

www.carmelbethisrael.org

received a couple local grants. Most recently Coastal Roots Hospitality "Pay it Forward" program representing Rio Grill, Tarpy's Roadhouse and Montrio Bistro will donate 10% of all their January and February pick up orders to benefit Abraham's Tent! Make sure to pick-up and enjoy their delicious food. Donations do not include deliveries. All funds raised will help support JCM United's soup kitchen program. Let's continue to build understanding between our religious communities as we join in acts of social justice.

See page 4 for all the information about our Purim CARnival and our virtual Purim Celebration.



Jews, Christians and Muslims United (JCM United) has now been serving meals to those in need for over a year. Every Thursday a handful of volunteers prepare this meal and another group distributes dinners to over 140 people! Wonderful Mitzvah it is to participate in



January - May CBI is offering a series of great events for our members and friends. See page 8 for more information. To attend any of these events, please call the office at 831.624.2015 or email us at shalomcbi@aol.com. Login information for each event will be sent following registration.



From the Rabbi's Desk...

I pray that as you read these words, the world around you is peaceful and filled with hope. Because as I write this message, I am still reeling from what I will call a pogrom on our democracy. As we all know, last month began with

terrorists forcing their way into the Capitol and threatening what should have been a peaceful formalization of the electoral vote process. Five people died because of that riot, including a police officer who was beaten to death by the terrorists.

Yet I sit here knowing that when you read this, our President-elect will have been sworn into office, the transition will be over and the new administration will be working on getting the vaccine to more of us as rapidly as possible. Hopefully more in our community will have already received the vaccine. Possibly the strain on our hospitals has lessened a little and fewer people are dying daily from this dreaded virus.

I envision less divisiveness between Republicans and Democrats. Sure, we will have different opinions on how best to solve the challenges facing our country. We have our own ideas how to resolve the issue of growing numbers of undocumented persons who want to live in the U.S. and how to control our borders. We all know there is too much waste in our government spending and struggle how to fix this problem. We agree that there are many who need assistance but differ on how best to serve their needs.

As a rabbi I accept our different approaches to all these challenges. The old rabbinic story explains how the rabbi says, "You are right," to one person, and "You who have an opposite answer are right as well." We learn best when we listen to each other and learn from those with different opinions. In Pirke Avot, from the Talmud we learn "Who is wise? It is the person who learns from everyone they meet." Are we open to listening and learning, even with those with whom we may disagree?

We have experienced a tremendously difficult period in our lives. With the ongoing struggle with Covid-19 and our country's political divisiveness, as well as economic

challenges, and climate issues, each of us could be suffering from depression. I find the best way to overcome the sense of being overwhelmed is looking around me and picking one issue to tackle face on. If I can make one thing better, I feel a sense of accomplishment. If I can help one person I spark my inner joy. If I can just check off one thing on my list of what I can do to make my immediate world a little safer, a little better, or a little healthier, then I begin to draw myself away from that feeling of despair.

Yes, I am an optimist because I know that each day has been created anew with endless opportunities to improve our existence. What will I learn today? Who might I assist? What spark can I light that will brighten those around me? If you feel you need help finding your own spark, please call me. Maybe we can figure it out together. I have found that having someone assist me eases just about every task I have ever attempted. Sometimes I lead, and sometimes I follow. But with others around me, I never feel lost or alone.

I truly believe God created this world to be a place of healing. If we work together to bring that healing, it will flow through us as well, uplifting our hearts and souls. I pray we bring healing to one another as we heal ourselves. Amen.

**ONE PERSON
CAN MAKE A
DIFFERENCE,
AND EVERYONE
SHOULD TRY**

-JOHN F. KENNEDY-



From our President **Dan Nussbaum, President Board of Trustees**

We have had half a dozen Saturday afternoon sessions of Se'udah Shelishit, literally the *Third Meal of Shabbat*. Each session is an hour of conversation, followed by Havdalah, the five-minute service that ends Shabbat. We've discussed the life and teachings of Rabbi Jonathan Sacks, Jewish music from the Renaissance, from the Balkans, and from Leonard Cohen. We are currently discussing Jewish medical ethics, including: historic and contemporary views on the balance between faith and spiritual beliefs, and the guidance, advice and practices of medical professionals; what are the guiding principles of Jewish Medical ethics?; how does this apply in some current controversies like vaccine distribution, end of life treatments, and organ transplants? If there are topics that you're interested in -- especially if there is a topic that you'd be willing to lead -- please call me. Our objective is simple: shared concerns and open discussion.

We continue our fundraising efforts, as part of what I call "budget repair operations" during this Covid time. Shout-outs go to Malina Breaux, Arlene Krebs, Shel Lyons, and others who are focused on the Religious School, for their enthusiasm and focus. Many thanks also go to all the doctors and lawyers who recently "stood tall and provided generous support when asked." I encourage everyone, consistent with your ability to contribute, to consider additional support in these challenging times. Please respond enthusiastically and generously.

Here's an update on our work to enhance our synagogue's safety and security, supported by a grant from the California OES, led by our safety and security committee (Michael Marshall, Marshal Blatt, Alex Bordetsky, Lenny Popky, Michael Krasner, and Vic Feuerstein) and coordinated by Abby King, and Julie Chase. A vulnerability study by California OES, as well as conversations with other synagogues and security experts formed the basis for our successful grant application. This was followed by the OES grant of

\$200,000 in February of 2020. The committee, along with Julie Chase, identified vendors, submitted requests for proposals for three efforts (doors and locks, video/access, and outdoor lighting), carefully reviewed proposals, met with multiple vendors for each project, checked references, and made vendor selections. Once vendors were selected, the committee and staff negotiated terms, refined requirements, and secured a legal review of each contract. We have approved contracts for the replacement or repair of doors and locks and for applying a security film to all the CBI windows. We are now ready to move forward on the next projects, namely, supply of cameras, access control, burglar and fire alarm systems, panic buttons, and improved outdoor lighting for our parking lot, building, and back field. I sincerely thank all who have been part of this continuing complex project.

Wishing that you and your loved ones all Stay Safe,

Dan
Dan Nussbaum
(C) (831) 324-3228





From Our Cantorial Soloist and Director of Education....

Beeeeeeeeeeeeeee happy, happy, happy it's *Adar*!

Be happy, happy, happy it's *Adar*!

Be happy, happy, happy, happy, happy, happy, happy, happy, happy it's *Adar*!

I love the month of *Adar*! We are commanded to be happy in *Adar*. We welcome it in at sundown on Friday, February 12th (Yes, also *Erev Shabbat*).

And what Jewish Holiday do we celebrate in the month of *Adar*? That's right, *Purim*!! And do we have something special planned for *Purim*! Here's the info:

Sunday, 2/21/21 is **CBI's CARnival** (get it?).

1. Our Religious School will meet virtually 9:30 am – 10:30 am
2. **11:30 am – 2:30 pm** will be our **CARnival**
 - a. Watch for an email to sign up for your time slot
 - b. Decorate your **CAR** and yourself
 - c. Bring a food donation from the list on page 6
 - d. Guess how many things are in a large container
 - e. Play a game or two from your **CAR**
 - f. **CAR** picture
 - g. Receive your Purim Goodie Box with everything you'll need for our Virtual Celebration on **Wednesday, 2/24, at 5:00 pm.**
 - h. Please remember to wear your face mask.
3. There will be different locations for each of the activities above so things will move smoothly and safely.

Rabbi Bruce and I are excited to see all of you physically distanced and in our Purim costumes. What will you and your **CAR** wear? Will anyone be Esther? Mordechai? King Ahashuerus? Vashti? Haman (BOO!)? We can't wait to find out!

I-Help Mitzvah

Todah Rabbah to our Religious School families and teachers for providing dinner and breakfast for the men. December was Grades 3 – 5, January was Grades 6 and 7, and February is Kindergarten – Grade 2. Our *Madrichim* Team and their families will "bring it home" in March. #walkingtorahs

Virtual Tot Shabbat continues on **Friday, February 19th at 4:30 pm.** Rabbi Bruce and I look forward to celebrating with you in our Tot *Shabbat* Zoom Room!

Virtual Family Shabbat returns on **Friday, February 5th at 7:30 pm.** Rabbi Bruce and I hope our families will join us for Services that will include a story and many of the prayer melodies we sing during Religious School *T'filah*.

Pauline Troia and I hope you will join us, virtually, on **Sunday, February 14th at 5:00 pm** for Champagne, Chocolates, Flowers and Love Songs. This program is part of **At Your Home With CBI 2021**, will feature a variety of love songs from our liturgy to classic show tunes and benefit our Religious School.



Virtual Purim Celebration

Join us on Wednesday, **February 24 at 5:00 PM** for our Virtual Purim Celebration. We'll sing joyful Purim songs with cheers and boos and enjoy

the Purim story with a creative megillah reading. Rumor has it that Rabbi and Suzanne will be dressed in costume for this fun Zoom gathering.

Be sure to come to the **February 21 CARnival** to pickup a Purim box with accessories for this event.

As people on our peninsula continue to receive their first and second COVID-19 vaccines, I would like to share this blessing written by Rabbi Sara Mason-Barkin and Jason Bronowitz of Congregation Beth Israel in Arizona:

*Baruch atah Adonai Eloheinu Melech ha-olam,
shutaf la'yetzirah, asher notein l'ruach-b'nei-enosh
et habinah liv'chor bachayim, v'et nechishut
la'asot et mah shenir'eh bilti efshari,
v'et chochmah limtzo banu chosen
v'et tikvah l'taken et ha-olam.*

ברוך אתה יי אלהינו מלך העולם
שותף ליצירה אשר נותן לרוח-בני-אנוש
את בינה לבחור בחיים ואת נחישות
לעשות את מה שנראה בלתי אפשרי
ואת חכמה למצא בנו חסון
ואת תקווה לתקן את העולם

Blessed are You, Adonai our God,
Supreme Power of the universe:
Creative Partner, who gifts the human mind
with intelligence to choose life,
perseverance to do the impossible,
wisdom to vaccinate,
and the hope that will heal the world.

Rabbi Sara Mason-Barkin and Jason Bronowitz

May we all have the opportunity to say this blessing soon as we receive our vaccines. Please continue to physically distance, wear your face mask and wash your hands. #pikuachnefesh #shmirathaguf



Starting the first Friday this month, **February 5**, and the first Friday night service in future months, the service will be designated as “Family Shabbat” and include more children-friendly songs and a story instead of a sermon. While we will still begin at **7:30** we hope more young families will join us. In the past, many of our older members have found Family Shabbat to be their favorite service. We hope everyone will join us the first Friday each month for our uplifting Family Shabbat services.



Tot Shabbat Returns

All preschoolers and their families are invited to join Rabbi Greenbaum and Cantorial Soloist Suzanne Guinane on Zoom Friday, **February 19 at 4:30 PM**. They will lead a short service online (approximately

30 minutes) filled with songs and a story. This uplifting gathering is perfect for our youngest members and their families. Please invite young families who are not yet CBI members to join us online for our Tot Shabbat program. The Zoom link will be sent in our weekly CBI eblast. You can also call the CBI office if you cannot find the link.



Lunch with the Rabbi

Join Rabbi Greenbaum this month on **Thursday, February 11 at noon** online as he leads a virtual gathering discussion on “What is worse: American or Israeli Politics?” How do we get beyond the divisiveness found in our political lives? Is democracy broken? Why do Israelis have to return to the voting booths a fourth time in such a short span? Can America heal from the split between Democrats and Republicans? Let’s enjoy open and respectful learning and sharing while we enjoy our own lunch that we prepared for ourselves. No RSVP is needed. Just look for the link to this meeting which will be in the CBI Weekly eblast. Click on the link and join our Zoom discussion.



**Social Action
@ CBI**

New Endeavors

Connecting Seniors with Technology!

Feeling Lonely? Would you like to see and hear your family and friends in real time by using technology? Shop online? Exchange emails? Do you feel confident in technology, or understand how to connect safely to life online? Need to brush up on your skills? And learn new ones? Or, perhaps you don't have any tech. Do you need a laptop or tablet? Perhaps just a large monitor so that you may see and hear more clearly? Loaves, Fishes & Computers (LFC) can help you!

LFC in partnership with Monterey County's Area Agency on Aging (AAA), is reaching out to our county's Seniors (ages 60+) to help you learn how to use computers, tablets, cellphones, and smart TVs so you can begin!

Connecting Seniors with Technology is offering all these services for FREE! Individualized skills, small group classes, installing equipment, and connecting you to the Internet—all of this and more is available.

This project is supported by two nonprofit organizations working for you: LFC & AAA. To learn more about this project, please contact LFC: 831-275-15316.

I-HELP!

Super Bowl Sunday is coming up, and true to over 10 years of tradition, Charlene and Matthew Schuss are hosting a tail gate party for the Men on Sunday, February 7th. There will be a large screen TV at the Church where the men are sheltering. The men and the Schuss's are so looking forward to this special afternoon.

Special thanks to Suzanne Guinane and the 6th-7th grade religious school children and parents for making our January 3rd Men's I-HELP so special. And for February, grades K-2 will prepare the meals..

Both the Men's and Women's I-HELP said that this past holiday was the best ever, as they enjoyed gifts from CBI and other supporting churches and organizations.

Stay safe! Take Care! And Please Sign Up for an *At Your Home with CBI* event!

Arlene Krebs

Social Action Trustee <arlenekrebs123@gmail.com>



CBI Interest Free Loan

Because of the generosity of an anonymous donor CBI is now offering interest free loans up to \$500 for CBI members. Please contact either Abby King or Rabbi Greenbaum at 831-624-

2015 and ask for the simple one page loan application. Loans will be made for both personal and professional needs. All request will be kept confidential. Our congregation is here to support those in need during these challenging financial times.

CBI Purim **CAR**nival Food Donation List

Canned Meat – Chicken, Turkey, Tuna, Salmon, Stew, etc

Canned Soup

Canned Vegetables

Canned Fruit

Canned Baked Beans

Stove Top Stuffing

Powdered Milk

Box of Hot Cereal

Box of Rice or Macaroni

18 oz Jar of Peanut Butter

Box of Dry Soup Mix

Box of Cake Mix & Frosting

Can Openers for Canned Foods

Please try to purchase canned foods with pop tops



**Celebrate Shabbat by honoring
a loved one or a special occasion
with a leaf on our Tree of Life**

Each leaf is \$180 - Contact the CBI office for details

· Todah Rabbah ·

תודה רבה

· Thank you very much ·

UJC Donations

David & Lois Epel
Rabbi Leah Novick
Bill Pardue & Barbara Mitchell: in honor of Dan
Nussbaum & Bob Fenton
David Sabih & Anna Swartley

General Endowment

Laura Arnow

Safety Security Fund

Victor & Rena Feuerstein: in memory of Morris
Feuerstein

Cantorial Restricted Fund

Marshal & Angelica Blatt: in memory of Cantorial Soloist
Suzanne's uncle Robert Nixon
Bee Epstein-Shepherd: in memory of Suzanne's Uncle
Robert Nixon
Suzanne Guinane: in memory of Robert Nixon &
Thomas J. Guinane, Jr.

Rabbi's Discretionary Fund

Bee Epstein-Shepherd: In gratitude to Richard Platt
Barry R. Harrow
Sharon Hoffman: in honor of Charlene & Matthew
Schuss, Susan & Rabbi Greenbaum, & Debra Givner
& Bob & Jake Fenton, for their many kindnesses
Sharon Hoffman: in memory of Dr. Jerry I. Hoffman
Ida Holber: in honor of Bob Fenton and Debra Givner
Ida Holber: in memory of beloved husband Stephen
Holber
Barry & Nancy Rund: for JCM United

Fundraising

Malina Breaux: CBI at Home Sponsor
Lee & Sheree Goldman: Doctors & Lawyers Challenge
Harlan & Elizabeth Grogin: Doctors & Lawyers Challenge
Scott & Shel Lyons: CBI at Home Sponsor

Steven & Karen Radin: Doctors & Lawyers Challenge

Steven Retsky: You in the Pew

Wendy Rosenthal: CBI at Home Sponsor

David Sabih & Anna Swartley: Doctors & Lawyers
Challenge

Susan Schwartz: for the Un-Festivals

Roger & Joanne Shiffman: Doctors & Lawyers Challenge

General Donations

Julie & Stuart Chase & Ann Sams: in memory of their
son and brother Benjamin Bronston

Bee Epstein-Shepherd: in memory of Frank Shepherd

Bee Epstein-Shepherd: in memory of Mildred Kline

Barbara Fairchild: in honor of Cara Lieb

Robert L. Fenton & Debra A. Givner: in honor of David
Sabih

Ellyn Gelson: honoring birthday & anniversaries in
January

Ellyn Gelson: in memory of husband Bernie Gelson & in
memory of her mother Ada Schneider Kaplan

Milton Gurtin, remembered by River Gurtin and Diana
Case-Gurtin

Thomas & Ellen G. Krause: in memory of Ellen's father
Harry Ruja

Victor & Sylvia Krimsley: in memory of Dennis Bates'
sister Marjorie Leary

Cele Passin: in memory of Arthur Shapiro

Daniel & Louise Riddell-Kaufman

Diana Rosenthal: in memory of Mildred
Auerback, Richard E. Rosenthal, & Mary Snow
White

Wendy Rosenthal: in memory of my sister Sheryl

Rabbi Jeffrey Schulman & Susan Alnes: in memory of
Dennis Bates sister Marjorie Leary

Susan Simon: in memory of Jack & Rose Orlikoff

Herbert Stern: in memory of 2021 yahrzeits

Lester Tockerman: in honor of our 46th President &
Vice President

Lester Tockerman: in memory of Pinchas Tockerman

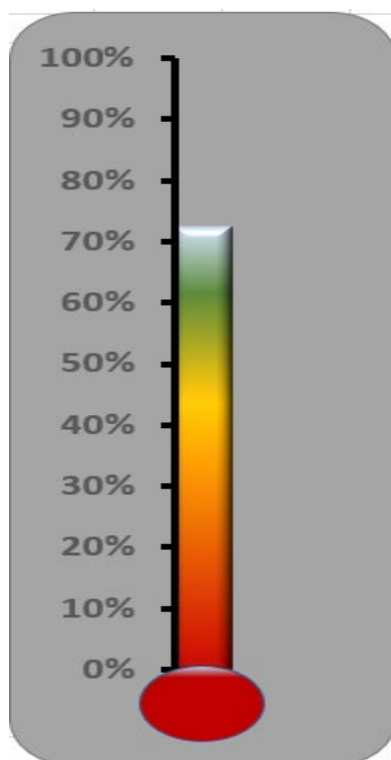
Lester Tockerman: in memory of Sadok Maslyah

Martin & Karen Wiskoff: in memory of Rose Prupes

Social Action

Bill Pardue & Barbara Mitchell: in memory of Richard
Rosen

CBI FUNDRAISING



Help us
reach our
fundraising
goal



A small committee, with huge enthusiasm and lots of creativity! That's how we began planning a series of fundraising events from January through May. These offer CBI members and the wider community entertaining and enlightening films, performances, discussions, and an evening of painting, while we continue to be at home.

Our events include fun for children and folks of all ages—did you catch Josh Logan's Magic Show? Or the award-winning film *UnReined* about a woman who held Israel's equestrian high jump record for 20 years?

If yes, then you know the quality of what is on. If not, check out what's Coming Up February– May! A film, an evening of Love Songs, a Ladies Paint Night, a global trekking adventure all from the comfort of your home, and a discussion concerning White Supremacy!

These events are fundraisers for CBI, thanks to the generosity of our sponsors. Now it's your turn—purchase your tickets, participate and enjoy! Here's what's coming up:

Budapest Noir Film and Filmmaker Q & A

Sunday, February 7th, 11:30 a.m. Q&A with the film Director, Éva Gardós. View the Film on your computer:

February 3, 4, 5, & 6, 2021.

95 minutes; English subtitles, contains nudity



About the Film: Budapest, 1936. A reporter investigates the murder of a prostitute, leading him into the underworld of 1930s pre-Nazi Hungary in this stylish thriller. A politically charged tale of corruption and betrayal, this rich mystery will

leave audiences guessing until its surprising climax. For your enjoyment while you watch the film, your ticket can include a snack box and bottle of wine that can be picked up at CBI or delivered to your home (Monterey Peninsula only). **Tickets:** \$40 for film with Q & A and a snack box with a bottle of wine. Please indicate your preference for red or white wine!

Previous Budapest Noir ticket holders & sponsors from 2020 with unused sponsor tickets can deduct \$15. Snack Box delivery is limited to the Monterey Peninsula, or you can pick these up at CBI from February 2-5th. \$15 for film & Q & A only with Éva Gardós. Free for 2020 CJFF ticket holders and sponsors. If you do not know/remember if you purchased tickets for this film, or if you have remaining sponsor tickets, please email Marsha at marshagci@yahoo.com and she'll assist you. Abby & Julie will also be able to assist.



For film trailer, ticket information, and biography of Éva Gardós, visit www.carmeljff.org **Sponsors:** Rabbi Bruce & Susan Greenbaum; Marsha & Brian Kelly.

Champagne, Chocolates, Flowers & Love Songs

5:00 PM Sunday, February 14, 2021

Chocolate. Flowers. Music. Champagne. These are the things to live for, so settle in for a cozy evening with Cantorial Soloist Suzanne Guinane & pianist Pauline Troia as they perform love songs from the Jewish liturgy,

arias & show tunes. Champagne, chocolate, and flowers included, of course.

Tickets: \$65 per Household

Sponsors: Cara Lieb & Clark Miller; Malina Breaux; Amanda & Gordon Freedman; Naomi & Seth Pollack;

Jennifer Stone & Lew Bauman, Susan Newton.



Ladies Paint Night with Paul Richmond (Adults Only)

Saturday March 13, 2021 7:00-9:00 PM

You can't paint the town, Ladies, but you can still paint a canvas! Join artist Paul Richmond for a relaxing, fun virtual paint night for adults. You don't need talent. You don't need experience. You

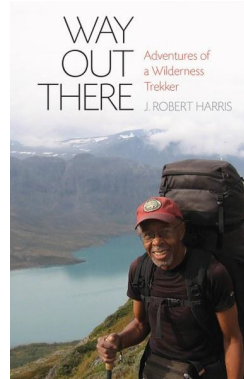
just need ATTITUDE! So relax, raise a brush and a glass, and put a little color in your life. Paul will guide you step-by-step, with lots of stories and laughs along the way. You'll receive 1 canvas, acrylic paints, brushes & a bottle of wine!

Households / People- 20 max persons

Cost- \$54 per person

Sponsors: Paul Richmond & Dennis Niekro; Joanne & Dr. Roger Shiffman; Wendy Rosenthal, Monica Browning

Coming Up In April & May—Mark Your Calendars:



“Way Out There – Adventures of a Wilderness Trekker”

J.R. Harris, Member of the Prestigious Explorers Club
Sunday, April 18, 5:00-6:30 PM



White Supremacy, Here & Abroad

Dr. Jason Blazakis, MIIS

Sunday, May 23, 2021 5:00-7:00 PM

Registration, Tickets & Zoom Links!

Learn more about our events at:

www.carmelbethisrael.org

To purchase tickets for any event, please call the CBI office: 831-624-2015 or

Email: shalomcbi@aol.com

Each event has a unique Zoom link which will be provided once you register!



A simple way to support our synagogue and it doesn't cost a thing!

- In your internet browser enter amazonsmile.com
- Select CBI as your selected recipient
- Every purchase you make sends dollars to CBI

Chadeish Yameinu Jewish Renewal, Temple Beth El,
Congregation Beth Israel & Congregation Beth Shalom present:

HOLY HEROINES



Celebrating the contributions of women to Jewish tradition
with Rabbi Leah Novick

Remembering mystics and healers, writers and activists who emerged
in many cultures and time periods long before 20th century feminism.

Each week we will consider the legacy of women whose gifts to Jewish culture
merit a place in our literature, our art and our spiritual life.

Four Mondays in February, 7:00 - 8:30 pm

February 1st: Dona Gracia Nasi - 16th century Portugese Visionary and Philanthropist
February 8th: Malka of Belz - 18th-19th century Eastern European Healer and miracle worker
February 15th: Penina Moise - early 19th century American Poet and educator
February 22nd: Bertha Pappenheim - Founder, Judische Freunbunde 1920's Germany



Ordained in 1987, by Rabbi Zalman Schachter-Shalomi, **Rabbi Leah Novick** is
author of "On the Wings of Shekhinah: Re-Discovering Judaism's Divine
Feminine" and creator of a CD of guided meditations with music by Desert Wind.

A student of Zohar, Rabbi Leah connects mystical insights to biographical data,
adding music and meditation to the portrayal of each heroine: www.rabbileah.com

Please rsvp for the entire series to: adulted@CYSantaCruz.com. A zoom invitation will be sent to you.
We welcome donations to honor Rabbi Leah's years of teaching and wisdom. Please send to:
Chadeish Yameinu, PO Box 3578, Santa Cruz, CA 95060, or go to www.CYSantaCruz.com.
Remember to notate that your donation is for this series.



Easy Hamantaschen

A favorite treat for the Purim holiday! A tip: cover the dough and refrigerate overnight.

Prep: 15 mins

Cook: 12 mins

Total: 27 mins

Yield: 24

cookies



Ingredients

- 3 eggs
- 1 cup granulated sugar
- $\frac{3}{4}$ cup vegetable oil
- 2 $\frac{1}{2}$ teaspoons vanilla extract
- $\frac{1}{2}$ cup orange juice
- 5 $\frac{1}{2}$ cups all-purpose flour
- 1 tablespoon baking powder
- 1 cup fruit preserves, any flavor

Directions

• Step 1

Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets.

• Step 2

In a large bowl, beat the eggs and sugar until lightly and fluffy. Stir in the oil, vanilla and orange juice. Combine the flour and baking powder; stir into the batter to form a stiff dough. If dough is not stiff enough to roll out, stir in more flour. On a lightly floured surface, roll dough out to $\frac{1}{4}$ inch in thickness. Cut into circles using a cookie cutter or the rim or a drinking glass. Place cookies 2 inches apart onto the prepared cookie sheets. Spoon about 2 teaspoons of preserves into the center of each one. Pinch the edges to form three corners.

• Step 3

Bake for 12 to 15 minutes in the preheated oven, or until lightly browned. Allow cookies to cool for 1 minute on the cookie sheet before removing to wire racks to cool completely.

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HAPPY BIRTHDAY

Ryan Fenwick	2	Gail Bates	13
Alan Lefkof	2	Thomas Krause	13
Monica Browning	3	Leonard Laub	13
Hugo Gerstl	3	Deborah Stern	15
Adrienne Herman	3	Constance Kean	16
Shifra Lyons	4	Aaron Cohen	17
Michael Marshall	5	Justine Geisler	18
Robert Moskowitz	5	Ken Baseman	19
Bob Newman	5	Jillian Heisman	19
Nathaniel Carlyle	6	Creedece Stiebel	19
Andrea Carter	7	Malina Breau	20
Sheri Chodosh	7	Diana Greenbaum	20
Michael Kean	7	Joe Melo	22
Benjamin Nissim	8	Nina Patane	22
Robert Weisskirch	8	Suellen S. Rubin	24
Clark Miller	9	Leslie Vitiello	24
Jim Gumberg	10	Cantor Margaret Bruner	25
Susan Platt	10	Dr. Melvin F. Gorelick	27
Ronald Kroll	12	Sharon Neumann-Solow	28
Lewis A. Leader	12	Shai Nissim	28

HAPPY ANNIVERSARY

Daniel & Beverly Nussbaum	6
Glen Grossman & Marce Humphrey-Grossman	14
Charles & Deborah Kosmont	15
Rich & Carol Ader	16
Megan & Robert Felthoven	19

Family News

We Mourn the loss of:

Benjamin Bronston, brother to Julie Chase

June Horowitz, sister to Stan Semmel

Long time CBI member Mildred Kline

Robert Nixon, uncle to Suzanne Guinane

Long time member Ruth Rosen

May their memories be for a blessing.



Congregation Beth Israel

February 2021

Shevet ~ Adar 5781

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>All CBI services, programs, & classes accessible online or by phone. Look for links in the weekly edition of CBI this Week via email. Links for Religious School and Hebrew School provided by teachers.</p> 	1	2	3	4	5	6
			4:30 PM Hebrew School - Zoom		 <p>7:30 PM Erev Family Shabbat Services with Birthday Blessings Via Zoom</p>	10:30 AM Shabbat Torah Study via Zoom
7	8	9	10	11	12	13
<p>Religious School on Zoom</p> <p>11:30 PM At Your Home with CBI "Budapest Noir" Film/Snacks/Wine & Discussion</p> <p>IHelp Men – Sponsored by the kindergarten-2nd grade students & families</p>			4:30 PM Hebrew School – Zoom 6:00 PM Aleynu	 <p>12:00 PM Lunch with Rabbi via Zoom</p>	 <p>7:30 PM Erev Shabbat Services via Zoom</p>	10:30 AM Shabbat Torah Study via Zoom
14	15	16	17	18	19	20
<p>No Religious School</p> <p>5:00 PM At Your Home with CBI "Love Song Sunday"</p>	<p>Presidents Day CBI Offices Closed</p> 	7:00 PM CBI Executive Committee	No Hebrew School		 <p>4:30 Tot Shabbat Via Zoom</p> <p>7:30 p.m. Erev Shabbat Services via Zoom</p>	10:30 AM Shabbat Service & Study with 6 th & 7 th grades joining us. Via Zoom
21	22	23	24	25	26	27
<p>Religious School on Zoom</p> <p>11:30-2:30 Purim CARnival</p> 		7:00 PM CBI Board of Trustees	 <p>4:30 Hebrew School - Zoom 5:00 Virtual Purim on Zoom</p>		<p>Purim</p>  <p>7:30 PM Erev Shabbat Services via Zoom</p>	10:30 AM Shabbat Torah Study via Zoom
28	1 March	2	3			
Religious School on Zoom			4:30 Hebrew School - Zoom 6:00 PM Aleynu Zoom			



Torah Connections:

Vol. 153 February 2021, 5781

By Michael L. Waxer

E=mc² and Spiritual Energy

Because we have been trained in western thought, founded in science, it can seem to create an unbridgeable schism to reconcile the concept of God, Torah, and Judaism with our modern world.

Thanks to Einstein (who was also Jewish), a relationship between matter and energy was put into a scientific formula, $E=mc^2$. In this formula it is saying that a tiny bit of matter can become a tremendous amount of energy. This scientific equation also gives us a way to explain the two universes, the physical and the spiritual.

There are two parts within each human, the physical, temporal body and the non-corporeal yet potentially immortal soul. As we have explored previously, the Torah teaches us that humans, and humans alone, were created with this unique duality. We have two components, our physical bodies and our non-physical soul, or '**neshama**', which is made 'in the likeness of HaShem'. Our physical self exists in the physical world and is governed by the laws of physics, such as gravity.

Each of us also has a soul, a '**neshama**', that exists within us, yet is part of a dimension we will call the '**spiritual dimension**'. In this co-existing reality different 'laws' apply. Instead of gravity, there is 'holiness'; instead of electromagnetism there is 'blessing'; instead of the strong and weak atomic forces there is 'morality' and 'mitzvot'. Now here comes the really interesting part...

The concept of 'mitzvot', often little actions, seem to many outsiders as anachronistic. Remember, in the scientific equation of $E=mc^2$, a tiny bit of matter unleashes a huge amount of energy. This is how the God-Torah system works too. Let's look at a simple example.

A small action, like taking 10 seconds to say a blessing before eating, has a tremendous impact in the **spiritual dimension**. This 'spiritual energy' has the ability not only to strengthen our **neshama**, but it also taps into (creates, or channels) a positive energy that can enter this physical world. **Think of it as a conduit to harness spiritual energy.** Using our science metaphor, saying a blessing is like converting a tiny bit of matter to energy... a lot of energy.

When we compare this set of ideas to that of science and Einstein's formula, it no longer seems so far-fetched. When expressed in scientific terms it is easy for us to accept, mostly because we have been trained to accept things called 'science'. In the new scientific field of 'quantum theory' we now see that one thing can instantaneously affect another thing, even though they are not connected and, in fact, are separated by great distances. We accept this phenomenon, even though it

shakes the foundations of our prior understanding of physics. Even though we can't quite explain how it works, we accept it and investigate further, to make it understandable.

If we can open ourselves up to the concept that we have a non-corporeal aspect to who we are, the rest of the steps are easy. The Torah, which is the guidebook on how to elevate ordinary physical actions to 'holiness', tells us **how to convert, in effect, 'matter' into 'energy'**. More precisely it instructs us **how to harness spiritual energy through very simple physical acts.** Just as a speck of matter can become a large amount of energy (in this physical world), tiny actions can produce, or harness, a large amount of this spiritual energy.

We know HaShem wants us to connect to 'spiritual energy', as we are commanded,

"...you shall be holy, for I, HaShem your God, am holy." (Leviticus [Vayera] 19:2)

Many of us struggle to tap into our deeper self, to let our soul express itself. We intrinsically are aware of our duality, and each of us has experienced the 'God moments', or the 'connected to the universe' moments, where we feel connected to everything... even if just for a moment. The Torah, and many of the mitzvot, are designed to channel the physical part of ourselves so it can be in balance with the energy (ethereal) part of ourself, our **neshama**.

So much of western thought unfortunately sets up a tension between science and HaShem. Of course, in reality we know that many top scientists actually move *closer* to HaShem as they move deeper into their scientific fields. Said a different way, as scientists learn more in their field, whether it be physics, chemistry, biology... it seems like our universe, as well as each of us, is carefully designed and not random.

The Torah gives us more direct insight, of how to **empower our neshama**, such as,

"And you shall love HaShem with all your heart, with all your soul, and with all your might."
(Deuteronomy [Devarim] 6:5), and

"...you shall love your neighbor as yourself, I am HaShem"
(Leviticus [Vayikra] 19:18).

Our soul, our neshama, is a conduit that connects us spiritually to humanity and to HaShem. The spiritual energy is something each of us can harness, when we open ourselves up to it. The Torah tells us how. It really is that simple.

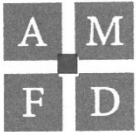
This Torah Connection was inspired by writings of Rav Sutton, but is the sole responsibility of the author and specifically does NOT necessarily reflect those of the Board of Trustees of CBI, CBI, its membership, Reform Judaism, or Judaism. Please send any comments to the author at: mlwaxer@sbcglobal.net.

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Chartered in 1954 as the Jewish Community of the Monterey Peninsula, Congregation Beth Israel today serves the spiritual, educational, and social needs of Jews on the Peninsula. We derive programming and administrative strength from our affiliation with the Union for Reform Judaism and offer traditional programming to meet the needs of most Jews on the Monterey Peninsula. The Congregation sponsors weekly worship services on Shabbat evening and Shabbat morning; observances of all holidays and festivals; and formal educational programs from toddler through adult. We operate our own school on weekend mornings and midweek afternoons, and we also maintain a Judaic library.

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Parshiot

February 6, Yitro

T: Exodus 18:1-20:26

H: Isaiah 6:1-7:6; 9:5-6

February 13, Mishpatim

T: Exodus 21:1-24:18

**H: Jeremiah 34:8-22;
 33:25-26**

February 20, Terumah

T: Exodus 25:11-27:19

H: I Kings 5:26-6:13

February 27, Tetzaveh

T: Exodus 27:20-30:10

H: Ezekiel 43:10-2