Grateful for the Bounty
SERVICE SCHEDULE & ONGOING EVENTS

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)
- October 4: 6:29 pm
- October 11: 6:19 pm
- October 18: 6:09 pm
- October 25: 6:00 pm

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

Torah Portions (Saturday)
- October 5: Vayeilech/ Shabbat Shuva
- October 12: Ha’Azinu
- October 19: Sukkot VI
- October 26: Bereshit

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.
October 12, November 9, December 14

COVER ARTIST: GABRIELLA GORDON.
As my older kids have left for college, I have this year become more involved in Women of TBA as a membership chair to help organize and plan some of our events. Many of my friends know when I get to decide the theme of an event, art always plays a big part. Working as an artist, I also enjoy working as the Art Teacher at Temple Sinai’s religious school, where the students and I use our time in the art room to explore Judaism through artistic expressions.
UPCOMING SPECIAL EVENTS

TEMPLE BETH ABRAHAM
HIGH HOLY DAYS SERVICES SCHEDULE
5780/2019

YOM KIPPUR
Kol Nidre Tuesday, October 8 at 6:15 pm
Morning Service Wednesday, October 9 at 9:00 am
Family Service (Children 2 yrs.-1st grade) 9:30 am in the Chapel
Youth Service (Children grades 2-6) 9:30 am in the Social Hall
Yizkor Service 10:45 am
Study Session 2:00 pm in the Chapel
Individual Blessings 3:30 pm
Martyrology Service and Mincha 4:15 pm
Neilah 6:15 pm
Break the Fast sponsored by the Mollie Hertz Interfaith Outreach Fund

SUKKOT
First Day Service Monday, October 14 at 9:00 am

SHEMINI ATZERET
Shemini Atzeret/Yizkor Monday, October 21 at 9:00 am

SIMCHAT TORAH
Erev Simchat Torah Family Service Monday, October 21 at 6:15 pm
Experience being encircled by the Torah, followed by music and dancing
Simchat Torah Tuesday, October 22 at 9:00 am

MISHPACHA & T’FILLAT Y’LADIM DATES:
October 5, November 2, December 7

JUNIOR CONGREGATION DATES:
October 19, November 16, December 14
More details on page 13

WTBA Girls Night Out
OCTOBER GNO
Supper in the Sukkah
Thursday, October 17
6:30-9:00 PM

NOVEMBER GNO
Thursday, November 7
7:00-9:00 PM

Annual WTBA Membership Appreciation Event
Join us for a lovely afternoon of fabulous women, food and fun.
Sunday afternoon, November 10th.
FREE to WTBA Members.
Watch your email for details.

KINDERGYM
for Dawn’s 37th year
https://tbaoakland.org/education/kindergym/kindergym-schedule-fees/

Sign up for CPR/First Aid classes
At TBA – October 6
More info and to hold a spot:
Rayna@tbaoakland.org

THE LEMON TREE SATURDAY, NOVEMBER 16
With special guest, Janis Plotkin, to introduce the film & lead our post film discussion!
Salma Zidane lives in the Palestinian West Bank, in her home flanked by lemon trees. The Israeli Minister of Defense deems her trees a security risk. Support comes from an unexpected source.

Janis Plotkin was director of the San Francisco Jewish Film Festival, Senior Film Programmer for World Cinema at the Mill Valley Film Festival, and is currently the Program Director at the Berkeley FILM Foundation. In 2015 Plotkin produced her first documentary: Plastic Man: The Artful Life of Jerry Ross Barrish.

WATCH FOR MORE DETAILS & SHOWTIME

ROSH CHODESH:
NO MEETING IN OCTOBER
Monthly meetings on a Monday close to Rosh Chodesh and are facilitated by group members.
FREE. All East Bay women are invited to join.
Future Meetings: November 4; December 2; January 6; Feb 3; March 2; March 30; April 27; May 18

Questions? Amy Tessler at abtessler@comcast.net or (510) 482-1218 for the upcoming meeting locations.

Sponsored by:
Women of TBA & Oakland Ruach Hadassah

Save the Date!

Women of TBA & Oakland Ruach Hadassah

Sponsored by:
My Rabbinic Cup Runneth Over

One Weekend in September

The theme for this month’s Omer is “bounty”, which fits in with the approaching Holiday of Sukkot, but at the suggestion of Omer Editor Lisa Fernandez, I am going to describe another kind of bounty.

On the weekend of September 13-15, our community here at Temple Beth Abraham felt especially bountiful, and I felt especially grateful. There were just so many wonderful things happening at TBA that weekend, I was nearly overwhelmed with gratitude. To paraphrase King David in Psalm 23, “my head was anointed with oil and my cup had runneth over.”

First was the Bar Mitzvah of Henry Ross. Henry is his own special kid, but it was watching his entire family lead us in prayer that weekend that made me (and so many other in the congregation) kvell. Henry was joined in leading various parts of the service by his three older sisters. They also led Friday night services in their entirety, standing together. They chanted beautifully, and to see a family leading our community made all of us beam with pride. Knowing that this family traveled for 16 or more years together to get to our synagogue, beginning with the Gan for their oldest, who is now 18, through the Caldecott Tunnel for most of those years, gave me a deep sense of appreciation. Their skill, forged by our fabulous religious school teachers, and their sense of commitment, inherited from their parents, was one of the reasons my rabbinic cup was overflowing that weekend.

They shared the Bar Mitzvah Saturday with the family of one of those teachers, Joan Koren, whose daughter Maya was called to the Torah as a bride for the Aufruf ceremony. That is the Aliyah where bride and groom come up to the Torah and then get a blessing given and candy thrown at them in honor of their sweet life together. To have known Maya since she was 7 years old and to have officiated at her Bat Mitzvah and Confirmation, again caused my rabbinic cup to overflow with gratitude.

That Saturday evening was the first in our new film series, put together by some of our younger empty nesters. Watching the Academy Award nominated “The Band’s Visit” with approximately 75 of our members, some of whom I see weekly and some of whom I see only occasionally, once again showed how this congregation comes together as a community in so many different ways. Again, my rabbinic cup runneth over.

Sunday was the actual wedding of Maya and Alex, and well, that was like the zenith of this bountiful weekend of joy. Surrounded by friends and members of our congregation, we soaked in the joy in perfect weather at the Brazil Room in Tilden Park. The toasts were, of course, to the bride and groom, but I felt like toasting to our community as well.

Finally, I should mention that my Dad’s actual Yahrtzeit was that Sunday evening. As I lit the Yahrtzeit candle, I felt the pride he had in seeing his son be the rabbi of such a warm community. The 23rd Psalm was always his favorite. Taking in the sadness of missing him after one year, the sadness turned into the joy of our community’s cup continuing to runneth over.

L’shalom,
Rabbi Mark Bloom
Our Community’s Caretakers

By Alice Hale

Sometimes, I struggle with writing an Omer column to fit the theme. But this month, it’s an easy one. I am thankful for the bounty of great staff that we have at TBA.

Many of you already know what a fabulous executive director we have in Rayna Arnold; she manages to keep track of a thousand details about how this place operates, from our bank accounts to making sure we have enough ushers for services, and does it all with good humor and a warm heart. Virginia Tiger in the office keeps everything humming along and Suzie Sherman is our extremely conscientious bookkeeper.

Susan Simon runs Bet Sefer with remarkable skill and dedication, and we are blessed to have Jill Rosenthal and Marta Molina and the rest of the teaching staff guiding our youngest members at Gan Avraham. Dawn Margolin plays a key role in welcoming young families to our community through her work running Kindergym, a true East Bay institution, I believe.

But the gentlemen I would like to focus on this month are our Facilities Manager Joe Lewis, and our custodians Gilbert Berry, Juston Woodard, and Will Stanley. We are very, very fortunate to have these men on our staff, and not just because they do the hard work of making sure our physical plant is clean and in good operating order at all times. As a team, they probably know as much, or maybe more, about what goes on at TBA on a day-to-day basis as Rabbi Bloom or Rayna. They know when something is out of place, when something needs to be fixed, or even when something presents a hazard for the Gan children. And they are an integral part of our risk and security management team, helping keep our community safe.

Joe, Gilbert and Juston have met our security consultants, gone on our security walk-throughs and know what to do in the case of any emergency. If you come to services you have probably been greeted by Juston. He plays a special role by being our main greeter, providing assistance to our ushers in welcoming and helping congregants and guests at services on Friday night and Saturday morning.

The TBA Security Committee (Marty Stone, Jessica Sterling and Stuart Zangwill), Rayna and I have relied on their knowledge of the campus and how it is used as we formulate plans and strategies to make our synagogue safer.

But they can’t do it alone. One thing I have learned over the past year is that a culture of safety needs to be cultivated by every TBA member and attendee. Our plans are no good without the eyes and ears of the congregation to alert us to potential trouble.

If you see anything odd, suspicious, or dangerous anywhere on the TBA campus, please tell Joe or any member of the custodial staff, Rayna, Rabbi Bloom or any usher or board member, so that we can assess the situation and take action, if necessary. This is for anything from a light that doesn’t go on, to a door that is propped open, to someone who looks like they need some assistance. Please don’t assume someone else will notice.

Some more safety tips: when you come to synagogue, whether to services or an event, check your surroundings. Learn where the exits are in all our spaces, and know where they lead. Familiarize yourself with the location of things like fire extinguishers, alarm keypads and AEDs (automated external defibrillators). Every alarm keypad has a panic button that sets off a silent alarm to our alarm service, and there is an AED in the room behind the bimah on the Rabbi’s side of the sanctuary, and one outside the kitchen near the social hall.

Finally, if you see Joe, Gilbert, Juston, or Will, say hello! Introduce yourself, if you haven’t yet, and thank them for all they do to keep us safe and secure.
COMMUNITY

Homegrown Bounty
Photo by Gregg Morris

This photo shows the harvest bounty from our Oakland home in a horn of plenty… plus a home-baked loaf of sourdough bread that we learned to make in a class by Outi Gould that we purchased at the annual shul auction.

August Peach Persistence
By Charles Feltman

Every year, my family has had energetic discussions about tree pruning. Some pruning is clearly necessary but how much was not always clear. We had previously reached a pruning plan for citrus trees but not others.

This year, the right results were finally clear for our fig and peach trees. Prune fig tree crossing branches then let the tree grow as much as it wants. Prune peach tree crossing branches then remove 1/3 of its height and girth.

Most of our autumn crop figs are still growing and not yet ripe. However, we are absolutely unable to keep up with the peaches. We are using a fruit picker to pull off the ripe ones that we see. And we have netting that catches some but not all as they fall off.

In the last ten days, a dozen peaches have been ripening every day. We ate peaches and made pie, smoothies, and homemade ice cream. We are thankful for this bounty but would like some ripe figs now.

THE OMER

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

<table>
<thead>
<tr>
<th>Editors in Chief</th>
<th>Lisa Fernandez &amp; Rachel Dornhelm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Layout &amp; Design</td>
<td>Jessica Sterling</td>
</tr>
<tr>
<td>Calendar</td>
<td>Virginia Tiger</td>
</tr>
<tr>
<td>B’nai Mitzvah</td>
<td>Susan Simon</td>
</tr>
<tr>
<td>Help From</td>
<td>People like you!</td>
</tr>
<tr>
<td>Cover</td>
<td></td>
</tr>
<tr>
<td>Copy Editor</td>
<td>Jenny Rooney</td>
</tr>
<tr>
<td>Proofreaders</td>
<td>Charles Feltman, Susan Simon, Debbie Spangler</td>
</tr>
<tr>
<td>Distribution</td>
<td>Hennie Hecht-Zilberberg</td>
</tr>
<tr>
<td>Mailing Address</td>
<td>336 Euclid Ave. Oakland, CA 94610</td>
</tr>
<tr>
<td>eMail</td>
<td>omer@tba oakland.org</td>
</tr>
</tbody>
</table>

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

Advertising Policy: Anyone may sponsor an issue of The Omer and receive a dedication for their business or loved one. Contact us for details. We do not accept outside or paid advertising.

The Omer is published on paper that is 30% post-consumer fibers.

Periodicals Postage Paid at Oakland, CA.

POSTMASTER: Send address changes to The Omer, c/o Temple Beth Abraham, 336 Euclid Avenue, Oakland, CA 94610-3232.


The Omer (USPS 020299) is published by Temple Beth Abraham, a non-profit, located at 336 Euclid Avenue, Oakland, CA 94610; telephone (510) 832-0936. It is published monthly except for the months of July and August for a total of 10 issues per annum. It is sent as a requester publication and there is no paid distribution.
Bounty of Volunteer Chefs and Schleppers

By Deborah Hoffman Wade

“There can be no joy without food and drink.” Talmud, Mo’Ed Katar

TBA has a history that is deep with traditions that live on in many ways, one of those traditions is that we feed each other. The kitchen carries on the Women of TBA tradition of making Kiddush lunches that has been part of us for decades. Through many kitchen renovations, rabanim, chefs, volunteers, and differences of thought/action the kitchen endures. The walls vibrate with the unique personalities that have added their opinions, hard work, laughter, frustration, and pure “service of the heart” to the kitchen and social hall. We are blessed with those who performed and continue to perform this bounty this “special, special Mitzvah” as Misia Nudler calls volunteering in the kitchen.

There are basically three kinds of Kiddush luncheons. The first is B’nai Mitzvah. Usually a family employs professional certified kosher caterers. The professional caterers are paid for planning menus with family, procuring all the kosher food, cooking the food, and providing the service. The second is a sponsored kiddush, where congregation members or others pay for the food, request specific menus, and it is usually cooked by volunteer certified kosher caterers. The third are synagogue sponsored kiddush lunches that are TBA sponsored and cooked by volunteers. This does not count the brunches, holidays, special occasions, funeral meals, challah baking, latke making that volunteer worker bees provide.

I volunteer periodically for several reasons: 1) The pure joy of feeding a large family of every age group, bell curve of mood, and Jewish experience. 2) I may not be able to stand long, but sitting and chopping is a form of meditation, a working prayer. 3) The immediate visceral experience of belonging to a vibrant campus full of personality. Is it always fun? No. I am not fond of heat and ovens in the summer kitchen, but every second of hard work is worth it when the laughter and clanking of forks on plates floats through the room. It is worth the effort and sometimes discomfort to feed your family. 4) Because it needs to be done, it is important for me to personally experience the work it takes to feed one another, and I take/have the time. 5) Because I laugh a lot and it makes me happy.

Bounty of Volunteer Chefs and Schleppers

“If you have a fine meal, enjoy it in a good light.” Talmud Yoma 74b

Maintaining a large well-used kosher kitchen takes a

Continued on page 18

A surprise bounty, times two!

By Jay Kay

This past year, we hoped to add another little person to our family. During Passover, we went to our 20-week ultrasound and got a surprise. Turned out, we were adding not one but two new little ones. Hello, babies No. 4 and 5!

After laughing hysterically (because why would one expect twins on their fourth pregnancy), we eyeball through all the emotions – surprise, excitement, disbelief, anxiety, you-name-it. We tried to prepare for twins as best as we could in the handful of months between the ultrasound and the birth, but nothing prepared us for our second surprise when the twins arrived.

When we were feeling overwhelmed and exhausted from a long recovery, the TBA community proactively jumped in to help us out in more ways than we could have anticipated. Families brought us food. They brought us baby clothes and diapers. They arranged playdates with our (slightly) older kids and offered to take them to shul, Gan, Bet Sefer, and school. People helped us with laundry. They checked in to see how we were doing. They celebrated our twins’ bris(es) with us and empathized with us on days that were especially difficult. They brought us coffee and made us take breaks for self-care so we wouldn’t go completely insane from sleep exhaustion. They even reached out to others in the Jewish community to help us out with a meal here and there.

No matter how much was already on their plates, these families and individuals cheerfully offered to help us out, each in their own way. In a time where it is easy to get sucked into the busy-ness of life, they prioritized chesed and mitzvot over convenience. We are so very grateful.

Our community showed up for us when we really needed it. We hadn’t expected twins. And we hadn’t expected so much generosity.

TBAers acted as a lifeline for us. And that isn’t something we expected when we signed up and paid our dues. When we started attending Shabbat Mishpacha and sending our kids to Jewish preschool, we did not expect to get an extended family. But we did.

Now, we better understand the importance of a minyan. A minyan is important because it creates community in a way that purely personal observance won’t. When we participated in communal Jewish life by attending Gan, Bet Sefer, and TBA activities, we apparently were planting the seeds to grow our community. A community where people are there for you during life’s highs and lows. And having that sense of community and friendship is a blessing and a bounty.

Continued on page 16


Chesed: Creating New & Safe Spaces
By Anne Levine, Torah Fund Chair

“The world rests upon three things, Torah, avodah (serving G-d), and gemilut hasadim (acts of chesed, loving kindness) - Pirkei Avot 1:2

Now more than ever we need to evoke the power of chesed - kindness that sustains the other to create new and safe spaces in our community. We must call on ourselves to be willing to invest our time, our energy, our compassion and our money to support projects and organizations that are working to create a balance to the negative and divisive rhetoric that fills so much of our news and media - social and otherwise. More than a sentimental idea of being nice to others, chesed carries with it responsibility to reach out to others with real sustenance compassion, empathy, time and money.

This year the Torah Fund of the Women’s League of Conservative Judaism has made the midot of chesed the focus of their fundraising campaign and they have identified a new project to fund as part of that campaign.

In the past several years there has been an outpouring of stories revealing the extent to which women and LGBTQ people remain vulnerable to discrimination and abuse from those in powerful positions. Brought to light by the #metoo movement we have learned that people in powerful positions have used the power of their position to take advantage of those in need of their support. This type of abuse can be found in every area of our society and the men and women of our seminaries have recognized their need to better understand and respond to the experiences of gender-based harassment and bias that they and those they come to serve in our community may have experienced.

Creating New Spaces is a special project of Torah fund and has as its goal to build and sustain a new professional skills program designed specifically to address issues of gender-based harassment and bias. at the Zeigler School of Rabbinic Studies in Los Angeles. In 2018-19 Rabbi Cheryl Peretz at Ziegler initiated a program on this topic in response to students’ needs and requests. Your Torah Fund donation this year will be used to continue the development of that program and it will ensure that there is an endowment to support the on-going needs of the program.

Show your commitment to chesed by donating to Torah Fund this year.

- Be a benefactor with a donation of $180 and receive the Chesed Torah Fund pin
- Make a direct donation by writing a check of any amount to “Torah Fund” and forwarding it to the Torah Fund chair
- Attend this year’s Torah Fund event and hear more about the Creating New Spaces program at Zeigler and its sister project at JTS in New York

Torah Fund is how women are ensuring Conservative/ Masorti Jewish Education around the world

Contact: annelevine52@gmail.com

CityTeam Heartfelt Thanks

We received a heartfelt thank you letter from CityTeam for the backpacks collected in September. There are a myriad of ways to help others and the back to school supplies we brought to CityTeam were used by grateful students.
Be a Part of WTBA

It often comes to our minds what an incredible sisterhood, Women of TBA, stands for. It took some time for us to understand this. At first we didn’t give this wonderful community enough time and attention. When we finally did, we discovered the bounty, the unique diversity and capabilities, that each woman brings to the room. Now it enlightens us every time, at each event, to a degree that we are already looking forward to our next gathering. We really want to share this amazing opportunity with every woman in our fantastic congregation. Please come and be part of this dynamic group.

Together we can be stronger and achieve more!! We can make a difference inside and outside of our community. We are looking forward to seeing you at our next event - Supper in the Sukkah. You are so welcome!

Warmly,
Gabriella Gordon and Dina Hankin
Co-Presidents

September Girls Night Out: Meditation with Jueli Garfinkle and Jeanette Ferber

Whether you’re new to the synagogue or you’re a long-term member, a recent college grad or a retiree, a first-time mom or the cool auntie, we want YOU in WTBA!

To get the link for joining WTBA for 2019-2020, please email Jaqueline Palchik jacqueline.palchik@gmail.com

The best way to keep informed about WTBA happenings is our Facebook page.

MARK YOUR CALENDARS and join us at one of our upcoming and on-going events:

**Upcoming Girls Night Out**

**OCTOBER GNO**
Supper in the Sukkah
Thursday, October 17, 6:30-9:00 PM

**NOVEMBER GNO**
Thursday, November 7, 7:00-9:00 PM

Annual WTBA Membership Appreciation Event
Join us for a lovely afternoon of fabulous women, food and fun. Sunday afternoon, November 10th. FREE to WTBA Members.

Watch your email for details.

**Bingo needs YOU - no long-term commitment required!**

WTBA needs volunteers to help run monthly Bingo games at the Reutlinger Senior Home Games are the first Wednesday of the month and run from 1 - 2:15 PM. 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

**TBA Babysitter Registry for 2019 -2020** – great for your little ones when you want to come to a WTBA event
This is a handy list for congregants who are looking for teen sitters. Once a teen completes the survey, he/she will be listed on a google spreadsheet that will be shared with each congregant who requests it from WTBA.

If you would like to be added, please contact Bella to get the link at 2bellagabriella@gmail.com

Would you like to receive a copy of the list of babysitters? Contact Bella 2bellagabriella@gmail.com
From the Archives: Recipes from Some of Our Member-Caterers

By Faith Kramer

Temple Beth Abraham has a long tradition of congregants who also help cater and cook for synagogue events. Back in 2012-2013, I featured profiles of some of these talented members and shared some of their recipes. This month, I’d thought I’d go back into the archives and feature them and a few of their recipes again.

Treya Weintraub said that her specialty is “Mediterranean and fresh California cuisine,” but she shared her noodle kugel recipe, which she says remains a popular choice at Shabbat luncheons and other events. “I notice when I do a Kiddush, they really like a warm dish,” she said.

Jing Piser’s menus are drawn from the likes and dislikes of the Kiddush lunch sponsors, she said. “I mentally take them on a stroll down the rows of a farmer’s market when I talk to them over the phone.” She shared a roasted tomato soup recipe.

The inspiration for Mary Odenheimer’s recipes comes from many sources, including other TBA members. Take for example her Caesar salad. Jeremy Simon had it at Helene Moore’s house and requested it for his bar mitzvah. Outi Gould, who prepared Simon’s Kiddush luncheon, expanded the recipe to serve 250. When Gould stopped catering b’nai mitzvah lunches, Odenheimer adopted the recipe. It became one of her most requested dishes.

Steven Glaser likes “to garden, grown and eat stuff I grow.” He features vegetable, grains and “healthful foods” in his Kiddush luncheons and said he thinks his soups are probably the most popular items he makes for TBA luncheons, including the butternut squash one included here, which was developed by his cousin, TBA member Doree Jurow Klein.

This is one in a series of columns featuring the recipes of TBA members. If you are interested in being featured or would like to recommend someone for the column, please email fjkramer@msn.com with your suggestions.

STEVEN GLAZER’S ROASTED BUTTERNUT SQUASH SOUP

Serves 8-10

- 4 lbs. whole butternut squash (1 or 2 depending on weight)
- 1/4 cup balsamic vinegar
- 3 Tbs. honey
- 1 tsp. salt plus additional to taste
- 2 tsp. minced fresh thyme
- 1 tsp. red pepper flakes
- 6 Tbs. plus 2 Tbs. olive oil
- 6-7 cups vegetable stock
- 1 large onion, finely chopped
- 2 garlic cloves, minced
- Ground black pepper, to taste
- 3/4 cup of milk or half and half

Preheat oven to 400 degrees. Cut squash lengthwise and scoop out seeds and fibers. Place squash halves cut side up on a baking sheet. More than one sheet may be required. Whisk together balsamic vinegar, honey, 1 tsp. salt, red pepper flakes, thyme, and 6 Tbs. olive oil until they emulsify and are well combined. Brush squash with marinade. Roast squash, brushing with extra marinade every 10-15 minutes. After 30-35 minutes, turn squash halves over to continue cooking cut side down for another 10-15 minutes until slightly soft. Remove and let cool before removing skin from squash. May be prepared a day in advance and refrigerated until needed.

Heat remaining olive oil in a stock pot. Add onion and garlic. Cook 6 minutes or so until golden. Add squash and stock. Cook over a medium flame uncovered about 30 minutes. Let cool and puree with an immersion blender or in batches in blender. Return to pot. Add milk. Gently reheat. Add salt and pepper to taste. If desired, reduce down any leftover marinade and drizzle on top of individual soup bowls before serving.

CAESAR SALAD

Serves 4-6

- 5 anchovies with capers
- 4 large garlic cloves
- 5 tsp. lemon juice
- 1 1/2 tsp. Worcestershire sauce
- 1 1/2 tsp. Dijon mustard
- 1 cup mayonnaise
- 4 Tbs. Parmesan cheese, divided (plus some for sprinkling on top)
- Romaine lettuce, torn
- Croutons

Faith Kramer writes a food column for the j, The Jewish News of Northern California, and blogs her food at www.clickblogappetit.com. Contact her at fjkramer@msn.com
Put anchovies, garlic, lemon juice, Worcestershire sauce, mustard, mayo and 1 Tbs. of Parmesan cheese in a blender. Add rest of the Parmesan cheese after blending. Toss with Romaine lettuce and croutons, plus a little extra cheese.

To make croutons: Cut bread into cubes. Toss with oil, minced garlic, salt, and pepper. Spread in a single layer on an oiled foil-lined baking sheet. Bake at 400 degrees until lightly brown (15-20 minutes), turning once or twice.

**TREYA WEINTRAUB’S NOODLE KUGEL**

Serves 8-10

- Vegetable oil for pan
- 12 oz. extra wide egg noodles
- 3 extra-large eggs OR 4 large eggs, beaten
- 1 lb. ricotta cheese
- 1/2 cup half and half
- 1/2 cup sugar
- 2 Tbs. fresh lemon juice
- 1 tsp. cinnamon
- 1 tsp. vanilla
- 3/4 tsp. salt
- 1 1/2 cups golden raisins

Preheat oven to 350 degrees. Grease a pan approximately 7.5” x 11.5” with vegetable oil. Cook noodles in boiling, salted water until cooked but still firm. Drain. Mix eggs, ricotta, half and half and sugar together. Mix in lemon juice, cinnamon, vanilla, salt and raisins. Pour into pan, cook for 35 minutes, until kugel is almost firm. Evenly spread topping, return to oven and cook for another 10 minutes, or until egg mixture is set and the kugel is cooked through and fairly firm. (Timing will vary depending on pan size) If desired, cut apricots into thin slices and garnish cooked kugel. Serve hot, warm or at room temperature.

For sour cream topping: Mix 8 oz. sour cream with 2 tsp. lemon juice, 1/2 cup sugar and 1 tsp. vanilla.

---

**JING PISER’S ROASTED TOMATO SOUP**

Makes about 5 1/2 cups

- 2 28 oz. cans whole tomatoes (not packed in puree), drained and juice reserved
- 1 1/2 Tbs. dark brown sugar
- 4 Tbs. unsalted butter
- 4 large shallots, minced
- 1 Tbs. tomato paste
- 2 Tbs. flour
- 1 3/4 cups vegetable stock
- 1/2 cup heavy cream
- 2 Tbs. brandy or dry sherry
- Salt, to taste
- Cayenne pepper, to taste

1. Adjust oven rack to upper-middle position and heat oven to 450 degrees; line jelly-roll pan or rimmed cookie sheet with foil.

2. Measure 3 cups of reserved juice from the tomatoes. Discard or save the rest for another use. Seed the tomatoes by cutting in half and squeezing out seeds.

3. Spread tomatoes in single layer on foil, and sprinkle evenly with brown sugar. Bake until all liquid has evaporated and tomatoes begin to color, about 30 minutes. Let tomatoes cool slightly, then peel them off foil; transfer to small bowl and set aside.

4. Heat butter over medium heat in medium nonreactive saucepan until foaming; add shallots and tomato paste. Reduce heat to low, cover, and cook, stirring occasionally, until shallots are softened, 7 to 10 minutes. Add flour and cook, stirring constantly, until thoroughly combined, about 30 seconds. Whisking constantly, gradually add stock; stir in the 3 cups of reserved tomato juice and roasted tomatoes. Cover, increase heat to medium, and bring to boil; reduce heat to low and simmer, stirring occasionally, to blend flavors, about 10 minutes.

5. Strain mixture into medium bowl; rinse out saucepan. Transfer tomatoes and solids in strainer to blender; add 1 cup strained liquid and puree until smooth. Return the pureed mixture to the saucepan, add cream, and heat over low heat until hot, about 3 minutes. Off heat, stir in brandy or sherry; season to taste with salt and cayenne, and serve immediately.

6. Return the pureed mixture to the saucepan, add cream, and heat over low heat until hot, about 3 minutes. Off heat, stir in brandy or sherry; season to taste with salt and cayenne, and serve immediately.

To Make Ahead – This soup can be prepared through step 5. Cool, cover and refrigerate for up to 3 days or frozen for up to 2 months. Reheat over low heat before proceeding.
Taking a Moment to “Pause”; Mindful Eating at the GAN!
By Amanda Jarman (Kitah Bet Teacher)

In our busy lives, we often grab snacks on the run or eat while we are on the go! Our grocery stores are filled with pre-packaged foods that are meant to be eaten fast with our busy hands. Marketing corporations spend billions of dollars to sell “protein packs” or “nutrient” laden chow so that we don’t even have to think about it.

Here at the GAN, we are fortunate to have the time to slow down and appreciate each part of our day. Mealtimes provide so much opportunity to be grateful. Playtime at the Gan allows children to self select and make their own choices about where they want to be. However, mealtimes are a chance for us to come together in our various classrooms and build kehillah (community)!

In Kitah Bet, we call snack and lunch our “together times”. Snack time is provided by school and it’s a chance to all eat the same kinds of food, usually focusing on dairy and carbs or fresh fruits and veggies.... sometimes right from our very own play yard garden!

Lunchtime gives the children a chance to explore their own unique foods. This is food that their family considers “growing food”. Each child brings their own special lunch containers and water bottles to promote the Jewish value of bal tashchit (do not destroy needlessly) and to decrease the need for plastic packaging and paper cups.

Here comes the slowing down bit! Before each meal in our kitah (classroom) we take a moment to “pause”, like a comma in our day, and think about where our food comes from. This is the first step in figuring out which Hebrew bracha (blessing) we will sing. We send our gratitude to the earth and trees (adamah & etzim) for growing the food, the farmers for helping, the workers who got the food to market, the “grown-ups” who bought the food, and the children who eat the food so that they can grow strong and healthy! There is so much work (avodah) that happens in order to eat.

On Shabbat days, we extend our verbal gratitude and brachot (blessings) to all the children in the world who don’t have enough to eat or who never get challah on Shabbat (to which most of the children gasp in surprise and outrage... no challah on Shabbat?!?). It is hard to imagine humans going hungry or babies not growing because they don’t have enough milk or nutrition but even our smallest hands can drop coins in a tzedakah box or reach out in a moment of gratitude to say the “motzi”.

It is very tempting to want to “get through” eating so that we can make time for all the other tasks that need to get done in the day. As teachers, we make a point to sit with the children at mealtimes and really think about which blessings match:

Carrots come from the earth (bo’ra p’ri ha’adama)
Apples come from trees (bo’ra p’ri ha’etz)
Bread/Challah come from wheat (hamotzi lehem min ha’aretz)
Mix of Yum we say (bo’ra m’ney mezanot)

And of course, always with a “Thank you, G-d” for creating all the life and sustenance that we are so amazed and awed by! So next time you are sitting down for a quick breakfast or passing back a baggie of cheddar bunnies to the backseat, take a moment to “pause” and be grateful! Your mind, tummy and heart will be glad you did!!
Thank You Adoshem for Making Me a...
By Susan Simon

I had the privilege last month of attending a workshop in LA on helping teens navigate the perils of the teenage years through a Jewish lens. The program is called Moving Traditions and there are separate programs for both the boys and the girls. I was thrilled to participate in this workshop and bring this program to our school community as part of our curriculum.

There were many amazing moments but one had to do with the Jewish text for daily prayers. If you have ever come to a daily minyan (and I strongly suggest you come to ours because only the loveliest and most welcoming people go!), one of the opening blessings that is part of Birchat HaShachar (the blessings of the dawn) say Baruch Atah Adoshem, Elokeinu Melech HaOlam, shehlo asani isha, or in translation, Blessed are You, Adoshem, our God, Ruler of the World, who didn’t make me a woman. Except, at TBA and in most Conservative and Reform congregations, we have eliminated that verse because of the difficulty of trying to understand it and not be offended.

Going back to the time of the Talmud, three blessings that the men said in daily prayer were remarkable to me. Thank you for not making me a slave, for not making me a woman and for not making me an ignoramus. Notice that all three of these are negative blessings. Today we typically say thank you for making me a Jew and not the other two. The next part of this is astounding. Rashi and others say that we need to include these two negative brachot so that we can get to the required 100 brachot said per day!

Those who support being thankful for not being made a woman argue that women don’t have any time bound mitzvot to fulfill and that men are being thankful that they have this obligation. That didn’t sit too well with me.

While I was being cranky about this version of the brachot that I sometimes encounter, I learned that for centuries, people have been upset with this negative bracha, at least going back to the 15th century. In some cases, and you can find evidence of this in the Talmud, women are to recite she’asani kirtzono, thanking God for making them according to God’s will. But there have been some privately published prayer books published in the 15th century by men for their wives that changed the language entirely.

Rabbi Abraham Farisol of Italy wrote and published a prayer book for his wife with a mirror image of the original bracha. Where it originally said thank you for making me a man and not a woman, his wife’s version said thank you for making me a woman and not a man. I cannot tell you what joy this brought me!

At about the same time, another rabbi was suggesting that women should thank God for not making them a wild animal (sigh). This brings up a blessing possibly attributed to Socrates in the 5th century BCE where he supposedly said that he had three blessings for which he was grateful: that he was born a human being and not a brute, that he wasn’t born a woman and that he was born a Greek and not a barbarian. And there is an Iranian version as well with similar sentiments.

I love our traditions and want to continue to learn about them and analyze them. This one blessing about being grateful for being born one gender over another is hard to swallow. As we humans continue to explore gender the confusion only deepens. How marvelous that in our community we continue to grapple with these difficult passages, understand them, reconcile them with our beliefs, and not just brush them under a carpet. May we continue to be Yisrael, those who struggle with God and with people with compassion and love.
Charity is equal in importance to all the other commandments combined.

Murray Davis Courtyard/Next Big Thing
Lowell Davis
Josh & Lisa Sadikman
Jessica Dell’Era
Gary & Faith Kramer
Jacqueline Palchik
Klaus-Ullrich Rotzscher, in memory of Steve Ellis

Jack and Jeanette Jeger Kitchen Fund
Norman & Jo Budman, in loving memory of Arthur Roth
Norman & Jo Budman, in loving memory of Herman Budman

Bet Sefer Discretionary Fund
Jon Feldhammer & Rachel Kuperman
David Goldstein & Sharon Shoshani
Ariella Jessel & Emily Geagan
Daniel & Jessica Klein
Gabriel & Angela Levy
Joel Mendelson & Irene Shoikhet
David & Elisabeth Schleuning
David & Treya Weintraub, in honor of Joseph Charlesworth’s bar mitzvah

High Holy Day Appeal General Fund
Harriet Bloom
Azary & Clara Blumenkrantz
Virginia Davis
Eve Gordon-Ramek
Allan Green
Morey Greenstein
Gerald & Ruby Hertz
Stephen & Toya Hertz
Jonathan & Joy Jacobs
Donald Jurow
Dan & Renee Kaiser
Leonard Katz
George & Janet King
Gary & Faith Kramer
Marshall & Lynn Langfeld
Michael & Katherine Maidenberg
Philip & Amy Mezey
Shelby & Adrienne Miller
Randy & Lori Morris
Misia Nudler
Betty Ann Polse
John Rego & Deborah Kahane Rego
Nissan & Carol Saidian
Curtis & Adi Schacker
Mark & Lori Spiegel
Lowell Davis

Temple Beth Abraham General Fund
Azary & Clara Blumenkrantz, in memory of Girsha Uretski
Sanford & Leslie DeLugach, in memory of George and Kitty Batavia
Robert Edesess & Janet Lai, in memory of Dr. Robert Edesess
Richard & Janice Freeman, in memory of Carl Freeman
Stephen & Toya Hertz
Jeff & Johanna Ilfeld, in memory of Art Sussman
Jonathan Klein & Rebecca Calahan Klein
Jessica Klinger, in memory of Edward Klinger
Judith Klinger, in honor of Bella Gordon, for being a generous friend
Mark Liss & Bonnie Burt, in memory of Irving Mayer Burt
Mark Liss & Bonnie Burt, in memory of Sunny Burt
Adele Mendelsohn-Keinon & Irwin Keinon, in memory of Al Mendelsohn from his loving family
Adele Mendelsohn-Keinon & Irwin Keinon, in memory of Lynn Bunin
Steven Rosenthal & Ailsa Steckel, in memory of Kenny Gordon and Ben Warwick

**Continued on page 15**
Charlotte Ragones, October 26, 2019

My name is Charlotte Ragones and I am a 7th grader at Piedmont Middle School. I love musical theater, hanging out with friends, reading, volleyball, and playing with my adorable cat Prince.

My Torah portion is Beresheit which starts at the very beginning of the Torah. This portion is about creation of the whole world. I will be focusing on why animals were created and if they were meant to be eaten. Come to my Bat Mitzvah to see if animals really were created for food or something else entirely. Hope to see you there on October 26th!

Daniela Goldfein, November 2, 2019

My name is Daniela Goldfein. My torah portion is Noach. I chose this parasha because I like architecture and I like animals. I am a 7th grader at Contra Costa Jewish Day School. I like going to Maine and New York in the summer. I love my dog, an Aussie Mini named Dottie! At school I enjoy my friends, art and Math.
LIFE CYCLES

October Birthdays

October 1 - 4
Jacob Lorber
Allison Heim
Edward Marcus
Len Nathan
Dan Oppenheimer
Lauren Quitman
Sheldon Schreiber
Lena Sloan Freid
Isaac Frierman
Sandra Rappaport

October 5 - 11
Yael Gordon
Marshall Langfeld
Josh Rego
Andrew Rose
Arianna Leya Zatkin
Violet Clark
Charles Feltman
Ruby Klein
Barbara Oseroff
Michael Oseroff
Robert Santee
Benjamin Skiles
Ruby Sophia Foxall
Eric Frank
Eli Kleinmann
Dikla Dolev
Janet Lai
Charles Levine
Leah Liron
Edie Mills
Micah Ross
Rachel Bernstein
Rachael Rothman
Miri Yael Edelstein
Rinat Fried
Janna Lipman Weiss
Kate Flick Garcia
Nicole Lopez
Maya McLean
Jennifer Berg
Aaron Goldberg
Dan Halperin
Sophie Hodess
David Morris
Misia Nuider
Mary Odenheimer
Max Roman
Michael Rose
Sheli Schacker
Lucio Siegel

October 12 - 18
Mikhail Partsuf
Dan Engel
Ian Kelley
Santiago Westbury
Eden Bruner
Andy Campbell
Beth Glick
Adi Dolev
Anita Hannah Engel
Adina Danzig Epelman
Eliana Polon
Isaiah Rothe
Gary Smith
Nicole Joseph-Goteiner
Jan Kessler
Andrea Sarber

October 19 - 25
Alicia Cernitz-Schwartz
Danielle Glick-Scroggins
Robert Fulop
Gabriella Gordon
Stuart Liroff
Yael Singer
Will Sparks
Treya Weintraub
Leo Maltz
Jeffrey Michels
Talia Rotman
Simon Zapruder
Thea Horner
Bayla Polston
Benjamin Ring
Ricardo Collaco

October 26 - 31
Jordan Carey
David Coltoff
Michael Kubalik
Cara Plumhoff
Anna Schacker
Jessica Klinger
Richard Odenheimer
Arielle Albert
Lynn Gitomer
Keith Dines
Nathan Kruger
Elissa Strauss
Freya Trench
Julia Bersin
Samuel Ragones
Amy Tessler
Debra Weinstein
Matthew Dolev
Bodhi Dominica Eckstein
Fredric Hoffman
Lon Moore
Juanita Villa
Sophie Hankin
Anna Livak Hale
Talia Bruner
Eli Mailman
Devorah Margolin
David Weiner

Welcome New Members

Jeremy & Zindzi Sugerman. Children Judy & Ayala
Jacob & Stephen Tobias
Doug & Susanne Heim. Children Allison & Rachel

Double Blessing, cont. from page 7
We cannot even begin to write thank you notes to everyone who showed up for us when (and before) we needed it. Thank you to Rabbi Bloom for introducing us to young families who have become great friends and a strong support group. Thank you to Jill, Marta, Rayna, Susan Simon, and all the teachers for creating such a supportive and friendly community for us young parents (and our kids) and for showing us the real added benefits of a Jewish preschool.

And to all the families and individuals at Gan Avraham, Bet Sefer, and Temple Beth Abraham who showered us with chesed (you know who you are): Thank you again for the encouragement, clean laundry, meals, supplies, errand runs, baby holding, and much needed self-care.

Thank you TBA for showing us the value and importance of a strong synagogue community. Thank you for acting as our local extended ‘family.’ And thank you for sharing your generosity during this exciting, sleep-deprived time for us!

Todah Rabah from the bottom of our very full hearts for this double blessing.
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.

Recent Deaths in Our Community

Sondra Shapiro, Mother of Richard (Florena) Shapiro

MEMORIAL PLAQUE

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

October Yahrtziets

המקולים ינחמו אבותיהם בקדושין艾滋 אלבל יזכירו ויהיו鲶

2 - 5 TISHREI
October 1 - 4
Norma Bercovich
William Kestenblatt
Jack Kovell
Ely Levis
Nuta Okh
Albert Reingold
Abraham Bauer
Avram Bercovich
George Bruder
Mary Gildea
Ida Gold
Nathan Kurtz
Sidney Tuckman
Samuel Weiss
Henry Glasser
Isadore Gottlieb
Jacob Leson
Joseph Schwartz
Pearl Weiner
Ilse Sanders
Wilhelmine Sanders
Fannie Silberman
Lillian Silverman
Pauline Wolf
Bella Wolfe

6 - 12 TISHREI
October 5 - 11
Rosalie Beren
Edith Schallenberger Gentry
Anne Miller
Kenneth Dean Simon
Arthur Adler
Emma Bolton
Ruth Janger
Samuel Shapiro
Minnie Teverov
Bernard Lutz
Nathaniel Ranzer
Simma Leson
Robert Middleton
Frances Piser
Mary Plotkin
Harvey Steinberg
Irene Strongin
Allen (Al) Davis
Sam Grant
Nancy Greenberg
Mathilda Kahane
Bertha Rosenberg
Mary Weinstein
Lena Zubkoff
Isedore Isenberg
Gary Rosenfeld
May Landowitz
Curtis Manasse
Elizabeth Rosenberg
Rabbi Morris Schussheim
Anna Hammerman

13 - 19 TISHREI
October 12 - 18
Harry Horwitz
Abraham Maltzman
Florence Dines
Leah Goldberg
Ellen Goldstein
Jack Lorber
Emanuel Riter
Faye Selinger
Solon Weiner
Samuel Burge
Evelyn Gluck
Maurice Goldberg
Edward Hyman
Arthur Kaplan

20 - 26 TISHREI
October 19 - 25
Celia Bierman
Edith Kaplan
Beke Schechtman
Fannie Arenbart Sieff
Rebecca Diamond
Max Fass
Rose Semendoff
David Belzer
Seymour (Cy) Cernitz
Hy Goteiner
Nathan Levine
Miriam Kestenblatt Renner
Emanuel Diamant
Udel Kontrovich
Howard Krachman
Daniela Ratz

27 TISHREI - 2
CHESHVAN
October 26 - 31
Sidney Samuel Hertz
Isaac Kessler
Fannie Sussman
Hyman Cohen
Louis Huberman
Steve Janger
Susan Ames Klinger
Fannie Landy
Victor Mendelsohn
Bety Paul-Katz
Ben Rust
Edwin Ames
Beth de la Torre
Ira Michael Feltman
Morris Kuff
Harry Winchell
Ruth Zangwill
Maurice Kleven
Dorothy Lutz
Mike Marshak
Jeanette Baim Stern
Alice Klein
Anita Levine Litwack

Roy Taylor
Linda Gordon
Bernard Stuart Horodas
Joseph Novack
Abraham Rabinowitz
Donald Rapson
Yigal Yanai
Errin Berkowitz
Sarah De Vorin
Blossom Goldfarb
Sadie Goodman
Abraham J. Weisbrod
daunting knowledge of appliances, kashrut, and improvising. It means keeping the kitchen in compliance with State and City codes, and kashrut. We are thankful for being served by several mashgiach that keep our kitchen kosher. The chefs are very aware of keeping our kitchen kosher, and safe. So being gently or sometimes vigorously encouraged to not enter a working kitchen is not whimsy or malice but often related to keeping codes and kashrut. I stand in the doorway, I asked Treya, “May I empty this and if so what sink?” I was respecting her authority as the kosher chef of that moment. All our current volunteer and catering staff are certified by our Rabbi to be able to plan, shop, cook and serve meals.

Keeping equipment working and up to date is, like any large kitchen, an on-going project. It takes both the professional paid staff at TBA and the large volunteer staff to keep a kosher kitchen. Stoves, refrigerators, freezers, industrial dishwasher, mixers, knives, and dishes need to be repaired or replaced. Not to mention lots and lots of dishes. Remember, most minyan breakfasts, infrequent Shabbat dinners on Friday night, and Saturday Kiddush lunches are prepared by volunteers. Our professional caterers prepare a lot of Friday Shabbat Dinners, Kiddush Luncheon, Kosher Party food for at B’nai Mitzvah!

To make a regular kiddush lunch it takes one to two people one to four days depending on sponsor requests, and servings. We serve anywhere from 20-150 servings on a “regular” Shabbat. It can take a day or two for recipe planning, shopping for kosher products, and schlepping it to the Synagogue. Not to mention, those that donate and deliver. For those with deep experience, which we are so fortunate to have at TBA, it may take a shorter period of time! The ability to estimate how many people will be in attendance for any event is alone an amazing skill.

The actual shopping for kosher food and staples, takes time and effort. Farmers markets, kosher groceries, special orders, and bringing it to the kitchen takes an infinitive effort by both professionals and volunteers. Along with an eye for hechsher, I watch them keep all of us in mind: Who eats only vegan? Who has a gluten intolerance? Who is lactose intolerant? Who is allergic to peppers? Go easy on the salt, blood pressure. Oy. Mind bogglingly impressive, since I can hardly remember my address. Every mouthful of deliciousness is a constant reminder of how blessed we are to have an amazing kosher kitchen, really, I have seen a lot and we are so blessed, excellent kosher food locally grown, and a variety of traditions, chefs, and specialties.

Bounty of Culture

“Voices, sights, and savours refresh Man’s mind.”
Talmud, Berakhot

Kiddush lunch is an ocean of stories, lives, and family. Each person’s journey is followed with kindness, some jovial teasing, at least as many opinions as people at the table, and more than a wee bit of wisdom. Like all families the tales are sometime tall, but the entertainment is never ending. As a person who did not grow up in a Jewish home, this has been the deepest, purest, most joyful introduction to every aspect of Jewish life, past to present. The nurturing of a family is an on-going lifelong journey. My role models for living a deeply religious Jewish life are all in the room from new borns to those older than me. Every week.

It is a time for conversation of every ilk while children play and the bench is full of the usual people. There is a deep presence of Thou in the weekly holiday greetings and dialogue. I am surrounded by absolutely brilliant, talented, funny, and amazing human beings. The knowledge in the room, alone, could fill a stadium. Add all the experiences of each person and their personal journey and we could fill a city. We are a living culture. Am Israel is in every face, argument, piece of gossip, caring hug, teasing spirit, joyous Mazel Tov, tearful empathy, and delighted smiles.

Life passes by week by week. Each Shabbat grounds me through an ever progression of life changing events: a new baby naming, b’nai mitzvah, yahrzeit, conversions, birthdays, anniversaries, engagements, and every occasion marking our life cycle. Every week, Baruch HaShem, I am deep in family rejoicing in family. Learning from each other, listening to each other, consulting each other, my cultural experience of being a Jewish woman deepens as we share a meal. Simple, yet profound, I eat to fill my belly and I am deeply nourished in the company of each other.

Next time you come to shul and are blessed with the opportunity to enjoy the sweetness of minyan and breakfast or the blessings of Saturday Shabbat Services and Kiddush luncheon, think of our bounty. Thank everyone! Consider a donation to the Burton Polske Kiddush Fund or the TBA Minyan Fund in honor of all of those who make up the team behind the Challah bread appearing: the TBA staff, those who have volunteered to feed us in the past, those who donate to kitchen and food, those who continue to provide for us, and for those who will volunteer in the future to bring this bounty to our family.

Baruch HaShem.
### OCTOBER 2019

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(2 Tishrei)</td>
<td>(3 Tishrei)</td>
<td>(4 Tishrei)</td>
<td>(5 Tishrei)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rosh Hashanah Day 2</td>
<td>Zom Gedaliyah</td>
<td>8:00am Minyan followed by breakfast</td>
<td>9:15am Gan Coffee Talk</td>
<td>9:30 &amp; 10:45am Shabbat Kindergym</td>
<td>6:15pm Kabbalat Shabbat</td>
<td>Shabbat Vayeilech Shabbat Sha&quot;va</td>
</tr>
<tr>
<td>9:00am 2nd Day Services</td>
<td>9:00am Weekly Text Study, L’Acajou Café</td>
<td>10:00 &amp; 11:15am Kindergym</td>
<td>4:00pm Bet Sefer 7:00pm WTBA Girls Night Out</td>
<td>6:29p Candle Lighting</td>
<td>7:28p Havdalah (42 min)</td>
<td></td>
</tr>
<tr>
<td>7:34p Havdalah</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| 6      | 7      | 8      | 9         | 10       | 11     | 12     |
| (7 Tishrei) | (8 Tishrei) | (9 Tishrei) | (10 Tishrei) | (11 Tishrei) | (12 Tishrei) | (13 Tishrei) |
| 9:00am CPR Training | 8:00am Minyan followed by breakfast | Kol Nidre 6:15pm Kol Nidre Service | Yom Kippur 9:00am Yom Kippur Services 9:30am Youth & Family Services 2:30pm Study Session 4:00pm Yom Kippur Services resume | 8:00am Minyan followed by breakfast NO KINDERGYM THIS WEEK 4:00pm Bet Sefer | 16:15p Kabbalat Shabbat | Parashat Ha’azinu 9:30am Shabbat Services 1:00pm Mah Jongg for all |
| 10:00am Adult Ed with Nitthia Shaked | | | | | | |
| 1:30pm CPR Training | | | | | | |
| 7:14p Candle Lighting | | | | | | |
| 7:13p Havdalah | | | | | | |

| 13     | 14     | 15     | 16       | 17       | 18     | 19     |
| (14 Tishrei) | (15 Tishrei) | (16 Tishrei) | (17 Tishrei) | (18 Tishrei) | (19 Tishrei) | (20 Tishrei) |
| (Erev Sukkot) | Sukkot I Gan & Office Closed 9:00am Sukkot Service followed by Kiddush | Sukkot II Gan & Office Closed | Sukkot III 9:00am Weekly Text Study, L’Acajou Café NO KINDERGYM THIS WEEK 5:45pm Gan Supper in the Sukkah 7:00pm BYYO- AZA & BBG | Sukkot IV 8:00am Minyan followed by breakfast NO KINDERGYM THIS WEEK 4:00pm Bet Sefer | 6:15pm Kabbalat Shabbat | Sukkot V 9:30am Shabbat Services 10:15am Junior Congregation |
| WTBA & Men’s Club build the Sukkah 10:00am Adult Ed with Nitthia Shaked | | | | | | |
| 6:16p Candle Lighting | | | | | | |
| 7:14p Candle Lighting | | | | | | |
| 7:13p Havdalah | | | | | | |

| 20     | 21     | 22     | 23       | 24       | 25     | 26     |
| (21 Tishrei) | (22 Tishrei) | (23 Tishrei) | (24 Tishrei) | (25 Tishrei) | (26 Tishrei) | (27 Tishrei) |
| Sukkot VII (Hoshana Raba) 10:00am Adult Ed with Nitthia Shaked | Shmini Atzeret Gan & Office Closed 9:00am Shmini Atzeret Service with Yizkor followed by Kiddush 6:15pm Erev Simchat Torah Family Service | Simchat Torah Gan & Office Closed 9:00am Simchat Torah Service followed by Kiddush | Simchat Torah 9:00am Weekly Text Study, L’Acajou Café 10:00 & 11:15am Kindergym 7:00pm BYYO- AZA & BBG 7:00pm Beginning Adult Hebrew with Susan Simon | 8:00am Minyan followed by breakfast 10:00 & 11:15am Kindergym 4:00pm Bet Sefer | 6:15pm Kabbalat Shabbat | Parashat Bereishit 9:30am Bat Mitzvah of Charlotte Ragones |
| 6:06p Candle Lighting | | | | | | |
| 7:04p Havdalah | | | | | | |

| 27     | 28     | 29     | 30       | 31       |        |        |
| (28 Tishrei) | (29 Tishrei) | (30 Tishrei) | (31 Tishvani) | (32 Tishrei) | | |
| 10:00am Adult Ed with Nitthia Shaked 5:00pm Feeding the hungry at CityTeam | 8:00am Minyan followed by breakfast | Rosh Chodesh Heshvan 4:00pm Bet Sefer | Rosh Chodesh Heshvan 9:00am Weekly Text Study, L’Acajou Café 10:00 & 11:15am Kindergym 7:00pm BYYO- AZA & BBG 7:00pm Beginning Adult Hebrew with Susan Simon 7:00pm Beginning Conversational Hebrew with Ditza Oren | 8:00am Minyan followed by breakfast 10:00 & 11:15am Kindergym NO BET SEFER | | |
Annual Social Action Opportunity for Alameda County Community Food Bank

• We are in the midst of our High Holy Day food collection for the ACCFB. Attendees to Holy Day Services are encouraged to bring canned and boxed food. Barrels are placed around the campus, including in the foyer of the synagogue. This food drive lasts from Rosh Hashanah through Sukkot.

• This year, in addition to participating in the canned and boxed food drive, we welcome you to our first Virtual Food Drive (VFD). You can donate directly to ACCFB and have them purchase food on your behalf. They are able to buy in large quantities and get a much better price per pound. There are options to purchase specific grocery items in bulk or enter a specific dollar amount. It’s great to see how much they can stretch your dollar with their bulk purchase power. [https://www.vfd-accfb.org/GroupHome.aspx?ID=7109](https://www.vfd-accfb.org/GroupHome.aspx?ID=7109)

• Look for dates later in the year for an opportunity to volunteer at the ACCFB facility in Oakland with fellow congregants and possibly team up with another congregation from the area.

• Year round volunteer opportunities are here: [https://www.accfb.org/get-involved/volunteer/individual-volunteers/](https://www.accfb.org/get-involved/volunteer/individual-volunteers/) and some congregants volunteer on a regular basis.

• If you have questions about volunteering at ACCFB, the canned and boxed food drive, or the virtual food drive, please contact Jessica Sterling.