



Chai Lights

**EREV
ROSH HASHANAH
IS SUNDAY,
SEPTEMBER 13**

Volume 14 Issue 306

Elul/Tishri 5775/5776

September 2015

From the Rabbi's Desk

Free Will or Controlled by Destiny?



One of the biggest questions that is raised during the High Holy Days has to do with free will. Do we have free will or are we somehow controlled by destiny?

Maimonides, 12th century philosopher, cleverly addressed the question when he said that all things are destined, *and* we have free will. Maimonides in *Mishnah Torah*, Teshuvah, 5:5 teaches the dichotomy is indeed a problem but only if we insist that our knowledge and the Eternal's knowledge is the same.

According to Maimonides, G-d's knowledge is on an entirely different level than human beings. If we agree to that premise, then both free will for people and destiny known only by G-d can be embraced at the same time.

Where do you stand on Free Will or Controlled Destiny? I believe we have a choice about the actions we take and the paths we pave. Believing that our choices matter empowers us to strive to become our very best selves. What G-d might or might not know about that, is truly beyond our control.

Judaism teaches about free will through the concept of the *Yetzer Ha-Rah* and the *Yetzer Ha-Tov*, the evil inclination and the good inclination. (Chapter 16: Avot d-Rabbi Natan) After the age of 13 the *Yetzer Ha-Tov* is developed and the Talmud says a person has more control over which inclination to follow. Daily practice becomes habit so what we put into regular action becomes the character we are.

Similarly is the folk legend from the Cherokee tradition about two wolves. According to the story, one evening, an elderly Cherokee brave told his grandson about a battle that goes on inside people. He said, "My son, the battle is between two wolves inside us all. One is evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.

The other wolf is good. It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith."

The grandson thought about it for a minute and then asked his grandfather: "Which wolf wins?"

The older Cherokee simply replied, "The one that you feed.

Shana Tova - With blessings to you and your loved ones for a wonderful, sweet, and healthy New Year.

Rabbi Nancy Wechsler

Rabbi Nancy

<u>In This Issue</u>	<u>Page</u>
Administration	2
Anniversaries	18
Birthdays	18
Book Review	7
Brotherhood	15
BSTY	5
Calendar	16
Candle Lighting	19
Contribution Form	20
Finance	12
Food Faire	14
Kashrut Guide	17
Library Corner	15
Life & Legacy	8
Membership	12
President	3
Rabbi	1
Religious Practices	9
Religious School	5
Subscribe	17
Tributes	18
Yahrzeits	19

Join us for Shabbat Services:

September 4

5:30 Pre-service oneg
6:00 Family Service

September 11

7:30 p.m. Service

September 18

5:30 Pre-service oneg
6:00 p.m. Service

September 25

7:30 p.m. Service

**Torah Study & Service
held Saturdays
at 10:00 am.**

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CBS Desktop**Marlo Dewing
Administrator**

With Rosh HaShanah right around the corner and the anticipation of crisp apples dipped in sweet honey making my mouth water, it is fitting that Symone and I have been as busy as bees.

With the amazing Food Faire behind us and the five weeks of High Holy Days, beginning with Selichot on September 5 and ending with Simchat Torah on October 11, just in front of us, it's easy to let it slip our minds that along with the monumental amount of work that goes into just those events, we also have all of "the usual" office work to do as well – weekly Friday night Shabbat service preparation; Saturday Torah Study preparation; Religious School copying and filing and sending and emailing; financial inputting and responding and transaction running and banking; calendar keeping and scheduling and updating; phone and door answering and vendor communicating and relationship building; writing and typing and making flyers and formatting; folding and stapling and ordering and emailing; you get the picture.

And we do it all part time – CBS budgets for a 30-hour-per-week Office Manager (Symone), and a 20-hour-per-week Administrator – that's me! And those hours are filled *very quickly*. The first week of the month with Finance and Board meetings, that's three hours **gone**. 3:00 am alarm call with subsequent camera search for evidence, another 3 hours. Friday Shabbat prep happens over the course of the week, and between Symone and I, that's a conservative 6 hours of work, depending on the time of year. The multi-tasking is constant. So when you don't see me at an event, or fundraiser, or service, and think, "*That's odd, why would the Administrator not be here?*" the answer is that I am using the time that you, CBS Members, give me, wisely. And that is why my column ends here.

L'Shana tovah!

**HIGH HOLY DAY
TICKETS**

Tickets are needed to attend Rosh Hashanah & Yom Kippur Services. All other services are open.

\$200.00 per adult inclusive of all Rosh Hashanah & Yom Kippur services.

Complimentary for students, military, & first year of marriage.

Please call the Synagogue office at (916) 485-4478 for price information on individual holiday services and for obtaining tickets.

Once again the Food Faire committee has worked their collective tuchas off for all of us. Please join me in thanking them for their hard work, dedication and creativity. They not only provide our largest revenue source other than membership, they beautifully represent CBS to the larger community. Through their appearances on television and radio and news interviews, and through the Food Faire itself, they epitomize the great relationships formed here, and welcome others to feel like family, too. We really can't thank them enough.

You'll have an opportunity to thank the Food Faire committee in person during the Days of Awe. (I'm planning a way for us to recognize them.) I hope you'll be here throughout the *Yamim Noraim* starting with the dramatic reading the Rabbi has organized for Selichot. I won't give anything away but can assure you that Rabbi has planned a stirring beginning to the season. As I listened to the religious school kids sounding shofars last Sunday, I felt transported to that special mental space we can experience during the month of Elul and throughout the High Holy Days. It is going to be a special season at Beth Shalom.

As the Food Faire folks show the best way to form relationships and enjoy all that Beth Shalom has to offer is to be here, participating, sharing yourself with us. Outside of a mosh pit, I was not much of a joiner in my younger days. Today I delight in every minute I get to spend with the rest of you at Beth Shalom. Food Faire and the *Yamim Noraim* are some of the most fulfilling times to be here. I look forward to our time together.

President's Message

Tivon Schardl
CBS Board President

Congregation Beth Shalom is a member of the Union of Reform Judaism.

Office hours are Monday through Friday, 9:00 a.m. to 3:00 p.m.

The Gift Shop is open during Religious School on Sundays and by appointment. Please call the office.

General Service schedule:

1st Friday: 6:00—7:00 p.m.

Family Service

2nd Friday: 7:30 p.m.

Choir Service & Guest Speaker

3rd Friday: 6:00—7:00 p.m.

Shabbat With a Beat—CBS Band

4th Friday: 7:30 p.m.

Choir Service

5th Friday: 6:00 p.m.

Torah Study:

Saturdays at 10:00 a.m.

Chai Lights is published 11 times each year with a combined June/July issue.

Editor: Marlo Dewing

Proofing: Symone Stephens

Deadline for submissions is the 20th of the month prior to publication. Please send your article to Marlo and Symone at marlodewing@cbshalom.org and office@cbshalom.org

To request a copy by snail mail please call (916) 485-4478.

Advertising is available:

⇒ 1/8 page/business card: \$9

⇒ 1/4 page: \$18

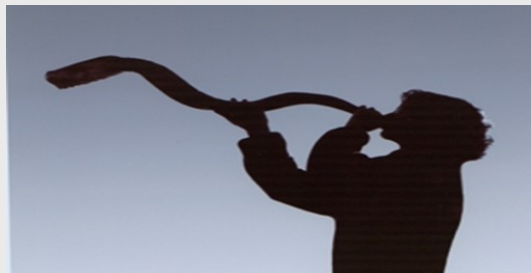
⇒ 1/2 page: \$25

⇒ Full page: \$50

Prices listed are per issue. All ads subject to approval. Please contact office@cbshalom.org for more information.

WE NEED YOU!

**TO
SOUND
THE
SHOFAR**



SHOFAR WORKSHOP

WITH ARNIE GOLUB

SUNDAY SEPT. 6 @ 12:15

(Right After Religious School)

JUST BE HERE BRING YOUR OWN SHOFAR

BSTY Laser Tag

Sunday, September 20

4:00—6:00 pm

Teens only, all teens welcome
Cost is \$22 each
includes 3 games of laser tag, 20
game tokens, and a soft drink.

Contact Alex for full information at
apt.teach@gmail.com

BSTY BABYSITTING is BACK!

Need a night out?

Want a night of fun for YOU and your children, but separately?

Bring them to the Youth Group teens! The littles will enjoy arts and crafts, games, watching movies, & playing with their friends! Snacks are provided; please bring a sack dinner for your child.

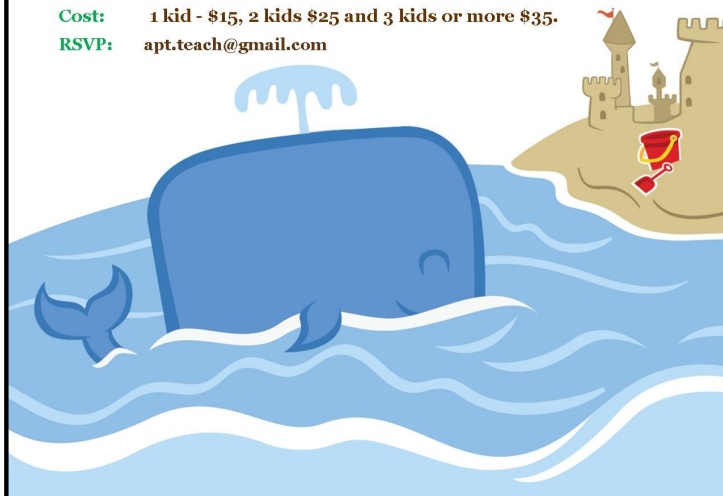
Where: Congregation Beth Shalom

When: September 19

Time: 6:00 pm – 9:30 pm

Cost: 1 kid - \$15, 2 kids \$25 and 3 kids or more \$35.

RSVP: apt.teach@gmail.com



Family Shabbat Service & Dinner

2015-2016

5:30 oneg * 6:00 service * 7:00 dinner

DATES:

Mark your calendar!

- . October 2
- . November 6
- . December 11
- CBS Latke Chanukah Dinner
- . February 5
- . March 4
- . April 1



**RSVP required by
Wednesday before**

- | | |
|---------------|------|
| • Adults | \$10 |
| • Ages 6-12 | \$9 |
| • 5 and under | Free |

Featuring the amazing culinary creations of our chefs
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Learn to Save a Life

Get CPR Certified



Sunday, October 18,
12:30—4:30 pm

Only \$40 for congregants!

Only \$25 for Madrichim and 7th graders!

RSVP to the office
at 485-4478 or
office@cbshalom.org

Space is limited,
so reserve your spot today



I am so excited to begin our Shabbat Family School this year! Four times during the school year, we will meet on a Saturday instead of a Sunday. This will give our families an opportunity to EXPERIENCE Shabbat services instead of just learning about them on Sundays. We will have three Family School experiences that will include the Saturday morning services, plus one very special Havdallah program.

Our Shabbat Family School dates are October 31, January 23, and April 9th. On these mornings, parents and students should arrive at CBS in their Shabbat service clothes at 9:00 am. The morning will begin with parents studying together with **Rabbi Nancy** while the students learn parallel topics with their teachers. After a break at 10:15, families will come together for an abbreviated Shabbat morning service. This is an excellent opportunity to become familiar with the service itself (this is what our children lead during their Bar/t Mitzvah).

We have a special Havdallah program on Saturday, March 12th. I have invited an "adventure Rabbi" from the Bay Area to lead us in a program which will include fire building, family bonding, Havdallah, and marshmallows! I have reserved an area off site called Camp Pollock, located in Sacramento. We will be gathering there for the late afternoon/early evening program.

I am optimistic that our efforts to promote Jewish literacy, a sense of community, and strong family experiences will enrich our RS families and bring everyone to a new level of confidence and competence in their Jewish observance.

Dates to remember in September:

- 2 RS (no BMP)
- 6 no RS
- 9 RS AND BMP (don't forget to send your 7th graders with a hearty snack or dinner)
- 13 no RS
- 16 RS and BMP
- 20 RS
- 23 no RS
- 27 RS Family Sukkot program at 4pm. Bring a potluck dinner to share. NO RS at 9am.
- 30 RS, no BMP



Religious School

Rina Racket

Director of Education

This upcoming month BSTY has a lot of exciting plans to kick off the new year! First, on September 20th, BSTY is going to Laser Tag of Carmichael from 4:00-6:00 pm. This is our groups favorite event and it usually has the biggest turn out. You do not want to miss this event. The cost of the event is \$22.00, and covers three games of laser tag, 20 game tokens and a soft drink.

Secondly, BSTY BABYSITTING IS BACK! Our first night of babysitting is September 19th, 6-9:30 pm at CBS. This is a great opportunity for our teens to fundraise, while providing a service for our community. All you need to bring is your child(ren), and a sack dinner for her/him/them. We provide the snack and of course, the fun! The cost is \$15.00 for one child, \$25.00 for two and \$35.00 for three or more siblings. What a wonderful deal!

For more information or to RSVP for a BSTY event, please email apt.teach@gmail.com to reach me.

BSTY

Alex Taylor

Advisor

Individual/Family Counseling

Jewish Family Service offers affordable individual and family counseling with Community Social Worker Alicia Mittleman, LCSW, or Pastoral Counseling Intern Joel Zeff, Rabbi of Keneset Israel Torah Center.

Strict confidentiality maintained.

**For more information or to
schedule an appointment,
contact Alicia
at 916-205-0688.**



CBS will host Melton's next two-year cycle beginning October, 2015.
Classes will be held Tuesday evenings from 6:30-8:45pm. Join the great Jewish Conversation.

The Florence Melton School of Adult Jewish Learning is the largest pluralistic adult Jewish education network in the world. We have set the standard for high-quality text-based interactive Jewish study by offering a world-class, two year curriculum developed at Hebrew University that informs and inspires adult learners from all knowledge levels and backgrounds. If you are looking for a profound understanding of what it means to be Jewish, join us to explore the texts of our tradition and discover how they relate to us today.

Learn more about Melton at www.meltonschool.org/.

You may also contact Sara Kahn Shapiro, Director at sara@meltonschoolsacramento.org or call 916-488-6397.



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Do you enjoy the sweetness of Shabbat?

Please consider helping with oneg.

Oneg duties include preparing Kiddush and Challah; providing and plating sweets; putting everything back in order when it's finished.

We also accept donations directly to the Oneg Fund.

Please contact the office if you are able to participate in this mitzvah at any time.

Many thanks to **Don Parks** of the RPC who assists Oneg volunteers each Friday.



As the New Year approaches, I am excited to announce the first five books we will be reading in our CBS Book Review (see list below). The choices are a mix of recent fiction and non-fiction and also include a Jewish classic. Have you read a Jewish book that you would like to see us read? We would love to have suggestions from CBS members for the remaining six books. You can email me at eduflevy@gmail.com with your recommendations.

Our first book will be Jerusalem: The Biography, by Simon Sebag Montefiore. I chose this book because I wanted to learn more about the history of Jerusalem, and also because it was selected as book of the year by the Jewish Book Council in 2011.

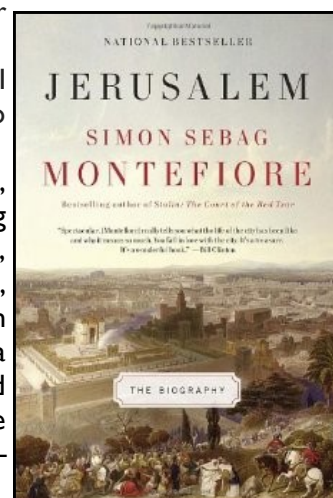
Here's what amazon.com has to say about Jerusalem: "In a gripping narrative, Simon Sebag Montefiore reveals this ever-changing city in its many incarnations, bringing every epoch and character blazingly to life. Jerusalem's biography is told through the wars, love affairs and revelations of the men and women—kings, empresses, prophets, poets, saints, conquerors and whores—who created, destroyed, chronicled and believed in Jerusalem... Drawing on new archives, current scholarship, his own family papers and a lifetime's study, Montefiore illuminates the essence of sanctity and mysticism, identity and empire in a unique chronicle of the city that many believe will be the setting for the Apocalypse. This is how Jerusalem became Jerusalem, and the only city that exists twice—in heaven and on earth."

Wishing everyone a good and sweet new year! Hope to see you at book group. All meetings will be on the second Tuesday of the month, except where noted.

Come join the discussion!

Book Review

Fanny Levy

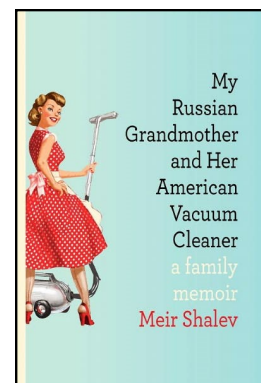
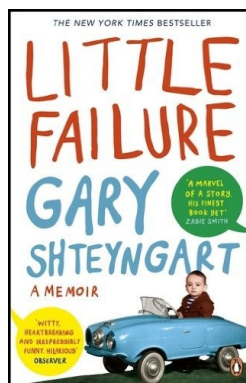
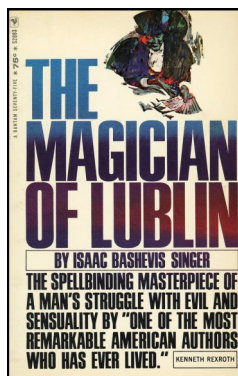


Tentative 2015-16 CBS Book Group Schedule:

- | | |
|----------|---|
| 10/12/15 | <u>Jerusalem: The Biography</u> by Simon Sebag Montefiore – Discussion led by Fanny Levy |
| 11/9/15 | <u>The Magician of Lublin</u> by Isaac Bashevis Singer – Discussion led by Bill Rozell |
| 12/14/15 | <u>Little Failure: A Memoir</u> by Gary Schteyngart - Discussion led by Sheree Meyer |
| 1/11/16 | <u>My Russian Grandmother and her American Vacuum Cleaner: A family Memoir</u> by Meir Shalev, translated from the Hebrew by Evan Fallenberg - Discussion led by Marcy Merrill |

Books for the following dates have not yet been chosen:

- 2/8/16
- 3/14/16
- 4/11/16
- 5/9/16,
- 6/6/16 (First Monday due to Shavuot)
- 7/11/16



Federation is now accepting donations for its Kosher Food Pantry.

- ♦ All goods should be non-perishable and have a kosher symbol.
- ♦ Items may be delivered to the Federation office at 2130 21st Street, Sacramento. We also accept toiletries and Judaica items.
- ♦ For a list of suggested items, visit www.jewishsac.org.
- ♦ If you are in need of visiting the Food Pantry, please contact Resource & Referral Coordinator Alicia Mittleman at 916-205-0688.





"No one has ever become poor by giving."

Anne Frank

**Wednesday
September 23
All Day**

Your contribution of food donations makes it possible for the **Sierra Arden Neighborhood Food Closet** to help thousands of local families through tough times while helping them to achieve self-sufficiency.

"When we give cheerfully and accept gratefully, everyone is blessed."

Maya Angelou

S'lichot

"Who Shall Live..."

Age 15 and older. Program for deepening the experience of the High Holy Days. We invite you to bring your favorite dessert, Juice, or wine to share.

RSVP by Tuesday, September 1 to office@cbshalom.org or 916.485.4478



Saturday, September 5

7:00 p.m. Desserts, Wine, and Coffee
7:30 p.m. Havdallah with Rabbi Nancy
7:45 p.m. "Who Shall Live...?" Readers Theater performance followed by discussion of faith and the powerful issues raised by the High Holy Day season
9:00 p.m. S'lichot Service in the Sanctuary

Selichot ("pardons") in Jewish liturgy, penitential prayers originally composed for Yom Kippur (Day of Atonement), Selichot has become an indispensable part of the Jewish liturgical services that precede Rosh Hashanah.

Life & Legacy Donors

Thank you for committing to a lasting contribution for the future of CBS!
Add your name to the list of people who are assuring Jewish tomorrows!

For more information about the Life & Legacy Program and how to participate, please contact the office to get connected to one of our Legacy Team Members.

Jessica Braverman Birch & Joel Birch
Rabbi Nancy Wechsler-Azen
Rabbi David Wechsler-Azen
Alla Gamarnik & Joel Blank
Dave & Roberta Malkin
Katie Braverman
Anonymous
Jana & Brian Uslan
Wendy Wilson, Ph.D.
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Carry Cohn
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Dean Mirtle
Robin Asch
David Ginsburg
Penni Blumberg
Tivon Schardl
Judy Lewis
Steve Lewis

Not Just Another New Year's Resolution: A quick exploration of Kol Nidre

Religious Practices

Sheree Meyer
VP Religious Practices

Summertime is rapidly passing, and although in Sacramento, I do not associate the Days of Awe with the first signs of autumn, for me they are inextricably tied to transitions and new beginnings. The other evening the choir was practicing what is perhaps one of the most moving songs of the Jewish liturgy: *Kol Nidre*, “All Vows”. The Ashkenazi sonorous, minor chords played on the violin and cello tug at my Jewish soul and transport me to another time and place. Even though I know that it predates the Spanish Inquisition, I still find myself picturing the crypto-Jews who were forced to hide behind false vows and risked exposure by coming together to chant *Kol Nidre*. I think of other people who have been forced to take false vows to comply with someone else’s expectation of who they should be, or who they should love, or what they should believe.

What does it mean to open our *Yom Kippur* service with this profoundly evocative statement? What does it teach us about promises, oaths, and resolutions when we pray first to be forgiven for those we have had to break or those we will break? Does it diminish the power of vows, or does it reflect just how serious it is for a Jew to enter into a vow? Is it any wonder that for centuries, rabbis have argued about its inclusion on this holiest of days when we seek atonement and *teshuvah*—a turn towards the holy, a recommitment to *tikkun olam*? Indeed, in some synagogues, the words of *Kol Nidre* are neither spoken nor sung—only the music is heard.

Immediately prior to the singing or chanting of *Kol Nidre*, a visually symbolic *Bet Din* (tribunal of judges) requests “by the authority of all who congregate” to engage all members, “whether righteous or unrighteous,” of the community in prayer. As such, according to some commentators, *Kol Nidre* is both a legal declaration and a prayer. In its earliest versions, the words of the prayer referred to vows made in the past year, “from the last day of Atonement to this one”; however, Rabbi Meir ben Samuel, Rashi’s son-in-law, altered the words to refer to the future, “from this day of Atonement to the next,” and supposedly added the words, “we do repent them all.”

In a culture in which it is a common practice to make all kinds of resolutions for the secular new year and to break them shortly thereafter, I find the words of *Kol Nidre* to be an honest and humble admission—perhaps, even a warning—about how difficult it is to keep our vows, to live up to our own expectations and the expectations of others. Whether these words and their powerful melody prompt me to look back over the year and examine the promises I have made to myself and broken or to look forward to the coming year and the promises I may break, at that moment in time, I take pause. Perhaps it is better to recall the words of *Kol Nidre* each time we are tempted to enter into just another new year’s resolution.

On behalf of the Religious Practices Committee, I wish each and every one of you, “*Leshanah tovah umetukah tikatevu*,” “May you be inscribed for a good and sweet year.”

Reflections on Kol Nidre, from our new Mishkan HaNefesh, page 19:

Let our speech be pure and our promises sincere.
Let our spoken words
—every vow and every oath—
be honest and well intentioned.
Let our words cause no pain, bring no harm,
and never lead to shame, distrust, or fear.
And if, after honest effort,
we are unable to fulfill a promise, a vow, or an oath,
may we be released from its obligation
and forgiven for our failure.
Let our speech be pure and our promises sincere.

CBS is proud to announce its adoption of *Mishkan HaNefesh*, the new two volume *Machzor* for the 2015 Days of Awe.

One single set of *Mishkan HaNefesh* is \$50.00.
\$100.00 “buys” one set for you and one set for the congregation.

All donations will be acknowledged with a bookplate in the prayer books. Donations should be made to CBS (Religious Practices Committee) and should identify the “New *Machzorim*” as the purpose of your donation.



2015 HIGH HOLY DAY 5776

SCHEDULE & PROGRAMS



SELICHOT 9/5

7 pm Dessert Refreshments

7:30 pm Program begins



EREV ROSH HASHANAH 9/13

6:30 pm Family Service (through age 11)

8 pm Teen Program/Adult Service

ROSH HASHANAH—1ST DAY 9/14

10 am Adult Service/Teen Program/Children's Service

5 pm Tashlich Service

7 pm High & Holy Connection service at CBS for Jewish singles



ROSH HASHANAH—2ND DAY 9/15

10 am No-fee community service

Albert Einstein Residence Center, 1935 Wright St., Sacramento

COMMUNITY MEMORIAL 9/20

11 am Home of Peace, 6200 Stockton Blvd., Sacramento



KOL NIDRE 9/22

6:30 pm Family Service (through age 11)

8 pm Adult & Teen Service

8:15 pm Teen Program



YOM KIPPUR 9/23

10 am Adult Service/Teen Program/Children's Service

1 pm Meditation

2 pm Afternoon Study

3 pm Contemporary Worship

4 pm Afternoon Service

5 pm Yizkor Service

6 pm Ne'ila Service

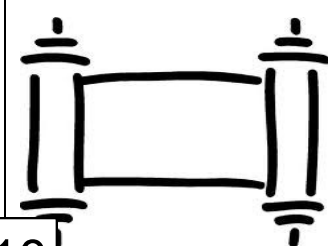
Break the Fast follows at the close of day.



EREV SUKKOT 9/27

5:30 pm Dairy potluck dinner in the Sukkah

6:30 pm Sukkot Service



SUKKOT 9/28

10 pm Sukkot Service, Albert Einstein Residence Center

SIMCHAT TORAH 10/5

5:30 pm Hearty Oneg

6:00 pm Consecration

2015 CAMP SHOFAR REGISTRATION FORM 5776

Please indicate the days that your child(ren) will be attending:

- ◇ Erev Rosh Hashanah—Sunday, September 13th from 7:30 p.m.–9:30 p.m.
- ◇ First Day Rosh Hashanah—Monday, September 14th from 9:30 a.m.–1:00 p.m.
- ◇ Kol Nidre—Tuesday, September 22nd from 7:30 p.m.–10:30 p.m.
- ◇ Yom Kippur Morning Session—Wednesday, September 23rd from 9:30 a.m.–1:00 p.m.
- ◇ Yizkor & Ne'ila Service— Wednesday, September 23rd from 4:30 p.m.–6:30 p.m.

Mother's Name _____

Father's Name _____

Phone _____ E-mail: _____

Child(ren):

Name _____ Age: _____ Grade: _____

Name _____ Age: _____ Grade: _____

Name _____ Age: _____ Grade: _____

Does your child(ren) have any allergies? _____

Five Session total \$ _____ or Individual Session(s) \$ _____

Non-member fee (if applicable) \$ _____ Total \$ _____

Credit Card #: _____ 3 digit Code: _____

Address including Zip: _____ Exp: _____

Signature: _____

A 3% recovery fee will be added to all credit card transactions

For the safety of and respect for all involved, please remind your child that they are expected to fully participate, respect others, and must remain within the designated areas at all times. We appreciate your help in communicating this to your child. If for any reason your child does not wish to stay in Camp Shofar, a childcare leader will escort them back to you.

Finance

Welcome to the 21st Century

Joel Birch
VP Finance

I'd like to give you a heads up on a significant change we are making with regard to our financial operations. You may have already seen mention of this in our weekly Enews. In October or November, if you currently receive email correspondence from CBS, you will begin receiving your monthly financial obligation statement via email instead of postal mail.

The motivations for this change are the following:

- 1) We expect that you will receive more timely statements because less labor is involved in sending statements via email. This will lower the burden of generating statements for both our professional staff and vetted volunteers.
- 2) Less cost to CBS for postage.
- 3) We are now in the 21st century and have the infrastructure to do this. We would prefer that our professional staff and volunteers work on creative, high value activities.

Initially, statements may be sent only to the primary member of a family. This detail is still being worked out. If you receive your statement and you don't normally pay the bills in your home, PLEASE forward the email to your spouse. I hope to provide a method for this email to go to a preferred address, but that may be a work in progress.

Your help is critical in the success of this transition. Please read upcoming emails and respond if requested.

Members of the Tribe

Roberta Malkin
VP Membership

Getting to Know Each Other

Hello All! It's September! Can you believe how quickly this year has gone by? We are getting ready for the High Holy Days, starting a new year in the Book of Life. So, I was thinking... Many of us come together during this time of year, so let's get to know each other better.

I have used this space over the past few years to interview congregants – some who were new to CBS and some who created the foundation of our synagogue. There are many wonderful stories to be shared with our membership. Many of them I have heard in our CBS Gift Shop. I have gotten to know many of you there.

Do you have a story to share? Or do you know someone who is a member who we should highlight? Let me know so I can talk to them and share their story in this space.

THE HIGH AND HOLY CONNECTION:

A Free Rosh Hashanah Evening Event

Didn't your grandmother always tell you Rosh Hashanah was a good place to meet that perfect someone?



Monday, September 14th

7p Appetizers & wine bar

7.30p A soulful service with music, song & prayer

8.30p Dessert, Jewish humour (& maybe even a little wisdom)

Missed going to High Holiday Services?

Went, but you just can't get enough?

Need to justify taking the day off work?

Join Rabbis Nancy Wechsler and Seth Castleman and fellow Jewish adults from Greater Sacramento for an open and inclusive celebration.

Congregation Beth Shalom
4746 El Camino Ave
Carmichael, CA 95608

Don't want to feel guilty? RSVP by email or phone:

916-485-4478 office@cbshalom.org

Congregation Beth Shalom • 4746 El Camino Ave • Carmichael, CA 95608

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Visit the Carry Cohn & Maurine Ziv Gift Shop at CBS *for your Judaica needs!*

The Gift Shop is open by appointment and
during Religious School.

**Chanukah begins
December 6!**

Purchase a leaf on the Tree of Life

Commemorate a special event
with a custom leaf
on the
CBS Tree of Life,
prominently displayed
in the foyer.

Only \$120.00,
120 being the age of Moses.

Contact Carry Cohn or
office@cbshalom.org
for details.

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Our Temple Charity name is listed as Sacramento Jewish Fellowship of Carmichael. That's about all!

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- ⇒ Get the Amazon IButton App
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CBS (Sacramento Jewish Fellowship)



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Just copy and paste this URL into your browser <https://smile.amazon.com/ch/23-7316431>



ADULT HEBREW WITH CARRY COHN NOW ON SUNDAY MORNINGS AT 9:30 AM!

Learn with the best. Read what a few of Carry's adult students have to say:

"My experience with the adult Hebrew class has been much more than learning the Hebrew language. Carry uses each word and sentence to teach us about Jewish theology and history. Each class is stimulating and enjoyable and the community we built was very supportive. I look forward to the upcoming class with excited anticipation."

Bob Bennett

"I'm so glad I am taking Adult Hebrew from Carry. She takes the time to make sure we understand and feel comfortable with what we've learned before she moves on. Hebrew was such a struggle for me in the beginning, and now I am feeling much more confident of my pronunciation, and enunciation. Carry is a marvelous teacher. Our classes are a lot of fun!"

Karen Hull

"It is not just Aleph Bet! In learning Hebrew with Carry, you also are informed about the richness of the traditions, the rituals and history. She believes in making the studying of Hebrew fun. I feel so fortunate to have the opportunity to study with Carry but also to listen to the stories of many years of experience with life's challenges. My success in reading and speaking Hebrew is the result of Carry's patience in allowing me to make mistakes and gently correct my mispronunciations. I will continue to study with Carry as long as she is willing to share the knowledge that she has acquired over this lifetime and it is priceless."

Mario Giacomotto

Classes begin Sunday, September 20th and run for 10 consecutive weeks.

\$100.00 for CBS members; \$120.00 for non members. Please contact the CBS office to enroll.

Thank You All - Our Hard Work & Great Team Work Paid Off! Our 38th Annual Jewish Food Faire Was A Great Success!

What were you doing in 1977? That's when CBS's tradition of creating and hosting the Sacramento Jewish Food Faire started. Just think of all the folks who came before us and what a wonderful tradition this has become for our synagogue.

With this in mind, 38 years later, we are delighted to say that the 2015 CBS Jewish Food faire, "From Generation to Generation", was wonderfully successful! Our overall goal was to host a delicious, fun, entertaining, artistic, cultural, community-building, financially successful and memorable event! And we did it!

Our goals were met because of the volunteerism, contributions, and serious hard work of MANY people and the commitments, dedication, passion, and hard work of a few really fantastic folks who chaired the major committees and developed support for major activities.

So to everyone who helped make the 38th Food Faire THE Best Ever, THANK YOU!

For all of the hours that you worked, for your great enthusiasm and helpfulness to our visitors, for your help with setting up on Saturday, for your commitment to your stations, for your flexibility with last-minute schedule changes, for your help with cleaning up and returning CBS to its original neat condition, for everything that went well on Sunday, THANK YOU, THANK YOU, THANK YOU!

We are grateful to all of you who shared your precious time to serve our Congregational family and our community. You all brought positive recognition to Congregation Beth Shalom and to Sacramento's only Jewish Food Faire! And EVERYONE involved had FUN! Hope to see you all next year at the 39th Jewish Food Faire!

With love and appreciation,
Lydia and Sheila,
Food Faire co-chairs



Photos courtesy of Andy Gordon. Please contact office@cbshalom.org for information on how to access these food Faire photos and more.

Shanah Tova from the Brotherhood. May you, the congregants and friends of Congregation Beth Shalom, enjoy a sweet and healthy new year.

Join us **Sunday, October 11, 10:00 am**, on a journey by land through the Five Books of Moses. We will be showing part I of a video titled, "**Walking the Bible.**" Channel 6 broadcasted this video a couple of years ago. The program notes state that this film is "Both a heart-racing adventure and an uplifting quest...of one man's epic journey - by foot, jeep rowboat, and camel - through the greatest stories ever told. From crossing the Red Sea to climbing Mount Sinai to touching the burning bush, Bruce Feiler's inspiring odyssey will forever change your view of history's most legendary events."

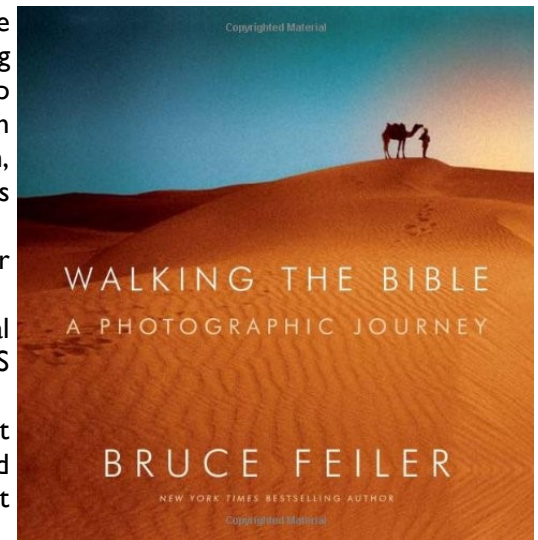
Several fun brotherhood happenings are scheduled in the near future:

- Sunday, November 8 - Steve Swatt, retired KCRA Channel 3 political reporter will be entertaining us with stories of state politics. All CBS members are invited to attend.
- Three beginning folk dances that are commonly done at Bar/Bat Mitzvah receptions and Jewish weddings will be taught. Men and women of CBS are encouraged to participate. Couple dances will not be taught, so a partner is not needed. Date TBD.
- Live folk music presented by two congregants. Date TBD.
- Part 2 of the video, "Walking the Bible." Date TBD.

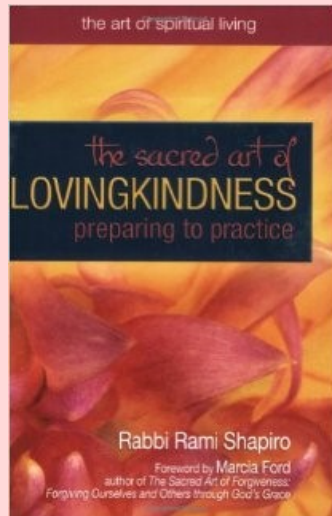
All events start at 10:00 am and are free. Breakfast will be available for purchase at the October and November activities.

Hope to see many CBS men and women at our upcoming events! Contact Dave Malkin at dmalkin52@comcast.net if you are interested in being placed on the Brotherhood e-mail list.

Brotherhood
Randy Cortland
Brotherhood Recording Secretary



Used by **Lisa Bertaccini** for her High Holy Day Prep class, Rabbi Rami Shapiro's book, The Sacred Art of Loving Kindness: Preparing to Practice focuses on G-d's 13 attributes as a platform for spiritual practice - and is, of course, a wonderful framework for preparing for the High Holy Days.



Friday Night Shabbat Services:

1st, 3rd, & 5th Fridays: 6:00 p.m.

2nd & 4th Fridays: 7:30 p.m.

Saturday Morning Torah Study & Service:

10:00 a.m.

ALL ARE WELCOME

September brings High Holy Days, so the books for adults as well as children on that topic will be available to browse at the Pre-Service Oneg on September 4th from 5:30-6:00 p.m.

If you have in mind to check out a special book, whether I have it cataloged or

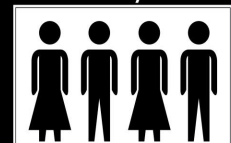
not, I will do my best to accommodate your needs. My phone number is 916-409-0165. My e-mail is hendk@prodigy.net.

Bill Rozell can be reached at 916-487-8936, or by e-mail at deadpaintersgallery@gmail.com. Bill will also be adding to the collection continually over time, so just ask him for any particular title you are looking for.

Library Corner

Katherine Henderson
CBS Librarian

These are your kids






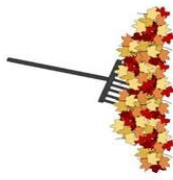


These are your kids



on books

September 2015 - 5776 Av/Elul

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>RSVP to any event by calling 485-4478 or emailing office@cbsshalom.org</p>		<p>1 Office Closed until 12:00 pm</p>	<p>2 Jewish Meditation 2:30 pm Religious School 4:30 pm - 6:00pm</p>	<p>3 CBS Board Meeting 7:00 pm</p>	<p>4 Pre-service Oneg 5:30 pm Shabbat Service 6:00 pm</p>	<p>5 Torah Study 10:00 am Selichot 7:00 pm 15 or older</p>
<p>6 Shofar Workshop 12:15 pm</p> 	<p>7 Office Closed Labor Day</p>	<p>8</p> 	<p>9 Jewish Meditation 2:30 pm Religious School 4:30 pm - 6:00pm 7th Grade BMP 6:00 pm</p>	<p>10</p> 	<p>11 Jewish Meditation 6:45 pm Shabbat Service 7:30 pm</p>	<p>12 Torah Study 10:00 am</p>
<p>13 Erev Rosh Hashanah</p>	<p>14 Rosh Hashanah Office Closed</p>	<p>15 Rosh Hashanah Office Closed</p>	<p>16 Jewish Meditation 2:30 pm Religious School 4:30 pm - 6:00pm 7th Grade BMP</p>	<p>17 Religious Practices Meeting 7:00 pm - 8:00 pm</p>	<p>18 Shabbat with a Beat! 6:00 pm</p>	<p>19 Torah Study 10:00 am</p>
<p>20 Religious School 9:00 am- 12:15 pm</p>	<p>21</p> 	<p>22 Kol Nidre Office Closed</p>	<p>23 Yom Kippur Office Closed</p>	<p>24</p> 	<p>25 Choir Shabbat Service 7:30 pm</p>	<p>26 Torah Study 10:00 am</p>
<p>27 Religious School 4:00 pm- 5:30 pm Dairy Potluck 5:30 pm Sukkot Service 6:30 pm</p>	<p>28 Sukkot</p>	<p>29</p> 	<p>30 Jewish Meditation 2:30 pm Religious School 4:30 pm - 6:00pm 7th Grade BMP 6:00 pm</p>			

CBS Religious Practices Kashrut Guidelines

Did you know that CBS has an official kashrut policy drafted by your Religious Practices Committee? The entire two-page document is available at CBS; please request one from the office. The following excerpt is taken directly from the Kashrut Guidelines Policy:

Preamble:

Our world continues to change at an ever increasing fast pace. The CBS Religious Practices Committee is committed to staying pro-actively informed in a continuing effort to ensure the evolving spiritual needs of our congregation are being met. We believe through a combination of belief and action, Judaism can speak to us at many levels. As we seek to find meaningful ways of living Jewishly in the 21st Century, we commit ourselves to an ongoing study of the mitzvot as a means by which, we, as a community, can create an environment which embraces that ideal. It is with this in mind that these kashrut guidelines are provided.

Introduction:

With the hope of reinforcing Congregation Beth Shalom (CBS) as a spiritual home for all its members, the following kashrut guidelines are offered in order to welcome and nourish all of us throughout the year. These guidelines address food and food-related products and practices, both within the temple, including temple-sponsored meals, onegs, rentals and Family Promise, as well as for CBS functions offsite. This policy does not dictate a home or personal practice for CBS members.

Policy Guidelines:

1. Treif foods are prohibited at CBS and CBS-sponsored events at all times.
2. CBS encourages but does not require, the use of kosher and/or hormone-free meat for meals prepared at CBS and for food brought in from home.
3. In accordance with Kashrut, meat and dairy products are not to be combined or served at the same meal or oneg. CBS recommends waiting a minimum of three hours between eating meat and dairy or between eating dairy and meat.



Please contact **Sheree Meyer**,
Vice President of Religious Practices, should you have any questions.



I would like to subscribe to receive a paper copy of CBS *Chai Lights* by mail each month. A donation of \$36.00 for a one-year subscription is enclosed.

Name _____

Address _____

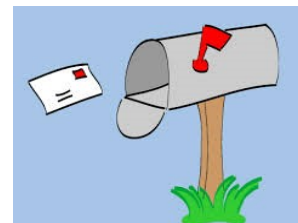
City/State/Zip _____

Phone _____

Email _____

Send to:

CBS
4746 El Camino Ave.
Carmichael, CA 95864
ATTN: Chai Lights



Happy September Anniversary

Wendi & Saul Zales
 Bonnie & Jamie Kneitel
 Chris Drouin & Sheila Wolfe
 Jeffrey Glenn & Gayle Oppen-Glenn
 David & Debbie Friedman
 Ginger & Steven Bicks
 David & Joy Silverburg
 Mark & Tammy Noel
 Cliff & Debbie Berg
 Dr. Wayne & Zoe Grossman
 Robert (Bob) & Shirley Rosenberg

Happy September Birthday

Elaine Eisner
 McKenna Goodall
 Mollie Berg
 Michael Alcalay
 Heidi Duncan
 Alison Sandman
 Amy Garfinkel
 Joseph Zales
 Michael Davis
 Neil Levy
 Sarah Friedman
 Gregory Ginsburg
 Bob Couse-Baker
 Deborah Davis
 Jack Ezekiel
 Mike Hagen

Jonathan Zales
 Timothy Goodall
 Mia Klapow
 Eden Racket
 Paula Muller
 Samuel Bedell
 Isaac Domagalski
 Jolene Lipson
 Gayle Oppen-Glenn
 Sam Pettinato
 David Silverburg
 Albert Blum
 Nina Kneitel
 Debbie Berg
 Edward Howard
 Heidi Mathat

Alan Grossman
 Joseph Radding
 Tamra Ruxin
 Mark Lipson
 Joshua Noel
 Mark Cornfield
 Tamara Gobuty
 Gene Haslett
 Joseph Berbach
 Laura Halen
 Howard Rothstein
 David Rosenberg
 Jeff Swatt

September Tributes

To the Rabbi's Discretionary Fund

- ♦ From Larry Raskin and Ramesh Sinae, in appreciation of Rabbi Nancy's work.
- ♦ From the Small family, in appreciation for all that Rabbi Nancy did in helping make the shiva minyan special and meaningful.

To the General Fund

- ♦ From Jerry Pollack and Joan Gusinow

To the Choir Fund

- ♦ From Carl and Sue Miller, in memory of Edna Elias.
- ♦ From Carl and Sue Miller, on occasion of George Bucher's 65th birthday.



Do you enjoy the sweetness of Shabbat?

Please consider helping with oneg. Oneg duties include preparing Kiddush and Challah; providing and plating sweets; putting everything back in order when it's finished.

We also accept donations directly to the Oneg Fund, and donations of baked goods.

Please contact the office if you are able to participate in this mitzvah at any time.



Do you have good news to share?

Please email or call the office so we can acknowledge your simcha and others can celebrate with you.



September Yahrzeits

Dora Alderson	Merton Bercovich
Patricia Baker	Selma Bloom
Sadie Leah Becker	Charles Dinitz
Viola Herman Blum	Freda Dresner
Phillip Kurtz	Daniel Flank
Morris Levy	Richard Scott Gillett
Beldon G. Ruxin	Julia Kahan
Morris Sanders	Harry Karpeles
David Seidenberg	Hazel Kulvin
Doris Silk	Morris Merker
Thomas E. Small Jr.	Jo Morval
Joseph Stein	Gabriel Schwartz
Louis Wascou	Maurice E. Shapiro
Jack Wechsler	Harry Wynne
Deborah Weiss	Samuel Achenbaum
Katherine Wilkenfeld	Velvel Babitz
Harris Young	Hilda Smith Berkman
Spencer Block	Toni Bial
Peggy Brashen	Morris Brenin
Bernice Cox	Helen Cortland
Dow Martin Drukker	Lawrence L. Dushkin
Dr. Leon Forman	Alan Bernard Glass
Howard Galant	David Grossman
Charlotte Goldman	Jacob Hahn
Harry Gross	Barbara Hassman
Selma Herold	Sgt. Irwin Lawrence Kagan
Max Malkin	Thomas Natoli
Ida Mandell	Eloise Schwartz
Nicholas Meyers	Bina Szpilberg
Jack Resnikoff	Daniel M. Tenenbaum
Michael Rosenberg	Lawrence Wilson
Ethel Satenstein	
Jerome Tillman	
Safiya Yetmez	
Abraham Alderson	
William Berbach	

Remember a Loved One with a Yahrzeit Plaque

Only \$250.00

Contact Dick Nicoles at dnicoles@gmail.com
for guidelines and details.

Parashot

Candle Lighting

Friday, September 4/ 20 Elul	7:13 pm
Ki Tavo	
Deuteronomy 26:1-29:8	
Haftarah: Isaiah 60:1-22	
Friday, September 11/ 27 Elul	7:02 pm
Nitzavim	
Deuteronomy 29:9-30:20	
Haftarah: Isaiah 61:10-63:9	
Friday, September 18/ 5 Tishri	6:51 pm
Vayeilekh	
Deuteronomy 31:1-30	
Haftarah: Isaiah 51:12-52:12	
Friday, September 25/ 12 Tishri	6:40 pm
Haazinu	
Deuteronomy 32:1-52	
Haftarah: II Samuel 21:1-51	



Do you want to participate on the bimah?

If you are observing a yahrzeit, anniversary, birthday or just wish to be part of the Friday night service by performing any of the following tasks, please contact Religious Practices Committee Member Doris Walters at dwinter@surewest.net or 916-276-0310.

- 1—light the Shabbat candles**
- 2—Aliyah to the Torah**
- 3—redress the Torah as Hgbah or G'lilah**

All Jewish members ages B'nai Mitzvot and up are welcome.

Postage

Address Label

Beth Shalom Contribution Tribute Donation Form

The enclosed is: () a deposit to my individual tribute account

() a designation of \$_____ from my tribute account to _____ Fund.

() a contribution to the _____ Fund.

In memory/honor (circle one) of _____

Please acknowledge:

Name: _____

Address: _____

City, State Zip _____

Donor:

Name: _____

Address: _____

City, State Zip: _____

Phone: _____ E-mail: _____

General Support Fund • Rabbis' Discretionary Fund

Education Program Funds • Catherine Bos Music Fund • Lester Gould Library Fund • Beautification Fund

Unjericho Fund • Memorial Board • Rachel Melamed Storytelling Fund

Youth Programs Fund • Religious Practices Fund • Other

Thank you for making a tribute to Congregation Beth Shalom in memory or honor of an individual. To insure proper recognition, please use this tribute form when sending your tribute. Thank you! *CBS Sisterhood Tribute Chair*

Please return completed form to Temple Office