



A nondenominational synagogue center serving the Jewish community in the greater Chico area

## Congregation Beth Israel

...invites one and all for an evening of Fun, Food and Excitement.

### *The Annual CBI Silent Auction*

*Saturday, February 5, 2011*

*at 6:30 p.m. - 8:30 p.m.*

**Please join us for wine, cheese, appetizers, soups, desserts and hot apple cider.**

**Come schmooze and bid on fabulous items!**

**Bring friends and neighbors!**

This is an adult event benefitting our Religious School

Call Karen Rogers at 321-2227 for questions or to make donations

### **Shal-OM: Torah Yoga February 12!**

On Saturday, February 12, there will be no regular service. Instead, we'll gather at 10:30 a.m. at CBI for our first ever Torah Yoga session, led by one of Chico's most popular and experienced Yoga Instructors, Lance Ferris, with Torah comments and meditations provided by Rabbi Danan, who has been practicing yoga since childhood. Torah Yoga is becoming popular around the country. It combines traditional yoga with spiritual insights from Jewish tradition. Bring your own mat (or beach towel), a blanket or other props if you wish, and an optional nosh to share for our Kiddush, tea-time, and schmoozing around noon. There is no cost to CBI members for this program. Non-members are encouraged to send in a donation to CBI.

### **Shabbat Experiences in February: Friday Shabbat University and Saturday Torah Yoga**

We'll continue our new series of alternative "Shabbat Experiences" at CBI on the weekend of February 11-12.

### **February 11, Shabbat University: "Jewish Intellectual History"**

On Friday, February 11, come at 7:30 and stay, or arrive at 8 p.m., depending on the kind of Shabbat experience you want to have. At 7:30 p.m., we'll have a "Taste of Shabbat," a short and sweet service led by Rabbi Danan, that will last about half an hour but give us enough time to bless the candles, sing some songs, and get in the Shabbat mood. At 8 p.m. we'll say Kiddush, enjoy an Oneg Shabbat (sponsored by the Sisterhood) and gather to watch a "Shabbat University" video class. We'll watch the first half hour of a new video learning series from the "Great Courses" Company, on "Jewish Intellectual History," taught by acclaimed U. Penn Professor David Ruderman. This series focuses on Jewish thought in the Modern Era. We'll watch lecture #1, "On Studying Jewish History," and if we like it, there are many more to come! Afterwards Rabbi Danan can answer your questions or facilitate informal discussion on the video lecture.

## Other Shabbat Programs

### *Mishpachah* Shabbats: February 4 and March 4 “Shabbat Across America”

Friday, February 4, is our monthly *Mishpachah* Shabbat. We'll start with Tot Shabbat at 5 p.m, followed by a dinner prepared by Religious School families, and then a family-friendly service for all ages. We'll conclude with dessert! RSVP to the CBI office, [admin@cbichico.org](mailto:admin@cbichico.org) or 342-6146, to help us plan.

And stay tuned for our March 4 *Mishpachah* Shabbat, which coincides with the national “Shabbat Across America” program. CBI is a registered participating congregation, so everyone is encouraged to invite a friend to our *Mishpachah* Shabbat that evening, to introduce them to the joys of Shabbat and the warm welcome of our community.

### Hot Topic: Uncivil Society

On Friday, February 18, 7:30 p.m., Rabbi Danan addresses a Hot Topic, the increasing incivility in our society. Do extreme words and violent symbols lead to violent acts, or is it bad enough that they just create a climate of intolerance? Judaism has always recognized the power of words and symbols to hurt or heal, but has also encouraged debate and argument. How do we balance these two values? Rabbi Danan's Devar Torah that evening is on: “Disagreements for the Sake of Heaven: Judaism and Civil Discourse,” and it will include time for discussion.

### Members Offer *Divrei Torah*

CBI members will offer *Divrei Torah* (Torah Talks) on two Saturday mornings in February. John Mitchell offers the Devar Torah on Saturday, February 5, Parashat Terumah. Ritual Chair and new Rabbinic Student Keren Carter offers the Devar Torah on February 19, Parashat Ki Tissa.

### New Member Shabbat

Dave Bermann  
Membership Chairman

On Shabbat evening, February 25, at 7:30 p.m. we will be honoring our new members who have joined the CBI Family this year. Rabbi Danan will speak on “The Power of Community” and invite remarks from some of our more veteran members. The oneg will include lots of ice cream and toppings, so you know this will be a special evening, not just for the ice cream, but more importantly to make sure new members are more fully welcomed into our community. Put it on your calendars now and let's make this a great evening for all.



Congregation Beth Israel • PO Box 3266  
1336 Hemlock St • Chico, CA 95927  
Ph: 530-342-6146 • Fax: 530-342-0278  
[www.cbichico.org](http://www.cbichico.org)

### Executive Board

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Member-at-large.....	Elisa Kleiman

The CBI newsletter is edited by David Zeichick.  
Deadline for submissions is the 15th of the month. Send  
submissions to [david@zeichick.com](mailto:david@zeichick.com). Layout by Carla Resnick.

### CBI Office Hours

Administrative Assistant Liz Bohn

e-mail: [admin@cbichico.org](mailto:admin@cbichico.org)

Tuesday, Wednesday, Thursday, Friday, 1–5 p.m.

To make an appointment with Rabbi Danan, call 342-6146.

### Calling all Kosher Hams and Hamantaschen bakers!

Would you like to have a starring role or even a cameo in our upcoming Purim Shpil on Sunday, March 20? It's being written by Shira Danan, a talented humorist (just ask her parents!) whose résumé includes jokes for *The Onion* and interning on *The Colbert Report*. If you're willing to take a part (including one rehearsal), contact Ritual Chair Keren Carter, 809-0303, [kerenchaya@comcast.net](mailto:kerenchaya@comcast.net). And if you're willing to star behind the scenes and bake some hamantaschen or other treats for the Purim party, contact Kristy Bergson, 228-5481, [kb.lu@yahoo.com](mailto:kb.lu@yahoo.com).

## From Our Rabbi

by Rabbi Dr. Julie Hilton Danan

“Head, heart, and hand” was a concept that I learned and brought to CBI from the STAR PEER program as a way to describe our multi-faceted approach to Jewish life. The head (intellect, learning), heart (spirituality, inner growth), and hand (social action, creativity, community-building) together constitute “three paths to the soul of a Jewish community.” Each member of the community will find his or her own entry point to Jewish living, whether their path focuses more on learning, spirituality, or hands-on deeds.

We received a grant from STAR that enabled us to do several “blockbuster” program weekends on those three themes, bringing in leaders and singers to share Jewish Renewal, Jewish music, and a fantastic weekend on “Jews of the Wild West.” The STAR grant has been turned into the Hilton Fund, in memory of my parents, Dr. Charles and Betty Hilton, and it will perform the same function of building community through many modalities. We are putting together a committee of people to plan future special events that foster a holistic approach to Jewish life. If you would like to be on this committee and help to plan these events, please contact me now.

But “head, heart, and hand” are not limited to special one-time programs. In fact, virtually every activity at CBI can fit into one of these designations. For the “head,” we have numerous learning opportunities such as our Shabbat Scholars series and ongoing classes. Coming up this month, we will introduce “Shabbat University,” with a video series on “Jewish Intellectual History” premiering Friday, February 11, 8 p.m. (preceded by a short service at 7:30).

For the heart, in addition to our traditional Shabbat services, we are now offering monthly “Shabbat Experiences,” to provide alternative expressions for Jewish spirituality. This month we will offer our first-ever “Torah Yoga” class, taught by Lance Ferris and myself on Saturday, February



12, 10:30 a.m. This class will unite body and soul in an innovative spiritual practice.

The “hand” will be featured with our Mitzvah Day on March 6, and a myriad of other mitzvah activities described by Tikkun Olam/Social Action Chair Phyllis Cullen in her column. And of course “the hand” encompasses the wonderful social and social action activities of our Sisterhood, celebrating its 21st anniversary this month. And now I’m delighted that we have a Men’s Club getting started, with Richard Gitelson as the organizer.

I hope that everyone will find something in our community to engage him or her, whether your focus is on the intellectual, the spiritual, or the social/social action. But our concerns do not end at the door of our synagogue or the borders of our town. We must involve our heads, hearts, and hands in the greater world as well. The past weeks have been a sober time for the Jewish community and the country. We marked the passing of composer and singer Debbie Friedman, whose songs we sing at many services. We are hoping to organize a service focused on her songs and legacy.

Last month we were all shocked by the shooting in Tuscon, which wounded Arizona’s first Jewish congresswoman and many others, and killed six people. This shooting cannot easily be explained as a political phenomenon, but it sparked much discussion about the toxic nature of our civil discourse, and fueled the ongoing debates about the accessibility of deadly weapons and the issue of mental health care in our nation. While we prayed at services for the wounded and the dead, we must also address these larger issues. I hope to make a small attempt with a “Hot Topic” sermon on February 18, when I will speak and facilitate a discussion on “Disagreements for the Sake of Heaven: Judaism and Civil Discourse.” May our nation find unity and healing, and may our community always be welcoming and growing.

## JTC Snow Trip Planned

Jewish Teens of Chico is planning a trip to ski and snowboard on the weekend of February 25. They will stay at the Steindorf cabin, in the Serene Lakes area near Sugar Bowl. All CBI teens are welcome to

sign up, but you must pre-register by contacting JTC president, Emily Carter, 809-0303, [emilytirtzah@yahoo.com](mailto:emilytirtzah@yahoo.com), as soon as possible.

## From the President

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By Irv Schiffman

As a retiree with free time on my hands, I spend more time in front of the computer than is probably good for my health (although sun rays streaming through the window over my shoulder do provide my body with some vitamin D—I think). My interests are varied, but in the area of Jewishness, I tend to keep coming back to about a dozen websites that focus on Middle East politics and Jewish ideas, history and culture.

With regard to Jewish ideas, history and culture, here are some five websites that provide good information regarding what is happening in these areas: **Tablet Magazine** <http://www.tabletmag.com/>

This is a daily and comprehensive magazine of Jewish news, ideas, and culture. Everything from the 100 best Jewish songs to Jewish basketball stars to exhibits at the Jewish Museum plus book reviews.

**Jewish Virtual Library**

<http://www.jewishvirtuallibrary.org/>

This is a comprehensive online Jewish encyclopedia, covering everything from anti-Semitism to Zionism. More than 13,000 articles and 6,000 photographs and maps have been integrated into the site. The Library has 13 wings: History, Women, The Holocaust, Travel, Israel & The States, Maps, Politics, Biography, Israel, Religion, Judaic Treasures of the Library of Congress, Vital Statistics and Reference. It's the Jewish alternative to Wikipedia without the errors.

**The Jewish Book Council**

<http://www.jewishbookcouncil.org>

The Council promotes the reading, writing, publication, distribution, and public awareness of books that reflect a variety of the Jewish experiences. Includes short reviews of new books and encourages the establishment of Jewish book clubs.

**Jewlicious** <http://www.jewlicious.com>

This is an irreverent overview of Jews in the news by a bunch of young contributors who appear to be having fun while praising or dissing members of the tribe and others. Good gossip but they also get serious once in a while, for example, "Women of the Wall and the Israeli Police."

**The Forward** <http://www.forward.com/>

This is the weekly English version of the original Yiddish *Forward* newspaper. It has very good coverage of Jewish culture and politics.

For news of Israel and the Middle East, I generally turn to a half dozen websites that provide facts and various perspectives on the news.

**The Jerusalem Post** <http://www.jpost.com/>

Israel's oldest English language daily provides

breaking news, solid feature stories and interesting columnists. It is more conservative than *HaAretz* and covers a good deal of the Jewish world.

**HaAretz** <http://www.haaretz.com/>

This is the English edition of the most respected Israeli daily newspaper.

It provides more balanced reporting of the Israel-Palestinian conflict with reporters such as Amira Hass (often reporting from Palestinian territory) and left leaning columnists like Akiva Eldar and Bradley Burston.

**The Daily Star** <http://www.dailystar.com>

Lebanon's English daily that provides news of Israel's neighbor and of the Middle East. Generally progressive in its outlook, I'll be looking here more often when the UN Special Tribunal for Lebanon reveals its indictment over the assassination of the former Lebanese Prime Minister Rafik Hariri. The world is watching to see what Hezbollah's reaction will be if its members are named in the indictment.

**J Street** <http://www.jstreet.org/>

J Street is the political home for pro-Israel, pro-peace Americans to advocate for vigorous U.S. leadership to achieve a two-state solution to the Israeli-Palestinian conflict and to broaden debate around Israel and the Middle East in national politics and the American Jewish community." It is not as closely attached to the wishes of the Israeli government as is AIPAC.

**Ynetnews** <http://www.ynetnews.com/>

This is the English-language sister-site to Ynet, Israel's largest and most popular news and content website and is the internet branch of *Yediot Ahronot*, Israel's most widely read daily newspaper.

**The Begin-Sadat (BESA) Center for Strategic Studies** <http://www.biu.ac.il/Besa/>

BESA, housed at Bar Ilan University, conducts policy-relevant research on strategic subjects, particularly as they relate to the national security and foreign policy of Israel. Reports and memoranda are mostly in English.

All of these websites keep me fairly well informed regarding the Jewish world and the Middle East. But, in fact, there are thousands of websites catering to Jewish interests and now there are Jewish apps for your iPhone as well, from tehillim to kosher restaurants, from parashot to recipes, you name it and you can probably find an app for it. And if that isn't enough, you can follow a growing number of Jewish organizations on Twitter, which, for the news hungry, can be a delicious kosher tweet.

## Sisterhood/Haverot News

By Donna Greenberg

### To participate is to benefit!

**Wasn't that an uplifting Sisterhood Shabbat service** on January 21, 2011! Our theme this year was the celebration on Tu b'Shevat, the Jewish New Year of trees. Many of the poems, prayers and songs embraced the holiday. Even the food for the Oneg incorporated items grown on trees—fruits and nuts. This spiritual service cannot take place without many hands being involved. First of all I want to give a big THANK YOU to Pam Dakof for organizing the service and contacting our members to partake in the Shabbat service. I arranged the Oneg by contacting members of the Sisterhood/Haverot to bring food and as usual many ladies generously offered to help. Thank you to all who participated in the actual service: Pam Dakof, Loretta Steinke, Bev Paull, Inge Schmidt, Keren Carter, Karen Rogers, Irma Dakof, Betty Jo Senseman and Rabbi Julie. Our CBI band played marvelously. Thank you David Frankel for arranging the band and music. Our wonderful cooks for the Oneg were Keren Carter, Nelda Jesse, Bev Paull, Loretta Steinke, Bonnie Mitchell, Rabbi Julie, Anne Gottlieb, Kristy Bergson, Nitsa Schiffman and myself. I apologize in advance if I left anyone out; if I did, I will make sure you are acknowledged in next month's newsletter.

**Not only was the Sisterhood Shabbat a wonderful event, but so was our 2nd "Women's Issues" program.** This was held on Sunday, January 23rd from 2-4 p.m. at the home of Karen Rogers. After a short Sisterhood/Haverot meeting the program began. Many questions and concerns were asked and answered. And, of course, yummy food and drink was provided. All in all everyone had an enjoyable afternoon getting to know each other a little better and were able to help each other. Thank you, Karen, for opening your lovely home for all of us.

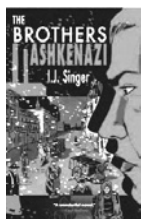
**Soon you will be receiving a lovely invitation to Sisterhood/Haverot's 21st Anniversary Party!** The date is Saturday night, February 26, 2011. We are planning

### CBI Book Group

Wendy Diamond, CBI Library Chair

Have you considered coming to the book group? We always enjoy the participation of new member. Please come!

**Sunday, February 20** The book will be *The Brothers Ashkenazi* by **I.J. Singer**, who is reputed to be a better writer than his famous brother. It has just been re-released with a new introduction.



a wonderful evening at a local restaurant where we will have a private room to schmooze, and will include a delicious dinner and other delights. I hope many of you can attend this exciting evening and help celebrate 21 years of sisterhood and friendship.

**Haverot/Sisterhood continues our tradition** of sponsoring the Friday night Onegs on the second Friday of the month, with occasional exceptions. We are in need of helpers starting in February 2011. Please volunteer your time. This is a wonderful mitzvah!

**It is that time of the year** when Sisterhood/Haverot starts to put together a slate of officers. If any of you have a desire to be part of the board, contact any of the current board members or contact me, Donna Greenberg (891-6439 or drg@mv.mv.com) to see what it involves. We have a variety of positions open and would love to have some new members become more involved. Becoming a board member is not only fun (with some work involved), but you also make lasting friendships and help to contribute to the well-being of our synagogue and our Sisterhood/Haverot.

Feel free to call or e-mail (891-6439 or drg@mv.mv.com) if you have any questions, comments, concerns or willingness to help.

### Sisterhood 2010-2011 Calendar

21st Anniversary Party ..... February 26  
Meditation ..... April 10  
Bagel Brunch ..... May 15  
End-of-the-year-Brunch..... June

### Sisterhood Board

President ..... Donna Greenberg  
Treasurer..... Kristy Bergson  
VP/Interest Groups ..... Pam Dakof  
Secretary/Sunshine.....Sue Mintzes  
Members-at-Large ..... Loretta Steinke and Terri Richmond

### HaSifriyah & The Library Corner

*"Books are made for use, not to be hidden away."* —Sefer Hasidim

**Date to be arranged** *Farewell Babylon* by **Naim Kattan**. Recounted by an important Canadian writer, this is a memoir of growing up as a Jewish boy in Baghdad in the 1940s.

Dates and locations are announced via e-mail. If you would like to be included in updates, contact Harriet Spiegel at hspiegel@csuchico.edu.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
January 30 2 p.m. Hevra Kadisha Meeting	31	1 3:30 p.m. Religious School 5 p.m. Exploring Judaism for Parents 6:30 p.m. Mah Jongg	2	3 NO Intermediate Hebrew	4 5:30 p.m. Tot Shabbat 6 p.m. Mishpachah Shabbat	5 9 a.m. Adult Study 10 a.m. Torah Service 6:30 p.m. Silent Auction
6	7	8 3:30 p.m. Religious School 5 p.m. Exploring Judaism for Parents 6:30 p.m. Mah Jongg	9 5:30 p.m. Confirmation Class	10 6:30 p.m. Intermediate Hebrew	11 7:30 p.m. Kabbalat Shabbat 8 p.m. Shabbat University with Video	12 10:30 a.m. Alternative Shabbat Experience Torah Yoga
13 4 p.m. Religious School Parents Committee	14	15 3:30 p.m. Religious School 5 p.m. Exploring Judaism for Parents 6:30 p.m. Mah Jongg	16 11 a.m. Sages' Brunch 7 p.m. Board Meeting	17 6:30 p.m. Intermediate Hebrew	18 7:30 p.m. Kabbalat Shabbat	19 9 a.m. Adult Study 10 a.m. Torah Service
20 2 p.m. Book Group	21	22 3:30 p.m. Religious School 5 p.m. Exploring Judaism for Parents 6:30 p.m. Mah Jongg	23 5:30 p.m. Confirmation Class	24 6:30 p.m. Intermediate Hebrew	25 7:30 p.m. New Member Shabbat	26 9 a.m. Adult Study 10 a.m. Torah Service JTC Ski Trip Weekend Sisterhood 21st Anniversary Party
27 2 p.m. Ritual Committee Meeting	28	March 1 3:30 p.m. Religious School 5 p.m. Exploring Judaism for Parents 6:30 p.m. Mah Jongg	2	3	4 5:30 p.m. Tot Shabbat 6 p.m. Mishpachah Shabbat Shabbat across America	5 9 a.m. Adult Study 10 a.m. Torah Service

## Shabbat Services for February

CBI celebrates Kabbalat Shabbat on Fridays at 7:30 p.m., often accompanied by instrumental music, except for the first Friday of the month when we usually have an early Mishpachah (Family) Shabbat. An Oneg Shabbat follows. Shabbat Saturday morning services generally begin with a brief guided meditation. The first hour of the service consists of prayer; the second hour is a Torah reading and a Torah study. About noon we have a Kiddush and socialize over a light lunch. **Once a month we will offer alternative Shabbat Experiences in place of our usual schedule.**

<b>Friday, February 4</b> <b>Light Candles at 5:11 p.m.</b>	<b>5:30 p.m.</b> <b>6:00 p.m.</b> <b>6:45 p.m.</b>	<b>Mishpachah Shabbat!</b> Tot Shabbat Dinner prepared by school families. Family-friendly Service for all ages.
<b>Saturday, February 5</b>	9 a.m. 10 a.m.	Adult Study Class Torah Service Parashat Terumah <b>Devar Torah by John Mitchell</b> Kiddush provided by David and Fran Halimi in memory of Aghdas Abadia Halimi.
<b>Friday, February 11</b> <b>Light Candles at 5:19 p.m.</b>	<b>7:30 p.m.</b>  <b>8 p.m.</b>	<b>Kabbalat Shabbat with Rabbi Danan</b> <b>PLUS: "Shabbat University"</b> <b>Video Lecture on "Jewish Intellectual History" and Oneg provided by the Sisterhood.</b>
<b>Saturday, February 12</b>	10:30 a.m.  <b>No formal Service</b> <b>Alternative Shabbat Experience:</b> <b>Torah Yoga!</b>	<b>Torah Yoga</b> taught by Lance Ferris with Rabbi Danan. Wear comfortable clothes and bring a yoga mat plus a blanket if desired. Bring a nosh to share at a <b>Potluck Kiddush</b> after the session!
<b>Friday, February 18</b> <b>Light Candles at 5:28 p.m.</b>	<b>7:30 p.m.</b>	<b>Kabbalat Shabbat</b> <b>Hot Topic: Rabbi Danan speaks on "Disagreements for the Sake of Heaven: Judaism &amp; Civil Discourse."</b> Oneg provided by the Passovoys in honor of their son's and granddaughter's birthdays.
<b>Saturday, February 19</b>	9 a.m. 10 a.m.	Adult Study Class Torah Service Parashat Ki Tisa <b>Devar Torah by Keren Carter</b> Kiddush provided by Robin Black
<b>Friday, February 25</b> <b>Light Candles at 5:36 p.m.</b>	<b>7:30 p.m.</b>	<b>New Member Shabbat</b> We are honoring and blessing our New Members. <b>Rabbi Danan leads a discussion on "The Power of Community."</b> An Ice Cream Oneg is provided by Dave Berman and the Membership committee.
<b>Saturday, February 26</b>	9 a.m. 10 a.m.	<b>Adult Study Class</b> <b>Torah Service</b> <b>Parashat Vayakhel</b> <b>Kiddush provided by Karen and Rick Rogers in honor of their anniversary.</b>

**Thanks** to the Mulcahys, the CBI Board, the Carter Family, the Sisterhood, the Religious School Families and the Ritual Committee for providing Oneg and Kiddush in the month of January.

**Call Betty Jo Senseman, 345-7727, to schedule your Oneg or Kiddush.** To celebrate a birthday, anniversary, or any special event with the community, please provide a Friday night Oneg or a Saturday Kiddush this year. **Preferably make and serve it yourself**, or alternately make a donation of \$25 (Saturday Kiddush, \$50), and we'll find a volunteer to prepare it.

## TIKKUN OLAM Committee News

by Phyllis Cullen

“If I am not for myself, who will be for me? If I am only for myself, what good am I? And if not now, when?”  
—Hillel (Pirke Avot 1:14)

The TIKKUN OLAM committee has great plans for all of us! Please mark your calendars.

Our theme is taken from the great rabbi Hillel, and is three-pronged. We will do projects to benefit our own CBI community, projects for our extended local community, and projects to benefit our world beyond our shores.

March 6 is Mitzvah Day. Please plan to join us from 10-2 p.m. at CBI. We need to do some repairs, painting and sprucing up (for CBI). We will also be making placemats for those served by Meals on Wheels, who are happy to receive something special when they begin to receive lunches from strangers (local community). We will also be making individualized purses for the elderly clients of the senior center in Israel with whom we have created ties, and pencil cases for the residents of orphanage Yemin Orde, which burned in the Carmel fire and left the 400 residents, already stripped of their families, homeless again (international). Lunch will be served to all who participate, and we will again have donated books for sale, and be collecting clothes and toiletries for the Torres Shelter

March 27 is the dinner for the Celebration of Abraham (local cause), which will sponsor a theme of social action. Of course, we will want to have a table there showing the social action projects going on in our congregation as well, including the youth trip to Belize (international) and our other actions local and in Israel. The dinner is open to all, is free, and we'd love to have a good showing. It's at 5:30 p.m. at the LDS church on Mariposa. Let us know if you can help with

the table display!

Toward the end of March we will also be doing some gardening and yardwork at CBI. Call Loretta or Nitsa to be included.

Save the date for the CROP walk for hunger on April 3. Keren will have more information on that out to us soon, but we'll need help with banners and posters, as well as marchers.

The Israeli orphanage I mentioned above, Yemin Orde/Neve Amiel youth center/orphanage (with over 400 residents) has many needs. My friend Robyn, who runs Neve Amiel, the division for the youth at risk, would like to start an animal husbandry/zoo/caring-for-pets program there. I will be in touch with her regarding their needs. Perhaps we can get donations of equipment, etc. from our local farm/vet/pet supplies and equipment stores.

We have had requests to add volunteers and help to Habitat for Humanity (perhaps a day to repair houses, perhaps a fundraiser— we don't know yet. Please, please let me know if you have any interest in this worthy cause.

Looking locally again, we have been asked to sponsor a meal for the homeless at the Torres Shelter. We don't have a date yet, but I'd like to hear from you if you are interested in helping.

And finally, I'd like to thank Steve Naiman who organized our blood drawing session at CBI, and the eleven people who came to donate. Lives will be saved.

Tikkun Olam is a mitzvah. Whether you are religious, or secular, or just a concerned human being, many needs and causes await us. Please pledge to get involved this year. If I have time, you have time. When we volunteer we receive more than we give, and we raise better children too.

## CBI Mitzvah Blood Drive

A number of hardy souls weathered a bit of cold and wet weather on Tuesday January 11, 2011 to donate blood at Blood Source's Blood Mobile parked in front of Congregation Beth Israel. A cup of hot herbal tea lessened the coldness a bit as people showed up for their appointment to donate blood.

Thanks to the following people that donated or attempted to donate blood especially the first time blood donors: Anne Gottlieb, Kristy Bergson, Ruth Gordon, Lisa Rappaport, Tim Carter, Arron Rambach, Maria Naiman, Michael Mulcahy, David Zeichick, and Steve Naiman.



David Zeichick happily donating blood.  
Photo by Steve Naiman

## Minyan: Ten Principles for Living a Life of Integrity

by Rabbi Rami M. Shapiro.

This inspiring excerpt from the book *Minyan* discusses ways to live a more intentional, mindful life.

*Judaism, perhaps far more than any of the world's major religions, is a religion for householders. It is not something you do instead of marrying, raising a family, managing a career, and paying bills. Judaism is the way you do all these things. This is what Torah means when she challenges you to be holy. You are asked to manifest holiness in the ordinary events of your everyday life. Make eating holy. Make conversation holy. Make sleeping holy. Make sex holy.*

*Making life holy obligates you to live your life and help others live theirs according to the highest ethical and moral standards. You do not meditate in order to see beyond the suffering of your neighbor. You meditate in order to see the suffering of your neighbor as clearly as you see your own. You do not practice Judaism to escape the pain of ordinary living. You practice Judaism to alleviate that pain for both yourself and the world. But you cannot do this if you continue to see your neighbor as other than yourself.*

*Awakening to the unity of self and other in the Greater Unity of God kindles your deepest sense of compassion and empowers you to repair the world with justice. Jewish spirituality is not about escaping from the world, but about recognizing, honoring, and caring for even its smallest part.*

*When I teach this spiritual ideal to children I often use a midsize jigsaw puzzle depicting the earth floating in the deep black of space. I pour the pieces onto a table and ask the children to put the puzzle together. What they don't know is that I have removed one piece and put it in my pocket. It is a small piece of the blue-black space, one among dozens of the same color.*

*After a while the puzzle is complete, all but the missing piece. I ask the children how they feel about the puzzle. They are frustrated: all that work and they can't finish.*

*"But it is such a small piece," I remind them. "There are so many just like it. You can certainly see what the whole puzzle looks like without that missing piece."*

*"Yes, but it isn't done. It has a hole in it."*

*"But it is such a small hole. One missing piece among hundreds that are here. Can it really matter that much?"*

*"Yes!" they cry, upset at my seeming lack of understanding. "Without that piece nothing is right. It just isn't right!"*

*Then I take the piece out of my pocket and wait for the groans to subside.*

*"Look at this piece. It is so small. So simple. And not so different from the others. In fact, when we place this*

*piece in the puzzle it will be hard to tell exactly where it is; it will blend in so evenly. And yet how you missed it! How important it was to you! How central to your completion of the puzzle!*

*"Now listen very carefully. Each of us is just like this piece. We are not so different from all the other pieces of the universe; looked at from outer space, we just blend in. And yet, just like this piece, we are absolutely essential to the whole.*

*"If we care so much about this little piece of the puzzle, how much more must we care about ourselves and each other."*

## Weekend Shabbaton with Reb Zalman & Eve Ilsen

### March 11–13, 2011 at the Havurah in Ashland, Oregon

Rabbi Zalman Schachter-Shalomi is one of the most important spiritual leaders of our generation. Join us in this rare opportunity to learn, laugh, and pray with these two renowned and beloved teachers.



#### Cost:

\$190 if pre-paid & pre-registered by February 11

\$240 all registration after February 11

*Some work study trades available*

**Registration:** Forms available at [www.havurahshirhadash.org](http://www.havurahshirhadash.org)

For more information contact [ashlandhavurah@yahoo.com](mailto:ashlandhavurah@yahoo.com)

**Weekend Events:** Friday night and Saturday morning services led by Reb Zalman, Eve, along with his students.

Afternoon workshops, Saturday evening Havdallah and concert, plus Sunday morning closing circle.

Fee includes:

Friday evening dessert, Saturday luncheon, and Sunday morning bagels.

**Saturday evening concert featuring Eve Ilsen \$18.**

No additional charge for participants in the weekend Shabbaton. This special program will be open to the public.

If you are interested in carpooling from Chico, contact Keren Carter, 809-0303, [kerenchaya@comcast.net](mailto:kerenchaya@comcast.net).

#### Testimonials from the 2007 Shabbaton at the Havurah:

Pam Greenblatt of Ashland, OR wrote, "I woke this morning with Zalman quotes in my head. What an amazing weekend. Everything went so well...the planning, cooperation and especially the teaching went far beyond my expectations."

Rabbi Laura Kaplan of Vancouver, BC wrote, "Reb Zalman was intellectually and spiritually inspiring. The davennin was emotionally moving and also fun. The interfaith panel was varied and fascinating. The energy and participation from your community were amazing."

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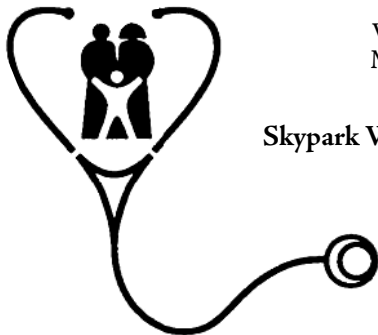


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## Shalom!

Shalom means “peace,” and also “hello” or “goodbye.” We’ve had a month of “Shaloms,” including a goodbye blessing for the Feldman-Franden family, who are relocating to Los Angeles so that Gabe can attend a special high school for music and the performing arts. We’ve also said a big “Shalom-hello” to the Ariely family from Israel, here for the semester while Gil teaches at Chico State. Thanks to everyone who helped to welcome the Ariely family to Chico, particularly Carol Edelman, Jed Wyrick, the Schiffmans, the Rappaports, the Shapiro-Fishers, and many others.

## Condolences

CBI extends sincere condolences to the Halimi family on the passing of David’s mother, Aghdas Abadia Halimi. To the Zeichick family on the passings of Al Zeichick and Edythe Zeichick. May their memories be a blessing.

## Todah Rabbah: Thank You Very Much!

To Richard Gitelson and Lisa Kleiman for hosting our December Shabbat Potluck in their home.

To Andrew Sabersky for teaching Confirmation Class in January, and Vicky Steindorf for making latkes with and for the students in December.

To Professor (Emeritus) Ed Rabin of UC Davis Law School for speaking at CBI in January, and to Irv and Nitsa Schiffman for hosting him and his wife Jane.

## Donors

We would like to thank the following congregants and friends:

## Carmel Forest Restoration

Tim & Keren Carter  
James W. & Nelda Jessee

## Ritual Fund

George & Leanna Rawley: In memory of Aghdas Abadia Halimi

## Hilton Fund

Avraham Danan & Julie Hilton Danan: In honor of Loretta Steinke for doing many mitzvahs

## Building Fund

Alita Rosenfeld & Kathleen Sharp: In memory of Aghdas Abadia Halimi

## General Donations

Harry Abrahams

## Rabbi’s Discretionary Fund

Al & Sandy Abrams  
Dave Bermann  
Carol & Sam Edelman  
George & Leanna Rawley: In memory of Helen Edelman  
Mike & Terri Richman

## Rabbinic Studies

Dave Bermann  
Joel & Susan Mintzes

## Gert Lenner Fund

George & Leanna Rawley: In memory of Leah Rawley

## Yahrzeit

Michael & Wendy Diamond Mulcahy

*If I am not for myself, who will be for me?*

*And if I am for myself alone, what am I then?*

*And if not now, when?*

—Hillel

## Birthdays

Michael Passovoy .....February 4  
Andrew Sabersky .....February 5  
H.T. Levine .....February 6  
Emily Levine .....February 8  
Cai Jackson .....February 9  
Steven Naiman ..... February 13  
Sadie Pressman.....February 14  
Anne Warner .....February 14  
Helene Ginsberg.....February 17  
Sara Leitner .....February 17  
Mike Panunto ..... February 18  
M. David Passovoy..... February 19  
Marc Cullen ..... February 20  
Michael Fromer ..... February 24  
Gabe Franden..... February 28  
Nadine Tochterman ..... February 28

## Mazal Tov

To Leanna and George Rawley on the birth of a granddaughter on January 24.

## Anniversaries

Joe & Rose Clark.....February 16  
Chaim & Lisa Rappaport....February 17  
Al & Sandy Abrams..... February 21  
Louis & Selda Arnoff..... February 22  
Stanley & Anne Gottlieb... February 22  
Karen & Richard Rogers.... February 22

## Yahrzeits

Max Greenberg.....February 1  
Remembered by Robert & Donna Greenberg

Melvin Pims .....February 2  
Remembered by Justin & Kristy Bergson

Sam Levine ..... February 5  
Remembered by Mark & H.T. Levine

Julien Bauer..... February 6  
Remembered by Michael & Beverly Paull

Rubin Diamond ..... February 6  
Remembered by Michael & Wendy Diamond Mulcahy

Vivian Johnson ..... February 6  
Remembered by Stanley & Anne Gottlieb

Betty Harkey ..... February 16  
Remembered by Loretta Steinke

Robert Franden.....February 22  
Remembered by Dan Franden & Laurie Feldman

Israel Brownfield ..... February 23  
Remembered by James W. & Nelda Jessee

## Help Us Do the Mitzvah of Bikur Holim

If you know of a CBI member who is ill, hospitalized, or just needs some assistance or cheer, please contact the office, 342-6146, rabbi@cbichico.org, or our Sunshine and Mitzvot Chair Sue Mintzes, 636-4244, sue\_mintzes@hotmail.com. We can only do the mitzvah of “bikur holim” (visiting the sick) if you let us know when the need arises.

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Contents	
From Our Rabbi . . . . .	3
From the President . . . . .	4
Sisterhood/Haverot News . . . . .	5
February Calendar . . . . .	6
<i>Shabbat Services for February</i> . . . . .	7

Mark your calendar	
February 4 . . . . .	<i>Mishpachah Shabbat</i>
February 5 . . . . .	CBI Silent Auction
February 11-12 . . . . .	Shabbat Experiences: Shabbat University and Torah Yoga
February 25 . . . . .	New Member Shabbat
February 26 . . . . .	Sisterhood 21st Anniversary Party
March 6 . . . . .	Mitzvah Day

## Congregation Beth Israel

Congregation Beth Israel is an independent, egalitarian Jewish community whose roots date back a century. The synagogue is both nondenominational and unaffiliated. Our guiding principle is K'lal Yisrael, the unity of the Jewish people. True to that spirit, CBI embraces a diverse membership of Jews from all backgrounds as well as interfaith couples and those exploring Judaism. We serve about 100 families in the greater Chico area with a wide range of programs for toddlers, tweens, teens, adults, and seniors. Our Religious School is very strong, and our Sisterhood is very active. Services are held Friday nights at 7:30 p.m. with an early family service the first Friday of the month, and Saturday mornings at 10 a.m. We also hold services on all major Jewish holidays.

The ideal to which we strive is Mordecai Kaplan's concept of the "synagogue center," in which a congregation serves both as a house of worship and as a community center. Rabbi Julie Hilton Danan provides the inspirational leadership for our Jewish values: study, *Torah*; worship and practice, *Avodah*; social action, *Tikkun Olam*; acts of kindness, *Gemilut Hasadim*; and connection with the Jewish People, *Am Yisrael*.



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