

**Temple
Beth
Abraham**

the **Omer**

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April & May, ADAR/IYAR 5784



Photo by Gregg Morris

Medicine and Judaism

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Monday & Thursday Morning Minyan

Chapel, 8:00 a.m.

Friday Afternoon

Gan Shabbat, 12:40 p.m.

Friday Evening (Kabbalat Shabbat)

Sanctuary and YouTube, 6:15 p.m.

April Candle Lighting Times

April 5 7:18pm

April 12 7:25pm

April 19 7:31pm

Monday, April 22 7:34pm

Erev Pesach

Tuesday, April 23 8:35pm

Pesach I

April 26 7:38pm

Sunday, April 28 7:40pm

Pesach VI

Mondy, April 29 8:41pm

Pesach VII

Shabbat Morning

Sanctuary and YouTube, 9:30 a.m..

April Torah Portions & Havdalah

April 6 8:20pm

WTBA Shabbat | Parashat Shmini

April 13 8:26pm

B'nai Mitzvah of Amit and Aaron Bronstein
Parasht Tazria

April 20 8:33pm

Parashat Metzora

Wednesday, April 24 8:36pm

Pesach II

April 27 8:39pm

Pesach V

Tuesday, April 30 8:42pm

Bar Mitzvah of Mattan Pincas

Pesach VIII

May Friday Candle Lighting

- May 3 7:44pm
- May 10 7:50pm
- May 17 7:57pm
- May 24 8:02pm
- May 31 8:07pm

May Torah Portions & Havdalah

- May 4 8:46pm
Kitah Vav Shabbat
Parashat Achrei Mot
- May 11 8:52pm
Bat Mitzvah of Elinor Rigelhaupt
Parashat Kedoshim
- May 18 8:58pm
Bat Mitzvah of Eva Rosenberg
Parashat Emor
- May 25 9:03pm
Bat Mitzvah of Lilah Sadikman
Parashat Behar

**Medicine and Judaism?
What better depiction than a
big pot of chicken soup?**

Photo submission by Gregg Morris a long-time member of Congregation Beth Abraham, husband of Ruth Morris, long-time Gan teacher, father of three grown girls, and grandfather of three. He is a member of a long-lived Shul Chavurah. He works on renewable energy policy as a public purpose intervenor at the California Public Utilities Commission.

TEMPLE BETH ABRAHAM is proud to support the Conservative Movement by affiliating with The United Synagogue of Conservative Judaism.



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The Omer

We are always looking for help and contributions, whether it be first-person articles, poems, art, photos and anything that aligns with our theme of positive, Jewish community.

We are also always in need of copy editors.

The Omer is run by volunteer editors, TBA members Lisa Fernandez and Rachel Dornhelm, and assembled visually by graphic designer [Alden F. Cohen](#).

WE WOULD LOVE TO SEE MORE COMMUNITY MEMBERS JOIN OUR TINY STAFF.

Please email Omer@tbaoakland.org if you'd like to help out and contribute.

We accept member submissions. Deadline for articles and letters is the 12th of the month preceding publication.

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Judaism and the Doctor

Besides the idea that, at least for the last 100 years, Jewish parents were hoping their children would actually become doctors, Judaism has much to say about the medical profession and, literally, life and death.

Two of the most basic Jewish principles regarding Judaism and medicine are (1) that saving life takes precedence over all other commandments and (2) that medicine, or at least the properties that make up medicines is seen as God given.

The idea that saving life takes precedence over all other commandments is called Pikuach Nefesh, literally the “Opening of Life.” Practically it means that you can violate Shabbat or any other commandment in order to save a life, which may seem obvious, but when two Jewish laws conflict, you need something like this principle to make it clear. One of the most famous examples of when you are allowed to violate a commandment for Pikuach Nefesh is when the rabbinic sages declare that you can even feed a pregnant woman who collapsed from fasting Pork on Yom Kippur in order to revive her. Hopefully, your Jewish household or synagogue has other food options around.

There are times when this principle runs up against technology never imagined by our sages, however. What about breathing tubes and ventilators? We have the capacity to keep people alive almost infinitely in certain cases, even when they are comatose. This is, in fact, why Israeli Prime Minister Ariel Sharon remained alive in an essentially vegetative state for so many years. This dilemma is real.

The second principle about the importance of medicine comes from the great commentator Ramban, who stated in his Commentary on the Mishna: "God created food and water; we are obliged to use them in staving off hunger and thirst. God created drugs and medicine and endowed humanity with the intelligence necessary to discover their properties and use them and technology to keep people alive."

In other words, we don't withhold potentially life saving or even lesser medicines on the idea that “God will decide.” The Jewish idea is that God decided to give us the brainpower to discover things that will help us recover from illness.

Finally, I want to add that should there ever be an emergency on the High Holidays, you couldn't be in a better place. If I were to say “Is there a Doctor in the house,” I am sure one of our more than 40 physicians would come forward to help in any way they could.

L'shalom,

Rabbi Mark Bloom



Mattan Pincas – February 24th, 2024

Bar Mitzvah

My name is Mattan Pincas and I currently go to the International School of Basel. Previously, I attended the Contra Costa Jewish Day School from Kindergarten through sixth grade. My favorite subjects are science, history, and German. I love to go skiing in the Swiss Alps with my new friends in Basel. I spend my summers in Israel at Camp Kimama. Even though I am temporarily living overseas right now, I still wanted to celebrate my bar mitzvah at Temple Beth Abraham in my Bay Area community.



I had my bar mitzvah at Temple Beth Abraham on Feb. 24 (and also a bar mitzvah in Jerusalem on February 19th). My parshah was Tetzaveh, Chapters 27-30. This portion is about G-d's commandments to bring olive oil for the Menorah, to make sacred garments for the priests, to conduct an ordination ceremony, and to make an incense altar. Thank you for coming to celebrate this special occasion in my life.

Pikuach Nefesh and Brit Milah: Embodying Sacred Duties

By Stuart Zangwill MD



The fusion of medicine and Judaism has profoundly shaped my identity as both a person and a physician. Central to this integration is the sacred principle of Pikuach Nefesh, which holds paramount the preservation of life. In Hebrew, Pikuach Nefesh translates to "saving a life" or "saving a soul". It mandates that the preservation of life supersedes nearly all other religious obligations, transcending even the observance of mitzvot, or commandments. This principle is articulated in the Talmud, which provides numerous examples of the Sabbath being set aside to save a life.

When I contemplated my career path, the resonance of Pikuach Nefesh within Judaism deeply influenced my decision to pursue medicine. The prospect of daily engagement with this guiding ethos promised profound fulfillment—a sentiment that has proven true throughout my career as a physician. Judaism also strongly influenced my decision to become a physician in another way because I was my mother's last hope in being able to say "my son the doctor".

My connection to Judaism and medicine intertwines further through my role as a mohel (Jewish ritual circumciser or moyel), an honor I hold with great reverence. I had the privilege of performing Brit Milah for many fellow members of Temple Beth Abraham, both my grandsons, and my great nephew.

Brit Milah literally means the covenant of circumcision. The rabbis say it is one of the most important of the britot as it is the sign of the brit (covenant) that Abraham made with God. In Parshat Lech Lecha (Bereshit (Genesis) Chapter 17)) God establishes His covenant with Abraham, promising to make him exceedingly fruitful and the father of many nations, and grants him the land of Israel. He then commands Abraham, who was 99 years old at the time, to circumcise himself as "the sign of the covenant between Me and you." Subsequently, God decrees, "Every male throughout your generations shall be circumcised on the eighth day," establishing the mitzvah of Brit Milah.

But why is circumcision the "sign of the covenant"? It is a mark upon the flesh on the generative organ to indicate that just as life is passed on from one generation to another, so is the covenant passed on. Circumcision does not make a person Jewish, for he is Jewish by birth. The circumcision rather testifies that he who bears this sign sealed in his flesh is under the covenant which is what gives meaning to life.

The importance of Brit Milah is underscored throughout Jewish texts. The Mishnah describes the preference for performing Brit Milah early in the morning to demonstrate zeal in fulfilling the mitzvah. In the midrash Rabbah-Exodus V:8, it is said: So beloved is circumcision, that Moses' punishment in his neglect to circumcise Eleazar his son was the Lord sought to kill him. Zipporah (his wife) realized this and immediately circumcised her son, saving Moses and she said "How great is the power of circumcision! My husband was deserving of death for having been tardy in the performance of the command of circumcision."

The parallel between Pikuach Nefesh and Brit Milah is evident in Jewish teachings in commanding precedence over other religious obligations, including the observance of the Sabbath and Yom Kippur. As a physician and mohel I am privileged to embody these principles regularly, intertwining the sacred duties of preserving life and upholding tradition.



Meals and kindness, the best kind of Jewish medicine

By Lisa Fernandez

People’s kindness – and food – helped me recover, just as much as medicine, when I broke my ankle earlier this year.

I slipped and fell on an icy driveway in Nevada City in early January.

For two months, I was in bed with my left ankle propped up high on pillows after surgery where the doctor put eight screws and a metal plate in my leg.

I put out a call to our TBA email list to borrow a knee scooter. I received four offers. Two people drove the scooters over to my house. Thank you to my scooter brigade.

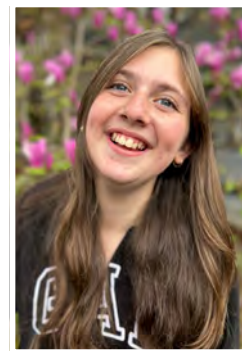
And then came the home-cooked meals and the visits. I received soup, Shabbat dinners, kiddush lunches and kosher chicken. Thank you to all who came by with a friendly face and something to eat. My husband took care of me, as I couldn’t walk, let alone cook myself, and the meals nourished us both.

I am recovering slowly now but wanted to thank everyone who reached out to me during my time of need. I appreciate your kindness and “Jewish medicine” more than you can know.

Elinor Rigelhaupt – May 11, 2024

Bat Mitzvah

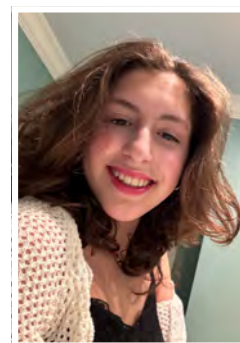
My name is Elinor Rigelhaupt. I am a seventh grader at Montera Middle School. I live in Oakland with my grandparents, parents, and brother Solomon. I love to play soccer and spend time with my friends and family. My parsha is Kedoshim and comes from the book of Leviticus, Chapter 19. It is about instructing the Israelites to be holy. It talks about many laws for all parts of life, including observing Shabbat, loving one’s neighbor, and leaving portions of a field for the poor. I look forward to seeing you at my Bat Mitzvah at TBA.



Lilah Sadikman – May 25th, 2024

Bat Mitzvah

My name is Lilah Sadikman and I’m a 7th grader at Contra Costa Jewish Day School. I live I Oakland with my parents and our dog Birdie. I have two older sisters in college, Ella and Ruby, who also had their bat mitzvahs at TBA. I really like painting and drawing, listening to music, and playing drums. In the summer, I love going to Camp Ramah in Ojai and traveling with my family. My parsha is Behar from Leviticus chapters 25 and 26. This triennial reading is about the laws around house ownership and the ability to control other human beings, and ends with G-d’s instruction to not worship idols and to observe the sabbath. I look forward to seeing you all at my bat mitzvah!



Eva Arielle Rosenberg – May 18, 2024

Bat Mitzvah

My name is Eva Rosenberg, and I’m a 7th grader at Contra Costa Jewish Day School. I live in Oakland with my parents, brother (Jonah), and dog (Shana). I enjoy reading, playing with my dog, and volunteering with Make-A-Wish Foundation. I have spent the last few summers at Camp Ramah Galim, where I spend a lot of time in the water. My parsha, Emor, comes from the Book of Leviticus. It opens with a set of laws for the priests who serve in the Tabernacle and Temple. For example, a man with a defect (a hunchback, a stutterer, etc.) can’t be a high priest. Emor also includes rules for various holidays (such as eating matzah on Passover). It ends with a story about a blasphemer, who is stoned to death by his community (it’s an eye-for-an-eye world!).



The Omer's Passover Survival Guide

Timely information and tips for a joyous Pesach from the editors of The Omer.

Please enjoy this section with our traditional Passover information. We hope you will find this information useful and that it contributes to your personal celebration of freedom!

Plan Ahead: The first Seder is April 22nd this year!

Bittul Chametz - Nullifying Chametz

A central law of Passover observance is the requirement to remove all traces of chametz from our homes and our lives. This tremendous care with which we are told to clean our homes for Pesach is directly tied to this attempt to rid ourselves of chametz.

Once the house has been thoroughly cleaned, a final search for traces of chametz is conducted, complete with the symbolic collection of the last pieces of chametz. This search itself is symbolic of the innermost searching of our hearts to rid ourselves of the yetzer ha-ra, the evil inclination. A candle is used because "the soul of a human is a lamp of the Lord, searching all the innermost parts." We search for and remove this chametz, freeing us to fully celebrate our freedom.

Immediately following the search for chametz, a formula is recited which effectively nullifies any chametz which may not have been found during the search. This is kind of an insurance policy which ensures that any chametz that inadvertently escaped detection is considered "as dust of the earth."

Materials

You will need ten pieces of chametz (bread crusts, broken pieces of bread, or bagel), a candle, a match, a feather, a wooden spoon, and a paper plate or container.

What To Do

1. On the night before Pesach, immediately after sun-down, someone hides ten pieces of chametz around the house. The searchers should not see where the pieces are hidden.

2. Light a candle.

3. Recite the "Bedikat Chametz blessing."

**בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ
בְּמִצְוֹתָיו, וְצִוָּנוּ עַל כְּעוֹר חֶמֶץ.**

Baruch atah Adonai Eloheinu melech ha-olam asher kid'shanu b'mitzvotav v'tzivanu al bi'ur chametz.

Praised are You, Adonai, our God, King of the universe, who has sanctified us through commandments, commanding us to remove all chametz.

4. Conduct the search, using the candle to illuminate areas. When a piece of chametz is found, sweep it onto the wooden spoon using the feather, and then deposit it into the container or on the paper plate.

5. Be sure to collect all the pieces that were hidden.

6. After the search is concluded, recite the Bittul Chametz formula. It is to be said out loud and in a language one understands.

**כָּל חֶמֶץ וְחֻמֵץ דְּאֵכָא בְּרִשּׁוּחֵי דְלֵא חֲמַתָּה
וּדְלֵא בְעֵרְתָּהּ וּדְלֵא יִדְעָנָא לָהּ, לְבִטּוּל
וְלַחְוֵי הַפְקָר בְּעַפְרָא דְאַרְעָא.**

Any Chametz or leaven that is in my possession which I have not seen, have not removed and do not know about, should be nullified and be worthless and considered like dust.

7. Secure the chametz in the container or in a small area of the kitchen where chametz for the morning of Erev Pesach is kept. There are some who take the gathered chametz outside and burn it in their barbecue or other container.

Practical Questions and Answers

Why is a candle used?

The search is conducted at night when the candle's illumination is more effective. The candle is considered the best tool for illuminating the search because it can be used in crevices, nooks, and crannies.

Why use a wooden spoon?

A wooden spoon was probably used because it, too, can be burned with chametz.

Why use a feather?

Whisk brooms were often made of feathers, so this one feather for Bedikat Chametz acted as a miniature whisk broom.

Must we use a feather and spoon?

No. This is a custom. The law requires the searching for and removal of the chametz. What tools you use to accomplish this are strictly custom and tradition.



The value of *sh'mirat ha-guf* at Gan

By Rachel Fenyves

Much of our curriculum at Gan relates directly to learning self-help skills that allow for the children to take care of their own needs. From going to the bathroom and blowing their noses, to expressing their feelings and resting their bodies at nap/rest time, the learning process is continuous. We teach through practicing the skills together, as well as within our play. At the heart of these skills is the Jewish value of *sh'mirat ha-guf*, taking care of one's own body. We believe that we are created in the image of God and in holding that belief, we must treat our bodies with respect and great care. At Gan, we not only learn how to take care of our own bodies, but we also learn the importance of showing respect and caring for others, be

it our friends, family members, or pets. Sometimes we show *kavod* by giving bubble space, lending a hand, or comforting a friend. Or we may bring someone an ice pack or bandage. In the accompanying photos you can see that the doctor's office is a popular theme for the dramatic play area. This experience allows the children to make sense of what happens when visiting the doctor, and work through any related feelings that come up for them. Children show deep care and empathy when soothing ailing babies or listening to a teacher's heartbeat. They tell us we will be okay when receiving a shot or placing a band aid on an owie. Learning how to help others also teaches us how to help ourselves. With more self-help skills comes more independence. With the newfound independence the children gain more capacity for handling certain situations and in turn build resilience.



Good Medicine

By Valeria Milner

Medicine and Judaism... what an interesting combination. Research has shown that meaningful social connections contribute significantly to a sense of well-being. Therefore, the connections we foster through WTBA serve as our medicine, or our “Jewish penicillin.”

WTBA continues to bring people together and build community within TBA. The photos below show WTBA in action, at our Jewelry & Accessory Exchange on 2/15, and at our discussion of Jewish parenting and grandparenting on 3/7. Next up this spring will be our annual WTBA Shabbat on 4/6 and our Passover-themed “Parting the Red Sea” line dancing event on 4/18. We will be kicking off May with bunko night on 5/2 followed by our annual summer book exchange & discussion on 6/6. Please join us for our upcoming events and support your own good health!



Save the Bay Restoration Day Going Strong

By Jody London

Many thanks to the 25+ TBA members who participated in the annual Tu B'Shevat Wetlands Restoration Day at the Martin Luther King Jr. Regional Shoreline Park in Oakland. It was a beautiful day with lots of opportunity to catch up with old friends and meet new friends and learn about the importance of Bay restoration and the history of [Save the Bay](#), which has hosted Temple Beth Abraham for 22 years! Our group collected over 30 pounds of trash; planted 200 gum plants, a native species that will help mitigate the impacts of rising sea levels due to climate change; and cleaned over 400 pots for native plants that will be raised in Save the Bay's nurseries. Jesse McKeen-Scott, Save the Bay's Restoration Program Manager, said that our group exceeded expectations with all that we accomplished!



Jewish Medicine

By Susan Backer

Eighteen years ago, I was in the hospital with a rare and aggressive cancer, usually found in older men. I was 18 years younger and I am not a man!

I was teaching at the day school my children went to, as did the children of my Rabbis. One day, on one of the rare occasions when I was actually home from the hospital, one of my Rabbis called to ask if she could come for a visit with her youngest daughter, Adina.

Adina and I developed a wonderful relationship from the time they arrived in the states, when she was only 3 years old. She was now in the 4th grade, and she brought me a gift. I was very touched by the tenderness of the thought she put into compiling this gift. She had made me a bracelet to wear with the evil eye as one of the beads, a watch that said "I love you" on the face and a medallion with the prayer for healing in Hebrew.

Each time I was back in the hospital (for the better part of six months), I would hang the medallion on my IV pole and keep the watch and the bracelet with me. I honestly believe this gesture and, of course, the gallons of chicken soup delivered by our Chesed committee, helped to save my life.

The cancer is now indolent and has been for the past 18 years! This is in spite of what the medical science at the time predicted!

"Jewish Penicillin" cannot be overstated. L'Chaim!



Jewish Penicillin and my Get Well Chicken Soup recipe.

By Faith Kramer

Probably the most famous connection between Jewish food and medicine is that old standby chicken soup, aka "Jewish Penicillin." We'll get to that and a recipe for my Get Well Chicken Soup, but first I wanted to explore some other Jewish food-based home remedies.

Probably the most infamous among Ashkenazi Jews is gogol mogol from the Ukraine. It's a cure for sore throats and colds. According to Gil Marks' Encyclopedia of Jewish Food, the drink ranges from beaten, sweetened egg yolks to a more complex mix including one or more of the following: warm milk, whisky, lemon juice, and or butter or schmaltz (rendered chicken fat). Those who imbibed the remedy were said to either love it or hate it.

Research has shown gogol mogol (also written goggle moggle, gogl mogl, guggle muggle, and kogel mogel among other variations) "widens the blood vessels in the throat, thereby allowing the flow of more blood, and stimulates an immune response that eases the inflammation," Marks wrote. Modern cold remedies and concerns about raw eggs have "dramatically decreased" the beverage's popularity and use.

Marks does give a recipe for one of the milder, more eggnog-style variations. Beat together two large egg yolks and 2-3 Tbs. sugar, brown sugar or honey with a dash of vanilla extract, lemon juice, whiskey or rum until thick and creamy and sugar is dissolved. If desired, stir in 1 cup warm milk.

The Virtual Jewish Library says Talmudic literature lists close to 70 plants as having "medicinal properties" including olives, dates, pomegranate, quinces, garlic, beets, and cumin.

Yogurt is not listed as a medicine in the Talmud, but it was a Sephardic doctor living in Spain in the early 20th Century who promoted yogurt as a cure for digestive ailments, according to Marks, eventually founding the company that became Dannon Yogurt.

Other Jewish home remedies Marks cites include mashed banana with honey to relieve swollen glands (Yemeni Jews), and caraway soup (kummelsuppe), a traditional Ashkenazi Jewish recipe to relieve an upset stomach.

Aish.com cites raw onion and honey as a Jewish flu/cold cure. To prepare, cover the cut side of half an onion with honey and allow it to draw the liquid out

from the onion (about 30-60 minutes). Drink 2 Tbs. of the resulting onion juice. Repeat as necessary every two hours. Aish also points out that falafel's ingredients are helpful for lowering cholesterol.

The Yivo Encyclopedia of Jews in Eastern Europe details babske refues (old wives' medicine). There were even recipe books full of herbal remedies and other home cures. Often an herbal or food-based concoction was prescribed along with reciting specific psalms.

Sephardic Jews also had a rich pharmacopeia based on plants and foods. Probably the most famous proponent was Rabbi Moses Ben Maimon, known as Maimonides, or The "Rambam." A philosopher, physician, and Jewish legal scholar, many of his recommendations for a healthy diet hold up to modern scrutiny, according to British National Institute of Health's National Library of Medicine.

Now on to Jewish Penicillin and my Get Well Chicken Soup recipe.

Chicken soup is what's good for you if you are suffering from the common cold, according to both your mother and science. Turns out hot soup not only relieves congestion and helps with hydration but also amps up the body's immune system.

While any hot, broth-based soup will help, chicken soup has an added benefit. Research shows cooked chicken contains a chemical that may help keep bronchial tubes clear.

Most commercial brands of chicken soup have been found to be effective, but to me a bowl of homemade soup is the best medicine.

The prescription (er, recipe) below incorporates cold-fighting ingredients such as:

Red bell pepper and lemon juice — to reduce a cold's duration.

- Carrots — to bolster the immune system.
- Ginger — to reduce nausea and maybe rid body of toxins.
- Garlic — to combat infections and aid immune system.
- Turmeric — to boost the immune system.
- Salt — to aid hydration. (A little is good, a lot isn't.)
- Cayenne pepper — to relieve congestion

If desired, replace raw chicken with 1 1/2 cups shredded cooked chicken (add when shredded chicken is called for in the recipe). Serving sizes vary depending on the appetite of the patient.

GET WELL CHICKEN SOUP

SERVES 3-4

- 2 Tbs. olive oil
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1/8 tsp. ground cayenne pepper
- 1/4 tsp. salt
- 1/4 tsp. ground black pepper
- 1/8 tsp. ground turmeric
- 1/8 tsp. ground ginger
- 1 Tbs. grated lemon rind
- 6 cups chicken broth (homemade or purchased)
- 1 lb. boneless, skinless chicken breast
- 2 large carrots, chopped
- 1 medium-large red bell pepper, chopped
- 2 large zucchinis, chopped
- 1 Tbs. lemon juice

Heat oil in a large soup pot over medium-high heat. Add onion and sauté until beginning to turn translucent. Add garlic. Sauté until garlic is beginning to brown. Add cayenne pepper, salt, black pepper, turmeric, ginger, lemon rind and chicken broth. Bring to simmer. Lower heat to keep at a simmer. Add chicken breast, cover, and simmer until cooked through. Remove chicken and shred. Return soup to simmer and add chopped vegetables. When vegetables are just tender, add shredded chicken and simmer until vegetables are softened and chicken is heated through. Add lemon juice. Stir well. Taste and correct seasonings.

Faith Kramer writes a food column for the j., the Jewish News of Northern California (<https://www.jweekly.com/author/faith-kramer/>). She is the author of 52 Shabbats: Friday Night Dinners Inspired by a Global Jewish Kitchen. More at www.faithkramer.com. Contact her at fjkramer@msn.com.

**THANK YOU TO ALL WHO MADE OUR 2024 PURIM BASKET FUNDRAISER SUCH A SUCCESS --
NETTING NEARLY \$70,000 FOR THE TBA SCHOOLS WITH A PORTION GOING TO MAZON,
A JEWISH RESPONSE TO HUNGER!
THANKS TO ALL MEMBERS WHO DONATED TO MISHLOACH MANOT
& TO THOSE VOLUNTEERS WHO WORKED TO MAKE IT HAPPEN!!!**

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Adrienne Miller, Alicia Cernitz, Amy Gerard, Amy Schoenblum, Amy, Steve and Scott Tessler, Andrew Meklin, Andy Campbell, Ann Gordon, Barbara Gross, Barry Barnes, Caren Sencer, Celine Piser, David Baglein, David Goldstein and Sharon Shoshani, Debbie Spangler, Ellen Kaufman and David Weiner, Elyse Gilbert, Eric Leve, Flo Raskin, Frances Fisher, Helene Blatter, Hilda Pressman, Howard Zangwill and Stacy Margolin, Jerry and Anne Levine, Jessica and Drew Kessler, Jessica Sarber, Jill Oggeri, Joan Korin, Joan and Richard Rubin, Jody London, Josh Polston and Lisa Spielman Polston, Joy Jacobs, Julie and Eva Katz, Karen Bloom, Karen Kelley, Karen Shaw, Kelsi and Asher Perttula, Laura Wildmann, Leah and Joel Goldberg, Liat Porat, Liz Fleischman, Lori Morris, Lori and David Rosenthal, Lynn Langfeld, Mal Pacheco, Marcia Benjamin, Moira and Aaron Belikoff, Norm and Jan Frankel, Rachel Goldstone, Rachel Kuperman, Rayna and Saul Arnold, Renee and Michael Marx, Ruth and Greg Morris, Sarah Tunik and Dan Oppenheimer, Sid Levy, and Ward Hagar.

College / Out of Area Congregant Basket Mailing

The Barach Family- Debby, Rachel, and Marc

Route Coordination

Jeanne Korn, Kevin Brashem and Eli Messinger

Data Entry and Database Management

Virginia Tiger

Mailing Prep

Amy Tessler and Virginia Tiger

Heavy Lifting and Support

Joe Lewis, Gilbert Berry, Will Stanley, Rod Watson, Juston Woodard, De' Marya Vaughn

Food Sourcing:

Steve Tessler

Basket Production

Abby Zangwill, Amy Kaminer, Amy, Steve and Scott Tessler, Beth Glick, David Baglein, Eli Messinger, Jeanne Korn, Jing and Joel Piser, Lori Morris, Lynn, Marshall and Garrett Langfeld, Renee and Michael Marx. Rob DeBare

Basket Schleppling

Amy, Steve and Scott Tessler, Eli Messinger, Gilbert Berry, Jeanne Korn, Rayna Arnold

Basket Contents:

- American Licorice Company
- Gus's Community Market SF
- Mollie Hertz Interfaith Outreach Fund
- Trader Joe's
- Liat Bostick, Realtor-
The Grubb Company
- Santini Foods
- Semifreddi's Bakery

And of course, the incredible MM2024 Committee

Amy and Steve Tessler, Debby and Marc Barach, Eli Messinger, Jeanne Korn, Jing and Joel Piser, Rayna Arnold and Virginia Tiger





TBA gratefully acknowledges every member family who financially contributed to Mishloach Manot. Gan Avraham, Bet Sefer and Mazon (a Jewish response to hunger) will greatly benefit from your participation and generosity.

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PURIM 2024





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Charity is equal in importance to all the other commandments combined.

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wishing Outi good health in 2024
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in memory of Mani Saidian
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in memory of Faye Renshaw
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in memory of Margary London,
Jody London's mother
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in memory of Adeline Freeman
Rabbi Arthur Gould,
in memory of Joseph Gould
Rabbi Arthur Gould,
in memory of Shirley Gould
Sanford L. & Mary L. Greenberg,
in memoery of Sanford Lewis
Greenberg, my husband and father
of Lisa
Steven & Penny Harris,
in memory of Evelyn Harris
Steven & Penny Harris,
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in memory of Reuven Yaron
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in memory of Moshe Naggar
Angelina Levy

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Sally Shore,
in memory of Dr Simon Haskell

המקום ינחם ינתם אתכם בתוך שאר אבלי ציון וירושלים

May God comfort you among all the mourners of Zion and Jerusalem

22 - 26 ADAR-II

April 1 - 5

Carol Robinson
Midred Arenbart Adler
Pauline Belzer
Sue Kantor
Ethel Rose Kapler
Carol Rosenberg
Faye Zaslov
Maria Belina
Morris K. Cohen
Esther Simmi Gold
Albert Hyman
Freda Katz
Morris Lerman
Horace Joseph Marx
Bernice Ring
David Weinstein
Miriam Goldberg
Esther Morofsky
Saul Pearce
Robert Bostick
Peter Hecht
Jennie Rosenzweig
Herman Zatkun

27 ADAR-II - 4

NISSAN

April 6- 12

Ariel David
Joeseeph Kantor
Leo Wood
Sam Frankel
Jack Helfend
Manfred Wildmann
Barbara May Benjamin
Boris Carasick
Eileen Kessler
Michael Lasar
Mary Leavitt
Samuel Neuman
Arleen Shub Robinowitz
Tillie Rubin
Ervin Schwarcz
Maurice Veiss
Charles DeBare
Sidney Getzovitz
Jack Kubalik
Gayle Raskin
Dan Ben-Zeev

Anne Goor
Werner Gross
Dora Herszman
Samuel Lampart
Regina Mendel
Irving Lutz
Samuel Moses
Richard Leavitt
Adolph Moore

5 - 11 NISSAN

April 13 - 19

Bettie Bercovich
H. Andre Blau
Herman Hertz
Nathan Blumstein
Vernon Albert Bonar
Samuel De Vorin
Richard Fickes
Allen Lee Lipsett
Pola Silver
Hilda Brodke
Pearl Brodke
Dolores Cain
Herman Eckhaus
Sarah Gordon
Blanche Groskopf
Israel Kurtz
Shirlee Perl
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Rose Gottesman
Elliott A. Nankin
Jocelyn Holton
Samuel Jarmulowsky
Alice Kessler
Annie Levit
Leo Lorber

Rebecca Rubin
Mary Weiss

12 - 18 NISSAN

April 20 - 26

Lonnie Balint Blutstein
Nelly Collins
Joseph Epstein
Janet Gordon
Fritz Gottschalk
Philip Oseroff
Ben Weiss
Stanley Behr
Donald Bleiberg
David Cook
Jack David Leon
Aaron David Lutzky
Vera Popper
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Roslyn Wellner
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Annethe Tora Clar
Rose Gelfand
Herbert L. Groginsky
Avrum A. Raskin
Richard Frankel
Solomon Saidian
Rebecca Tobias
Frances F. Weiner
Joseph David Weiss
Jacob Zilverberg
Bessie Altman
Sidney Arenbart
Michael Nicholas Miller
Samuel Schechtman
Therese Schwarcz
Edward Bernard Glick
Murray Goldstein
Richard Gray
Stephen Lazar
Jacob Weinstein

19 - 25 NISSAN

April 27 - May 3

Charles Friedman
Seth Gordon
Abraham Hoffman

Eve Reingold
Birdie Weisbrod
Nathan Weissman
Renee Davis
Jerome Desser
Sidney Szepsel Kahane
Albert Levine
Marilyn Reinman
Albert Louis Bloch
Pavel Blymenkrantz
Raymond Bolton
Gussie Leson
Howard Maccabee
Sophelina Reingold
Annie Silver
Augusta Wolffs
Claire Mintzis Braaf
Ezekiel DeKoven
Lily Fidora Gelfand
Saul Gillick
David Klein
Bernard Kramer
Shelly Jane Raskin Lipton
Aaron Nudler
Lynn Sandberg
Rose Applebaum
Mildred Burnstein
Shlomo Fixler
Abraham Grossman
Samuel Heimy
Nancy Quittman
Rosalie Rogers
Connie Schwartz
Annie Silver
Leon Benjamin
Sidney Bernstein
Bertha Bercovich
Joseph Jacobs
Lillie Pearl Silver
Mary Simon

26 NISSAN - 2 IYAR

May 4 - 10

John Myers Allswang
Joseph Banks
Barbara Miriam Engel
Mayer Goldberg
Lou Schotland
Herman Weisman

Continued on page 20

APRIL & MAY YAHRZIETS CONT.

Continued from page 19

Alvin Alper
 Harry Ben David
 Maurice Glasser
 Moses Rynski
 Raizel Rynski
 Isadore Schechtman
 Faygel Scheinerman
 Mordechai
 Scheinerman
 Elsie Sirull
 Bob Weiss
 Harold Zurier
 Jessica Manasse
 Max Blatter
 Rose Mauskopf
 Simon Nankin
 Milton Rosenthal
 Pearl Weinstein
 Maurice Bolton
 Florence Gerstler
 Alice Kohn Jay
 Burton Polse
 Irma Maidenberg
 Pearl Myers
 Jacob L. Schiffman
 Ida Dorothy Schwartz
 Frank S. Cohen
 Phoebe Grossman
 Charlotte Nathanson
 Victoria Windler

3 - 9 IYAR

May 11 - 17

Steven Beilock
 Morris Gerstler

Reuben Levy
 Dorothy Dronsick
 Eva Liss
 Maisie Steckel
 Alice Steiner
 Jeanette Esrig
 Cecile Kaufman
 Harry Lazerwitz
 Jane Saunders
 Abraham Shapiro
 Shirley Silver
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 Hannah Herfield
 Thomas F. Hoffman
 William Klinger
 Leah Lampart
 Benjamin Paul
 Herman Adler
 Bernard Freimark
 Anna B. Gurman
 Anna Kass
 Gitel Rothblatt
 Soloman Klor
 Ella Morrison
 Otto Schweid

10 - 16 IYAR

May 18 - 24

Faye Young
 Harry Braaf
 Benjamin Ramo

Linda B. Rosenthal
 Frances Cohen
 David Gross
 Noah Nathan
 Nathan Rosenblatt
 George Zuckerman
 Joe Karren
 Stanley Korn
 Louis Wachsmann
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 David Harris
 Olga Kjelsberg
 Alan Pressman
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 Bernard Schreiber
 Rebecca Schulman
 Chassida (Ceda)
 Wittenberg

17 - 23 IYAR

May 25 - 31

Betty Gitomer
 Samuel Lichtenstein
 David Baum
 James Craft
 Howard L. Levy
 Rose Schwartz
 Gertrude Veiss
 Elaine Ehrenkranz

Clarice Ackrish
 Fanning
 Annie Grutman
 Gussie Kassels
 Eunice Kelly
 Samuel Schecht
 Manuel Wasserman
 Helen Bromberg
 Dorothy Goldberg
 Farangiz "Frances"
 Nour-Omid
 Pauline Zehnqut
 Leslie Berger
 Lillian Braudy
 Hans Garfunkel
 Robert Hyman
 Lou Berl
 Irving Dronsick
 Margaret Naggarr
 Harold Rosenberg
 Lillian Tuman
 Charlotte Dane Brodke
 Elaine Goodman
 Sarah Mendelsohn
 Ida Rosen
 Janice Snyder
 Heinrich Spritzer
 Mathilda Ritter Spritzer

Recent Deaths in Our Community

Elyse Bleaman, mother of **Isaac Bleaman (Reyna Schaechter)**

Robert Bruner, father of **Marc (Eden) Bruner**

John Eberhart, brother of **Anne (Jerry) Levine**

Jack Weingarten, father of **Jo (Michael) Golub**

Sara Barach, mother of **Marc (Debra) Barach**

Alexander Kaufman, son of **Richard & Audrey Kaufman**

David Disco, father of **Matthew Disco (Sandy Rappaport)**



May their memory be for a blessing

Mazel Tov to:



Megan Chartier & Jordan Cohen
on the birth of their son **Zev**
Jessica & Benjamin Quaye on the birth of their
daughter **Maya Sophia Adarku**
Tommy & Skye Morgan on the birth of their
daughter **Emory Janice**

Welcome New Members

Nicole Gordon
Jeff Kramer
Tom & Amy Kelly. Children Asher, Livana, Micah
Mitchell Richman & Ava Kahn
Alejandro & Kirah Caminos.
Sons Alejandro, Tomas & Andres
Gary Resnick & Marlowe Crawford

A LEGACY GIFT LASTS FOREVER

Include TBA in your Estate Planning so that your message to your family is loud and clear:

“The existence of Temple Beth Abraham is important to me and for the future of Jews in Oakland.”

Contact TBA’s Executive Director
Rayna Arnold for further details
(510) 832-0936 or rayna@tbaoakland.org.

You are never too young to plan for the future!

MEMORIAL PLAQUE

Anyone wishing to purchase a memorial plaque, please contact the synagogue office at (510) 832-0936. If you do not know the location of a Memorial Plaque for your loved one, simply find the Memorial Plaque binder located on the back table in the Sanctuary. This book lists all Plaques in alphabetical order by the last name of the deceased and will be updated as new Plaques are hung. Please do not remove the binder from the Sanctuary.

It is a Jewish tradition to give contributions to commemorate life cycle events and other occasions. These tax-deductible donations are greatly appreciated and are a vital financial supplement to support the variety of programs and activities that we offer.

Thanks again for your support! We could not do it without you!

FUND CONTRIBUTION FORM

This contribution of \$ _____ is
(check one) ___ in Memory of ___ in Honor of:

(Name) _____

Acknowledge _____

From: _____

To: _____

Address: _____

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- Leo and Helen Wasserman Education/Cultural Fund
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APRIL CALENDAR

APRIL 2024			22ADAR II – 22 NISAN 5784			
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 (22 Adar II) 8:00am Morning Minyan	2 (23 Adar II) 4:00pm Bet Sefer	3 (24 Adar I) 9:00am Weekly Text Study 10:00am Kindergym 1:00pm WTBA Bingo at Reutlinger 7:00pm BBYO meetings 7:15pm Adult Trope Class 7:30am Intro to Judaism	4 (25 Adar II) 8:00am Morning Minyan 10:00am Kindergym 4:00pm Bet Sefer 7:30pm Men's Club Mtg	5 (26 Adar II) 10:00am Kindergym 6:15pm Kabbalat Shabbat 7:18 Candle lighting	6 (27 Adar II) Shabbat HaChodesh Parasht Shmini Mevarchim Chodesh Nisan 9:00am A Taste of Text Study via zoom 9:30am Shabbat Services WTBA Shabbat 10:00am T'fillat Y'ladim 10:30am Shabbat Mishpacha 12:45pm Mah Jongg 8:20p Havdalah
7 (28 Adar II) 3:30pm Jewish Baby Network brings Melita of Octopretzel to prepare for Pesach	8 (29 Adar II) 8:00am Morning Minyan	9 (1 Nisan) Rosh Chodesh Nisan 4:00pm Bet Sefer	10 (2 Nisan) 9:00am Weekly Text Study 10:00am Kindergym 7:00pm BBYO meetings 7:30am Intro to Judaism	11 (3 Nisan) 8:00am Morning Minyan 10:00am Kindergym 4:00pm Bet Sefer Men's Club Wine Tasting	12 (4 Nisan) Gan closed for Parent/teacher conferences 10:00am Kindergym 6:15pm Kabbalat Shabbat Service 7:25p Candle lighting	13 (5 Nisan) Parashat Tazria 9:00am A Taste of Text Study via zoom 9:30am Shabbat Services B'nai Mitzvah of Amit & Aaron Bornstein 8:26p Havdalah
14 (6 Nisan) 10:00am CPR/AED class for those who signed up Kitchen is cleaned for Pesach	15 (7 Nisan) 8:00am Morning Minyan	16 (8 Nisan) 4:00pm Bet Sefer 7:30pm TBA Board Mtg 7:30pm TBA Book Club	17 (9 Nisan) 9:00am Weekly Text Study 6:00pm Tichon 10 th grade 7:00pm BBYO meetings 7:30am Intro to Judaism	18 (10 Nisan) Yom HaAliyah NO KINDERGYM THIS WEEK 8:00am Morning Minyan 4:00pm Bet Sefer 7:00pm WTBA Pesach Line Dancing	19 (11 Nisan) 6:15pm Kabbalat Shabbat 7:31p Candle lighting	20 (12 Nisan) Shabbat HaGadol Parashat Metzora 9:00am A Taste of Text Study via zoom 9:30am Shabbat Services 10:00am Junior Congregation 12:45pm Mah Jongg 8:33p Havdalah
21 (13 Nisan) 4:00pm Family Seder with PJ Library	22 (14 Nisan) Erev Pesach Ta'amit Bechorot Office closes 1:00pm 8:00am Morning Minyan 7:34p Candle lighting	23 (15 Nisan) Pesach I Office Closed 9:00am Pesach Service with Kiddush 8:35p Candle lighting	24 (16 Nisan) Pesach II Office Closed 9:00am Weekly Text Study 6:00pm Tichon 10 th grade 7:00pm BBYO meetings 7:30am Intro to Judaism 8:36p Havdalah	25 (17 Nisan) 8:00am Morning Minyan	26 (18 Nisan) 6:15pm Kabbalat Shabbat 7:38p Candle lighting	27 (19 Nisan) Pesach V 9:00am A Taste of Text Study via zoom 9:30am Shabbat Services 8:39p Havdalah
28 (20 Nisan) 7:40p Candle lighting	29 (21 Nisan) Pesach VII Office & Gan closed 8:00am Morning Minyan 8:41p Candle lighting	30 (22 Nisan) Pesach VIII Office & Gan closed 9:00am Pesach Yizkor Service with Kiddush 8:42p Havdalah				

MAY 2024			23 NISAN – 23 IYYAR 5784			
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 (23 Nisan) 9:00am Weekly Text Study 10:00am Kindergym 1:00pm WTBA Bingo at Reutlinger 7:00pm BBYO meetings	2 (24 Nisan) 8:00am Morning Minyan 10:00am Kindergym 4:00pm Bet Sefer 7:00pm WTBA Girls Night Out – Play Bunco	3 (25 Nisan) 10:00am Kindergym 6:15pm Kabbalat Shabbat 7:44 Candle lighting	4 (26 Nisan) Parashat Achrei Mot Mevarchim Chodesh Iyyar 9:00am A Taste of Text Study via zoom 9:30am Kitah Vav Shabbat Services 10:30am Shabbat Mishpacha 12:45pm Mah Jongg 8:46p Havdalah
5 (27 Nisan) 10:00am CPR/AED class for those signed up Yom HaShoah Program	6 (28 Nisan) Yom HaShoah 8:00am Morning Minyan	7 (29 Nisan) 4:00pm Bet Sefer	8 (30 Nisan) Rosh Chodesh Iyyar 9:00am Weekly Text Study 10:00am Kindergym 7:00pm BBYO meetings	9 (1 Iyyar) Rosh Chodesh Iyyar 8:00am Morning Minyan 10:00am Kindergym 4:00pm Bet Sefer	10 (2 Iyyar) Gan closes 1PM for staff mtg 10:00am Kindergym 6:15pm Kabbalat Shabbat Service 7:50p Candle lighting	11 (3 Iyyar) Parashat Kedoshim 9:00am A Taste of Text Study via zoom 9:30am Shabbat Services Bat Mitzvah of Elinor Rigelhaupt
12 (4 Iyyar) Mother's Day	13 (5 Iyyar) Yom HaZikaron 8:00am Morning Minyan	14 (6 Iyyar) Yom HaAzma'ut 4:00pm Last Day of Bet Sefer with BBQ	15 (7 Iyyar) 9:00am Weekly Text Study 10:00am Kindergym 7:00pm BBYO meetings	16 (8 Iyyar) 8:00am Morning Minyan 10:00am Kindergym 7:00pm Men's Club Poker Night for all	17 (9 Iyyar) 10:00am Kindergym 6:15pm Kabbalat Shabbat 7:57p Candle lighting	18 (10 Iyyar) Parashat Emor 9:00am A Taste of Text Study via zoom 9:30am Shabbat Services Bat Mitzvah of Eva Rosenberg 12:45pm Mah Jongg 8:58p Havdalah
19 (11 Iyyar) 10:00am TBA Annual Meeting 1:00pm Shabbat Security Greeter training	20 (12 Iyyar) 8:00am Morning Minyan 7:30pm TBA Book Club via zoom	21 (13 Iyyar) 7:30pm TBA Board Mtg	22 (14 Iyyar) Pesach Shemi 9:00am Weekly Text Study 10:00am Kindergym 7:00pm BBYO meetings	23 (15 Iyyar) 8:00am Morning Minyan 10:00am Kindergym	24 (16 Iyyar) 10:00am Kindergym 6:15pm Kabbalat Shabbat 8:02p Candle lighting	25 (17 Iyyar) Parashat Behar 9:00am A Taste of Text Study via zoom 9:30am Shabbat Services Bat Mitzvah of Lilah Sadikman 9:03p Havdalah
26 (18 Iyyar) Lag BaOmer	27 (19 Iyyar) Memorial Day Office & Gan closed 8:00am Morning Minyan 7:30pm Rosh Chodesh Mtg via zoom		29 (21 Iyyar) 9:00am Weekly Text Study 10:00am Kindergym 7:00pm BBYO meetings	30 (22 Iyyar) 8:00am Morning Minyan 10:00am Kindergym	31 (23 Iyyar) 10:00am Kindergym 6:15pm Kabbalat Shabbat with Kith Zayin Graduation 8:07p Candle lighting	



Temple Beth Abraham
327 MacArthur Boulevard
Oakland, CA 94610

PERIODICALS
POSTAGE
PAID
Oakland, CA
Permit No. 020299



Non-Perishable Food Drive* Now through April 14

**no glass containers please*

TBA Annual Meeting | May 19

MORNING MINYAN

Monday and Thursdays at 8 am*
in the TBA Chapel.

No RSVP - just join the group

*One Exception on Start Time:

9:30 AM on Thanksgiving &
Federal Holidays when a B'nai Mitzvah
is being held

