



June Rabbi's *Tisch* with Paul Gullixson

Friday, June 8, 6:15 PM

Former *Press Democrat*

Editorial Director Paul

Gullixson will discuss

the results of the June

5th primary election

with an eye toward

the much anticipated

fall elections, which

could bring a shift

in Washington, D.C.

politics. Paul will also discuss his own shift - from daily

journalism to working at Sonoma State University as

the communications director.



\$18 suggested donation for the catered dinner; RSVP to the temple office: (707) 578-5519 or denise@cstsr.org. Please bring wine to share with your table.

Please note that there will be no Rabbi's *Tisch* in July.



STARS Registration is Open!

Register now for the 2018-2019 school year at www.cstsr.org! Tell your friends and family to register early. Scholarships are available upon request.

Gift Shop Sale!

Thursday, June 21 at 6:15 pm

The Shomrei Shop will be holding a sale at the Annual Meeting on June 21st— a great way to support CST and obtain stunning Judaica at dramatic discounts.



BETTER TOGETHER

ANNUAL MEETING

FREE DINNER

CONVERSATION

A LITTLE BUSINESS

6:15 PM

JUNE 21, 2018

SAVE THE DATE

Annual Meeting

Thursday, June 21, 6:15 PM

Free dinner. Conversation. A little business.

Please join CST's president and board members for our annual meeting. We will begin with a free catered dinner and tabletop conversations, followed by a short business meeting and dessert.

Attendees will learn the status of CST's current budget and will vote on the budget for the fiscal year that begins on July 1. In addition, members will vote on new officers and board members. The annual meeting is a great opportunity for you to learn more about the finances and operations of the synagogue, while seeing old friends and meeting new ones. Meeting packets, including the proposed budget and the board and officer candidates, will be mailed to members.

At least 40 members must be present for the budget to be approved. To ensure we have enough attendees (and enough food!), please RSVP to the office by Friday, June 15.

Bagel Club

Sunday, June 3, 9:00 AM

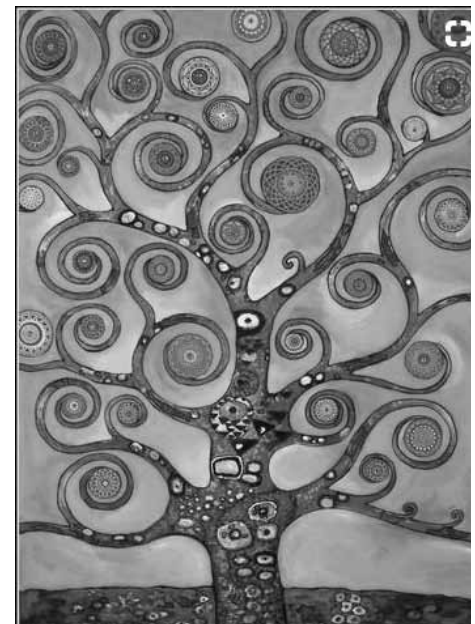
This will be the last Bagel Brunch until after High Holy Days.



On June 3 the Bagel Club will host a panel discussion on recreational cannabis, its uses and abuses. The panel will include a representative from the cannabis industry, a physician who specializes in the medical use of cannabis and a representative from the Sheriff's office. The panel will talk about recreational and medical use of the drug and the impacts of the new legal status. There will be a chance for questions from those attending.

Enjoy bagels, lox and cream cheese with all the trimmings followed by the panel discussion, all for a donation of \$7-10. Please RSVP to the temple office.

In May, the Bagel Club took a hike at Sugarloaf Ridge State Park to see how the park is recovering from the fires. The 8 Bagel hikers and a young woman who joined us were guided by a docent who described the flora in the park and the impact of the October fires.



Heal, Paint & Nosh

"Mixed Media, Tree of Life, Inspired by Klimt"

Wednesday, June 6th, 7:00 PM

Join us for another evening of healing, painting and noshing. All supplies, wine, noshes and teacher are included. The evening will be facilitated by Shomrei Torah member Lauren Kushins, owner of Art & Soul Music School. This is your chance to gather with us for an evening of relaxation and FUN. Men, women and children over ten are welcome to come and recreate the painting copied above. With step-by-step instructions, it's easier than you may think. \$20.00 per CST member; \$35 for non-members. Space is limited, so reserve now. Contact Denise at denise@cstsr.org or 707-578-5519.

KIDdish Registration is Open!

KIDdish is an introduction to Religious School for all Pre-K children 2-5 years old. Meet new friends and build budding Jewish relationships that can blossom for years to come. To register for 2018-2019 KIDdish visit www.shomreitorah.org/community/Kiddish.



Tot Shabbat

Friday, June 8, 5:00 PM

Potluck — please bring a vegetarian dish to share.

Tot Shabbat is an informal, child-centered Shabbat service designed especially for children newborn to elementary school age. Everyone is welcome: members and non-members, Jewish and non-Jewish, partners and spouses alike. All Tot Shabbat experiences include a kid-friendly service, lively music and movement, exciting stories, art activities and open play. Tot Shabbat is a FREE program.



Important Change to the Shomrei Torah Choir

Please welcome our very own Cantorial Soloist, Erica Wisner, as our new choir director!



Erica is excited to build on the work of Sonia Tubridy, who stepped in with short notice when Cantor David left, and has done an excellent job these past two years. Erica looks forward to leading the choir and helping the choir become an integral component of our Holy Day Services and other events in the life of our community.

Please join the congregation in thanking Sonia for her strong work these past two years, and welcoming Erica into her new and expanded role.

Shalom all singers, experienced or new!

We invite and encourage you to join the Shomrei Torah Choir in community choral singing throughout the year and for the High Holy Days services. The CST choir is a wonderful way to help elevate communal prayer while integrating yourself in a culture of spiritual music and camaraderie. Try a few rehearsals or contact Erica Wisner at ericaw@cstsr.org for more information. We rehearse most Tuesdays from 7-9:00 PM and sing at some Friday services and special events. We look forward to meeting you at choir!

Judaism as a Spiritual Practice: Falling in Love with Judaism

Led by Judith Goleman

Sunday, July 1, 10:00 AM

In this class, we'll do an hour of looking at some joyful and deep spiritual concepts held by early Kabbalistic/Hasidic Rabbis.

The second hour will look at the liturgy, the flow of the prayer service as a way of moving toward an encounter with Divinity.

The third hour will take difficult sections of the Torah and see some ways the rabbis over the millennia have filled them with light.

Judith Goleman, MFT, RP, has a psychotherapy practice in Sebastopol. She was also ordained as a Rabbinic Chaplain in the Jewish Renewal Movement in 2011. She has been a member of Congregation Shomrei Torah since 1976.

\$18 for members, \$25 for nonmembers, please RSVP to denise@cstsr.org or call (707)578-5519.



Shomrei Torah - The Best Place to See July 4th Fireworks

Wednesday, July 4, 8:00 PM

The best place to enjoy the fireworks is from the patio of Shomrei Torah! We are having a FREE gathering available only to Shomrei Torah members and their guests. The gate will open at 8PM. Bring your own lawn chairs, blankets, food and drinks. You're encouraged to bring food and drinks to share with others. Sit back, relax, and enjoy the show.

We have limited parking spaces; limit 2 cars per family. A Shomrei Torah member must be in each car and only those whose names are on the reservation list will be allowed entry. Reserve your spot today: denise@cstsr.org or (707)578-5519.

Annual Rabbi Michael Robinson Memorial Lecture

Friday, August 10, 6:15 PM

At the August Rabbi's *Tisch*, our guest speaker will be 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.

CST Women's Retreat 2018 October 26-28, 2018

Escape for the weekend and discover what some of us already know: Shomrei women are the heart and soul of the temple.

The biennial Women's Retreat will be held at the beautiful Westerbeke Ranch in Sonoma, the site of the very first women's retreat for Shomrei Torah women in 1999. Our retreat starts the afternoon of Friday, October 26th and ends after lunch on Sunday, October 28th. More information to come.

Silence and Healing

I'm writing this on the plane back from a seven day silent retreat offered by the Institute for Jewish Spirituality. It's the first of three I will attend as part of a Jewish Mindfulness Meditation Teachers program. The retreat was at Isabella Freedman, a rustic but beautiful Jewish camp, built around a small lake in New England's Berkshire Mountains, 70 miles northeast of Hartford.

Modeled after those of Buddhist silent retreats, the schedule was deceptively simple—meals, meditation and prayer—while the actual program was grueling. The first “sit” (seated meditation) was at 6:30 AM, followed by breakfast and then an alternating sequence of sitting and walking meditations, punctuated only by lunch and *Mincha* (afternoon prayers). After dinner, there was a teaching of some kind, followed by *Maariv* (evening prayers) and then more sitting and walking meditation until bed. All in silence! Hardly a vacation, unless you count unplugging from all electronics, including email. Hallelujah!

I arrived at the retreat feeling “blue.” It's been a tough year. Whether you lost your home or not, we have all been singed in one way or another by the fire. Pulling into the Isabella Freedman parking lot, the weight of all we've been



Rabbi George

through seemed to catch up with me. As I settled into the retreat and the chatter of daily routine began to fade, the weight I had been carrying these past months turned into a spiritual and emotional pain I was not aware of before I arrived.

I came to understand that the fire had sent me into a spiritual tailspin. For the first time in memory, my doubts about God overwhelmed any sense I had of God's presence, and without that spirit, the world had come to feel mechanical. Even the worth of Jewish tradition and practice, which I have often argued (and still believe) has value regardless of belief, was suddenly nebulous to me. I was stunned to realize how alienated and alone I felt.

The first couple of days were tough. I felt more broken than “broken open.” It really wasn't until Shabbat that a *tikkun*, a healing, began to emerge. The 42 participants in the program gathered around a table of Shabbat

candles, two for each of us, and were told to light our candles and take whatever time was necessary to pray for whatever we needed. At first, I flinched at the sight of all those flames, but then closed my eyes and opened my heart. No words were said—we were still in silence. But by the light of those 84 candles and the loving warmth of the group, I felt something shift. A weight lifted, an invisible hand clasping mine.

I would love to tell you that I am “all better,” but that would not be the truth. I am still shaken by the fire and its aftermath. The questioning that so rattled me has not ceased, but it has changed.

Rabbi David Hartman, z'l, once told me that to be a religious person in our age was to never turn your back on God or from the struggle for a meaningful Jewish life. As long as you are faced forward and engaged, you are “in the game.” Without even knowing it, I had begun to turn away (It is hard for me to admit this, let alone share it with you!). The retreat enabled me to feel the pain of alienation, see what was actually happening and face forward again.

It's hard work to stay “in the game,” but that does seem to be what we were built for. We are, after all, Yisrael, God Wrestlers...

It is good to be home.

Mitzvah Mall

Each year, our 7th grade class works on *mitzvah* projects to help the community and live the value of *tikkun olam*. On the last day of school, they present their projects to the students in our religious school at our *Mitzvah* mall. This inspires our younger STaRS students to be champions of *tikkun olam* - both now and when they go through the *b'nei mitzvah* process themselves.

This year, our 7th graders took on a number of different projects that aligned with their passions. Projects included volunteering with The Story Project, volunteering at S.N.A.P., being a “buddy” for Challenger Little League, putting on a talent show at the Healdsburg Senior Living Center, volunteering at Green Dog Rescue, tutoring kids at the YMCA, volunteering at the Sonoma County Library, volunteering at Cub Scout Day Camp, volunteering at Giant Steps horseback riding center, volunteering at COTS Food Bank, and volunteering at Paulin Creek Lodge.



Sustainers Campaign Gets Boost from Hans Angress and Enola Nelson

Hans Angress and Enola Nelson didn't take long to decide to make a substantial gift to Shomrei Torah's Sustainers Campaign. By way of explanation, Hans, a survivor of the Shoah who immigrated to the United States from his native Germany, and Enola, who was raised in a faith tradition where tithing was the custom, cited all the benefits and support they receive by virtue of their membership.

Thanks to significant gifts like the one from Hans and Enola, Shomrei Torah can provide the continuous religious, educational and cultural programming that keeps members connected to one another and engaged with the community. Funds raised through the Sustainers Campaign not only support that programming but also help the congregation meet the financial demands

of owning and operating the building and grounds, much of which isn't covered by members' annual pledges.

The clergy, board and entire congregation express their heartfelt gratitude to Hans and Enola, and all those like them, who go above and beyond in support of Shomrei Torah.

Looking For a Little “Action?”

How much do you know about the Social Action Committee?

For the past six years, the SAC has presented “Social Action Goes to the Movies” covering many issues: homelessness, immigration, LGBTQ issues, climate control, mental health, and many others. SAC received recognition from the Religious Action Center of the Union of Reform Judaism in Washington, D.C.

Other projects include Elisha’s Pantry, which feeds about 150 men, women and children every Thursday of the year, winter Soup Brigade, winter clothing drive, Posada Toy Drive, *Yom Hashoah*, Interfaith Council, Muslim Relations, Women’s March and more.

The Social Action Committee is the “face” of Congregation Shomrei Torah to the greater Sonoma County community.

We invite you to stop by and “browse” a meeting on the first Monday of the month from 7 to 8:30 pm in the Kolbo Room. You might find something that really speaks to your “better self.”

Give it some thought! Don’t be a stranger!

- Ellen van den Berg and Bruce Berkowitz, SAC Co-chairs



Volunteer Spotlight

The office staff would like to extend our thanks and gratitude for our office volunteers: Judy Farrell, Kim Harris, Jean Ismail, Beverly McChesney and Ellen Samuel. Your contributions have been amazing and your ongoing support is much appreciated.

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Shomrei Torah on 
 facebook®

Environmental Action Committee

Tip of the Month

“If you believe you have the power to damage, believe you have the power to fix.”
~ Rabbi Nachman of Bratslav (attributed)



Drive Wisely — As summer approaches and vacations begin, consider ways to protect the environment, save energy and more.

- ✓ Observe speed limits. At 55, you cut gas consumption up to 23% and reduce the risk of accidents.
- ✓ Keep your car in shape. A well-tuned vehicle uses up to 4% less fuel.
- ✓ Inflate tires to their rated pressure or slightly above to extend their lives and improve overall mileage.

Shop Wisely — Consider hybrid plug-in or all electric. There are many US hybrid and electric models to choose from. In addition, Volvo and Audi/VW are going all electric.

- ✓ Sonoma Clean Power may reboot its electric car discount, and the federal tax write-off and CA and PGE rebates make the price very competitive.
- ✓ While the current administration is attempting to derail it, the CA mandate for 55 mpg still stands. And the diamond lane green stickers allow a single driver to pass all the other drivers during rush hour. Very cool and good!

For more information visit <https://sonomacleanpower.org/drive-electric>

<https://www.marketplace.org/2017/05/30/world/california-holds-its-ground-fuel-efficiency-standards-diverge-us-cars>

Elisha's Pantry

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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.



Jewish Teens Love

CHAVERIM *Chaverim* serves Jewish teens from all of our Sonoma County synagogues as well as the general Jewish community. We meet twice monthly for a shared dinner and a compelling discussion.

We welcome mid-year newcomers!

Once again we have had a fabulous *Chaverim* year with close to 82 students from synagogues and communities all over Sonoma County meeting for great community, dinners and engaging conversation around compelling topics.

We'd like to thank Congregation Shomrei Torah and Beth Ami for the use of their facilities and support from staff and rabbis.

As we embark on our 25th year of serving Jewish teens in Sonoma County, we invite current members as well as anyone who has an interest to visit our website (jccsoco.org) on the "Teen" tab and sign up today! For more information, contact Rick Concoff at (707) 477-9196.



Congratulations to our graduating seniors who participated in the program throughout the years. Here's a little peek at a very happy 8th and 9th grade!



Recology and the Goal of Zero-Waste Arrives in Santa Rosa & CST

Recology, our new recycling, compost and trash collection service, “sees a world without waste” and invites us all to work together to reach the goal of zero-waste. Several members of the Environmental Action Committee, along with CST’s Administrative Assistant, **Seraphima Chisler**, met recently with **John LaBarge**, a Recology Zero-Waste Specialist, to review CST’s waste management and procurement policies. We learned a lot about this new vendor and the goals that they hope to achieve.

That old saying, “one man’s treasure is another’s waste” is, in many ways, the basis of Recology’s search for new uses for recovered resources. Thus, the three R’s — reduce, reuse and recycle — are significant goals for the company in partnering with the community.

Some examples —

Recology collects food scraps, yard trimmings, even soiled paper such as coffee filters, greasy pizza boxes, paper towels and napkins, and transforms them into compost sought by local farmers to grow food. After all, compostable means to “turn back into dirt.” Simply throw them in your green bin.

As for recycling, the company recovers 600 million pounds of glass, metal, plastic containers, plus paper and cardboard that will be sold on the open market in order to be made into new products. You can put paper egg cartons, (clean) waxy-paper milk or juice cartons, phone books, junk mail and magazines and much more (although no light bulbs, soiled paper or styrofoam) into the blue recycling bin.

There’s much to learn about how to achieve zero-waste, but here are a few more “scraps” of useful information:

- Don’t put recyclable material in plastic bags. Throw them individually into the recycling bin.
- Shredded paper does not go in recycling. You can put it in compost, however.
- You can line your kitchen counter compost pail with BPI-certified compostable plastic bags (available in many supermarkets), and throw them into the green bin when full. It’s much less messy!
- You can recycle peanut butter, mayonnaise, ketchup and other jars, but be sure to wipe them clean with a paper towel (which can go in the compost) before you toss the jar in the recycling.

More detailed information with extensive lists of recyclables and compostables can be found on their website recology.com.

Why are some paper plates compostable and the others are not?



Coffee cups, flatware and some “paper” plates are no longer eligible for recycling or composting. They did not pass the test for compostables and are now simply trash. They will all go into the landfill.



Compostable items are available for use, but are limited in their functionality. The items shown are made of paper or are BPI certified, and will break down in the compost waste-stream used by Recology.



**Single-use
coffee & tea cups
(and paper plates)
with plastic coating
are not compostable,
and end up in the
LANDFILL!**

STaRS Last Day of School & Honoring Marcia Gladstone



On May 6th, STaRS held its final Sunday session for the school year. After celebrating with ice cream sundaes, we honored our Kindergarten and 1st Grade class for the start of their journey of Jewish education. Each Kindergartner received a tiny Torah and the 1st graders received a book to read with their family at home.

Throughout the morning, our 7th Graders showcased their *b'nei mitzvah* projects in our *Mitzvah* Mall. Our STaRS students enjoyed listening to the "big kids" present their projects, and seeing what they have been working on all year.

At the close of the day, we honored Marcia Gladstone for her many years of teaching STaRS. This was Marcia's last year teaching our 6th grade class. As a gift, she was presented an beautiful piece of artwork created by Nina Bonos. Please join us in thanking Marcia for her many years of dedicated service!

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Men's Gathering

In April, CST member Jay Peretz opened up his home and his outdoor pizza oven to the men of our community. Most of the homes around him were destroyed by the fire, but his still stands. Men from the congregation and community joined to bring life and laughter back to the neighborhood.



Golden Doors

Jewish and American values often overlap, most notably around the issue of immigration rights. Most of us can describe personal, often painful stories of how our ancestors immigrated to this country, which explains why treating others—especially the stranger—with compassion is a central theme in our holidays, liturgy, and values.

“You shall not wrong a stranger or oppress him, for you were strangers in the land of Egypt,” we are told in the Book of Exodus (22:21). No wonder, then, that so many of us are deeply troubled by the current wave of anti-immigrant sentiment.

In March, U.S. Attorney General Jeff Sessions came to Sacramento to announce the federal government’s opposition to California’s welcoming posture toward immigrants. To protest the government’s harsh policies, many homeowners, businesses, and reform congregations are painting their front doors gold.

Because of the last line of Emma Lazarus’ poem, “The New Colossus,” that is inscribed on the Statue of Liberty:

***“Give me your tired, your poor,
Your huddled masses yearning to breathe free,
The wretched refuse of your teeming shore.
Send these, the homeless, tempest-tost to me,
I lift my lamp beside the golden door.”***

The clergy and the Board of Directors of Congregation Shomrei Torah would like to join in solidarity with Sacramento by painting the front doors of our synagogue gold. We urge other congregations, churches, residents, and businesses in Santa Rosa to join us in painting their doors gold.

Why Gold? Watch the video: www.youtube.com/watch?reload=9&v=TQbpgu5heeY



Congregation B'nai Israel in Sacramento, California has painted their doors gold. Read more at www.cbisacramento.org/bnai-israel-is-a-sanctuary-synagogue.html

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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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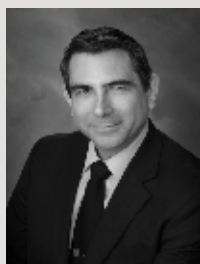
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JUNE 21**

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TIME SENSITIVE

See our latest calendar at www.cstsr.org

JUNE/JULY SERVICES

Friday, June 1

6:15 pm – *Shabbat Service*

Saturday, June 2

Weekly Torah portion: Beha'alotcha

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

10:30 am – *Shabbat Service*

Friday, June 8

6:15 pm – *Rabbi's Tisch with Paul Gullixson*

Saturday, June 9

Weekly Torah portion: Sh'lach

8:45 am – *Torah Study led by Perry Angle*

10:30 am – *Shabbat Service*

Friday, June 15

6:15 pm – *Shabbat Service*

Saturday, June 16

Weekly Torah portion: Korach

8:45 am – *Torah Study*

10:30 am – *Shabbat Service*

Friday, June 22

6:15 pm – *Shabbat Service*

Saturday, June 23

Weekly Torah portion: Chukat

8:45 am – *Torah Study*

10:30 am – *Shabbat Service*

Friday, June 29

6:15 pm – *Shabbat Service*

Saturday, June 30

Weekly Torah portion: Balak

8:45 am – *Torah Study led by Ishie Petlock*

10:30 am – *Shabbat Service*

Friday, July 6

6:15 pm – *Shabbat Service*

Saturday, July 7

Weekly Torah portion: Pinchas

8:45 am – *Torah Study*

10:30 am – *Shabbat Service*

Friday, July 13

6:15 pm – *Shabbat Service, No Rabbi's Tisch*

Saturday, July 14

Weekly Torah portion: Matot-Masei

8:45 am – *Torah Study led by Stan Roodman*

10:30 am – *Shabbat Service*

Friday, July 20

6:15 pm – *Shabbat Service*

Saturday, July 21

Weekly Torah portion: Devarim

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

10:30 am – *Shabbat Service*

Friday, July 27

6:15 pm – *Shabbat Service*

Saturday, July 28

Weekly Torah portion: Vaetchanan

8:45 am – *Torah Study*

10:30 am – *Shabbat Service*