

sabAbah*

the 20-30 somethings of b'nai israel

SEPTEMBER 2011

DATE	EVENT	TIME	LOCATION
Saturday, September 10 th	Sababah Apple Hill	11:00-2:00pm	High Hill Ranch 2901 High Hill Road Placerville

Join us for our first annual Apple Hill trip in gorgeous Placerville. We will meet at High Hill Ranch from 11:00-12:00 for a group picnic. Bring your own food or indulge in the amazing BBQ and apple desserts that they have to offer at this orchard. After lunch everyone can break off into small groups and explore the local apple orchards and wineries. We recommend you check out Fudge Factory Farm and Boa Vista Orchards which are located within a half mile radius. This event is completely family friendly and we encourage our members to bring the lil kiddos and check out all the great activities these orchards have to offer including picking your own apples, arts and crafts, wine tasting and of course, everything apples you can think of....just in time for Rosh Hashannah. Check out www.applehill.com for more information and detailed maps.

Questions? Contact Deidra Meyers (Sababah Chair) at deidra.meyers@gmail.com

Friday, September 16 th	Sababah Shabbat & Study Dinner	6:00-7:30pm	Congregation B’Nai Israel
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Sababah is proud to announce that the third Friday of each month we will be hosting a casual Shabbat dinner for our members in the Social Hall at CBI. Everyone is welcome to attend, there is no cost for these dinners, and children are welcome. In addition, every other month (starting in September) we will also be offering an opportunity for learning about dimensions of living a Jewish life, understanding and participating in services, and how to build and strengthening our community. These study dinners will include a short introduction to a topic by some of our fabulous lay leaders within our congregation and an opportunity to discuss topics, ask questions and gain new insight into aspects of our faith and everyday life. We encourage everyone to RSVP on our Facebook event for us to obtain an accurate head count for the dinner.

Immediately following dinner we hope everyone will join us at services from 7:30-8:30 and the dessert nosh at 8:30.

Questions? Contact Nicole Mazur (Sababah Committee Member) at mazur.nicole@gmail.com

Saturday, September 17 th	Sababah River Float & Kayak	11:00-5:00	American Raft Rentals 11257 South Bridge Street RC
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Sometimes a lazy river is better than a raging one, especially when the sun is shining and you happen to be in possession of an inner tube and a cooler full of your favorite libations. Round up your friends and head to Sacramento’s crown jewel, the lower American River. The water on this three-to-four-hour float is warm, wide, and smooth, and the atmosphere is definitely festive. Sandy beaches along the way let you stop, lounge, and take the river at your own pace. There are two options for this leisurely cruise, (1) you’ll need two cars and an assortment of pool inflatables, a cooler, and some rope to make sure you all stay together. Drop one car off at River Bend Park and then drive upstream to the Sacramento Bar off of Fair Oaks Boulevard, where you’ll launch your flotilla or (2) coordinate with a small group or individually to rent a raft/kayak from American Raft Rentals and they will give you a ride back to your car when you are done. The float typically takes between 3-4 hours depending on the number of stops along the way. Check out www.raftrentals.com for more information and tips.

This is a no-host event and we will be launching at the river exactly at 11:45.

Questions? Contact Alex Nella (Sababah Committee Member) at alexander.nella@gmail.com

Sunday, September 25 th	Tikkun Olam Project	10:00-12:30	St. Johns Women's Shelter 4410 Power Inn Road Sacramento
<p>One of the missions of Sababah is to engage in opportunities to give back to our community, reach out to those who are in need of healing and provide support to non-profit organizations within the Sacramento area. We are kicking off our first event this year by volunteering at St. Johns Women's Shelter where we will help prepare and serve lunch to members of our community. We hope you will come out and lend a hand cooking up in the kitchen and assisting as needed. Must be 16 years or older to participate. For more information about St John's check out www.stjohnsshelter.org. Questions? Contact Erica London (Sababah Committee Member) at eriberri98@yahoo.com.</p>			
Wednesday, September 28 th	Erev Rosh Hashanah	7:30pm	Congregation B'Nai Israel
Thursday, September 29 th	Rosh Hashanah	10:00 – 1:00	Congregation B'Nai Israel
Friday Night Shabbat Services – 7:30-8:30 Shabbat Services, 8:30 Oneg			

Sa•ba•bah, n. 1. Hebrew slang adopted from Arabic meaning cool, groovy, it's all good. 2. Super groovy young adults group at B'nai Israel for folks in their 20's and 30's. Who We Are: Sababah consists of people in their 20s and 30s who are interested in creating a fun and welcoming peer group within the Jewish community. We are single and married, straight and gay, with children and without. Non-Jewish friends, partners and spouses are welcome at all of our events.

Join our email list by sending a note to CBIyoungadults@gmail.com and visit us on [FACEBOOK](#).

Sababah Committee:

Deidra Meyers	Sababah Chair	deidra.meyers@gmail.com
Alex Nella	Outdoors/Game Nights	alexander.nella@gmail.com
Erica London	Tikkun Olam	eriberri98@yahoo.com
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