

**2019/2020**  
**5780**

# **Connections**

**Learning and Engagement  
at Temple Or Rishon**

Temple Or Rishon is a welcoming, spirited and spiritual community of people whose lives are enriched by our connection to Judaism and to one another. For 36 years, we've gathered in the eastern Sacramento valley to learn, celebrate, pray and grow together.

We are newlyweds and emptynesters, toddlers and elders, doubters and the devout. We are the non-Jewish partners and the newcomers to Judaism. We are LGBTQ. We are those revisiting the comfort of our childhood rituals and those searching for something that might have been missing since then.

We are teachers and students. We find connections through study of Torah and through moments spent together as a community.

We welcome our guests and celebrate our simchas, we visit our sick and we mourn with our bereaved, we stand with the State of Israel and we care for each other and our planet.

We want to make the world a better place. We want you to learn with us, find connections and become a part of our greater Jewish family.

This brochure is a tool that will help you discover the adult education, monthly healing groups, social opportunities, and wellness classes that you can join here at Temple Or Rishon.

We hope you will engage with us this year!

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# Celebrating Shabbat

## Friday Evening

Every Friday - Shabbat Services at 6:45pm

Family Pre-Shabbat Dinner - 2nd Friday (October-May) at 5:45pm

Join us for a pre-Shabbat dinner, then stay for services where we will feature our students and their accomplishments! Fee for dinner: \$5 per person.

Tot Shabbat - 3rd Friday of the Month at 6pm

Join us for a child centered Shabbat celebration. Kiddush and Oneg! Appropriate for families with children 5 and under.

Final Friday Shabbat Dinner - last Friday of the month

Services at 6:45pm followed by catered dinner. Fee for dinner: \$12 per person.

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**“The Sabbath is the presence of God in the world, open to the soul of man. God is not in things of space, but in moments of time.”**

— Abraham Joshua Heschel, *The Sabbath*

**Friday: January 24th, 31st and February 7th at 5:45pm**

### ***Liturgy Literacy: An Introduction to the Shabbat Service***

Do you feel lost in Shabbat services? Wonder why everyone is standing here, sitting there? When do you bow? What are the parts of the service? What's in the prayer-book, and why? Why do we do things this way? What if I don't know Hebrew? What does this all mean? Join Sara Shakked for a series of three conversations before the Friday service, with plenty of chance for questions and practice.

### **Torah Study (with bagels too!)**

Saturdays at 9am

This ongoing class meets every Saturday to look at the Torah portion of the week. Each class discusses a key concept from the weekly Torah portion, using traditional, Hasidic and modern texts to help us understand and relate the text to our own lives. Torah study is open to all ages and is especially welcoming to pre-bar/bat mitzvah families.



### **Adventure Shabbat**

1st Saturday at 10:30am

Join us for a fun-filled celebration of Shabbat. We'll sing songs, read stories, play instruments, enjoy games and have a great time with our friends.

Appropriate for children ages 7 and under and their families.

Information: [mary.frank@orishon.org](mailto:mary.frank@orishon.org)

# Hebrew and Torah

## Conversational Hebrew (for the advancing student!)

Instructor: Eddi Benjamini

Mondays : 7:00pm – 9:00pm,

Semester 1: October-January Semester 2: February-June

Location: Benjamini Home

Class enrollment limited. Please call the TOR office to arrange to talk with Eddi before signing up for this class!

Fee: \$150 per semester

Students will also be required to purchase dictionary, newspaper subscription, and other materials.

## A Close Reading of the Book of Isaiah, and an Exploration of its Impact and Influence on our Jewish Tradition

**Tuesdays and Wednesdays at 6:30pm**

see schedule below for exact dates

Led by Rabbi Rabishaw, our reading will explore the poetry and power of the words of the Prophet Isaiah and how they continue to challenge and resonate in our day.

**Wed. 10/23, 11/6, 11/20, 12/4, 12/18, 1/8, 1/22**

**Tues. 2/4, 2/18**

**Wed. 3/11, 3/25**

**Tues. 4/14, 4/28**

**Wed. 5/20**

***Save the Date!***

***Adult Retreat in South Lake Tahoe***

***April 24-26***

# Celebrating and Learning about Israel



## Friday, September 20 at Shabbat Services *Insights from TOR Israeli Guide Extraordinaire*

Shany Katzev, TOR's Israeli Guide from last June's trip to Israel, will offer her insights on the most significant issues facing Israel today.

## Sunday, October 27th at 10:00am

### *The Israeli Election Take 2: Who Ran, Who Won and What Happens Next* featuring Dr. Raphael Danziger, Senior Research Advisor, AIPAC Policy and Government Affairs Department.



Please join us for this special opportunity to learn about the Israeli electoral process, the reasons underlying the September 17th election (the second one this year), its results, coalition prospects and related developments. Dr. Danziger, an Israeli-American historian and foreign policy analyst will be interviewed by Rachel Urman, Pacific Northwest Regional Synagogue Initiative Director at AIPAC. Following the interview, there will be plenty of time for questions.



## Sunday, November 17th at 10:00am

### *Talking to our Children and Grandchildren about Israel* with Professor Sivan Zakai

Sivan Zakai, Ph.D., is the Sara S. Lee Assistant Professor of Jewish Education at the Hebrew Union College Jewish Institute of Religious in Los Angeles and an affiliated scholar at the Jack, Joseph, and Morton Mandel Center for Studies in Jewish Education at Brandeis University. She directs the Children's Learning About Israel Project, a longitudinal study of American Jewish children's conceptions of Israel. She also co-directs Project Orli: Research and Leadership in Israel Education, a professional development program for Jewish educators seeking to improve their Israel educational practices.

TOR is also proud to host an afternoon workshop with Professor Zakai for Jewish educators in the greater Sacramento region.

**Sunday, December 8th at 1:00pm**  
**Congregation Beth Shalom, Sponsored by TICVA**

***So Many Ways to be a Jew: Religious Pluralism in Israel***  
featuring presentation by Yael Yechieli-Persico with participation by our community Rabbis.

Ms. Yechieli-Persico will lay out the issues surrounding religious pluralism in Israel, and how it is experienced in the U.S. Topics include: historical overview, differences between Judaism in Israel and in America, issues of who is a Jew regarding Aliyah, marriage, and conversion, religious practices, including at the Western Wall, public finance for religion, divorce, gay rights, and how to love and support Israel in light of or in spite of these issues.

**Sunday, January 12 at 10:00am and**  
**Sunday, February 9 at 10:00am**

***Understanding Israel, Conversations with the Generations: Perspectives on the Most Significant Issues Facing Israel Today***

TOR is blessed to have a number of Israelis in our congregation. These two special mornings will bring Eddi Benjamini and Gerry Burstain, heroes from Israel's early formative years, into conversation with Efrat Gubezskis and Avi Steiner, representatives of the next generation. Rabbi Rabishaw will moderate these conversations addressing the most significant issues facing Israel today.

**Wednesday, April 29 at 6:00pm**  
***A Taste of Israel***

Enjoy a sampling of the finest foods, music and dance that Israel has to offer as we celebrate Yom Haatzmaut, Israel's 72nd Birthday!



These programs were put together by our Israel Programming Task Force. To be part of our organizing conversations, please contact Rabbi Rabishaw at [rabbirabishaw@orrishon.org](mailto:rabbirabishaw@orrishon.org)

## First Annual Andy Goldscheid Memorial Lecture Saturday, May 2nd at 7pm

### ***Israel and the American Jewish Community: Dream to Reality or***

### ***What to do When Your Little Brother Grows Up!!***

with Rabbi Ed Farber



Passionate about learning and sharing knowledge, Rabbi Farber's intellectual understanding of Jewish Law and Customs is at the top of his profession and is powerfully transmitted in his sermons and Torah reading introductions.

Based in Miami, Florida, Rabbi Farber is known throughout the community for his love of Israel. He has led close to twenty missions to Israel and has been the designated Rabbi from Miami on the March of the Living.

The **Andy Goldscheid Memorial Speaker Fund** was created to facilitate bringing an annual guest speaker/teacher to Temple Or Rishon. Honoring the spirit and memory of Andy Goldscheid, this speaker shall focus on a topic that encourages at least one of the following: the continuity of the Jewish people, dialogue that brings diverse groups together in common purpose/experience, and/or encourages acts of tzedakah and mitzvah. For more information or to contribute to this fund, please contact the temple office.

## Life and Legacy

**Sunday, November 10th at 10:30am**

### ***Putting Together a Will/Trust for You and Your Family***

One of the greatest responsibilities we have to our families is to make sure that everything is taken care of for every circumstance. Although we plan on being here for our loved ones, that is a guarantee we cannot always keep. Having a will/trust in place helps us to secure a lifeline during the most difficult of circumstances and enable our families to move forward.

The Life and Legacy Committee in partnership with the Jewish Community Foundation of the West is offering a class that will help families understand the process of putting together this important family document. Please join us for this educational opportunity. No solicitations will be made.



# Reflection and Wellness

## Rosh Chodesh

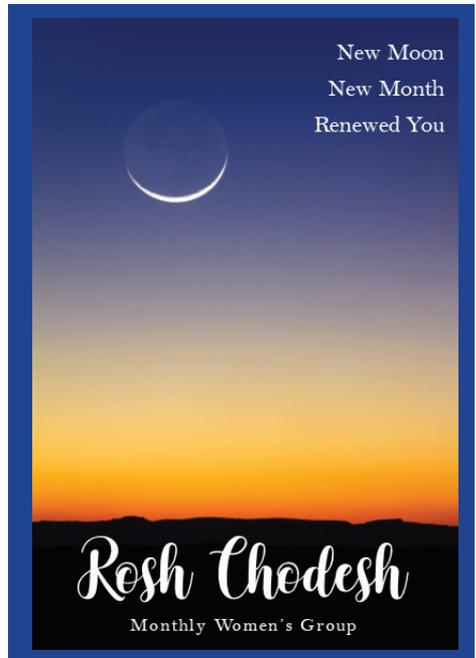
Select Thursdays at 6:30pm

10/17, 11/21, 12/19, 1/30, 2/27, 3/26,  
4/23, 5/21,

The first of each Jewish month, the celebration of the new moon, its slender crescent barely visible in the night sky, is a day historically associated with women's renewal and celebration. In recent decades, Rosh Chodesh has become an occasion for Jewish women to gather for learning, ritual and spiritual exploration and to mark life passages.

We welcome women of all ages. We believe that our diversity will be our greatest strength and allow us to learn and grow from one another.

**\$10 per session - \$60 for the entire program**



## J.A.C.S.

**Jewish Alcoholics, Chemically Dependent Persons & Significant Others**

**3rd Tuesday of the month at 7pm**

J.A.C.S. is based on the 12 steps of Alcoholics Anonymous with a Jewish focus. This program offers experience, strength and hope for those with addictions such as alcohol, narcotics, food, gambling - any addiction that contributes to making one's life unmanageable, and families who are experiencing the effects of their loved one's disease.

Anonymous and Confidential



## Healing Circle

Cultivating joy and compassion within yourself and others... with every step and every breath.

with Carol Gunnerson, Spiritual Leader

Learn how to quiet the mind and open the heart through Teachings, Song, Prayer, Meditation, Reflection, Discussion

**Tuesdays at 7pm: 9/10, 11/12, 1/14, 3/10, 5/12**

Information: [cantorialsoloist@orrihshon.org](mailto:cantorialsoloist@orrihshon.org)

# Supporting Mental Health & Addiction



## **Wednesday, November 13th at 6:30pm** ***Connecting With Your Child in a Digital Age: Managing Technology to Strengthen Relationships and Improve Mental Health***

Facilitated by Jeremiah Aja, Assistant Director [wellnesstogether.org](http://wellnesstogether.org), a nonprofit organization that partners with schools statewide to increase access to mental health services for students and families.

## **Sunday, January 26th at 10am**

### ***Facing Addiction, Facing Ourselves: Opening Ourselves to Jewish Spirituality with Rabbi Paul Steinberg***

Rabbi Paul Steinberg will lead an active discussion that will elevate the Jewish practices and principles that attend to our spiritual health—helping to prevent against addiction in our lives, as well as heal from the consequences of it. Rabbi Steinberg is currently a rabbi and educator at Kol Shofar in Tiburon, previously serving as rabbi at Beit T'Shuvah in Los Angeles.



## **Two Shabbatot with Congregation Beth Shalom**

### **Saturday, February 1st at 9am - Temple Or Rishon**

***Learning to Cope: Getting to today, reaching for tomorrow, getting through the difficulty of the moment.***

### **Saturday, March 7th at 9am - Congregation Beth Shalom**

***Parashat Tezaveh - Becoming Resilient: Staying on course, learning to endure, the dignity of perseverance.***

Both events will feature community, prayer, nosh and engagement.



# Getting Involved

The Temple Or Rishon Men's Club meets monthly for social and learning opportunities. They are instrumental in working to maintain our facilities and work together to make our community events successful.

## Monthly Events Include:

**Bagel Breakfast - 1st Sunday at 8:30am**

**Poker Game - 2nd Monday at 7pm**

Unless otherwise notified, both events take place at Temple Or Rishon.

Information:

Mike Prusak [prusakmi96@gmail.com](mailto:prusakmi96@gmail.com)  
or (916)792-5896

David Abramowitz [dasa6398@gmail.com](mailto:dasa6398@gmail.com)  
or (916)417-0538



### JBook - Jewish Book Club 4th Monday at 7pm

Everyone is welcome, even if you haven't read the book. We have noshes and we love schmoozing about the books and all kinds of other things.

Information: Alison Braverman  
[alcinp1@aol.com](mailto:alcinp1@aol.com) or  
(916)806-8133



### Writers Group 2nd Sunday at 10:30am

Write Right. Come join the monthly TOR Writer's Group. If you like to write, or wish you could write—about anything—come join us at our monthly meetings in the Temple Library. We share our work, learn about the craft of writing, do fun exercises and often have a lot of laughs. No talent required, just a pen or pencil! The Writers' Group is open to all aspiring and accomplished writers.

Information: Carol Catinari  
[carolcatinari@gmail.com](mailto:carolcatinari@gmail.com)



### Mitzvah Network multiple opportunities

Console the bereaved:  
Beth Fassler (916)791-4789 or  
Kathy Sloan (916)789-4577

Care for the sick:  
Pearl Cohen (916)472-6166

Feed the hungry:  
To help feed the homeless at  
the Gathering Inn, contact:  
Sheryl Bane (916)632-8404

To help with the food closet,  
call the temple at (916)988-4100

Show caring and compassion for  
our homebound seniors:  
Regina Wurst (916)821-0381



Or Rishon Women is open to all women who desire to participate in our Jewish women's community and make some great friends in the process. Our purpose is friendship, spirituality, and connection; women supporting women. We are here to celebrate life's joys, deepen our spiritual journeys, and support our temple with our hearts and hands.

Past events have included: Member's Luncheons, B'nai Mitzvah gifts, Women's Torah Study, Candle making, Potluck in the sukkah, Participation in Hot Pink Fun Run/Walk, Women's Seder, Afternoon Tea, Mah Jongg, Bunco, WRJ Convention, Partnering with TOR Mitzvah committee giving to those in need.

Information: Susan Mastman [smastman@gmail.com](mailto:smastman@gmail.com)

**Are you looking for a new way to be involved? Do you have some spare time? Temple Or Rishon has many opportunities for volunteering in the office, out in the community and even at home. Please contact the office for more information! (916)988-4100**



# Youth Engagement & Education

## Gan K'tan

2nd Friday at 10am



A fun parent and me class where we sing a little, read a story, do a fun craft and celebrate Shabbat.

For children age 18mos through preschool and their special adult.

## Adventure Shabbat

1st Saturday at 10:30am

Join us for a fun-filled celebration of Shabbat. We'll sing songs, read stories, play instruments, enjoy games and have a great time with our friends. Appropriate for children ages 7 and under and their families.



## Tot Shabbat

3rd Friday at 6pm



Join us for a child centered Shabbat celebration. Kiddush and Oneg! Appropriate for families with children 5 and under.

## TASTY

Temple Youth Group

Open to students in grades 8-12, TASTY kids get together for social events, learning opportunities and mitzvah projects. It's a great way to continue the connection to our Jewish community and to see the friends you made during religious school!

## Teen OR

Teen Education

Continue your learning with Rabbi Rabishaw and our youth director. Classes meet once per month on a Wednesday and cover topics unique to the Jewish teen experience. Teen OR also provides an opportunity for our youth to discuss topics that may be troubling them in their lives.

## TASTY Bites

Junior Youth Group

Sixth and Seventh graders have a similar youth group to the senior youth group, designed just for them. This group meets bi-monthly and focuses mostly on social life. Teens in this group look forward to programs from rock climbing to bowling, pool parties and museum outings.

# Ongoing Programs

Looking to belong? Searching for a group to join?  
We have something for everyone...

<b>Sunday</b>	Weekly 9 to 12: Religious School 1st at 8:30am: Men's Club Breakfast 2nd at 10:30am: Jewish Writers Group
<b>Monday</b>	2nd at 7pm: Men's Club Poker Night 4th at 7pm: JBook - Jewish Book Club
<b>Tuesday</b>	3rd at 6:30pm: JACS (Jewish Alcoholics and Chemically Dependent Persons & Significant Others) 3rd at 6pm: Monthly Board Meeting Weekly 6:30 to 8pm: Hebrew Tutorials (4th-7th grade)
<b>Wednesday</b>	2nd at 12pm: Leisure League Weekly 6 to 8pm: Hebrew School and Tutorials
<b>Thursday</b>	Weekly 6:30 to 8pm: Hebrew Tutorials (4th-7th grade)
<b>Friday</b>	2nd at 10am: Gan K'tan preschool program Weekly at 6:45pm: Shabbat Services 2nd at 5:45pm: Family Shabbat Dinner (October - May) 3rd at 6pm: Tot Shabbat Final Friday: Shabbat dinner following services
<b>Saturday</b>	Weekly at 9am: Torah Study followed by Morning Service (when minyan is present) 1st at 10:30am: Adventure Shabbat



Join Rabbi Alan & Laura Rabishaw on an

## **EASTERN EUROPE JEWISH HERITAGE TOUR**

**OCTOBER 18-30, 2020**

**Warsaw, Krakow, Budapest and Prague**

### **FIND OUT MORE!**

Contact Rabbi Rabishaw for more details:

Email: [rabbirabishaw@orrishon.org](mailto:rabbirabishaw@orrishon.org)

Pricing and more information coming soon!

