



Weekday Morning and Evening Services

January 5-9, 2020

6:30 am Su- F

Evening: Sun-Th 4:55 pm

Friday, January 3

Northside minyan at Sudikoff home... 4:40 pm
1209 Shattuck Ave (east side of street, past Live Oak Park, near Eunice)
Candle Lighting ... 4:44 pm
Mincha & Kabbalat Shabbat @ CBI ... 4:45 pm

CBI has committed to learning the tractate of Moed Kattan towards the Global Women's Siyum HaShas. We will mark the completion of learning with a siyum this Shabbat morning at the end of tefillah, around 11:30 am. All participants are invited to join in the siyum with the CBI community. There will be an additional opportunity to share learning reflections at women's seudah shelishit at 5 pm.

Yasher koach to all the learners!

SerachBracha Albert, Deena Aranoff, Kirsten Barrere, Miriam Barrere, Tamara Beliak, Judith Bloom, Frayda Gonshor Cohen, Lisa Feldman, Vered Frank, Chaya Miriam Fried, Rena Greenfield, Shani Gross, Leah Kahn, Jen Kamenetz, Renna Khuner-Haber, Jenny Kirsch, Raizy Lichtenstein, Nell and Raizel Maghel-Friedman, Ilana Mantell, Judy Massarano, Melissa Nathan, OHDS Beit Midrash w/ M. Sutton (Allegra Isaac, Ariela Rubens, Ashira Langer-Levin, Elyah Ilovitz, Ezra Bamberger, Hazel Kirsh, Raizel Maghel-Friedman, Saraviva Teitelbaum), Racheli Perl, Miriam Petruck, Rena Rosen, Leivahna Schector, Tania Schweig, Juliet Stamperdahl, M. Victoria Sutton, Meena Viswanath, R. Mimi Weisel

Saturday, January 4

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: Elliott Onn, Allen Mayer, Noam Saper, Noah Nathan
Torah Readers: Glenn Massarano
Haftarah Reader: Rafi Rosen
Formal Group Time ... 10:30 am
Kedma (Pre-K): Natan Kuchar
Tzafona: Hannah Lesser
Gan Assistant: Veronica Gonzalez
Hadran Talmud Siyum ... 11:30 am
Mincha ... 12:35 pm
Women's mincha with Torah Reading ... 4:30 pm
Torah Readers: Rona Rothenberg, Naama Sadan, M. Victoria Sutton
Seudah Shelishit ... 4:45 pm
Women's Seudah shelishit & Hadran Reflections... 5:00 pm
Sponsored by Rona Rothenberg in honor of the birth of Leah Chaviva and in honor of her daughter Sarah on the (almost) 24th anniversary of her bat mitzvah in January, 1996
Ma'ariv, Havdalah & Shabbat ends after... 5:46 pm

KIDDUSH SPONSORS

Jim and Carol Cunradi in memory of Carol's dad, Chaim Behr ben Mordechai ha Cohen v'Leah, on his 9th yahrzeit.

Kiddush Wine:

Covenant Winery, with special thanks to the Morgan Family

FAST OF TEVET

Tuesday, January 7

Fast begins ... 5:57 am
Shacharit ... 6:30 am
Mincha @CBI ... 4:40 pm
Fast ends ... 5:35 pm

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. Resumes January 6. 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. Resumes January 8. R. Yonatan Cohen — Wednesdays @ 12:00 pm

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.

Mussar Shmooze: Join in ongoing *mussar chaburot* or *hevrotot*, 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.

Bimonthly, Wednesday Nights at 7:30 pm, January 8, 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

Hashivah hakaratit, Cognitive/Awareness Thinking : We will look at the works Yemima Avital (1929-1999) a descendant of a kabbalist dynasty, a psychologist and a Hassidic healer. Her teachings are learned by thousands of Israelis who wish to bring more balance and depth to their life.

Racheli Perl — Thursday, January 9, 10:00 am

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. **Resumes January 10**

R. Yonatan Cohen — Fridays, 9:00 am

EVENTS/ANNOUNCEMENTS

In Beth Israel

CBI Board Meeting: Our next Board meeting will be Wednesday, January 8 at 7:30 pm at CBI. The meeting is open to the public.

Shabbat Dinner & Games, Friday, January 10: Join us for a communal Shabbat dinner with opportunities to learn, sing, and play games together as a community. Meat meal with vegetarian options — **Register by**

Tuesday, January 7 <https://www.cbiberkeley.org/>
\$12 per child, student, & young professional, \$20 per adult, \$60 maximum per family

Candle lighting 4:51 pm

Mincha and Kabbalat Shabbat 4:55 pm

Catered Shabbat Dinner 6 pm

Games for All Ages 7:15 pm

Open Kiddushim:

- February 15
- February 22
- March 14
- 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/>

Paint & Wine Night, Motzei Shabbat, January 11th 7:15pm - 10pm @ CBI: Join Young Professionals (and Young at Heart) for the first Paint & Wine Night with a local artist. No prior artistic skill or experience is necessary. Our artist will guide us to make a beautiful creation as we sip delicious wine. Light snacks will be provided. This event is capped at 25 people, so make sure you sign up here early!

Please venmo \$15 to @Melissa-Nathan-6 to attend. Please reach out to Melissa Nathan - melissanathan92@gmail.com with any questions.

January 12, 2020 at 5:30pm, Congregation Beth Israel: Join us for a documentary film screening of "Near Normal Man" by Charlene Stern about her father, Ben Stern's story and message. How and when do we respond to the growth of hate speech when unchecked, turns into hatred anger and violence? Ben, now 98, survived while remaining human through the Holocaust, then sparked national resistance in Skokie, IL 1978.

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: martzedeck@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 *today 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.**