Congregation Beth Israel Sivan-Tamuz, 5782

June 2022

SHOFAR



Monthly Newsletter of the Monterey Peninsula Jewish Community www.carmelbethisrael.org



Evening Shavuot Celebration

Shavuot, our summer pilgrimage festival celebrates the last harvest of the year on Israel's agricultural calendar.

Biblically it is also the time when our ancestors received the Revelation at Mount Sinai. Arriving seven weeks after Passover, we will observe our Shavuot observance this year on Saturday evening, **June 4 at 7:00 PM**.

Join Rabbi Greenbaum and Cantorial Soloist Suzanne Guinane as they lead an evening festival service. Following the service we will gather in the Social Hall to continue our celebration with a study of the 10 Commandments from Exodus Chapter 20. Of course oneg food and drink will add to our time together. While the service will be available on our regular zoom link, the study session will be for those attending in person only. Please RSVP to the office at 624-2015 if you plan to join us in person.



Would you like to teach religious school at our new Hesed Academy? If you are interested in joining Rabbi Bruce and Cantor Alisa for the 2022-23 school year please give Rabbi a call at 831-624-2015.



Honoring Cantorial Soloist Suzanne Guinane

Join us on June 3 for our 6:00 PM Shabbat Services when we will honor our Cantorial Soloist Suzanne Guinane and also thank this year's

religious schoolteachers. Suzanne joined CBI two years ago and has served as both our Soloist and our Director of Education. Suzanne skillfully led our school and served as our co-clergy despite the challenges of closing our building because of Covid-19. She smiled and sang each prayer even when she could not hear our congregation joining her in song. Her first year she led a school that only met online. This past year Suzanne and our teachers created a wonderful school environment in our CBI backyard. Join us this Shabbat as we thank Suzanne for her two years of service to our congregation.

Please join us in the sanctuary for this special family oriented service followed by an oneg including the **KONA Shaved Ice Truck**. Those not fully vaccinated are required to wear a mask inside our building. We recommend but do not require masking for those who are fully vaccinated.





From the Rabbi's Desk...

I cannot tell you how many times I have been asked, "What does a rabbi do?" Most people know that I lead services and life cycle events. I always enjoy it when people tell

me that "Rabbi means teacher." While that is not an accurate translation of rabbi, certainly one of the major roles I and most modern rabbis play is educating.

We have already announced that our educator and Cantorial Soloist Suzanne Guinane is leaving CBI at the end of this month. At the same time Cantor Alisa Fineman will be returning to CBI and join me as coclergy for our congregation. Alisa will also be leading our Aleynu education program for our older students and supervising our Madrichim (teacher's aides) program. With Alisa's assistance, I will now assume the role of overseeing the religious school which we are renaming "Hesed Academy."

Knowing that I would be highly involved in Jewish education, I took extra time while studying to become a rabbi and earned a Master of Arts in Jewish Education, the same degree Louise Riddle-Kaufman earned at HUC-JIR. While completing my rabbinic studies I worked as the director of education for a synagogue in Cincinnati. I look forward to helping our CBI religious school continue to grow.

Alisa and I have been meeting regularly as we prepare to open Hesed Academy on **Sunday, September 11**. I am excited about some of the changes that Alisa and I are implementing. All students in Kindergarten to Seventh grade will meet Sunday mornings **starting at 9:30 AM**. We wanted to give our families a little extra time on Sunday mornings so that everyone can arrive on time for class each week. Kindergarten – Second Grade will **finish their mornings at 11:30**. Their Sunday mornings will include time for prayer and Hebrew Through Movement, learning with a specialists (art, cooking, music, or storytelling), and studying Jewish life cycle events while incorporating the themes of Tzedakah (justice), Gemilut Chasidim (Acts of loving kindess), Clal Yisrael (Celebrating Jews

around the globe), and Tikkun Olam (making the world healthier).

Third to Seventh graders will finish at 12:30. Along with time for prayer and specialists, these students will also spend an hour each Sunday learning Hebrew, both how to read and chant, and prayers we use in our services. Third and fourth grades core curriculum will focus on our Bible narrative. Also interwoven into their curriculum, as with every class in the school, will be the same 4 themes Tzedaka, Gemilut Chasidim, Clal Yisrael, and Tikkun Olam.

Fifth graders core curriculum will focus on Israel, both historically and the modern state. Sixth and Seventh graders will have their year divided between studying Jewish Ethics based on Pirke Avot and learning about the Holocaust. Of course, all students will study and celebrate our Jewish holidays when they occur on our calendar.

As I write this, I am currently looking to put together our teaching staff. If it works as planned, I hope to have two teachers for every grade level. That way our teachers can have the flexibility of spending some Sundays with their own families and on vacation. If you are interested in teaching give me a call. I cannot tell you how excited I am to be so closely connected with our religious school. I love working with our students and look forward to joining with Alisa as we prepare our students to become B'nai Mitzvah and eventually committed Jewish adults. School registration information will soon be available online and through the CBI office. Details of each grade's curriculum along with their regular daily schedule can be found on our CBI Website.





From Our
Cantorial Soloist
and Director of
Education
Suzanne Guinane

Social Action in our School

On Sunday, May 1, our K – Grade 6 students and families participated in two Social Action Projects.

1. <u>Bloxom Community Garden</u> – Our students and families in K – Grade 3 planted tomatoes, peppers, strawberries, squash, cucumbers, watermelon and artichokes for I-HELP to harvest and use when providing meals for I-HELP.



2. Corsi-Rosenthal Boxes Thanks to Robin Pelc, Gerrick Bergsma, Tybe Franklin, Judd Franklin and Charly Franklin, students in grades 4 – 6 built 8 Corsi-Rosenthal boxes to be used in our classrooms, lounge, sanctuary and social hall to ensure air is circulating to help keep us healthy and COVID free. It was wonderful to see Serena Bergsma and Adena Franklin help demonstrate and share information with Robin.







Shavuot Cooking Class

All of us who have been counting the Omer know Shavuot is just around the

corner. Join Galit, our Israeli Shlichut on **Thursday June 2 at 10:00** for a Shavuot Cooking Class, Israeli style! We will meet at 10:00 AM in our social hall so that we will have easy access to our kitchen and prepared to do our own cooking! If possibly please RSVP for this free one- hour session by calling the CBI office at 624-2015.



CBI Fun Beach Gathering

If you know a family that might want to join CBI or if you just want to come and have fun,

join us Sunday June 5 at 4:00 on

Carmel Beach below 13th. Bring snacks to enjoy and beach toys. Let's build sandcastles and have fun together. This is a great event for potential CBI families and those already part of our community. Come chat with our membership Board of Trustees Chair Megan Felthoven and learn more about CBI. Questions? meeganns@gmail.com or text 831-224-4556.

Blankets or beach chairs and dressing in layers are recommended!



Lunch with the Rabbi

Please join Rabbi Greenbaum this month on **Wednesday**, **June 8 at noon**, hopefully at an outdoor table on the patio of Baja Cantina, located about a mile east of CBI. This month the Rabbi will lead a discussion on "Jewish Thoughts

on Abortion." As Jews how do we respond to the possible overturn of Roe v. Wade? How is this a Jewish issue? What does our Torah say about abortion? Do Orthodox and Reform Jews agree on this topic? How are we both pro-life and okay with some abortions? Come prepared to respectfully share your views and question Jewish traditions regarding abortion. Call the CBI office at 624-2015 to RSVP. We will order off their regular menu so expect lunch to cost each of us approximately \$20.



BEST YEARS

Best Years Lunch Gathering

Join us for lunch on **Wednesday, June 22 at noon** as we enjoy what should be a warm sunny day on Baja Cantina's outside deck. Meet us at the restaurant or call the synagogue to car pool with the rabbi. This free lunch, paid by the CBI Senior Endowment Fund will be a fun way to enjoy a delicious meal. Please bring more ideas for future Best Years events. Do you have a suggestion for a program or speaker or outing? Join us as we enjoy visiting with other members and feast on a delicious meal. Drinks are included as well! To RSVP for this program call the CBI office at 624-2015. Please let us know if you need a ride for this event.



Community Shabbat Dinner is Back!

We are so excited to resume our monthly tradition of Shabbat dinners, prepared by Malina Breaux and her entourage of assistants. Savor a sense of community and food worthy of celebration at **6:15 PM on Friday, June 24.**

Join us as we offer blessings for the bread and wine and sing traditional music to begin our gatherings. For now, dinner will be limited to 40 guests, all fully vaccinated. Evening services follow, if you wish to attend.

Call or email the CBI office for reservations to enjoy our lovely community Shabbat meals. \$18 for members and guests and \$10 for children under 13.

Please Note Our New CBI Office Hours

> Tuesday – Friday 9 AM – 5 PM and by appointment

HÄPPY ÄNNIVERSÄRY

Christopher & DeeDee Chambers	1
Wendy & Andrew Schmidt	1
Marc & Shelagh Baseman	5
Lew Bauman & Jennifer Stone	9
David Ortiz-Suslow &. Sunny Sun-Suslow	15
Benjamin & Amy Tackett	16
Samuel & Beryl Levinger	17
Stuart & Leslie Pressman	18
Louis Kaplan & Catherine Goode	19
Rory & Toni Lakind	19
Charlotte Salomon & Scott Fetherston	19
Alan Lefkof & Ann Gordon	20
Wendy & David Fried	21
Richard Gerber & Laurie Kleinman	21
Amanda & Joe Mello	21
Paul & Peggy Harmatz	23
Brian Ellinoy & Rachelle Lackman	24
Victor & Rena Feuerstein	25
Jay & Ruthie Pack	26
Stephen. & Wendie Ryter	27
Hugo & Lorraine Gerstl	29
David & Ila Kleinman	30
Cary & Jana Stiebel	30



CBI's Bloxom Community Garden

Remember that unloved, weedy spot at the back of the CBI parking lot? Have you taken a look lately?

If not, prepare to be amazed, because after more than two years of planning, the Bloxom Community Garden is a reality!

Thanks to a generous donation that made all this possible, the vision and stewardship of Rabbi Greenbaum, and the efforts of a small but determined crew of congregants, eight redwood planter beds filled with rich garden soil are now bursting with vegetable starts, which we hope will yield a bountiful harvest this summer and fall. A sturdy and capacious garden shed now anchors this lovely edible garden. All this splendor is contained within a decorative repurposed grape stake enclosure, with discreet deer netting extending up the hillside.

We need to equip the shed with the tools and supplies required to keep our garden productive. Can you help by donating new or gently used gardening items?

Here is our current wish list:

- Broom rake
- Standard rake
- Spades
- Brackets or peg board to hang tools
- Green waste receptacle
- Plastic buckets, trugs, or baskets for harvesting
- Pruners
- Three-pronged cultivator
- Hand trowels
- Compost bin
- Container for compost
- Trellis materials for climbing veggies like beans and cucumbers

Before delivering your donations and for updates on current needs, please contact our wonderful Abby at the CBI office.

B'Shalom,

Jane Bednar and Jillian Heisman

And more on our garden:

Next time you are at CBI, check out our new Bloxom Community Garden. The Bloxoms (of blessed memory) were Rabbi Greenbaum's neighbors and generously contributed the funds needed to build the garden boxes, the fence, the shed, and purchase all the plants now growing. You are invited to visit the garden any time. Feel free to pull out any weeds you spot. Just make sure they are not one of the vegetable or herb plants growing that will be added to meals for IHELP and Abraham's tent! A big thank you to all those who have assisted with our garden project.

Rabbi Bruce





CBI Book Club

Dear Jewish Book Clubbers,

IMPORTANT: You must be fully vaccinated and boostered against Covid-19 in order to attend Book Club.

Here are our next two dates and book selections:

June 14, 1:30 PM, home of Suellen Rubin. Book: THE YELLOW BIRD SINGS by Jennifer Rosner

July 12, 1:30 PM, location to be determined. Book: MONKEY BOY by Francisco Goldman

Our warmest thank-you to Suellen for her continuing hospitality in hosting Book Club. Please RSVP to Suellen (suellenrubin@hotmail.com / 915-4107). Call for directions or if you need to cancel. Be well, Karen



Jewish Food Festival 2022, August 28th – We need your help

The Jewish Food Festival has

been the signature event for Congregation Beth Israel. No other event or setof events has done more to open the temple to the citizens of Monterey County – Jews and non-Jews alike.

The Jewish Food Festival is also a major fund-raiser that is crucial to maintaining the financial health of the synagogue and its ability to provide support and services throughout the year. This event is only as successful as it is because of all the great volunteers we have. And you can be one of those volunteers.

Because of the success of the Drive Thru Food Festival last year, the Planning Committee has made the easy decision to have a "drive thru" Festival again this year on August 28th. But we need your help. We have a strong core group of volunteers on the festival planning committee. Most of us have done this for many years. This will be my last year as captain. We are looking for some new energy and new ideas. This event is a lot of work and a lot of planning. But there are things in place that have had proven success. We just need more hands to make the work lighter for all of us and a group of people who are ready to take the festival to the next level.

Please consider being on the planning committee. We have a couple very important spots that need filling. If you are looking for something to do or you want to get more involved or you want to meet more people, this is for you. We are a great group of people to work with. We have lots of fun. I have made many great friends working on the Jewish Food Festival.

If you are interested in getting involved in in the Jewish Food Festival any way, big or small, let me know. You can email me at foodfesitval.cbi@gmail.com or you can call or

foodfesitval.cbi@gmail.com or you can call or text Malina Breaux at 831.601.5791.



Join Congregation Beth Israel on a TOUR TO ISRAEL September 7–19, 2022

Traveling in Israel is an opportunity to encounter the wonders of this ancient land. We'll grow through our shared experiences, from the fun and adventurous, to the historical and spiritual, as we explore Israel together! FIND OUT MORE! Email Bobbie Ehrenpreis at Bobbie@carmelrealtycompany.com for more details.

Sign up now! June is the cut off



Security Update

In the wake of an increase in anti-Jewish incidents and mass shootings we continue to ask, "How do we protect ourselves?". That critical question is addressed by the CBI Board of Trustees

through the *Safety and Security Committee*, chaired by Marshal Blatt. As you have seen over the last 2 ½ years we have improved the safety and security of our campus with new doors and locks, access control, tinted windows, improved cameras and outdoor lighting, and security personnel on site. The next step is to provide training for our congregation, teachers, and staff.

Please join us at CBI on Sunday, June 26, at 11:00

AM for a training designed specifically for our community. The program will include the latest thinking on situational awareness, active shooter/intruder "RUN, HIDE, FIGHT" training, and specific procedures for sheltering in place and a review of CBI exits.

There will be lunch for the group following the program and the opportunity to interact with the instructors.

Please call or email the office to reserve a spot.

A Simple Shavuot Recipe Kids Can Make

Seven weeks after Passover ends, it's time to celebrate Shavuot. This holiday marks the biblical story of receiving the Ten Commandments and the Torah at Mt. Sinai. While many families don't regularly celebrate Shavuot, it's a holiday that's totally made for kids —a perfect excuse for sleepovers, flower picking, ice cream socials, and lots of other fun activities.

One very delicious and fun Shavuot tradition is eating dairy. Some people say that the reason to consume dairy treats on Shavuot is because not eating meat makes everyone feel lighter, physically—a good reminder about the spiritual light that comes with receiving the Torah. Some popular Shavuot treats include blintzes, bourekas—a cheese stuffed pastry from Israel, and of course, cheesecake.



Ice Cream in a Bag

A science experiment and recipe all in one! This recipe is perfect for an

outdoor celebration or a rainy day and it's appropriate for toddlers to tweens. To make this ice cream you just need a few simple ingredients, a sturdy bag, and space to move around.

Ingredients

1 cup half and half

1.5 tsp vanilla extract

1 tbsp sugar

ice

1/4 cup salt

Ziploc bags 1 Small, 1 Large

Directions

Step 1: our 1 cup of half and half into a small ziploc bag.

Step 2: Add 1.5 teaspoons of vanilla extract and 1 tablespoon of sugar.

Step 3: Seal the bag firmly and get any excess air out.

Step 4: In the larger ziploc bag, fill it about 1/2 way with ice. Add 1/4 cup of salt.

Step 5: Then add your small bag and fill with extra ice on top. Seal the large bag.

Step 6: Get gloves for shaking and shake for 6 minutes. *Gloves are needed since the salt makes the ice extra cold.

Step 7: Take the small bag out of the large bag and rinse the outside of the small bag with cold water. Make sure to rinse out the top part of the bag also (above the seal).

Step 8: Once done rinsing, carefully open the small bag to not get any remaining salt from the outside of the bag inside the bag.

Step 9: The ice cream will be a little icy looking to start. Use a spoon to mix it around and soften it up a bit. Scoop out and enjoy with your favorite toppings!





Jewish Food Festival 2022

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The Jewish Food Festival is also a major fund-raiser that is crucial to maintaining the financial health of the synagogue and its ability to provide support and services throughout the year.

Who would have thought that 2022 would still bring a level of uncertainty to the Food Festival? With the months of planning that are involved in creating the event, the Food Festival Planning Committee has made the hard decision to have a "drive thru" Festival again this year. We hope that as in the past, you will continue to support this amazing event, even in its new form.

Sponsor Benefits	Gourmet	Connoisseur	Foodie	Epicure	Chef	Sous Chef
	\$5000 +	\$2500 +	\$1000 +	\$500 +	\$300 +	\$150+
Booth Sponsorship	*	*				
Logo with Link on JFF Web Page	*	*				
Personalized Sponsor Sign at JFF	*	*	*			
Recognition on Festival Facebook	*	*	*			
Recognition on JFF Web Page	*	*	*	*		
Recognition on Festival Brochure	*	*	*	*	*	*

Email foodfestival.cbi@gmail.com or Call Malina 831.601.5791 or Abra 831.601.5773 with questions.

I wish to become a sponsor of the 202	21 Jewish Food Festiva	al at the level indicated below:	
[] [] []	Gourmet Connoisseur Foodie	[] Epicure [] Chef [] Sous Chef	
Business/organization for website link:			
Print Name (Individual or Company)		Signature	

Please make your check payable to: Congregation Beth Israel and return with this completed form to Congregation Beth Israel, 5716 Carmel Valley Road, Carmel, CA 93923. Or call the temple office (831-624-2015) if you wish to pay by credit card.

NOTE: Congregation Beth Israel is a 501.c.3. Your sponsorship may be deductible for tax purposes. Check with your accountant.

Jewish Food Festival Congregation Beth Israel 5716 Carmel Valley Road, Carmel, CA 93923 831.624.2015





Hromada-Laub Ukraine Charity Concerts

Hromada June 19th Concert

Hromada-Laub Ukraine Initiative Charity Concert - All Proceeds to Benefit Ukraine.
Please come and enjoy a wonderful collection of Ukrainian folk songs, dances and special performances.

Location: Congregation Beth Israel, 5716 Carmel Valley Rd, Carmel Valley, CA 93921

Time: 2-4pm

Regular tickets: \$40 per person

Premium tickets: \$60 per person (includes after-party with the performers)

Purchase tickets: go to hromada.us/concerts (indicate in comments for June 19th concert)

Part 1: duration 45 mins

- * The vocal chorale "Kolyada" will perform the Ukrainian anthem and several folk songs from their repertoire. Kolyada (means caroling in Ukrainian) performs classical choral works, folk songs and Christmas carols. The chorale is a frequent participant of many California music festivals and wide variety of Ukrainian events.
- * Ola Herasymenko Oliynyk, renown performer on bandura, a traditional Ukrainian string instrument, she will perform several songs from her repertoire.
- Dancing troop "Zoloti Maky" (means "Golden Poppies" in Ukrainian) will perform traditional Ukrainian dance hopak.

Intermission – 30 mins – silent & live auction.

Contact Paul Laub to donate silent auction items at 808-442-2450 or carmelaub@aol.com

Part 2: duration 45 mins

- * Acapella Duet Oksana and Sviatoslav Stus will perform several Ukrainian folk and patriotic songs.
- Opera singer Ivanna Taratula mezzo soprano, former singer of Lviv Opera, will perform several pieces most famed pieces from her repertoire.
- * Dancing troop "Zoloti Maky" (means "Golden Popples" in Ukrainian) will perform traditional Ukrainian dance.





Congregation Beth Israel Sivan ~ Tamuz 5782 June 2022

	T				Juile 20	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			4:00 PM Hebrew Liturgy Class	10:00 AM Shavuot Cooking Class	6:00 PM Family Shabbat Services Honoring Suzanne Guinane & Teachers In person & 200000000000000000000000000000000000	4 Erev Shavuot 10:30 AM Shabbat Torah Study 7:00 PM Shavuot Service & Study In person &
5 Shavuot 4:00 CBI at the Beach 5:00 PM I-Help Men	6 Shavuot	7	12:00 PM Lunch with the Rabbi @Baja Cantina 4:00 PM Hebrew Liturgy Class 7:00 PM 1FF Mtg. on Ozoom	9	7:30 PM Erev Shabbat Services honoring our high school seniors In person &	11 10:30 AM Shabbat Service when Nathan Carlyle becomes Bar Mitzvah HAPPY BAR MITZVAH
12	13	7:00 PM CBI Executive Committee Meets	4:00 PM Hebrew Liturgy Class – Last Session	16	7:30 PM Erev Shabbat Services In Person &	10:30 AM Shabbat Torah Study In person &
2:00 PM Ukrainian Refugee Fundraiser at CBI	20	7:00 PM CBI Board of Trustees Meets	12:00 PM Best Years Lunch Out at Baja Cantina	23	6:15 PM Shabbat Dinner 7:30 PM Erev Shabbat Services with Anniversary Blessings at CBI &	10:30 AM Morning Torah Study In Person &
11:00 AM CBI Security Training followed by lunch	27	28	29	30	6:00 PM Family Shabbat Services With Birthday Blessings at CBI & on 2200m	10:30 AM Morning Shabbat Service when Grace Dean becomes Bat Mitzvah

TODAH RABBAH! Thank you to those who have recently given generously to

Thank you to those who have recently given generously to Congregation Beth Israel

Donations for Ukraine

Steven & Robin Goldberg Lewis A. & Sandra Leader Michael & Debora Waxer: in memory of Sarah and Al Pinsky

Safety Security Fund

Victor & Rena Feuerstein: in memory of Rena's mother, Cecil Spatz Goldhammer

Rabbi's Discretionary Fund

Barry Harrow
Richard & Linda Hyson: in appreciation of
Rabbi Greenbaum & Dr. Alan Rosen for the
brit milah ceremony of Theodore Little
Hana Schein & Greg Mercer: in honor of Dr.
Rosen for helping in our Son's Bris

General Donations

Nancy Callahan: in honor of Robert Taylor Fletcher III

Ellyn Gelson: in honor of April & May Birthdays

and Anniversaries

Diana Greenbaum: in appreciation of Bee Epstein-Shepherd and Rosemary Lande Diana Greenbaum: in memory of Nick Harris

Todd Hornik & Donna Shore: in loving memory of Donna's mother Sandy Lawrence Rosen: in Memory of Simon Israel Rabbi Jeffrey Schulman & Susan Alnes: in honor of Sylvia Krimsley

Gary & Judy Simon: in memory of Judy's mother, Irene Lefkowitz



Robert Felthoven	2
Steven Neil	2
Lee Goldman	3
Susan Newton	6
Dylan Hinds	8
Zachary Hinds	8
Ila Kleinman	8
Karen Wiskoff	8
Brian Granbery	9
Gwenyth Tackett	12
Norman Jacobson	12
Rachelle Sue Lackman	12
Alan Rosen	12
Imogene Speiser	12
Kirsten Nicholls-Marshall	13
Andrea Rosenberg	14
Lester Tockerman	15
Lynne Kaplan Boyd	17
Lorraine Gerstl	17
River Mello	20
Megan Felthoven	21
Natalie Sammet	25
Susan Schwartz	25
Cary Stiebel	28
Laurie Benjamin	29
Matthau Schuce	20

FAMILY NEWS

We mourn the loss of long-time member Stanley Weiss May his memory be for a blessing



B'nai Mitzvah



Lola Tackett Becomes a Bat Mitzvah

On May 28, 2022, Loretta Thistle Tackett was called to the Torah as a Bat Mitzvah. Mazel Tov Lola!! Lola is in 7th grade at Los Arboles Middle School and is active in theater and soft ball. The family is moving to

Bolivia in July, Lola's next great adventure.



Nate Carlyle to Become a Bar Mitzvah

On June 11, 2022, Nathaniel Robertson Carlyle will be called to the Torah as a Bar Mitzvah. Nate was originally set to celebrate this milestone in June 2020, but he chose to

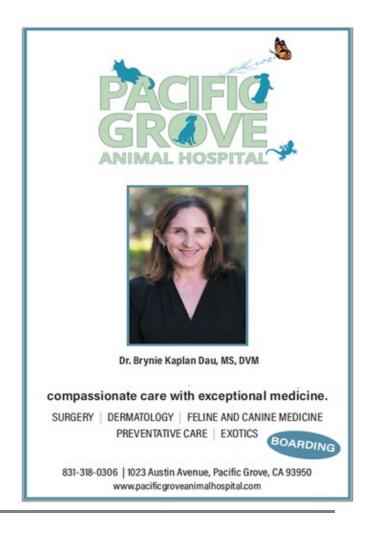
postpone the ceremony until now when family and friends could join him in person. We are grateful for those who are able to be here to celebrate this long-awaited event. We are proud of Nate for keeping up with his studies and we congratulate him on becoming a Bar Mitzvah.

Nate is currently a 9th grader at Stevenson School. His interests include games and puzzles, drawing, and music. He is a member of the school theater tech crew, where he is responsible for sound production and sound effects design and operation. Kind and considerate, Nate is a joy to be around. He's always quick to crack a smile and a joke and make those around him feel welcome. He

is a loyal friend, a great little brother to Katie and Jake, and a wonderful son.

For his Mitzvah project, Nate helped coordinate a food drive in the spring of 2020, when California began its shelter-in-place order. Every week throughout his remote spring semester, Nate worked with teachers at Stevenson and Seaside Middle School to help collect, organize, and deliver food donations to Seaside to support families of students who could no longer benefit from school meal programs and who were unable to get to food banks. This project has had a lasting impact, as it led to the establishment of a free food pantry for the local community, and Stevenson seventh graders have continued to collect and deliver food donations to help stock the food pantry throughout the pandemic.

Mazel Toy!





Reflections: Replacing Who with Whom for What?

The horrors in the news continue. More guns, more shootings, more violence, more conspiracy theories. More individuals convinced by propaganda campaigns that they are being "replaced." Replacement: A weird concept that demonstrates the extraordinary impact of disinformation messages that prey on people's fears. Remember Charlottesville and the chant: "Jews Will Not Replace Us"?

I worry about all this because I was a communications professor, specializing on the impact of the media on culture. Especially the "new" media, which for most of us means anything beyond antenna TV and rotary phones.

The first, global communications satellite was Telstar 1, nicknamed "Early Bird" (1964), which could transmit voice (phone calls), images (TV and film) and text (telegrams). Early Bird was lauded for its potential to unite the world—to offer "all the world's knowledge to all the world's people." A milestone in human history.

And now, instantaneous digital voice, video and data allows every human the capacity to transmit a message around the globe. It reminds me of what Samuel Morse transmitted on the first ever telegram: "What Hath God Wrought?"

So yes, we accomplished this potential to reach everyone, everywhere, but what exactly are we saying? "What Hath WE Wrought?"

The Buffalo shooter exemplifies dark, destructive, and hateful thoughts that conspirators propagate. He is part of a global network. Jason Blazakis, the MIIS specialist on White Supremacy Propaganda, described these networks of domestic and international terrorists when he was in our congregation last spring. White

supremacists in Berlin, Paris, Christchurch, and Buffalo are connected by their messages and actions transmitted round the world.

So what are we to make of all this? What are we to do? That old saying "Think Globally, Act Locally" comes to mind. It's time for us to confront misunderstanding, stereotyping, racism, sexism, and whatever else divides us.

Can we individually, and can CBI and other congregations create better avenues for dialogue? For sharing? For overcoming misrepresentation and misinformation? It all starts at home. We need to replace Replacement Conspiracy with our beliefs and actions to create a vibrant, diverse, equitable, and inclusive multicultural, multiracial, multigender society. I'm ready. Let's start.

I-HELP

Thanks to Nancy Rund, Lorraine and Hugo Gerstl for hosting the men in early May. Nancy wrote: "the men loved the Mac N cheese entree and the large, beautiful salad made by Charlene and Mathew Schuss. Hugo played the piano while the men had coffee and reassured them that we were all equally decent human beings. Then he led the Motzi and the dinner started with good cheer. Thanks to Rabbi Bruce and to Arlene for all their help and enthusiasm." Our Board of Trustees will host the men in early June, and the Lambourne Institute for Life Mastery is hosting the I-HELP women on Memorial Day.

Arlene Krebs, Social Action Trustee arlenekrebs123@gmail.com

This Year You Can Make Your 2022-23 CBI Pledge Online! PLEDGE HERE

Or follow the link on our home page www.carmelbethisrael.org

Torah Connections:



Vol 169 June 2022, 5782By Michael L. Waxer

Two favorite Commandments

Recently I had the opportunity to talk with a devout Catholic, who was surprised to learn that Judaism had 613 commandments. These commandments include the 'Ten Commandments', but then we discussed how Judaism groups them.

There are many ways to form groupings, or divisions, in the 613 commandments in Judaism. 365 of them are 'do not's', while 248 are called 'positive' commandments, things we should do. It is easy to remember these numbers, as there are 365 days of the year, and each day we should remember not to make a transgression. Meanwhile, our sages estimated that there are 248 bones in the body, and this is to remind us that positive commandments typically require some type of action.

This 'positive' category contains my personal two favorite commandments. The first happens to also be the very first commandment God gave us, which is:

"And God blessed them and God said to them, 'Be fruitful and multiply..." (Genesis [Beresheet] 1:28), which gets repeated to Noah,

"And you, be fruitful and multiply, increase greatly on the earth and multiply in it" (Genesis [Beresheet] 9:7)

The reason this commandment is a favorite is connected to the next one, here, and I will explain them together, as to why they are so genius yet subtle.

"You shall eat and be satisfied, and you shall thank (bless) God" (Deuteronomy [Devarim] 8:10)

What these two commandments have in common, if it is not obvious, is that *God directs us to enjoy our physical world*. Just imagine, if HaShem didn't give us these commands, we would discuss whether we should suffer, just eat tasteless food to survive, under the thought that if we suffer in this world we will be rewarded in the next.

These two commandments let us know that God put us partly in this physical existence to enjoy it. In fact, our sages tell us that when we transition to the next world, HaShem will ask us 'Did you partake in all the permitted pleasures?' Eating and procreation are two of these permitted pleasures.

It should be noted that these pleasures are also things that can overwhelm us, can end up controlling us if not able to be balanced. Gluttony is considered one of the deadly sins, an example of a pleasure that can end up controlling one's life.

HaShem set us in this physical world, where we are filled with choices. HaShem has directed us to enjoy this physical existence, and in studying the Torah we find that the physical world also builds our spiritual muscles. In other words, by participating in the mitzvot, spiritual exercises done through experiencing the physical world, that we can attain spiritual heights.

These commandments are my favorite because it lays to rest the question that I suspect would have consumed us, wondering if we were put into this world only to suffer. To see if we were strong enough to avoid all temptations and enjoyments. But we know from these two directives that we are put here to enjoy, but within boundaries, and not to the point of excess.

Some religions value the ascetic, the monk, a life of solitude and minimal physical existence. The total negation of the physical can be thought of as a way to enhance the spiritual. Judaism certainly shares the concept that one needs to create space and time to let God in. But, again, there is an ideal balance, of elevating the material to the spiritual, that defines Judaism. We are commanded to enjoy our food, to not be a monk.

One of the ways we develop spiritually is to control these pleasurable appetites, to not let them overwhelm and to control us. When these 'forces' are appropriately chanelled we find that place of harmony, where we enjoy our physical life tremendously, while we move towards holiness and developing our souls, our spirituality.

HaShem gave us a wonderful system, a pathway, that allows us to be fulfilled, both physically and spiritually. And, HaShem gave us a manual, so we can remember the instructions on how to travel on this pathway. This manual teaches each person, in each generation who wants to know. This manual is called the Torah. May we all be blessed in our study of Torah.

Who would have thought that a simple command, to enjoy our food, could be so insightful, letting us know that God wants us to enjoy this world, the world He created for us.

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DANIEL S. ROBBINS, Ph.D. CLINICAL PSYCHOLOGY

26384 CARMEL RANCHO LANE, SUITE 203E CARMEL, CALIFORNIA 93923

(831) 626-6600

CAL. LIC. PSY6557



Bobbie Ehrenpreis Carmel Realty Company (831) 624-1861 (831) 915-8010

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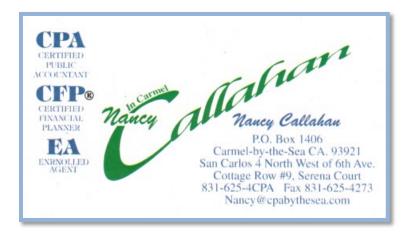
Natalie Jaffe

Medicare Consulting

Cell: 831-869-1066 Fax: 831-384 - 5326 License: OB25526

Email: nataliejaffe541@gmail.com







Congregation Beth Israel 5716 Carmel Valley Road Carmel, CA 93923 (831) 624-2015

E-mail: shalomcbi@aol.com Website: <u>www.carmelbethisrael.org</u>

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.

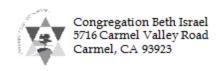
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Parshiot

June 4, Bemidbar

T: Numbers 1:1-4:20

H: Hosea 2:1-22

June 11, Naso

T: Numbers 4:21-7:89

H: Judges 13:2-25



T: Numbers 8:1-12:16

H: Zechariah 2:14-4:7

June 25, Shelach

T: Numbers 13:1-15:41

H: Joshua 2:1-24