



Spiritual Hydration

Shabbat with a Beat: Musical Gifts of Bob Dylan: Friday, May 19th 7:30 p.m.

Jacob Appell Bar Mitzvah: Saturday May 20 10:00 a.m.

An Afternoon of Mussar: Sunday May 21st 1:30 p.m.

Dear Friends,

This is going to be a beautiful weekend of Jewish spirituality and happiness.

Bob Dylan - *Robert Allen Zimmerman*; birthday **May 24** is an American songwriter, singer, painter, writer and father. He has been influential in popular music and culture for more than five decades.

Eddie Appell; CBS member, also born on **May 24th** is an American acoustic guitar and ukulele player, folk music enthusiast, manager of application development, snake guardian, to name but a few. He is married to wonderful Jeanne Appell and they are the happy parents of upcoming Bar Mitzvah Jacob Appell who will be called to the Torah on May 20th at 10:00 a.m.

On **Friday night, May 19th at 7:30** we will celebrate Shabbat with a Beat with several of our favorite and still relevant Dylan tunes such as: Times they are a Changin', Blowin' in the Wind, and I shall be Released. In addition to the spiritually and politically driven Dylan songs, we will include two pieces by contemporary singer Cantor Elana Jagoda Kaye who serves at Temple Beth El in San Mateo.

Following the beautiful Shabbat from Dylan tunes and Jacob Appell becoming Bar Mitzvah, CBS is hosting a celebration of Jewish learning **Sunday May 21st at 1:30** called: An Afternoon of Mussar. Mussar is an expression of Jewish spirituality based on Jewish ethics. This Sunday we will focus on the strengthening the soul trait of Patience. It is organized and led by members of the Greater Sacramento Mussar Community.

I look forward to sharing these spiritual refreshments with you. Stay well hydrated.

Shalom,

Rabbi Nancy Wechsler

