



# Daf Hashavuah

Shabbat Mevarchim Parshat Pinchas  
Bat Mitzvah of Nava Tamar Elias  
July 22-23, 2022

## This Shabbat

### Friday, July 22

6:45AM // Shacharit @ CBI

7PM // Mincha & Kabbalat Shabbat @ CBI

8:13PM // Candle Lighting

### Saturday, July 16

7:30AM (*signup required*) // Early Morning Indoor Services @ CBI

9AM // Indoor Services @ CBI *starting with Rebbi Yishmael*

### 9:40AM // Parallel Torah Readings

Nava will read her Torah portion at a women's Torah reading. There will be a parallel men's reading held in the CBI library and courtyard. Nava will deliver a Dvar Torah to the entire community before Mussaf.

10:15AM Join back together for Haftarah, Dvar Torah & Mussaf

### Greeters:

9AM-10AM: Desmid Lyon

### 9-11:15AM // Shabbat Youth Programming @ Gan Shalom

Age 3 -2nd graders ([advanced registration required](#))

**Please note:** Due to kiddush lunch at the field, children will NOT be walked back to CBI from Gan. Parents should pick their children up at Gan promptly between 11:30-11:45AM.

12:15PM **Catered Lunch at the Allston Field;** please bring picnic blankets, there will be a limited number of seating available (*registration is now closed*).

Sermon by Nava Elias: *Pinchas and the Daughters of Tzolphchad: What's the Best Way to Bring About Change?*

### Kiddush Sponsors

The Elias Family in honor of Nava's bat mitzvah

7:40PM // Indoor Mincha @ CBI, followed by Seudah Shelishit, learning, Ma'ariv & Havdalah

9:10PM // Shabbat ends

### SPONSOR A KIDDUSH

Please email the kiddush coordinator at [kiddush@cbiberkeley.org](mailto:kiddush@cbiberkeley.org) if you'd like to sponsor a kiddush.

Donations can be made on the CBI website, go to the Giving page and select Kiddush from the drop-down menu:

<https://www.cbiberkeley.org/connect/giving/>

**Shabbat Kiddushim available for sponsorship: August 13, August 27**

## This Week

### Sunday, July 24

8AM // Shacharit @ CBI

6:40PM // Mincha/Ma'ariv @CBI

### Monday-Thursday, July 25-28

6:45AM // Shacharit @ CBI

6:40PM // Mincha/Ma'ariv @CBI

### Thursday Night-Friday, July 28-29

Rosh Chodesh Av

6:45AM // Shacharit @ CBI

## This Week's Classes & Events

### Tuesdays // 1PM // in person @ CBI

**CBI's Mah Jongg group** meets weekly and is open to players that know how to play and already have their National Mah Jongg Play Card. Beginners are welcome to join as well, Marti Zedeck will be teaching every Tuesday. To join, please be in touch with Marti.

### Wednesdays // 9PM - 9:30PM // via Zoom

#### Late Night Stories & Poems

R. Yonatan Cohen

Join us for a late night opportunity to learn rabbinic tales and contemporary stories, and/or enjoy liturgical poems and modern songs.

**Class is on hiatus.**

### Fridays // 9AM // via Zoom

#### Talmudic Wisdom

R. Yonatan Cohen

Join us for a weekly class on Tractate Chagigah that explores major Jewish questions of practice and thought. We're in the midst of Chapter Three.

**Class is on hiatus.**

## Upcoming Highlights

### Mazal tov to Chaim Fischel Spivak on his Bar mitzvah

#### Parshat Matot-Masei

#### Shabbat, July 30

Chaim Fischel will read from the Torah and deliver the sermon at the 9:00AM service at CBI.

There will be a special dessert kiddush held at CBI following services.

**Registration is required for services.**

Please note masking will be required indoors for this high density event.

## Tisha B'Av Community-Wide Learning

**Saturday & Sunday, August 6-7**

Co-sponsored by Congregation Beth Israel, Congregation Beth El, Congregation Netivot Shalom & Chochmat Halev

Classes taught by educators from the East Bay Jewish Community on themes of Tisha B'Av. Torah study, as it brings joy, is limited on Tisha B'Av to topics appropriate for the day of communal mourning. Please register here:

<https://forms.gle/VyobQUbY3587Czrw5>

Classes will take place in person at Congregation Beth Israel. Full schedule will be sent to registrants a few days prior to the event.

**Please see the Guideline to Tisha B'Av and the Laws of the Three Weeks and Nine Days on our website:**

<https://www.cbiberkeley.org/about-us/rabbi-yonatan-cohen/holidays-2/three-weeks-and-nine-days/>

CBI is collecting funds for gift cards and donations of school supplies for families being resettled at JFCS East Bay, culminating on Tisha b'Av. For ways to help and more information: <https://www.cbiberkeley.org/connect/caring-community/refugeedrive2022/>

### TISHA B'AV

**Saturday, August 6th**

Shabbat Mincha: 5PM

\*plag 6:49PM

Seudah shelishit at home, complete meal before fast begins at sunset (8:08PM)

Fast Begins 8:08PM

Shabbat ends 8:55PM

Havdalah, Maariv & Eicha: 9:10 PM

**Sunday, August 7th**

8AM Shacharit

8:45AM – 10AM Kinnot

10AM – 2PM Tisha b'Av Community Wide Learning

\*Chatzot 1:14PM

4-5:30 PM Backpack Packing & Welcome Notes for Refugees Resettling with JFCS East Bay

7:40PM Fast Day Mincha

\*shekiah 8:11PM

Fast Ends: 8:42PM

**Stay Connected**

### CBI Connects

To join a WhatsApp group sharing positive insights and update, or to join our FaceBook group, please contact the CBI office,

### CBI Connected Families

To join a WhatsApp group sharing ideas for caring and creative parenting, please contact the CBI office.

**NCSY**

Back by popular demand- we are so excited to announce our welcome back BBQ, and look forward to connecting and starting off a fun and impactful year with a beautiful get-together!

**\*A separate email will be sent out for Middle School registration and times.**

Early Bird \$25 -- Regular \$35: <https://westcoast.ncsy.org/events/433341/NorCal-Welcome-Back-BBQ/>

If you have any questions please feel free to reach out! Tani Polansky, [\(510\) 930 8358 Polanskyt@ncsy.org](mailto:(510)9308358Polanskyt@ncsy.org)

## Lifecycle Announcements

Mazal Tov! To Parents Yael & Oren Nagler, and big sisters Talia and Adia, on the birth on July 7 of a baby boy, **Ariel Nagler**

A great way to support the family is to bring them a meal. Please sign up for a slot here:  
<https://www.mealtrain.com/trains/d87v9v>

*May this child's life be filled with the insights of Torah, the warm and supportive love of family and community, and the blessing of good deeds.*

## General Community Announcements



### Three Weeks School Supply & Gift Card Drive through JFCS East Bay July 17 - August 7

CBI is collecting school supplies for refugee families being resettled by JFCS East Bay, as well as collecting funds for Target gift cards so individuals and families can purchase items they need to start their lives here. *Our goal is 40 backpacks with school supplies!*

JFCS East Bay is heartened by our community's strong interest in welcoming and supporting newly arriving refugees. JFCS East Bay is currently resettling record numbers of newcomers from Afghanistan and Ukraine and other individuals and families from Iraq, Syria, Eritrea, Uganda, Myanmar and more. While the agency provides a full range of comprehensive services to each individual and family they resettle, we know from experience that "it takes a village" to help people begin their new lives here.

### Ways to help:

#### 1. School Supplies Drive:

**\*Donate School Supplies:** Drop off *newly purchased* school supplies at Congregation Beth Israel, 1630 Bancroft Way, from **Sunday July 17 - Sunday, August 7:**

- new backpacks, lunch boxes, pencils, pens, binders, lined paper, notebooks, markers, colored pencils, scissors, tape, glue sticks.

**\*Donate towards purchase of new school supplies.** Additional funds will be used for gift cards for refugee families to purchase needed basic items. Please donate to general fund [here](#) and indicate "Refugee Drive".

**\*Backpack Packing & Welcome Note Writing: Tisha b'Av, August 7, from 4-5:30PM at CBI**

#### Other ways to help:

**2. Target Gift Cards:** Purchase \$25 Gift Card(s) from Target. You can donate funds to CBI [on our website's Giving page](#) to purchase much-needed gift cards for these families. CBI will pool funds collected and purchase gift cards through SCRIP, magnifying the impact of each donation. Alternatively, you can drop off gift cards through the mail slot at 2334 Curtis St, Apt 4, or bring them to the packing event on **August 7 at 4PM.**

**3. Amazon Wish list:** Purchase needed items through JFCS East Bay Amazon Wish Lists. Wish List for larger items like gift cards and kitchen items:

[https://smile.amazon.com/hz/wishlist/ls/1CW3QPCLGZMBC/ref=nav\\_wishlist\\_lists\\_3](https://smile.amazon.com/hz/wishlist/ls/1CW3QPCLGZMBC/ref=nav_wishlist_lists_3)

We also have a wish list for smaller things like toiletries and cleaning supplies:

[https://smile.amazon.com/hz/wishlist/ls/S0UUVLH507P3/ref=nav\\_wishlist\\_lists\\_2](https://smile.amazon.com/hz/wishlist/ls/S0UUVLH507P3/ref=nav_wishlist_lists_2)

**Items purchased through the wish list will be sent directly to the JFCS office** and be distributed to those who need them most. After you place your order, please send an email to [adodson@jfcs-eastbay.org](mailto:adodson@jfcs-eastbay.org) and mention CBI Drive, so they can send you a donation receipt.

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**Vehicle Donation to CBI:** Give your used vehicle new life when you donate it to CBI/Gan Shalom Preschool: Donating your car, truck or boat is easy. We'll provide free pick-up, and your gift is tax-deductible and will benefit Gan Shalom's Scholarship Fund. We will provide release of liability, DMV and IRS documents, and handle any title, or ticket issues. Get started today at <https://careasy.org/nonprofit/congregationbethisraelofberkeley> or call toll-free (855) 500-RIDE or (855) 500-7433

**CBI AT THE SHELTER:** CBI has been making regular donations in lieu of meals. Please donate to the Rabbi's Discretionary Fund and indicate "shelter dinner".