



DAF HASHABBAT

SHABBAT & UPCOMING EVENTS

SHABBAT MEVARCHIM PARSHAT VAEIRAH

JANUARY 24-25, 2020 — 28 TEVET, 5780

Weekday Morning and Evening Services

January 26-30, 2020

8:00 am Sun • 6:30 am Mo - F

Evening: Sun-Th 5:15 pm

Friday, January 24

Northside minyan at Sudikoff home 5:00 pm
 1209 Shattuck Ave (east side of street, past Live Oak Park, near Eunice)
 Candle Lighting 5:05 pm
 Mincha & Kabbalat Shabbat @ CBI 5:10 pm
 Tot Kabbalat Shabbat with Melita at Gan Shalom 5:20 pm
 Young Family Catered Shabbat Dinner at CBI 5:50 pm
Meat & Vegetarian Dinner Options - Registration is closed at this time

Saturday, January 25

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: **Hilla Abel, Meena Viswanath & Jamie Conway, Lauren Schuchart, Ben Rose**
 Torah Readers: **Glenn Massarano**
 Haftarah Reader: **Isaac Kaplan**
 Formal Group Time 10:30 am
 Kedma (Pre-K): **Natan Kuchar**
 Tzafona: **Moriya Gamliel**
 Negba: **Meitav Ovadia**
 Gan Assistant: **Veronica Gonzales**
 Parent Supervision: **Aric Lasry & Johana Afenjar**
 Teen Assistant: **Bear Mahgel-Friedman**
 Tot Shabbat circle in the CBI Loft w/**Natan Kuchar** 11:15 am
Sermon by R. Yonatan Cohen: *Hearing without Listening*
 Mincha 12:45 pm
 Seudah Shelishit 5:10 pm
 Ma'ariv, Havdalah & Shabbat ends after 6:06 pm
 Mishmash 6:30 pm

KIDDUSH SPONSORS

Jo-Ellen & Ben Zeitlin, Janice Mac Millan & Ron Reissberg, Leora Lawton, Ben Rose & Rebecca Landes, Hiram Simon, Elissa & Alan Kittner, Jodie & Jeff Morgan, Gary Boland, Ronna Kabatznick & Peter Dale Scott, Iris & Jeremy Smith, Rivka Amado & Malcolm Feeley, Denise Resnikoof & Lenny Kristal, Avraham Burrell, in appreciation of whisky & in honor of the birthday of the poet Robert Burns.
Isaac Kaplan, in memory of his mother, Harriet Kaplan (Chaya Sara bat Yaakov) on her yahrzeit.

HACHNASSAT ORCHIM

Sarah & Saul Miranda

Kiddush Wine:

Covenant Winery, with special thanks to the Morgan Family

Cold & Flu Season: As we are in the midst of cold and flu season, please use the same 24-hour rule of thumb for attending any shul related programming as you would for work or school. If you or your child has

been ill, please keep them home until they have been fever free, untreated, for 24 hours, for the health and safety of all.

ROSH CHODESH SHEVAT

Sunday Night & Monday, January 26-27

Shacharit 6:30 am

Women's Tefillah, February 1, 4:30 pm

Women's Shabbat Mincha and Torah reading followed by seudah shelishit and learning with **Leah Kahn**.
 Join CBI's women's community for a series of unique opportunities to pray, sing and learn Torah together. Mincha and Torah reading will be followed by seudah shelishit & learning. Women's Tefillah will meet for Shabbat Mincha on the following dates (1st Shabbat of the month):
 Feb 1 • March 7 • May 2
Please contact Maharat Victoria Sutton (maharatvictoria@gmail.com) or Judy Massarano (jmassarano@gmail.com) if you wish to serve as a gabbayit, read Torah, lead prayers, teach during the meal, or sponsor seudah shelishit.

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

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.

TO RECEIVE WEEKLY UPDATES ABOUT THE BERKELEY ERUV, EMAIL INFO@BERKELEYERUV.ORG

at the Atiq Maker Kollel.

Raizy Lichtenstein — Tuesdays, Jan 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, 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!

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

Shifra Puah for Soumagnac/Mor Family: Mazal Tov! to new parents Maayane Soumagnac Mor and Yitzhak Mor on the birth of twin baby girls. A great way to support the family is to bring them a meal. Please sign up on the calendar here: <https://mealmein.com/helpout/olgu3>
Contact M. Sutton with any questions about signing up.
May these children's lives be filled with the insights of Torah, the warm and supportive love of family and community, and the blessing of good deeds. Mazal Tov!

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

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.*

Ashira Langer-Levin Bat Mitzvah, February 8th: The community is warmly invited to kiddush lunch to celebrate the bat mitzvah of Ashira Langer-Levin.

TU B'SHVAT AT CBI - TWO WAYS

- **Beautify the Bay with Friends of 5 Creeks: Codornices Creek Sunday, February 9th, 10 am (sharp) - 12:30 pm** (All ages welcome)
A family friendly way to give back to the earth in advance of Tu B'Shvat, and give back to our East Bay community. We will meet at the "outdoor classroom" on 8th Street and Codornices Creek (at the Berkely/Albany border). The nearest address for Internet maps is across the street -- Alliance Graphics, 1101 8th Street. Please allow time for parking in the area. we will head to the work site on 6th street and the creek.
Clothes: Folks should wear long pants, long sleeves, socks (preferably wool), and closed-toes shoes with good traction. They should dress in layers for changing weather and be prepared to get dirty. We work in

a drizzle, but will cancel if there are heavy rains predicted that morning. We have plenty of gloves for older kids (let's say 4th grade up) and adults, but our glove supply for very young children is limited. If parents can supply these, it would be appreciated.

RSVP to maharatvictoria@gmail.com by Wednesday, February 6

● **Tu B'Shvat Seder**

Sunday, February 9th, 6:30-8:30 pm

A feast for the senses and the spirit, with our b'not Sherut Meitav & Moriya

* ארבע כוסות Four Cups of Wine

* שבעת המינים Seven Species of the Land of Israel

* ערב שירים וספורים An Evening of Song and Reflection

Wine generously donated by Covenant Wines

The Seder will be Free of Charge. RSVP requested to

maharatvictoriasutton@gmail.com.

Volunteers need. Please email M. Victoria Sutton if you would like to volunteer to set up or clean up.

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/>

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.

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

Earth Seder 2020: February 26, 2020, 7:00-8:30 pm

Congregation Netivot Shalom

Come and explore with Rabbi Ellen Bernstein as she shares the earthy wisdom of Passover through her new critically acclaimed haggadah, *The Promise of the Land*, and join with others around the world to create Earth Seders.

Ellen Bernstein founded Shomrei Adamah, the first national Jewish environmental organization, and has spent her entire career writing, thinking and teaching about Judaism, the Bible and ecology.

[#earthseder](http://www.ellenbernstein.org) www.thepromiseoftheland.com

Weekly Communications from CBI Updated Protocol

Dear CBI Family,

The continued growth of our membership has been reflected in the steady expansion of our programmatic offerings and community-relevant news which are broadcast every week on our Announce List. This week alone, we've held at least one event or class at CBI every day. Based on feedback from our membership and researching similar communities, we are streamlining our communications protocol to minimize the number of emails on a weekly basis. Please note we will be following a new protocol (subject to revision) starting this Sunday.

Every week starting this Sunday we will send out only ONE email under the subject "This Week at CBI/Daf Hashavuah" which will detail all the classes and events at CBI for the upcoming week ONLY. We will no longer be sending reminders of classes or events. Information regarding our ongoing classes and registration for events will remain available at all times on our website: <https://www.cbiberkeley.org/>

On Fridays, as usual, we will send out our weekly bulletin, renamed "Daf HaShabbat." It will follow the same format as our past Daf Hashavuah and contain schedule, classes, lifecycle events, upcoming events at CBI and in the community at large (covering the coming week and beyond). This Daf HaShabbat will be posted on Fridays and remain accessible at all times on our website, as in the past, at this link: <https://www.cbiberkeley.org/about-us/this-week-at-cbi/>

We will continue to send standalone emails regarding new lifecycle events, and first-time announcements of CBI events on our Announce List as needed.