



DAF HASHABBAT

SHABBAT & UPCOMING EVENTS

SHABBAT PARSHAT BO

JANUARY 31-FEBRUARY 1, 2020
6 SHEVAT, 5780

Weekday Morning and Evening Services

February 2-6, 2020

8:00 am Sun • 6:30 am Mo - F

Evening: Sun-Tu 5:20 pm

Wed & Th 5:15 pm at Rubin home 1170 Sterling Ave. Berkeley

Friday, January 31

Northside minyan at Sudikoff home 5:10 pm
1209 Shattuck Ave (east side of street, past Live Oak Park, near Eunice)
Candle Lighting 5:13 pm
Mincha & Kabbalat Shabbat @ CBI 5:15 pm

Saturday, February 1

Morning Service9:15 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: **Rona Rothenberg, Michael Kaye, Hilik Frank, Miriam Barrere**
Torah Readers: **Daniel Hoffman**
Haftarah Reader: **Elie Hassenfeld**
Formal Group Time.....10:30 am
Kedma (Pre-K): **Natan Kuchar**
Tzafona: **Moriya Gamliel**
Negba: **Meitav Ovadia**
Gan Assistant: **Veronica Gonzales & Liz Ramirez**
Parent Supervision: **Jessica Fain & Adam Rosenzweig**
Teen Assistant: **Bear Mahgel-Friedman**
Tot Shabbat circle in the CBI Loft **w/Natan Kuchar**11:15 am
Sermon by R. Yonatan Cohen: Setting Time - The First Mitzvah
Mincha 12:45 pm
Women's Mincha & Torah..... 4:30 pm
Mincha: **Lisa Klug** Torah Readers: **Jenny Kirsch, Judy Massarano**
Women's Seudah Shelishit & Learning with **Leah Kahn** 5:00 pm
"On Hachnasat Orchim: Sharpening Our Hosting Practice"
Seudah Shelishit 5:10 pm
Ma'ariv, Havdalah & Shabbat ends after 6:13 pm
Mishmash 6:45 pm

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

Join CBI's women's community for a series of unique opportunities to pray, sing and learn Torah together. 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, or sponsor seudah shelishit.

KIDDUSH SPONSORS

Roman Kazinnik and family on the yahrzeit of Roman's beloved mom **Natalia Aronson** (Kazinnik) z"l who is forever in our hearts.

HACHNASSAT ORCHIM

Eliezah & Daniel Hoffman

Kiddush Wine:

Covenant Winery, with special thanks to the Morgan Family

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!

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.

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. **Class will not meet February 3, resumes February 10.**
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 — Tuesday, Feb 4 @ 7:30 pm

Inner Light, Sacred Fire: Embracing the Whole Self in Hasidic Mysticism:

This class explores Hasidic teachings on the emotional life and the importance of cultivating aspects of the self beyond the intellect. The

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

first session will be devoted to Hasidic teachings on the importance of joy as a first-order religious value, understood in these sources not as a simplistic commitment to happiness but rather as a contemplative, mindful approach to life in the world. Our second class will take up the theme of tikkun ha-middot, on the process of uplifting and transforming one's inner spiritual qualities as the key to religious transformation. The third and final session will explore emotion in the teachings of Rabbi Kalonymous Kalman Shapira, the Esh Kodesh, including: his pre-war spiritual diary, his handbook for a mystical fellowship, his guidelines for emotional work, and, of course, in impassioned wartime sermons. *Ariel Evan Mayse joined the faculty of Stanford University in 2017 as an assistant professor in the Department of Religious Studies, after previously serving as the Director of Jewish Studies and Visiting Assistant Professor of Modern Jewish Thought at Hebrew College in Newton, Massachusetts, and a research fellow at the Frankel Institute for Advanced Judaic Studies of the University of Michigan. He holds a Ph.D. in Jewish Studies from Harvard University and rabbinic ordination from Beit Midrash Har'el in Israel.*

R. Ariel Mayse – Tuesdays February 11, 18, 25 @ 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. **Class is not meeting February 5.**

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 Herzelia 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

SUNDAY

Tell Your Story: Despair and Ecstasy: Each 3-hour workshop will teach you the structure of compelling storytelling and give you the opportunity to tell a story to other participants. Being able to tell a story well is a great skill to have. It's also a chance to bond with your fellow CBI members and hear a story about them you never have before!

Michael Kaye is a writer and performer who has garnered press in Rolling Stone, Billboard, The San Francisco Chronicle, and The Los Angeles Times. Michael has been a writing fellow at the Virginia Center for the Creative Arts, the Julia and David White Colony, Ragdale, the Millay Colony for the Arts, and the WUJS-Arad Arts Program in Israel. He taught memoir writing for four years at the famed Gotham Writers' Workshop in New York and is the author of Mastering the Narrative. He received the President's Undergraduate Fellowship for his film work while at U.C. Berkeley, where he graduated Phi Beta Kappa with honors.

Michael Kaye – Sunday, February 23 @ 1:00-4:00 pm

EVENTS/ANNOUNCEMENTS

In Beth Israel

Condolences/Baruch Dayan Emet: We deeply regret to inform you of the passing on January 29 of **David Kinstle**, beloved husband of Kate Haber, father of Celia Haber and Molly Kinstle, brother-in-law of Sara and Ruth Haber, and Beth Sousa.

The funeral service will take place on **Monday, February 3 at 1:00 pm** at Gan Yarok, 301 Tennessee Valley Rd, Mill Valley, CA 94941; Gathering at the Remembrance Room, followed by burial.

Kate will attend mincha/ma'ariv services at CBI throughout the week starting on Monday. A gathering for family and friends will take place at the Haber/Kinstle home, 2128 E 24th Street Oakland, Monday through Thursday, February 3-6, from 7:00 to 9:00 pm.

HaMakom Yenacheim Et'chem Betoach She'ar Aveilei Tziyon VeYerushalayim. May God comfort the family and all others who mourn Zion and Jerusalem.

Condolences/Baruch Dayan Emet: We deeply regret to inform you of the passing on Sunday, February 2 of **Harry Rubin (Abraham Herschel ben Nachman v'Nechama)**, beloved husband of Dorothy Rubin, father to Andrew Rubin (Morissa Rubin), Janet Rubin (Larry Klein), and Clinton Rubin (Jennifer Sigler), and grandfather of Benjamin Klein, Klara Klein, Meira Wolkenfeld, Ilan Rubin, Gaviella Rubin and Jasper Rubin-Sigler. The funeral followed by interment will take place Wednesday, February 5 at 1:30 pm at the chapel at Gan Shalom Cemetery, 1100 Bear Creek Road, Briones.

Mincha/Maariv services will be held at the Rubin home, 1170 Sterling Ave., Berkeley on Wednesday and Thursday, February 5 & 6, at 5:15 pm. NOTE: services will not be held at CBI those evenings.

Community members are warmly welcome to visit with the Rubin family at the following days and times:

Wednesday, from 4:00 to 7:00 pm

Thursday, from 11:00 am to 7:00 pm

Friday, from 11:00 am to 2:00 pm

Shiva information for next week will follow.

HaMakom Yenacheim Et'chem Betoach She'ar Aveilei Tziyon

VeYerushalayim. May God comfort the family and all others who mourn Zion and Jerusalem.

Shifra Puah for Soumagnac/Mor Family: Mazal Tov! to new parents Maayane Soumagnac Mor and Yitzhak Mor on the birth of twin baby girls, Efrat & Hadar. 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!

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:

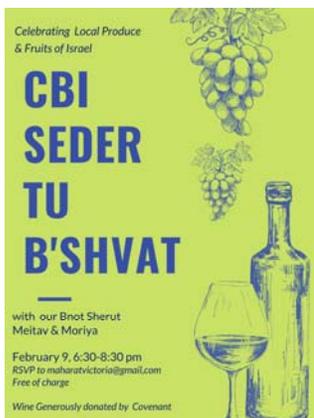
Codornices Creek
Sunday, February 9th, 10 am (sharp) - 12:30 pm
(All ages welcome)

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.

Come join us for CBI Sunday Afternoon at the movies! There will be delicious kosher snacks, drinks and great company. We will be showing the wonderful Israeli movie "An Israeli Love Story". The event will be on **Sunday, February 23rd at 4pm at the home of Dan and Robinn Magid, 833 Mendocino Avenue, Berkeley.** Here is the official description of the movie and a link to the trailer: It's 1947, just months before the State of Israel will be established. When 18-year-old Margalit, an aspiring actress from northern Israel, meets Eli (Avraham Aviv Alush, Beauty and the Baker), a passionate kibbutznik devoted to his work in the Palmach (Israel's pre-state underground army) it's love at first sight. But in a nascent nation in need of fierce protection, love can only take them so far. An Israeli Love Story is based on the true story of theater director Prina Gary and Eli Ben-Zvi, son of Israel's second president Yitzhak Ben-Zvi. Trailer: <https://youtu.be/wD9AU2LzGSw>

Open Kiddushim:

- February 15 (open to co-sponsors) • 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

Havdala Concert with Yehuda Solomon and Moshav Band @ Beth Jacob:

Join us for some fun, eclectic music with a positive message that is spiritually moving at **7:30 PM on February 8 at BJC.** Tickets to the concert are free for BJC members and \$18 for non-members. (Only cash will be accepted at the door.) RSVP: <https://www.bethjacoboakland.org/form/havdala-concert-with-moshav-band.html>

Karen Treiger Book Talk - February 5, 2020 at 7 p.m., Temple Sinai in Oakland. Karen will discuss her book, *My Soul is Filled With Joy: A Holocaust Story.*

Special Edah Camp Day for 4-5 yr olds on Feb 14th - How Does Your Garden Grow : Friday, Feb 14th, 9:00 am - 4:00 pm
Edah Berkeley (1009 Camelia St., Berkeley)
Many of our Jewish community's preschools are closed on Friday,

February 14th for a professional development day. Edah in Berkeley is offering a special camp day for 4 and 5 year old preschoolers (plus kindergartners who have the day off). Register at studio-70.org/garden We will be spending the day celebrating the environment and plan to roll up our sleeves, put on some work gloves and do some planting in our very own garden. As well, campers will have the opportunity to think about, explore and bring the outdoors inside, with the creation of a mini indoor portable garden to take home. All kindergartners welcome! All Edah camps feature our special approach to Hebrew language infusion, making camps a perfect fit for Hebrew speakers, interested Hebrew speakers, and non-Hebrew speakers alike. Natan Kuchar

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.

www.ellenbernstein.org #earthseder www.thepromiseoftheland.com