



**Temple  
Beth  
Abraham**

the **Omer**

Volume 44, Number 5

April & May, ADAR/IYAR 5784



Photo by Gregg Morris

*Medicine and Judaism*

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Omer	see page 9
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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.

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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](mailto: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.

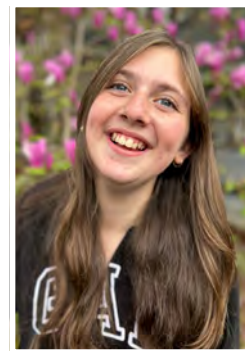
And then came the home-cooked meals and the visits. I received soup, Shabbat dinners, kiddush lunches and kosher chicken. Thank you to all who came by with a friendly face and something to eat. My husband took care of me, as I couldn’t walk, let alone cook myself, and the meals nourished us both.

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

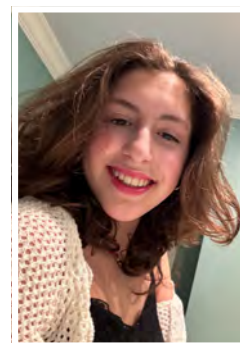
My name is Elinor Rigelhaupt. I am a seventh grader at Montera Middle School. I live in Oakland with my grandparents, parents, and brother Solomon. I love to play soccer and spend time with my friends and family. My parsha is Kedoshim and comes from the book of Leviticus, Chapter 19. It is about instructing 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 יְהוָה, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ  
בְּמִצְוֹתָיו, וְצִוָּנוּ עַל כְּעוֹר הַחֹמֶץ.**

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, com-  
manding 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 חֲמִיצָה וְחֲמִיעָה דְאֵכָא בְרִשְׁוֹתַי, דְלֵא חֲמִתָּה  
וְדֵלֵא בְעֵרְתָּהּ וְדֵלֵא יִדְעֵנָא לְהָ, לְכַטְל  
וְלְחַוֵּי 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](http://www.faithkramer.com). Contact her at [fjkramer@msn.com](mailto: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!!!**

### Route Drivers & Helpers:

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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 Tsutomu Satomi & Hildie Spritzer  
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 Gary Zimmerman & Kathy Saunders



PURIM 2024







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

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Marc Backer & Susan Standel Backer  
Joshua & Heidi Bersin,  
in memory of Richard L Bersin  
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Fifi Goodfellow,  
in memory of Latifa Naggar  
Alyson Greenlee,  
in memory of Arnie London  
Annette Rivlin,  
in memory of Arnie London  
Marilyn Sanford,  
in memory of Margery Ethel London

## **High Holy Days Appeal**

Adam & Diana Miller  
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Adam & Diana Miller

## **General**

Jeffrey & Susan Callen, in honor of  
Eden Maidenbergs's Bat Mitzvah  
Elizabeth & Joe Charlip, in honor of  
Tate Schwartz's Bar Mitzvah  
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Sandy Gross & Paula Reinman,  
in memory of Mary Gross  
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in memory of John Daniel Rego Sr  
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wishing Outi good health in 2024  
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Sidney, Kathe, Bill Biglovsky &  
Richard and Mina Gutmann

## **Yom Ha Shoa**

Sally Aelion & Barry Boston,  
in memory of Adele Mendelsohn  
Sally Aelion & Barry Boston,  
in memory of Rachel Aelion  
Rami & Daphne Albert,  
in memory of Avraham Elbert  
Celia Somers,  
in memory of Adele Mendelsohn

## **Rabbi Discretionary**

Michael Aronson & Jody London,  
in memory of Arnie London  
Michael Aronson & Jody London,  
in memory of Margary London,  
Jody London's mother  
Richard & Janice Freeman,  
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,  
in memory of Goldie Brody  
Myra Kaplan  
Meirav Yaron & Joshua Brandt,  
in memory of Reuven Yaron  
Steven & Victoria Zatkin,  
in memory of Gertrude Kingston

## **Endowment**

Sally Aelion & Barry Boston,  
in memory of Agnes Pencovic  
Fifi Goodfellow,  
in memory of Moshe Naggar  
Angelina Levy

## **Herman Hertz Israel Scholarship**

Maurice Engel,  
in memory of Ethel Engel

## **Mollie Hertz Interfaith Outreach**

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  
Samuel Peters  
Jennie Bercovich  
Bernie DeKoven  
Anna Hoffman  
Irving Barach  
James Abe Dickson  
Stuart Gellman  
Martha Harris  
Herbert Jacobs  
Viet Pham  
Kevin Romero  
Samuel Shneiderman  
Grace Gill  
Ada Gillick  
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  
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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  
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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  
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 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  
 George Welle  
 Al Gjovig  
 Hannah Rubin  
 Janet Bleckner  
 Bernard Fogel  
 Henry Isaac Friendly  
 Ida Gevertz  
 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  
 Stephen Kaplan  
 Ethel Kronick  
 Joyce Oppen  
 Stephen Wittenberg  
 Irene Balint  
 Gloria Reid  
 Bernard Sencer  
 Charles Silberstein  
 Charles Silver  
 David Harris  
 Olga Kjelsberg  
 Alan Pressman  
 Arnold Rosenthal  
 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 Naggar  
 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](mailto: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: \_\_\_\_\_

Address: \_\_\_\_\_

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- Harold Rubel Memorial Music Fund
- Rosebud and Ben Silver Library Fund
- Sam and Shirley Silver Playground Fund
- Pola Silver Teen Holocaust Education Trip Fund
- Leo and Helen Wasserman Education/Cultural Fund
- Safety and Security

# 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  <b>7:18 Candle lighting</b>	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  <b>8:20p Havdalah</b>
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 <b>Men's Club Wine Tasting</b>	12 (4 Nisan)  Gan closed for Parent/teacher conferences 10:00am Kindergym 6:15pm Kabbalat Shabbat Service  <b>7:25p Candle lighting</b>	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  <b>8:26p Havdalah</b>
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 <sup>th</sup> grade 7:00pm BBYO meetings 7:30am Intro to Judaism	18 (10 Nisan) Yom HaAliyah  <b>NO KINDERGYM THIS WEEK</b>  8:00am Morning Minyan 4:00pm Bet Sefer 7:00pm WTBA Pesach Line Dancing	19 (11 Nisan)  6:15pm Kabbalat Shabbat  <b>7:31p Candle lighting</b>	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  <b>8:33p Havdalah</b>
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  <b>7:34p Candle lighting</b>	23 (15 Nisan) Pesach I  Office Closed 9:00am Pesach Service with Kiddush  <b>8:35p Candle lighting</b>	24 (16 Nisan) Pesach II  Office Closed 9:00am Weekly Text Study 6:00pm Tichon 10 <sup>th</sup> grade 7:00pm BBYO meetings 7:30am Intro to Judaism  <b>8:36p Havdalah</b>	25 (17 Nisan)  8:00am Morning Minyan	26 (18 Nisan)  6:15pm Kabbalat Shabbat  <b>7:38p Candle lighting</b>	27 (19 Nisan) Pesach V  9:00am A Taste of Text Study via zoom 9:30am Shabbat Services  <b>8:39p Havdalah</b>
28 (20 Nisan)  <b>7:40p Candle lighting</b>	29 (21 Nisan) Pesach VII  Office & Gan closed 8:00am Morning Minyan  <b>8:41p Candle lighting</b>	30 (22 Nisan) Pesach VIII  Office & Gan closed 9:00am Pesach Yizkor Service with Kiddush  <b>8:42p Havdalah</b>				

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  <b>7:44 Candle lighting</b>	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  <b>8:46p Havdalah</b>
5 (27 Nisan)  10:00am CPR/AED class for those signed up  <b>Yom HaShoah Program</b>	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  <b>7:50p Candle lighting</b>	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  <b>7:57p Candle lighting</b>	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  <b>8:58p Havdalah</b>
19 (11 Iyyar)  10:00am TBA Annual Meeting 1:00pm Shabbat Security Greeter training	20 (12 Iyyar)  8:00am Morning Minyan  <b>7:30pm TBA Book Club via zoom</b>	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  <b>8:02p Candle lighting</b>	25 (17 Iyyar) Parashat Behar  9:00am A Taste of Text Study via zoom 9:30am Shabbat Services Bat Mitzvah of Lilah Sadikman  <b>9:03p Havdalah</b>
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  <b>8:07p Candle lighting</b>	



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

