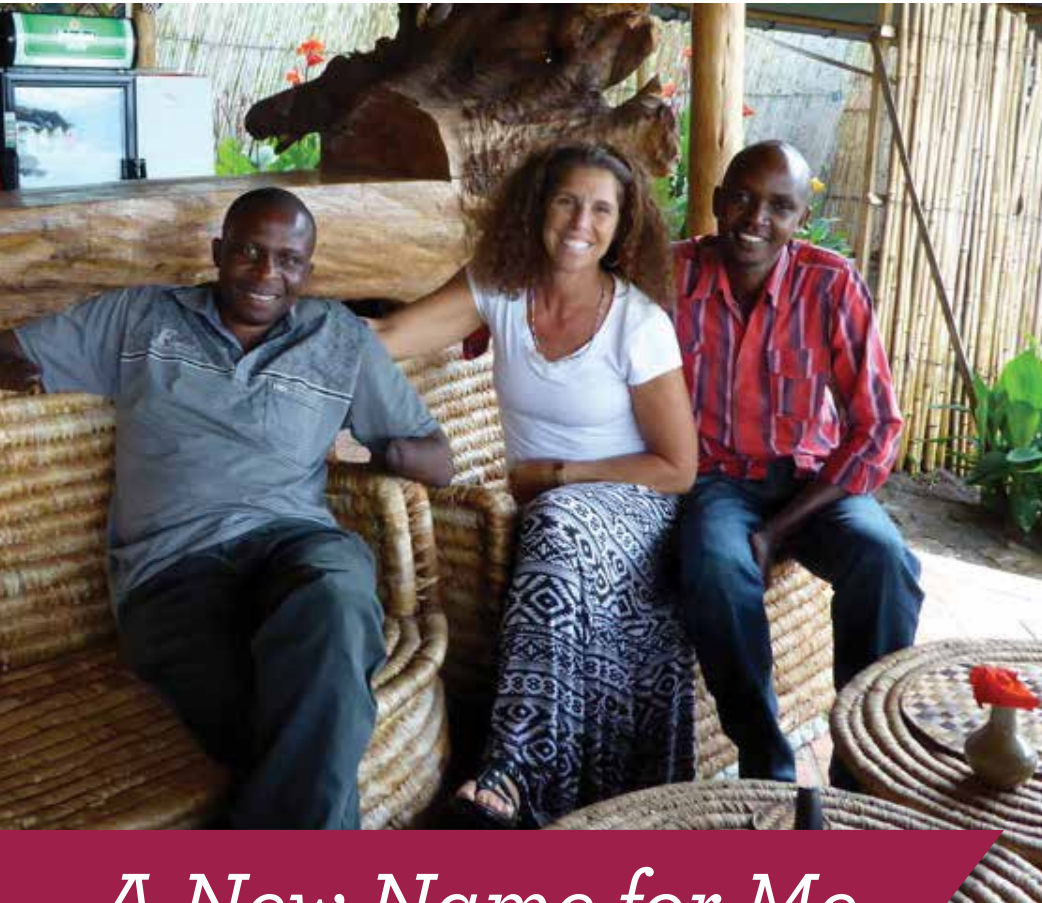


VOICES

Congregation B'nai B'rith WINTER 2014/15 • JOURNAL VOL. 88 NO. 3 • KISLEV - ADAR 5775



A New Name for Me

My Visit to Ubumwe Community Center and Inzu Y'Abana Pre School

By Fran Lewbel

As I sat having lunch with Zachary and Frederick overlooking the beautiful Lake Kivu with its shores hugging Rwanda and the Congo, I remember disconnecting for a moment and feeling, "Oh my goodness I'm in Rwanda. I am in Rwanda having lunch with Frederick and Zachary!" It was surreal. I have actively been in-

involved and supported the work of Ellen, Pam, CBB and SB Middle School, and all the others that have helped build a pre-school in Gisenyi, but it was absolutely surreal to think I was going to spend a week working at the Ubumwe Center and pre-school with Zachary while Frederick was heading to the States.

Zachary was kind enough to pick me up every morning at 8 am and return me to my lodging around 8 pm and sometimes later. Long days at the Center but never without smiles, hugs, and laughter, in surround sound.

Continued on page 32

Celebrating a Commitment to Community

Two special events to honor

Rabbi Stephen Cohen

on his 30th year as a Rabbi and Community Leader in Santa Barbara
and his 10th Anniversary at Congregation B'nai B'rith



CBB GALA

BACARA RESORT AND SPA
SATURDAY, JANUARY 24, 2015 at 6 PM
Tickets \$250 per person

Community Breakfast

Followed by

MITZVAH DAY

SUNDAY, FEBRUARY 22, 2015
9:30 AM BREAKFAST (Free), 11 AM MITZVAH PROJECTS

Details for both events at www.cbbsb.org

SUNDAY LIVE MORNING

SPECIAL SUNDAY MORNING LIVE
HONORING AVI SCHAEFER'S LEGACY

JANUARY 4

8:45AM **Best Darn Breakfast, PERIOD!**
9:45AM **Speaker**

The Avi Schaefer Fund presents:

Rabbi Josh Weinberg

President of ARZA, the Association of Reform Zionists of America

Israel Today:

Holding the Dream while Grappling with the Reality

Rabbi Weinberg previously served as Director of the Israel Program for the Reconstructionist Rabbinical College and as a faculty member of NFTY-EIE High School in Israel. He was a teacher and close friend to Avi and Yoav.



FEBRUARY 1

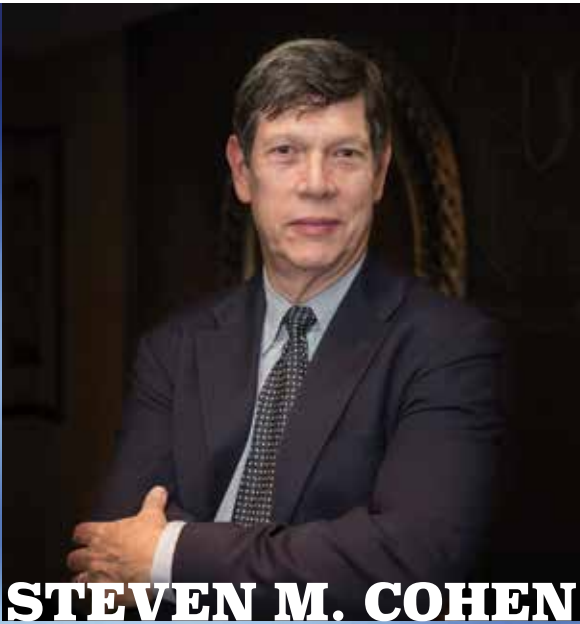
Co-Sponsored with Santa Barbara Hadassah

Dr. Jason Prystowsky

Emergency physician at Cottage Hospital, Doctors Without Walls-Santa Barbara Street Medicine, UCSB grad

He will speak about his community medical work around the world.





STEVEN M. COHEN

Rieger Scholar-in-Residence

Friday, February 27

6 pm Shabbat Services – Guest Sermon

The Shrinking Jewish Middle:
The Impact of High Inter-marriage and
Low Fertility on American Jewry

Sunday, March 1

8:45 am Breakfast

9:45 am Sunday Morning Live

Ensuring our Jewish Future:
Implications for Parents and Grandparents

is Research Professor of Jewish Social Policy at HUC-JIR, and Director of the Berman Jewish Policy Archive at NYU Wagner. He has written hundreds of scholarly articles and policy-related reports, as well as a dozen books including *The Jew Within* and *Two Worlds of Judaism: The Israeli and American Experience*. He was a consultant to the recently conducted Pew study of American Jews, and currently works with organizations representing every major denomination in Jewish life, as well as scores of philanthropic foundations and communal agencies.



facilitated by
UCLA Professor
Charles Lynn Batten
A master teacher.
Immensely popular and
thought-provoking.



The Book of Job
Stephen Mitchell Translation
Sunday,
February 8 9:30 am Nosh
10:00 am Discussion

We will also read The Jewish Study Bible chapter,
copies are available in the CBB office.



The Chosen
by Chaim Potok
Sunday,
May 3
Classic masterpiece on boyhood to
manhood, amidst the conflict between
generations and religious traditions.

JEWISH BOOK CLUB

PURIM

CONGREGATION B'NAI B'RITH

EREV PURIM
Wednesday, March 4th
7 pm Megillah Reading for All

PURIM SHPIEL & CARNIVAL
Sunday, March 8th
10 am - 1 pm Games/Food/Activities

CBB Resources Guide

Mission Statement

Congregation B'nai B'rith is a diverse, inclusive community of individuals and families building together a warm and vibrant house of living Judaism.

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CBB SISTERHOOD

Gift Shop

The Gift Shop is open during "Sunday Morning Live" 9:30-11:30am and weekdays 12:30-5:30pm. For more information email Jessica Glick at jessica@cbsb.org.

IDEAS FOR A STORY? PHOTOS TO SHARE? INTERESTED IN ADVERTISING?

Be a part of Voices

Contact Deborah Naish at 805/964-7869 or naish@cbsb.org.

INTERESTED IN Joining CBB?

Contact Elizabeth Gaynes at 805/964-7869 ext 111 or elizabeth@cbsb.org.

ARE YOU Hospitalized?

Our clergy would like to visit and offer their support and encouragement. If someone you know is in the hospital, please call the Temple office. Privacy policies prevent hospital staff from automatically calling the Temple.

VOICES is a publication offered free of charge
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Celebrating a Commitment to Community

Honoring Rabbi Cohen

After the CBB Gala on January 24th the Celebration continues...

Sunday, February 22nd

Community Breakfast & **MITZVAH DAY**

Breakfast 9:30am

Acts of Service 11am to 4pm

Get ready...because MITZVAH DAY is BACK and better than ever!

During the month of February we will begin our mitzvah projects.

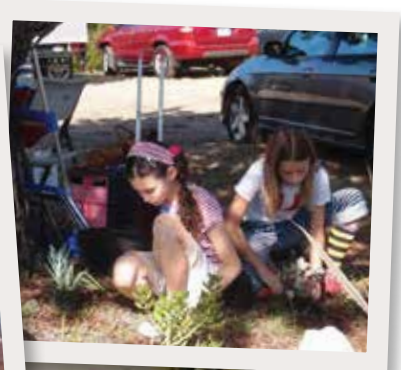
Then join your community in a day of service with projects hand selected by Rabbi Cohen.

Some activities will take place at CBB and others will be off site.

Co-Chairs Julia Stead and Erik Wilk are working hard to create an event that will make a lasting impact on the Santa Barbara community.

Up to date information is available at cbbsb.org. Register online for your favorite project in advance!

For more information contact:
Rachel Greenberg, Community Engagement Coordinator
805-964-7869 ext 105
Rachel@cbbsb.org



PROJECTS INCLUDE:

- Making Gifts for Homebound Seniors
- Dream Foundation
- Habitat for Humanity
- Sisterhood Pillowcase Project
- CBB Beautification
- Singing for the Ages
- Baking for People in Need
- Beach Clean Up
- Trail Maintenance
- SB Dawgs
- Organic Soup Kitchen
- Blood Drive
- CPR Demonstrations
- Interfaith Discussion



We Welcome Our New Members

June-October 2014

Ron Akin and Shannon Hamilton	Donald Lord
April Baird	Tal Margalith and Rachel Segalman
Darrell and Lynda Bass	Elizabeth and Joe Mason
Jules and Doris Cohen	The Mitev Family
The Cora Family	Arlene and Ravid Raphael
William Jacob and Deborah Katzburg	Rori Reber and Alan Stewart
Ben Jacobson	The Rowan Family
Karen Lebow	Rosa Lee Ruderman
Marc Leventhal and Rebecca Miller	Janice Taylor
Vicki Litter	Jeffry Waxman
Tamarah Long	Paul Zakrzewski

BECOMING A MEMBER OF CBB IS EASY.

If you are interested, please contact Elizabeth Gaynes, Program Director at elizabeth@cbsb.org OR 964-7869 X111.

CHAI SOCIETY

Chai Society is the Temple's new network of members 65 and older. It was born from the idea that CBB could offer the opportunity for these members to socialize, learn, and provide community service.

Sissy Taran and Shelley Goldman are co-chairing the program and have recruited an enthusiastic committee dedicated to brainstorming and organizing ways for all CBB seniors to connect. The committee has been meeting every other month, has many ideas for programs, and is focusing on social activities for our older members. We hope to slowly roll out a wealth of experiences over the next year.

Chai Society has been holding monthly Coffee Klatches. These are opportunities for noshing and chatting coupled with informative presentations. To date, Chai Society has had a World Café,

Legacy

By Ina Ettenberg

For Avi Schaefer, z'l, a gifted young man who was committed to establishing peaceful relations in the Middle East.

A small sprout peeks through the ground.
Nourished by the richness of its environment,
The sunflower grows tall and strong
Like a soldier, standing guard,
a protector.
It amazes us with its strength and courage.
Bathed in golden sunlight,
Its petals are carried on a gentle breeze
To those far and near.
Each kisses us with its warmth
And awakens us with its spirit.

Then, when day is done,
And it is no more,
We realize that it was God's gift to us for a season,
And in its place it has left behind its seeds
to scatter in the wind,
to nurture and grow,
to carry on the beauty of the sunflower—
its warmth, its strength,
its legacy.

a presentation from Santa Barbara Village, and an informational session about Lifeline's alert system.

Chai Society Coffee Klatches will generally take place every Third Thursday of the month from 10am -12pm. Future plans include a game day, walks on the beach, a visit to the botanical garden, and much more. Check calendar at www.cbsb.org. Contact Rachel@cbsb.org for more information on how to participate or if you have ideas for future programming.





Tikkun Olam: Repairing the World

By Rabbi Stone

What is our role in repairing the world? Why is this a Jewish value?
As individuals, as Jews, as a synagogue community
Where are we—CBB—today in this journey?

MORE THAN 3,000 YEARS ago something revolutionary happened. For the first time in religious history, Judaism proclaimed that living a holy life also meant being an ethical person. *Tikkun Olam*, or 'healing the world,' was a radical idea that changed the face of religion forever. Rather than relegating ethics to the civic arena, the Torah teaches us that being an ethical person is inextricably bound to our Jewish faith. Judaism demands that we not only pray with our hearts and our minds, but we also 'pray with our hands' by helping those in need achieve the dignity and respect they deserve. As we reach from our own prayerbook each Shabbat: *"We cannot merely pray to God to end starvation, for there is food enough for all, if only we would only share it."*

Today, the notion of *Tikkun Olam*, has become a catch-all phrase for any Jewish social action project or social justice pursuit. This phrase has become so prolific that some people might believe it is actually one of the 613 mitzvot. However, this phrase never actually appears in the Torah itself. While the concept is alluded to over and over again in the Five Books of Moses, the phrase "mipnei tikkun ha'olam" first appears in the Mishnah, which was compiled around 200 C.E. In this context,

the word *Tikkun Olam* signified a change in an existing law that would make the legal system more responsive to the needs of the most vulnerable citizens in our ancient society. These people included, but were not limited to, recent divorcees, women, children, orphans, and people who were in debt or poverty. While this concept first began as a theological, and then legal concept, today the notion of *Tikkun Olam* popularly denotes any kind of endeavor that is meant to help heal the social fabric of our society.

At CBB, we have been engaging in *Tikkun Olam* projects both big and small for many years (see page 14). The more time I spend in Santa Barbara, the more congregants I meet who are deeply involved and committed to the plethora of non-profit organizations that already exist in our city. I have no doubt many of you reading this article have volunteered your time, money, and resources in order to make the world a better place. Whether that means sitting on a non-profit board or volunteering your time or money, there is no shortage of everyday mitzvah heroes within our community.

Even in my short time here, it is clear that over the past decade CBB has grown and flourished in incredible ways. With this

growth, our community has become more united and more diverse at the very same time. I believe it is time we ask ourselves, during this hour of unprecedented growth and transformation: *Are there one or two large Tikkun Olam projects or themes that we can rally behind as an entire congregation in the coming years?*

In the past, we have united around raising awareness about the genocide in Rwanda and helping to raise funds to build a preschool in Gisenyi. At other times, we have focused on the environment as we adopted solar panels on our building in order to become a more sustainable synagogue. These projects could not have been achieved if it were not for the combined efforts of countless CBB members all working in relationship with one another. As the old saying goes: "There is power in numbers."

My hope is this winter and spring we can begin to envision what our next big project or goal will be for our Social Action team here at CBB. In order to do so, we need to know: *What are some of the big dreams or goals you have about creating more Tikkun Olam opportunities as a CBB community? What organizations are you a part of that may be in need of a community*

Continued on page 23

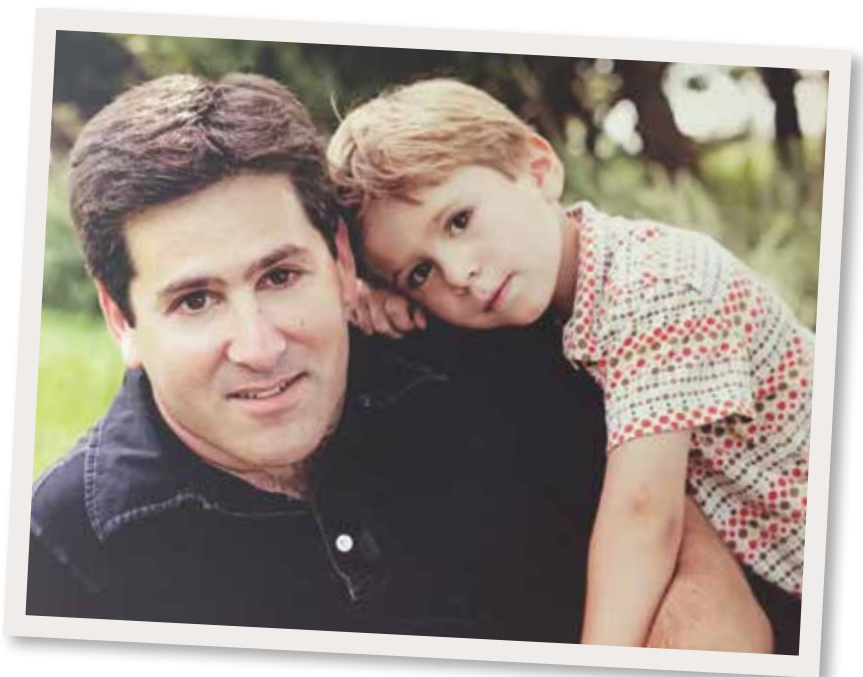
Fairness is the Glue

By Daniel A. Meisel

I must have been born with a silver scale in my mouth, for I've always had a preoccupation with fairness. Yes, I was usually the only Jewish, and by far the shortest, child in class, but I don't think my interest in fairness stemmed from feeling disadvantaged. I think I just felt "different" and assumed that everyone must feel "different" in some way. Given that we are all born unequal in different respects, I took it for granted that we would need some system in place to feel comfortable interacting with, and trusting, each other. Fairness seemed to be that system.

I WOULD LEARN (in part from religious school Talmudic debates), as we all eventually do, that fairness can't be taken for granted. It constantly has to be defined, tested, questioned, safeguarded, appreciated, and often fought for. It can be the glue that holds together a diverse community and its absence can tear apart an otherwise unified one. My curiosity in the important every day implications of this ever morphing social compact spurred my undergraduate studies in constitutional law and politics, carried me through law school and years of private practice, and continues to drive my creative work in filmmaking and my non-profit efforts with the local and national Civil Rights Committees of the Anti-Defamation League. What began as an interest later became a passion that spurred me to social action.

In assuming my new role as Social Action Trustee at CBB, I am cognizant that the diversity of this community is one of its greatest strengths. The clergy, staff, board, and members have worked hard to create a welcoming environment and meaningful relationships both within and beyond the Temple's walls. My hope is to do whatever I can to help maintain the existing cohesion, while offering support to other members wanting to engage in social action.



There are several new items on CBB's Social Action Committee agenda. In addition to supporting the wonderful ongoing social action efforts of CBB members, the Committee will work on identifying a multi-year social action theme - ideally a theme the entire organization can support that connects CBB with the larger Santa Barbara community. We will also identify other local organizations with which we can partner in pursuit of making a difference on that theme. We are also open to supporting the advocacy and educational efforts of CBB's members. Sunday Morning Live and other programs have shown that the CBB community can tolerate constructive debate on controversial issues and that such discussions can be enriching. I look forward to more lively and enriching discussions on the CBB campus. I will also be working on clarifying (with a focus on fairness) CBB's procedures for supporting advocacy events and considering statements on behalf of the CBB community.

As consumed as I am with fairness, our middle child and second grader Eli is usually the one to raise the issue in our home. He has all the makings of a social activist - he feels it before he thinks it. He's not unusual in that way. Children tend to have a wonderful sense of justice - it comes quickly to those who are not in control. Still, I like to kid myself that Eli is proof that fairness resides in my DNA.



Connecting across the Generations

By Marcy Wimbish

Opening day for Confirmation class was a very inspiring experience for my daughter and me. The class met for an initial orientation meeting with Rabbi Stone who teaches the class. Then the students prepared bags of apples and honey to give to seniors living at Maravilla. Each student was paired with a resident or resident family and they spent some time getting to know each other. Meeting the Maravilla residents was truly a gift to me, my daughter, and I am certain, several other members of this class.

TALLY AND I met a lovely couple at Maravilla. They were very warm and friendly, but unfortunately, the wife has dementia. They have been Temple members since they moved to Santa Barbara 24 years ago. The husband spoke about knowing Cantor Mark before he was married.

Tally asked many questions regarding their Judaism and so many of their answers came back to CBB and to Cantor Mark. One of the questions that Tally asked was about their favorite Jewish holiday. The husband answered that “it would have to be Hanukkah”. He smiled at his wife, and then went on to say that Cantor Mark came to Maravilla and did a concert last year around Hanukkah and he said that was the happiest he had seen his wife in years. He raved about it and other times that Cantor Mark had brought Jewish music to the residents.

He also spoke about the Friday night dinners where several Jews gather together at Maravilla once each month and how much he loves them. He said it’s easily the best meal of the month.

It was touching to hear his stories about CBB’s connection to Maravilla. It was incredible to hear his appreciation of Cantor Mark and the CBB community

for bringing joy to his and his wife’s lives through their connection to Judaism and Jewish music.

His wife did not speak to us much, but she smiled and it seemed that she knew what was happening and appreciated the conversation. The biggest smiles came when her husband spoke of their recent anniversary and their many happy years of marriage. Her husband is incredibly devoted and loyal to his wife, and devotion like that is inspiring in a way that I can’t explain. He spoke to her and included her in all of the conversations. Most of the time, she responded with a smile. It was incredibly heart warming to see the devotion and love that he demonstrated, despite the limited feedback. It was also heartwarming to see the love in her eyes, despite her limited communication.

I honestly can think of no better mitzvah than to spend time with those who may have no family in Santa Barbara. Many of the teen students intend to continue their relationship with the family that they met. The Confirmation class of 2015 is trying a new format, which I think will be quite exciting and should provide a fabulous learning and growing opportunity for our 10th graders. The format of the class has changed to include 2 nights of learning along with one day of a service project each month. The class has embarked on a long Tikkun Olam journey. I can only hope that all of our confirmation students are impacted by these Tikkun Olam projects during the course of this year.

Additional projects for our confirmation class are a High Holiday Food Drive, a visit to the Rescue Mission (serving food, donating socks, hearing a speaker on homelessness in SB) and a shopping trip to Camino Real to buy gifts for children in need through CALM.

PAY IT FORWARD

By Kim Wolf

Congregation B'nai B'rith was the first community I knew. Living only a few houses away, I attended CBB's pre-school, Hebrew and Sunday school, became a Bat Mitzvah, and shared much time there with my Jewish friends. Among all the Jewish lessons in history, religion, and tradition that I was taught, the concept of tikkun olam was the most influential. Meaning 'repairing (or healing) the world', the concept has informed the way that I interact and understand this world. Tikkun olam teaches us that we have a responsibility to engage in community action and service to ensure that we leave a better planet than the one we were born into.

AS A YOUNG GIRL, I spent many summers and after-school time volunteering with the elderly, children, and the underserved in the larger Santa Barbara community. It wasn't until I spent three weeks in Ghana when I was 16 years old that I realized the enormous global wealth inequality between the rich and the poor. Yet, I also saw that money did not equate to happiness or generosity and that there was much we could learn from the way Ghanaians lived and understood their world. Since that trip, my curiosity led me to receive a BA in International Development and then an MPhil in African Studies. Along the way I have worked with many non-profits dedicated to improving the health, education, and human rights for people, and specifically women and girls in sub-Saharan Africa.

In December 2012, while living in Uganda, Monica, my Ugandan feminist friend, and I were sitting on a mini-bus (one of those overcrowded and stuffy Volkswagen buses) and decided that combined we had the skills and connections to start a non-profit for young women by young women. I was a bit hesitant at first, knowing the challenges of running a small non-profit, but then I thought, "Why not? There's no harm in trying." From that day on, Monica and I (along with our other friend Sayid) began working on Girl Up Initiative Uganda to create a movement of young empowered women from the most marginalized areas of



Uganda. I am thrilled that we now have over 70 dedicated girls in our training program that focuses on building confidence and provides the skills to stay in school and stand up against violence, abuse, and early marriage. It has not been easy, but I feel that as a woman with a privileged Western background, it is my responsibility to use my resources to participate fully in furthering the tenets of tikkun olam.

While running *Girl Up Initiative Uganda*, I am constantly reminded of the generosity and support of the Santa Barbara and CBB community. This support means so much to the girls in Uganda who are often forgotten and ignored.

If you are interested in finding out more about Girl Up Initiative Uganda, please check out our website at: www.girlupuganda.org and our Facebook page: www.facebook.com/girlupuganda.



Our Visit to the Ubumwe Preschool

GISENYI, RWANDA

By Ellen and Ginny Hunter

A SMALL SIGN reading Ubumwe Community Center stands at the road near the border of Rwanda and Congo. My 15-year-old daughter Ginny and I follow the sign and head down the long, bumpy dirt road until our eyes finally spot the blue Jewish star that adorns the gates of the Ubumwe Community Center and Preschool. The car stops, we anxiously hop out, and within seconds are greeted by our dear friend Frederick. Oh, how we missed his smile and that long, tight hug he is famous for! He tells us that he can't believe we are finally in Rwanda! Ginny and I can't believe it either.

After four years of working with Pam Gunther as co-chair of the CBB Ubumwe Preschool Project, I am happy to personally report that the Ubumwe Preschool (our sister school to Beit HaYeladim) is thriving with beautiful children, comfortable classrooms, engaging and professional staff, and happy families. During our visit this summer, Ginny and I witnessed a

sense of community and love throughout the Ubumwe Preschool, along with high expectations for everyone. Believe it or not, the children (aged 3-7) are learning four languages—English, Kinyarwanda, French, and sign language—where it's weaved in and out of the day throughout all curriculums. It was truly amazing to see that in action and as a teacher I asked myself, "What can I do differently in my Santa Barbara classroom?"

Ginny and I felt like these young Rwandan minds were being prepared not only for primary school, but for the world. What was most impressive was how the Ubumwe Preschool is working under an "inclusive" model of education; that is, students with disabilities are integrated into the general education classroom. There is even a sign language teacher who in one classroom works right beside the head teacher signing to the five deaf children while the head teacher speaks. This is a new concept in Rwanda and the

Ubumwe Preschool is leading the way!

This success can be contributed to **all** of you at CBB and the larger Santa Barbara community, who contributed to the building of the Ubumwe Preschool. We should feel proud of our accomplishment; however, our job is not done. There are many families in need at the Ubumwe Preschool ... many who cannot afford to pay the \$200/year tuition. Without our continued support, our friends Zachary and Frederick cannot successfully operate the school. The good news is that since the opening of the school in January 2013, we have received close to \$6,000 in donations, which have gone directly towards our "Sponsor a Student" Program. Let's continue this strong friendship and support of the Ubumwe Preschool throughout the 2014/2015 school year and beyond. Our goal is to raise at least \$5,000 a year to support at least 25 children.

Remember, as Mahatma Gandhi reminds us:

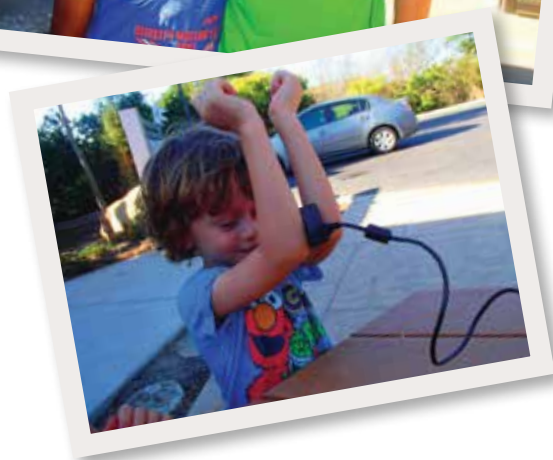


Opposite: Ellen & Ginny Hunter in Gisenyi. This page: Frederick visits us at BHY.



"The best way to find yourself is to lose yourself in the service of others"

Frederick Ndambarye spent time in Santa Barbara in October and visited with us at CBB. He shared his inspirational story of moving from no hope to hope for the future. There is no doubt that our community-wide efforts to support his and Zachary's vision have had dramatic ripple effects. Recently a donor offered to fund the building and running of an elementary school, which will be open shortly. Starting with the passion and commitment of one of our members, Henry Wilson, when he chose to focus on The Rwanda Project, The Ubumwe Center has become a shining example of how each of us, working together, can contribute to the lives of many hundreds of people across the globe.



GET INVOLVED!

CBB Social Action Projects

Here are some of our current projects. If you have an idea for something that you would like to lead please contact Rabbi Stone at rabbistone@cbbsb.org.

HIGH HOLY DAY FOOD DRIVE

Every year CBB holds a canned good food drive that begins on Erev Rosh Hashanah and ends on Simchat Torah. All the food that is collected is donated to the Santa Barbara County Food Bank. If you are interested in helping with next year's food drive, please contact Rabbi Stone (rabbistone@cbbsb.org).

PERSHING PARK: PREPARING MEALS FOR THE HOMELESS

Join other CBB members on the fourth Wednesday of every month to serve hot meals for the Homeless at Pershing Park. We meet at the bandstand at 5:15 pm and we typically serve 50-100 people over the course of an hour. Volunteers are welcome to drop off food, or stay to help serve. Volunteers are needed to cook and to donate paper goods and supplies. For more information, please contact Audrie Krause (audrie@gmail.com).

SANTA BARBARA INTERFAITH ARSON REBUILD TEAM

We are an interfaith team of volunteers who are committed to help rebuild burned down churches. Our goal is to help them rebuild their physical building and help renew their faith. We have a long-term partnership with the First United Methodist Church. This is an on-going effort, however we only travel when a specific site has been identified. Participation is open to anyone over the age of 16. Please contact Don Wolfe (dwolfe@gte.net; 962-4634) if you are interested in learning more.

TRANSITION HOUSE: PREPARING MEALS FOR FAMILIES IN NEED

Transition House is an amazing organization dedicated to addressing family homelessness. Since 1984, it has helped families end their reliance on public assistance by providing family-centered support services. For more than 20 years, a handful of CBB members have helped prepare and serve a hot dinner to about 25 families every month (60 people). Please join us to help provide meals to the residents on the second Thursday of each month, from 5:15-7 pm. The commitment of time is flexible and depends on your schedule. If you would like to learn more contact Glen who will put you on his monthly email reminder list. You can volunteer whenever it works for you. Even if you

only have one hour to help prep, that is extremely helpful. For more information contact Glen Serbin at 969-1466 or glen@serbin.com.

UBUMWE PRESCHOOL PROJECT IN RWANDA

The Ubumwe Preschool Project began in the Fall of 2010. Our goal was to build a preschool for the children of Gisenyi, Rwanda and to raise awareness here at CBB about the on-going effects of the Rwandan genocide that took place in 1994. We spearheaded the effort and together with several other Santa Barbara organizations we raised all of the funding to build the school, which was completed in January 2013. They now serve over 160 children. We are committed to providing ongoing help needed to support the school and the students. A donation of \$200 provides a year of school for one student. To learn more, please contact Ellen Hunter (ellenhuntersb@gmail.com) or Pam Gunther (pamsantabarbara@gmail.com).

YOUNG ADULT INTERFAITH DIALOGUE GROUP

Young adult members of CBB (ages 22-39) are meeting monthly with other young adults from the Islamic Society of Santa Barbara and Trinity Episcopal Church to talk about religion, culture, belief, practice, and faith. The goal of the group is to raise awareness and understanding among different faith communities here in Santa Barbara. To learn more, please contact Rabbi Stone, rabbistone@cbbsb.org.

HABITAT FOR HUMANITY INTERFAITH BUILD

CBB members donated their time and brawn to help build a new affordable housing development on Canon Perdido, which had its grand opening on November 18th. There are on-going ways to support our local Habitat for Humanity chapter. If you are interested in more information, please contact Rose Cohen, rose@sbhabitat.org or 805-692-2226.

COLLECTIONS FOR CASA ESPERANZA

This past year we held a Passover Shoe Drive and a Winter Blanket drive. If you would like to coordinate a drive for items in the future please contact Rabbi Stone, rabbistone@cbbsb.org.

TIKKUN OLAM IN GAZA *and Beyond*

By Pam Gunther

Something unexpected and extraordinary happened on our recent trip to Israel with Rabbi Steve Cohen, June 17-29, 2014.

Anticipated questions included.... What does it mean to be a Jew in Israel? What does it feel like to experience G-d while in our spiritual homeland? No surprise.

And then... What does it mean when a Jew and a Palestinian try to repair our fractured world by fashioning unconventional peace-building projects—at great bodily risk and mortal danger to self and family? To hear the personal story was gut-wrenching, felt unimaginably pressing, and certainly stands in stark contrast to the resort life-style we would be returning to here in our veritable American Riviera!

Is Tikkun Olam even possible in a place where Israel and Palestine exist not just side-by-side, but intertwined, in seemingly endless, thousands-of-years-in-the-making violence, terror, and hate?

This year's Jewish World Watch holiday brochure suggests that what our planet needs is "dialogue that reflects non-violence and instead tolerance... a fight against fragmentation and marginalization," and with a goal of "pluralism as Jews have always sought in whatever part of the world they have lived." Can there be any relevance in these words for Jews living with Arabs in Israel?

Our Jewish tour guide, a 30-year veteran IDF Commander, is an unlikely peace-builder along with a Palestinian, who as a

young man was taken in by an Israeli Jewish mother and her family. This Palestinian became a part of us. He became part of the Jewish people and ultimately as a result of this gesture of love and acceptance, the world community.

These two men have dedicated their lives to peace projects in Israel. This work has further led them into more globally-related peace activities in other parts of the world. Often they work with youth because there is still hope for young people to form values and beliefs that include compassion, mutual respect, and understanding. Our tour guide, after days of slowly revealing himself to Rabbi Cohen and, likely due to

their shared values, offered our group from CBB the opportunity to meet and hear this Palestinian he calls "brother" and with whom he works for peace.

Because tensions were high during our time in Israel, (just before the war), this unknown Palestinian man arrived over an hour late, delayed at the Israeli border check point and obviously suffering after enduring tear gas. While severely affecting his eyes, mouth, and skin, what was more apparent was the suffering he felt at the disharmony and worse, the acrimony between his Palestinian people and the Jewish people.

Continued on page 32





Israel 2014

By Rob Feinstein

Writing at the end of August about our June trip to Israel is difficult. I must agree with the sentiment, proclaimed by many of the Israelis we met, “It’s complicated.” And now, it is even more so. It was my third trip and my wife’s fourth.

It was a wondrous trip and an upsetting trip.

We hugged fresh-faced, young soldiers, armed and ready for anything, on the Lebanese border. Our gifts of schwarma and pizza delighted them. On our side of the border grew nectarine orchards. But in Lebanon, only a few feet from us, a no man’s land grew opium poppies. I must assume Hezbollah watched us take photos.

It was a joyous trip and a sad trip.

We visited our son-in-law’s parents in Tel Aviv and his youngest brother’s family in Haifa. We ate with old friends in Jerusalem. And Israel prayed for the safe return of the kidnapped boys, which was not to be.

Although complicated, the whole trip was fabulously enriching, fulfilling, humbling, and spiritual. Yes, we visited Safed, climbed Masada, went to Rosh Hanikra, saw Lebanon and Syria, prayed at the Kotel, walked in water up to our knees in Hezekiah’s tun-

nel, and more. But it was the Israelis we met that will linger in my memories—the Druze woman, the Bedouin man, the Muslim weaver, the Israeli Muslims, and Jews who lived side by side along the Mediterranean. Most memorable were our tour guide, Amos Davidowitz, and our bus driver, a Bedouin named Zahir.

A most exhilarating visit was to an elder workshop, Yad LaKashish Lifeline, in Jerusalem. There, in a spacious former Spanish Embassy building, at least 150 immigrants, mostly Russian and Ethiopian and average age 79, did high-quality embroidery, metal work, ceramics, woodwork, painting ... and were paid for their work.

In the end, the most valuable things came home with us—our new friendships. Twenty travelers became an extended family. Seeing them will always remind me of the warmth we shared while discovering Israel. For most, it was their first time there. For me, it was a special treat to see, to share their delight in fulfilling a life-time dream, in tasting new foods, walking new roads, touching ancient wonders, meeting elder craftsmen and very young students, and everywhere experiencing the vast enthusiasm in the smiles of the Israelis. Smiles that we returned. And everywhere we learned something new; saw something old in a new way.

Thank you, Rabbi Cohen, for creating an unforgettable journey.



*Jewish
Community
Picnic*



*Rachel Cohen
& Zach
Eilon wedding
celebration at
CBB*



Summer Programs

CBB Hiking Club



*Goodbye party
for Judy Meisel*



*Stand with Israel,
Summer 2014*



Hundreds of people gathered in our sukkah.



Tashlich & Sukkot



The Jewish community gathered at Goleta Beach for Tashlich, Rosh Hashanah afternoon





Simchat Torah

Our long season of Jewish holidays comes to an exuberant end, as CBB members of every age dance, spin, and read from the Torah.



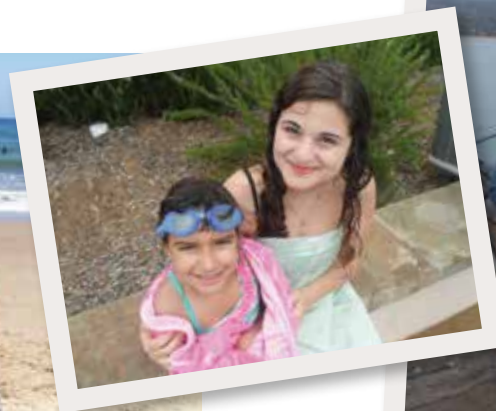
Summer Visit by Leo Baeck Students

“ We cannot say enough good things about how wonderful it was having Ilil Appel stay with us this past summer. We just loved having him. My husband, Dan, and I have three boys ages 9, 7, and 5, and Ilil fit right into our family. He is smart, warm, funny, and adventurous. We couldn't believe he's only 17 years old! He loved playing card games with the boys, and we did everything from surfing to hiking in the mountains to tennis. The boys learned a lot about Israel, too (we all did). We will miss him a lot and wish his stay with us could've been longer.

I can't say enough good things about Ilil. Dan and I hope our boys grow up to be fine young men like him.

Thank you for sharing him with us.

*All the best,
Amy and Dan Meisel*

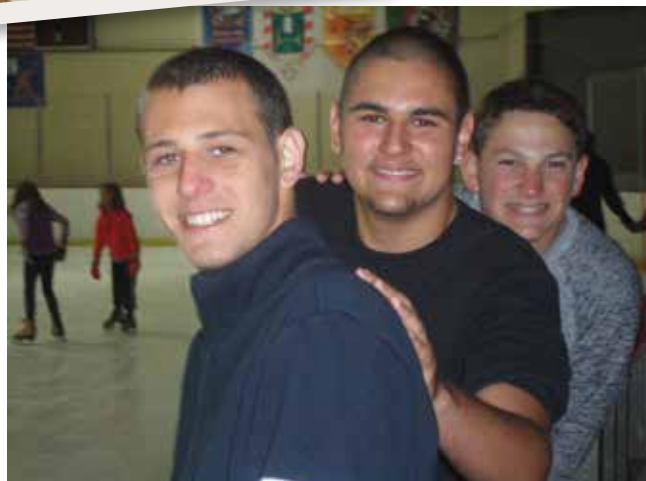




“ Camp Haverim is very grateful to Congregation B'nai B'rith, led by Ellen Raede, and to the Leo Baeck Education Center, for sending Yoni, Batel, Shahr, Amit W., Shira, Amit M., Noa, Ilil, Daniel, and Itay to Santa Barbara for the past three years. These amazing men and women volunteered at Camp Haverim with passion, energy, knowledge, and love for Israel. They created a great deal of excitement among Camp Haverim campers! Todah Rabah!!

— *Itzik Ben-Sasson*
 Director, Camp Haverim

Thank you to the Glick, Jacobs, Lewbell, Meisel & Wendel, Raphael, and Zola Families for hosting the teens.



June-October 2014

Mazel Tov! *In Our Lives*



1

2. To Jenny & Jeff Mintz and siblings, on the birth of Levi, born on June 25th.



2

1. Summer & James Foster, and brother Crosby, on the birth of Rockwell, born on May 21st



3

3. To Connie & Steve Wiener on the birth of their grandson, Quinn George, born on August 19th to Josh Wiener and Lauren Spero.

4. To Francine Taran Freund & Charlie Freund, brother Abner, and grandmother Sissy Taran, on the birth of Sylvie Amber, born on October 18th.



4

6. To Carly & Doug Yartz, and brother Jack, on the birth of Pete Cutler, born on October 10th.

5. To Amanda & Bob George, and sister Hannah, on the birth of Nicolas Robert, born on October 14th.



5



6

7. To Anne & Michael Towbes on the birth of their granddaughter, Ella Tashen Smith, born on October 4th to Nati & Michael Smith.



8. To Monica & Michael Steiner, and brother Colin, on the birth of Nicolas Benjamin, born on October 9th.



9. To Diane & Bruce Phillips on the birth of their grandson Gabrielle Ryan, on September 24th, to Amy & Jonathan Phillips.



10. To Katherine & Brian Emery, and siblings Cormick and Eliza, on the birth of Abigale Cate, born on October 13th.



More Mazel Tovs:

11. Talia K. Cohen, one of only 26 applicants (among hundreds) to win a Bronfman Youth Fellowship.

12. To Mark Raphael, semifinalist for a 2015 National Merit Scholarship. To Aaron Linker, Talia Cohen, Kyle Glick, and Benjamin Goldberg, for receiving a "Commended Student" designation in the 2015 National Merit Scholarship Program, recognizing outstanding academic promise.

13. To Cheri Owen for winning a gold medal at the National Veterans Valor Games in San Antonio.

Tikkun Olam: Repairing the World

Continued from Page 8

partner? What are the values by which we choose a community-wide social action project that is diverse enough not to exclude anyone; and concrete enough to make a difference?

If you are interested in being a part of this conversation, please email me because there will be many ways to be a part of this on-going process. We are also continuing to explore ways to support our on-going social action efforts.

The great Rabbi Abraham Joshua Heschel once explained that we engage in *Tikkun Olam* because it is our duty as Jews who have been called by our ancestors and the Torah to make the world a better place. He suggests a true prophet is not someone who can make grand speeches; but rather, someone who holds God and men in one thought at one time, at all times." The problem is when we separate the sacred from the secular.

Ultimately, I hope at CBB we can help one another answer this prophetic call. From big dreams to everyday acts of kindness, I hope we can chart a path that brings us closer to a world filled with justice and peace, while at the same time, respecting the great diversity of our community.



Kirsh Essay

By Sophia Gaynes

The Harry Kirsh Award is presented annually to students for writing an outstanding essay and for their involvement in activities demonstrating Jewish values. Mazel Tov to Sophia Gaynes, this year's recipient of the Kirsh Award.

1. What does it mean for you to be a Jew?

Growing up in Santa Barbara, where I was one of two Jewish students in my classes, Judaism was a big part of my identity. It was what made me unique. I thought that the Jewish community consisted only of the familiar people that I had grown up seeing at CBB. Though I didn't know it at the time, there was a whole world of Jews for me to discover and befriend.

The first time I had a glance at the bigger Jewish world was my first summer at Camp Alonim, where I met friends from Los Angeles, Las Vegas, and New Mexico. These people were so different from any people I had met before. They lit the spark that led to my love for Jewish community. Now when I think of being Jewish, the majority of my thoughts point to the communal Jewish activities that fill my calendar.

Being Jewish means knowing that at the end of a rigorous week of school, NFTY is waiting, ready to take me in any state, with open arms and hearts. It means that if I meet some stranger who's Jewish, we are going to have at least one mutual friend. Being Jewish means whenever I find myself bored with nothing to do, I can call my fellow SBORTY board members and they will always be willing to pick me up and bring me along to whatever they already had planned; that I can come to temple at any hour of the day and find someone who has known me since I was three. We just begin talking and before I know it, two hours have passed.

It means running out of the dining hall after Friday night song session at camp, my voice scratchy and my throat hurting because I was just singing louder than I ever thought possible. Seeing the circles of dancing kids and the familiar music in a foreign language that makes you warm inside despite the cool temperature of the air. Knowing that you are where you are

supposed to be and don't wish to be anyone or anywhere else. Being Jewish means feeling so comfortable in my community that I can pray to my fullest and sing at the top of my lungs in services, even if it makes me seem weird, because I know that no one's judging me.

Before this year, Judaism was simply a musical or social experience for me. I looked forward to singing in our Shira Choir at the end of Hebrew school, or hanging out with my friends at break. I even remember trying to write my D'var Torah for my bat mitzvah and feeling lost because I didn't understand the Hebrew and couldn't figure out how to connect with my Torah portion. When learning my Hebrew, I didn't care what it meant, but only how it sounded to my ears, and when I attended my friends' b'nai mitzvah, I was more concerned about how the non-Jewish people reacted to the service than the service itself. On Yom Kippur, I didn't fast because I didn't really believe that anything would happen if I did. I had never really questioned my Jewish experience.

2. What was the most important aspect of your confirmation year and why?

Early on in our confirmation class we did an activity about G-d. There were five or so quotes posted around the small chapel that displayed different opinions about what G-d is or does. We were told to choose one that was most similar to our personal beliefs. At this point, I had a firm belief that there was indeed no G-d. I got this idea from my grandfather who passed away last year. He didn't believe in G-d and still managed to be one of the most active participants that our temple has ever seen, and lived a good life in which he practiced Jewish values and was respected by everyone who met him. He always had strong ideas and beliefs, which were very appealing to me, so I decided to adopt his thinking, not really thinking about it myself.

The first time I walked around the room and read the quotes, I was very close-mindedly sticking to my idea of no G-d, but when I was told I had to choose one, I decided to walk the perimeter again. This time, I read the quotes literally and chose one that seemed most logical to me, but I still wasn't in love with it. It wasn't until after my friend shared her interpretation of her quote that I began to open my mind to an alternative opinion that I could use to feed my own beliefs. I don't remember the exact words of her quote, but she interpreted it as: G-d is like the coziest sweater that protects you from the cold and provides comfort in situations of distress. This was a new idea for me. When I thought G-d, I thought the old man with a grey beard in the clouds, but now I was thinking about G-d in a new way. At the end of the evening my mind was rolling, painting the picture of a G-d who is there to listen when you're stressed or bring people together in times of loneliness. G-d is a helper, but not a ruler or king who can be power-greedy, or look down from his place in the sky and judge his creations. He is on a similar level as us giving a hand when we really need it.

This new idea has had an opportunity to adapt and change through the various activities that we have done throughout our confirmation class, but the fundamental kick-start to my thinking began in our class with endless possibility.

3. Becoming a confirmand means that you are committing yourself to creating a Jewish future. What does it mean to you to be a part of the Jewish people and how do you see yourself contributing to the Jewish community after high school?

Being a part of the Jewish people, I have a responsibility to share the knowledge that I have learned and do my best to aid our planet and the people on it. This year in Sherut L'Olam, a program that I participated in LA over this past year, I have been learning about conflicts around the world, in particular, genocides. More importantly, I have been learning how to best share the information I have learned through public speaking skills and program planning strategies. The Holocaust was one of the major persecutions of the Jews in our long history. We, as a people, have said that something of this nature would never happen again, yet there have been over forty genocides since the Holocaust. I feel that with the knowledge that I have gained from confirmation class and Sherut L'Olam, I have the power to spread awareness about these issues and help to brainstorm ways of aiding suffering people. After high school, I hope to visit one of these places recovering from a genocide, so I can work with the people there to make a change and improve the lives of so many. Physically being in one of the locations that I have been learning about will strengthen my passion for helping people and

give me a new understanding. In college, I plan to go to the Hillel at my campus and even serve on the leadership board there. I hope to run or lead programs that emphasize and educate my peers on the genocides around the world, making them interested and excited to help. One of my advisors in Sherut is in charge of the Jewish World Watch program on the UCLA campus. She has told me about the work that she has done and the difference she has made, which has inspired me to follow a similar path.

Easy to do Art: Silk Painting



*By Jana Brody,
Toby Parisse Art Education Fund Coordinator*

WHAT STARTED OUT as a launch for the Toby Parisse Art Education Fund's "artist in residence" program has grown into a wonderful community builder of colorful expression. I am talking about the silk painting craze that has captivated CBB's members.

Eighteen months ago, the congregation came together to create a Noah's Ark themed community tallit and new member challah covers and most recently Sukkah decorations. Since then we have painted on silk during religious school, at Family Camp, at the Jewish Festival, and regularly on Studio Toby Tuesday nights.

It is simple, relaxing, and fool proof, no artistic skills needed to let the dyes flow into the delicate fabric. If you have not tried it yet and need a new scarf, tallit bag or table runner (some of the functional things we have made so far) join us the first Sunday of each month 2 PM -4:30 pm in the CBB art room (and yes, CBB has an art room downstairs for all to use) or every Tuesday night 7-9 pm during the weekly Studio Toby crafts night.

Join us and come make friends while making your world a more beautiful place.

A huge thank you goes to Richard Parisse, in memory of his beloved Toby z"l, for supporting all the wonderful creativity in our community at no charge to the participants.



Yizkor Service Reflections

SHARED DURING THE YIZKOR SERVICE AT CBB 5775 - OCTOBER 4, 2014

By Andy Shapiro

When I received the Cantor's invitation to talk about my first year in mourning, I called him and asked whether I was the best choice to give this talk, as I was a not a very observant Jew. He said that was OK, and that I could speak from this perspective.

After I hung up, I thought about this question and asked myself another: Who am I? After all, I was married by a Rabbi; my wife Cindy and I have raised our children as Jews; we keep a Jewish home (except for one room which goes into Christmas mode for 2 weeks per year- a way to honor my non-Jewish wife). My kids had a bris and baby naming, and they went to religious school from kindergarten until their bar and bat mitzvah. We observe the Sabbath in our home many Fridays of the year, we light the

candles and say the prayers each Chanukah, and we attend services regularly, if not often. So after having this discussion with myself, I have changed my mind, I now feel, that I am NOT a non-observant Jew. I think I am a religious Jew, just not a VERY religious Jew. And (for better or worse for our religion) I am probably a "regular" Jew. Here are some thoughts from a regular Jew:

I lost my son, Sam Shapiro, on November 2, 2013. He was 16.

Last week's Shabbat was the 11 month mark and Sam's name was called for the last time during Shneim asar chodesh- the twelve month mourning period. Additionally, my father passed away October 1, 2001, which means that his Yahrzeit is this very Shabbat. Because of this timing, the Cantor and the Rabbis asked if I might share my experiences so far on choosing to observe the Jewish mourning rituals. So let me tell you about my new life, a life without my son...

I am proud to count Randy Thwing, the manager of Santa Barbara Cemetery, as one of my friends. The day before my son passed, I called him, and with tears in my eyes, I told him what happened and that I had no idea what to do regarding the paperwork part of this ordeal. He told me that the first thing I needed to do was to contact the funeral home. Nothing could be done until that call was made. He gave me the name of the contact there. The next day, I asked the nurse's station if they could call the funeral home for me. They said that they were not allowed to make that call and that I would need to do it myself.

My wife couldn't make this call; I didn't want to make this call. I didn't want to be forced to say the words and answer the questions, to have to say the words out loud that made the fact that my son was gone--real. But I was forced to, so I took a few deep breaths and went to a quiet area, got out my phone and called the funeral home. Here is the entirety of that phone call: "Hello, my name is Andy Shapiro and I've been told to ask for Bill." "Hi Andy, This is Bill. Randy called and spoke with me at length this morning. Everything has been taken care of. There is nothing you need to do; there is nothing I need to ask you. I'll call you on Monday morning." I tell you this because this was the first of many, many mitzvot my family has experienced this past year. Without these small acts of kindness I am not sure my family could have coped.

In the evening, as my wife Cindy, my daughter Emma and I kissed Sam for the last time, and the machines went silent, the Cantor was waiting outside. I told him that I didn't want to leave Sam alone in there. He told me that I didn't have to. If I wished, the chevra kadisha could attend to Sam until the funeral. I told him I wanted to do this. I spoke with the Cantor

the next morning and asked when they would be with Sam? He answered, "They're already with him." I am sure that some of you are here in the congregation as I speak. As I've said before, I say again, Thank you!

It was during this time that I decided I wanted to talk with the Cantor and the Rabbis about observing all of the mourning rituals, as a way to honor Sam.

Choosing to observe Shiva was a non-decision for me: I am a Jew, and I have never known of a Jew passing without a Shiva. I want to tell you that the only thing my family had to do was decide we wanted to observe Shiva. After that moment, most all of the decisions were made by others. The Temple arranged for which clergy member would show up each day, and what time, and which Temple members would be present to make sure we had a minyan. And many other friends and family dealt with the food! Let's face it, Jews bring food! And we needed it! Although the Cantor told me that after the first few days, the number of people showing up would diminish, at no point were there less than 40 people in my home each day. And they ate! But what a blessing it was to have so many people there with my family. For me, the most important thing was that they kept me occupied; so I didn't have that much time to think about how much pain I was in. That so many people took time out of their busy days to comfort my family was amazing. One of the people attending Shiva joked that the real purpose of Shiva is that by the end, you're ready to be alone! Unfortunately, Shiva did come to an end, at that first Shabbat. All too soon, if my family was going to observe the mourning rituals, we needed to go to services. That was a hard day, as we were not ready to face the whole community yet.

I have some personal thoughts on Shiva: At this point in the mourning process, I was numb. I seriously could not even decide whether I was hungry or not. So many people said, "If there is anything you need, please just call." There is no doubt that they truly meant what they were saying, but I was not capable of asking. What proved to be so much better was when people said, "My son and I will be here tomorrow morning to mow your lawns, is 10 am OK with you?" Or, "I'll be here tomorrow at 4

"I spoke with the Cantor the next morning and asked when they would be with Sam? He answered, 'They're already with him.' I am sure that some of you are here in the congregation as I speak. As I've said before, I say again, Thank you!"

pm to take your dog for a walk." Yet more mitzvot that helped my family get by!

Jews are told not to go to the cemetery during the first year. My family was there in a few days, we couldn't leave Sam alone. For some reason, this cemetery does not allow the little placard with the person's name to be placed. My family couldn't bear the thought of Sam lying there in an unmarked grave. In fact, in a short time, no one would even know someone was buried there; they would just walk over him as if it was just grass. I discussed with the Cantor and Rabbis what is allowed in Jewish law and found that the only rule is that you can't place the final stone before the end of Shloshim (the first 30 days of mourning). We also found out that having the unveiling ceremony at the one year anniversary is only a custom. We ordered Sam's stone, but it wouldn't be ready for a few months. In talking with the clergy I found that although the final stone couldn't be placed yet, a blank stone could. I am thankful to count Jed Hendrickson, the owner of Santa Barbara Monumental, as a friend as well. I made a few calls to Jed and Randy and within days they had a blank stone at Sam's grave (yet another mitzvah). My family bought some colored grease pencils and together we wrote messages to Sam on the blank stone. In many ways, writing messages on that stone for the first few months was better than if a real one was able to be placed more quickly. When the stone was finally ready, we held the unveiling ceremony, well before his *yahrzeit*, with many of Sam's friends and loved ones in attendance. It worked for us.

As I continued the 30 day period of Shloshim I wondered what the purpose of many of the mandated rituals at this time were for. It didn't take long to get an answer. One of Sam's friends called to say that he had been learning to play the bagpipes, and would we be interested in having him play at Sam's birthday memorial celebration, which occurred 2 weeks later. We loved having him there! A few days later, he showed up with his mother and asked my family if we would like to attend a concert of high school musicians in which he was performing. I answered yes. Honestly, I had no desire to go, but I didn't want to disappoint him. I went alone. The music was beautiful, but I was there only in body. I was so depressed; I had no enjoyment in that experience at all. So when the Shloshim restrictions tell you to not attend any festive events, observe them. And feel free to decline any invitations, citing these restrictions as a reason.

During Shloshim and for the remainder of *Shneim asar chodesh*, I attended services each Shabbat, ending each service

by reciting the Mourner's Kaddish. How did I feel about doing this? I hated it. I hated coming to services, but I came. I hated waking up knowing that today was Friday and that I had to go to services, but I came. I even disliked Thursday; because I knew tomorrow would be Friday, but I would go. It wasn't really the services that I hated, it was that they ended by me having to stand up for my son and say the Mourner's Kaddish. As many a sermon will tout, there is not a word in the Kaddish about death, loss, grief, or despair. It is a prayer which exalts God and we ask him for peace in our world. To me, at this point in my life, that didn't seem to matter. I was not standing up at the end of services to say a prayer exalting God; I was there for one reason, to mourn my son. And each time I stood up, it was as if there was another twist of the knife embedded in my heart. And so I've hated coming to services. I also wasn't ready to experience the singing, the stories, and the joyous mood of the whole congregation, but I came. So why did I keep going? I felt that this was yet one more way I could honor my son. I could perform the mitzvah of saying the Mourner's Kaddish. And, as I found, not every mitzvah you perform is a happy task. I don't want to tell you that as I finish my year of mourning, I am no longer sad. I am as sad as the first time I came. What I can tell you is that I have been very depressed this entire year. Each day, I finish work; I come home, eat some dinner and sit in my chair watching TV until it is time to go to sleep. Then I wake up and start the next day. And this is what I do every single day, except Friday. On Friday I force myself to come to Shabbat services. Since I come, I commune with people; I sing songs as I listen to the music of the Cantor, the choir, and the band. I watch beautiful little babies receive their Jewish names, I watch newlyweds be blessed, I watch as young Jews are about to become *b'nai mitzvah*, and I hear great sermons from the Rabbis. So if I am not happy, at least I am forced to re-enter the world, to re-experience the world. And by coming, I have a glimmer of hope that there will be a day that I will be happy again.

I'll end by saying that I find it strange that I am at a point in the process where I am told, "The mourning period is over, now go back to your life." The ritual mourning is indeed over, but in no way am I done mourning my son. I do think that I have been guided through this crucial first year and that I am closer to a place where I can mourn my son without the need to have my hand held. And maybe that was the point of *Shneim asar chodesh*, all along.

Children of the Covenant

"A community is too heavy for any one person to carry alone." —The Midrash

Children of the Covenant honors and celebrates friends of CBB who have made a commitment, of any size, to our future sustainability by including CBB in their will or estate plans. These gifts build our endowment funds, enabling us to minimize membership and tuition increases, continue to offer scholarships, and ensure that all who want to be members can be.



Every planned gift makes a difference! As a small token of our enormous gratitude for joining this Covenant, we offer you a beautiful custom made framed ketubah.

Previous generations endowed our Temple with strength and vision, building a spiritual home for us. Today we have the opportunity to continue the legacy that they shaped 87 years ago. We invite you to join us through your leadership, generosity, and participation.



Above: Signing the Ketubah, May 2014: Rabbi Stone, Ellen Goldman, Barbara & Ernest Marx, Rabbi Cohen, Sissy Taran, Randy & Jessica Glick

For more information or to let us know you have included CBB in your plans, please contact Dusty Heist-Levin at dusty@cbbsb.org, 964-7869 x104

May Their Lives Be For A Blessing

May 26, 2014–October 12, 2014

Marvin Joseph Bines, father of Larry Bines

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Charles L. Walker, father of Daniel Walker and father-in-law of Carolyn Geiger

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Ben Mittleman, father of Linda Kaufman, father-in-law of Michael, grandfather to

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Robert Landis, father of David Teton-Landis and father-in-law of Gail, and grandfather of Jake

Evelyn Lyons, mother of Steve Lyons and mother-in-law of Cindy

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Virginia Reverdy, mother of Diane Pulverman and mother-in-law of Raymond Pulverman, and grandmother of Carey, Nicole, and Sophie

Henry Kessler, father of Julie Kessler Solomon and father-in-law of Steven, grandfather of Josh and Daniel

Mike Kharrazi, husband of Rachel, father of Marty and Lily, and brother-in-law of Farideh Maho and Bernie and Mary Brennan

Morton Barrish, father of Lory Perry, Marv Barrish, and Marlene Shann, father-in-law of Myron Shann

Ha'Makom yenakhem etkhem betokh she'ar avelei Tziyon v'Yerushalayim.

May God console you among the other mourners of Zion and Jerusalem.

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I Get a New Name

Continued from Page 1

Some of my interesting moments came to me physically, emotionally, mentally, and spiritually. The gamut of personal growth and learning is what traveling alone through AFRICA FOR A MONTH PROVIDES YOU. I was feeling very white. I was raised in a mixed neighborhood in North Hollywood so Black, White, Mexican, we all lived on the same street and for me there was no color difference. In Rwanda I was different. I thought about my past and felt even being Jewish you can hide, (although I feel like I know Jews in a crowd), white girl in Rwanda not so much. That was an interesting space to be in and I have an understanding of what it feels like to be "the only one" in a crowd. I experienced "openhearted" in a way that was palpable. Zachary is a mensch, yes...we know that. But to watch a mensch without boundaries as he gave of himself was quite remarkable as far as I could feel. He gives himself whole-heartedly in his day with disabled adults and children, orphans, and volunteers. He is 100% dedicated to his work and to bringing happiness and purpose to all the people who come to him.

I was inspired daily and wanted to be a better me the entire time I was there. A better me in terms of unconditional acceptance and honoring everyone in their journeys. I aimed for my heart and head to come together in those moments and truly by the end, my head had nothing to do with it. My heart was leading the way. What freedom! I could be me in my fullest form of happy and laughter.

My favorite time of day was tea with the ladies. Four women, one spoke French, one Swahili, one sign language, and I spoke English. Thankfully we all knew Menopause and for that we laughed and drank tea and fanned ourselves with our skirts. That was a highlight everyday for me.

I learned sign language from beautiful Valentine, one of the teachers at the school. No hard feelings and no surprise face when a young deaf student was excited to come to me at the desk and offer to me her deaf name for me. I smile big and waited as she stared intently on my face. She makes the letter F on her right hand, F for Fran and sweeps her three extended fingers up and across her cheek from her lips. Valentine hedged for a moment with her student before she said it aloud, she looked at me said my smile gave way to my name.....wrinkles. I couldn't help but laugh and so did all 52 kids.

One final note. Something really important that I experienced first hand was the ripple effect. We made it possible for them to build a pre-school. Someone else came to visit this past year

and was so inspired she asked what they needed. They said a primary school. This person gave them all the money to do that. The school should be up and running by the time you read this. The ripple effect of generosity and love is amazing and it gives hope and integrity to our community and the world. That makes me happy!

Tikkun Olam in Gaza and Beyond

Continued from Page 15

This story begins the dialogue with you, my beloved CBB Community. Do you want to learn more about these men and what they do? It is radical perhaps, but what I have found is that it has already enriched my inner life beyond what I might have imagined possible.

We could begin by setting up a panel discussion with CBB members who were on the Israel trip followed by questions and answers. If you are interested or want to find out how you can get involved in promoting peace, contact me at **pamsantabarbara@gmail.com**.

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Continued from Page 31

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