



# FALL 2018

LIFELONG LEARNING  
HOLIDAYS  
EVENTS



CONGREGATION  
SHOMREI TORAH  
שומרי תורה

SUKKOT HABITAT FOR HUMANITY BUILD  
SEPTEMBER 29

ANNIVERSARY OF THE FIRE  
FREE COMMUNITY DINNER  
OCTOBER 9

CST BIENNIAL WOMEN'S RETREAT  
OCTOBER 26-28

JEWISH BAKING: RUGELACH  
DECEMBER 12



CONGREGATION SHOMREI TORAH

Sonoma County's Progressive  
Reform Congregation

2018/2019 5779

[www.cstsr.org](http://www.cstsr.org)





## HOLIDAYS/EVENTS

**September 14, 6:15PM**

### **Solidarity Shabbat**

Come for a free dinner and discussion with Rabbi George, Rabbi Stephanie and Cantorial Soloist Erica Wisner. The High Holy Days are complicated for many of us, especially with the anniversary of the wildfires quickly approaching; we need more than ever to come together to celebrate *Shabbat* and find comfort in community. The dinner is free; please RSVP to Denise.

**September 23, 2:00-5:00PM**

### **Strength & Spirit: Celebrating Our Community**

On this eve of *Sukkot*, please join us to commemorate the strength and spirit of our community. Lots of family fun for all ages! Food, wine tasting, music, crafts, and more. Presented by Jewish Family & Children's Services. All are welcome to this free community-wide event.

**September 29**

### **Sukkot Habitat for Humanity Build**

CST HABITAT FOR HUMANITY/SUKKOT VOLUNTEER DAY  
CST members are invited to spend *Shabbat* "praying with our hands and feet". Last year we learned just how temporary our permanent structures can be. This year we will come together as a community to help re-build for those in need.

Several activities are planned for all ages, abilities, and interests. There will be two volunteer tracks: the construction team and the beautification team. Individuals and families of all ages and generations are welcome and encouraged to sign up for a 3-hour, morning or afternoon slot. A delicious and nutritious lunch will be provided to all participants. Volunteers will receive a commemorative T-shirt.

Participate in a bigger cause

- Know that your effort matters
- Heal yourself through service to others
- Improve our world through acts of compassion and kindness

**TIME:** Choose one:

Morning slot: 8:45AM-12:00PM. Or afternoon slot: 1:00PM-4:00PM

Location: 2863 West Steele Lane at Comstock Park (directly across the street), Santa Rosa

Cost: Free. Lunch included. Registration required. RSVP to the office.

**September 30, 10:30AM-1:30PM**

### **Simchat Torah Celebration, followed by free lunch**

Come dance with the Torah at the holiest party of the year! This will be a *Simchat Torah* to remember with music, dancing, chanting Torah, and celebration as we end our Torah reading cycle and immediately begin all over again. A free lunch will be provided after the celebration; please RSVP to the office.

**September 30, 1:30-3:30PM**

### **miniSHORTY Pool Party (6th-8th Grade)**

Start the school year with a fun splash in the pool! Parents are invited as well. Location TBA.

**October 5, 6:15PM**

### **LGBTQ Shabbat Dinner and Game Night**

Expand your community!  
Please join us for a potluck dinner and game night for LGBTQ members and friends. Spend the evening having fun and making new connections as we gather at Congregation Shomrei Torah for our first LGBTQ community event of the year.

Free, all ages welcome. Spread the word to members and non-members alike. Please RSVP to the office.

**October 6, 5:00-9:00PM**

### **JuSTY Movie Night (2nd-5th Grade)**

Come hang out with your friends for dinner, movie and fun activities.

**October 9, 6:15PM**

### **Anniversary of the Fire, Free Community Dinner**

We know that the anniversary of the Sonoma wildfires will be filled with a myriad of emotions, some conscious and others buried deep inside. Our tradition recognizes that the passing of time can have deep meaning and healing effects. Join us as we mark the one-year anniversary with ritual, a shared meal and the comfort of community. Dinner is free, but please RSVP to the office so we can order enough food.

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# HOLIDAYS/EVENTS

**Dates Below, 6:30–8:30PM**

## Diversity and Inclusivity Summit

Teens, parents and their family and friends from all over Sonoma County are brought together to learn how to make our communities more welcoming places. Come listen to experts in the field and bring your questions. Each summit will begin with a presentation followed by breakout discussions. Let's share our differences and our similarities and see how we can create a more inclusive community celebrating our diversity.



### Summit Dates and Topics:

- October 15, 2018 | Introduction & Interfaith Families
- November 26, 2018 | Recognizing Ethnicity and Incorporating Diversity
- December 10, 2018 | Supporting Teens who are Trans
- January 28, 2019 | LGBTQ Inclusion and Support
- February 25, 2019 | Embracing Those Living with a Chronic Illness or Disability
- April 8, 2019 | Creating a Culture of Inclusion

**October 26-28**

## CST Biennial Women's Retreat

Escape for the weekend, celebrate *Shabbat* with your community and discover what some of us already know: Shomrei women are the heart and soul of the temple. Join us for our 11th biennial Women's Retreat.

The biennial Women's Retreat will be held at the beautiful Westerbeke Ranch in Sonoma, the site of the very first women's retreat for Shomrei Torah women in 1999. Our retreat starts the afternoon of Friday, October 26th and ends after lunch on Sunday, October 28th. Immerse yourself in the spiritual, peaceful and joyous bonding and reflection as we welcome *Shabbat* and experience nature in the company of 40 Jewish women. The all-inclusive registration fee is \$385. A deposit of \$100.00 holds your spot; balance due no later than October 1st. All payments are through the CST office. Questions: Contact Chris Smith [cesmith@comcast.net](mailto:cesmith@comcast.net). Register at [cstsr.org](http://cstsr.org).

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## November 2, 6:15PM Shabbat Movie Night

Join us for a camp-style *Shabbat* service followed by dinner and a family-friendly movie. Come in PJ's! \$10.00 suggested donation per family. Please RSVP to the office.



**November 11, 9:00-11:00AM**

## PJ Library Read Day (tod- dler-3rd Grade)



Come in your pajamas for PJ Li- brary stories and a memorable performance by a children's group! We will wrap up the fun with a yummy snack of cookies and milk. Special thanks to PJ Library for this event!

## November 11 Interfaith Thanksgiving Service and Dinner

This year Shomrei Torah is hosting the pre-Thanksgiving interfaith worship service with Christ Church United Meth- odist (CCUM). Join us for a veggie/dairy potluck dinner of fellowship followed by a family-friendly service with music, stories and sharing. Please bring a dish to share. We will provide desserts. RSVP to the office.



## November 16, 6:15-9:00PM JuSTY Shabbat Dinner (2nd- 5th Grade)

Welcome *Shabbat* with dinner and fun games following *Shabbat* services.

## December 7, 6:15PM Shabanukkah (Shabbat+Hanukkah)

Hanukkah, *Shabbat*, dinner, music and more. Bring your me- norah and candles and join CST for beautiful Hanukkah music and fun. We will provide a



free, delicious Hanukkah din- ner with challah, latkes and *sufvganiot* (doughnuts). Please RSVP so we have enough to go around.

## December 8-9 miniSHORTY Overnight (6th-8th Grade)

Times TBA. Join us for our an- nual synagogue sleepover for dinner, games, movies, and making tasty desserts!

## December 9, 11:15AM- 2:00PM

### Stars of HOPE Painting and Free Lunch

Stars of HOPE empowers peo- ple to transform communities impacted by disasters through colorful art and messages of healing. Participants are given a blank wooden Star of HOPE and asked to paint mes- sages that will lift the spirits of people who need to know they are not forgotten. Last year our city was covered by Stars of HOPE in the aftermath of the wildfires — they were painted by people near and far who sent their prayers and well wishes and they served as beacons of hope and compassion for all to see. Please join us in spreading the light of Hanukkah and paying it forward by painting Stars of HOPE to send to others who are in need. Come paint a star and enjoy a free lunch. Please RSVP to the office so we have enough supplies.



# HOLIDAYS/EVENTS

## KIDdish - An Introduction to Religious School For Ages 2-5.



This is a pre-school class where you and your child can meet new friends and build budding

Jewish relationships that can blossom for years to come. During these classes there will be hands-on art activities, spirited movement and music, play-ground time and fun Jewish learning. This program is open to the entire Jewish community. \$180 for the entire program.

### Sundays, 9:00-11:00AM

September 23, 2018

October 28, 2018

November 11, 2018

December 16, 2018

January 27, 2019

February 24, 2019

March 31, 2019

April 14, 2019

Register online at [shomreitorah.org/community/kiddish](http://shomreitorah.org/community/kiddish).

## November 3, 7:00PM Klezmer On the Edge- A Night With the San Francisco Yiddish Combo



The San Francisco Yiddish Combo (SFYC) is made up of classically trained musicians who enjoy stretching musical boundaries. The SFYC is led by cellist Rebecca Roudman who has fronted groups all over the world bringing her virtuosic and fiery playing to stages from China to Italy and beyond. Free, please RSVP to the office.

## Workshop Series Hosted by IsraAID Introductory Session: Building Strength and Resilience Sunday, October 7, 5:00-7:00PM

During the October, 2017 wildfires, IsraAID, Israel's largest humanitarian relief organization, provided support for adults and children, assistance with Congregation Shomrei Torah's day camp program and supplies for families who lost their homes.

As we approach the one-year anniversary of these traumatic wildfires, IsraAID joins Congregation Shomrei Torah again to host a series of workshops designed to provide ongoing support and learning opportunities.

Workshops include lectures on various topics, instruction in stress-relief, coping/relaxation techniques and self-care and wellness. Workshops will meet twice a month, starting October 7 with more dates listed below. All workshops are free, but please RSVP to the office.

### Upcoming Sunday Workshop Dates (5:00-7:00PM):

October 21	Parenting/Supporting Kids
November 4	Chi Quong
November 18	Music
December 2	Art for Families
December 16	Psycho-Drama

## SAVE THE DATE! Congregational Retreat

### April 26-28, 2019

Please join your congregational family for a community healing retreat. Activities or "chill-tivities" for every type of CST family, big or small, fun for all!

Bring your spouse, your kids, your grandparents, or just bring yourself.

Enjoy the beautiful surroundings in the Marin Headlands, completely accessible for all, close to the beach and ocean air, a break from your allergies. Fun includes hiking, art, study, campfire, lighthouse tour, yoga, or sitting with your book surrounded by nature.

Price includes the whole weekend—boarding, meals and activities!

Adults 18+: \$200

Kids 4-17: \$125

Kids 0-3: FREE

Family cap of \$500

Scholarships available upon request.

Reserve your spot with a \$100 deposit by contacting the office.



"chill-tivities" for  
every type  
of CST family



# RABBI'S TISCH (table)

## 2ND FRIDAY OF EVERY MONTH

On the second Friday of each month, join your CST family for a Rabbi's Tisch (table) in lieu of regular Friday night Shabbat Services. All Tisches begin at 6:15 PM and include Shabbat blessings and prayers, a communal dinner and program as noted below.

\$18 suggested donation for the catered meal. Reservations can be made through the CST office.

### October 12

#### Sara Felder - Can We Tawk? – A History of Jewish Humor



If Jewish humor was born out of persecution, what is the role of Jewish humor today, in a time of less oppression? What does Jewish humor have to teach us about Jewish history and culture? Most importantly, is Sarah Silverman good for the Jews? Comedy professor and performing artist Sara Felder will deliver a concise history of Jewish humor, beginning in biblical times and ending with contemporary stand-up and performance.

Sara Felder is a playwright and performer who, over the last 3 decades, has created a body of work that juggles personal narrative, circus shtick and social justice. She has toured with San Francisco's Pickle Family Circus and Joel Grey's Borscht Capades and performed at Jewish/Yiddish cultural festivals all over the world.

### November 9

#### Yotam Polize, Co-CEO of IsraAID



The evening will present IsraAID's work with Syrian refugees, hurricane victims in Puerto Rico and Houston, the Ebola outbreak and more, and will provide participants with opportunities to get involved both locally and internationally.

Born and raised in a small village in Northern Israel, Yotam, who has been a social activist from a young age, today boasts a dozen years of experience in humanitarian projects around the world. Yotam began his social activism working with juvenile delinquents in a rehabilitation center. Yotam joined the Tevel B'Tzedek's development project in Nepal, where he spent three and a half years as a Project Coordinator. During this time, he was also employed by the Israeli Embassy as Consular Assistant. He joined IsraAID following the 2011 earthquake and tsunami in Japan, serving as Japan Country Director for 3 years. Following 2 years as Asia Regional Director, Yotam is now the Co-Chief Executive Officer, overseeing all of IsraAID's fundraising and strategic partnerships around the world.



### December 14

#### Rabbi Zelig Golden, Founding Director, Wilderness Torah: Awakening Earth-Based Judaism



Judaism is rooted in an ancient relationship to the earth, a relationship severed by our history. As the next generation seeks authentic ways to renew Judaism, while addressing the issues of our time, like global climate change, there is a rapidly growing movement to return Judaism to its earth-based roots. Rabbi Zelig will share the story of Wilderness Torah using his personal story and by exploring primary texts including Torah, *Talmud*, *Chasidut*, and Kabbalah.

Rabbi Zelig received rabbinic ordination from ALEPH, the Alliance for Jewish Renewal, and a Masters in Jewish Studies from Berkeley's Graduate Theological Union. Zelig was ordained Maggid by Rabbi Zalman Schacter-Shalomi, z"l, on Lag B'Omer 5771. He previously worked as an environmental lawyer, including a 2010 landmark U.S. Supreme Court victory protecting food and farms.

### January 11, 2019

#### Penny Wolin - Descendants of Light: American Photographers of Jewish Ancestry



"Descendants of Light: American Photographers of Jewish Ancestry" is an original work of art and scholarship that investigates the extraordinary skill of the photographic witness. Alfred Stieglitz, Annie Leibovitz, Helen Levitt, Lauren Greenfield, Arnold Newman, Robert Frank and scores of other photographers created and continue to build the visual lexicon of American culture.

For over eight years photographer and author Penny Wolin traveled across America, photographing and interviewing more than 70 of the leading and most original Jewish photographers in history. This book and exhibition is the culmination of these unprecedented face-to-face encounters.

Penny Wolin is the recipient of two grants from the National Endowment for the Humanities and one from the National Endowment for the Arts. Her work is held in such institutions as the Smithsonian's National Museum of American History, the New York Public Library, the Santa Barbara Art Museum and the Wyoming State Museum. She divides her time between Sonoma County and Santa Barbara.

## NINA BONOS IMAGES



Thanks go to congregant Nina Bonos, Artist, who provided watercolor images for this issue from her *First Impressions Series*, ©Nina Bonos, 2018.

# LIFELONG LEARNING

## Literary Circle

**Thursdays: September 20, October 18, November 15, December 20**

**6:15–8:00PM (Free)**



A group has formed to read Jewish literature and other published material in an atmosphere of stimulating discussion. Participants will choose the reading selections. All are welcome.

## Lehrhaus Talmud Circle Tractate *Ta'anit*—Acts of God: Religious Responses to Natural Disasters

**Sundays: October 7, November 11, December 2, January 6**

**3:00-5:00PM**

**\$80 for CST Members**

**\$100 for Non-members**

Rabbinic tales of drought, disaster, and charismatic holy men illuminate critical questions about power, ethics, and ecology in Jewish late antiquity. Through a reading of the Babylonian Talmud tractate *Ta'anit* (on fasts in response to drought) we will discuss how the Talmud challenges Deuteronomy's claim that virtue can assure abundance and that misfortune is an unambiguous sign of divine rebuke.

Students must also purchase the Koren Talmud Bavli Noé, Vol.12: *Ta'anit/Megilla*, Hebrew/English.

To register, please visit <https://catalog.lehrhaus.org/course/2018/fall/TC850-ST/>

## Psalms of the Heart Rabbi Mordecai Miller

**Thursdays: October 25, November 1, 8, 15**

**10:30AM-12:30PM (Free)**

An exploration of Psalms 1, 8, 15, 16 and 139 in Hebrew and English.



Over the four sessions, we will attempt to gain a better understanding of the unique

language—its connotations as well as its denotations - of the Psalms in order to find ways to use the Psalms as an instrument for personal meditation and expression.

In addition to being the spiritual leader of our neighbor, Congregation Beth Ami, Rabbi Mordecai Miller is a talented teacher with over 45 years experience teaching Bible and Talmud in youth and adult settings including the Solomon Schechter Day School, the Adult Melton mini-school and the Robert P. Jacobs Adult Institute. Rabbi Miller received his B.A from the University of Natal, Durban, South Africa in 1970 and an MA in Hebrew Letters and ordination from HUC-JIR, Cincinnati in 1974. RSVP to the office.

## An Introduction to Prayer Book Hebrew and Jewish Liturgy

**Rabbi Meredith Cahn**

**Sundays: October 14, 21, 28  
November 4, 11, 18**

**December 2, 9, 16**

**3:30-5:00PM (\$180)**



Are you tired of relying on transliteration in the service? Interested in dipping your toes in Hebrew, *Lashon Hakodesh* (the holy language)? Join Rabbi Meredith Cahn in an engaging class that will take us through half the *aleph-bet*—the most commonly used letters - to start you on the way. All are welcome. This class is a prerequisite if you are considering an Adult *B'nai Mitzvah*.

Please RSVP to the office.

## Mindfulness Meditation— Buddhist Practice, Jewish Wisdom

**Rabbi George Gittleman**

**Wednesdays: November 7,  
14, 28, December 5**

**7:00-8:30PM (\$36)**



Mindfulness Meditation is the practice of cultivating our attention on the present moment; body sensations, mood, and the never ending stream of thought that flows through our minds. Through focused attention—meditation—we become more aware of what is true for us and the degree to which our thoughts, habits and life patterns serve our goals and higher aspirations. Are we happy? Are we living the life we want to live? As we learn to see our truth more clearly a path opens to living a fuller, happier, healthier life. Jewish Mindfulness adds the teachings of our tradition to compliment and deepen the experience.

This 4 session course will include teaching, meditation instruction and periods of silence. No previous experience is necessary. RSVP to the office.

## Making the Most of Our Aging Bodies

**Panel with discussion**

**November 7**

**12:00-2:00PM (\$12 includes  
lunch)**



Rabbi George teams up with longtime member and retired social worker Adele

Pickar for this engaging look at aging and our bodies. The program will start with 3 members of our community sharing their own experience and will be followed by a facilitated Community Conversation. Please RSVP to the office.

## Intimacy and Sexuality While Aging

**December 5, lunch included  
11:00AM–2:00PM (\$12)**



Sex Therapist Diane Gleim will discuss how generational differences affect sexual expectations and relationships as we age. She will also explore the biological, social and psychological issues that affect sexuality over time. Diane Gleim, MFT, CST, is an experienced and sex-positive Licensed MFT and Certified Sex Therapist. She works with individuals and couples ages 18-80 and beyond, helping with the many diverse issues relating to sexual identity, sexual expression, sexual behavior, and sexual relationships. Please RSVP to the office.

## Jewish Baking: Rugelach Ronnie Campagna

**December 12**

**7:00-9:00PM (Free)**



Rugelach, an addictive Jewish pastry, is easy to find in Jewish bakeries in New York, Los Angeles and all over Israel, but it's almost impossible to buy in Sonoma County. In this first in a series of Jewish cooking and baking events, participants will learn about the history and varieties of rugelach while creating this sweet treat from start to finish (in two hours!!). Attendance limited. RSVP to Ronnie Campagna at [ronniecc@gmail.com](mailto:ronniecc@gmail.com).

