



High Holy Days

This year *Rosh Hashanah* begins on Sunday evening, October 2, and *Yom Kippur* starts on Tuesday evening, October 11. High Holy Days will be here before you know it. Have you renewed your membership at Shomrei Torah and sent in your forms for your seating cards? Consider purchasing your own *Machzorim* (High Holy Day Prayer Book) or dedicating a book plate to honor a loved one or commemorate a special family event. Look inside on page 2 for the complete High Holy Days schedule.



Rabbi's Tisch with Marc Dollinger, Ph.D.

"Power, Privilege and BDS: A Different Perspective on Jewish Campus Life."

Friday, October 14, 6:15 PM

Half a century ago, Jews enjoyed status as America's most liberal white ethnic group, leading social justice movements across the country. Today, Jews are often perceived as white and privileged, unwilling to join this generation's social justice causes. Join us as we explore the ways whiteness, power and privilege have changed the social justice landscape for American Jews.



Dr. Marc Dollinger holds the Richard and Rhoda Goldman Chair in Jewish Studies and Social Responsibility at San Francisco State University. He teaches, conducts research and writes in the field of Modern American Jewish History and Identity, Jews and Public Policy, Church/State Separation, among other areas. His award-winning analyses of the BDS Movement and Campus Politics have earned him recognition in the Bay Area and across the US.

Sukkot Party

Sunday, October 16, 2:00-5:00 PM

To celebrate the harvest season, join CST at Yoffi Farm for an open house *sukkot* party.

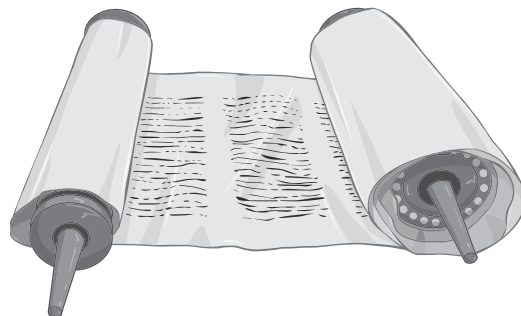
Delicious food, wonderful music, animals to pet, activities for all ages and of course, shaking the *lulav* and *etrog*. This is a great way to mix, mingle and munch. Please RSVP at the temple office.



Simchat Torah Celebration

Sunday, October 23, 6:15 PM

Join us as we celebrate the unfurling and rerolling of our *Torah* with lively music, singing and dancing. This family-oriented service is a wonderful opportunity to see the *Torah* unfold in all its glory.



New Member Pre-oneg Wine and Cheese

Friday, October 21

5:30 PM

Come before *Shabbat* services to meet other new members over wine and cheese in the *Sukkah*.

HIGHLIGHTS

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See Page 2 for High Holy Days Schedule

Worship Calendar

High Holy Days 5777 (2016)

*Please note that services will be held as indicated at Congregation Shomrei Torah
and the Center for Spiritual Living, 2075 Occidental Road, Santa Rosa.*

Saturday, Sept. 24

S'lichot Service 9:00 pm Shomrei Torah

Sunday, Oct. 2

Erev Rosh Hashanah 6:00–7:00 pm Shomrei Torah

Family Service—Children of all ages welcome; followed by *Oneg* and children's activities

Rosh Hashanah Service 8:00 pm Ctr Spiritual Living

Monday, Oct. 3

Rosh Hashanah Adult Service 10:30 am Ctr Spiritual Living

Childcare and Children's Programs available

Pre-teen Service (6th & 7th grade) 10:30 am Ctr Spiritual Living

Teen Service 10:30 am Ctr Spiritual Living

Tashlich Service at 4:00 pm Lake Ralphine

This is a beautiful service where we cast our sins into the lake while singing and praying
that we do better in the year to come. Vegetarian/dairy potluck to follow.

Tuesday, Oct. 4

2nd Day *Rosh Hashanah Service* 10:30 am Shomrei Torah

Vegetarian/dairy Potluck lunch to follow

Friday, Oct. 7

Shabbat Shuvah Service 6:15 pm Shomrei Torah

Saturday, Oct. 8

Shabbat Shuvah Morning Service 10:30 am Shomrei Torah

Sunday, Oct. 9

Cemetery Service 10:30 am SR Memorial Park

Tuesday, Oct. 11

Erev Yom Kippur 6:00–7:00 pm Shomrei Torah

Family Service—Children of all ages welcome

Yom Kippur—Kol Nidre Adult Service ... 8:00 pm Ctr Spiritual Living

Wednesday, Oct. 12

Yom Kippur Adult Service 10:30 am Ctr Spiritual Living

Childcare and Children's programs available

Pre-teen Service (6th & 7th grade) 10:30 am Ctr Spiritual Living

Teen Service 10:30 am Ctr Spiritual Living

Jewish Journeys (personal stories) 1:30 pm* Shomrei Torah

Reading/Jonah 3:00 pm* Shomrei Torah

Healing Service 3:45 pm* Shomrei Torah

Yizkor Service 4:30 pm* Shomrei Torah

Neilah Service 5:30 pm* Shomrei Torah

Break-the-fast 6:00 pm* Shomrei Torah

*Afternoon service times are approximate

Sunday, Oct. 16

Sukkot Party 2:00–5:00 pm Yoffi Farm

Sunday, Oct. 23

Simchat Torah Service and Celebration ... 6:15 pm Shomrei Torah

"Defending the Devil"—Men's Bagel Club Goes to Court

Sunday, October 9, 9:00 AM

CST member Stephen Turer recently retired from his stellar practice of criminal defense law after 40 years in Sonoma County. He will share stories of the most fascinating cases he has tried in Sonoma County. Please RSVP to cstbagelmen@gmail.com to reserve your gourmet lox and bagel breakfast. Women and other guests are always welcome.



In upcoming months, we will hear from new CST board chair Ira Glasser on November 6, and on December 4 from computer and cell phone expert Richard Lazovick.



Tuesday, October 11, 8:00 AM

Are you a business person or professional searching for opportunities to grow your business? Congregation Shomrei Torah has just the opportunity for you. Join our B2B@CST Business Networking Group and meet an interesting variety of business people just like you. Each of us are members of CST and are committed to growing our businesses and helping you grow yours through leads that we share within the group.

Join us for our next meeting at 8:00 AM on Tuesday, October 11 at Congregation Shomrei Torah.

Babies & Bagels

Sunday, October 2

Babies & Bagels is a FREE program! We love to get together with you and your little ones. The Babies and Bagels group meets once a month, usually on Sunday mornings. Join us for a light nosh and some refreshing adult conversation, while you watch your children interact and play with others in their age group. Babies & Bagels meets at a private home. For more information, to RSVP for the address, contact the temple office at (707) 578-5519 or email denise@cstsr.org.



Tot Shabbat

Saturday, October 15, 9:00 AM

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. During all Tot Shabbat experiences there will be a kid-friendly service, lively music and movement, exciting stories, art activities, and open play. Tot Shabbat is a FREE program.



KIDDish

Sunday, October 16, 9:00 AM - 11:00 AM

KIDDish is an introduction to Religious School for all Pre-K, children 2-5 years old. In this class, you can meet new friends and build budding Jewish relationships that can blossom for years to come. During these classes there will be tons of hands-on art activities, spirited movement and music playground time, and fun Jewish learning. Field Trips will be held at Art & Soul Music School, Santa Rosa. Contact the office to register.



STaRS Harvest Festival

Sunday, October 23, 9:00 AM

Come celebrate the High Holy Days with our STaRS Harvest Festival! Play games, eat snacks and have fun together!



8th Annual Warm Clothing Drive

October 14 - November 13

The Social Action Committee is once again collecting warm things for distribution in November and December to our friends and neighbors who are recipients of Elisha's Pantry. There will be containers for your donations in *Shalom* Hall from October 14th thru November 13.



We are looking for new or gently used items in very good condition: coats, raingear, shoes, socks, hats, sweaters, blankets and sleeping bags. As always we especially need children's clothes for infants to teens and extra-large adult sizes. Donations should be for keeping warm and dry (no summer attire).

Your generosity in the past has allowed us to distribute more than 3,500 items to those in need. Thank you!

There are many volunteer opportunities for adults and teens to help sort and distribute the collection.

For more information or to volunteer, contact the temple office.

"Under One Roof: Strength in Diversity"

NBOP Public Meeting

Sunday, October 16, 3:00-5:00 PM

Location: Santa Rosa High School

As we begin the New Year, we can expand our connection to the broader community. CST is one of 20 faith-based and community groups that are members of the North Bay Organizing Project (NBOP). At its annual Public Meeting, NBOP will highlight its social justice victories—rent stabilization, free transit for college students, education justice work. CST members are invited to join the lively, diverse community, including public officials, who will be present at the annual Public Meeting. For more information and/or to let us know you will be attending, please contact: Madeleine Rose at mrose@sonic.net.



Get Out the Vote with Rabbi George *Additional Date!*

Saturday, October 15, 2:00-5:00 PM

We are gratified that twenty community-minded CST members walked a precinct in Roseland with Rabbi George last month to encourage people to vote. Due to the enthusiastic response we have arranged for an additional date, Saturday, October 15, 2:00-5:00 PM. This time we will meet in the Coddington area. This Voter Engagement effort is coordinated by the North Bay Organizing Project (NBOP) to increase voter turnout in precincts with historically low



voting rates. Every weekend from now until election day, NBOP member organizations will walk precincts. We will not be advocating for particular candidates, but encouraging registered voters to let their voices be heard. We will also register voters. Join Rabbi George and members of the Social Action Committee as we connect with local community members. For more info and to sign up, contact the temple office.

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New Member *Shabbat*

November 4, 6:15 PM

Our clergy, staff, Board of Directors and Membership Task Force invite members who have joined the synagogue in the past year to attend the New Member Shabbat Service on November 4. We would like to officially welcome you to the CST community with a blessing on the *bima* by Rabbi Kramer and an opportunity to meet established members and other new members at the evening's *oneg Shabbat*. Mark your calendars for this special evening.

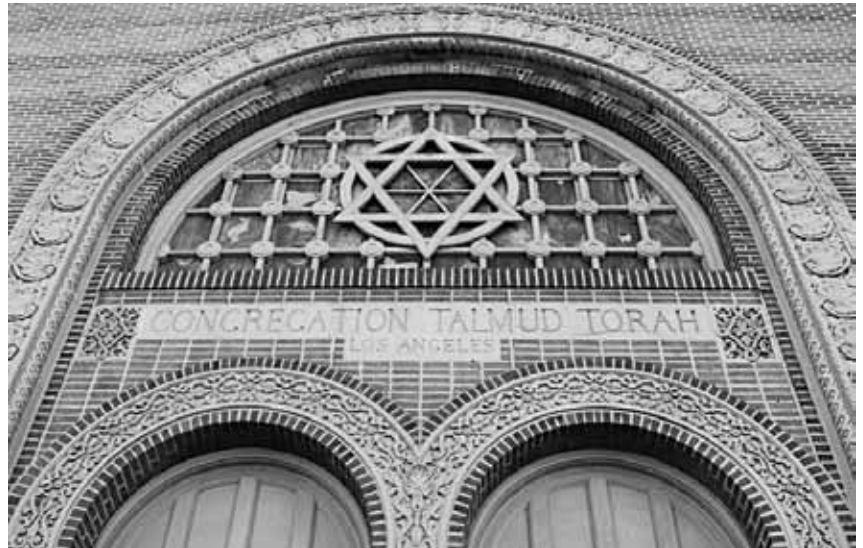
LIFELONG LEARNING

Meditation as a Jewish Spiritual Practice with Rabbi George

3 sessions: Nov. 2, 9, 16, 7:00-8:30pm



This three-session class/sit offers folks the opportunity to meditate in a Jewish setting utilizing the tools and resources of Jewish and Buddhist practice. There will be some instruction, teaching and at least 45 minutes of silence per session. While this class builds on the previous sessions offered by Rabbi George, no previous knowledge is necessary and all are welcome. The class is free but you must RSVP to the CST office to attend. Call (707) 578-5519 or denise@cstsr.org.



Jewish LA Teen Trip 7th, 8th, and 9th Graders

November 18 - 20

Join us for a weekend full of hands-on learning about the Jewish history and culture in Los Angeles.

Attend a unique *Shabbat Service*, learn about Jewish-Muslim dialogue, the history of Boyle Heights, and other historical Jewish neighborhoods.

Visit *Beit T'shuvah*, a Jewish residential treatment center and participate in a program led by their Prevention program. Eat a deli lunch and tour Pico Robertson with an expert in the field. This is a trip that is not to be missed! Contact the office to RSVP.

Environmental Action Committee

Tip of the Month

"One generation goes and another generation comes; but the earth remains forever."
~ Leviticus 23:22

The CST Environmental Action Committee recommends voting for **Measure M** and **CA Proposition 67** on the November 8th ballot.

Measure M for Sonoma County would ban GMO crops in the county, as all the neighboring counties on the north coast and many other areas and EU countries have done.

CA Proposition 67 would ban single use plastic bags; similar to the measure in Sonoma County has in effect, but state-wide.

For more information, check these websites:

<http://www.smartvoter.org/2005/11/08/ca/sn/meas/M/>

[https://ballotpedia.org/California_Proposition_67,_Plastic_Bag_Ban_Veto_Referendum_\(2016\)](https://ballotpedia.org/California_Proposition_67,_Plastic_Bag_Ban_Veto_Referendum_(2016))

CST Is Asking for Your Help, Your Presence, and Your Active Participation

Before this column ends, I will definitely have asked you for your support and help, in several ways: with your financial resources, with your volunteering of time, and with your deep commitment to justice, peace and community.

Before that, though, we (Angela, Ari, Eli and I) have just returned from a fabulous weekend experience at a Camp Tawonga family camp, with sixty other Bay Area families, and all together about 280 parents, kids and counselors. It was very Jewish, very interfaith-friendly, fun, safe, nourishing to body and spirit, relaxing and challenging at the same time. Actually, it felt just like Shomrei Torah (with a lot more dust) in many ways, even though we knew virtually no one when we arrived. Ask any of us to tell you more about it if you have an interest (parents of young children, take special note), and make plans to join CST's own Camp Newman Weekend next spring, April 28-30, 2017.

I am writing these words on Labor Day weekend, knowing you won't be seeing them for about a month. By then it will be *Rosh Hashanah*, or just before or just after, more or less. Anyway, knowing



Ira Glasser, CST President

that you will see this in early October, right around the High Holidays, allows me to try to tap into your *Rosh Hashanah/Yom Kippur* frame of mind, whatever that might be, by trying to tap into my own Holy Day mind, a month early.

And that, by the way, is exactly how we are supposed to spend the month (named *Elul* in Hebrew) before *Rosh Hashanah*: getting prepared, in the mood, ready to take a clear look into our own lives, our hearts, our innermost selves, our relationships with family and friends, so that we can understand some of what God already knows about us – people are complicated, often resistant to change, and need lots and lots of love, plain and simple.

So, now that we are here, spending many hours with our beautiful new prayer books in our hands, and following our own paths as they merge in our own individual understandings of our traditions, how are

we going to let ourselves be transformed by the power of the Jewish experience of prayer?

Please let us know and see your personal answer to that question. At services, reach out to both loved ones and others; introduce yourself if you don't already know anyone near you. Reach out, please, if you see any one person, or couple, or family who seem to be separate from us, due to being new, or shy, or perhaps weighted down with the seriousness and solemnity of the Days of Awe which we will be living through. Reach out to the stranger, for we were once strangers ourselves, and sometimes we still feel like strangers; even when unnecessary. So please be welcoming, as we ourselves want to be welcomed.

Now, I promised I would ask you for three things, and I do now ask, on behalf of the board members of Shomrei Torah.

First, I ask for your help, through the generous, continuing gifts of your financial resources. In addition to and above and beyond your existing sustaining gifts of money, and we are very grateful to you for those gifts, please make an additional gift now to CST in honor of yourself or others, and for the holiness of the season, and in expressing your own gratitude for the gifts you have received in your own lives.

Second, I ask for your presence, through your attendance at our other services, or special events, or classes, or life-cycle celebrations, or other holiday observances. Come to enjoy, relax, learn, study, teach, listen to us and speak with us; just come and be with us – we like that. And I also ask for your active, energetic participation, through a volunteering of your own many talents, skills and experiences to benefit the activities of our congregation – it does take all of our efforts to be and become who we are meant to be, so come and be with us, whether for a specific task or event, or if you have the interest, for recurring tasks or committee work.

Third, your tireless and deep commitment to the heritage of our Jewish traditional values shows in so many ways – just look at some of the offerings in this year's View – so please continue to live and act upon your deep commitments to justice, peace and the safety and equality of our larger, Sonoma community, by expressing yourselves, and by having your voices heard in support of just causes of your own choosing; show up for yourself and what you believe in in this new year, and live your beliefs!

L'Shanah Tovah Tikatevu

May You Be Inscribed For A Good Year!
Ira

Practicing Mindfulness: Keeping Judaism Relevant In Our Lives

Upon ordination, rabbinical school graduates receive a book called *Rabbi's Manual*, a useful compilation of poems, blessings and services to guide a new rabbi in officiating at life cycle events, community moments and other special occasions.

But, quite honestly, the most difficult parts of a rabbi's job are not covered in the manual.

The manual most rabbis actually need would tell us how to motivate volunteers, decipher budgets, negotiate competing values, supervise employees, create work-life balance, remain objective, help mentally ill people who might find their way into the synagogue and clone ourselves so we can be in two places at once. Can you imagine that how-to guide? It would be longer than an encyclopedia and would include contradicting opinions on almost every issue. I imagine a sort of "choose your own adventure" script that would direct the rabbi to an appropriate page depending on the scenario.

Without a manual, how can



Rabbi Kramer

a rabbi ever know what to do? Which way to turn? Sometimes it's difficult to even know how to start. However, as Jews, we are reminded that we have been given a "Good Doctrine, do not forsake it." (Proverbs 4:2) Luckily, none of us need to look very far for advice; we have everything we need in the *Torah* and later rabbinic works.

The Halacha, the path we are supposed to follow, includes directions for living based on stories and rules found in the Bible and later expanded upon in the Talmud.

The word *Halacha* is often translated as Jewish law, but the word comes from the root that more literally means "to go" or "to walk."

The *Halacha*, the path we are supposed to follow, includes directions for living based on stories and rules found in the *Bible* and later expanded upon in the *Talmud*. The advice can be as direct and specific as describing how to handle a property dispute or much more general.

If we take the time to look back at our history, the way our biblical ancestors treated one another and behaved in society, we have both positive and negative models for our own behavior.

In fact, every possible human scenario is either directly or indirectly mentioned in Jewish works. If we take the time to look back at our history, the way our biblical ancestors treated one another and behaved in society, we have both positive and negative models for our own behavior. Although there's no *halachic* law or allegory that teaches us how to be in more than one place at a time, Jewish law does include practical lessons in mindfulness, in the value of

At the beginning of the Jewish New Year, join me in practicing mindfulness.

paying attention to the people and events in our lives at any given moment in time.

At the beginning of the Jewish New Year, join me in practicing mindfulness. Let's look to our rich tradition for answers when we consider every scenario in our lives: the way we spend our time, the way we negotiate in our families and in society, the way we treat the stranger and other modern challenges. If you are struggling with a particular question or have an interest in the Jewish response to a particular situation or problem, please reach out to Rabbi George or me. We will gladly work with you to discover how Judaism addresses similar questions.

The *Torah* is a Tree of Life... a living covenant. It is up to each of us to engage with Jewish text—and law—in the 21st century. This is the way we will keep Judaism relevant in our lives and for future generations.

B'Sholam,
Rabbi Stephanie

Prepping Holiday Treat Packages for College Students

Would your college student enjoy some holiday treats during the 2016-2017 school year? We will send students enrolled in the program fun and delicious *Hanukkah* and Passover greetings from their Shomrei Torah family! If your student received mailings last year, you will need to resubmit information to be included again this year even if the address hasn't changed.

Please email the CST office (ra@cstsr.org) and copy Nancy Ferrick (nferrick@aol.com) with the following information:

- 1) Your student's name
- 2) College name
- 3) Year in school
- 4) College mailing address
- 5) Students Email
- 6) Plus parent name, phone number, and email.

Current addresses are needed by the end of October for both mailings and by the beginning of March for the Passover mailing. If your student has a change of address during the school year, please update the info by contacting the CST office.

Would you like to help bake or assemble the packages? Contact the temple office.

Purchase your own *Machzorim* (High Holy Day Prayer Books)

For the second year, Shomrei Torah is using *Mishkan Hanefesh*, the Reform movement's new High Holy Day Prayer book. Why not own a set of your own? The CST office has them available for purchase for \$48.00. These prayer books—one for *Rosh Hashanah* and one for *Yom Kippur*—contain transliterations, beautiful poems, and meaningful additional readings and are an asset to add to your Jewish home library. Contact the temple office at 707-578-5519 or email denise@cstsr.org to reserve yours.

Shomrei Torah Members Volunteer at Camp Newman

We have just completed our 8th consecutive summer of partnering with Camp Newman, assisting them in checking in campers during their incoming days. Thank you to all of the volunteers who helped out this summer. This summer's volunteers were, Nancy Packard, Sheri Greene, Ellen Douglass and Sherry Fink.

It is always very uplifting to see the kids arriving from all over the country, connecting with their Reform Jewish community in such a fun way. Representatives from Shomrei Torah continue to welcome the campers.

Camp Newman has expressed their deep appreciation to the caring members of Shomrei Torah for the *Tikkun Olam*, which has been so graciously offered. Although this summer quickly came to an end, the staff at Camp Newman is hoping to maintain this bond with Shomrei Torah in future years.



If you are interested in being a part of future cooperation between Camp Newman and Shomrei Torah, please contact the temple office.

LEGACY NEWS

Meet Paige Sobel and Corky Cramer

After moving from Toronto, Canada in 1992, Paige and Corky made Shomrei Torah their religious home.

With the help of CST, they have maintained a strong Jewish connection in a place where the Jewish population is relatively small and spread out. Paige and Corky feel that CST has played an important role in their Jewish life and found that many of the friendships that they have made over the years were through the congregation. Both sons, Jake and Gabe had *Bar Mitzvahs* at CST. Over the past 24 years, Paige and Corky have been involved in several committees and events. Paige also recently joined the Board of Directors.

Reform Judaism and its values are very important to them. Paige says they want to be sure "our community will survive and thrive after Corky and she are gone." This thought influenced their decision to make a planned gift to CST at this time. Their gift has no unique designation allowing leadership of the future to use it where it will do the most good.



Board Plans to Provide Monthly Updates

The CST Board of Directors will be sharing what we have been “up to” each month in the Voice. We constantly strive to become better leaders and ambassadors for our community and the community at large, and part of this mission is to be more transparent in our monthly actions. Our doors are always open, and encourage members from the community to come and sit in on a Board meeting to learn more about CST and what the Board does.

Currently we are engaged in talks about refinancing the note on our existing mortgage. We have spent countless hours looking into the financials of the synagogue and are trying to make the best decisions that will positively affect our members in the future. We have also been investigating our need for a campaign to keep the general fund of CST in the positive. The Board is also working on security plans for High Holy Days, as well as for CST and our religious school. The safety of our members and children is of utmost concern to us.

Environmental Action & Bagel Club Combine Forces for LED project

Shomrei Torah expects its lighting costs to go down by as much as 85% through the simple act of changing light bulbs. Through a joint action with the Environmental Action Committee and the Men's Bagel Club, LED light bulbs were purchased to replace the incandescent and halogen lights throughout the building. Not only do LED bulbs consume less electricity, they also last much longer. Thank you to Rick Reisman, Jerry Newman, Rich Sleeper and Bill Skoonberg for all your legwork and manpower!

The idea for the ecologic and money saving project originated in the CST Environmental Action Committee. The Men's Bagel Club stepped up to assist and fund the changeover.

The LED bulbs were purchased at a substantial discount at Costco. They are the top-rated FEIT brand on Consumer Reports, are dimmable, have the same color spectrum as incandescent bulbs, and last 10 times as long in use. And in addition, they use 1/8 the electricity for equivalent lumens (amount of light).

Check out the way our new bulbs look and consider switching to LED's at home!



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1:00–5:00 PM

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The Voice Display Ad Rates

Annual Billing Amounts Effective 7/1/15

	Members	Non-Members
Business card:	\$265	\$330
Quarter-page:	\$580	\$725
Half-page:	\$1,190	\$1,490

Other advertising arrangements can be made by contacting the Executive Director. Ads and payment must be received in the temple 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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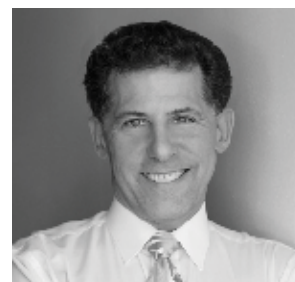
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TIME SENSITIVE

OCTOBER SERVICES

Saturday, October 1

Weekly Torah portion: Nitzavim

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

Sunday, October 2

Erev Rosh Hashanah

6:00 pm – *Family Service**

8:00 pm – *Adult Service**

Monday, October 3

Rosh Hashanah

10:30 am – *Adult Service**

Friday, October 7

6:15 pm – *Shabbat Shuva Service*

Saturday, October 8

Weekly Torah portion: Va Yeilech

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

10:30 am – *Shabbat Shuva Service*

Tuesday, October 11

Erev Yom Kippur

6:00 pm – *Family Service**

8:00 pm – *Adult Service**

Wednesday, October 12

10:30 am – *Adult Service**

Friday, October 14

6:15 am – *Rabbi's Tisch – Marc Dollinger*

Saturday, October 15

Weekly Torah portion: Ha'azinu

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

10:30 am – *Shabbat Service*

Friday, October 21

6:15 pm – *Shabbat Service*

Saturday, October 22

Weekly Torah portion: Hamaed Sukkot

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

10:30 am – *Shabbat Service*

Friday, October 28

6:15 am – *Shabbat Service*

Saturday, October 29

Weekly Torah portion: B'reshit

8:45 am – *Torah Study led by Lee Spitzer*

10:30 am – *Shabbat Service*

**See the High Holy Days Schedule for full schedule and locations*

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.