SERVICES SCHEDULE
Monday & Thursday Morning Minyan
In the Chapel, 8:00 a.m.

Friday Evening (Kabbalat Shabbat)
In the Chapel, 6:15 p.m.

Candle Lighting Times (Friday)
April 5  7:18 pm
April 12  7:25 pm
April 19  7:31 pm
April 26  7:37 pm

Shabbat Morning
In the Sanctuary, 9:30 a.m.

Torah Portions (Saturday)
April 6   Tazria  
April 13  Metzora  
April 20  Pesach I  
April 27  Pesach VIII

WEEKLY TEXT STUDY with Rabbi Bloom
Pirke Avot   |  Every Wednesday, 9am-10am
L’Acajou Bakery and Cafe
5020 Woodminster Lane, Oakland
Beginners welcome.

MORNING MINYAN
Mondays & Thursdays in the Chapel
Minyan service, starts at 8:00 a.m., lasts about an hour, and is really a great way to start the day. As an added bonus, breakfast is served immediately afterwards.

MAH JONGG
Join us to play, usually on the second Shabbat of each month as we gather in the Chapel after Kiddush.
For beginners and experienced players.
April 13, May 9

EASIEST FUNDRAISING FOR TBA
Use Amazon and TBA will receive a percentage
Go to this link and enjoy your shopping!:
http://smile.amazon.com/ch/94-1375793
PURIM 5779!

Purim Service and Reading the Megillah

Bet Sefer Carnival
Modeh Ani—A Deep Dive

Modeh Ani—A Deep Dive

Modeh Ani—A Deep Dive

Thankful am I before You, the Sovereign, living and eternal, that has restored my soul to me with mercy, great is Your faithfulness.

Modeh Ani is the first prayer traditional Jews say when they wake up in the morning. It is traditionally said even before one gets out of bed. In general, now that we have “opened our eyes” (not mentioned literally in the prayer, but the theme of this Omer issue and certainly implied), we should express thanksgiving.

But why these particular words and what are their origins?

The origin of Modeh Ani is very surprising. It is based on the Biblical Book of Lamentations 3:22-23, where it says: “Hashem’s mercies are not consumed; surely God’s compassions do not fail. They are new every morning. Great is your faithfulness.”

For a prayer that is so upbeat and positive, that source is surprising. Lamentations is a very dark and painful book. It is said to be the prophet Jeremiah’s words after witnessing the destruction of the 1st Temple in Jerusalem, and those words are brutal. We read them on Tisha b’Av, the day which commemorates the many tragedies which have befallen the Jewish people.

This line about God’s great mercy, compassion, and faithfulness not failing is a stark contrast with the rest of the book. Jeremiah is trying to convince the Israelites (and perhaps himself) that, as bad as things may be at the moment, we should be grateful that we are even alive to see another day. If he and his compatriots can survive all that, the least we can do is express the same thanksgiving in our less traumatic lives.

That’s the background. The words themselves work well in short phrases. “Thankful am I before You” means that we should not take for granted the fact that we wake up to another day.

“The Sovereign, living and eternal” acknowledges that it is thanks specifically to God. It is a statement of faith in God’s existence and in the idea that there is order in the universe.

“That has restored my soul to me” references the creation story in Genesis when God blew into Adam’s nostrils the breath of life. The soul is the breath of life, and the process of waking up is like a mini renewal of creation.

“With mercy” reminds us that as judgment-oriented as God can seem, God’s predominant quality, at least when it comes to human beings, is actually mercy.

It ends with “great is Your faithfulness,” tying it all together with the idea that God has faith in us that we will wake up to a new day and make it a good one, perhaps also implying that we, being created in God’s image, can exhibit that same faithfulness in ourselves and others.

Hopefully these ancient words will be meaningful to you. If not, think of a more modern twist to it, the song written by Anthony Newley and Leslie Bricusse but first popularized by Nina Simone, where it says “it’s a new dawn, it’s a new day, and I’m feeling good.”

That’s Modeh Ani. Now go make yourself a nice cup of coffee.
Being open to different perspectives
By Alice Hale

People sometimes ask me why I agreed to be president of the congregation. “Doesn’t it take up a lot of your time?” It does, sometimes, but that isn’t the most challenging thing about it. I agreed to serve on the board, and to be president, because I really love this community, and this institution. I think it has developed and grown over the years to be a really strong, vibrant organization. It provides a good Jewish education for our children, social connections for me and my family, and a community I love to share both the good and difficult times of my life with. I think we represent Jewish values well to our neighbors, and I think we provide a warm spiritual home to our members, whether they are here to pray, celebrate a Bar Mitzvah, or to say Kaddish.

But there are challenges to being president, and I don’t just mean giving a speech at Rosh Hashanah, or making it to all those meetings. The biggest challenge is to try to keep my eyes open to see TBA as others see it. How welcoming are we really to visitors, to new families, to empty nesters? Do we offer enough for our single members? How do we balance being open and welcoming, with making our campus safe and secure?

Sometimes opening my eyes means seeing that we are not always at our best. It is hard when one is so invested in an organization, to see the things we do wrong, or at least could do better. But I think it is important for those of us in leadership positions to not only see these things, but to be open to hear criticism, and to listen to those who think we should do things differently.

I don’t always agree with the criticism, and I don’t always think we should change how we do things. But I do appreciate hearing different opinions, and trying to see things from a different perspective. Sometimes criticism can help an organization or institution clarify its goals and values. Sometimes, it can help us make minor adjustments or course corrections that keep us true to who we are. And sometimes it can lead to a major re-evaluation of something we are doing, and lead us to make different choices.

I hope during my term that everyone at TBA feels they can come to me with comments, ideas and, yes, even criticisms of how we do things. I can’t promise that I will agree, or make the changes that you would like. But I do promise to be open, to listen and to consider what you say, as thoughtfully as possible.
Eyal’s Upsherin: A holy haircut for a boy surrounded by family and love
By Jacqueline Palchick

Recently, 100 people who are special to my family gathered in the social hall to give my son, Eyal, newly three, his first haircut. His hair was cut by most of the guests, ranging from his 2-year-old Gan classmates, all his Gan teachers, three Rabbis, and special people in his life ranging from toddlers to 90-year-olds. Sound a little different from your first haircut?

This was not just any haircut, but an Upsherin, a Jewish custom that began hundreds of years ago to abstain from cutting a boy’s hair until he reaches age three, at which point he has a first haircut, marked by a joyous celebration. In Yiddish, Upsherin translates to ‘shearing.’

The origins of this custom are in the Torah; when a Jew plants a fruit tree, the Torah instructs that one cannot partake of its fruit in the first three years of growth. In various places in the Torah, a person is compared to a tree; one of my favorites is from the prophet Isaiah – “For as the days of a tree, shall be the days of people (65:22).” However, more moving to me is this passage from the Talmud, which refers to one whose roots are numerous – “even if all the winds of the world were to come and blow against it, they could not budge it from its place (Pirkei Avot 3:22).” The guests at Eyal’s Upsherin were not just coming together to give him a haircut; they were there to teach him that his roots are numerous and deep by the love and care he receives from his community. I wanted to honor the people who are helping to nurture and grow Eyal into a strong tree by including them in this special ceremony.

Waiting three years to cut Eyal’s hair hasn’t been easy – combing those incredibly long, curly, and often knotted locks was a labor of love. His ever-present man-bun was often messy and it was difficult to get him to sit still long enough to do anything about it. The decision to wait for three years to cut his hair and have an Upsherin was made on February 29, 2016 – the day before I went into the hospital to have Eyal. I attended my first Upsherin that day and was overwhelmed by the warm feeling of community and love that touched everyone who attended.

So now Eyal has his “big-boy” hair and looks incredibly grown-up to me, almost like a different child. As I watched him sit patiently while guests cut his hair, I felt the love of our

Continued on page 19
Modeh Ani: Grateful attitude begins in the morning
By Rebecca Sparks

It always began with the sound of the drums...it was our very own “call to prayer” each morning at Tehiyah Day School. The assorted congas and other hand drums signaled that we all needed to migrate to the courtyard. Rabbi Tsipi Gabai would then take her wireless mic, and sing a piyyut. Gradually the courtyard would fill with children standing in rows with their classes, the parents and guests off to the sides. After a small drash, and a few announcements, she would lead us in prayer… “modeh ani lefanecha, melech chai v’kayam”...a joyous song that filled the air each and every day. “I am grateful, I am thankful.” Rabbi Tsipi would often talk about the importance of showing gratitude. She would tell us to close our eyes, and think of three things we are grateful for from the past day. Each week a different grade would stand on the stage, and the microphone would get passed from child to child. Some children eagerly took the microphone, singing loudly, and some would shyly forfeit, and simply pass it along to the next one. Everyone had a turn. Every child had an opportunity to express themselves through this ancient prayer. And when it was all over, the rabbi would dismiss the classes, and wish everyone a day full of learning and teaching, “Lilmod v’Lelamed” -- on both the parts of the teachers and students. The drums would kick back in, and she would finish her piyyut until the courtyard was empty. There is a void now that that ritual is gone from our lives...for a while, we started singing “modeh ani” in the car on the way to our new school, but the many distractions of life, conversations, and NPR got in the way. The daily ritual of “modeh ani” was such an important and truly profound way to start our days...it gave us a chance to stop and acknowledge, take inventory of the positive, and begin anew each day. “Modeh ani” inspired us to treat each day as the gift it is, and for that, I am grateful.

Modeh ani
By Judith Klinger

How would I like to open my eyes? How would I like to be more aware of the world I live in?

I would like to open my eyes a lot later in the morning. I would like to open them to a gorgeous, fragrant flower arrangement that Martha Stewart tiptoed in and arranged while I was snorting in my sleep like 4H-raised hog. After enjoying the beauty of the flowers, peeking at the clock and wondering what “10 a.m.” means, I would like to open my eyes to a cup of tea. Milk and sugar? Yes, please. And would like to let my brain sift up to actual face-the-day consciousness by listening to someone read me Mary Oliver poetry. Preferably a cabana boy with a lyrical accent. I set an intention to be kind to the world, I do a little yoga, some meditation, save an impoverished child or two and tell G-d all about my ducts and tubes working.

But my mornings aren’t like this.

Umm-hmmm. I half fall out of bed, reminding my feet and legs that they play on the same team. I curse the floor its profane coldness and the bed sheets for eating my sleep socks. But hark! Time’s a-wastin’ and my brain starts ratta-tatting out the to-do list: text the dog about the grievance we need to file; don’t forget to remind the compost about the rally; offer the superintendent that new kibble to see if he likes it.

You know that making coffee at this point is dangerous, right?

I’m supposed to be mindful about opening my eyes? To wake up in a meaningful way, aware of the world I live in? Saying “modeh ani.” Grateful am I.

Well, since I’m here, I must not be dead. For this I am grateful. But c’mon now, asking for much beyond that first thing in the morning? Silly rabbis.
Praise for our WTBA Community!

Modeh Ani and Me

I grew up in a non-observant family and learned at first most of the ritual aspects of Judaism through my kids’ training and experiences. My son went to Tehiyah for a few years, and my favorite experience at this lovely school was the daily gathering, outdoors in the courtyard, of all the children, parents and teachers singing Modeh Ani. It was a beautiful way start the day with thankfulness of and for our children and community. I am so thankful to WTBA. I first joined to meet new friends and now, as an integral part of the group, I am grateful for this beautiful group of women.

Kathy Saunders
Co-President of WTBA with Dina Hankin

We are Grateful for our Members

Many thanks to TBA member Becca Posamentier for leading an amazing Girls Night Out of improvisation specifically designed to build communication and creative problem-solving skills. The evening was fun, and even silly at times, plus we brought home useful tools for our personal and professional relationships.

We are grateful for our Bingo volunteers Misia Nudler, Gary Kramer, Lynn Langfield and Kathy Saunders for leading the games this month. The seniors were especially happy to see Misia!

A shout out to Lori Rosenthal for another “WTBA and Friends Go to the Theater” event. We had a fun group dinner before the show and then enjoyed Broadway legend Betty Buckley in Hello Dolly! Thank you Lori for the second time this year!

Bingo needs YOU

Starting in July, WTBA needs volunteers to help run monthly Bingo games at the Reutlinger Senior Home starting in July. Games are the first Wednesday of the month and run from 1 - 2:15 p.m. If you can volunteer, even just once, it will be appreciated. If interested or for more details, please contact Stacy Margolin at stasch.margolin@gmail.com

Upcoming Events:

Creative Watercolor Card Making Workshop - Girls Night Out with our own Bella Gordon
April 4; 7-9 p.m. in the Baum Center.

Using watercolors and other materials, WTBA Membership Chair and artist extraordinaire will lead us in an evening of creating greeting cards or thank-you-notes to take home. Learn some fun and easy tricks to make your cards beautiful and unique.

No experience needed. Materials provided. This will be a great night of creativity, learning and of course schmoozing!

RSVP not required but helpful so we have enough materials: 2bellagabriella@gmail.com

Save the Dates - Upcoming Girls Night Out

Tuesday*, May 7, 7-9 p.m. - Just added due to popular demand, we are bringing back a fan favorite: Vision Boards with Jo Ilfeld

*note this is a TUESDAY.

Thursday, June 6 7-9 p.m. - get ready for summer with WTBA’s great book recommendations.
THANK YOU TO ALL WHO MADE OUR 2019 PURIM BASKET FUNDRAISER SUCH A SUCCESS
To all members who donated to Mishloach Manot and to the volunteers who worked to make it happen! You made over $53,000 for the TBA schools with a portion going to Mazon, A Jewish Response to Hunger!

Mishloach Manot

Hamentaschen Bakers

Hamentaschen Packaging
Adi Schacker, Jing Piser, Joy Jacobs, Marie Lorenz, Sarah Liron

Route Preparation:
Amy Tessler, Jeanne Korn, Lynn Langfeld, Stacy Margolin

Assembly Line Preparation:
Amy, Scott & Steve Tessler, Gilbert Berry, Jing & Joel Piser, Joe Lewis, Jamie Ray Clark (OB), Juston Woodward, Marc Barach, Rick & Kayden Heeger, Steve Grossman

Basket Assemblers:

Route Drivers & Helpers:

Continued on page 13
Serving Dinners at CityTeam

Starting this month, TBA will have the opportunity to serve at CityTeam in downtown Oakland. Bryna secured the dinner slot on fourth Sundays of the month. Please contact Bryna if you would like to participate in this social action opportunity. Children 14+ are also invited to participate. Questions and to sign up: bryna@bamih.com.

Dear TBA Community,

These past five weeks, the Kindergym and Gan families have been participating for our Second Annual Baby Loved Twice Clothing Drive. This wonderful mitzvah, that of clothing those in need, had many families collecting and donating 0-12 items for newborns so that they can each have an entire first year of clothing. We have mightily succeeded in engaging families and helping others.

Thank you for all of the support!! If you wish to add to the joy of this tzedakah, please consider a contribution to Loved Twice on their website: https://lovedtwice.org/donate-page

Warmly,
Dawn Margolin

CLOTHING AMERICA’S BABIES IN NEED

Loved Twice is a registered 501(c)(3) non-profit charity clothing newborns in need with quality reused baby clothing for the first year of life. We collect gently-used baby clothes, sort these precious garments into boy and girl wardrobes-in-a-box, and distribute them exclusively through social workers in hospitals, shelters, and clinics. Ours is a simple solution that supports disadvantaged babies while reusing thousands of onesies, swaddling blankets, and babywear that would otherwise end up in landfills.

Loved Twice believes every newborn girl and boy deserves to have clothes for their first year of life — one of life’s basic necessities.

SELLING OF THE CHAMETZ
Deadline: Wednesday, April 17, 2019

A reminder about selling your Chametz, as it is not only an important Passover custom, but an important charitable effort that we undertake here at TBA.

It is that time of the year where we “sell” our Chametz. This means that all the chametz that remains left in your homes after you clean it, even if put away in the garage, becomes the property of a non-Jewish agent to which Rabbi Bloom will sell. You then make a donation of equivalent value (many people give $18, though some give significantly more), and that money will be donated to an underserved community outside the United States.

Please fill in the form below and mail along with a check to Temple Beth Abraham.

____________________________________________________________
I hereby authorize Rabbi Mark Bloom to act as my agent to sell any chametz that may be in my possession wherever it may be—at home, place of business, car or elsewhere, in accordance with Jewish law:

Name__________________________________________________________

Address________________________________________________________________________

Signature____________________________________________________________

I enclose $____________ for the Ma’ot Chittim Sale of Chametz.

Email the synagogue office to add this to your account Virginia@tbaoakland.org or
Send a check to: Temple Beth Abraham (note “Chametz Sale” in the memo), 336 Euclid Ave, Oakland, CA 94610
2nd Night Seder

At the TBA Social Hall

A special gourmet Seder hosted by our very own Aliza Grayevsky Somekh.

Join us for a delicious middle eastern inspired meal, filled with unique interpretations of Passover classics. Partnering with Aliza as Seder leader is Eddie Flaisler, founder of Eddieble food tours, who will deliver a unique perspective on the Haggadah. Come enjoy great food and food for thought.

April 20th we will gather at 5:30
Dinner will start at 6:00
RSVP by April 15th
TBA office: Virginia@TBAoakland.org
Adults $60
Children $36
Dinner will be a kosher meat meal.
Note with reservation if a vegetarian option is preferred
Start Your Day with Shakshouka

By Faith Kramer

The Omer’s theme this issue is Modeh-Ani, the morning prayer where we give thanks to God for opening our eyes to another day.

Which of course made me think of breakfast and brunch foods and led me to recalling two of the best shakshoukas (eggs poached or baked in a pepper and tomato sauce) I ever ate.

The first was in a small hotel in Mitzpe Ramon in southern Israel. The desert around us may have been harsh, but the breakfast buffet was lush with the spotlight on pans of shakshouka for each table. The owner made the magic happen by stockpiling quantities of her delicious vegetable base in the freezer and just defrosted what she needed each day.

The second experience was more hands on. It was at a cooking class at a hostel in Tel Aviv, where I learned about shakshouka seasonings, the technique of heating the vegetables before adding the oil, and much more, including drizzling the finished shakshouka with both a tahini sauce and amba (an Iraqi-Jewish curried mango sauce available in some Middle Eastern and kosher markets that is now available at Trader Joe’s). Oh, and I learned that for me, challah mops up the sauce much better than pita bread.

Shakshouka as we know it began in North Africa, but versions of it have been made across the Middle East and Mediterranean for centuries. Now the dish is widespread throughout Israel and is conquering the West. There are as many versions of shakshouka as there are people who make it, so feel free to experiment with seasonings and ingredients. For a milder dish, leave out or reduce the chili or cayenne.

Mostly Made Ahead Shakshouka feeds a crowd, and its vegetable base can be made in advance and even frozen. For fewer servings, half the recipe and use an 8” square baking pan. For weekday breakfasts, I freeze the base in individual serving size and defrost one overnight in the refrigerator. In the morning, I put the base in a small baking pan in the toaster oven (where cooking time is reduced, so watch carefully) and I skip the two sauces.

If amba is not available, use the Curried Yellow Sauce recipe below it its place.

Mostly Made Ahead Shakshouka

Serves 6 as a main course, 12 as part of a multi-dish buffet

Make-Ahead Base

- 3 lbs. ripe, large red tomatoes
- 2 1/2 cups chopped onions (1/4” pieces)
- 4 cups chopped red and or yellow peppers (1/4” pieces)
- 1 jalapeño chili, finely chopped OR 1/4 tsp. ground cayenne, optional
- 2 Tbs. finely chopped garlic
- 2 Tbs. olive oil
- 1/4 tsp. ground black pepper
- 1/2 tsp. salt, or to taste
- 1/2 tsp. paprika
- 3/4 tsp. ground cumin
- 1 Tbs. tomato paste or as needed
- 1/4 tsp. sugar OR 1 Tbs. lemon juice, as needed

Chop tomatoes into 1/4”-1/2” pieces. Place in 12” fry or sauté pan over medium high heat. Cook, stirring often, until tomatoes soften and exude liquid. Add onions and garlic. Sauté 2-3 minutes and add peppers and chili. Sauté, stirring often, until peppers begin to soften. Stir in oil, cayenne, black pepper, salt, paprika and cumin. Bring to simmer. Cover and keep at simmer until vegetables are very soft. Stir in tomato paste, cooking a few minutes more. Mixture should be like a thick pasta sauce. If not, add tomato paste or water by the tablespoon to thicken or thin. Add salt if needed. If too acid, add sugar. If too sweet, add lemon juice. Store in the refrigerator for up to 5 days or freeze.

Finishing and Serving

Make-Ahead Base

- 12 large eggs in shell, room temperature
- 1/2 cup chopped parsley, divided
- Salt, to taste
- Pepper, to taste
- 1 cup Tahini Sauce (below), optional
- 1 cup amba or Curried Yellow Sauce (below), optional
- Challah or other bread

Chop tomatoes into 1/4”-1/2” pieces. Place in 12” fry or sauté pan over medium high heat. Cook, stirring often, until tomatoes soften and exude liquid. Add onions and garlic. Sauté 2-3 minutes and add peppers and chili. Sauté, stirring often, until peppers begin to soften. Stir in oil, cayenne, black pepper, salt, paprika and cumin. Bring to simmer. Cover and keep at simmer until vegetables are very soft. Stir in tomato paste, cooking a few minutes more. Mixture should be like a thick pasta sauce. If not, add tomato paste or water by the tablespoon to thicken or thin. Add salt if needed. If too acid, add sugar. If too sweet, add lemon juice. Store in the refrigerator for up to 5 days or freeze.

Chop tomatoes into 1/4”-1/2” pieces. Place in 12” fry or sauté pan over medium high heat. Cook, stirring often, until tomatoes soften and exude liquid. Add onions and garlic. Sauté 2-3 minutes and add peppers and chili. Sauté, stirring often, until peppers begin to soften. Stir in oil, cayenne, black pepper, salt, paprika and cumin. Bring to simmer. Cover and keep at simmer until vegetables are very soft. Stir in tomato paste, cooking a few minutes more. Mixture should be like a thick pasta sauce. If not, add tomato paste or water by the tablespoon to thicken or thin. Add salt if needed. If too acid, add sugar. If too sweet, add lemon juice. Store in the refrigerator for up to 5 days or freeze.

If frozen, defrost vegetable base. (Chilled base can be used directly from the refrigerator.)

Heat oven to 425 degrees. Mix half of the parsley into base, stirring well. Transfer vegetables and sauce to large, rectangular baking dish (approximately 9”-10” x 13”-14”). Bake until bubbling and hot. Have ready 3 saucers or small plates.

Lower oven temperature to 350 degrees. Remove dish from oven. Press down with the back of a serving spoon to make 12 depressions (three rows of four each) in the sauce. Break one egg into each saucer, being careful to keep yolk intact. Slide each egg into an indentation. Repeat with remaining eggs. Return dish to 350 degree oven.

Bake uncovered until egg whites are opaque.
and yolks are set but still runny (test with a toothpick at 20-25 minutes and at
tervals afterward). Timing will vary,
it usually takes about 30-40 minutes.
Sprinkle eggs with salt and pepper.
Drizzle about 1/4 cup the tahini sauce
and or amba on top. Scatter remaining
parsley on top. Pass remaining Tahini
Sauce and amba. Serve with challah.
Tahini Sauce: Combine 1 cup ice cubes
and 1 cup cold water. In a separate
bowl, mix 1/2 cup tahini paste with 2
Tbs. lemon juice and 2 Tbs. of the cold
ice water. Stir. Mixture will seize, but
as you continue stirring it will smooth
out. Add 1/8 tsp. salt and additional 2
Tbs. water. Stir. Continue adding water
by tablespoonful and stirring until
sauce can be drizzled.
Curried Yellow Sauce: Mix until smooth
1/2 cup plain Greek yogurt with 1 tsp.
minced lemon zest, 1 Tbs. fresh lemon
juice, 1 tsp. curry powder, 1/2 tsp.
ground turmeric and 1/8 tsp. sugar.
Slowly stir in 2 Tbs. milk. Add more milk if
needed until sauce can be drizzled.

Faith Kramer writes a food column for the j weekly and
blogs her food at www.clickblogappetit.com Contact her
at fjkramer@msn.com.

Mishloach Manot, cont. from page 9
College & Out of Area Congregant Coordinator
Debby Barach

College & Out of Area Congregant Basket Mailing:
Beth & Evie Glick Scroggins, Daniel & Talia Jaffe, Debby & Marc
Barach, Jill Rosenthal, Josè Mendoza, Joy Jacobs, Rick Heeger,
Sally Ann Berk, Steve Tessler, Yael Yakar

College Basket & Out of Area Congregant Donors:
Debby & Marc Barach

Route Coordination
Amy Tessler & Jeanne Korn

Volunteer Coordinator:
Amy Tessler

Data Entry & Database
Rick Heeger &
Steven Grossman

Administrative Heavy
Lifting & Support
Virginia Tiger

Mailing Prep:
Mike Gelfand

All Kinds of Heavy Lifting & Support:
Joe Lewis; Will Stanley; Gilbert Berry

Food Sourcing:
Steve Grossman, Steve Tessler, Rick Heeger

Food Donors:
Almond Joy–Women of TBA, Alter Eco Chocolate Truffles,
American Licorice Co. Red Vines, Caveman Foods–Nutrition
Bars, Chocolate Almonds–Edie & Dick Mills, in memory of Jack
& Jeanette Jeger, Chocolate Bars,Liat Bostick, Coldwell Banker
Oakland/Piedmont, Clif Bar & Company–Clif Bar Nut Butter
Filled, Clif Kid Twisted Fruit, Clif Builders & Clif Bar Tote Bags,
College Shipping–Debby & Marc Barach. Gimbal’s Fine Candies–
Jelly Beans & Cherry Lovers, Gus’ Community Market–Garbanzo
Beans, Hamantaschen–Temple Beth Abraham, Hershey Kisses–
Hennie Hecht, Kosher Katering, Kerry Foods–Vanilla Smoothie
Mix, Noon Import/Export–Canned Corn, Numi Tea (variety of or-
ganic teas), Ozery Bakery–Crackers, Pop Chips, Semifreddi’s Bak-
er, Croutons–Michael Rose, SunOpta–Sunrich Sunflower Seeds,
Tangerines–Schacker, Steckel, Zuckerberg, Spangler, Abt, Gordon
& Sterling, Trader Joe’s (discount on chocolate bars & chocolate
almonds), Traditional Medicinal Teas, Wheat Valley Bakery Lavash
Bread, Wild Planet Tuna

And of course, the incredible co-chairs:
Amy Tessler, Debby Barach, Jeanne Korn, Jing Piser, Rick Heeger,
Steve Grossman, Steve Tessler & Virginia Tiger—We thank you for
making it look so easy and for your heartfelt dedication and hard
work. You did such a great job! TODAH RABBAH
Goings, going, gan to Israel
By Emma Schnur

We went to visit the school on a rainy Friday in Jerusalem. When we walked into the classroom, the children, age four and five, were sitting in a large circle, reciting t’fillot, classroom furniture all along the perimeter of the room. The teacher, Bat Chen, was sitting in the front of the circle, leading the children in their prayers. Some students were squirming in their chairs as they chanted t’fillot, others whispering to the child next to them. Many children were craning their necks trying look at each of us and figure out why there was suddenly a group of eight adults in their classroom.

T’fillah ended, and Bat Chen told her class what was happening. The eight adults in the room were early childhood educators from America, and they would meet with her during morning play time. She dismissed her students and motioned for us to come sit in the front of the room where she had just been leading t’fillah. I looked around the room and counted the students: twenty-seven children, one other adult - Bat Chen’s assistant. The children began putting their chairs away, moving tables into the middle of the room, and settling into activities. “We are going to meet here, in the front of the room? Will the children be ok?” I asked Bat Chen nervously. Bat Chen smiled and said “The children will be fine. They have each other if they need help.”

I was stunned. In all the American preschools I had been to, the typical ratio in a four and five year old classroom is one teacher to six or seven children. However, Bat Chen’s classroom, with the model of one teacher and one or two assistants with thirty children, is typical for public preschools in Israel. As a result of the ratio, children are given a tremendous amount of responsibility. The children set up and clean up their classroom. If the children encounter a problem, the adult in the room is always ready to help, but encourage the children to formulate their own solutions. This does not mean that the children are left to their own devices - rather, teachers work on setting up a thoughtful environment that promotes team work and creative thinking.

I was in Israel for ten days as part of my on-going learning as the Jewish Resource Specialist. I visited a variety of sites and early childhood environments, and I was consistently amazed by what I saw. I met with many teachers that are passionate about what they do and have a sense of pride when children in their class succeed. I witnessed communities come together to create suitable educational environments for children. What I ultimately came away with was this intense feeling of connectedness to the land and people of Israel. I will work to pass this feeling along as I continue my work as the Jewish Resource Specialist at Gan Avraham.

A huge thank you to the Herman Hertz Israel Scholarship Fund for helping to finance this valuable Israel experience!
Kashrut and our 5th Graders
By Susan Simon

Recently our 5th graders finished learning about Kashrut and cooked a delicious meal in our TBA kitchen for their families. Try not to drool as you hear they made baked lemon salmon, sweet dairy kugel, Caesar salad (they didn't know the dressing had anchovies in it but somehow all of it was eaten), fruit salad, garlic bread, steamed broccoli, and, wait for it… pancakes! Oh, and there was ice cream for dessert.

In 5th grade our students learn about the rules for separating milk and meat. They learn why some fish are kosher (fins and gills) and why some are not. They learn about which animals they can eat (cloven hoof and chewing its cud) and which birds they can eat (no birds of prey). They learn about using different plates, silverware and pots and pans, depending upon whether their meal is fleishik or milchig. And they learn about heckshurs for canned and packaged goods.

All of this learning culminated in their cook extravaganza. As you can imagine, there is a bit of chaos in the kitchen. After we lecture them sternly about being careful with knives and hot pots, the students got to work in small groups. The made garlic butter for the bread and mixed together cream cheese, cottage cheese and sour cream for the kugel. They sliced lemons for the salmon and cut up endless melons, pineapple and berries for the fruit salad. The noise in the kitchen was a bit deafening at times with all of their enthusiasm. The hardest thing is getting them to wait for help when they have finished a task. Finally, at 6:15 pm, everything had come together and it was time for everyone to gather together and chant Hamotzi together over the garlic bread before everyone started getting food. By the end of the evening, there weren’t many leftovers.

Thank you to our 5th grade students and their families for helping to make this happen. And thank you to their wonderful teacher, Diana Zankowsky, and great madricha, Yael Berrol, who were invaluable in the kitchen. Here are a few photos to help you imagine the day.
Charity is equal in importance to all the other commandments combined.

“How wonderful it is that no one need wait a single moment to start to improve the world.”

Anne Frank
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!

Recent Deaths in Our Community

Edythe Zuckerberg, Mother of Arlene Zuckerberg
(Alan Gellman)

Judy Berkowitz
Susan Moore, Sister of Lon (Helene) Moore

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.
Meet Hilda Pressman in her own words
By Hilda Pressman

I lived in New Jersey for 49 years, with my husband Alan. We had two children, Robin who lives with her family on Alameda Island, and Michael who lives with his family in Minnesota. My husband died on May 1st, 2018 – just weeks short of our 55th wedding anniversary. I moved to St. Paul’s Towers on Bay Place, in October 2018 to be near my daughter and her family.

I had practiced as a Speech-Language Pathologist in NJ until July 2017. I had worked in hospitals and in Early Intervention programs, specializing in feeding and swallowing disorders. I also consulted to schools and residential facilities for the developmentally disabled, evaluating and providing recommendations to the staff. I was also an active participant in the Pediatric AIDS program at United Hospitals in Newark, NJ in the early and mid 1980’s, before the breakthrough in medications. I also became the Director of the Hearing and Speech Center at that facility.

I grew up in a Conservative synagogue in Queens, NY and have belonged to Conservative congregations ever since. I had researched the various synagogue in Oakland. When I came to Shabbat service at TBA, I immediately felt at home and joined shortly thereafter. I have found the members to be warm and inviting. I’m a regular at Shabbat services on Saturday mornings and have attended the last two Rosh Chodesh meetings. I hope to begin to attend the Friday evening service and/or a morning service on Monday and Thursday and have signed up for the upcoming lecture series. I believe that women have a responsibility to participate as they are able, now that we count in the Minyan.

Chag Sameach Pesach
April Birthdays

**APRIL 1 - 5**
Kevin Horodas
Simone Clark
Stella Goodwin
Danielle Raskin
Dan Kaiser
Eva Sasson
Brandee Winikoff
Aaron Sloan Freid
Jerry Lorber
Asher Frederick Perttula
Josephine Rooney
Joey Wolmark
Benjamin Bloom
Cheri Feiner
Jonathan Klein
Maya Young

Sara Zimmerman
Mary Kelly
Ethan Julian Klein
Neila Geagan-Jessel
Steven Grossman
Jonathan Jacobs
Rachel Swetnam
Michelle Cossette
Fernando Garcia
Jeffery Michael Hamilton
Steven Jacobs
Jenny Michaelson
Yulia Rozen
David Goodwin
Naomi Levy
Levi Moses Popper
Renuka Bornstein
Fifi Goodfellow
Robert Klein
Avi Maidenberg
Richard Shapiro
Alya Weinstein Martinez
Willa Heeger
Francisco Martinez
Dylan Rae Smith
Robin Ganek
Benjamin Jacobs
Morie Kahane
Ellen Kaufman
Deborah Levine
Matthew Frierman
Ruth Kleinman
Maayan Rubin
Noa Dolev
Talia Gordon
Deborah Hoffman-Wade
Gabriella Serena Klein
Zachary Pincus
Ray Plumhoff
Liat Porat
Rey Steinberg
Yaeir Heber
Gideon Ur
David White
Heike Friedman
Liam Gordon
Shoshana Yael Kay
Ember Kadima Kessler
Yehudit Chang
Laurence James
Joseph Karwat
Apollo Cade Kessler

**APRIL 6 - 12**
Deena Aerenson
Amanda Dahan
Marianna Eyzerovich
David Lorber
Ian von Kugelgen
Noah Belkin
Roberta Masliyah
Avrah Ross
David Schleuning
Stephen Steiner
Flora Toas
Ronit Varga

**APRIL 13 - 19**
Benjamin Barnes
Beverly Turchin
Rosalind Heeger
Naomi Elisabeth Klein
Judith Stein
Elliot Weinstein Martinez
Ayi Weinstein Martinez
Julia Elitzer

**APRIL 20 - 26**
Jonathan Gordon
Adelia Hunt
Lindasue Kay
Caden Reischer-Craft
Joseph Young
Shoshana Bette Edelstein
Noah Stein
Lila Miller
David Oseroff
Lisa White
Zachary Fisher

**APRIL 27 - 30**
Talia Mc Lean
Welch Warren
Marc Zak
Aaron Bayen
Noah Jacob
Kaia Levy Miller
Maya Rath
Sarah Berelowitz
Steven Harris
Bayla Jaffe
Sarah Levine
Shira Levine
Rennen Pincas
Lianna Plotkin
Simone Rotman
Elana Rotman
Marc Steyer

Is your birthday information wrong or missing from this list? Please contact the TBA office to make corrections.

TBA community, cont. from page 6

community and I could see Eyal knew something very special was happening. Seeing Rabbi Bloom take a cut over his forehead where his tefillin will be placed reminded me that before I know it, he’ll be preparing for his bar mitzvah.

As part of the ceremony, we collected tzedakah for the Gan Avraham Discretionary Fund and the Alameda County Community Food Bank. I would encourage our community to consider making donations to those organizations in honor of Eyal’s special day. Thank you so much to our friends who attended the event and made it everything that I imagined.
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 19th 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 sundown, 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.”

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.

עֲלֵיהּ חַמֶצ הַמֵּאָסָר, עֲלֵיהּ בֶּרְשֵׁית, עֲלֵיהּ חַמֶצּוּת בְּרֵאשִׁית, וְלֹא, חַמֶצּוּת בְּרֵאשִׁית, לָכֵל.

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 Biddikat 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.
Is that Kosher for Passover?

**Permitted Foods**

**Category A**

Foods which do not require a kosher le-Pesach label if purchased prior to Pesach:

- Unopened packages or containers of:
  - Natural coffee without cereal additives*
  - Sugar
  - Pure tea
  - Salt (not iodized)
  - Pepper
  - Natural spices

- Frozen (uncooked) vegetables (see Legumes)
- Milk
- Butter
- Cottage cheese (with no additives)
- Cream cheese (with no additives)
- Ripened cheeses such as cheddar (hard), muenster (semi-soft) and Camembert (soft)
- Frozen (uncooked) fruit (with no additives)
- Baking soda

**Category B**

The following foods do not require a kosher le-Pesach label if purchased before or during Pesach:

- Fresh fruits and vegetables (see Legumes)
- Eggs
- Fresh fish
- Fresh meat

**Category C**

The following foods require a kosher le-Pesach label if purchased before or during Pesach:

- Wine
- Vinegar
- Liquor
- Oils
- Dried fruit
- Candy
- Chocolate
- Flavored milk
- Ice cream
- Yogurt
- Soda

*Also in Category C*

Baked products:

Matzah, cakes, matzah flour, farfel, matzah meal, and any products containing matzah

Canned or bottled fruit juices:

These juices are often clarified with kitniyot which are not listed among the ingredients. However, if one knows there are no such agents, the juice may be purchased prior to Pesach without a kosher le-Pesach label.

Canned tuna:

Since tuna, even when packed in water, has often been processed in vegetable broth and/or hydrolyzed protein, it requires a kosher le-Pesach label. However, if it is known that the tuna is packed exclusively in water, without any additional ingredients or additives, it may be purchased without a kosher le-Pesach label.

**Prohibited Foods**

- Bread
- Cereal
- Oats
- Flavors
- Spelt
- Made from rye
- Grain alcohol
- Liquids containing ingredients or flavors
- Legumes

*Most Ashkenazic authorities have added the following foods:

- Rice
- Corn
- Millet
- However, string beans are permitted

**Legumes**

The Committee on Jewish Law and Standards has ruled unanimously that peanuts and peanut butter are permissible, as peanuts are not actually legumes.

Some Ashkenazic authorities permit, while others forbid, the use of legumes in a form other than their natural state, for example, corn sweeteners, corn oil, soy oil.

Sephardic authorities permit the use of all of the above.

Consult the rabbi for guidance in the use of these products.

**Detergents**

If permitted during the year, powdered and liquid detergents do not require a kosher le-Pesach label.

**Medicine**

Since chametz binders are used in many pills, the following guidelines should be followed: if the medicine is required for life sustaining therapy, it may be used on Pesach.

If it is not for life-sustaining therapy, some authorities permit, while others prohibit. Consult the rabbi. In all cases, capsules are preferable.

*Coffee*

Be aware that coffees produced by General Foods are not kosher for Passover unless marked KP.

Source material from the "Rabbinical Assembly Pesach Guide"
Kashing of Utensils

The process of kashing utensils depends on how the utensils are used. According to halakhah, leaven can be purged from a utensil by the same process in which it was absorbed in the utensil (ke-voleo kakh poleta). Therefore, utensils used in cooking are kashed by boiling, those used in broiling are kashed by fire and heat, and those used only for cold food are kashed by rinsing.

**Metal**
(wholly made of metal)
Utensils used in fires (spit, broiler) must first be thoroughly scrubbed and cleansed and then made as hot as possible. Those used for cooking or eating (silverware, pots) must be thoroughly scrubbed and cleaned and completely immersed in boiling water. Pots should have water boiled in them which will overflow the rim. The utensils should not be used for a period of at least 24 hours between the cleaning and the immersion in boiling water. Metal baking utensils cannot be kashed.

**Microwave Ovens:**
Ovens which do not cook food by means of heat should be cleaned, and then a cup of water should be placed inside. Then the oven should be turned on until the water disappears. A microwave oven that has a browning element cannot be kashed for Pesach.

**Earthenware**
China, pottery, etc., cannot be kashed. However, fine translucent chinaware which has not been used for over a year may be used if scoured and cleaned in hot water.

**Kitchen Sink**
A metal sink can be kashed by thoroughly cleaning and then pouring boiling water over it. A porcelain sink should be cleaned and a sink rack used. If dishes are to be soaked in a porcelain sink, a dish basin must be used.

**Glassware**
Authorities disagree as to the method for kashing drinking utensils. One opinion requires soaking in water for three days, changing the water every 24 hours. The other opinion requires only a thorough scrubbing before Pesach, or putting them through a dishwasher.

**Electrical Appliances**
If the parts that come in contact with chametz are removable, they can be kashed in the appropriate way (if metal, follow the rules for metal utensils). If the parts are not removable, the appliance cannot be kashed. (All exposed parts should be thoroughly cleaned.)

**Dishwasher:**
After not using the machine for a period of 24 hours, a full cycle with detergent should be run.

**Ovens and Ranges**
Every part that comes in contact with food must be thoroughly scrubbed and cleaned. Then, oven and range should be heated as hot as possible for a half hour. If there is a broil setting, use it. Self-cleaning ovens should be scrubbed and cleaned and then put through the self-cleaning cycle. Continuous cleaning ovens must be kashed in the same manner as regular ovens.

**Chametz and Non-Passover Utensils:**
Non-Passover dishes, pots and chametz whose ownership has been transferred, should be separated, locked up or covered, and marked in order to prevent accidental use.
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<td>8:00am Minyan followed by breakfast</td>
<td>4:00pm Bet Sefer</td>
<td>9:00am Weekly Text Study, L'Acajou Café</td>
<td>10:00 &amp; 11:15am Kindergym</td>
<td>1:15pm WTBA-sponsored Bingo at Reutlinger Home</td>
<td>7:00pm BBYO- AZA &amp; BBG</td>
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<td>8:00am Minyan followed by breakfast</td>
<td>9:30am Rosh Hodesh group meets off-site</td>
<td>9:00am Weekly Text Study, L'Acajou Café</td>
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<td>4:00pm Bet Sefer</td>
<td>9:00am Weekly Text Study, L'Acajou Café</td>
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<td>12:00pm Gan Alif Seder</td>
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<td>9:00am Weekly Text Study, L'Acajou Café</td>
<td>7:00pm Beginning Hebrew Decoding</td>
<td>7:00pm BBYO- AZA &amp; BBG</td>
<td>6:15 pm Kabbalat Shabbat</td>
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<td>4:00pm Bet Sefer</td>
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Chag Sameach Pesach

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Page 11 - Second Night Seder with your TBA community
page 20 - The Omer’s Passover Survival Guide