OUR RAINBOW WORLD: TAKING TU B’SHEVAT PERSONALLY

Rabbi Alyson Solomon, Interim Rabbi

Those of you who were with us for our November First Friday Animal Shabbat may remember that I shared with you about one of my teacher’s teachers, Rabbi Everett Gendler. Years ago activist-scholar Rabbi Gendler came to meet with my Hebrew College Rabbinical School in Boston. Now age 91, I remember he was a tall, white-haired, radiant soul carrying a canvas bag. Before he began to teach, he took out a crinkled newspaper and thoroughly, and silently, studied the day’s weather report. Finally, his opening words, said with a mix of exasperation and wonder, were something to the effect of “there is deep Torah in this weather report.”

We only have to look outside for daily confirmation of this. Our weather patterns are changing; the Earth’s surface temperature and our global sea levels are rising. When I say that the Earth and her delicate ecosystem is Torah I mean that, just as the Torah is available for us but it is ultimately our choice whether we study and learn, so we may gain insight and instruction from the Earth or remain numb to our responsibility as stewards of the planet. If we choose the latter, we perpetuate her destruction and our likely permanent exile from the Earth as we know it, our existing Garden of Eden.

As I said on Rosh Hashanah, our world is on life support. Greta Thunberg, who I consider to be one of Eve’s prodigies, is calling out to us that we must synch our lives up with creation. Teens are calling out from around the globe, amplifying the studies of scientists decades older. What are we doing to heed the call? As Greta tells us, hope is not enough. Action is required.

Perhaps you have felt it during this especially cold LA winter? Our weather report is of Biblical proportions. We are living in Biblical times.

Especially during winter, in the rain and the cold, we remember that our world was created out of the tohu va’vo’hu, out of the hum of chaos and darkness. There were havdolot, divisions, created -- waters separated from waters, lands from lands. Creeping animals, sea monsters, birds of the sky and grasses of the field came into being. Formed b’zelem elohim, in the Divine image, we humans were formed from dust of the Earth as the multi-sided, androgynous first human, adam. We humans were last to the party, joining the animals and the trees, the species of all living creatures. Instructed to be shomrei adama, guardians of the Earth, we quickly caused havoc. What a way to crash a party!

Upcoming soon is our festival of trees, Tu b’Shevat. According to Mishna, Rosh Hashanah 1:1, as Jews we have four New Years: Rosh Hashanah (the first of Tishrei) is the new year of creation, kings and counting the jubilee. The first of Nissan honors our national cycle of exodus from Egypt, our redemption. The first of Elul is the new year of cattle, and the fourth new year is Tu b’Shevat, the new year for trees.

Here are three ways to honor our Earth and earthliness:

1. The 15th of Shevat (Tu b’Shevat) is our time to reflect on our relationship with the Earth. Cantor Juval and I are creating a special BCC community-wide seder in partnership with our Director of Education, Rae Antonoff, focused on Kabbalist understandings of this holiday. Join us in this unique mystical experience; all are welcome.

2. Consider reconnecting with the days of creation via this prayer practice distilled by my teacher, Rabbi Art Green, which he calls Ma’amadot. Ma’amadot refers to the townspeople from each district who would ma’amad, stand up, for their towns’ priests who would go for their week of service at the Temple in Jerusalem. In support of their priests, each day the townspeople would recount and meditate on a day of the creation story, thereby expressing their belief that we live in, and are responsible for, a created, Divine, world. Here are the topics for our daily meditation/prayer practice: Day 1/Sunday: darkness and light. Day 2/Monday: sky, firmament and heaven. Day 3/Tuesday: land, sea, grasses and trees. Day 4/Wednesday: sun, moon and stars. Day 5/Thursday: birds and fish. Day 6/Friday: animals and humans. Day 7/Shabbat, rest.
Continued from page 1

3. Consider your practice for Shabbat in terms of the Earth. Rabbi Dovid Zeller, z”l, taught that Shabbat is not a time to disconnect from the world around us; rather, it is a time to connect to the world within us. Slowing down and resting, nourishing ourselves with study, friends and good food, we renew ourselves as human beings, rather than human doings. And in turn we see ourselves in rhythm with creation, savoring the Earth and its beauty.

Genesis 9:13-15 reminds us: “This is the sign that I set for the covenant between Me and you, and every living creature with you, for all ages to come, I have set My bow - keshet - in the clouds, and it shall serve as a sign of the covenant between Me and the Earth. When I bring clouds over the Earth, and the rainbow appears in the clouds, I will remember My covenant between Me and you and every living creature....”

Seven times the word brit, covenant, is repeated in Genesis 9:8-17. The symbol for this covenant is the rainbow, also the flag of our BCC community.

So flash your rainbow everyone! The Earth is alive. We are her guardians and it is time we step it up. Join us for Tu b’Shevat, let creation into your prayers, be Shabbat.

With you, waving my rainbow high,

Rabbi Alyson Solomon

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**VEGAN TU B’SHVAT SEDER**

BCC’s Vegan Havurah is excited to announce our upcoming Tu b’Shevat seder, co-sponsored by the Jewish Veg organization. The seder is scheduled for the evening of February 9, at BCC. The holiday of Tu b’Shvat, the “New Year for Trees,” is celebrated by partaking in a seder meal, typically consisting of fruits, nuts, grains, and vegetables. It is also customary to include the seven species mentioned in the Torah: wheat, barley, grapes, figs, pomegranates, olives, and dates. It is a perfect vegan celebration! The seder will provide a great opportunity to learn of the strong case for veganism that is embedded in Jewish teachings.

Founded in 2019, BCC’s Vegan Havurah brings together those who are vegan or vegan-curious for social and educational events. Jewish Veg is a national organization that inspires and assists Jews to embrace plant-based diets as an expression of Jewish values.

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**BCC’S COMMUNITY TU B’SHEVAT SEDER**

**SATURDAY, FEB. 8 11:30AM-1:00PM**

Join us for a community-wide celebration of our Earth, trees and Jewish community. BCC’s clergy, Rabbi Alyson and Cantor Juval will partner with our Director of Education, Rae Antonoff, to create a special family-friendly Kabbalistic Tu B’Shevat seder open to our entire BCC community and friends.

Adult BCC members $10. Adult non-members $15. Kids are free but please RSVP for all people who will attend so we have enough food for everyone. If your last name starts with A-L bring a bottle of red grape juice. M-Z bring a bottle of white grape juice. Please RSVP by Monday, January 27th (through this form).

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**Editor:** Larry Nathenson. **Graphics:** Yanir Dekel. Articles should be typed, emailed or attached as Word documents to Larrynath@aol.com by the 20th of the month before publication. To subscribe, send name and address and a check or money order for $18 per year, attention: Newsletter Subscriptions. Free to BCC members.
SOLD OUT CANTORS CABARET
CELEBRATES
CANTOR PORAT’S
10 YEARS WITH BCC

Larry Nathenson, Editor

Our talented, fabulous, and versatile Cantor Juval Porat has done it again! Or perhaps he has outdone himself, as some in the audience proclaimed! On Saturday evening, December 21, Cantor Porat teamed up with Cantor David Reinwald and a five-piece all-women band to fill our sanctuary and bring us a warm celebration for the longest night of the year.

Entitled “Songs in Borrowed Clothes,” this cabaret continued the annual tradition of Cantor Porat’s December concerts, usually accompanied by other cantors and musicians. Yet this year’s concert was quite untraditional in that it contained no liturgical music (no, Debbie Friedman’s “Latke Song” doesn’t count) and featured only popular songs written or performed by women artists. Cantors Porat and Reinwald expertly wove together a tapestry of popular music from the 1970s to the present with themes of love, friendship, and personal struggle. As male cantors singing songs that reflect a female perspective, they sought to reimage them and reinterpret them for a more gender fluid community such as ours.

The audience eagerly sang along to old favorites by iconic women artists such as Carole King’s “You’ve Got a Friend,” Cyndi Lauper’s “Time After Time” (written with Robert Hyman), and K.D. Lang’s “Constant Craving.” Others were slightly less familiar (at least to me) — Sara Bareilles’s “Orpheus,” Tori Amos’s “Silent All These Years,” and the Indigo Girls’ “Love’s Recovery” (written by Emily Saliers).

Kylie Minogue’s “Dancing” (written with Steve McEwan and Nathan Chapman) and the Bangles’ “Manic Monday” (written by Prince) provided a more upbeat rhythm, while Bonnie Raitt’s “I Can’t Make You Love Me” (written by Allen Shamblin and Michael Reid) and Annie Lennox’s “Precious” conveyed more wistful emotions.

Three of the songs were in languages other than English — Edith Piaf’s “La Vie en Rose” in French (written with Louis Guglielmi), Friedrich Hollander’s “Ich bin von Kopf bis fuss” (“Falling in Love Again”) in German, and “Bo” in Hebrew from the film “Yossi and Jagger” (written by Miri Feigenbaum and Rami Kleinstei). Musical theater was also represented by Jonathan Larson’s “Without You,” performed by the character Mimi in “Rent.” Several other songs rounded out the program.

In addition to Cantors Porat and Reinwald, the cabaret featured five talented musicians: Elizabeth Yaron on piano, Sarah Midori on percussion, Janice Mautner Markham on violin, Amira Bennett on Viola, and Circe Diaz Gamero on cello.

Brief introductions were given by Bruce Maxwell (who met Juval when he was a cantorial student in Berlin in 2008 and suggested he apply for a temporary position for High Holidays that year — for details see the article in the September/October 2019 issue of G’vanim) and by BCC rabbis Lisa Edwards and Alyson Solomon. Rabbi Lisa recalled how Cantor Juval carried a German-English dictionary when he first came to BCC and frequently asked for the meanings of English idioms, but within a short time he no longer needed it (Cantor Juval later joked that “self-deprecating” was one of the first idioms he learned). Rabbi Alyson reflected on the image from the Zohar of a Temple in Heaven created by music, and how the phrase “Shir El” (song of God) is an anagram in Hebrew of “Yisrael” (Israel).

The evening concluded with a cake and champagne in celebration of Cantor Juval’s ten years of musical and spiritual leadership at BCC.

Many thanks to Kenna Love for producing this amazing cabaret and to Ray Eelsing for his many hours of work on transforming the BCC sanctuary into a cabaret space. Thanks also to Executive Director Rabbi Jonathan Klein and the BCC staff and all the volunteers who worked the ticket tables, sold wine and desserts, and otherwise helped to make this evening a great success.

Photo by Lisa Edwards. Top Photo: Kenna Love
If you would like to know and experience more of the variety of Jewish prayer modalities, and if you haven’t yet signed up for our Worship Lab, please consider joining us. In today's world it is a rare gem to have the opportunity to deepen your own spiritual life, explore our prayers through fresh eyes, and hear each other’s questions and ideas about worship. No Hebrew knowledge is necessary. All backgrounds are welcome. Bring a friend and share BCC with them! Sign up at https://bcc-la.org/worship-lab/.

Our objective is to foster greater literacy and skills to take on leadership roles during Shabbat services, ritual creation and to enhance one’s personal prayer practice. We will touch upon liturgy, the history of prayers and Jewish music, tools for sermon writing and musical midrash. We will begin each session with a bissel of Torah from the week’s portion. Free to BCC members, $10 per session for non-members.

Six Session Curriculum from January to March, two Tuesdays a month, during Torah study time, 7:15-8:45pm.

1. January 7 - On Prayer, Davening & Developing One’s Own Personal Theology - with Rabbi Solomon


2. January 21 - A very quick tour through the history of Jewish Music - with Cantor Porat

From Temple times to the present day, music has been integral to Jewish worship. In this session we’ll get acquainted with our Jewish musical heritage and how it’s both reflected and influenced the periods of Jewish history in which it developed.

3. February 4 - Building Blocks of the BCC Friday Night Shabbat Service - with Rabbi Solomon

We will archaeologically unpack the building blocks of our Friday Night Shabbat Service, focusing on Kabbalat Shabbat. We will explore themes of structure and intention (kevah and kavannah) and the historic underpinnings of the prayer book. You might decide to focus in on one prayer or element of the service to learn more in-depth or cultivate via your own prayer practice.

4. February 18 - Majesty, Meditation & Meeting - the many faces of Jewish Sacred Music - with Cantor Porat

In this session we’ll go over some tools to evaluate and assess how music creates and supports different worship experiences.

5. March 3 - Being a Messenger of Prayer, Sacred Time, Ritual & Teaching Torah - with Rabbi Solomon

As we continue to unpack the building blocks of the Friday Night Shabbat Service we will focus on the components of the evening service (ma’ariv). We will discuss what it means to be a prayer leader (shaliach tzibbur) and touch on the elements of writing a sermon or d’var torah.

6. March 17 - Lay involvement in leading worship - with Cantor Porat

In this session we’ll explore the traditional role of the worship leader and the enhancement of Synagogue worship by lay leaders.
NAVIGATING THE MIDBAR OF OUR TRANSITION YEAR

Jay Jacobs, President

Happy Secular New Year! I’m writing this from the midbar of Henderson, Nevada (midbar is Hebrew for wilderness or desert, as in Bamidbar, the fourth book of Torah, Numbers in English). It is good to be with my family here, but I do miss my BCC family, too. This interim year of our rabbinic transition is a midbar in time, a wilderness of change for everyone. Sometimes it is a desert but it can also be a time for reimagining, reinvention and replenishment of our spirits.

I felt the same a few weeks ago braving the Midwestern cold to attend the Union for Reform Judaism’s Biennial conference for the first time. BCC Executive Vice President Elizabeth Savage and I had a chance to meet other synagogue leaders, pray, and attend learning sessions on 20/30s engagement, philanthropy, diversity, rabbinic searches and transitions, addressing today’s financial challenges in congregations, and implicit bias. We met new friends and reunited with old ones. The shacharit (morning) services started each of the days with a sacred tone.

At the URJ Biennial evening plenary session on Thursday, December 12, Rabbi Rick Jacobs talked about widening the tent. As he mentioned interfaith families, LGBTQ Jews, and Jews of Color, the tent behind him expanded and grew larger and larger. This is how the URJ plans to meet the future. Our BCC sukkah (tent) is already wide, but we should always strive to make it wider. A longtime friend of BCC reminded me of our pluralism. We all come to BCC with different experiences, customs, and practices. We weave them into something new, like our pioneering queer liturgy. Our well-spent three days in Chicago came on the heels of a very productive BCC Board of Directors retreat. At that retreat, the Board used the Rabbinic Search Committee survey question of “where do you see BCC in 3 to 5 years?” Building on your answers, your voices, we reviewed why BCC matters. What are our highest priorities based on our sacred work and values? Then, the Board looked at four areas: building our Jewish souls, diversity and identity, financial stability, and exploration of a Jewish think tank or collaboration. As we follow up on this work, I’m looking forward to the renewed thinking that we can bring to all of our activities in 2020 and beyond. Keep an eye out for details on our own trip to the Palm Springs midbar just after Passover. And save the date of Sunday, June 7, for our Vision 2020 Awards Brunch. The Brunch Committee is already working hard on this – expect some surprises!

How do we responsibly prepare for the sacred, wide tent of the future, as Rabbi Rick Jacobs framed it at the Biennial? I’m looking forward to doing this with all of you, our BCC members and our dedicated Board, clergy, and staff.

L’hitraot,
Jay

Photo credit: Kenna Love

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That’s my niece Kami!
Elizabeth Savage, BCC Executive Vice President

BCC President Jay Jacobs and I were among thousands of Jews from across North America and around the world who attended the Union for Reform Judaism Biennial in Chicago in December. We gathered to learn, pray, share ideas, dance and sing, hear from inspiring speakers and the leaders, reunite with old friends, create new connections, and make decisions about the policies of the Reform Movement. If you missed it, you can watch the plenary proceedings at https://www.urjbiennial.org/livestream-recordings

In particular, URJ President Rabbi Rick Jacobs addressed the Biennial with his decisive and purposeful vision for our Reform Jewish future. He challenged us to think about how we can move forward not just with good intentions but also with great impact. Here is the full text of his speech – a must read!! https://urj.org/blog/2019/12/12/numerous-stars-heaven-0

Notably, there were several resolutions passed at the Biennial which are detailed here: https://urj.org/what-we-believe/resolutions/resolutions-search?sortby=newest
• URJ Resolution on Anti-Semitism
• Resolution on the Study and Development of Reparations for Slavery and Systemic Racism in the U.S.
• Resolution on Private Prisons
• Resolution on Supporting Those Affected by the Opioid Crisis

And there was much, much more. I would encourage all of you to consider attending the next Biennial at the end of 2021 in Washington, D.C. Please contact me if you would like to know more about this exiting and inspiring event.

AN UPDATE FROM THE RABBINIC SEARCH COMMITTEE

Elizabeth Savage and Ginger Jacobs, co-chairs

The Rabbinic Search Committee continues to meet and pursue our search for BCC’s next settled rabbi. We have solidified our interview questions, reviewed applications submitted by rabbis, and expect to start interviewing candidates this month.

In December co-chair Elizabeth Savage and BCC President Jay Jacobs attended the Union for Reform Judaism’s Biennial in Chicago. The Biennial includes various workshops, and they attended one entitled “Preparing for Rabbinic Search and Transition” which explored ways to engage the congregation in the search and transition process. The presenters were two placement rabbis and one congregational president who helped lead her synagogue through the process of change.

For more general information and the timeline for this search, please see our prior articles in G’vanim or our page on the BCC website at https://bcc-la.org/our-search-for-bccs-next-rabbi-an-update/ If you have questions about the process, please feel free to contact Elizabeth at ehsavage@charter.net or Ginger at GingerJ18@gmail.com.

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From Amazon Smile: Your designated charity, Beth Chayim Chadashim, recently received a quarterly donation of $65.01 thanks to customers shopping at smile.amazon.com. To date, Amazon Smile has donated a total of $1,315.48 to Beth Chayim Chadashim.

Thank you for supporting Beth Chayim Chadashim by shopping at smile.amazon.com. You can track your impact throughout the year at your My Impact page.

If you want more information on how to designate BCC on Amazon Smile, please contact bcc@bcc-la.org.
BCC FIRST FRIDAYS

BCC’s First Fridays are a great opportunity to experience Shabbat with fresh eyes and ears. Each month your clergy create a unique Shabbat experience drawing on key themes from the Hebrew month, its holidays and what’s going on in our world. For those of you haven’t yet shared our unique First Friday vibe, here’s your invitation.

Here are some elements you can count on:

• First Fridays begin at 7pm and the service experience runs about an hour. Note the earlier start time to allow for more awakened energy, variety and occasionally a fresh venue about town.
• We will sit in the round, to enjoy the view of our BCC friends and family.
• There will be beautiful Shabbat candles lit in the middle of the circle, to bask in the light.
• Our Shabbat candles will be lit by those celebrating a birthday, anniversary or joyous occasion in the month ahead.
• There will be a yummy oneg to follow and you’re invited to bring your favorite sweet or savory treat to share (vegetarian, please).

At our last First Friday Shabbat service of 2019, our focus was on healing and on how prayer and practice, particularly the Sh’m’a said at bedtime, can support our journeys through the darkness and the light of life. Thank you to those who joined us.

Our First Friday Yoga Shabbat on Friday, January 3rd, included a gentle chair, standing and walking yoga experience for all bodies and backgrounds. For an inclusive and shared movement experience, we focused on chair yoga, walking and moving meditation and a series of standing and balance poses. This yoga aims to be accessible to all and interacts with the Kabbalat Shabbat and Ma’ariv evening service, including Kaddish. Wear loose and comfortable clothes and footwear, bring a friend and your open heart. Crafted with love and soul by yoga teachers, Rabbi Alyson Solomon and Oshri Liron and Cantor Juval Porat.

Here are our plans for future First Fridays:

• Feb 7 - 6:15pm start time – Shabbat Shira at Temple Isaiah - Journey through the music of Reform Judaism
• March 6 – Pre-Purim Shabbat
• April 3 – Shabbat of stories and songs of liberation
• May 1 – Shabbat in its complexity with guests from A Wider Bridge
• June 5 – Revelation Shabbat – Celebrating diversity within (for Pride month)

First Fridays are a great opportunity to experience the variety of Jewish prayer modalities. We look forward to celebrating these unique First Friday Shabbat experiences with you.

2020 VISION AWARDS

SAVE THE DATE

Please save the date of Sunday, June 7 for the 2020 Vision Awards. We will start with time to shmooze and our silent auction and the event will end by 2:00. This year we will be at the Luxe Hotel (Sunset Blvd and the 405). The committee is already working on the honorees and a few very special changes to the event. Stay tuned and we hope to see you there!

We are always looking for great items for the silent auction. If you would like to help with this or have any questions, please contact Rabbi Jonathan Klein at templatedirector@bcc-la.org

SAVE THE DATES FOR A CHANCE TO IMPROVE YOUR HEBREW COMPREHENSION

Introduction to Hebrew Comprehension, Wednesdays, April 22 and 29, May 13 and 20, 7:15 to 8:45 pm at BCC.

For those who can read Hebrew, but want to achieve more fluency and begin to understand what we are saying, this is a great opportunity. Perennially well-received Hebrew educator Todd Shotz returns to BCC to teach basics in how to break down Hebrew words from three-letter roots to learn some key vocabulary. We will practice reading and basic comprehension by looking at prayers such as Shema and Torah blessings as well as some modern poems, songs and stories. For those who took the Introduction to Hebrew Reading, this is the next step. The cost is $100 for four sessions. For questions or to sign-up contact the BCC office.

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PLAYGROUND SUNDAYS

I have started referring to myself as the Athletic Director of BCC. I came about this name by leading Playground Sundays on the 4th Sunday of each month from 1:00 pm to 4:00 pm in the BCC parking lot. So far, we have had two successful Playground Sundays, with gorgeous Southern California weather. With no cars inside, our parking lot is quite large and suitable for at least three activities at once. We have a volleyball net, a basketball hoop, chalk and tape for marking out foursquare or other boundaries, all types of balls and rackets and even shuttlecocks.

In between laughing, we have played basketball, badminton, foursquare, and newcomb (a modified volleyball game). Participants have varied skill levels and we encourage everyone to play and to just have fun. Nothing competitive – in fact we don’t even keep score. It’s a great opportunity to meet folks and get some fresh air. I invite you to join us for upcoming Playground Sundays on January 26, February 23, and March 22.

Donna Groman, Athletic Director and Member of the Board of Directors

BCC BOOKS AND BAGELS

Larry Nathenson

BCC’s Book Group (Books and Bagels) has been meeting continuously since January 1995. The group meets monthly in members’ homes for a bagel brunch and discussion of a book selected by the group. We read a variety of books: fiction and non-fiction, American and Israeli, historical and contemporary. The only requirement is some Jewish content (LGBT content is a plus, but not required). Our next two meetings are as follows.

Sunday, January 26, 10:00 am
The Golem and the Jinni, by Helene Wecker

This novel is about a female golem from Eastern Europe and a male jinni from Syria who meet in New York at the turn of the 20th century and join together to fight common enemies.

Sunday, February 23, 10:00 am
The Children of Harvey Milk: How LGBTQ Politicians Changed the World

Stories of LGBTQ political activists from around the world who struggled to change their societies and achieve milestones in LGBTQ rights in their countries.

The group is open to BCC members and non-members, and you are welcome to join us for a particular book that may interest you. RSVP is required for location and to ensure enough food. For more information, contact Larry Nathenson at Larrynath@aol.com.

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A MESSAGE FROM
BCC LEADERSHIP
REGARDING RECENT
HATE CRIMES

Editor’s note: This message was sent to the BCC membership on the last day of Hanukkah, December 30, 2019, following the attack on Jews celebrating the holiday in Monsey, New York.

We mourn the anti-Semitic attacks in our country. As Jews and as members of the LGBTQIA+ community we are too familiar with the sting of exclusion, we know the trauma of persecution, the malicious power of hate speech, homophobia, transphobia and anti-Semitism. And we also know the joy of living authentically, the blessings within our tradition and the lessons learned from our history.

As one community, we pray for consoling the mourners and healing for all who have been injured. We give thanks to those who provide and cultivate comfort, support, kindness, compassion, engagement and empathy to all those impacted by the attacks.

While today was the eighth and final day of our Festival of Light, we’re committed more than ever to shine our light stronger as Jews, as members of the LGBTQIA+ community and all the many ways in which our identities intersect and overlap.

As the Israeli poet Sarah Levi Tannai asserts in one of the most beloved Hanukkah children songs:

We come to chase the dark away
In our hands are light and fire
(softly) Each individual light is small
(loudly) But together the light is mighty.
Flee, darkness and night
Flee, before the light.

Let us stand together in our night light. With our actions, words and thoughts we can face the darkness.

Yours,

BCC Board of Directors
Interim Rabbi Alyson Solomon
Cantor Juval Porat
Executive Director Rabbi Jonathan Klein
Rabbi Emerita Lisa Edwards

NEED A MORALE BOOST?
TRY BCC’S LIFE TRANSITIONS
SUPPORT GROUP

If you could use some help dealing with the stress of relationships, careers, economics, social life, family life, health or bereavement, you might want to give the BCC Life Transitions Group a try. The goal of the BCC Life Transitions Group is to enhance participants’ spiritual and emotional growth. Participants have the opportunity to share their experiences, give and receive mutual support, and exchange coping skills with one another in a confidential atmosphere. Everyone is welcome - members and non-members alike. The group meets twice a month on the first and third Wednesdays from 7:00 - 9:00 pm.

This support group is facilitated by Shirley Hirschberg, Social Worker. Shirley is also available for individual sessions. For more information, please call the BCC office at (323) 931-7023, ext. 205.