



March 2019 — Adar I/Adar II 5779 XXXII Number 2

March Rabbi's *Tisch* with **Professor Benjamin Benson** "Stewards of Eden: Sonoma County in Native Times"

Friday, March 8, 6:15 PM

\$18 suggested donation for the catered dinner; please RSVP to the office. Please bring wine to share with your table.

Longtime member and beloved professor Benjamin Benson will present an illustrated lecture regarding his current research into the ancient Native American heritage of Sonoma



County. He will focus on new discoveries about Native American traditional relationships to the natural habitat, discoveries that greatly contradict conventional assumptions.

Professor Benson will incorporate his research in paleontology, archaeology and ethnology, with an emphasis on Native philosophical and spiritual foundations for thousands of years of Native environmental harmony in Sonoma County. This presentation will have direct relevance to the California environmental movement and to progressive Jewish environmentalism.

Professor Benjamin Benson is an Environmental Anthropologist who taught for over 30 years at the Santa Rosa Junior College and is currently a Professor of Native American Studies at Sonoma State University, Cultural Resources Coordinator at the Pepperwood Preserve, a consultant to Smithsonian Institution's Museum of the American Indian and to the California Academy of Sciences.



Passover Seder – Reserve today!

Saturday, April 20, 6:15 PM

Passover at Shomrei Torah is more than the retelling of the ancient story of the Exodus; it also honors our ongoing struggle for freedom, justice and equality. Our annual Seder on the second night of Passover welcomes both members and non-members. Seating in the sanctuary is limited; please reserve your seat today to ensure your place at our Seder table.

The cost is as follows:

\$36.00 member adult

\$46.00 non-member adult

\$18.00 member child (12 and under)

\$23.00 non-member child (12 and under)

Free for children under age 5.

Reservations are required as well as meal preference of chicken or vegan.

Please bring wine to share with your table. RSVP to the office.

Congregational Retreat — Register Today! April 26–28, 2019

Please join your congregational family for a community healing retreat. Activities or "chill-tivities" for every type of CST family, big or small – fun for all! Bring your spouse, your kids, your grandparents or just yourself. Enjoy the beautiful surroundings of the Marin Headlands, completely accessible for all, close to the beach and ocean air, a break from Sonoma County allergies. Fun includes hiking, art, study, campfire, lighthouse tour, yoga or sitting with your book surrounded by nature.

Location: Point Bonita YMCA, Sausalito Price includes the whole weekend lodging, meals and activities!

Adults 18+: \$200 **Kids 4-17:** \$125 Kids 0-3: FREE Family cap of \$500 Scholarships available upon request. Final payment due by March 15, 2019. Reserve your spot with a non-refundable

\$100 deposit by contacting the office.

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Shabbat Service with Israel Trip Attendees

Friday, March 1, 6:15 PM

Please join us as Rabbi George and members of the congregation who attended the Israel Trip in October share their experiences (see pg. 11 for photos).

Bagel Club

Sunday, March 3, 9:00 AM

The Bagel Club meets once a month to enjoy a delicious bagel breakfast followed by a speaker. Women as well as men are welcome. \$7-\$10 donation requested for brunch. Please RSVP to cstbagelmen@gmail.com.



Death: A Spiritual & Practical Exploration from a Jewish Perspective

<u>March 6</u>: The Jewish Way in Mourning - Jewish Practices and their Meaning <u>March 13</u>: Does the Soul Survive? Jewish Views of the Afterlife 10:00 AM - 11:30 AM

Free, please RSVP to the office.

This class, taught by Rabbi George and Rabbi Stephanie, will explore the main spiritual and practical issues that arise around death from a Jewish perspective. No previous knowledge is necessary. You are welcome to sign up for the series or for whatever session(s) are of interest to you.

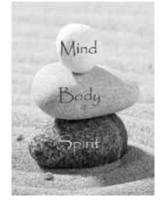
Mindfulness Meditation

Buddhist Practice, Jewish Wisdom - Rabbi George

Wednesday, March 6th, 7:00 PM Sunday, March 17, 3:00 PM

FREE, please RSVP to the office.

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 complement and deepen the experience. Sessions will include teaching, meditation, instruction and periods of silence. No previous experience is necessary.



Purim Carnival

Sunday, March 10, 11:15 AM – 2:00 PM This event is FREE and open to the community! Food will be available to purchase.

Join us for a day of fun, Purim games, crafts, music and much more! Come in costume to win a prize!

Adults: While the kids play, relax & have a drink & nosh in the adult area.

Shabbat Service with Presbyterian Church of the Roses

Friday, March 15, 6:15 PM

Please help us welcome the Presbyterian Church of the Roses who will be visiting us for Friday evening Shabbat service. A special oneg will follow services.

Women's Group Planning Meeting Sunday, March 17, 10:00 AM — 12:00 PM

You are invited to join other CST women for a light brunch (or wine and cheese) and to learn more about what the CST women's groups will be doing this year.

Late last summer several CST women's groups started. A book group coordinated by Fran Danoff and a movie group coordinated by Ronnie Campagna are meeting regularly. As promised, we are planning to add more groups and to get the walking group moving again. Check the *Chai-Lites* for details.

Dinner and Dialogue with Israeli Palestinian Christian Dr. Niveen Rizkalla

Sunday, March 17, 6:15 PM Free, please RSVP to the office.

We first met Niveen as part of the IsraAID team that came to help us during the fires. A psychologist who specializes in trauma, Niveen came to our aid during the worst days of the fire, offering counsel and comfort to many. Since then, we have worked with Niveen on a number of fire-related programs. Niveen has an interesting and compelling story as a psychologist working with trauma victims all over the Middle East and also as an Israeli Christian Palestinian. Join us as we share a meal and hear Niveen's story.

Niveen is a post-doctoral research fellow at the Mack Center for Mental Health and Social Conflict. Prior to her arrival at Berkeley, Niveen served as the volunteer coordinator at the Haifa Rape Crisis Center and the director of the Haifa Ministry of Health's Mobile Clinic,

where she treated women, men and LGBTQ individuals in prostitution, trained professionals and volunteers on sexual violence and frequently presented at conferences and gave guest lectures. Her research interests focus on trauma – PTSD, complex PTSD,



vicarious traumatization, secondary traumatic stress, post-traumatic growth and victims of torture and war in addition to women, gender-based violence (e.g., sexual violence and prostitution).

She also is working on the traumatic experiences and physical and mental health of Syrian refugees and the staffers who assist them in Jordan (Middle East). Couples' intimacy, marital satisfaction and the intimate relationships of traumatized populations are another area of interest. Her most recent project delves into secondary traumatic stress, intimacy, post-traumatic growth and coping mechanisms among staffers who assist refugees and war traumatized populations across Europe, the Middle East, Africa and Asia.

A Season of *Mussar* with Sharon Schwartz

Seven Wednesdays: March 20, April 3, 17, May 1, 15, 29, June 5 10:00 AM - 11:30 AM

\$136 for the series; please RSVP to the office (scholarships available)

Mussar is a Jewish spiritual practice that gives concrete instructions on how to live a meaningful and ethical life. Based on the idea that by cultivating inner virtues, we improve ourselves, Mussar allows for more meaning and balance through study, practice and contemplation.



Sharon, a trained *Mussar* facilitator, will offer a beginner course called Season of *Mussar* I, a curriculum created by Alan Morinis, the founder of The *Mussar* Institute. For more information visit *mussarinstitute.org/courses/season-of-mussar*

Adult Purim Piano Bar Wednesday, March 20, 7:00 PM

Come sing along to the music of everybody's favorite Jewish piano man, Billy Joel! Bring your groggers and your beverage of choice as storyteller extraordinaire Norman Eisley helps us retell the story of Esther.

We'll chant some *Megillah* and, together, enjoy singing classics like *Uptown Girl*, *Tell Her About It* and *My Life*.



Jewish Literary Circle

Thursday, March 21, 6:15 PM

FREE, all are welcome, please RSVP to the office.

The Jewish Literary Circle, a Life Long Learning program, meets monthly to read Jewish literature and other published material in an atmosphere of stimulating discussion. Participants choose the reading selections for the next three months.

Upcoming Dates: April 11, May 16, June 20





Mandelbrot with Jo Anne Bressick

Sunday, March 24 from 1:00-2:30 PM Free, space limited; please RSVP to the office.



Jo Anne Bressick, a newish CST member who loves to bake and especially loves recreating classic Jewish dishes, has made *Mandelbrot*, the perfect cookie to dunk in coffee or tea while schmoozing with friends,

over a hundred times in the last 10 years, mostly for her father-in-law, who loved them. In fact, she sent a double batch of these easy-to-ship cookies to him every few weeks. No baking experience necessary. You will eat and bake and have your own scrumptious *mandelbrot* to take home. All materials provided.

Save the Date: Bagel Making with Cy Wilcox

Sunday, April 14 from 12:00-3:00 PM Free, space limited; please RSVP to the office

No more having bagels shipped from NY-make them yourself instead! Learn to bake deliciously chewy New York-style water bagels. Breadbaking expert Cy Wilcox will lead participants in mixing bagel dough, shaping the bagels, boiling and preparing for baking with your favorite toppings. At the end of the approximately 3-hour class, participants will each enjoy a freshly-baked bagel topped with schmear.

Would you like to teach a class? Please contact the office.

Community in Conversation - Climate Change and the Future of our Planet

Thursday, March 28, 6:00 PM
Free dinner included, please RSVP to the office.



Many in the Shomrei Torah community are fearful about the looming disaster caused by climate change and disappointed by the way governments around the world are addressing the threat. The Social Action Committee knows we can address some of these issues using the skills, time and talent of our congregation. This is a big job that can only be accomplished by a supportive community.

Please join us for an engaging evening of connection, information and action to determine how SAC and the CST community can address these challenges. Working with some of our community partners, you will learn what you can do right now to bring positive change to our environment. This is a great opportunity to make new friends among fellow congregants.

The Folk Experience

Featuring Jewish American Songwriters of the 60's Folk Era

Sunday, March 31, 4:00 PM - 6:00 PM Free, bring a friend.

The folk music movement of the 1960's helped to galvanize social change in America. Not surprisingly, many of the successful songwriters of the folk era, calling upon their heritage and their sense of *Tikun Olam* – repairing of the world – were Jewish. Writers and performers such as Bob Dylan, Phil Ochs, Paul Simon, Leonard Cohen, Peter Yarrow and Fred Hellerman of the Weavers wrote some of the most iconic songs of the folk era.

In the Folk Experience, Cindy Paley, Mike Sirota and Ed Labowitz present a 3-part harmony musical program of American folk songs from Jewish songwriters of that great folk era. Their concert is part nostalgia, part entertainment and part sheer joy, as everyone in the audience sings along with the help of lyric booklets. It's a hand clapping, foot stomping happening!

Cindy Paley has delighted Jewish communities across the country with her spirit and rich repertoire of Jewish music. As a Cantorial Soloist, Cindy is the soul of Lev Eisha and the Valley Beth Shalom N'shama Minyan, both creative Shabbat women's services in Los Angeles.

Ed Labowitz and Mike Sirota are part of another trio, The Folk Collection, that has performed for the last fifteen years throughout the country, singing the classic songs of the folk era. When not singing with that group or The Folk Experience, Mike is the Cantor at Temple Ami Shalom in West Covina. As a Los Angeles entertainment lawyer, Ed represented many of the folk groups of the 60's, including The Kingston Trio and The Limeliters, with whom he jams from time-to-time.

Congregation Shomrei Torah

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Office Hours

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Inclusivity, diversity, access, and equality are core values for Congregation Shomrei Torah. We believe that everyone should be treated with respect and dignity, regardless of sex, gender identity, or expression. In accordance with our values, everyone at CST is welcome to use bathrooms that best align with their gender identity. Toward a goal of providing restrooms that are more reflective of our values of inclusivity and equality, the Board of Directors is in the process of discussing and evaluating changes to the current bathroom configuration at CST. Input on this topic is welcome. Please contact Sharon Bauman, <code>shauman@manatt.com</code> or Dave Fichera, <code>dave.fichera@gmail.com</code>, with any suggestions or concerns.

- SAVE**THE DATE** -

Diversity and Inclusivity Summit Creating a Culture of Inclusion

Monday, April 8, 6:30-8:30 PM Free, bring a friend.



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?

Regardless of our background and identity, where we come from or even the language we speak, 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 likenesses and see where we meet in the middle. Join for a deep dive into ways you can create the world you want to see.

April Rabbi's *Tisch* with Dr. Elaine Leeder "American Jewish Radicals: The Lesser-Known Stories"

Friday, April 12, 6:15 PM

\$18 suggested donation for the catered dinner; please RSVP to the office.

At a time when America has major political and social problems, it becomes necessary to look at previous times in history to learn methods of coping. American Jewish radicals have long been at the forefront of major social change efforts. Dr. Elaine Leeder will speak



on her research on American Jewish radicals, beginning with early Jewish radicals in the labor movement and other social justice efforts. She will also discuss more recent Jewish activists and their influence on American politics and social change.

Leeder has a PhD from Cornell University and was able to interview many activists in the New York area. She has written four books that have been used at universities around the country. Additionally she has traveled around the world three times on Semester at Sea, studying family life in Africa, Asia and Latin America. Leeder is involved in restorative justice activity in California, having run groups for lifers at San Quentin. Now she does Victim/Offender Dialogues statewide.

TFMPLF **NEWS**

Congressman Mike Thompson to Speak at CST

Thursday April 25, 7:00 - 8:30 PM

Please RSVP to the office.

Join Congressman Mike Thompson and Shomrei Torah's Social Action Committee for a forum on gun violence prevention and pending legislation. We will have a panel of speakers, offering varied perspectives from individuals and professionals who have been impacted by gun violence. There will be time for questions and discussion, as well as action steps we can take collectively as a community.



SAC Film Series Continues with "White Right – Meeting the Enemy"

Saturday May 4, 7:00 PM

FREE, please carpool.

The Social Action Committee is excited to present an unforgettable evening focused on the rise of white supremacist hate in the United States and how we can address the problem. A powerful Emmy Award winning documentary by Muslim female filmmaker Deeyah Kahn, White Right goes deep into the psychology of hate, particularly Anti-Semitism, through amazing interviews with leaders of these movements and the transformational relationships she was able to develop with some of them.

Following the film, Arno Michaelis, former racist skinhead and reverend in a self-declared racial holy war, will talk about his struggle with his past and his journey to become an advocate for social justice. The co-author of My Life After Hate is a soughtout international speaker and educator on combating racism through his work with Serve2Unite, an organization that trains and engages students as peacemakers. You will not want to miss this program!

If You Believe in Climate Change, We Need You!

The mission of Shomrei Torah's **Environmental Action Committee** is to encourage environmental stewardship and to promote awareness and sound ecological practices within the synagogue, our congregation and the wider community. In order to respond to the global challenges that we all face, the Committee focuses on four areas:



- · Green Shomrei Torah: Develop policies and practices that diminish the synagogue's environmental footprint.
- Education and Awareness: Educate members of the congregation about sound environmental practices.
- Community Involvement: Work with other organizations in Sonoma County to advance the protection and sustainability of our resources and environment.
- Advocacy: Advocate for governmental policies that improve environmental practices in the county and state.

Though much has been accomplished in the past 11 years since the founding of the EAC, there is still more to do. Some of the committee's members have moved on or away and now it is time for a green infusion. The Environmental Action Committee needs you. Please consider serving. For further information, contact the office.

Jewish Teens Love

Chaverim is the countywide JCCSOCO Jewish Teen Education Program. Jewish teens from all over the county meet by grade level twice monthly on a week night for dinner and a compelling discussion. Believe it or not, it's time to sign up for Fall 2019 (8th-12th grade)!

Register by contacting Rick Concoff, Teen Education Director, at (707)477-9196, concoff@yahoo.com, visit the "teen tab" at jccsoco.org.

Teens, mark your calendars for a free Sonoma County Passover Seder just for teens in Sonoma at Congregation Shir Shalom. Look for your invitation in the mail or contact Rabbi Steve Finley at (707) 935-3636.

L'Dor V'Dor

Thank you to those of you who attended this very special experience on January 27th! Fifty five Shomrei Torah congregants, spanning a multitude of generations, joined our religious school students for a morning of community building, study, social action, and of course, breakfast.

The program "L'Dor V'Dor", which translates to "generation to generation." With the students and the visiting congregants sitting together, everyone had a chance to share about themselves and share a meal. Intergenerational teams assembled "no-sew" fleece blankets, all of which have been donated to The Living Room, an organization that supports women and children facing homelessness or domestic violence. The day was filled with social action, text study and prayer.

This morning was a complete success, thanks to our congregants who came to study, work and bond with our students. Thanks to everyone who made this program so meaningful for our students!

"With students and visiting congregants sitting together, everyone had a chance to share about themselves and share a meal."









February Women's March

Congregation Shomrei Torah was in the house at the Women's March 2019 in Santa Rosa. Our intrepid group got a lot of attention from the crowd and pictures of us and the CST banner made it into the *Press Democrat* and many Facebook posts.

There was a terrific energy in the audience that was bolstered by some outstanding young student speakers and Rabbi Stephanie Kramer. The Social Action Committee is thankful for the ongoing support by both our rabbis and the congregation. It is crucial to stand up for our shared values and "not stand idly by" to injustice and persecution. Listen to Rabbi Stephanie's speech and read associated news articles here: www.shomreitorah.org/rabbi-kramers-sermons.



Volunteers Needed!

The temple staff wishes to thank the recent volunteers who have given us their time in the office to help us with the many tasks required to help keep the temple running smoothly. Our deepest appreciation is extended. If you would like to volunteer on a regular basis or even just once, please sign up at www.signupgenius.com/go/9040f48a9a62aa57-office.

Board Wrap up

Our January meeting covered a lot of ground. First order of business was to schedule CST'S Annual Meeting to be held on Wednesday evening, June 12. There will be a light meal and our hope is that everyone will save the date and join us!

Unfortunately there will not be a men's retreat this year due to a lack of availability of a suitable location. Men, don't despair—plans are underway for a wonderful retreat in April 2020. Stay tuned!

The Board discussed the fact that since we currently only have gender specific bathrooms, we will be issuing a statement in the *Voice* to support people using restrooms aligned with their gender identity. As a progressive, inclusive congregation, we believe it is important for us to adapt to issues that make all people feel more comfortable within our walls.

From there, we celebrated the fact that an easement at the entrance to our property has been sold to the City of Santa Rosa making it a win-win for everyone. A big thank you to all who were involved and who negotiated a great deal for CST.

For anyone who is hard of hearing and uses our "Loop System," please be aware that the Board is aware of an ongoing issue and we are working to resolve it. That's it for now. Until next month...



Environmental Action Committee at Work in Our Community

Post-fire planting of native grasses at Pepperwood Preserve in November, 2018.





Sixth Grade Tallit Workshop

On Sunday, January 13, sixth graders and their families had the opportunity to create a *tallit* together. These *tallit* will be worn on their special day. In addition to creating this work of Jewish art together, families studied the significance and history of wearing *tallit* and learned how to tie the special knots (*tzitzit*). Congratulations to our upcoming 6th grade *B'nei Mitzvah* class!





Diversity Summit

Shomrei Torah has been proud to host the first four sessions of the Diversity and Inclusivity Summit. Since October, the Summit has been bringing teens and adults together to learn how we can make our communities a more welcoming and diverse place. Participants have heard from experts on interfaith communities, racial diversity, and LGBTQ+ advocacy. Every session is filled with an informative lecture and breakout discussions, plus delicious desserts (most famously, a seven-layer rainbow cake!). Any teen or adult who is interested in participating is encouraged to attend our final session on Monday, April 8 at 6:30 PM.







Congregation Shomrei Torah | (707)578-5519 | denise@cstsr.org







Israel Trip

In October, 2018, Rabbi George and 47 Shomrei Torah members visited several cities and sites in Israel. Please join us at Shabbat Services on Friday, March 1 at 6:15 PM as they share their experiences.





Elisha's Pantry Serving Bennett and Rincon Valleys



Gifts of food and love

Elisha's Pantry needs your help!

Every Thursday, 4:00 to 5:30 PM 1717 Yulupa Ave., Santa Rosa

Thirteen 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:

- 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.
- Volunteers to pick up items for the Pantry at the Redwood Empire Food Bank in Santa Rosa – Wednesday from 10 AM to Noon - requires transportation vehicle and light lifting of up to 25 lbs.

All volunteers are welcome — families, teens, singles, couples. To sign up or for more information, please call Stephen Harper at (707) 332-2759 or (707) 527-0196. Volunteer dates are assigned as we cannot handle drop-in volunteers.













Whatever your reason to belong, **Shomrei Torah** belongs to you!

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TIME SENSITIVE

-MARCH **SERVICES**

Friday, March 1

6:15 pm — Shabbat Service with Israel Trip Attendees

Saturday, March 2

Weekly *Torah* portion: *Vayakhel* 8:45 am —*Torah study led by Rabbi George* 10:30 am — *Shabbat Service*

Friday, March 8

6:15 pm — Rabbi's Tisch with Professor Benjamin Benson

Saturday, March 9

Weekly *Torah* portion: *Pekudei* 8:45 am —*Torah study led by Michael Weinberg* 10:30 am — *Shabbat Service*

Friday, March 15

6:15 pm — Shabbat Service with Presbyterian Church of the Roses

Saturday, March 16

Weekly *Torah* portion: *Vayikra* 8:45 am —*Torah Study led by Rabbi George* 10:30 am — *Shabbat Service*

Friday, March 22

6:15 pm – Shabbat Service

Saturday, March 23

Weekly *Torah* portion: *Tzav* 8:45 am — *Torah study led by Rabbi Stephanie* 10:30 am — *Shabbat Service*

Friday, March 29

6:15 pm — *Shabbat Service*

Saturday, March 30

Weekly *Torah* portion: *Shmini* 8:45 am — *Torah study led by Ira Glasser* 10:30 am — *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.

