minds and what we do with our bodies. Come explore how to turn our bodies into vessels of joy and break the boundaries in our relationship with G-d.

Facilitated by Aryeh Canter. Reach out to him if you have a song to request! This event is for men only. Light refreshments provided.

Open Kiddushim:

- February 15
- February 22
- April 9 (Pesach 1st Day)
- April 10 (Pesach 2nd Day)
- April 11 (Pesach Shabbat Chol HaMoed)
- April 16 (Pesach 8th Day)

Email kiddush@cbiberkeley.org to sponsor kiddush or ask any questions on details of kiddush sponsorship options. Donations at all levels are welcome. Be our next kiddush Sponsor! You'll be glad you did! Please donate here: <https://www.cbiberkeley.org/connect/giving/>

Scrip: To all of you who are "married" to your credit card miles -- first I wish you safe flying and good luck getting "free" trips. Please resolve to shop at at least one retail store this new year with scrip rather than your credit card. Why do I ask this of you? It is both chutzpah and good economic sense. I am sure you know that a payment on your credit card equals about 1% for an airline ticket. A scrip purchase which benefits the Shul gives from 4% (Berkeley Bowl) to as much as 20% (Peets Coffee). So choose something like Lands End, LL Bean, Old Navy which give us at least 14%. Check out the Shopwithscrip.com website to see all the retail stores and choose just one. Then continue collecting points for miles with all of your other shopping.

Contact Naomi Stamper nstamper@sbcglobal.net with any questions, orders or requests to stop nagging you.

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 (510) 527 0719.

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 for exact dates each week.

Phone-a-thon: The 2020 CBI Phone-a-thon will take place on Sunday morning, January 26th. **Our goal for the 2020 Phone-a-thon, to help us meet rising expenses, is \$26,000.** We are asking members to increase their giving to this campaign by 10% from 2019. Donate online at <https://www.cbiberkeley.org/connect/giving/phone-a-thon2020/>

- Send a check to CBI, with "2020 Phone-a-thon" on the memo line. Checks can be sent to Congregation Beth Israel, 1630 Bancroft Way, Berkeley, CA 94703.
- Use your bank's online payment center to make a payment to CBI by billpay; if Zelle is available to you, simply transfer to "office@cbiberkeley.org", making sure to indicate "phone-a-thon 2020" in the memo section.
- Call the office (510) 843-5246 to make a pledge by phone; your pledge will be added to your CBI statement.

Donors will be recognized for their support in the Spring issue of Chai Lights in five categories, according to their level of giving:

\$18 – \$179: Supporters

\$180 – \$499: Guardians

\$500 – \$1,000: Sustainers

\$1,000 – \$1,999: Pillars

\$2000+: Visionaries

If you don't call us, we'll call you on January 26! We look forward to speaking to every member of the CBI family! Best regards, and *todah rabbah!* Carol Cunradi and Eliezah Hoffman, Phone-a-thon Co-Chairs

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 (650) 766-7233.

In The Community

Art Auction in Tribute to Seymour Kessler, z"l

A Benefit for ATZUM - Justice Works

Sunday, January 19 ~ 2-5 pm

Artist Booker Holton is auctioning 14 spectacular oil paintings based on the teachings of Pirkei Avot. There will be a silent auction with all proceeds donated to one of Seymour's cherished organizations, ATZUM, which distributes funds and provides educational resources and dental care to the families of survivors of terror attacks in Israel, specifically victims of older attacks who are overlooked by programs of assistance focused on more recent cases.

Hosted by Hope & Noah Alper, 910 Oxford Street, Berkeley

Please carpool as parking is limited in the area.