



## Special Torah Study, *Shabbat* Service and Luncheon Led By Rabbi Stephanie and Cantor David *Saturday, February 6, 8:45 AM*

For many years, up to two dozen congregants have met every Saturday morning in the Kolbo room to read from the weekly Torah section and discuss its meaning and relevance for us in today's world. The session goes from 8:45 to 10:15 AM, and all CST community members are welcome to attend, weekly or just once in a while, actively participating or just listening.

On February 6, 2016, the Torah Study will take place in the Sanctuary, to accommodate both the regular attendees and those of us who will be attending for the first time in a while or perhaps for the first time ever. We encourage you to come and explore the world of the Jewish Torah with us at that time!

At 10:30 AM, all Torah Study attendees are invited to remain and join us in the beautiful *Shabbat* morning service, along with others who may not have been able to attend Torah Study.

Immediately after services and *kiddush* (around 12:00 PM), we will share a FREE luncheon.



## The Social Action Committee 2016 Film Series "A Reason to Live"

The Social Action Committee launches its 2016 film series with the movie, "A Reason to Live" and a forum that focuses on mental health. The films and forum are open to the public free of charge but donations are welcome.

"A Reason to Live" - This powerful documentary about teen and young adult depression and suicide captures 12 personal stories of despair and hope.

Saturday, February 20, 7:30PM. A panel discussion to follow.

## BEATLES *PURIM* IS COMING! Calling all ACTORS, SINGERS and MUSICIANS!

Shomrei Torah is looking for excited members to be featured in this year's BEATLES *PURIM SCHPEIL* on March 23. Everyone is welcome to participate!

We need people who can make the following rehearsals:

**March 8, 6:00 – 7:30 PM**

**March 15, 6:00 – 7:30 PM**

**March 23, 4:00 PM, final  
dress rehearsal followed  
by *Schpeil* at 6:15 PM**

If interested, contact [ra@cstsr.org](mailto:ra@cstsr.org)



## Rabbi's *Tisch* with Ruben Arquilevich *Friday, February 12, 6:15 PM*

Come to the *Tisch* wearing your camp t-shirt or hat if you attended a Jewish camp. Listen to Ruben Arquilevich as he discusses "Jewish Peoplehood: The Role of Camp in Jewish Life". He will share the history of Jewish camp, going back over 100 years, discuss how it has

evolved since then and the critical role it plays in securing Jewish identity today. Congregation Shomrei Torah is a wonderful partner to URJ Camp Newman – he will highlight this special relationship.

*He will share the  
history of Jewish  
camp, going back  
over 100 years...*

Cost for catered dinner is \$18.  
RSVP to CST Office.



## HIGHLIGHTS

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## Rosh Chodesh

*Saturday, February 6, 7 PM*  
**Kolbo Room**

The next *Rosh Chodesh* women's group will be February 6 at 7:00 PM. All interested women are invited to this free evening to celebrate the upcoming new moon.

The new moon of the Hebrew month of Adar I is an introduction to the energy of spring. *Purim* comes next month, Adar II, and we've just had *Tu b'Shvat*, the re-awakening of the trees. Come and celebrate your own re-awakening, rededicating yourself to what gives your life meaning and joy. We might also get a bit silly as *Purim* is approaching: bring a good joke to share or wear a silly hat.

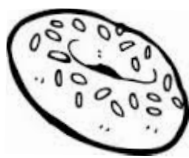
Please RSVP to the CST office, or just show up.

## Bagel Club Hears from High Tech Speaker

*Sunday, February 7, 9:00-11:00 AM*

We are trying something different! Jay Peretz, CST member, former and retired VP of Oracle, is teaching computer programming at SRJC. He will share with us some insights into the high tech world, including science and tech aspects, and additionally the culture and impact of technology on our lives and the economy.

Contact [cstbagelmen@gmail.com](mailto:cstbagelmen@gmail.com) to reserve your seat, or call the CST office at 528-5519. Gourmet breakfast will be served. Ladies are also welcome.



## Lifelong Learning

### What's in a Name? Choosing a Hebrew Name

**1 session:** February 17, 2016, 7:00-8:30 PM, Kolbo Room

Rabbi Kramer will lead an interactive workshop on the importance of Hebrew names and help guide everyone to choose their own Hebrew name. This workshop is open to people of ALL ages! Free, email [denise@cstsr.org](mailto:denise@cstsr.org).

### A Taste of Mussar: An introduction to the study and practice of Jewish spiritual ethics.

**5 sessions:** February 14, 21, 28; March 6, 20; 3:00-5:00 PM

\$36 Materials Fee

This course, taught by Sharon Schwartz, provides a solid introduction to what the study of *Mussar* is all about and what it offers. You will experience for yourself how transformational *Mussar* can be, and you will see how *Mussar* can bring you a deeper understanding of yourself and give you valuable tools to live a better, more fulfilling life.

Please call 707.578.5519 or email [denise@cstsr.org](mailto:denise@cstsr.org) to register for classes.

## Family Shabbat Services

4th and 5th Grade Family Shabbat:  
*Friday, February 5, 6:15 PM*

2nd & 3rd Grade Family Shabbat:  
*Friday, February 26, 6:15 PM*

Please join our community in prayer for Family *Shabbat*. Our STaRS students will have a special part in the service. The service will be followed by a special *Shabbat* Dinner for the families to delight in *Shabbat* as a community. Please RSVP to [ra@cstsr.org](mailto:ra@cstsr.org) so we know how much food to provide. We ask for a \$10 per family donation to help defray the cost of food.



## Tot Shabbat

*Friday, February 26, 5:00 PM*

Tot Shabbat is an informal, child-centered *Shabbat* Service designed especially for children newborn to elementary school age. The theme will be "*Shabbat*" and there will be a potluck. Please bring a vegetarian dish to share! Save the dates for the following months: March 26 at 9:00 AM; April 15 at 5:00 PM.



## Lifelong Learning

Classes and film series are free but registration is appreciated.  
Please call 707-578-5519 or email [denise@cstsr.org](mailto:denise@cstsr.org).

### David and His Women

#### 3 sessions:

March 2, 9, 16

7:00-8:30 PM

Rabbi Kramer will discuss why David is the most fully developed character in the bible. Through stories, we get to see David from his youth all the way until he is on his death bed. David is warrior, lover, politician, betrayer and leader. Come learn what makes David a fascinating man.



### Film: *American Jerusalem: Jews and the Making of San Francisco*

#### 1 session:

Sunday, March 13, 3:00-5:00 PM

Dr. Marc Dollinger will discuss the history of Jews in the Bay Area. Dr. Dollinger is the Richard and Rhoda Goldman Chair in Jewish Studies and Social Responsibility at San Francisco State University. His research interests include American Jewish history, Jewish social responsibility, California Jewish history and modern Jewish identity.

### Film: *A Home on the Range: The Jewish Chicken Ranchers of Petaluma History of Jews in Sonoma County*

#### 1 session:

Sunday, March 27, 3:00-5:00 PM

Henry Shreibman, Ph.D., Rabbi, DD, has taught over the last nine years at Dominican University, Sonoma State, and UC Davis in comparative religion, history, ethics and philosophy. His area of interest and specialty is comparative religion of the ancient world.

Bonnie Burt has been documenting Jewish life for 20 years. In her film, Jack London, California vigilantes, McCarthyism, the Cold War and agribusiness all come to life in a quintessential American story of how a group of immigrants found their new home.

### Rabbi Tisch with Cantor David Frommer "The David and Goliath Story of Yale A Cappella"

Friday, March 11, 6:15 PM

Much like the Jewish people, Yale's Jewish A Cappella Group, Magevet, has endured against all odds. Despite the overwhelming resources of high-profile, secular competitors and a niche appeal that attracts more Jewish parents than students, Magevet continues to thrive each year. Join Cantor David for a story of improbable survival, lasting friendship, and a musical mission that influences his cantorate today. Cost for catered dinner is \$18. RSVP to CST office.

### Beatles Purim Schpiel

Wednesday, March 23, 6:15 PM

Join us for a revolutionary visit into the 60's as the Beatles meet Esther, Mordecai and Haman. Grab your costumes and *groggers* and join the fun as we read from the Book of Esther. Our Purim Schpielers will not disappoint! Don't miss an evening of entertainment and yummy *hamantashen*.

### Social Action Goes to the Movies

### Mental Health - It Takes A Community!

The Social Action Committee is hosting films and a forum that focus on mental health through April. The films and forum are open to the public, free of charge but donations are welcome.

"The Mask You Live In" - Addresses the issues boys and young men have in dealing with society's narrow definition of masculinity. This film directed by Jennifer Seibel Newsom, is an official selection of the 2015 Sundance Film Festival. March 19, 7:30 PM.



"Poster Girl" - Traces a high school cheerleader, turned machine gunner in the Iraq War, as she returns home to deal with Post Traumatic Stress Disorder (PTSD). April 16, 7:30 PM

All films will be on Saturday nights at 7:30 PM at the CST sanctuary. A panel discussion featuring local and regional experts and people affected by mental illness will follow each of the films.

The Social Action Committee's series on mental health will wrap up with a Community Forum on Depression, Sunday May 22, starting at 2 PM, in recognition of May National Mental Health Month.

## Rabbi George on Sabbatical January 1 – April 1

When I first arrived at Shomrei Torah 20 years ago, we thought I would take a six-month sabbatical after my seventh year, assuming things worked out. When that year arrived, we realized that neither the congregation nor I could handle being away that long; so we changed the sabbatical schedule to three months every four years, which is an amazing gift you give me!

The concept of a sabbatical is derived from the sabbatical of the land legislated in the

*A rabbinic sabbatical, at least as I understand it, is not merely a vacation; rather, it is a break from one's regular routine in order to pursue other enriching and renewing activities.*

Torah (see Leviticus 25), the idea being that like the land needs a rest in order to be renewed, so do human beings. But unlike the sabbatical of the land legislated in the Torah, a rabbinic sabbatical, at least as I understand it, is not merely a vacation; rather, it is a break from one's regular routine in order to pursue other enriching and renewing



Rabbi George

activities. In fact, I would go a step further and say that it is a gift you give me, and it is also an investment you make in me and in the life of the synagogue. So, you might ask, what am I going to do with this gift?

### Writing:

In addition to continuing my search for a publisher for *Hannah & the Ring*, the children's novella I wrote last sabbatical, I plan to work on an adult book, a spiritual autobiography, tentatively called, *Finding My Way*.

### Study:

In preparation for this sabbatical I have been putting aside books and articles that I would otherwise never have time for. At the top of my list is Abraham Joshua Heschel's *Heavenly Torah*, among other titles.

### Prayer and Meditation:

One of the benefits of a sabbatical is a reduction in the compression of the daily grind. For me, that means more time to pray, meditate and recreate! Seriously, besides renewing my personal prayer and meditation practices, in early January I will be going on a seven-day silent retreat at Spirit Rock

*In preparation for this sabbatical I have been putting aside books and articles that I would otherwise never have time for.*

Buddhist Meditation Center in West Marin.

### Travel:

Laura and I are looking forward to a trip to London and I hope to also take a trip to the Southwest.

In between these things, I plan to simply "be" and to also be at

home, a rather novel concept in our household!

You might wonder, "Who will be there to respond to the needs of the community while you are away?" A big thanks goes to Rabbi Kramer in advance for not only doing her job at Shomrei Torah, but covering for me as well!

Thank you Shomrei Torah for the gift of sabbatical! I hope and pray that my time away will allow me to return renewed and inspired, ready to continue the journey of being your senior (I feel old!) rabbi for many more years to come.

*B'shalom,*  
Rabbi George

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## CANTOR'S MESSAGE

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### Changing our Chanting? Varieties of V'ahavta

"You know what I've never understood?" George asks Jerry in the classic sitcom, *Seinfeld*. "Why did they change the siren noise? When I was a kid, it was always 'WAAAAAH WAAAAAH' and now it's 'WOO WOO WOO WOO WOO.' I mean, did they do some research? Did they find out that WOO-WOO was a more effective siren than WAAAAH?"

This may be a silly exchange between two TV characters, but it speaks to a fundamental truth about the human condition: change is hard. It's hard in any area of life, but we're extremely sensitive



Cantor David

to changes in our sonic traditions, from the mundane tones of a siren to the sacred tunes of a prayer.

Which brings us to the *V'ahavta*. This prayer is taken directly from the Torah, which we chant according to a system of musical symbols and phrases called *trope*. There are many different versions

*Continued on page 5*

*This prayer is taken directly from the Torah, which we chant according to a system of musical symbols and phrases called trope.*

of Torah *trope*, reflecting the musical diversity of Jews around the world, but every version operates under the same principle of internal consistency. This means that if a particular *trope* symbol is sung a certain way in the Book of Genesis, it's sung the exact same way in the Book of Deuteronomy. The *V'ahavta*, then, is supposed to be chanted according to the same rules that a community uses when chanting any other passage from the Torah.

At CST, however, our former version of the *V'ahavta* was actually an amalgamation of multiple versions of *trope*. It didn't have any internal consistency. This created a problem when students began studying for their *b'nai mitzvah*, because they couldn't apply the same rules they were learning for their Torah portion to learn the *V'ahavta*.

Additionally, in 1999, the Union for Reform Judaism (of which CST is a member congregation) published *The Art of Torah Cantillation*, which standardized the Reform Movement's system of trope as the Wolff-Portnoy version, named after the two cantors who directed the project. Over the years, this

version has been adopted by almost every synagogue in the Reform movement and has become the basis for the cantillation course at Hebrew Union College that is taught to all of our rabbinic and cantorial students.

Chanting the *V'ahavta* according to the Reform Movement's Wolff-Portnoy trope system will ease the educational process for students of all ages within our synagogue, and connect us to other Reform congregations around the country in a profound way. Our new version won't sound radically different, but for those who want to learn the changes, we'll have a recording of the melody and the printed sheet music available for download

*Chanting the V'ahavta according to the Reform Movement's Wolff-Portnoy trope system will ease the educational process...*

on the CST website, and of course you can always come to me to get help or vent your frustrations (I'll tell you it was the rabbis' idea!). I have no idea what makes the most effective siren noise, but I do know our new *V'ahavta* melody will be a worthy reflection of the values of learning and community that all of us at CST share.

*B'shalom,*  
Cantor David

## Share Your Jewish Journey With Us!

Over the years, many of our congregants have participated in a CST tradition on *Yom Kippur* afternoon by describing their individual paths to Shomrei Torah. And by each journey's end, we knew three members of our community better than we had before.

***Please add your own Jewish journey to a treasury of stories now being collected for placement in the Shomrei Torah Library.***

### WHY WE'RE COLLECTING JEWISH JOURNEYS

Every person's path is meaningful.

*For the individual*, remembering, reflecting, and writing is a way to honor the traveler(s) and the road taken.

*For our CST family*, each journey we read will deepen our knowledge and appreciation of our remarkable and diverse community as it preserves the congregation's precious Jewish history.

*For the rabbis and cantor, for teachers, and even for older students in our religious school*, certain journeys in part or in their entirety may serve to illustrate lessons or serve as sources of historical detail.

*For the individual, remembering, reflecting, and writing is a way to honor the traveler(s) and the road taken.*



### HOW TO TAKE PART

Simply mail, email as an attachment, or drop off at the office your previously presented Jewish journey OR a newly written story of 750 words or less (preferably typed) to one of the following addresses by April 1, 2016, at latest. Earlier submissions are encouraged.

Email: [denise@cstsr.org](mailto:denise@cstsr.org)

*Note: Rabbi George will read each submission.*

Mail to: The CST office at 2000 Bennett Valley Rd, Santa Rosa, CA 95404



## JuSTY:

We welcomed our newest youth group in December: JuSTY. These 3rd-5th graders spent an afternoon with bowling and pizza. Stay tuned for our next event this spring!



## miniSHORTY:

Back in November, miniSHORTY (Middle Schoolers) kicked off with some mini golf, bumper cars and arcade games. The fun will continue on March 6 with bowling!



## RIDES NEEDED

### especially until daylight savings time resumes

The Caring Committee would like to facilitate rides to services and CST events for those who cannot drive at night.

Please let me know when you need a ride, or if you are someone willing to do a *mitzvah* and offer an occasional ride.

Contact the CST office for more information

## SHORTY:

Our high schoolers joined 130 members of NFTY Central West for Fallinter at Camp Newman. The entire event was focused on social justice and the region raised nearly \$1200. During MLK weekend, five of our high schoolers will also be attending Camp Newman's West Coast Party—the largest gathering of Jewish teens on the West Coast!



## Environmental Action Committee

### *Tip of the Month*

*"The day when rain falls is as great as the day on which heaven and earth were created."*

*Masehet Ta'anit 8b (Mishnah Talmud)*

**We're hoping for a long rainy season this year, and if El Nino predictions materialize, here are some things you can do at home to prepare and prevent flooding:**

- Be sure your irrigation is completely turned off.
- Protect your home with a sump pump for moving water away during a storm, and divert that water to a landscaped area where it can soak into the ground
- Be prepared by keeping supplies on hand, the car fueled up, and knowing the safe routes from your home to higher ground.
- Sweep your street gutters to remove dirt, trash and leaves that can cause flooding and pollute our local creeks.

In any case, keep on conserving — there's never enough water to waste!  
srcity.org/drought

## College Students of CST Receive a Taste of Home through *Hanukkah* Care Packages



On December 1, seven CST members gathered to pack fabulous *Hanukkah* care packages for 49 of our college students in 12 states and Israel. The packages included gelt, dreidels, winter health aids, school supplies and other treats. Lynn Gasser and Lois Abramson provided fresh brownies and shortbread cookies. The packers—Linda Bornstein, Lynn Gasser, Joanne Harris, Jill Goldberg, Melissa Kort, Sabrina Kahn—followed the fearless leadership of Nancy Ferrick.

Please let us know if any students who received a *Hanukkah* package have a change of address. If you want to add your college student to the list for our Passover mailing, contact [ra@cstsr.org](mailto:ra@cstsr.org) or call the synagogue office by March 1.

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## Amazon Offers An Easy Way to Support Congregation Shomrei Torah

If you shop online at Amazon.com, then you can give CST free money. Instead of logging in at Amazon.com, log in at [smile.amazon.com](http://smile.amazon.com) and many of your purchases will qualify to send Shomrei Torah free money. Amazon Prime? It also qualifies. Visit [smile.amazon.com](http://smile.amazon.com), designate Congregation Shomrei Torah as your charity, and start shopping!

## Book Covers Now Available for our New High Holy Day *Machzorim* (plural for machzor-prayer book)

CST member, Anne Brisgel, has made a number of fabric book covers for our new *Mishkan Hanefesh* books. The cost is \$25.00 for a set and you can choose different patterns for each book if desired. \$20.00 of each set purchased will be donated to the temple! To see the book covers available, please contact the CST office at 578-5519.

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## A Heartfelt Thank You to our Shomrei Torah Community

On November 9th our beloved daughter, Corrie Smith, died unexpectedly in her sleep of heart failure. She was 52. Within hours, Rabbi George and our friends at Shomrei Torah had wrapped us in a warm blanket of love and caring. We will always be grateful to you for the messages, the prayers, the cards and the offers of food and help. So many of you came to her Memorial service and surrounded our whole family with your compassionate support. Shomrei Torah is a very special community and we are so grateful to be a part of it.

With our love and appreciation, thank you,

**Sue and Ed Smith**



## Hanukkah

(Above) Annie Ethington, Micah Kushins, Ella Kushins (4th grade STaRS, 1st grade STaRS, 4th grade STaRS) during the Hanukkah event on December 9, 2015  
Photo Credit: Laura Kushins

(Left) Rabbi Kramer, dressed as a dreidel, reads to a rapt audience during Hanukkah  
Photo Credit: Ira Gelfman

## Cooking Class

Chef Les Goodman teaches Ashkenazi cooking to sold-out class on January 10  
Photo Credit: Jerry Newman



**Congregation Shomrei Torah**  
2600 Bennett Valley Road  
Santa Rosa, CA 95404

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

**707-578-5519**

(unless otherwise noted)

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**Office Hours**

Monday–Friday

9:00 AM–12 Noon

1:00–5:00 PM

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#### WEBSITE

Jay Peretz, Webmaster



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Other advertising arrangements can be made by contacting the Temple Administrator. Ads and payment must be received in the temple office by the 5th of the month to start in the next month's issue.

*For more information, call 707-578-5519.*

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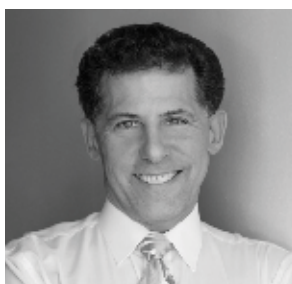


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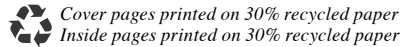
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## FEBRUARY SERVICES

### Friday, February 5

6:15 pm – *Shabbat Service*  
*honoring 4th and 5th graders*

### Saturday, February 6

Weekly Torah portion: *Mishpatim*  
8:45 am – *Torah Study led by Cantor David*  
10:30 am – *Shabbat Service*

### Friday, February 12

6:15 pm – *Rabbi's Tisch with Ruben Arquilevich*

### Saturday, February 13

Weekly Torah portion: *Terumah*  
8:45 am – *Torah Study led by Judith Goleman*  
10:30 am – *Shabbat Service*

### Friday, February 19

6:15 pm – *Shabbat Service*  
*featuring the music of Shlomo Carlebach*

### Saturday, February 20

Weekly Torah portion: *Tetzaveh*  
8:45 am – *Torah Study led by Perry Angle*  
10:30 am – *Shabbat Service*

### Friday, February 26

6:15 pm – *Shabbat Service*  
*honoring 2nd and 3rd graders*

### Saturday, February 27

Weekly Torah portion: *Ki Tisa*  
8:45 am – *Torah Study led by Rabbi Kramer*  
10:30 am – *Shabbat Service*

See our latest calendar at [www.cstsr.org](http://www.cstsr.org)

### THE PURPOSE OF THIS CONGREGATION

- To worship God in accordance with the beliefs and teachings of Reform Judaism.
- To cultivate and nurture in ourselves and our children a love and understanding of Jewish heritage.
- To develop a sensitive, caring and supportive congregational community where all are welcome and included.
- To act with responsibility and compassion in our community.
- To support the principles of equality, freedom and shalom among all peoples.