

Chai Lights

The Newsletter of Congregation Beth Shalom



בראשית

א בראשית ברא אלהים את השמים ואת הארץ: והארץ א
היתה תהו ובהו וחשך על־פני תהום ורוח אלהים מרחפת
על־פני המים: ויאמר אלהים יהי־אור ויהי־אור: וירא אלהים
את־האור כי־טוב ויבדל אלהים בין האור ובין החשך: ויקרא
אלהים לאור יום ולחשך קרא לילה ויהי־ערב ויהי־בקר יום
אחד:

ו ויאמר אלהים יהי רקיע בתוך המים ויהי מבדיל בין מים
למים: ויעש אלהים את־הרקיע ויבדל בין המים אשר
מתחת לרקיע
אלהים לרקיע

SIMCHAT TORAH

Friday, October 13

Board of Directors 2016–2017

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VP Education

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Jennifer Reason

Congregation Beth Shalom

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Carmichael CA 95608

(916)485-4478

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From the Rabbi's Desk



Sukkot: Holiday of Generosity and Happiness Wednesday October 4th through Friday, October 13

We've all been told that it is better to give than to receive, and science proves that this is true. According to a neurological study published in Nature Communications, acts of generosity change the activity in people's brains in ways that increase feelings of happiness, even if the generous act is small or only imagined.

Scientists at the University of Zurich began recruiting 50 men and women by asking them to complete questionnaires about their current mood. Each was then given \$25.00 a week for the next month. Half of the 50 were asked to spend it on themselves and half were instructed to choose a new recipient each week on whom to spend the money. In other words, half were told to gift only themselves and half were told to be generous toward others. When the months were over, the researchers found that those who were asked to give away money reported feeling significantly happier than those who were asked to spend it only on themselves.

Generosity and happiness go hand in hand.

Sukkot is a weeklong holiday of ingathering harvest and generosity. It is called Z'man Simchateinu, our Season of Happiness. The rabbis believed that through the intentional praying and concentration on T'shuva during Rosh Hashana and Yom Kippur, our purification buoys us toward great joy. By sharing what we have with others, this holiday becomes a week of a light heart.

Join us for this happy holiday season beginning Wednesday, October 4th at 6:00 in our Sukkah, bring a dairy dish to share; October 8th a fabulous concert of Rick Recht, a fundraiser for our Kehillah religious school at the Center; then complete the Sukkot holiday with Simchat Torah on Friday, October 13th 5:30 Oneg followed by exultant celebration of Torah.

Just to keep the sweetness a bit longer, for those of you with pets, consider bringing them to our Blessing of the Animals for start of our Torah cycle, on Saturday, October 14th at 9:00 a.m.

This year as we rejoice in our Sukkot beneath the stars, may the Holy One continue to bless us all — and may we continue to find happiness is giving to others.

With blessings,

Rabbi Nancy Wechsler

Shana Tova! – It has been so good to see all of you during our High Holy Day services. My favorite part of the High Holidays is having the chance to see so many of you that we don't see so often, all here, together, in our religious home. It is the chance to hug and catch up, to come together as a family, bring in the New Year together, and think about the past year.

First, I'd like to thank everyone who helped with our Fantastic Food Faire. Many thanks to all of our volunteers; this is an undertaking that cannot happen without each and every one of you. A special thank you to **Shelley Spilberg** and **Lydia Inghram** for your incredible leadership.

For those who haven't been to CBS in a while, *welcome home!* For those new to Beth Shalom, *welcome to your new home!* Our home is your home.

During Rosh Hashanah, you heard from Religious Practices Vice President **Tivon Schardl** about our need for new prayer books, and from CBS Vice President **Debby Nelson** about volunteering, and now you get to hear more from me.

I need to let you in on a little secret; our home here at CBS has a few needs just like the home you live in. Thank goodness we have **Marty Berbach**, our VP of Facilities, he works so hard keeping our home in great shape. But there are some things that are just bigger than he is, like our roof.

We actually have two roofs, one is flat and one is an A-frame. The flat roof is over the kitchen and part of the Sanctuary, and will be replaced sometime this year thanks to beloved congregants of past, **John Bos** and **Jeanne Sanders**, may their memories be for a blessing. The cost of the flat roof is covered by the bequest they generously left to Congregation Beth Shalom.

Unfortunately we do not have enough to cover the A-frame roof. Think about what your own home roof costs to replace, and triple that — that's about what our religious home roof will cost.

You've also probably noticed some changes to the front gate. After a few events and some discussion we decided we needed a higher level of security between our front door and uninvited visitors. We will soon have a buzzer system that begins at the gate instead of the front door.

Here's where we need your help. You received a green card in your High Holy Day packet and we have more available at CBS. Please fill it out and send it back to us. **Every one of those cards will help us raise our roof, replace worn prayer books, increase security, and help keep our building in tip-top shape.** Please be as generous as you can be—the roof cannot be replaced without adequate funds to do so!

There is also a box on the card you can check about supporting the next generation, just like John Bos and Jeanne Sanders did for us, through our Life and Legacy Program. There is a Letter of Intent and accompanying story in this issue. Read it and give me a call. Fifty-seven of the people sitting in our Sanctuary on Rosh Hashanah have committed to giving a gift like John and Jeanne, to keeping Congregation Beth Shalom going after they are gone. I applaud and thank them all.

Lastly, I want to thank you everyone for filling our Sanctuary this holiday season. Please feel free to come more often! We are here every Friday night! And remember, the first Friday starting in November, our fabulous CBS Team of Chefs is in the kitchen preparing a delicious dinner for after our early 6:00pm service (please RSVP).

Shana Tova, Brian and I wish you all a Good and Sweet New Year.

President Jana Uslan



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 Gift Shop is now on summer hours and will be open by appointment only. If you need anything please contact Wendy Wilson (489-3767) or Carry Cohn (334-5341) and they will be happy to open the shop at your convenience.

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Issue: October 2017

RICK RECHT

a Religious School Fundraiser

presented by:

Kehillah: An Educational Partnership between
Congregations Beth Shalom and Mosaic Law

10.08.17
7:00PM

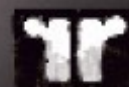
Ticket Prices:

\$12/person, \$40/family*

(*up to 5 people)

Children under 3, free

<https://secure.acceptiva.com/?cst=45afc0>



rickrecht.com • facebook.com/rickrechtworld



The Center At Twenty-Three Hundred
2300 Sierra Blvd
Sacramento, CA 95825

for more information, email
Irit Winston: iwinston@mosaiclaw.org



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

Thank You All – Our Hard Work & Great Team Work Paid off! Our 40th 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 40 years later, we are delighted to say that the 2017 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! We don't have the final figures in yet, but we did even better than last year, which itself was a banner year. And we had such FUN doing it all!

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

Activities and Entertainment: Sheila Wolfe

Bagels: Natalie Duke

Bake Shop: Liz Stein and Shelley Smith

Beverages: Ron & Miriam Simon

Blood Source: Linda Jones

Books: Mark Nitta

Breakfast: Naomi & John Rice

Building, Grounds, Set-up: Marty Berbach

Finance: Phil Spilberg, Jenny Jeffrey, Joel Birch

Chilled/Frozen Foods: Mauria & Dennis Hirning

Credit Cards: Penni Blumberg

Craft Vendors: Wendy Wilson

Food Vendors: Lydia Ingram

Gift Shop: Carry Cohn

Judaica Donations: Jessica Birch

Kitchen: Jana & Brian Uslan and Matt Kurtz

Layout: Jennie Nitta

Office: Marlo Dewing & Symone Stephens

Pre-Orders: Katie Braverman

Publicity: Susan Solarz & Jami Goldstene

Signage: Debby Nelson

Training Video Production: Michael Alcalay

Volunteers: Marcy Merrill

Website: Eddie Appell

And to everyone who helped make the 40th Food Faire THE BEST EVER by baking at home, at parties, cooking in the kitchen, serving on committees, setting up on Saturday and working on Sunday—THANK YOU!!

For all of the hours that you worked, for your great enthusiasm and helpfulness to our visitors, 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!

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 while providing Audacious Hospitality.

See you all next year at the 41st Jewish Food Faire!

With love and appreciation,

Lydia & Shelley

Food Faire Co-Chairs



**Don't forget
your
HHD Pledge!**

Wed., Oct. 4

EREV SUKKOT

5:30 pm Dairy potluck dinner in the Sukkah

6:30 pm Sukkot Service

Friday, Oct. 13

SIMCHAT TORAH

5:30 pm Hearty Oneg

6:00 pm Consecration & Welcoming of next year's B'nai Mitzvah students

**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



**Wednesday
October 4
5:30 pm**

**Join your CBS Family
for a
Dairy Potluck Dinner**

**Followed by a Family Service
in the Sukkah**

If your last name begins with:

- ⇒ **A - L:** Bring an entree
- ⇒ **M - R:** Bring a side dish
- ⇒ **S - Z:** Bring Dessert

All dairy or vegetarian, please!

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**Congregation Beth Shalom
invites you to
SIMCHAT TORAH**

**Friday, October 13
5:30 p.m.—Hearty Oneg
6:00 p.m.— Service**

- ♦ Consecration & welcome to our newest
Kehillah Religious School students.
- ♦ Special blessings for upcoming B'nai Mitzvah
students

For more information
please contact
485-4478 or email
office@cbsshalom.org

Walk with the Rabbi



Grab a cup of coffee to go and walk down the street and
along the American River for a lovely Sunday morning.



**Sunday, October 15
9:30 am at Bella Bru**

5038 Fair Oaks Blvd.
Next to 24 Hr. Fitness

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.

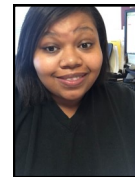
So save the date: FEBRUARY 24, 2018!

CBS Desktop

Marlo Dewing
Administrator



Mark your
calendars!



Symone Stephens
Office Manager

October

Sunday 10/8 First Sunday of Adult Ed
Kehillah fundraiser Rick Recht concert
Friday 10/13 Simchat Torah
Saturday 10/14 Shabbat morning Blessing of the Animals
Sunday 10/15 Local Hike and Walk with the Rabbi
Wed. 10/18 Midrasha First Night
Saturday 10/21 Peter Nelson Bar Mitzvah
Saturday 10/28 BSTY event at CBI
Sunday 10/29 TICVA event

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 11/12 Purimspiel Auditions
Tuesday 11/14 Purimspiel Auditions
Thursday 11/24 Thanksgiving
Friday 11/25 CBS Office Closed

December

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

January

Sunday 1/7 BSTY Ice Skating
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
Sunday 2/25 Kehillah Purim Carnival at MLC
Wed. 2/28 Purim Megillah reading and Purimspiel

March

Friday 3/2 Dinner Shabbat
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

Membership

Holly Ilfeld, VP



Our membership and leadership definitely shined during the Food Faire and High Holy Days services! I find that the Food Faire is not only hard work but so much fun. People develop or renew friendships. The preparation for High Holy Days class lead by Lisa Bertaccini helps me dig deeper so that I

can experience our wonderful services with more spiritual intent. I feel so lucky to be a member of this Synagogue.

I am thrilled to welcome the **Zwern** family to our temple family. **Kathy, Arthur**, and their 2 children **Ariana**, (16) and **Jayden** (14). Previously members of Temple Emanu-El in San Jose, they chose to join our Synagogue when they relocated to Fair Oaks. Ariana had already been active in BSTY since last year! And, I have 2 other completed new applications, and 2 more almost completed. Thank you all for your energy, and the spirit that exudes from our members.

Shana Tova!

Hello Book Lovers,

Our library theme coming up will be SUKKOT. On October 6th, 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 the Wednesday religious school's first hour.

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 **Rabbi David Silverman** for his recent donation of many books to add to our growing library. Many thanks to **Michael Halfon** for his long-ago donation of many books. Thanks also go to **Debbie Gould** for her addition of six children's and one adult book. And last but not least, **Carry Cohn** also donated nine books. One of these is the New Jewish Encyclopedia that would prove to be very useful for anyone with questions.

If anyone donates books and leaves them on the library table please put a name on them so we can acknowledge and thank you.

If you have not been acknowledged for a past donation and wish to be, please leave me a message at the above phone number and I'll be sure to include you.

Library

Marcy Dobrow, Ed.D.



**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

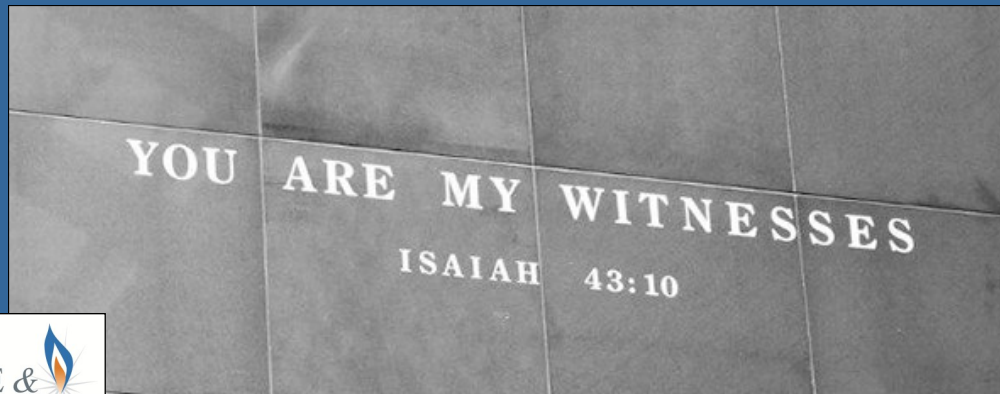
More Information and Registration at:
www.meltonsacramento.org

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.



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):

- | | | |
|---|---|--|
| <input type="checkbox"/> Albert Einstein Residence Center | <input type="checkbox"/> Congregation B'nai Israel | <input type="checkbox"/> Mosaic Law Congregation |
| <input type="checkbox"/> Chabad of Roseville | <input type="checkbox"/> Hillel at Davis and Sacramento | <input type="checkbox"/> Shalom School |
| <input type="checkbox"/> Chabad of Sacramento | <input type="checkbox"/> Home of Peace | <input type="checkbox"/> Temple Or Rishon |
| <input type="checkbox"/> Congregation Bet Haverim | <input type="checkbox"/> Jewish Federation of the | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> 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

Congregation Beth Shalom Adult Education Fall/Winter 2017

- ♦ **Everything is God: Judaism, Non-duality, and You ~ Rabbi Seth Castleman ~ Sundays , Oct. 29, Nov. 5, 12, 19, Dec. 3, 10 ~ 9:30 am** ~ Using parts of Jay Michaelson's book, Everything is God: The Radical Path of Non-Dual Judaism, Rabbi Castleman will teach non-duality and Jewish mysticism. The course will include text study, discussion, and practices, with Castleman providing students both an intellectual and an experiential understanding. This class will be taught at an intermediate to advanced level. No prior study is required, however, Rabbi Castleman recommends reading some pages of Michaelson's book to see if it resonates. The introduction can be read at: Everything is G-d: The Introduction. Fee: CBS Members \$100/ Non-members \$136
- ♦ **Discussion Group for Interfaith Couples ~ Rabbi Seth Castleman ~ Sundays , Oct. 29, Nov. 5, 12, 19, Dec. 3, 10 ~ 10:35 am** ~ While every relationship and family is unique, we can benefit from hearing the experiences of other couples as well as reflecting on-on-one with our partner. Above all else, we can cultivate acceptance and deepen appreciation in our relationship and our family. This discussion series will include teachings, group discussion, as well as work in dyads with your partner. Individuals and couples of all faith –or no faith– traditions are welcome to participate. NOTE: There is no agenda in this program of how you should be living, loving, raising kids, and/or practicing your faith(s). Fee: CBS Members \$150/ Non-members \$200
- ♦ **Visual Art & Design ~ Dan Bernick ~ Sundays, Oct. 8, 15, 22, 29, Nov. 12, 19, Dec. 3, 17 ~ 9:30 am** Students will compile a portfolio documenting their artwork and competency. Daniel J. Bernick has taught visual art for over 25 years to students in K-12 and college. He has a Bachelor of Fine Arts (Painting) Degree and a Master of Arts in Liberal Studies (Art & Literature) Degree, and is presently a professional artist working on a series of paintings influenced by the Torah as seen through a post-modern lens. Fee: CBS Members \$150/ Non-members \$200
- ♦ **Empty Nesters Support Group ~ Facilitated by Holly Ilfeld and Bob Bennett ~ Sundays , Oct. 15, 22, 29, Nov. 5, 12, 19, Dec. 3, 10 ~ 10:35 am** ~ Dr. Ilfeld and Dr. Bennett both have their Ph. D in Clinical Psychology and both are Empty Nesters. This group has the purpose of supporting people who are going through the same thing, so the group can support each other. It is NOT group psychotherapy. Fee: CBS Members \$100/ Non-members \$136
- ♦ **Transition Streets ~ Richard Lentz, Ed. D. ~ Sundays , Oct. 8, 15, 22, 29, Nov. 5, 12, 19, Dec. 3, 10 ~ 10:35 am** Transition Streets is a community-based project that helps individual households save energy and water, reduce waste, change how we eat and transport ourselves, and strengthen community. Participants meet for several sessions learning fun and easy ways to improve energy and water efficiency of their homes, saving money in the long run. Together, participants learn and support each other to practice sustainable habits. This course uses the Transition Streets Handbook along with internet-based resources and local organizations and agencies to help individuals move toward a lifestyle less dependent upon fossil fuel energy. This course will be facilitated by Richard Lentz, Ed.D. Richard grew up in the small rural town of Arroyo Grande, CA, attended UC Berkeley and University of Washington, and has lived and worked primarily in central and northern California. He retired three years ago after 41 years service in public education as teacher, principal and district administrator. Richard also is a member of 350 Sacramento (Please visit www.350sacramento.org), the local climate action organization sponsoring the Transition Streets program in Sacramento. Fee: \$36 for materials
- ♦ **Advanced Mussar ~ Rabbi Nancy Wechsler ~ Sundays, ongoing starting Oct. 22 ~ 8:00 am at Mosaic Law Congregation** ~ The Mussar Institute advances the study and practice of Mussar, a Jewish path of character development and spiritual growth leading to awareness, wisdom, and transformation. Through experiential online and in-person courses based on classic and contemporary sources, The Mussar Institute inspires individuals, organizations and communities around the world, regardless of affiliation, to align heart and mind with the highest ideals of the Jewish tradition. Fee: \$36 for materials
- ♦ **Adult B'nai Mitzvah ~ Rabbi Nancy Wechsler ~ Sundays beginning Oct. 8 (not on 10/15)~ 10:35 am** ~ Did you miss it when you were 13? Perhaps you became Bar/Bat mitzvah, but want to revisit it as an adult for a deeper meaning. Join Rabbi Wechsler and other like minded adults for this meaningful course of study. Information regarding full commitment and detailed calendar will be given on the first day of class. A minimum of six (6) students and Congregation Beth Shalom membership is required for the class. Fee: \$360.00
- ♦ **Beginning Hebrew ~ Carry Cohn ~ Sundays, Oct. 8, 15, 22, 29, Nov. 5, 12, 19, Dec. 3, 10, 17 ~ 9:30 am** Start with Aleph and enter the doorway of the Hebrew language. This class welcomes all beginners. Cost: \$100 (includes text) for CBS members/\$136 for non-members
- ♦ **Shabbat Morning Torah Study with Prayer ~ Rabbi Nancy Wechsler ~ Saturdays ongoing 9:00 am** ~ Each Saturday morning join CBS friends in the lively engagement of the weekly Torah portion. Vibrant conversation, joyful prayer, and refreshments create the Shabbat spirit. No Fee.

CONGREGATION BETH SHALOM

2017 FALL ADULT EDUCATION REGISTRATION FORM

Name : _____ Email Address: _____

Street Address, _____

City, Zip: _____

Phone Number: _____ Cell Number: _____

Course Title and Description	Dates/Time	Fee	Total
Everything is God: Judaism, Non-duality, & You Rabbi Seth Castleman	Sundays , Oct. 29, Nov. 5, 12, 19, Dec. 3, 10 ~ 9:30 am	CBS Members \$100/ Non-members \$136	
Discussion Group for Interfaith Couples Rabbi Seth Castleman	Sundays , Oct. 29, Nov. 5, 12, 19, Dec. 3, 10 ~ 10:35 am	CBS Members \$150/ Non-members \$200	
Visual Art & Design Dan Bernick	Sundays, Oct. 8, 15, 22, 29, Nov. 12, 19, Dec. 3, 17 ~ 9:30 am	CBS Members \$150/ Non-members \$200	
Empty Nesters Support Group Facilitated by Holly Ilfeld and Bob Bennett	Sundays , Oct. 15, 22, 29, Nov. 5, 12, 19, Dec. 3, 10 ~ 10:35 am	CBS Members \$100/ Non-members \$136	
Transition Streets Richard Lentz, Ed. D.	Sundays , Oct. 8, 15, 22, 29, Nov. 5, 12, 19, Dec. 3, 10 ~ 10:35 am	Fee: \$36 for materials	
Beginning Hebrew Carry Cohn	Sundays, Oct. 8, 15, 22, 29, Nov. 5, 12, 19, Dec. 3, 10, 17 ~ 9:30 am	Cost: \$100 (includes text) for CBS members/\$136 for non-members	
Intermediate Hebrew Carry Cohn	Sundays, Oct. 8, 15, 22, 29, Nov. 5, 12, 19, Dec. 3, 10, 17	Cost: \$100 (includes text) for CBS members/\$136 for	
Advanced Mussar Rabbi Nancy Wechsler	Sundays, ongoing beginning Oct. 22 at Mosaic Law Congregation	\$36 for materials	
Adult B'nai Mitzvah Rabbi Nancy Wechsler	Sundays beginning Oct. 8 ~ time TBD ~	\$360.00. Congregation Beth Shalom membership is required for the class.	

Payment Method: _____ Please _____ Check# _____ Visa, MC; a 4% fee will be added to all CC transactions




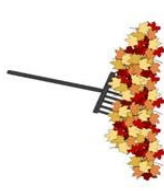








Credit Card _____ Circle: _____ Expiration (Month/Year) _____

Number: _____

Please call or email the Temple office with any questions. Please return completed form and payment to:

Congregation Beth Shalom
4746 El Camino Avenue ♦ Carmichael, CA 95608
(916) 485-4478 ♦ www.cbshalom.org ♦ office@cbshalom.org

October 2017 - 5778 Tishrei/Cheshvan

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 	3 	4 <i>Erev Sukkot</i> Dairy Potluck 5:30 pm Sukkot Service 6:30 pm	5 <i>Sukkot</i> No Jewish Meditation CBS Board Meeting 7:00 pm	6 <i>Sukkot</i> Sukkot Shabbat Service 5:30 pm pre-service 6:00 pm service	7 Torah Study 9:00 am
8 Adult Education 9:30 am-12:00 pm Brotherhood Meeting 10:00 am Rich Retz Concert: Kehillah Fundraiser 7:00 pm	9 	10 	11 	12 <i>Yizkor</i> No Jewish Meditation	13 <i>Simchat Torah</i> Hearty Oneg 5:30 pm Simchat Torah Shabbat Service 6:00 pm	14 Torah Study 9:00 am Blessing of the Animals Service 9:00 am
15 Kehillah @ MLC 9:00 am-12:30 pm Adult Education 9:30 am-12:00 pm Walk & Hike w/ the Rabbi 9:30 am-11:30 am	16 	17 	18 Kehillah @ CBS 4:30 pm-6:30 pm Midrasia @ MLC 6:30 pm-8:00 pm	19 Jewish Meditation 1:30 pm	20 Shabbat with a Beat! 7:30 pm	21 Torah Study 9:00 am Peter Nelson Mitzvah 10:00 am
22 Kehillah @ MLC 9:00 am-12:30 pm Adult Education 9:30 am-12:00 pm	23 	24 	25 Kehillah @ CBS 4:30 pm-6:30 pm	26 Jewish Meditation 1:30 pm	27 Shabbat Service 7:30 pm	28 Torah Study 9:00 am
29 Kehillah @ MLC 9:00 am-12:30 pm Adult Education 9:30 am-12:00 pm TICVA Movie Night @ CBS 1:00 pm-4:00 pm	30 	31 			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 Ifeld

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 Usan

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 October Birthday

Eliana Leaderman-Bray	Jeffrey Einhorn	Lisa Bertaccini
Robyn Asch	Mary Patt	Helen Biren
Michael Brandt	Sharyn Gardner	Brian Furlong
Hannah Nelson	Zoey Mills	Barbara Marquez
Catherine Orange	Danielle Korotkin	Cliff Berg
Charlie Carl	Clara Shader-Seave	Dale Gaskin
Doris Gray	Scott Parrish	Michael Aboulafia
Sue Miller	Gabriel Tillman	Brenda Baskerville
Edan Cohen	Shayna Tinker-Rein	Halen, Jonathan
Bob Rosenberg	Julie Polis	Jason Korotkin
Arlan Weiss	Sofia Varano	Martin Berbach
Marisa Alcalay	Nancy Latin	John Lawrence
Jamie Kneitel	Page Robbins	Jordan Noble
Alex Schonberg	Philip Spilberg	Shirley Rosenberg
Sarah Schutzengel	Oscar Kurtz	Sheila Sugarman
Mary Westover	Jacob Sullivan	

Happy October Anniversary

Steve & Judy Lewis
Vicky & Dean Mirtle
Howard Schwartz & Katrina Dolenga-Schwartz

September Tributes

To the Rabbi Discretionary Fund

- ♦ From Ann Marie Steinke
- ♦ From Patricia Meyers
- From David Leyton

To the Rosh Hashanah Luncheon

- ♦ From Katherine Henderson
- ♦ From the Kneitel family
- ♦ From the Lawrence Family
- ♦ We'd like to thank Judy Lewis, Joan Bories, Sheila Sugarman, Naomi Rice, Robyn Asch, and Dale Shaw for volunteering for the Rosh Hashanah Luncheon.

To the Oneg Fund

- ♦ From Alice Brenin
- ♦ Thank you to Tivon Schardl and the CBS Brotherhood for their donations toward our High Holiday bouquets, and for building the CBS Sukkah.
- ♦ Thank you to Renee Schoch for coordinating this year's Break the Fast.
- ♦ Thank you to all of our High Holiday volunteers.



***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.



October Yahrzeits

Abraham Alderson	Rose N. Lipp
Maury Allen	Nat Louis
Alfred Alperin	Alex Malkin
Diane Esther Babitz	Harold Mandell
Velvel Babitz	Gunter Meyer
Norman A. Bailly	Golda Meyers
Toni Bial	Ellen Nitta
Richard P. Blum	David Saul Paykel
Harold Buder	Clara Perper
Jim Codron	Carl Richard Rubin
William Cohen	Edward Satenstein
Clara Wagner Cohn	Isabel Silverstein
Murray Elliott Cohn	Anita Spivack
Nathan Davidow	Jane Sugarman
Irving ""Mike"" Dickstein	Bill Thornburg
Lawrence L. Dushkin	Albert William Vinduska
Helen Fischbach	Ben Warner
Bella Flank	Rebecca B Weinshenker
Daniel Flank	Julia Winkel
Harry Fleisfeder	N. Bryce Zarit
Henrietta Flower	Joseph Zeiss
William Frey	
Betty Friedman	
Alan Bernard Glass	
Dr. Marvin Gold	
Sophye Gold	
Jacob Hahn	
Helene Haller	
Dorothy Hill	
Mimi Hirschhorn	
Della Hochstad	
Linda Joseph	
Peter Kane	
David Kaplan	
Robert Karsh	
Ida Katz	
Arthur Korotkin	
Esther Landau	
Dorothy Leonard	
Oswald Leonard	

Parashot

Candle Lighting

Friday, October 6/ 16 Tishrei **6:22 PM**
Shabbat Hol Hamoed Sukkot

Friday, October 13/ 24 Tishrei **6:12 PM**
Simchat Torah
B'resheet
Genesis 1:1-6:8
Haftarah: Isaiah 42:5-43:10

Friday, October 20/ 30 Tishrei **6:02 PM**
Rosh Chodesh
Noach
Genesis 6:9-11:32
Maftir: Numbers 28:9-15
Haftarah: Isaiah 66:1-24

Friday, October 27/ 8 Cheshvan **5:53 PM**
Lech Lecha
Genesis 12:1-17:27
Haftarah: Isaiah 40:27-41:16



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

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