

Chai Lights

The Newsletter of Congregation Beth Shalom



CBS Community Passover Seder
Saturday, March 31 2018
15 Nisan 5778

Details inside

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From the Rabbi's Desk

From Water to Wonder



As in our dreams, each character in the Torah narrative reveals aspects of self. Rabbi Bradley Artson, author of *The Bedside Torah* writes, "To encounter Torah, is to encounter G-d." Furthermore, as we are created in the image of G-d (Genesis 1:27); to encounter Torah is to encounter G-d and ourselves. The Torah is a mirror to our soul.

Peering into the ancient words, we identify with the life of Biblical metaphor. We understand craving as depicted in the Garden of Eden story and the longing to taste from the forbidden. We relate to intensity and insecurity through the dynamics of Cain and Abel. We recognize jealousy through Sarah's action toward Hagar, Abraham's concubine. Through chapters on desert wandering, we resonate to exhaustion built on desert sand as well as monotony from the 24/7 cuisine of manna.

Given this month's focus on Pesach, how do we see ourselves through the lives of Moses, Miriam and the Midwives?

Moses represents something within us, which was once lifted up and given opportunity, to fulfill something purposeful, something only we can do. It often takes much time to figure out our purpose, but our sages teach that there are reasons; otherwise we wouldn't need to be here. The name Moses means "One who is drawn out." Judaism teaches that Moses was born at that precise time, to be drawn out of the Nile by Pharaoh's daughter so that he could fulfill his potential, drawing the Israelites out of captivity.

Miriam is both "sea of bitterness" from the root *mar*, as well as "rebellion" or "rebellion from water" from the root *meri*. Despite being born into the most bitter period of oppression, Midrash teaches that Miriam rebelled from an early age against the slave mentality engulfing her people. At the same time, Miriam is beloved for leading us on the other side of the Sea of Reeds in singing, dance, and happiness.

The essence of the midwives' story, Shifra, from the same root as *shofar*, and Puah, from the root *yapah*, meaning shine or beautiful, is resistance. These two women resisted Pharaoh's command to kill all newborn Hebrew babies. Instead they drew the infants from the water of the womb and told Pharaoh, 'Hebrew women give birth before we can get to them' in order ensure the babies could live. (Exodus 1:19)

Moses, Miriam and the Midwives teach us something about ourselves and our purpose. Each of us, regardless of time and place and personal status, has the capacity and also the duty to rise and attain our highest degree of fulfillment, not in comparison with anyone else, but the best that is within us.



Rabbi Nancy Wechsler

March the month of Adar, the month of celebration and happiness, and to me the month of grandson #2! There isn't anything I love better than being a grandparent. It has so much love, happiness and joy attached to it and none of the responsibility of parenting.

March also brings us joy and celebration with our Purim Carnival and Shpiel on March 4 with our Kehillah Religious School on the MLC campus. Be sure to stop by and join in the fun.

Late March also brings us Passover beginning with the first Seder on March 30 and the CBS Community Seder on March 31. This will be the first year in over 10 years I have not done the cooking and set up for the seder. Even though it is a lot of work, it has always been an honor to bring so much joy to so many people who come to CBS to attend our seder. This year we will begin a new tradition with **Matt Kurtz** and helpers cooking and preparing the seder.

As I mentioned above, beginning in early March we are expecting our second grandson who will be born and living in San Diego. For this reason, **Brian** and I will be there for most of March and probably a good part of April. In June, we will welcome our third grandson in the Bay Area.

So you will see a lot of **Debby Nelson** stepping in as President during the months I am gone. Debby has quite a lot of experience in this area—she was President when Brian and I first joined CBS. I asked her a simple question one day and *poof!* I was involved in Education. So I know you are all in good hands. If you need anything just ask Debby, she always has an opinion and an answer.

Thanks for all your help and support these past months. We will be around and will come by to show off all our new baby pictures.

Love and Hugs,
Jana

President Jana Usan



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

General Service schedule:

1st Friday: 6:00 p.m.

Family Service

2nd Friday: 7:30 p.m.

Shabbat Service

3rd Friday: 7:30 p.m.

Shabbat With a Beat— CBS Band

4th Friday: 7:30 p.m.

Shabbat Service

5th Friday: 7:30 p.m.

Torah Study:

Saturdays at **9:00 a.m.**

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

CBS Gift Shop Hours:

The CBS Judaica Gift Shop will be open on Wednesdays, 4:30-6:30 pm, when Kehillah is scheduled; prior to regular Shabbat services: 5-5:45 pm on the first Friday of the month; 6:30-7:15pm on all other Fridays; by appointment — contact Wendy Wilson at 489-3767 or Carry Cohn 488-8893.

What Every Congregant Should Know About Security

The Role of Congregants and Community Members

Congregants and community members have an important role in helping to ensure the safety of their Jewish communal institutions.

- Be watchful and report suspicious activity.
- Know your building and report anything that is out-of-place or missing.
- Actively cooperate with security directions, check-in procedures and ticket policies. For example, even if ushers or guards know you, help set the right tone by showing your ID or holiday ticket.
- Support your board and professionals in implementing an effective security plan.
- Help create a culture that is secure and welcoming.
- Care about this issue, and let people know that you do.
- Enjoy your community institution to its fullest -- **but remember to be alert and to think about security while doing so.**

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Issue: March 2018

CBS Teens BSTY

Keren Schatz
Alex Taylor

Shalom! Greetings from Kibbutz Tzuba
and URJ Heller High.
It's beautiful here.



bsty_insta



Kehillah Religious School's students are from conservative or reform synagogues. Students come to the classroom with preconceptions about how the world works religiously, socially and traditionally. Consequently, the teaching staff uses the "constructivism" approach to learning: the students build new knowledge based on existing information through an open dialogue that allows students to share their personal experiences.

Pre-Existing Knowledge is a term which refers to humans who are viewed as "goal-directed agents who actively seek information". Kehillah students have a broad range of prior knowledge, skills, beliefs and concepts that significantly influence what they notice about their environment and how they organize and interpret it. They are exposed to each other's perception of Judaism and the different ways to practice it.

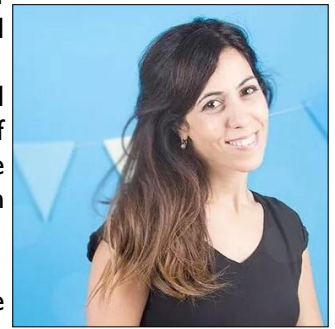
Implications for Teaching at Kehillah are:

1. Teachers work with the pre-existing understandings that their students have. The teacher actively inquires into the students' thinking, subsequently creating classroom tasks and conditions.
2. Teachers teach some subject matter in depth, providing many examples in which the same concept is at work and providing a firm foundation of factual knowledge.
3. The teaching of metacognitive (meta=beyond, cognitive=thinking) skills is integrated into a variety of subject areas. It can enhance student achievement and assist in developing independent learning.

Kehillah's students experience learning from both synagogues such as Friday night services at Congregation Beth Shalom, and Shabbat morning services at Mosaic Law Congregation. By experiencing both synagogues services, the students develop an enhanced view of their religion – your child can practice his/her Judaism through their connection spiritually, socialization with others and learning from the Bible with the assistance of their growing knowledge of Hebrew - which belongs to ALL of us!

** The article is supported by How People Learn Brain, Mind, Experience, and School, by Bransford, 1998

Kehillah Irit Winston



Kehillah Presents



Royal Purim Carnival!

Open to the entire community
March 4th, 2018 11am–2 pm

Purim Spiel
11–11:30 pm

Fun Carnival
11:30–2 pm

Bounce House
Cotton Candy
Purim Games,
Carnival Booths
Costumes
and More!

Carnival Admission: \$24
Admission includes all games and lunch!

Location: Mosaic Law Congregation
2300 Sierra Boulevard, Sacramento 95825

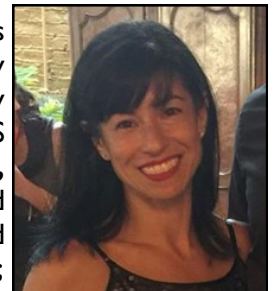


An educational partnership between Congregations Beth Shalom and Mosaic Law for More Info: Irit.Winston@mosaiclaw.org

Spring arrives in March, with the symbols of new beginnings. It is with mixed emotions that I let all of you in the CBS family know that I am leaving my position as Administrator as of the 31st of this month. It has been my honor and pleasure to work closely with **Rabbi Nancy Wechsler**; CBS Past Presidents **Michael Alcalay**, **David Ginsburg**, **Tivon Schardl**, and current President **Jana Uslan**, and their respective Board members; Educators **Melinda Ott**, **Rina Rackett**, and **Irit Winston**; and Office Managers **Debra Walker**, **Brenda Baskerville**, and **Symone Stephens**. I'd also like to recognize **Marcy Merrill** and **Jenny Jeffrey** as people integral to my tenure at CBS.

I began at CBS as the Gan (pre-K and Kindergarten) teacher in 2009. I have loved seeing and being part of the lives of the CBS families over the years, and now it is time to me to be a stay-at-home mom for a while. Even though my children are teens, I've never done that before! But new adventures call, and I must put family first. One of the many great things about this change is that I will now be free to enjoy the wonderful programs and events at Congregation Beth Shalom as an excited guest. I look forward to seeing you all soon.

CBS Desktop Marlo Dewing Administrator





**CBS
Megillah
Reading**

**Purim
2018**





You Can't Stop the Shpiel! PurimShpiel 2018



With much gratitude to the memory of **Roger Ruby** for his generous endowment to multigenerational theater at Congregation Beth Shalom.

Membership

Holly Ilfeld, VP



It is with great pleasure that I would like to welcome **Leah Geer** and **Razi Zarchy** to our CBS family. They are engaged to be married this year by **Rabbi Nancy!** I was thrilled to learn that we, at Beth Shalom, follow the Torah and provide support for a newlywed couple for a year. I gave my Dvar Torah regarding this very law during my B'Nai Mitzvah. Please

support our beautiful new couple by welcoming them!

We also are happy to welcome the **Rosenbaum/Bloom family, Paul, Laura, Emilee,** and **Jacob.** Emilee and Jacob are twins and will become B'nai Mitzvah this year.

We are having many enjoyable events such as Mahjong and the fabulous Moveable Feast. Please bring your friends to these events so they can experience the love of our temple family.

And we have many wonderful learning opportunities that will inspire others who may be looking for a spiritual home.

Hello lovers of books!

Our March library theme will include the Holocaust, in remembrance of the Warsaw Ghetto Uprising at the end of March just before Passover. Should you wish Purim books more in advance, please contact me, and I'll pull them for you.

It is with great sadness that we must say goodbye to **Kathryn Henderson** as a library volunteer. Our loss is her Living Center's gain: she will be working at their office. But, she will continue to come to the temple for activities. Please stop her and thank her for her years of service to our congregation. We're hoping you'll be able to see the fruits of her labors in a future monthly newsletter where the data base link will be provided.

On March 2nd, I will be available to check out books just prior to the family service in the lobby near the sanctuary. I will also be available in our library during Wednesday religious school from 4:00 – 5:30. Please call the office (917-485-4478) and leave a message if you would like to come in to the library at any other time or if you would like for me to reserve books for you. Children are welcome! We could work something out if you're house-bound.

If anyone donates books, please put a name on them so we can acknowledge and thank you.

Enjoy your reading!

Library

Marcy Dobrow, Ed.D.



*In Tanzania: the boys of Tarangire House at the Rift Valley Children's Village experience their first Chanukah with **Debby Nelson** saying the blessings.*



***Rabbi Nancy Wechsler** at her first meeting of Salaam Shalom Sisterhood.*

Friday Night Shabbat Services:

1st Fridays: 6:00 p.m. 2nd, 3rd, 4th, & 5th Fridays: 7:30 p.m.

Saturday Morning Torah Study:

10:00 a.m.

Thursday Morning Text Learning:

11:00 am

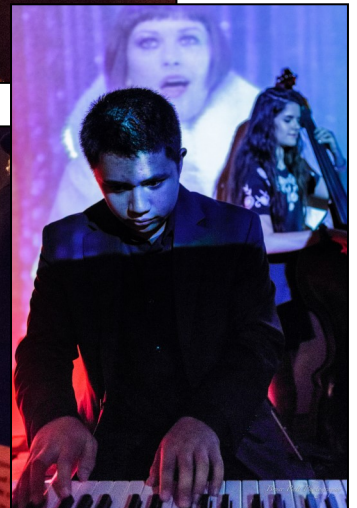
Fundraising & Programming

Lori Nalangan & Jessica Braverman Birch



A Moveable Feast 2018 Gala Fundraiser

*Thank you to all
who sponsored,
donated, and
attended!*



Community Passover Seder

Saturday, March 31, 6:00 p.m.

\$18/ages 13+

\$12/ages 6–12

Children age 5 and under free. Non-CBS members add \$5.00 per person

RSVP by Wednesday, March 21—Form on other side.

Seating is limited to 100 people.

Reservations will be made on a “first come, first served” basis.

Your payment and completed form are required for your reservation.

No reservations will be accepted without payment in full.

Please contact the Temple office with any questions.

Dinner Format

- You reserve a table for 8 or 10 for your family and friends. Singles, couples, and smaller groups will be put with others.
- We provide the fish plate, soup, and chicken, and Seder Plate.
- You provide the matzo, choroses, vegetables, kugel or other starch (nondairy), dessert (nondairy), and wine (kosher for Passover).
- We provide a great Rabbi, haggadahs, songs, afikomen prizes, & a whole lot of fun!



Congregation Beth Shalom

4746 El Camino Avenue, Carmichael, California ★ (916) 485-4478 ★ office@cbshalom.org

Congregation Beth Shalom Community Passover Seder Saturday, March 31, 2018

Seating is limited to 100 people. Reservations are made on a "first come, first served" basis.

Your payment and completed form are required for your reservation.

No reservations will be accepted without payment in full.

Please return completed form and payment to: 4746 El Camino Avenue, Carmichael, CA 95608

Reservation Form

I would like to reserve a table for _____ (total number in group). *(If you do not have 8-10 people, we will seat you with other small groups.)* Please list names of Table Coordinator and guests:

Table Coordinator 1: _____

Guest 2: _____ Guest 6: _____

Guest 3: _____ Guest 7: _____

Guest 4: _____ Guest 8: _____

Guest 5: _____ Guest 9: _____

_____ Adults @ \$18 \$ _____

_____ Children 6-12 @ \$12 \$ _____

_____ Children 5 & under @ FREE \$ 0.00 _____

_____ Non CBS-Members @ \$5 each \$ _____

_____ Total Number of Guests \$ _____ Total Amount Enclosed

Contact Person: _____ Phone Number: _____

Email: _____

Address: _____

Payment Method (no cash): Check # _____ Visa: _____ MasterCard: _____ AmEx: _____

Credit Card No. _____

Expiration Date (MM/YY) _____ Billing ZIP CODE required _____

3 (or 4) digit Security Code _____ 3% cost-recovery charged for each credit card transaction.

Please call or e-mail the CBS office with any questions. 916.485.4478 office@cbshalom.org

www.cbshalom.org

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Melton Sacramento Current Class Offerings

Melton Curriculum is developed at the Melton Centre for Jewish Education at the Hebrew University of Jerusalem.

Melton Mini

Modern Living: Maintaining Balance



Discovering Ageless Answers in Timeless Jewish Texts. Searching for ways to find balance in family, work, community and self is a recurring theme in modern living. This four-part course takes a

look at Jewish wisdom from classic and modern texts that relate to this contemporary challenge.

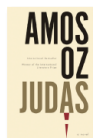
4 Sessions: Sundays: 1:30 – 3:00 pm

Instructor: Sara Kahn Shapiro

Location: Congregation Beth Shalom

March 18, 25, April 8, 15

\$90.00 includes materials



Melton Book Club Book Club!

3 Books, 3 Sessions:

March 11, April 22, June 3

1:30 – 3:00 pm

Instructor: Dr. Sheree Meyer

Location: Congregation Beth Shalom

\$90 (does not include books)

Melton Scholars Class

Jewish Mysticism: Tracing the History of Kabbalah



The rich history of Jewish mysticism is presented along with understandings of many of the texts that have been so central to that tradition, speaking to the deepest mysteries of human existence and to many of life's eternal universal questions.

10 Sessions: Thursdays: 7 pm – 8:30 pm

Instructor: Rabbi Garth Silberstein

Location: Keneset Israel Torah Center

1165 Morse Ave, Sacramento, CA 95864

NEW DATES!

Feb 01, 08, 22, March 08, 22,

April 12, 26, May 10, 24, 31

\$295.00 includes textbook

(pay in full or 3 installments)

For Registration:

<http://www.meltonsacramento.org/>

Need a scholarship?

Contact Sara Kahn Shapiro

director@meltonsacramento.org

916-488-6397



Congregation Beth Shalom is Melton Sacramento's sponsoring agent

GOD was in this PLACE & I, I did not know



LAWRENCE KUSHNER

"Each person has a Torah, unique to that person, his or her innermost teaching. Some seem to know their Torahs very early in life and speak and sing them in a myriad of ways. Others spend their whole lives stammering, shaping, and rehearsing them. Some are long, some short. Some are intricate and poetic, others are only a few words, and still others can only be spoken through gesture and example. But every soul has a Torah. To hear another say Torah is a precious gift. For each soul, by the time of his or her final hour, the Torah is complete, the teaching done."

Join Rabbi Nancy Wechsler for Torah learning on Thursday mornings. No fee.

11 am—12:30 pm

- January 11, 18, 25
- February 8, 15, 22
- March 1, 8, 15, 22, 29
- April 12, 19, 26
- May 3, 10, 17, 24, 31
- June 7, 14

Congregation Beth Shalom 4746 El Camino Ave Carmichael CA

www.cbshalom.org

**CBS offers meditation
every Wednesday
from 1:30 – 2:45**

**For more information
contact**

**Lisa Bertaccini at
lisabertaccini@gmail.com
or (916)715-4988.**



Fish Taco Friday!

**Congregation
Beth Shalom**

**Dinner
Shabbat**

*Vegetarian options will be
available, as always*

Friday Night, March 2

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

RSVP required by 3/1/18

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

Featuring the amazing culinary creations of our chefs

Matthew Kurtz, Alon Vechter, and Red Gobuty.

Your tastebuds are in for a treat!

4746 El Camino Ave, Carmichael CA 916-485-4478



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.

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.

Would you like 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 office@cbshalom.org.

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

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

spirit
budget body home
relationships balance
RENEWAL











Want to place someone on the Mi Shebeirach list?

Email the information to Symone at
office@cbshalom.org,
or call 916-485-4478.

If you would like for the person to receive a phone call from a
member of the Caring Committee, please include their contact
information.

We want you for our Caring Committee!
Contact Marlo at marlodewing@cbshalom.org

March 2018 - 5778 Adar\Nisan

Sun	Mon	Tue	Wed	Thu	Fri	Sat
CBS Gift Shop Friday Hours: First Friday: 5:00 pm-5:45 pm Second, Third, Fourth, and Fifth Friday: 6:30 pm-	CBS Gift Shop will be open on Wednesdays 4:30-6:00 pm, when Kehillah is scheduled			1 Text Learning w/ Rabbi Wechsler: Session 6 11:00 am CBS Board Meeting 7:00 pm	2 First Friday Shabbat Service & Dinner 5:30 pm pre-service oneg 6:00 pm service	3 Torah Study Midrash and Haftarah 9:00 am
4 Kehillah @ MLC 9:00 am-11:00 am Purim Carnival 11:00 am-2:00 pm	5 	6 	7 Jewish Meditation 1:30 pm-2:45 pm Kehillah @ CBS 4:30 pm-6:30 pm	8 Text Learning w/ Rabbi Wechsler: Session 7 11:00 am	9 Shabbat Service 7:30 pm	10 Torah Study 9:00 am
11 Kehillah @ MLC 9:00 am-12:30 pm Melton Book Club 1:30 pm Midrasha @ CBS 5:00 pm	12 	13 	14 Jewish Meditation 1:30 pm-2:45 pm Kehillah @ CBS 4:30 pm-6:30 pm	15 Text Learning w/ Rabbi Wechsler: Session 8 11:00 am	16 Shabbat with a Beat feat. Special Speaker Debby Nelson 7:30 pm	17 Torah Study 9:00 am
18 Kehillah @ MLC 9:00 am-12:30 pm Melton Mini Class 1:30 pm-3:00 pm Midrasha @ CBS 5:00 pm	19 	20 First Day of Spring 	21 Last Day to RSVP for the Community Seder Jewish Meditation 1:30 pm-2:45 pm Kehillah @ CBS 4:30 pm-6:30 pm	22 Text Learning w/ Rabbi Wechsler: Session 9 11:00 am	23 Shabbat Service 7:30 pm	24 Rosh Chodesh Torah Study 9:00 am
25 Kehillah @ MLC 9:00 am-11:00 am Melton Mini Class 1:30 pm-3:00 pm Midrasha @ CBS 5:00 pm-6:30 pm	26 	27 	28 Jewish Meditation 1:30 pm-2:45 pm	29 Text Learning w/ Rabbi Wechsler: Session 10 11:00 am Search for Chametz	30 Erev Pesach First Seder No CBS Shabbat Service	31 Pesach CBS Community Seder 6:00 pm RSVP w/ the CBS office

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.

Anonymous (4)

Jeanne & Eddie Appell

Robyn Asch

Barbara Beeman & Joseph Domagalski

Robert Bennett

Penni Blumberg

Jessica Braverman Birch & Joel Birch

Katie Braverman

Larry Brownston

Carry Cohn

Marlo Dewing

Dana Drukker

Alla Gamarnik & Joel Blank

Laura & Len Garfinkel

Ivan Gennis

Monica Gershonzon

David Ginsburg

Karren Hull

Jenny Jeffrey

Steve Jeffrey

Mauria Hirning

Holly Ilfeld

Lydia Inghram

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Jonathan Mills

Dean Mirtle

Deborah Nelson

Scott Parrish

Jean Rubin

Tivon Schardl

Andrea Segal

Ron & Miriam Simon

Deon Stein

Jana & Brian Usan

Rabbi Nancy Wechsler

Sheila Wolfe & Chris Drouin

Wendy Wilson, Ph.D.

Wendy & Saul Zales

LIFE & LEGACY is a partnership program of the Harold Grinspoon Foundation (HGF) that assists communities across North America, through partnerships with Jewish Federations and Foundations, to promote after-lifetime giving to benefit Jewish day schools, synagogues, social service organizations and other Jewish entities.

Through training, support and monetary incentives, LIFE & LEGACY motivates Jewish organizations to secure legacy gifts, steward donors and integrate legacy giving into the philanthropic culture of the Jewish community.



Yes, EVERYONE can be a Life & Legacy donor!

Happy March Birthday

David Asch	Bruce Carl	Timothy Noble
Deon Stein	Arika Mills	Alvin Paykel
Meredyth Rosenberg	Rivkah Tillman	Jesi Tinker-Rein
Wendy Phoenix	Herbert Cohen	Bruce Burdick
Howard Spivak	Ron Vechter	Robert Ruxin
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Gerald Sanders	Renee Schoch	
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Happy March Anniversary

Sheree and David Meyer
David and Joan Bories

February Tributes

To the Rabbi Discretionary Fund

- ♦ From Lydia Inghram, in honor of Rabbi Nancy.
- ♦ From Sylvia Wechsler, in memory of Jerome Lipp.
- ♦ From Louissette Brown, in memory of James O. Brown.
- ♦ From Chip Peifer, in memory of Shirley Peifer.

To the General Fund

- ♦ From Carry Cohn, in memory of Al Malkin.
- ♦ From Steve and Judy Lewis, in honor of Gene Bagoon's 85th birthday.
- ♦ From Andrea Segal and Scott Parrish, in memory of Ellie Kaye.
- ♦ From Jessica and Joel Birch, in honor of Gene Bagoon's 85th birthday.

To the CBS Brotherhood

- ♦ From Andrea Segal and Scott Parrish, in memory of Al Malkin.

To the Oneg Fund

- ♦ From Shelley and Phil Spilberg and Arlan Weiss, in memory of Ruth Cowans Weiss.
- ♦ From Linda Jones, in memory of Marge Rosenberg.
- ♦ From Katherine Henderson, in generous appreciation for Robyn Asch and her crew's Tu B'Shevat Seder brunch.
- ♦ From Chip Peifer, in memory of Shirley Peifer.
- ♦ From Louissette Brown, in memory of James O. Brown.
- ♦ From Steve and Ginger Bicks, in memory of Richard Bicks.

To the Youth Group Fund

- ♦ From Al and Fifi Paykel, in memory of Alvin Malkin.

To the Roger Ruby Memorial Theater Fund

- ♦ All PurimShpiel attendees



***We appreciate
our generous donors!
Thank you for sustaining CBS!***

**Please visit the back page to
contribute to CBS programs
and funds.**

**There are many from which to
choose—what is your
passion? Help sustain Jewish
programming!**

**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.**



March Yahrzeits

Sharon Abilovitz	Mychelle Karlton
Rebecca Actor	Sheila Korn
Helene H. Alpern	Samuel Kurtz
Benjamin Ammer	William Lawrence
Simon Ammer	Leah Lehrer
Renee Attia	Rachel Melamed
Judith Backover	David S. Mendelson
Edward Beeman	Sigal Meyer
Melvin Bonn	Leon Michel
Johannes John Bos	Woodrow Miller
Pauline Canter Brae	Robert Mohr
David Canter	Nancy Ann Muller
Barbara Capitman	Jean Nelson
Herman Capitman	Kurt Neuman
Marion Capitman	Hayes Elmont Parrish
Edna Carl	Susan Ralph Peters
Helen Cohan	Dorothy Robby
Bella Cohen	George Rosen
Herbert Edward Cohen	Pearl Rosenberg
Alice Davis	Grace Rosenfeld
Judy Davis	Tobias Roth
Arlene Defren	Mort Sachs
Carmel Dolenga	Mortimer Sackler
John Dolenga	Joseph Saroff
Anne Domagalski	Max Schwartz
Leland Robert Doty	Fred Spindel
Robert Eisner	Patricia Lee Stick
Bruce Erlich	Selma Triger
Robert Fears	Bernard Wechsler
Howard Fisher	Richard Weinberger
Bernard Flank	Casper Asher Whitehead
Miriam Fogel	Charles Wolfman
Robert Freedman	Sol Ziskind
Julia Freund	
Victor Friedland	
Phil Friedman	
Benjamin Garfinkel	
Lilly Gershenzon	
Harry Greenstein	
Hal Halimi	
Michael Leonard Harrison	
Otto Hertz	
Jean Hess	
Barbara Kach	
Dora Kahn	

Parashot

Candle Lighting

Friday, March 2/16 Adar **5:42 PM**

Ki Tisa
Exodus 30:11-34:35
Haftarah: I Kings 18:1-39

Friday, March 9/ 23 Adar **5:49 PM**

Vayak'hel-Pekude
Shabbat Parah
Exodus 35:1-40:38
Maftir: Numbers 19:1-22
Haftarah: Ezekiel 36:16-38

Friday, March 16/ 1 Nisan **6:56 PM**

Vayikra
Rosh Chodesh
Leviticus 1:1-5:26
Maftir Exodus 12:1-20
Haftarah: Isaiah 66:1 & 24 and
Ezekiel 45:16-46:18

Friday, March 23/ 8 Nisan **7:02 PM**

Tzav
Shabbat HaGadol
Leviticus 6:1-8:36
Haftarah: Malachi 3:4-24

Friday, March 30/ 15 Nisan **7:09 PM**

Erev Pesach
1st Seder
No Shabbat Service



Love Torah?
Join us 9:00 a.m.*
for Torah Study

We focus upon efforts of peace and reconciliation within each parasha.

*** NEW TIME and TORAH**
STUDY EXCLUSIVE

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.

**A connected community is a strong community.
Please support the local businesses in our neighborhood.**

4717 El Camino Ave
Carmichael, CA 95608
(916) 514-0830
www.skipskitchen.com



4120 El Camino Ave.
Sacramento, CA 95821
916-588-2701
www.crossfitlococcho.com

El Palmar
Mexican Restaurant
2452 Mission Ave, Carmichael, CA 95608

Open 7 Days a Week
Mon-Sat: 10am-9pm
Sunday: 11am-5pm
(916) 488-8320



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

**One set of *Mishkan HaNefesh*
is only \$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.



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.

We always need:

- | | |
|--------------------|------------------------------|
| ⇒ Pasta/sauce | Canned fruits and vegetables |
| ⇒ Breakfast cereal | Peanut Butter |
| ⇒ Tuna | Crackers |
| ⇒ Soy milk | Small bags of nuts |



♦ If you are in need of visiting the Food Pantry, please contact 916-205-0688.

Keep CBS in Mind When Shopping on Amazon!

**Amazon contributes to CBS when you connect to them through our link.
It costs you nothing and benefits the congregation.**

Go to smile.amazon.com. The first time you go there, it will ask you to choose your Charity. Our Temple Charity name is listed as **Sacramento Jewish Fellowship of Carmichael**. That's about all!

- ⇒ Select to support Sacramento Jewish Fellowship
 - ⇒ Get the Amazon IButton App
 - ⇒ Share your support on Facebook or Twitter
- Show your friends how they can support CBS (Sacramento Jewish Fellowship)



Remember: CBS only benefits when you start at: <http://smile.amazon.com>
Just copy and paste this URL into your browser <https://smile.amazon.com/ch/23-7316431>



Individual/Family Counseling

Jewish Family Service offers affordable individual and family counseling.

Strict confidentiality maintained.
For more information or to schedule an appointment,
Call 916-205-0688.

Postage

Address Label

Congregation 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 • Roger Ruby Memorial Theater 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.

Please return completed form to CBS Office