



## Shabbat and *Shavuot* with Rabbi Rami Shapiro



Join us in welcoming the renowned author, teacher, speaker and liberal mystic Rabbi Rami Shapiro.

### Friday, May 18, 6:15 PM Shabbat Evening Service

Rabbi Rami will take us on a spiritual journey from the familiar to the extraordinary. During *L'cha Dodi*, we face the door to the synagogue to welcome the Sabbath Bride, but the real door that needs opening is the door to our own hearts. Using meditation and chants drawn from Kabbalistic and other sources, we are uplifted by *Shechinah*, the feminine presence of God.

### Saturday, May 19, 8:45 AM Torah study

In preparation for *Shavuot*, Rabbi Rami will focus on the Ten Commandments and his work with Vietnamese Zen Master Thich Nhat Hahn. We will explore how the Ten Commandments can be used as a series of daily affirmations: a Torah to live by.

### Saturday, May 19, 3:00 PM Shabbat Afternoon Service

The focus will be on the tension between *Keva*, the traditional liturgy, and *Kavanah*, our personal spiritual energy, to awaken us to our true nature as the image of God.

### Saturday, May 19, 8:30 PM *Tikkun Lael Shavuot*

*Tikkun Leil Shavuot*, a night of study, commemorates the giving of the Torah on Mount Sinai. Rabbi Rami and Rabbi George will conclude the session with a meditation focused on what we have learned and the Torah we hope to take with us through the rest of the year.

## Camp Scholarships

Don't prevent your kids from attending Jewish summer camp due to financial difficulties. Shomrei Torah members may take advantage of the Marlene and Martin Stein Fund for Camperships, making camp accessible to everyone! Applications are now being accepted for any Jewish sleep-away camp. Camp Newman is also willing to help families suffering from the effects of the fire by matching dollar-for-dollar any scholarships they receive. To download the application, visit [www.cstsr.org](http://www.cstsr.org).

## Rabbi's *Tisch* with Rick Coshnear

Fear and Courage among Scapegoats: My experience with immigrants in the era of threats of mass deportations.

Friday, May 11, 6:15 PM

Rick Coshnear is an immigration lawyer in Santa Rosa and one of the founders of the non-profit "VIDAS" (Vital Immigrant Defense Advocacy and Services), a grassroots, self-defense organization of, by and for the immigrant community. Before VIDAS, Rick worked in private practice for ten years, and before that, as a physician assistant in an immigrant medical clinic in Healdsburg for a dozen years. He has fought for a Sonoma County of refuge for immigrants since 1985, when he and

his wife, Kim, moved here, in the midst of the sanctuary movement.

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



## 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 Day 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 the office to find out more.

We rehearse most Tuesdays from 6:30-8:30 pm and sing at some Friday services and special events. Rehearsals for this year's High Holy Days start on May 15. We look forward to meeting you at the choir!

## Bagel Club Wildflower and Wildfire Hike

*Sunday, May 6, 10:00 AM OFFSITE*

We will have a naturalist-led easy hike in Sugarloaf State Park in an area affected by the October, 2017 firestorm. We will observe and learn about the magic of nature healing from fire and also witness the profusion of spring wildflowers. We will begin our hike at the white barn next to the last parking lot near the Robert Ferguson Observatory at 10 am.

Carpooling is encouraged as the park entrance fee is \$7 per car--those interested meet at Waterfall Towers at 9 am. The park asks for \$10 per person for guided hikes, payable that day. Bring a hat, sunglasses, camera, picnic lunch, water, and curiosity. We should finish by noon. A special day is guaranteed. RSVP to the office. Women are always welcome.



## Tot Shabbat

*Friday, May 11, 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. 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.



## 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 the 2018-2019 KIDdish program visit [www.shomreitorah.org/community/Kiddish](http://www.shomreitorah.org/community/Kiddish).



# STARS

Shomrei Torah Religious School

## STaRS Registration is Open!

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

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## June Rabbi's Tisch with Paul Gullixson

*Friday, June 8, 6:15 PM*

What will come  
in the fall?

Former *Press*  
*Democrat*  
Editorial  
Director Paul  
Gullixson

will discuss  
the results of  
the June 5



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](mailto:denise@cstsr.org).

## 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.

## CST Women's Retreat 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. Visit the Women's Retreat table and poster at the annual meeting on Thursday, June 21.



## 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 and 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, California. 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 1975.

\$18 for the class; please RSVP to [denise@cstsr.org](mailto:denise@cstsr.org) or call (707)578-5519.



## My Jewish Summer Camp Story

Sometimes parenting is a hard mirror in which we look back at our own childhoods, half the time in horror over the growing pains we wish we could forget, the other half longing for the experiences we were never afforded.

Every year when I was growing up, the local camp director came to my religious school to give his pitch, and every year I went home begging to go to Jewish sleep-away camp. With two siblings in college, I am sure finances were tight, but that wasn't the whole reason my mother resisted. Because I was the baby, I'm sure my mother was reluctant to ship me off for a month.

I was already in college when I went to sleep-away camp for the first time, not as a camper but as a counselor.

And it was the worst summer of my life! Having always dreamed of spending the summer in Bruceville, TX, I was eager to get there early. During an intense ropes course training a week before camp began, I injured my ankle in a three-legged race and spent the rest of the summer shuttling between Bruceville and Houston for medical appointments. Naturally, the car overheated, and I would



Rabbi Stephanie

be stranded for hours in 100-degree heat waiting for AAA. With a walking boot protecting my ankle and steep hills to trudge up and down, my choices were to risk further injury or end my summer early. Sadly, Boot Hill won, and I went home.

*"By the time my first summer sleep-away experience arrived, I was already in college. I attended not as a camper but as a counselor."*

Needless to say, this was not my idea of an idyllic summer camp experience, yet I still managed to make lifelong friends and can still taste the special fried chicken *oneg*, cookie birthday cakes and nearby frozen custard. I still remember the song

sessions, bunk pranks and bedtime rituals –just a few scenes from my camp highlight reel.

All of these treasured memories and long-buried emotional struggles come raging back as I prepare to send my son– overflowing with excitement and anticipation–for his first summer at Camp Newman by the Bay. He has been accompanying me to Camp Newman as I served on faculty for the last seven summers, and he can't wait to ditch me and sleep in a cabin, something he would have done years ago if he'd been allowed!

A lot has changed between that first summer as a counselor and now. I moved to northern California and found my second home at Camp Newman. When I get out of my car, year-round staff is there to greet me, always with smiles that instantly make me feel like part of the team. The camp directors are never aloof; rather, they are among the first to welcome me with open arms and open hearts.

So no wonder I look forward to summers at camp, to catching up with colleagues and making new friends. I love watching the kids grow from year to year and the staff transform from rowdy adolescent CITs into responsible, caring Jewish role models.

Camp is a magical place where children really are the most important people! It's a place where everyone lives on Jewish time, putting their social justice values first and enjoying the most vivacious Shabbats together. It is a time of personal growth and interpersonal Jewish connection. And for a rabbi worried about over-immersing her children in Judaism, it is the comfort of knowing that attending Jewish sleep away camp is the number one predictor of Jewish continuity.

*"I love watching the kids grow from year to year and the staff transform from rowdy adolescent CITs into responsible, caring, Jewish role models."*

Most important is what it will mean to my son: of course he will love the camp songs, activities, counselors and friends. But, more than that, what camp provides better than anyplace else on earth is *communitas* – the spirit of togetherness and belonging that will endure for a lifetime. And I can't wait to hear all about it!



## The Youth Shall See Visions

*Lo alecha hamachla ligmor, v'lo atah ben chorin libateil mimenah.*

It is not your responsibility to finish the work, nor are you free to desist from it.

I quoted that verse from *Pirkei Avot* in my Bar Mitzvah *drash* to explain why it was our responsibility to help those struggling with hunger. As a thirteen-year-old, it made sense to me: if everyone looked at a problem, recognized it as something bad, wished it weren't that way and then sat around doing nothing to fix it, the problem would continue or even worsen. If it is truly our responsibility to repair the world, it is also our responsibility not to stand still.

So I marched.

On March 24, 2018, I attended the San Francisco, part of the March for Our Lives, the worldwide protest against gun violence, organized by the teen survivors of the mass shooting at Marjory Stoneman Douglas High School in Parkland, Florida. Audrey Feiwell and Mara and Faith St. Amant, three teens active in both SHORTY at Shomrei Torah and NFTY, the Reform Movement's teen youth group, wanted to attend the large rally and march planned in San Francisco, to be part of this historic moment, add their voices to the thousands and march alongside their friends.



We arrived early and joined NFTY-Central West, Camp Newman and BBYO-CRW for pre-march sign making and noshing in front of the Contemporary Jewish Museum. Just before the start of the rally, the roughly five-dozen people there circled together for a short, meaningful Shabbat morning service. We didn't read Torah; instead, we sang. Teen leaders shared their reasons for being there. It was only after we said *Kaddish* for the seventeen lives lost on February 14th that we made our way to the rally and the march.

When we arrived at Civic Center Plaza, I was able to see the magnitude of this movement. Thousands of people were gathered. Many passionate activists, poets and teens spoke. Signs shouted slogans of peace, reform and anger. The roar of the crowd echoed and reverberated off the Federal buildings surrounding us. And as we marched down Market Street, people led chants and waved their signs. It was powerful.

Closer to home, another Shomrei Torah teen was speaking at the March for Our Lives in Santa Rosa. Jonah Gottlieb, who's also involved in both SHORTY and NFTY, spoke to the crowd at Courthouse Square. In his address, Jonah eloquently and passionately encouraged his peers to march, call, lobby and vote. "Make a difference," Jonah said. "Let people know that times have changed, weapons have changed, society has changed. Shouldn't our gun laws change, too?"

I have been working with NFTY since I was a participant in NFTY as a teen. Stepping outside the realm of being a teen and into adult leadership, the focus shifts to supporting the teens. As a youth professional, this is exciting! My job is to find new ways to expand their minds and inspire them to be change-makers. Today, these teens are going beyond what I did. As formative as my years in NFTY were, I never got to be part of a movement inspiring national change. But I am proud that the teens I am lucky to support are doing just that.

Our teens are not desisting from the work. They are leading the charge. And even though it is not their responsibility to finish the work, with the support of us adults, I believe they will.

– Malcolm McElheney, Youth and Music Coordinator

## Social Action Goes to the Movies Wraps up 2018 Series with “Fix It – Healthcare At the Tipping Point”

The third and final film in the 2018 series “Fix It-Healthcare at the Tipping Point” was shown to a deeply engaged audience of almost 200 people. This film clearly explained the advantages of a single payer health care system and how the United States is lagging far behind much of the rest of first world countries in providing affordable quality healthcare for all.

The panel that followed the screening was highly informed and enthusiastic about the possibility of getting single payer healthcare in California through Senate Bill 562. The panel included health care professionals and a representative from the business community who made a very strong case for California to lead the nation in health care reform.

Pilar Schiavo, one of the panelists from “Healthy California,” commented on the great turnout and how enthusiastic the audience was. “Shomrei Torah’s Social Action Committee clearly knows how to promote and present a quality event” she said.

The theme for the series was “Democracy Is Not A Spectator Sport,” and the audience clearly took that message to heart. Many commented that the film series was inspiring and motivated them to get more involved in addressing the issues presented.

A big thanks to our audiences, the panelists, our co-sponsors and especially to the hard working members of the Social Action Film Committee for making the 2018 Social Action Goes to the Movies film series so successful.



## Israeli Chamber Project Performs at CST

About 60 people attended a special event March 24, co-sponsored by Shomrei Torah's Legacy Circle and the Green Music Center. Six chamber members discussed their roles as musicians and traveling ambassadors, now in their 10th year. They performed on harp, strings, wind and piano to thunderous applause. Legacy Circle member Dianne Smith told the audience about membership in the Legacy Circle. For more information about the Circle, contact Irv Rothenberg at [Irv215@gmail.com](mailto:Irv215@gmail.com).



### Jewish Teens Love **CHAVERIM**

A big thanks for Congregation Shomrei Torah, Beth Ami and all of our Sonoma County synagogues, Rabbis Gittleman, Kramer and Miller and all the parents and students of *Chaverim* for your participation in this JCCSOCO countywide Jewish educational program we are all so proud of. Once again, our post-B'nai Mitzvah retention in Sonoma County is one of the highest percentages in the country for such a small community.

We have another great year of new *Chaverim* incoming 8th graders and we want to encourage any Jewish teen in Sonoma County, grades 8-12, to join *Chaverim*. No previous experience necessary!

Register at [jccsoco.org](http://jccsoco.org) and follow the "Teen" tab and register today! Questions? Contact Rick Concoff at [concoff@yahoo.com](mailto:concoff@yahoo.com).





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1:00–5:00 PM

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## Fighting Fire with Fire

We are deeply moved that people from across the country are continuing to offer support to those of us affected by the Sonoma wildfires. Fifty pairs of Shabbat candlesticks were donated by artist Gary Rosenthal to Shomrei Torah and Santa Rosa community families affected by the wildfires.

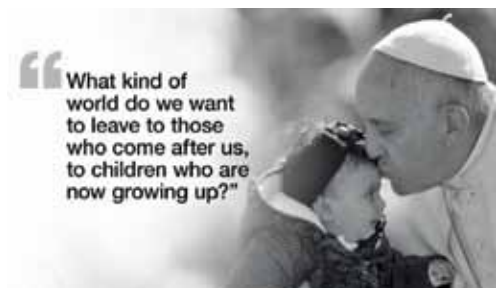


## Environmental Action Committee

### Tip of the Month

*Shavuot* has been identified since biblical times with the giving of the Torah on Mount Sinai. Fast forward to Pope Francis' Ten Commandments on Climate Change calling for "cultural revolution" to change our lifestyles — from our addiction to technology to our treatment of the poor.

1. Think of future generations.



2. Embrace alternative energy sources.

3. Consider pollution's effect on the poor.

4. Take the bus! (or ride your bicycle — May 10th is Sonoma County Bike to Work Day)

5. Be humble.

6. Don't become a slave to your phone.

7. Don't trade online relationships for real ones.

8. Turn off the lights, recycle and don't waste food.

9. Educate yourself.



10. Believe you can make a difference.

Read Pope Francis' article at: [www.cnn.com/2015/06/18/world/pope-10-commandments-climate-change/index.html](http://www.cnn.com/2015/06/18/world/pope-10-commandments-climate-change/index.html)



## Paint Night

On April 4th, twenty eight Shomrei Torah members and friends came together to heal, paint and nosh.



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## After The Fire

By Jay Hodes

*Fire, fire, burning bright,  
Whose house will you eat tonight?  
I see you coming over the hill  
Neighbors beware, that fire will kill.  
The pain it leaves is the path it knows.  
It eats the pine, it eats the clothes,  
It sears and chars as it goes  
Toward blinding nothingness.  
Nothing left to look about, sing about,  
Or even raise a glass  
With words to a silent hymn.*

*Fire, fire, burning bright,  
Your craven warmth belies the cold  
you bring.*

*After the fire I cried,  
And after the fire I sighed.  
Tears stained my shirt  
Tears veiled my hurt.  
What now?  
We're apart,  
I'm free,  
The good this trauma brings.  
And behind the hidden door  
More good awaits  
To sing for other things.*

## Judaica Shuk

On Sunday, April 15, over 20 families from Shomrei Torah and the Santa Rosa community came to our Judaica Shuk. A collection of Judaica generously donated by individuals and temples across the country was given to families who lost their homes in the October fires.



Sonoma County has a new waste hauler, Recology. Find out how this change impacts CST's waste management policies and affects you at your home and business in the next issue of The Voice.



## Advertise in *The Voice*...



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Business card	\$265	\$330
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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.



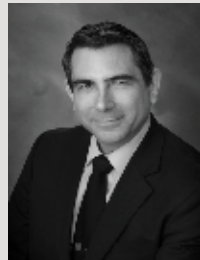
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# Shomrei Torah Gift Shop

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## MAY SERVICES

### Friday, May 4

6:15 pm – *Shabbat service*

### Saturday, May 5

*Weekly Torah portion: Emor*

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

10:30 am – *Shabbat service honoring 6th Grade*

### Friday, May 11

6:15 pm – *Rabbi's Tisch with Rick Coshnear*

### Saturday, May 12

*Weekly Torah portion: Behar-Bechukotai*

8:45 am – *Torah study led by Michael Weinberg*

10:30 am – *Shabbat service*

### Friday, May 18

6:15 pm – *Shabbat service with Rabbi Rami Shapiro*

### Saturday, May 19

*Weekly Torah portion: Bamidbar*

8:45 am – *Torah study led by Rabbi Rami Shapiro*

10:30 am – *Shabbat service*

3:00 pm – *Afternoon Shabbat service led by  
Rabbi Rami Shapiro*

8:30 pm – *Tikkun Leyl Shavuot led by Rabbi  
Rami Shapiro*

### Friday, May 25

6:15 pm – *Shabbat service*

### Saturday, May 26

*Weekly Torah portion: Nasso*

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

10:30 am – *Shabbat service*

See our latest calendar at [www.cstsr.org](http://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.