

Chai Lights

The Newsletter of Congregation Beth Shalom



A Thanksgiving Prayer

By Rabbi Naomi Levy

For the laughter of the children,
For my own life breath,
For the abundance of food on this table,
For the ones who prepared this sumptuous feast,
For the roof over our heads,
The clothes on our backs,
For our health,
And our wealth of blessings,
For this opportunity to celebrate with family and friends,
For the freedom to pray these words
Without fear,
In any language,
In any faith,
In this great country,
Whose landscape is as vast and beautiful as her inhabitants.
Thank You, God, for giving us all these. Amen.

**Shabbat Service honoring our Veterans
Friday, November 10, 7:30 pm**

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From the Rabbi's Desk



It is good to give thanks.

Psalm 92:1



It is good to give thanks; every day. Being in a mindset of gratitude provides a boost of energy, happiness and hope. We don't need a holiday to focus us on gratitude, but we have one, Thanksgiving, and the season is now.

With the Jewish High Holy Days firmly celebrated and honored, we move into the rest of the year. As we step into our days, we all do so much better in a mindset of gratitude. Rather than dwell in despair and what is lacking, a practice of gratitude provides fodder for the constructive change we seek. Gratitude is the fuel for living life.

Take for example, the word for a Jewish person. In Hebrew, a Jewish person is *Yhudi*. The Hebrew root for this word is *Yud, Daled, Heh* meaning "to give thanks or praise." When we consider that the core of our name means "to give thanks" it shifts the way we think. Gratitude is no seasonal practice, gratitude is all the time.

It's one thing to *express* gratitude... But magic happens when we *feel* gratitude.

Gratitude is a high vibrating frequency that ranks up there with love, joy, and peace, and as the Psalmist taught through ancient writings, it generates magnetic feelings around our heart and soul.

Gratitude can be as simple as admiring the beauty of nature or observing a kind gesture. When we mindfully express gratitude we enhance our magnetic field, so we attract more of the quality we want. Gratitude, like faith is a muscle. The more we use it, the stronger it grows and the more power we have to use it on our own behalf. To be grateful is to find blessings in everything, even the not so obvious. The beloved Talmudic hero who faced many a challenge with resilience and humor was named Nachum Gam Zu L'tova. His name translates as "This too, is for the good." At its core, Judaism is a spiritual practice of gratitude.

In this moment, for what are you grateful in these five categories?

GRATITUDE GAME

-  Name a Person You are Thankful for
-  Name a Place You are Thankful for
-  Name a Food You are Thankful for
-  Name a Thing You are Thankful for
-  Name Anything of Your Choice

Teach Beside Me

Thank you for being a member of our CBS family.

Rabbi Nancy Wechsler

President Jana Uslan



November already, how did that happen? I'm so sorry I missed the beautiful activities of Sukkot. I heard wonderful comments about the Sukkot dinner and the Interfaith Sukkot dinner. Thanks to everyone who made those activities happen. With Congregants like ours, it is such a blessing to know I don't have to be at every activity to know they will go off without a hitch.

On to November... Life & Legacy Cocktail Party; Purimspeil auditions; our first Shabbat dinner of the year; a great Veterans Day speaker, our own **Brenda Baskerville**; and Thanksgiving for all.

November 4 we will have our annual Legacy Cocktail Party with a special opportunity to attend a concert by Jennifer Reason our Choir Director, directly after cocktails and small bites. I hope all Legacy Leaders will join us for this special date.

Purimspeil auditions are being held November 5 and 19 at 1:45 pm. This year the Speil is "You Can't Stop the Speil". Hopefully many students from Kehillah will join our cast this year, as well as our adult congregants. No experience is necessary and everyone gets a part, so come join the cast!.

Shabbat Dinner at CBS by the "guys in the kitchen" begins Friday, November 3rd after the 6:00 pm service. What a treat! This month the food is Italian and I can just taste it now. Don't forget to RSVP so there's plenty of pasta for you. The service will also be our first Kehillah class participation service, with many thanks to **Irit Winston**, Director of Education, and **Rikki Kass**, teacher of the Pre-K and Kindergarten class, which has 18 students! What a great number, and an awesome thing for our students, our families, and our community.

This year our special Veteran's Day Speaker is our very own **Brenda Baskerville**! Who would have thought quiet and calm Brenda was ever in the military? What a treat this service will be; please make sure to join us in honoring our veterans.

Then comes Thanksgiving. We know not all Americans will be warm and safe inside their own home cooking Thanksgiving dinner for their family. Reach out and invite someone to your dinner, or go out as a family and serve Thanksgiving dinner at a shelter, or join the Run to Feed the Hungry.

Whatever you do, also **DONATE TURKEYS AND ALL THE FIXIN'S TO CBS** and our wonderful **Robin Gillett** will take it to our local food closet. Every year Robin and her angels work together to organize our donation to the Sierra Arden Food Closet. Last year our goal was 60 turkeys, and we made it. This year let's go for 70 or more. Please look for the information on how you can donate Thanksgiving food items to CBS that will then go to feed many hungry others.

Brian and I wish you all a very Happy Thanksgiving.

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.

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Issue: November 2017



Don't forget your HHD Pledge!

you **can't** **stop** **the** **spiel**

PurimSpiel Auditions

SUNDAY 11/5 AT 1:45 PM
SUNDAY 11/19 AT 1:45 PM

CONGREGATION BETH SHALOM 4746 EL CAMINO AVE CARMICHAEL





RSVP invites you to our upcoming
Fall 2017 concert series
benefiting Shoes4Sacramento.

- Nov 4 7:30 p.m.

Congregation Beth Shalom
4746 El Camino Ave, Carmichael

- Nov 5 3:00 p.m.

Journey Church
450 Blue Ravine Road, Folsom

- Nov 10 & 11 7:30 p.m.

St. John's Lutheran Church
1701 L Street, Sacramento

With your attendance, our fall concerts will provide support and raise awareness for Shoes4Sacramento (shoes4sacramento.com), a non-profit charity dedicated to collecting new and gently used shoes that can be cleaned and redistributed to the homeless and families in need in the Sacramento region.

Joining us this season is an extraordinary talent; contemporary countertenor composer, and choral clinician, DARITA SETH. Darita recently concluded his tenure with CHANTICLEER, the Grammy Award-winning, San Francisco-based men's vocal ensemble, and is one of the Bay Area's most sought-after choral educators. Darita studied vocal performance at Capital University's Conservatory of Music and currently serves as Director of Music Ministry at St. Timothy's Episcopal Church in Danville, California.



Add to RSVP's Shoe Collection!

In addition to raising money for S4S at our concerts, this season we're also taking up a Shoe Collection! How fun is that? At each concert we'll be collecting new and gently used shoes in all shapes and sizes: work shoes, athletic shoes, new flip-flops, new slippers, baby shoes, heels, work boots, rain boots, water shoes, sneakers, and sandals. And if you see a great sale, feel free to buy some extras to donate. We've been told S4S especially needs men's shoes, and also needs laundry detergent so they can wash the shoes before they get distributed. We'll be collecting that as well.

RSVP's mission is to bring people together through the arts and give back to the community. We are excited and proud to use the gift of live music to directly support such a needful organization, and to express our appreciation for the work being done by Shoes4Sacramento.

We hope to see you there,

Jennifer Reason, Artistic Director

Admission Free, donations accepted.

Congregations Beth Shalom & Mosaic Law to Begin Educational Partnership

By Rabbis Nancy Wechsler and Reuven Taff

The Beth Shalom and Mosaic Law Communities are proud to announce the initiation of an Educational Partnership of their two religious schools. The new name of the pre-K through seventh grade educational program is called "Kehillah." The name which comes from the Hebrew word "Kahal" which means "community," will begin this coming Fall.

The arrangement to combine religious schools was the idea of both rabbis who wanted to address ways to allow the children from both congregations to be able to have opportunities to study the Jewish heritage together. For this first year, classes will be held on Wednesdays at Beth Shalom and on Sunday mornings at Mosaic Law.

Under the direction of Kehillah's Educational Director, Irit Winston, the class sizes will be larger and teachers from both congregations will serve on the Kehillah faculty. The Education Committee of this new endeavor is inclusive of members of both congregations.

Rabbi Wechsler and Rabbi Taff both affirm that the two congregations already have a partnership for eighth through twelfth grade students called "Midrasha." The Kehillah program is a natural feeder and extension to the high school program. For families with children who do not belong to any synagogue or congregation in the Sacramento area, there are spaces available in the Kehillah Religious School. For further information feel free to contact **Irit Winston** at kehillahrs@gmail.com

Camp is life. The rest is just details.



As many of you may have heard, forest fires have been burning in Sonoma and Napa counties. It is with tremendous shock and sadness that we share that most of the buildings at our beloved Camp Newman home have been destroyed. Camp Newman bought the site in 1997, and a new \$4 million conference center was opened there last year. The camp serves some 1,400 children every summer. It is a vibrant oasis for Jewish children for our region, a meeting space for Israeli teens to meet with American teens, and a place of spiritual regeneration for clergy.

The Reform movement's Camp Newman in northern California has been virtually destroyed by wildfires raging across the state. The camp said on its Facebook page that most of the buildings at the sprawling facility in Santa Rosa had been destroyed and fires were still burning. The staff is safe and the Torah scrolls were evacuated.

For those of us who have loved Camp Newman since 1997, and before that by its former name Camp Swig – Saratoga, in the Santa Cruz Mountains, we know camp is a place where love, devotion and happiness combine in a place of natural beauty and freedom. For thousands of Jewish children and their families and clergy, Camp Newman is the happiest place on earth, which is why it is our task to help.

It seems that each week, we are pressed to witness one devastation after another. Given the horrendous hurricanes in Texas, Florida and Puerto Rico, and violent carnage in Las Vegas, our systems are overloaded. Each tragic event somehow draws closer and closer to us as if to say, on this planet, we are all connected.

One thing we must remember is that resilience is at our core. We never pretend that the unexpected horrible event is 'just fine.' Rather, we stand strong on our two feet and take stock of what has occurred and what has been lost. We make sure that as much help as possible is provided for all those in the path of these fires.

For us in the Sacramento and Carmichael areas, we might not be the ones to pour the concrete or build new cabins, however, we are called upon by Camp Newman to make contributions as one day - and we pray it be soon - they will be ready to rebuild our place of magic once more for this generation and for generations to come. Please donate. The spirit of Camp will continue and we are part of the journey.

<https://campnewman.org/support-newman/donate/>

Resilience. Standing strong with Camp Newman and all that it represents for Judaism today and tomorrow.

Rabbi Nancy Wechsler



Sign up for MIDRASHA!

Midrasha is just around the corner!
Classes begin October 14th at Mosaic Law Congregation at 6:30 PM sharp.

If you plan to enroll your student on the first day, come at 6:15 PM.
To pre-enroll, email Samantha Fordis at samanthafordis42@gmail.com or see the office!

Classes will be held on the following dates:

Trimester 1: Oct. 18th & 25th, Nov. 8th, 15th, & 29th, and Dec. 6th
Trimester 2: Jan. 10th, 17th, & 31st, Feb. 7th & 14th, and Mar. 7th
Trimester 3: Mar. 21st & 28th, Apr. 11th & 25th, and May 2nd & 16th

Classes offered this year include:

- The Beauty in Judaism
- Jews in Sports
- Jewish Cultural Fusion
- Jews in Theatre

Want to teach a class and add to this amazing list? Please email Samantha Fordis!

If you have any questions, comments, or concerns, please email or call Ms. Fordis at (209) 346-3324 or samanthafordis42@gmail.com

Congregation Beth Shalom Dinner Shabbat



Vegetarian options will be available, as always

Friday Night, November 3

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

RSVP required by Wed. 11/1/17

- ♦ 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, and Joel Tillman, with the assistance of Joel Birch. Your tastebuds are in for a treat!

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

Veterans Day

Honoring All Who Served



Shabbat Service

Friday, 11/10

7:30 pm

Featuring speaker

Brenda Baskerville

Naval Petty Officer, 3rd Class

10th ANNUAL Eleanor J. Marks HOLOCAUST ESSAY CONTEST

honoring the memory of Eleanor J. Marks; promoting remembrance, awareness, and study of the Holocaust; and enhancing educational experiences.
Website: www.ejmholaocaustproject.com

2018 THEME: Heroes* of Belgium: 1939-1945

*The hero you select must be recognized as "righteous" by yadvashem.org.



Research the theme, write a meaningful essay, and reap the rewards.

Open to students grades 6-12 in religious, public, and private schools, colleges, and universities.

DEADLINE:
February 28, 2018

QUESTIONS:

Email hagibor52@gmail.com or contact your teacher.

CASH PRIZES!

Prizes awarded in the following categories, for each school:

- One student winner from grades 6 - 8: \$150
- One student runner-up from grades 6 - 8: \$75
- One student winner from grades 9 - 12: \$150
- One student runner-up from grades 9 - 12: \$75
- One college/university student winner: \$150

Names of prize winners will be published in the Yom HaShoah memorial program. All entries will be published in a special book, 2018 Children's Voices.

RULES:

- Grades 6 - 8: essays must be 850-1500 words.
- Grades 9 - 12: essays must be 2000-3000 words.
- College/university level: essays must be 3000-5000 words.
- **Submissions must include the following information on page 1, top right hand corner:** entrant's name, address, phone number, email address, and the name of your school.
- **Page 1, top left hand corner:** please include your personal 2" x 2" photo.
- The hero must be recognized as "righteous" by www.yadvashem.org.
- **Essays must be electronically submitted as an attachment in Microsoft Word only**, double-spaced, 12-point font. (Any other format such as Google Docs, cloud or password protected, **will not be accepted.**)

* Email essays to: hagibor52@gmail.com by the submission deadline of February 28. (Email only, no hard copies.)

Fundraising & Programming

Lori Nalangan, VP



Our 40th Annual Food Faire was amazing! I hope you and yours enjoyed as much as I did. It was a wonderful community event that Congregation Beth Shalom has reason to be very proud of! Now that we have one successful event behind us; we turn our sights to THE 3rd ANNUAL MOVEABLE FEAST! The last two MOVEABLE FEASTS were such a success and I am so grateful to all who participated by their donations. Together, you bought a ticket or two, you sponsored, you purchased a raffle ticket, you attended, you donated a auction item, you donated your precious time. If you were not able to participate last year we look forward to your participation this year!

This years' FEAST will be held on Saturday night, February 24, 2018. That's right! A Saturday night, after sundown. So if you didn't think this party could get any more fun – think again! Our venue will once again be the beautiful and unique, Antiquite Maison Privee in Midtown. And yes, there is actually parking.

What is unique about MOVEABLE FEAST? It's a fun party, with great food, a fabulous atmosphere, great music, fun theme, hosted bar, and best of all the chance to relax and actually have conversation with friends, new and old while raising much needed funds for our Synagogue.

So save the date: FEBRUARY 24, 2018!

CBS Desktop

Marlo Dewing
Administrator



Mark your
calendars!



Symone Stephens
Office Manager

November

Friday 11/3 Dinner Shabbat
Saturday 10/4 Life & Legacy Cocktail Party
Saturday 10/4 RSVP Concert
Friday 11/10 BSTY Apple Hill
Sunday 11/5 Purimspiel Auditions
Sunday 11/19 Purimspiel Auditions
Thursday 11/24 Thanksgiving, Office Closed
Friday 11/25 CBS Office Closed

December

Friday 12/15 Chanukah service & dinner
Friday 12/22 BSTY Latkin
12/24-12/31 Family Promise
Monday 12/25 Office Closed

January

Monday 1/1 Office Closed
Sunday 1/7 BSTY Ice Skating
Monday 1/15 Office Closed
Sunday 1/28 Tu B'Shvat Brunch Seder

February

Friday 2/2 Dinner Shabbat
Sunday 2/4 BSTY Escape Room
Friday 2/16 Life & Legacy dinner
Sunday 2/18 Mah Jongg
Saturday 2/24 A Moveable Feast CBS Gala
Wed. 2/28 Purim Megillah reading and Purimspiel

March

Friday 3/2 Dinner Shabbat
Sunday 3/4 Purim Carnival & Spiel performance
At Kehillah, MLC campus
Saturday 3/31 CBS Community Passover Seder

April

Tuesday 4/3 Into the Night Seder
Saturday 4/7 Break The Fast hosted by BSTY
Sunday 4/15 Community Yom HaShoah

May

Friday 5/4 Dinner Shabbat
Thursday 5/10 Wine & Cheese Congregational Meeting
Friday 5/18 Confirmation
Monday 5/28 Office Closed

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.



**Come for the Learning
Stay for the Community**

Registration is Now Open

Ethics of Jewish Living, w/ Rabbi Ricki Lobel
Crossroads of Jewish History, w/ Leslie Kuperstien
Jewish Denominations, w/ Rabbi Reuven Taff
Jewish Mysticism, w/ Rabbi Shula Calmann

Contact Sara Kahn Shapiro at:
director@meltonsacramento.org
916-488-6397

More Information and Registration at:
www.meltonsacramento.org

Library

Marcy Dobrow, Ed.D.

Hello Book Lovers,

Our library is ever-expanding. Please come in and take a look at all the wonderful treasures that have been added to our shelves. Everyone can find something that will be of interest.

Our November library theme will be gratefulness and thanksgiving. On November 3rd, I will be available to check out books just prior to the family service in front of the sanctuary. I will also be available in our library during Wednesday religious school 4:00 – 5:30 on November 1st, 8th, and 29th. Please call the office (485-4478) and leave Marcy Dobrow a message if you would like to come in to the library at any other time. We'll set a time at your convenience. Children are welcome! We can agree to meet in the library here at CBS, or we could work something else out if you're house-bound.

Many thanks to **Katherine Henderson** for her recent donation of a book to add to our growing library. If anyone donates books and leaves them on the library table please put a name on them so we can acknowledge and thank you. Recently, we've had some books dropped off without names. If that's you...thank you!

I am happy to say that I will be presenting three families for membership this coming month! After Yom Kippur, Bob and I went on a long postponed trip to Ashland and Boise to see plays and to visit his family, after which we returned with his mother for a 10 day visit. Needless to say, I have many tasks ahead, but one of the best will be getting to know the new applicants and other prospective members. Many people have expressed their desire to join our temple family. So I will be busy this month. Wishing you all a beautiful fall!

Membership

Holly Ilfeld, VP



Would you like to participate on the bimah?

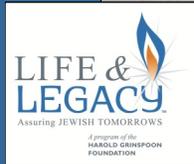
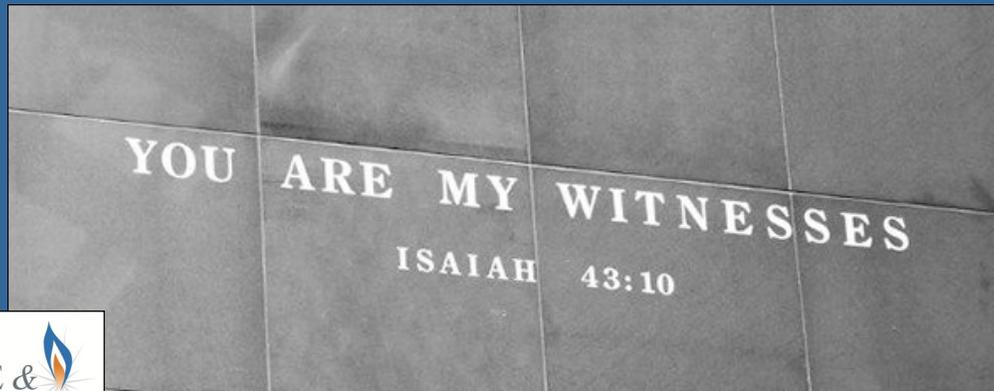
If you are observing a yahrzeit, anniversary, birthday or just wish to be part of the Friday night service by performing any of the following tasks, please contact office@cbshalom.org.

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.



HOW WILL YOU ASSURE JEWISH TOMORROWS?

There was something that we all noticed in Charlottesville: The people who came there to incite violence — they didn't wear their hoods.

Did they? No, they marched out in the open in Virginia and chanted that they wouldn't be replaced by Jews. They told David Duke to go ahead and speak for the media on their behalf. They shouted racial epithets.

Unmasked, the bigots of the alt-right and the small-minded people who look up to them offered nothing but filth and vile into our national discourse.

As a Jew, as a rabbi and leader in the Jewish community, I spoke earlier this week alongside leaders of all faiths and cultures to say what I've known my whole life, and that is: Whether you are hooded or not, we know exactly who you are.

You are nothing but Nazis and bigots.

You can believe hateful things. You can speak hateful messages. But we know that the America you claim to want again is beyond your grasp. You can't have this country back, and it was never really yours to begin with.

Today, there is such a fearful climate, as, justifiably, many of our people wonder whether society believes their lives matter. Jews are concerned with the rise in anti-Semitism, just as people of color are concerned for their safety and well-being and, with systemic and endemic racism in so many institutions. Immigrants are being targeted for hostility and rage. And school children, kids in my own synagogue, have been receiving disturbing messages in their schools and via technology through their phones, meant to humiliate and shame them for their faith and culture.

My grandmother, who survived the Holocaust, has one word she repeats every time someone mentions the losses sustained in her family, of nearly every relative and friend. She says the word over and over again when you ask her about hate growing unchecked in the nation where she grew up. The word is nothing but a name of a dead man with a gutter ideology.

The name is Hitler. Hitler, she says, took my family. Hitler, she says, took my country. Hitler. Hitler. Hitler.

Friends, I ask you: Will you let Hitler's ugly ideas define America's greatness and virtue? Will you let Hitler be victorious again by letting the alt-right target Jews, LGBT citizens, Muslims, African Americans, and whomever it is that they wish to identify as undesirable tomorrow?

If you won't stand for Hitler's legacy to rise again, then I ask you: When hate is screeched from the airwaves, you must stand on higher mountains and call out words of love and affirmation! When individuals are suffering or enduring humiliation, I ask you to call out for a remedy, speak out for a solution, and stand up and speak up honestly for those who have no voice.

Y'hi ratzon Milfnecha, may it be your will, O God, that the death and injuries caused by human terror such as we saw on Saturday, do not go unanswered. May it be your will that Hitler never wins and that indifference does not let us walk away from this ugliness. And finally, may it be your will, O God, that unity arise in our nation, in our town, in our homes. Amen.

To create your Jewish Legacy contact Jana Uslan, President jfieldsuslan@gmail.com , call the CBS office at 916.485.4478 **or simply fill out the form on reverse and return to CBS.**



CONGREGATION BETH SHALOM

4746 EL CAMINO AVENUE
CARMICHAEL, CA 95608
916.485.4478

WWW.CBSHALOM.ORG
OFFICE@CBSHALOM.ORG

In the tradition of our Jewish faith, I wish to share my blessings by declaring my intent to provide for the needs of future generations.

It is with deep satisfaction that:

- I have made a provision to make a Legacy Gift.
- I intend to make a provision during the next _____ months

With a Legacy Gift established through a:

- Bequest in my Will or Trust Undecided
- Life Insurance Policy Other _____
- Remainder of Retirement Plan

I wish to support the following Sacramento area institutions (check all that apply):

- Albert Einstein Residence Center Congregation B'nai Israel Mosaic Law Congregation
- Chabad of Roseville Hillel at Davis and Sacramento Shalom School
- Chabad of Sacramento Home of Peace Temple Or Rishon
- Congregation Bet Haverim Jewish Federation of the Other _____
- Congregation Beth Shalom Sacramento Region

Name(s): _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

To encourage others to commit to the future we occasionally list names in our marketing materials.

- Yes, use the following name in marketing materials _____
- No, I prefer to remain anonymous

I understand that this letter of intent is not a legal obligation and may be changed at my discretion at any time.

X _____
Signed _____ Date _____

X _____
Signed _____ Date _____



Please deliver completed Letters to:
Jewish Community Foundation of the West
PO Box 660663 • Sacramento, CA 95866

For more information, please visit our website at www.JCFWest.org or call 916-441-1613

THANKSGIVING FOOD DRIVE

Showing our thankfulness by feeding
those in need in our community

Your food donations are
more important than ever
this Thanksgiving.

The Sierra Arden
Neighborhood Food Closet
is depending on us!

- ⇒ Frozen Turkeys
- ⇒ Canned Green Beans
- ⇒ Canned Cranberry Sauce
- ⇒ Stuffing Mix
- ⇒ Frozen Pies

**Bring turkeys and trimmings
NOW through November 22:**

- during CBS Office Hours of 9:00 am—3:00 pm M—F
- Wednesday evening Kehillah drop off/pick up
- before Friday night Shabbat Services

Congregation Beth Shalom 4746 El Camino Ave, Carmichael

L&L COCKTAILS & CONCERT



HONORING YOU,
OUR LIFE & LEGACY
PARTICIPANTS

Saturday, November 4

6:00 p.m.

At Congregation Beth Shalom

* *Food catered by Vicki Forrester*

* *Open Bar—serve yourself!*

* *Delicious Desserts*

Followed by 7:30 pm optional choral concert featuring the **Reconciliation Singers Voices of Peace** (RSVP), benefiting **Shoes4Sacramento**. Admission free, donations accepted.

Please RSVP to Jana Uslan at jfieldsuslan@gmail.com



**CBS at Jewish Community Night
at the Sacramento Theatre Company**

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.

LET'S EAT, DRINK AND
**GIVE
THANKS**

JOIN US FOR A YOUTH INTERFAITH
POTLUCK FRIENDSGIVING DINNER
AGES 13+

NOVEMBER 11, 2017 4-7PM
SALAM COMMUNITY CENTER
4545 COLLEGE OAK DR, SACRAMENTO, CA
95841

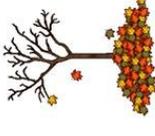
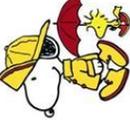
*Please RSVP as soon as 11/5 to (916) 796-3060
Don't hesitate to email us @salamylc@gmail.com with any
questions.
We ask that the food is halal and kosher in respect for
other guests.*

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

For more information contact
Lisa Bertaccini at
lisabertaccini@gmail.com
or (916) 715-4988.



November 2017 - 5778 Cheshvan/ Kislev

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 5 Kehillah @ MLC 9:30 am-12:30 pm Adult Education 9:30 am-11:30 am Purispeil Auditions 1:45 pm	 6 Kehillah @ MLC 9:30 am-12:30 pm Adult Education 9:30 am-11:30 am Purispeil Auditions 1:45 pm	 7 Jewish Meditation 1:30 pm-2:45 pm Kehillah @ CBS 4:30 pm-6:30 pm Midrascha @ MLC 6:30 pm-8:00 pm	 8 Jewish Meditation 1:30 pm-2:45 pm Kehillah @ CBS 4:30 pm-6:30 pm Midrascha @ MLC 6:30 pm-8:00 pm	 9 Jewish Meditation 1:30 pm-2:45 pm Kehillah @ CBS 4:30 pm-6:30 pm Midrascha @ MLC 6:30 pm-8:00 pm	 10 Shabbat Service w/ Special Guest Speaker Brenda Baskerville 7:30 pm	 11 Torah Study 9:00 am
 12 Kehillah @ MLC 9:00 am-12:30 pm Adult Education 9:30 am-11:30 am	 13 Kehillah @ MLC 9:00 am-12:30 pm Adult Education 9:30 am-11:30 am	 14 Jewish Meditation 1:30 pm-2:45 pm Kehillah @ CBS 4:30 pm-6:30 pm	 15 Jewish Meditation 1:30 pm-2:45 pm Kehillah @ CBS 4:30 pm-6:30 pm	 16 Shabbat with a Beat! 7:30 pm	 17 Shabbat with a Beat! 7:30 pm	 18 Torah Study 9:00 am
 19 Adult Education 9:30 am-11:30 am Purispeil Auditions 1:45 pm	 20 Adult Education 9:30 am-11:30 am Purispeil Auditions 1:45 pm	 21 Interfaith Thanksgiving Service @ SALAM Center 7:00 pm-9:00 pm RSVP to SALAM	 22 Jewish Meditation 1:30 pm-2:45 pm	 23 CBS Office Closed Thanksgiving	 24 CBS Office Closed Shabbat Service 7:30 pm	 25 Torah Study 9:00 am
 26 Adult Education 9:30 am-11:30 am	 27 Jewish Meditation 1:30 pm-2:45 pm Kehillah @ CBS 4:30 pm-6:30 pm Midrascha @ MLC 6:30 pm-8:00 pm	 28 Jewish Meditation 1:30 pm-2:45 pm Kehillah @ CBS 4:30 pm-6:30 pm Midrascha @ MLC 6:30 pm-8:00 pm	 29 Jewish Meditation 1:30 pm-2:45 pm Kehillah @ CBS 4:30 pm-6:30 pm Midrascha @ MLC 6:30 pm-8:00 pm	 30 CBS Gift Shop will be open on Wednesdays 4:30-6:30 pm, when Kehillah is scheduled	 CBS Gift Shop Friday Hours: First Friday: 5:00 pm- 5:45 pm Second, Third, Fourth, and Fifth Friday: 6:30 pm- 7:15 pm	

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 Iffeld

Lydia Inghram

Linda ER Jones

Margaret Kane & Rick Frey

Neil & Fanny Levy

Judy Lewis

Steve Lewis

Dave & Roberta Malkin

Arika Mills

Jonathan Mills

Dean Mirtle

Deborah Nelson

Scott Parrish

Jean Rubin

Tivon Schardl

Andrea Segal

Ron & Miriam Simon

Deon Stein

Jana & Brian Uslan

Rabbi Nancy Wechsler

Sheila Wolfe & Chris Drouin

Wendy Wilson, Ph.D.

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 November Birthday

Spencer Cohen	Joan Gusinow	Chris Drouin
Mauria Hirning	Joshua Klapow	
Myra Hess	Elena Frey	
Jennifer Davidson	Mark Noel	
Jeffrey Glenn	Ben Vechter	
Davis Westover	Monique Cohen	
Mark Leibenhaut	Daniel Jeffrey	
Gabrielle Ruxin	Peter Bedell	
Robyn Salter	Margaret Kane	
Jenny Berg	Fifi Paykel	
Dinyah Rein	Jana Uslan	
Steve Jeffrey	Estelle Tansey	
Matthew Porter	Phyllis Jacobs	
Matthew Spilberg	Patricia Meyers	
Miri Leaderman-Bray	Mark Kagan	
Zachary Lewin	Casey Robbins	

Happy November Anniversary

Jason & Danielle Korotkin
Michael & Marisa Alcalay
Meryl Shader & Paul Seave
Marjorie & Albert Blum
William "John" & Laura Lawrence

October Tributes

To the Rabbi Discretionary Fund

- ◆ From Gladys Codron, in memory of her husband. Jim Codron.

To the General Fund

- ◆ From Phil and Alison Braverman, in honor of the Birch family, and Katie Braverman.
- ◆ From Lisa Silverman.
- ◆ From Michael and Linda Katz.

To the Youth Group Fund

- ◆ From Al and Fifi Paykel, in memory of David Paykel.

Thank you to Margaret Kane and Rick Frey, Marty Berbach and Julie Horenstein, Jana and Brian Uslan, Deon and Liz Stein, Jeff Swatt and Robin Taylor, Rabbi Nancy Wechsler, Jeanne and Eddie Appell, Jessica and Joel Birch for their contributions towards the Interfaith Sukkot dinner, and for all of their hard work towards putting this wonderful event together.



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

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.



November Yahrzeits

Meyer Actor	Judy Madieros
Sally Alcalay	David Malkin
Samuel Azen	Joseph Mandez
Esther Babitz	Morris (Moe) Marcus
Lorraine M. Babitz	Leon Markman
Louise Baer	Myra Cohn Merrill
Rose Baily	Peter Meyer
Irena V. Baum	Minnie Mille
Pearl Berman	
Melvin J. Bloom	
Stephen R. Blue	
Kay Cohn	
Robert Duncan	
Ruth Dushkin	
Abba Eban	
Sam Edelstein	
Sophia A. Eisner	
Jessie Fabish	
Lillian Finkle	
Morris Fried	
Judy Gen-Koung	
Ivan Gennis	
Milton Gennis	
Celia W. Goldstine	
Isidore Gomberg	
Jennie Green	
Ethel Greenstein	
Goldie Kurtz Hayes	
Jeffrey Hess	
Aron Hirschhorn	
Jack Hyman	
Janet Jacobs	
Esther Anna Kalloff	
Connie Kessler	
Doris Kirchheim	
Esther Labovitz	
Emanuel Lewis	
Milton Lewis	
Maurice Lipp	
Sarah Lord	

Parashot

Candle Lighting

Friday, November 3/ 16 Cheshvan	5:45 PM
Vayera	
Genesis 18:1-22-24	
Haftarah I Kings 4:1-37	
Friday, November 10/ 22 Cheshvan	4:38 PM
Chayei Sarah	
Genesis 23:1-25:18	
Haftarah: I Kings 1:1-31	
Friday, November 17/ 29 Cheshvan	4:33 PM
Toldot	
Genesis 25:19-28:9	
Maftir: Chodesh	
Haftarah: I Samuel 20:18-42	
Friday, November 24/ 7 Kislev	4:29 PM
Vayetze	
Genesis 28:10-32:3	
Haftarah: Hosea 12:13-14:10	



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.crossfitlococho.com

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

Open 7 Days a Week
Mon-Sat: 10am-9pm
Sunday: 9am-5pm
(916) 488-8920



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
 - ⇒ Breakfast cereal
 - ⇒ Tuna
 - ⇒ Soy milk
 - ⇒ Canned fruits and vegetables
 - ⇒ Peanut Butter
 - ⇒ Crackers
 - ⇒ 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 I Button 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

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