



Annual Rabbi Michael Robinson Memorial Lecture and *Tisch*

Friday, August 10, 6:15 PM

Join us at the August Rabbi's *Tisch* for special guest speaker Larry Robinson, who was a dear friend of Rabbi Michael Robinson and worked with him on many social action and human rights projects.

Larry Robinson is a potter, a poet and a long-time activist for social justice and the environment. Now retired from both politics and the practice of psychotherapy, he serves on the board of directors of the Center for Climate Protection and the board of trustees for Meridian University. He is the founder of Rumi's Caravan and dedicated to restoring the oral tradition of poetry.

\$18 suggested donation for the catered dinner; RSVP to the temple office: (707)578-5519 or denise@cstsr.org.



Community in Conversation Free Dinner

Thursday, August 16, 6:00 PM

"The only thing necessary for the triumph of evil is for good men to do nothing!"

If you are troubled by what is happening in America, don't miss this free community in conversation hosted by Rabbi George Gittleman and the Social Action Committee (SAC).

The SAC of Shomrei Torah has a long history of taking on challenges such as homelessness, immigration issues, prison reform, health care, LGBTQ rights and much more. With leadership from Rabbis Michael Robinson z'l, George Gittleman, and Stephanie Kramer, we have addressed social problems through advocacy, education, Elisha's pantry and other work with nonprofit community partners.

Many people in the Shomrei Torah community are shocked, appalled, and fearful because of recent conduct of the United States Government that they feel is not in accord with Jewish values. However you feel, this community gathering is for you. Please join fellow congregants and our rabbis for an evening of connection, communication, and information for our community's engagement on the issues of our time including concern over the mid-term elections. Your input is crucial.

We invite you to channel your feelings into action -- the proven antidote to hopelessness or resignation.

Free, but please RSVP to (707)578-5519 or denise@cstsr.org so that we can plan accordingly.

HIGH
HOLY
DAYS



Days of Awe

Soon, we will gather together in sacred community to usher in the New Year. In Hebrew, these days are called the *Yamim Noraim*, the Days of Awe. It is awesome when you think about it: all of us - old, young, married, single, gay, straight - a diverse group in many ways, joined together by our connection to Jewish heritage and our more universal longings for health, happiness and peace in the New Year.

High Holy Day services will be led by Rabbi George Gittleman, Rabbi Stephanie Kramer, Cantorial Soloist Erica Wisner and Cantorial Soloist Malcolm McElheney, with special musical accompaniment by the Congregational Choir.

This year all services will be in our home at 2600 Bennett Valley Road. We expect "a full house" which we hope will only deepen our communal experience. Parking is limited so please consider carpooling. Please remember Shomrei Torah's no-scent policy so that everyone can pray comfortably.

Check your mail soon for your High Holy Day packet. A schedule of services can be viewed at www.shomreitorah.org/high-holy-days.

Perfect Pairing: Wisdom & Wine

A delicious afternoon of Jewish learning,
Sonoma wines and gorgeous landscapes
Sunday, August 5, 2:00 PM - 4:00 PM

St. Francis Winery and Vineyard, 100 Pythian Road @Hwy 12

Led in perfect pairing by Rabbi George Gittleman and Reb Irwin Keller and sampling the wines of St. Francis Winery and Vineyards. This last gathering of "Perfect Pairing" asks the question that arises in our story of the Garden of Eden: *ayeka* – "Where Are You?" This is an ongoing question for every individual in every generation.

In the trajectory of your life, of who you want to be, how you want to be – where are you? Often the answer is "I don't know." Sometimes the answer is *hineini* – "I am here." We will look at a couple moments in Torah and pose this question to ourselves and each other.

Organized by Congregation Ner Shalom and the Jewish Concierge of Sonoma County. Supported in part by a grant from The Jewish Community Federation and Endowment Fund.

COST: \$35. Includes 3 wines, light cheese pairing, community and conversation.

Register here: shalomevents.ticketleap.com/perfect-pairing-ayeka/

For more information visit
jewishfed.org/news/events/perfect-pairing-wisdom-wine
or contact Carol Appel: (415)847-2992 or carola@sfcf.org.



STaRS Registration is Open!

Opening Day is Sunday, September 23, 9:00 AM

K-7th graders register now for the 2018-2019 school year! Registration will take less than 5 minutes per student. A deposit of \$200 per student is due at the time of registration. Scholarships available upon request. Register at www.cstsr.org.

KIDdish Registration is Open!

Opening Day is Sunday, September 26, 9:00 AM



KIDdish is an introduction to Religious School for all Pre-K children ages 2-5 years old. This is a preschool class where children can meet new friends and build budding Jewish relationships that can blossom for years to come.

During these classes, there will be hands-on art activities, spirited movement and music, playground time, a special visit from our animal friends and fun Jewish learning. A field trip will be held at Art & Soul Music School in Santa Rosa.

This program is open to the entire Jewish community.

\$180 for the entire program. Download the registration form at www.shomreitorah.org/community/kiddish.

Mindfulness Meditation

Led by Rabbi George on August 12 and 26; 4:00 PM
Led by Alissa Hirshfeld Flores on September 2; 4:00 PM

Mindfulness Meditation is the practice of cultivating our attention on the present moment; body sensations, mood, and the never ending stream of thought that flows through our minds. Through focused attention – meditation – we become more aware of what is true for us and the degree to which our thoughts, habits and life patterns serve our goals and higher aspirations. Are we happy? Are we living the life we want to live?

As we learn to see our truth more clearly, a path opens to living a fuller, happier, healthier life. Jewish Mindfulness adds the teachings of our tradition to compliment and deepen the experience. This course will include teaching, meditation instruction and periods of silence. No previous experience is necessary.

Free, but please RSVP to the temple office (707)578-5519 or denise@cstsr.org.





Connecting Shomrei Torah Women - Women's Interest Groups

Join Us August 19 at Shomrei Torah

Women in our congregation have expressed an interest in connecting with other CST women. In August, we are launching two interest-based groups to facilitate the process of getting to know one another. Based on your suggestions, additional exciting groups will be added starting in January.

Weekly Walking Group

Meet on Sunday, August 19, 10:00-11:30 a.m. at CST. Bring your calendar to plan future walking dates, times and locations. A ½ hour walk around the neighborhood for walkers of all levels will follow the discussion.

Monthly Movie And Discussion Group

Meet on Sunday, August 19, 10:30 a.m.-noon at CST to plan future meeting dates, times, and locations. Bring suggestions for movies (new, classic or in between) and your calendar.

Interested? Plan to join us on the 19th to learn more and get connected!

How to Grandparent Interfaith Families

Wednesday, August 29 at 12:00 PM, Lunch will be provided

How do you support Jewish life for your grandchildren? Congregation Shomrei Torah is pleased to welcome Rabbi Samantha Kahn, the director of Interfaith Families in the San Francisco Bay Area, where she is a rabbi of the people, connecting to multitudes in mixed heritage relationships and helping them explore Jewish life. Learn more about her at *RabbiKahn.com*.

FREE, but please RSVP to the temple office (707)578-5519 or denise@cstsr.org.



Workshop Series Hosted by IsraAID

Introductory Session:

Sunday, October 7, 5:00-7:00 PM

Topic: *Building Strength and Resilience*



During the October, 2017 wildfires, IsraAID, Israel's largest humanitarian relief organization, provided support for adults and children, assistance with Congregation Shomrei Torah's day camp program and supplies for families who lost their homes.

As we approach the one-year anniversary of these traumatic wildfires, IsraAID joins Congregation Shomrei Torah again to host a series of workshops designed to provide ongoing support and learning opportunities.

Workshops include lectures on various topics, instruction in stress-relief, coping/relaxation techniques and self-care and wellness. Workshops will meet twice a month, starting October 7.

All workshops are free, but please RSVP to the temple office: denise@cstsr.org or (707)578-5519.

Upcoming Workshop from 5:00-7:00 PM:

October 7: *Building Resilience & Strength*

October 21: *Parenting/Supporting Kids*

November 4: *Chi Quong*

November 18: *Music*

December 2: *Art for Families*

December 16: *Psycho-Drama*

Solidarity Shabbat

Friday, September 14, 6:15 PM

In lieu of the September Rabbi's *Tisch*, come for a free dinner and discussion with Rabbi George, Rabbi Stephanie and Cantorial Soloist Erica Wisner. The High Holy Days are complicated for many of us, especially with the anniversary of the wildfires quickly approaching. We need more than ever to come together to celebrate Shabbat and find comfort in community. The dinner is free but please RSVP to denise@cstsr.org or (707)578-5519 so we can order enough food.



Strength and Spirit: Celebrating Our Community

ONE YEAR AFTER THE FIRES

All are welcome to this free community-wide event.

SUNDAY, SEPTEMBER 23, 2018, 2:00 – 5:00 PM

At Congregation Shomrei Torah, 2600 Bennett Valley Rd., Santa Rosa

On this eve of Sukkot, please join us to commemorate the strength and spirit of our community. Lots of family fun for all ages!
Food, wine tasting, music, crafts, and more.

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In partnership with: Congregation Shomrei Torah, Congregation Beth Ami, Congregation Ner Shalom, Congregation Shir Shalom, B'nai Israel Jewish Center, Jewish Community Center Sonoma County, Jewish Community Federation, and Chabad Jewish Center of Sonoma County.

PRE-REGISTRATION IS ENCOURAGED AT
<https://strengthandspirit.eventbrite.com>

Questions? Call JFCS at 707-303-1500, or email sonoma@jfcs.org



Jewish Family and Children's Services
OF SAN FRANCISCO, THE PENINSULA, MARIN AND SONOMA COUNTIES

Habitat for Humanity *Sukkot* Volunteer Day

Saturday, September 29, offsite

Choose One Slot:

Morning 8:45AM-12:00PM

Afternoon: 1:00PM-4:00PM

CST members are invited to spend Shabbat “praying with our hands and feet.” Last year we learned just how temporary our permanent structures could be. This year we will come together as a community to help re-build for those in need.

Several activities are planned for all ages, abilities and interests. There will be three volunteer tracks: the construction team, the beautification team and the food team. Individuals and families of all ages and generations are welcome and encouraged to sign up for a 3-hour, morning or afternoon slot.

A delicious and nutritious lunch will be provided to all participants. Volunteers will also receive a commemorative T-shirt.

*Participate in a bigger cause
Know that your effort matters
Heal yourself through service to others
Improve our world through acts of
compassion and kindness*

Location: 2863 West Steele Lane at Comstock Park (directly across the street), Santa Rosa.

Free, but registration and RSVP required:
denise@cstsr.org or (707) 578-5519.

Simchat Torah Celebration and Lunch

Sunday, September 30, 2018

10:30 AM-1:30 PM

Come dance with the Torah at the holiest party of the year! This will be a *Simchat* Torah to remember with music, dancing, chanting Torah, and celebration as we end our Torah reading cycle and immediately begin all over again.

A free lunch will be provided after the celebration; please RSVP denise@cstsr.org or (707)578-5519.

Shomrei Torah Bagel Club starts its 21st Year of Cultural Enrichment

Sunday, October 7, 9:00 AM

James Nantell, Deputy Director of Sonoma County Regional Parks, will provide a show-and-tell about the tremendous resources the parks offer us.

Contact cstbagelmen@gmail.com to reserve your seat and gourmet breakfast for a modest \$7-10. All men and woman in the CST community are invited.

We are looking forward to November 4th, when we will hear from Rabbi Stephanie Kramer, who will talk about her summer at Camp Newman and studying at the Shalom Hartman Institute.



Diversity and Inclusivity Summit

Teens and parents of teens:
mark your calendars and
tell your friends about this
exciting 6-session course!

We are different and unique
in so many ways. No two
people are the same. And yet,
we are all supposed to be “equal.” How can that be?

Although we come from different backgrounds and identities, come from different places and even speak in many different languages, we all laugh, cry, rejoice, and grieve in the same language. We share so many questions and challenges that the world around us brings to teens and their families.

The Diversity and Inclusivity Summit is bringing teens and parents from all over Sonoma County together to learn how to make our communities a more welcoming place. Come listen and bring your questions. Let’s share our differences and our commonalities and see where we meet in the middle. Join for a deep dive into ways you can create the world you want to see.

Location: Congregation Shomrei Torah

Summit Dates and Topics (6:30 PM-8:30 PM):

October 15, 2018 | Introductions and Interfaith Families
November 26, 2018 | Recognizing Race and Incorporating Diversity
December 10, 2018 | Supporting Teens who are Trans
January 28, 2019 | LGBTQ Inclusion and Support
February 25, 2019 | Embracing Those with Chronic Illness or Disability
April 8, 2019 | Creating a Culture of Inclusion





Shomrei Torah Women's Retreat Friday-Sunday, October 26-28, 2018

Join us for our 11th Shomrei Torah Women's Retreat. The Women's Retreat only comes around every two years! Escape for the weekend and discover what some of us already know: Shomrei women are the heart and soul of the temple.

Location:

Westerbeke Ranch, 2300 Grove Street,
Sonoma, CA 95476.

Cost:

\$385 (all-inclusive), for scholarship
information contact Rabbi Stephanie,
rabbikramer@cstsr.org.

Download the registration form at
www.cstsr.org.

September Office Closures:

September 3 – Labor Day
September 10 – Closed at Noon
September 11 – *Rosh Hashanah*
September 18 – Closed at Noon
September 19 – *Yom Kippur*
September 24 – *Sukkot*

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SHORTY and Shushi

SHORTY ended the school year with a Sushi and *Shavuot* party. The teens dined on homemade sushi, played fun games and welcomed the 8th graders to the group. Additionally, they honored the graduating seniors. Board members, Nadav Wichmann and Bella Nadler, and SHORTY President, Sarah Abramson, were presented with mementos to look back fondly on their years in SHORTY. We wish them the best of luck on the next part of their journey and are looking forward to great things to come in the next year.

SHORTY is Shomrei Torah's Reform Temple Youth Group, part of the North American Federation of Temple Youth (NFTY), the Reform Jewish youth movement. We strive to provide meaningful and engaging youth experiences for teens and fosters leadership at the national, regional and congregational level.

SHORTY is open to all 9th-12th graders to enrich their connection to Judaism, socialize with fellow Jewish teens, attend local and regional events and enhance their leadership skills.

Contact Malcolm McElheney to get involved! youth@cstsr.org.

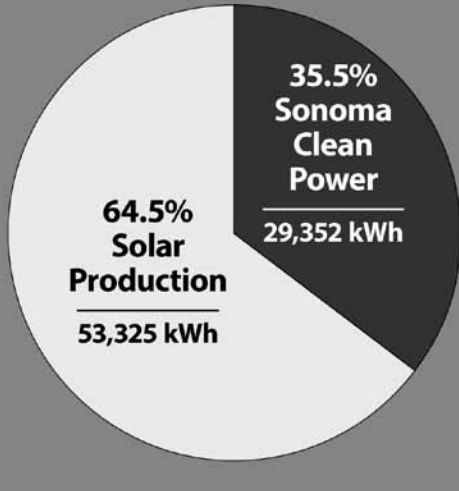
Men's Bagel Club Panel Cannabis Discussion



On Sunday, June 3rd, The Men's Bagel Club hosted an in-depth discussion of the promises and controversies of cannabis, now that it's legal in California. Panelists included moderator Jerry Newman, Jeff Hergenrather, MD, Yarrow Kubrin and Captain Alan Vernon of the Sonoma County Sheriff's office. We learned that nothing is simple in the cannabis world and, as the controversies continue, there are potential benefits to the new status of cannabis.

GREENING Our Synagogue

Solar electric production
and power purchasing for the
fiscal year, ending June 30, 2018



Greening our Synagogue

Solar production aids in meeting energy goals

Members of the Environmental Action Committee have been hard at work over the past year or so to reduce the overall energy consumption at CST. We are happy to report that our efforts have borne fruit. The most significant measure that we have undertaken is the conversion to LED lighting throughout the synagogue. This effort was accomplished with the help of volunteer members working alongside licensed electricians. Hundreds of bulbs and tubes have been replaced, resulting in the lowest annual energy consumption in our building since 2011. A share of this effort was paid for through a JUSTY grant.

Here at CST we have a mix of power available to us, with nearly 2/3 of our electricity coming from our leased solar generating system. To help sustain our output, the array of 104 panels has been cleaned twice in the past 12 months, both before and after the wildfires. Having clean panels accompanied by many sunny afternoons, our power production for the fiscal year ending June 30 was 53,325 kilowatt hours, which is an increase over the last fiscal year's output by more than 5%.



Jewish Teens Love CHAVERIM

Over the past 25 years, 600+ Jewish teens from many walks of Jewish life have enjoyed meeting every other week for a dinner and discussion, celebrating an opportunity in the middle of the week to see their friends from their *B'nai Mitzvah* cohorts.

Jewish teens from all over the county claim that *Chaverim* is an important and valued part of their busy schedules. If you have already registered for 2018-19, many thanks.

If not, or if you know any Jewish teen in Sonoma County who might be interested, go to the "Teen Tab" at jccsoco.org for registration and information. Questions? Contact Rick Concoff, Chaverim Director at (707) 477-9196.



Environmental Action Committee

Tip of the Month



"It is not what one says, but rather what one does, that makes a difference in the world." ~ Pirkei Avot, 1:17

In the month of *Elul*, we focus on *Heshbon Hanefesh*, an accounting of the soul. During this time of spiritual cleansing, we can also address environmental cleansing by using non-toxic cleaners in our homes. Not only is this healthier for us, but it is also far more economical.

For example, baking soda and salt — with a few drops of lavender oil for scent and tea tree oil as an astringent — will clean bathtubs and sinks beautifully. Even a common kitchen item like vinegar acts as an excellent disinfectant!

For more information:

<https://wellnessmama.com/6244/natural-cleaning/>
<https://keeperofthehome.org/homemade-all-natural-cleaning-recipes/>

High Holy Day Choir Rehearsals

This year's High Holy Day choir rehearsals, which began in late May, are in full swing. We are hard at work preparing the liturgy for *Rosh Hashanah* and *Yom Kippur*, including a few beautiful new pieces. We are having fun welcoming our many new choir members, those making their *t'shuvah* (return) to the choir and enjoying and appreciating the leadership of our stalwart members. Dippity do da!

If you have questions about the CST choir, email choir director Erica Wisner; ericaw@cstsr.org.

10th Annual Fourth of July Gathering

On July 4th, over 200 Congregation Shomrei Torah members and their guests enjoyed an evening of *schmoozing* and fireworks from our parking lot. Children had fun on the play structure, families enjoyed potluck desserts and pulled up their lawn chairs to enjoy the show - someone even brought a couch!



Elisha's Pantry needs your help!

Every Thursday, 4:00 to 5:30 PM

1717 Yulupa Ave., Santa Rosa

Twelve years ago, CST partnered with Christ Church United Methodist to open Elisha's Pantry. A few years later, we were joined by Bethlehem Lutheran Church. All three faith-based organizations send volunteers to work every Thursday, and we are in need of the following:

1. Volunteers to help distribute canned goods, fresh vegetables, fruit and other products — Thursdays starting at 3:00 PM and ending by 5:45 PM — volunteers are always shade and rain protected.
2. Volunteers to pick up donated fresh bread and desserts from Whole Foods in Bennett Valley and from Boudin Bakery in Montgomery Village (picking up donated breads requires transportation vehicle and light lifting of up to 25 lbs.).

All volunteers are welcome — families, teens, singles, couples.

To sign up, please call Stephen Harper at (707) 332-2759 or (707) 527-0196. Volunteer dates are assigned as we cannot handle drop-in volunteers.

Families Belong Together Rally

On June 30th, Congregation Shomrei Torah members and Social Action Committee members met under the Shomrei Torah banner to let their voices be heard!

This local rally, embraced by the Religious Action Center of Reform Judaism, was part of a national mobilization demanding that families not be separated at the US-Mexico border. Speakers included representatives from immigrant rights and other activist groups.



June Heal, Paint and Nosh Night

On June 6th, more than 30 people joined us for another evening of healing, painting and noshing. The evening was facilitated by Shomrei Torah member, Lauren Kushins, owner of Art & Soul Music School.

Congregation Shomrei Torah

2600 Bennett Valley Road
Santa Rosa, CA 95404

www.cstsr.org

(707) 578-5519

(unless otherwise noted)

FAX 578-3967

Office email

shomrei@cstsr.org

Office Hours

Monday–Friday
9:00 AM–12 Noon;
1:00–5:00 PM

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ASSOCIATE RABBI

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Ads and payment must be received in the CST office by the 5th of the month to start in the next month's issue.

For more information, call 707-578-5519.



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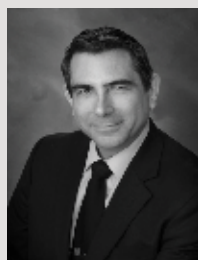


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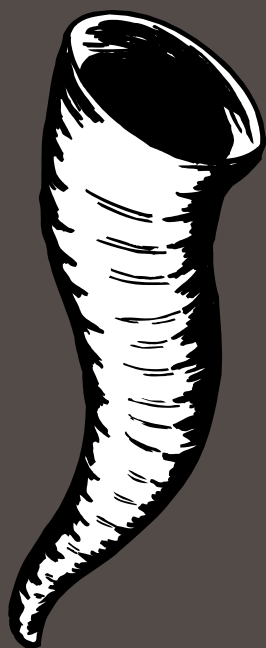


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TIME SENSITIVE

AUGUST SERVICES

Friday, August 3

6:15 pm – *Shabbat service*

Saturday, August 4

Weekly Torah portion: *Eikev*

8:45 am – *Torah Study led by Rabbi George*

10:30 am – *Shabbat Service*

Friday, August 10

6:15 pm – *Rabbi Michael Robinson Memorial
Lecture and Tisch*

Saturday, August 11

Weekly Torah portion: *Re'eh*

8:45 am – *Torah Study led by Marcia Gladstone*

10:30 am – *Shabbat Service*

Friday, August 17

6:15 pm – *Shabbat Service*

Saturday, August 18

Weekly Torah portion: *Shoftim*

8:45 am – *Torah Study led by Rabbi George*

10:30 am – *Shabbat Service*

Friday, August 24

6:15 pm – *Shabbat Service*

Saturday, August 25

Weekly Torah portion: *Ki Teitzei*

8:45 am – *Torah Study led by Rabbi Stephanie*

10:30 am – *Shabbat Service*

Friday, August 31

6:15 pm – *Shabbat Service*

See our latest calendar at www.cstsr.org

THE PURPOSE OF THIS CONGREGATION

- To worship God in accordance with the beliefs and teachings of Reform Judaism.
- To cultivate and nurture in ourselves and our children a love and understanding of Jewish heritage.
- To develop a sensitive, caring and supportive congregational community where all are welcome and included.
- To act with responsibility and compassion in our community.
- To support the principles of equality, freedom and shalom among all peoples.