

Volume 44, Number 1

September 2023, ELUL 5783/TISHREI 5784



Journeys

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Monday & Thursday Morning Minyan

Chapel, 8:00 a.m.

Friday Afternoon

Gan Shabbat, 12:40 p.m.

Friday Evening (Kabbalat Shabbat)

Sanctuary and YouTube, 6:15 p.m.

June Friday Candle Lighting

Sept. 1	7:20pm
Sept. 8	7:09pm
Sept. 15	6:58pm
	Erev Rosh Hashanah
Sept. 22	6:48pm

Shabbat Morning

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

Shabbat Havdalah & **High Holy Days Candle Lighting**

Sept. 2 Parashat Ki Tavo 8:17pm Havdalah

Leil Selichot Sept. 9 Parashat Nitzavim-Vayeilech 8:06pm Havdalah

Rosh Hashanah 5784 Sept. 16 7:54pm Candle lighting

Rosh Hashanah Day 2 Sept. 17 7:53pm Havdalah

Shabbat Shuva Sept. 23 Parashat Ha'Azinu 7:43pm Havdalah

Erev Yom Kippur Sept. 24 6:44pm Candle lighting

Sept. 25 Yom Kippur 7:40pm Havdalah

Sukkot Day 1 Sept. 30 7:32pm Candle lighting

The Omer

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

We are also always in need of copy editors.

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

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

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

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

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



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Isaac Brown - August 26th, 2023

Hello, my name is Isaac Brown and I am 13 years old. I live in Walnut Creek and I am in 8th grade at Pleasant Hill Middle School. I've been at Temple Beth Abraham since I was in Kindergarten and I'm so excited for my Bar Mitzvah on August 26th. My parashat, Ki Tezte is a list of laws that Moses is trying to get the Jewish people to follow as they overlook Israel which signifies the end of their long trek in the desert. I love reading and video games and my favorite sports are basketball, skiing and Jiu Jitsu.



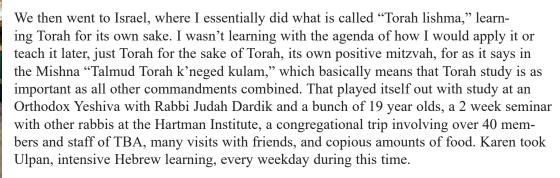
ROM THE RABBI



Sabbatical—What A Journey

First, thank you, thank you, thank you. Karen and I cannot thank you, the congregation, enough for granting us 5 months to refresh and recharge. Before I left, my energizer bunny style had not dissipated, or at least I thought, but it turns out the normal challenge of working as a solo rabbi at a nearly 500 family congregation coupled with the challenges of keeping a congregation afloat during Covid and our Executive Director's health leave in the year before my sabbatical, plus three tragic deaths in the month before I left, had taken a toll on me. It was very much needed AND appreciated. Again, thank you, thank you, thank you.

I have been asked often: what does a rabbi do on sabbatical? Many do particular projects, but our leadership essentially said, do whatever you want. Our journey began with a one month vacation in Europe—London, Paris, Bordeaux, Barcelona, and then a cruise that visited Marseilles, Corsica, and Gibraltar.



As many of you already know I kept a blog, rabbimarkbloom23.blogspot.com, and I want to conclude with a story of my final day in Jerusalem, which, in order to officiate at a Bar Mitzvah at the egalitarian part of the Western Wall, was a journey in itself, both for me and the Torah. It took a wild goose chase for me to find a Torah (thank you Congregation Maayanot) and Siddurim, Prayerbooks (thank you Israel Maven Tour Company). These were very far away from my residence and the Wall, and it was massively inconvenient. But the last part of the journey was something else.

It was a 40 minute walk with the Torah. I know I should have just taken a taxi, but well, I pride myself on walking everywhere, even in the intense heat of the day. So I walked the 40 minutes to the wall with the Torah "shielded" by a tallit and black garbage bags. Still, people could tell by the way I was carrying it what it was, so people of all religious levels would stop and kiss it--secular Israelis, 5 year old Yeshiva boys, and an entire senior women's fitness class. It was really something else. It was as if the Torah had a camera attached to it, and its journey was documenting all the many types of people in Israel. Despite the turmoil here, it turns out the final message is that everyone honors and values the Torah!

L'shalom,

Rabbi Mark Bloom



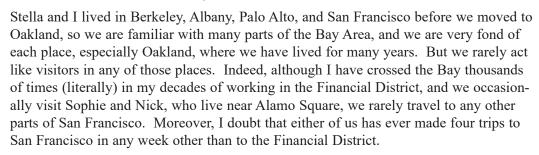




Journeys Don't Have to be Far Away

By David Goodwin

Those of you who attended the aufruf at Shabbat services a few weeks ago will know that my younger daughter Sophie Goodwin married Nick Keats on August 13 at the San Francisco Presidio. Rabbi Bloom conducted the wedding ceremony, and I can say that if there were a Yelp rating for wedding officiants, the Rabbi would have received five stars from everyone who attended: it was a happy and loving ceremony and the Rabbi was great. However, the theme of this issue of the Omer is not marriage but journeys, and I was inspired by four trips to San Francisco, for the wedding rehearsal, the rehearsal dinner, the wedding itself, and a stop at the Presidio a few days later to drop things off, to write not about travel to far-flung locales but local travel, to San Francisco.



In this age of unpredictable traffic, there is much to be said for using a traffic app when driving through San Francisco and we therefore used Waze to get to the Presidio. Anyone who uses Waze knows that it will send drivers hither and you if doing so will save a bit of time. On the first trip, for the rehearsal, Waze directed us through Chinatown, on a detour to North Beach, down what must be the steepest street on Telegraph Hill, and eventually along Lombard Street to the Presidio. The return journey took us up Van Ness, past Union Square, down to south of Market, and, after a Waze glitch that wanted us to go the wrong way on a one way street, onto the Bay Bridge. The second trip likewise took us to parts of San Francisco that we rarely visit, including Fisherman's Wharf, Cow Hollow, Pacific Heights, Presidio Heights, and the back side of the Presidio. The third and fourth trips were easier, sending us through downtown to Franklin and down to Lombard Street, but the return journey after the wedding party, late at night, went through the Financial District and past Salesforce Tower where I work, surprising me by how many people were walking around in the city at midnight. And for the return journey in fourth trip, we went through the Presidio and along the cliffs above Baker Beach to the Legion of Honor Museum, in which must be the most beautiful drive in any major city in the country.

We were stunned by how lovely San Francisco is. The neighborhoods were gorgeous, the streets reminded me how exciting San Francisco can be – unlike the rest of California, it is urban and you feel like you are in a city – and the variety of shops, restaurants, and businesses is almost overwhelming. Plus there is something about the light in San Francisco, which is different from any other place: on sunny days, the buildings seem to glow. All this reminded us that we have been missing a great treasure and that the gloom and doom reports in the national press were made by people who never went outside of mid-Market and the Tenderloin. Our next journey will be to return to San Francisco.





BET SEFER COMMUNITY



Learning is One of the Best Kinds of Journeys

By Susan Simon

As we are returning to school, it feels like the start of a new journey. We have our youngest Bet Sefer students, many of whom have attended Gan and already feel like they own the place. And we have students who are new to our program, both 5 year olds and those who are older. Everyone comes here with excitement and probably a bit of trepidation. We think we know what to expect but not exactly. Will it be fun? Will it be hard? Will I do well? Will I see my friends? Will I like my teacher and will my teacher like me? There are so many unknowns when we start a new journey and no matter how old we get, we are always faced with these questions.

It's the same for our adult learners. They take a Hebrew decoding class and have no idea how it will go. Will they do well? Will they embarrass themselves? Will they fail? Do they have the courage to read aloud in front of others?

It is up to us who guide both children and adults on journeys to ease their way any way we can. It is up to us to reassure them, help them be successful, make them feel welcome and valued as a learner and as a person. In short, there has to be a meeting in the middle between the teacher and the learner.

If you are the parent of a learner, perhaps you can role model for them and show them that the Jewish learning isn't just for them. Dive into Jewish learning yourself. There are lots of ways to do it at TBA. From taking a Hebrew decoding class, to learning the prayers of the Shabbat service. You can attend an adult ed class with Nitzhia Shaked and many times Rabbi Bloom and I offer classes on a variety of subjects. Maybe the class times don't always work for you. But do reach out to me with your learning needs — maybe I can put a class together of other parents who are wanting to show their children that there is more for them to learn.

One more kind of journey that I would love you to embrace – the journey of attending youth services with your child. We have two age groups that we target – T'fillat Y'ladim for children and their parents in Kindergarten through 2nd grades, and another, Junior Congregation, for children in 3rd through 6th grades. I can promise you that everyone learns something, parents get to hang out with other parents, and children have a great time. Take the first step in that journey and see how lovely it can be.

As we all embark on this journey, I wish you success, fulfillment and a bit of luck thrown in for good measure. L'hatzlacha!

Gan Moms Gone (away) ... just got 24 hours!

By Rebecca Feigelson

It's so wonderful to build community and friendships to last a life time. This Summer, some Gan mom's were gone... to Bodega Bay.. just for 24 hours.... with no kids or husbands! We puzzled, crafted, hiked, cooked, relaxed, recharged and reconnected while celebrating the Shabbat and the feminine energy of the rosh Chodesh Sivan!

We love that the Gan is more than just a place to provide excellent preschool education, but it creates community, connections and friendships to last a lifetime!



Pictured left to right:

Amber, Tamara, Rebecca, Negin and Shira

TEMPLE BETH ABRAHAM HIGH HOLY DAYS SERVICES SCHEDULE 5784/2023

Virtual Services will be available:

TBAoakland.org/Stream

ROSH HASHANAH

Erev Rosh Hashanah Service Friday, September 15 at 6:15pm

First Day Service Saturday, September 16 at 9:30 am Family Service with Rabbi Bloom (Children 2 yrs.-1st grade) 9:00 am Davis Courtyard

Youth Services with Susan Simon (Children grades 2-6) 9:45 am Social Hall

Second Day Services Sunday, September 17 at 9:30 am

Tashlich Service with Beth Jacob 5:00 pm at Dimond Park

YOM KIPPUR

Kol Nidre Sunday, September 24 at 6:40 pm

Morning Service Monday, September 25 at 9:30 am

Family Service with Rabbi Bloom (Children 2 yrs.-1st grade) 9:00 am Davis Courtyard

Youth Service with Susan Simon (Children grades 2-6)
9:45 am Social Hall
11:00 am (approx.)
Study Session
2:00 pm in the Chapel

Martyrology Service and Mincha 5:00 pm

Neilah 6:45 pm

SUKKOT

First Day Service Saturday, September 30 at 9:30 am

SHEMINI ATZERET

Shemini Atzeret/Yizkor Saturday, October 7 at 9:30 am

SIMCHAT TORAH

Erev Simchat Torah Family Service Saturday, October 7 at 6:15 pm

Experience being encircled by the Torah, followed by music and dancing.

Simchat Torah Day Sunday, October 8 at 9:30 am



Gan Teachers Reflections on the TBA Israel Trip

By Gan Teachers



Over the summer, a few of the Gan teachers were fortunate enough to be included in the TBA trip to Israel that Rabbi Bloom organized. It was the trip of a lifetime and we are deeply grateful for the opportunity and the memories. Below we share just one photo and highlight from our experience.

I took this photo as I stood in wonder at the Jewish Quarter entrance in Old Town Jerusalem. It was a surreal moment to fathom the millions of feet that had walked among those ancient streets. If I close my eyes now I can transport myself back to that space; hearing many voices in different languages, feeling a cool breeze push the heat away for a moment while also bringing delicious smells from nearby vendors that caused my mouth to water. Next year in Jerusalem... – *Tristan Janeiro*



This was my second time going to Israel. My first visit was the summer before I started working at Gan Avraham. I had always wanted to see the Jewish homeland and the place where "Torah stories come from" and so I set out with just my backpack and me. A quest to fill my heart with truly Jewish experiences before starting my time at TBA. This trip was quite a different experience. I am so grateful to have been a part of this trip and for Rabbi Bloom and Karen to be by our sides the whole time.

There are so many incredible moments that I could highlight but the things that impacted me the most were related to the relationships and connections that I made with other humans. I enjoyed all of the sightseeing and historical tours that we took but part of what made them great was to be able to discuss, process and share the experience in real time, with a variety of people and personalities. Some days the teens had the best insights, other days I was able to soak in the wisdom of some of our older congregants. The staff had a chance to bond and get to know one another more intimately. We had fun together and ate lots of amazing meals. When we were at Yad Vashem, we all carried the heavy weight together. We listened to the Rabbi say the names of our own holocaust survivors, who we pray for and light candles to honor. We all hustled and laughed as we tried to keep up with Rabbi Bloom and our enthusiastic tour guide, Jonty. We all helped one another and looked out for each other as we played musical bus chairs! Not only did we enjoy creating TBA ruach, but we also basked in the hospitality of our Israeli hosts.

Bruchim Habaim, welcome to those who visit. In between activities, I met with two of my former preschoolers, also former TBA members! One was 19, the other 25!! That tells you how long I've been teaching! :)

Both young men made aliyah from the Bay Area and now live in Israel. Their connection to Judaism and commitment to Israel are inspiring and I'd like to believe it all started in my classroom twenty plus years ago. Young children are naturally curious and inquisitive. They also learn values and traditions by seeing, imitating, and practicing.

When we are interested and invested, the children will be, too. Relationships and connections are held together with kavod, respect, and chesed, loving kindness. I know both of my former students remembered those things from their time at TBA.

That brings me to our current GAN students. Before we left for the trip, I offered the preschool children in Kitah Alef and Kitah Bet (GASP Summer Camp) to decorate a "paper doll" of themselves. I explained to them how I would miss them when we were away but by having the

dolls in my suitcase, I could bring everyone with me and unzip them from my suitcase whenever I thought of them or needed a hug. I also took their notes to the kotel and prayed for the health and happiness of each one of them.

Every single child decorated a figure, many of them spending so much time working on them. The detail and intentionality was incredible. Many of the children loved their creations but let me take them with me with a promise to bring them back, which I did!

I followed through with my promise and took all of the "children" with me to almost every place we went. Teacher Tristan was a cheerful assistant!

One of my last photos was taken at a Jewish preschool in Jerusalem. This was their bulletin board, hearts & a Magen David, with the Hebrew words "Ahavah Israel", love Israel.

Standing in the sweet Israeli Gan, I prayed and hoped that someday all of our GAN children get to explore the land and "come home." Until then, we plant the seed, "When you go to Israel, what will you see?" – Amanda Jarman



I brought my teenage child with me on the trip to Israel. It was his first time leaving the country and I was very excited to be there to witness his first trip to Israel. There were so many incredible moments, but the one that stands out to me the most was on our visit to Tzfat. This ancient mystical city is in my top two favorite places in Israel. After college, I participated in a program for a few months and had the unique opportunity to live in Tzfat. It was a full circle moment to be standing there with my child these twenty-four years later. Sharing this Israel experience with my child was unforgettable. Watching him take in each awe-inspiring view and absorb the history of where we stood, will stay with me forever. And apparently with him too! As we few out of Tel Aviv, he said, "I don't want to leave. I can't wait to come back to Israel." – Rachel Fenyves

The takeaway for me from our trip was that Israel is a rich, storied, ancient land with layer upon layer of history with much of that history being generated from conflict stemming from whose land is it to claim. Our tour guide

said the stories lay in the stones. I found this to be a fascinating perspective. For example, at the Western Wall we saw stones at the top laid as recently as this decade but in the tunnels below the city streets at the bottom of the wall we saw the behemoth stones laid by King Herod. And although we could not see them in person we know there are first stones were laid by King Solomon. At the oasis of Ein-Gedi we walked among ancient rocks though which poured life-giving water. We could feel the



intense heat of the desert reflected off these rocks and the immense relief felt when we reached the pools and could soak in the cooling waters. To think that these stones have seen generation upon generation feeling the same sense of struggle and relief provides a remarkable perspective on our shared human history. – *Josh Baxter*



My biggest takeaway from this amazing trip was understanding the concept of Israel as a Jewish homeland, not just a country of origin. I never understood why we say to children at the Gan, "someday WHEN you go to Israel, rather than IF you go to Israel." Now it makes more sense to me. It is just easier to live Jewishly there. The people we met have so much pride in their country, whether they were born there or chose to make aliyah. That is why we wish this for the children in our care -- that someday they will be able to experience Eretz Israel for themselves. I am so grateful to TBA and Rabbi Bloom for this incredible opportunity! – *Ann Bergstrom*

The Bornstein Brothers are Thankful for their Israel Trip



By Akash Bornstein

I had the privilege to participate in the Youth Maccabiah Games in Haifa, Israel. I was a member of the Northern California basketball team. While I thoroughly enjoyed the sports competition, what was most exciting was the opportunity to meet other Jewish youth from all over America, Europe and Israel. The immediate connections made as a result

of our shared religious identity allowed for friendships to develop seamlessly. I will never forget the feeling of being surrounded by so many Jewish athletes of my age. So much fun and joy.

After the sports competition was over (our team did not earn a medal unfortunately), we traveled throughout Israel together. Being in Israel and touring the many historic and holy sites was amazing. I could never imagine that one day I would be standing in Jerusalem at the Kotel with my new friends watching Jews from all over the world pray at this historic place. I loved the history, I loved feeling connected to the history and I loved watching the diversity of the Israelis and visitors. It was a wonderful opportunity that I will treasure.

While Jerusalem was my favorite city, Tel Aviv is a close second. The beach, the people and the street life seemed so exciting that I felt I didn't have sufficient time to explore. I know one day I will return to Israel to revisit places I enjoyed on my first adventure. The food, the people, sites and sounds of Israel will never be forgot -ten. I am very proud that I went on this adventure. I recommend everyone visit our holy land. I want to thank Temple Beth Abraham for helping build my Jewish identity.





By Arjun Bornstein

Like my brother, Akash, I also participated in the Maccabiah Youth Games in Israel. Sharing the experience with my teammates in an international tournament was awesome. The Opening Ceremony, where we marched in as representatives of Northern California, was thrilling for me to experience. Seeing over 1000 other

young athletes from all over the world and embracing our Jewish heritage is something I will never forget. The best part of the experience was that it was held in Israel. I met so many Israeli athletes who were welcoming and fun to hang-out with that it brings a smile when thinking about it.

After the competition was over, we toured Israel. It was like a history and religious lesson, cultural event and political event all wrapped into one. From Masada to the Old City of Jerusalem, I was both living the history of the Jewish people while watching everyday Israelis going about their day-to-day activities. I particularly liked seeing the Orthodox community in Israel and how different their dress and lives were in comparison to the secular Israelis. It seemed like there were two different peoples living side by side.

As someone who loves current events, I also got to experience the political problems existing in Israel. I learned about the recent conflict involving changes to the court system. I saw the massive protests and tried to better understand the competing positions. In addition, it was also very easy to see the simmering conflict within Israel re: the Palestinians. I have never been in a country where soldiers are on the streets patrolling holy sites and other locations with rifles and other arms. It was a sobering experience.

I can only tell you that the opportunity to go to Israel during the summer is something that I will never forget and always cherish.

HERTZ FUND

Hertz Scholarship article: Journey Home

by Noa Gutkin





for the many facets of my identity than I would be here. Standing under the shadow of the flags, my flags, I felt like I had come home.

When I came back to the US, I was inspired to draw something that I hoped would capture my feelings on this subject and this is what I came up with. It's titled "Queer Patriotism." Finally, thank you so much to the Hertz Fund for their generous scholarship towards my trip.

Trip to Israel

by Ari Perttula

Before I left for Israel, the most common thing I heard from people who had been before was that when you touched down on Israeli soil it felt like coming home. To be honest, I didn't believe them. I didn't understand how I could come to a country for the first time and, without knowing anyone or speaking the language, feel as if I belonged. It seemed impossible. But since I love finding further connection to my Jewish identity and know how important Israel is to our people, I wanted more than anything to prove my cynicism wrong. So when I stepped off of our cramped fourteen-hour flight, I couldn't help but feel a little disappointed that Ben Gurion's international terminal felt just the same as any other airport.

Waking up the next morning in a small hotel a short walk away from the coast, felt like waking up in a different world. Tel Aviv's skyline was filled with beautiful buildings stretched and sculpted into unfamiliar shapes. Tel Aviv's beach waters were bluer than I'd ever seen at home and filled with people speaking Hebrew so fast that I struggled to comprehend how they were speaking at all. By the time we stopped to have breakfast, I was too in awe of everything around me to feel even a sliver of my earlier disappointment.

We ate at a small cafe that had been recommended by a family friend, and hanging on a pole outside of the restaurant were two flags: the Israeli flag, and the rainbow one. All of a sudden I understood. At home, seeing the rainbow flag next to the flag of our country would seem almost oxymoronic. One is seen as a symbol of change, and the other has become a symbol of conservatism, of regression. But in Israel, they felt as if they belonged together. Two flags flying high to remind the world that we exist, we're not sorry, and there are places out there where we belong. I realized, in that moment, that I would never, not anywhere else in the world, be more accepted

Upon arriving at Ben Gurion Airport, we boarded the high-speed rail and light rail systems that got us to our hotel room to deal with our jet lag. The next morning, we went to Caesarea . While there, I learned the interesting history of King Herod's conquest across Israel from our tour guide Jonty. We saw a huge, ancient stage where the ancient Romans would perform. We then went down to the horse racing stadium. While the history was interesting on its own, my personal favorite part of Caesarea was being introduced to Israel's massive lizards.

The next day we would travel to the ancient city of Zvfat (Safed). While the town on its own was incredible, I personally enjoyed the journey just as much. Looking at the beautiful hills of Galilee was a relaxing period that I think I will remember for a very long time.

On the third day, we went to Golan heights. Here we had the opportunity to view Israel's vast crop fields while learning about the land's military history from another tour guide. We saw both the beauty of growing fruits and vegetables as well as the horror of large areas being fenced off because they are full of mines. This adventure also included a thrilling Jeep trip up an enormous hill. While I personally had my eyes closed the whole way up because of the lack of windows/windshield, I kind of wish I hadn't.

Near the end of the trip, we went to Tel Aviv for a graffiti tour. We went around the city streets looking at some of the best artwork Tel Aviv had to offer while our tour guides explained each piece. At the end of the graffiti tour, we went to an artist's studio where we got to create our own piece of artwork on old vinyl records. Not only did we get to bring those home, but we also brought home all the amazing memories of Israel!

WTBA Year Review

As we reflect on the WTBA year that drew to a close last June, we are filled with gratitude and joy. We organized a long list of activities for the year, where we provided opportunities to get to know one another and enjoy being Jewish together. Some highlights include:

- GleeBA Shabbat
- Japantown tour
- Elul vision boards
- Sukkot potluck with campfire sing-along
- Membership appreciation event: self-care & gratitude
- Hanukkah cookie swap
- Contemporary Jewish Museum virtual tour
- Wetlands restoration day
- Medicare 101 presentation
- Purim celebration with Joy of Jewish Dance
- WTBA Shabbat Baubles & Bubbles jewelry exchange
- "Adopt a Spot" cleanup of MacArthur Blvd
- Zumba (upcoming)
- Book Swap (upcoming)

Thank you for being part of our WTBA community. We look forward to seeing you this year!

WTBA's New Year and New Journeys

By Valerie Milner

The new WTBA board welcomes you to the 2023-2024 year! By the time you read this article, WTBA will already have kicked off the year by hosting two events: the Gan Coffee on 8/10 and the Pizza Shabbat on 8/11 (with over 100 people in attendance). September will feature our second "Adopt a Spot" Cleanup Event with the Men's Club on September 10, as well as our first Girls Night Out of the year on September 7. And there is much more to come.

WTBA's mission is to support each other and our greater TBA community with social, spiritual and educational programs, as well as community service and fundraising. Under the leadership of our returning president, Jill Oggeri, WTBA is providing many opportunities to strengthen our community and enjoy being Jewish together. We hope you find many reasons to join WTBA this year!















COMMUNITY COOKING



In memory of Martin B. Cohen (1943-2023)

By Alden F. Cohen, double bass
"Decade's End," composed by Craig Butterfield

The piece embodies both intimate and joyous feelings, which relates to my mixed feelings about my father's passing. I'm happy to know my father ended with a peaceful way to go and passed away on his own terms and wishes. It's emotionally sorrowful to not have him physically around anymore.

https://www.youtube.com/watch?v=LcUWBuHyqpo



Shana Tova שנה טובה

Intersecting Journeys Focus on Food and Judaism Plus Recipe for Braised Beef with Onions from Naples

By Faith Kramer

How did I get here? My life's journeys have been spiritual, creative, and literal. Not surprisingly all these intersect around food and religion.

I've been known to say that everything I know about Judaism I learned from food, as my interest in the global Jewish kitchen has led me to a deeper understanding of food ways, holidays, spiritual beliefs, communities, and traditions and added depth and awareness to my own practice.

I think I was in 4th grade when I decided to become a writer, a decision that ultimately led to a career in journalism and marketing and later in food writing. I ended up specializing in Jewish food with my columns here at the Omer and at the j and eventually with the publication of my award-winning cookbook "52 Shabbats: Friday Night Dinners Inspired by a Global Jewish Kitchen" (published by TBA member Angela Engel's publishing company, The Collective Book Studio).

As for literal journeys, I travel domestically and internationally. And I travel a lot, often staying weeks or months in a country or city. As I travel, I explore local Jewish sites and communities, eat local foods, visit local food markets, take cooking classes, and, where I can, experimenting with local ingredients. My favorite souvenirs are ideas for recipes I can bring home and share, especially ones that I can give a Jewish twist.

During a recent visit to Italy I tasted a beefy onion and wine pasta sauce in Naples. Genovese sauce is rich and full flavored, and I thought it would make a great Shabbat or holiday pot roast or brisket. The result, Braised Beef with Onions in the Style of Naples' Genovese Sauce, is perfect for Rosh Hashanah or Shabbat dinner over pasta, steamed or mashed potatoes, or try it for Hanukkah with latkes to mop up the delicious sauce.

Why a traditional Neapolitan sauce is known as Genovese is unclear, especially since Genoa is more than 400 miles from Naples. Stories range from the fanciful (Genovese sailors brought it to Naples during the Renaissance) to the prosaic (it was created by a Genovese chef in Naples).

Continued on page 14

COOKING

Continued from page 13

Locals agree it's made with long-cooked onions and white wine, but then recipes diverge. I add in a few other ingredients and braise everything together.

The dish tastes even better if made a day in advance. See recipe for pressure cooker and electric multicooker (Instant Pot) options.

BRAISED BEEF WITH ONIONS IN THE STYLE OF NAPLES' GENOVESE SAUCE

Serves 8

3/4 tsp. ground black pepper, divided, plus as needed

3/4 tsp. salt, divided, plus as needed

1/4 tsp. paprika

3 1/2 lbs. boneless beef chuck roast or brisket

2 Tbs. oil plus as needed

3 lbs. onions, thinly sliced

1 cup chopped celery

1 cup thinly sliced carrots

1/2 tsp. crumbled dried oregano leaves

4 Tbs. tomato paste, divided

1 cup white wine

Chopped parsley

Mix 1/4 tsp. each pepper, salt, and paprika together. Rub all over meat. Heat 2 Tbs. oil over medium high heat in a large pot or Dutch oven (cut meat to fit if necessary). Brown (about 3-5 minutes per side). Remove meat to plate.

Add oil if needed. Add onions. Sauté 3 minutes. Stir in celery and carrots. Sauté until onions are softened, about 15 minutes. Stir in 1/2 tsp. each pepper and salt, the oregano, and 2 Tbs. tomato paste. Stir well. Remove half the onion mixture and set aside.

Return meat and any accumulated juices to pot on top of remaining half of the onions. Place set-aside onions on top of meat. Pour in wine. Bring to simmer. Cover and lower heat to keep at simmer. Cook 3-4 hours (timing varies), turning meat and onions occasionally (keep beef covered with onions). Beef is done when a fork pierces it all the way through without resistance. Remove meat. Let cool at least 20 minutes. Thinly slice against the grain or shred.

Raise heat under liquid in pot. Bring to a strong simmer or low boil. Stir in remaining 2 Tbs. of tomato



paste. Cook, stirring often, until there are about equal amounts of onions and liquid (10-15 minutes). Taste. Add salt and or pepper as needed. Return beef to sauce. Cook until heated through over medium heat. Serve with sauce garnished with parsley.

If made in advance wrap and refrigerate onion sauce and unsliced beef separately for up to 3 days. Slice or shred beef. Reheat sauce over medium heat (add water by the Tbs. if needed). Add beef. Cook until heated through.

Stove-Top Pressure Cooker: After adding wine, lock lid. Bring to high pressure over medium high heat. Keep at high pressure for 45 minutes, lowering heat as needed. Carefully release pressure. If beef is not tender, reseal and bring back to high pressure for 15-20 minutes. Release pressure. Check for tenderness.

Electric Multicooker (Instant Pot): Use sauté on high to brown meat and cook onions. After adding wine, lock lid. Set to high pressure. Cook on high pressure for 1 hour. Carefully release pressure. If not tender, reseal and bring back to high pressure for 15-20 minutes. Release pressure. Check for tenderness.

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

המקום ינחם אתכם בתוך שאר אבלי ציון וירושלים

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

SEPTEMBER 1 - 8 16 - 22 ELUL Louis Bernstein

Herbert Bloom Martin Hertz

Mary Chipkin Schussheim

Abraham Shapiro Lucy Volinsky Joseph Weiner Lillain West Ethel Gluck Mel Lazar Bruce Lebowitz Louis Zucker Harry Hertz Sam Kahane

Lionel Barnett Kurtz

Eve Levis

Irwin Keinon

Hans-Georg Venus Samuel Wachsman Morry Friedkin Judel Gold Mollie Hertz Boris Katz Ruth Kline

Brenda Hilary Maltz Sarah Sheidlower Irving Louis Berg Minnie Brodovsky Jean Galant

Harold Persin Louis Arnold Florence Desser Rosa Freimark Gladys Hyman Leo Young Rose Adolph

Katherine Calderon Cohen Rabbi Mayer Goldberg

Samuel Hillman

Zelda Klein Joseph Landes Moshe Marcus Michael G. Melvin Mundele Litvak Okh Henry Reingold Nella Schlesinger Joanna Stern

SEPTEMBBER 9 - 15

23 - 29 ELUL Albert Bercovich Ernest Cohn Harry Lipka

Samuel Isaac Maltz Pushpa Muthuramalingam

Rose Nankin

Alexander Rosenberg Adolph Berkovitz Nathan Davidson Florence Fogel Minnie Wasserman Matthew C. Arnold Nessim Cowan Frances Laddish Isaac Naggar Sara Scheinberg Doris Sutnick Samuel Zatkin Victor Kramer

Adolph Herscu Mantel Abraham N. Schneider Rabbi Rachlin Baer

Eli Baston **Ethel Baston** Jack M. Garfinkle Arlene Davis Abraham Elkin Lillian Simon Jacober Joseph Markovits Eileen Pachefsky

Abraham Breslov

Merle Goldstone Joyce Levitch Carolyn Rau Henry Rosenberg Benjamin Wolf

SEPTEMBER 16 - 22 1 - 7 TISHREI 5784

Gertrude Kreimerman Regina Lazar

Bertha Rothman Sheldon Schaffer 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 Ruth Glaser

Ilse Sanders Wilhelmine Sanders Fannie Silberman Lillian Silverman Pauline Wolf Bella Wolfe Rosalie Beren Anne Miller

Kenneth Dean Simon

Arthur Adler

Emma Bolton Sally Disco Samuel Shapiro Minnie Teverov

SEPTEMBBER 23 - 30

6 - 15 TISHREI

Bernard Lutz Nathaniel Ranzer Simma Leson Frances Piser Mary Plotkin Irene Strongin Allen (Al) Davis Sam Grant Nancy Greenberg

Mathilda Kahane Bertha Rosenstein Donald William Seal Mary Weinstein Lena Zubkoff Isedore Isenberg Gary Rosenfeld May Landowitz Curtis Manasse Edith Odenheimer Elizabeth Rosenberg

Rabbi Morris Schussheim

Gloria Simms Anna Hammerman Harry Horwitz Abraham Maltzman Florence Dines Samuel Decalo Leah Goldberg Ellen Goldstein

Cantor Richard Kaplan

Jack Lorber **Emanuel Riter** Fave Selinger Solon L. Weiner

Recent Deaths in Our Community

Bernice Klein, mother of Ari (Abby) Klein

Mayo Stiegler, father of Ben Stiegler

Dvora Parker, mother of Jason (Jeanne) Swartz

Caroline Ring Blecherman, mother of Diana (Adam) Miller

Art Beren, Congregant

Warren Resnick, father of Renee (Michel) Marx

Maribeth Shub Brawer, sister of Steve (Susan) Shub Faye Ransaw, mother of Roberta (Elan) Masliyah

Martin B. Cohen, father of Alden (Sabrina) Cohen Donald Schaffer, father of Robyn (Brett) Hodess Larry Steiner, brother of Steve Steiner (Sarilee Janger) Maxine Miller, mother of Sarah Liron (Shelley Kahn)



May their memory be for a blessing

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

Bet Sefer Fund

Dalia Nagel, in memory of Yudit & Isaac Czarnes, Auschwitz survivors Fifi Goodfellow, in memory of

Deena Anderson

Fifi Goodfellow, in memory of Margaret Naggar

Fifi Goodfellow, in memory of Rene and Sam Nathan

Hilda Pressman, In honor of Susan Simon with thanks for a wonderful Shavuot

Gan Avraham Fund

Fifi Goodfellow, in memory of Fanny Naggar

Steven Grossman & Jill Rosenthal, in memory of Arnold Rosenthal

Booker Holton & Elaine Gerstler, in memory of Ann Rapson DAF4643

Booker Holton & Elaine Gerstler, in memory of Morris & Florence Gerstler DAF4643

Melvin & Margaret Kaplan, in memory of Anne Kaplan

Dalia Nagel, in memory of Yudit & Isaac Czarnes, Auschwitz survivors

High Holiday Appeal Fund

Heather Cummins

General Fund

Joshua & Heidi Bersin, in memory of Elynore "Skip" Harris & Seymour "Sy" Harris
Leon & Judy Bloomfield, in memory of Coleman Bloomfield
Azary & Clara Blumenkrantz, in memory of Haya Blumenkrantz
Sanford & Leslie DeLugach, in memory of Betty Delugach
Sanford & Leslie DeLugach, in memory of Kitty Batavia
Keith & Marlene Dines, in memory of my four grandparents

who perished in the holocaust

Keith & Marlene Dines, in memory of my mother, Regina Rynska Schein

Maurice Engel,

in memory of Max Engel

Joseph & Judith Epstein

Helen Fixler, In memory of Alan Fixler and Mark Brokowski

Richard & Janice Freeman, in memory of Carl Freeman

Glenn & Amy Friedman, in memory of Judith Wallerstein

Peter Gertler.

in memory of Shira Weisbach

Reuven Glick & Marci Gottlieb, in memory of Florence Wolfson Glick

Eve Gordon-Ramek,

in memory of Benjamin Warwick

Warren & Outi Gould, in memory of Rakel & Veikko Kantola, Anne & Albert Gould

Warren & Outi Gould, in honor of Ruth Kleinman & Ulli Rotzscher's wedding

Morey Greenstein,

in memory Sidney Greenstein

Philip Hanno & Linda Gordon, in memory of Harold Hanno and Bernice Hanno

Jonathan & Joy Jacobs, in memory of Ann Rapson

Jonathan & Joy Jacobs, in memory of Daniel Wasserman

Leonard Katz,

in memory of Kenneth Katz

Stuart & Jeanne Korn,

in memory of Ruth Korn

Marshall & Lynn Langfeld, in memory of Carol Robinson

Alexander Lubarsky, The Bar Mitzvah of Joshua Lubarsky

Eli Messinger

Larry Miller & Mary Kelly,

in memory of Eunice Kelly

Mark & Valerie Milner, in memory of Elizabeth Schreiber

Mark & Valerie Milner, in memory of Patsy Milner

Mark & Maribel Mogill,

in memory of Raymond Mogill Dalia Nagel, in memory of Yudit &

Isaac Czarnes, Auschwitz survivors Neil O'Neill

Barbara Oseroff,

in memory of Rosalie Oseroff

Lee Polikoff,

in memory of Morey Greenstein

Alan S. & Eve O. Rosenfeld, in honor of Marshall & Lynn Langfeld's anniversary

David & Lori Rosenthal, in honor of Ruth Kleinman and Ulli Rotzscher's wedding

Steven Rosenthal & Ailsa Steckel, in memory of Maisie Steckel

Steven Rosenthal & Ailsa Steckel, in memory of Sidney Steckel

Sheldon & Barbara Rothblatt, in honor of great granddaughter Lielle Izha

Sheldon & Barbara Rothblatt, in memory of Sheldon's sister, Miriam Heirshberg

Barry & Hana Rotman, in memory of Shelley Rotman

Curtis & Adi Schacker, in memory of David Yaron

Daniel & Marieka Schotland, in memory of Aviva Schotland

Lori-Jill Seltzer,

in memory of Saul Seltzer

Suzie Sherman, in memory Jason Swartz's mother, Dvora Parker

Stephen & Susan Shub, in memory of Harold Rosenberg

Stephen & Susan Shub, in memory of Ronni Rosenberg

MORNING MINYAN

Monday and Thursdays at 8am in the TBA Chapel.

No RSVP - just join the group

MAY | JUNE | JULY DONATIONS CONT.

Naomi Wexler, in memory of Morey Greenstein

Rose Yip, in memory of Morey Greenstein

Cheryl Zatkin-Steres & George Steres, in loving memory of Joseph Vera Zatkin

Burton Polse Kiddush Fund

Fifi Goodfellow, in memory of Victoria Naggar

Booker Holton & Elaine Gerstler, in memory of Carol Robinson

Booker Holton & Elaine Gerstler, in memory of Daniel Wasserman

Betty Ann Polse, in memory of Rose Polse

Steven Rosenthal & Ailsa Steckel, in memory of our dear friend Carol Robinson

Jack & Jeanette Jeger Kitchen Fund

Richard & Edie Mills, in memory of our aunt, Misia Nudler

Richard & Edie Mills, in memory of our mother, Jeanette Jeger

Richard & Edie Mills, in memory of our uncle, David Migdal

Cheryl Zatkin-Steres & George Steres, in memory of Misia Nudler

Minyan Fund

Mark Liss & Bonnie Burt, in memory of Ethel Liss

Sheldon & Barbara Rothblatt, in honor of the upcoming wedding of Ulli and Ruth

Sheldon Schreiberg & Barbara Levinson, in memory of Susan Schreiberg & Bernard Schreiberg

Stevens Landscape Fund

Darleen Bercovich, in memory of Ellen Bercovich

Rabbi DeKoven Camp Ramah Scholarship Fund

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Silver Playground

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Rabbi Discretionary

Harvey & Fran Blatter, in memory of Harry Tuman

Harriet Bloom, in memory of Ina Nathan

Michael & Kathy Burge, in memory of Janet Gordon

Michael & Kathy Burge, in memory of Murray Gordon / Violet Burge / Vera Jennings

Reuven Glick & Marci Gottlieb, in memory of Florence Wolfson Glick

Sari Grossman, in memory of Morrey K Grossman

Philip Hanno & Linda Gordon, in memory of Sumner Gordon

Steven & Penny Harris, in memory of Alex Harris

Steven & Penny Harris, in memory of Nathan Brody

Linda Knauer, in memory of my husband Fred Knauer

Jerrold & Anne Levine, in honor of Ulli Rotzcher and Ruth Kleinman's wedding

Jerrold & Anne Levine, in memory of Charles Levine

Jerrold & Anne Levine, in memory of Don Eberhart

Michael & Katherine Maidenberg, in memory of Milton Maidenberg Max & Tory Roman, in memory of Douglas Andrew Ross

Stephen Steiner & Sarilee Janger, In memory of Philip & Dorothy Steiner / Ruth & Steve Janger

David Weiner & Ellen Kaufman, in honor of the marriage of Ruth Kleinman & Ulli Rotzscher

Steven & Victoria Zatkin, in memory of Donald Bleiberg

Rubel Music Fund

Leon & Judy Bloomfield, in memory of Harry ben David, who loved music

Endowment

Fifi Goodfellow, in memory of Charles Naggar

Fifi Goodfellow, in memory of Marie Marcus

Jonathan & Joy Jacobs, in memory of Zelda Jacobs

Randall & Jan Kessler, in memory of Seymour and Elynore Harris Angelina Levy

Hertz Israel Scholarship

Gerald & Ruby Hertz, in memory of Sarah Hertz

Mollie Hertz Interfaith Outreach Fund

Gerald & Ruby Hertz, in memory of Jeanette Strassman Morow

Wasserman Fund

Joseph & Judith Epstein, in memory of Bernice Glueck

David Scharff & Gizelle Barany, in memory of Daniel Wasserman



Welcome New Members

Dan & Jessica Minkoff.

Children Leah, Noah, Zoe, Yossi, Amalia, David

Peter Silen

Daniel Cohen & Maya Guendelman

Children Aron, Zev & Camilia

Roberto Gyemant. Twins Laila & Billie

David Herscowitz & Talia Kurland

Sons Emet & Avi

Dawn Kelper & Mark Snyder

Ethan Warsh & Esther Newman

Evgenii Shapiro & Tatiana Bakman

Daughter Leah

Shervin Sajee & Mandana Arjmand

Son Joshua

Betty Krachman

A LEGACY GIFT LASTS FOREVER

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

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

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

You are never too young to plan for the future!

MEMORIAL PLAQUE

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

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

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

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☐ Leo and Helen Wasserman Education/Cultural Fund

SEPTEMBE	R 2023			15 E	Elul 5783 – 15	5 TISHREI 5784
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 (15 Elul)	2 (16 Elul) Parashat Ki Tavo
					9:40 & 11:00am Kindergym 6:15pm Kabbalat Shabbat with Rabbi Bloom	9:30am Shabbat Services with Bar Mitzvah of Arel Masliyah Childcare available 10:00am T'fillat L'adim,
					7:20 Candle lighting	9:19p Havdalah
3 (17 Elul)	4 (18 Elul)	5 (19 Elul)	6 (20 Elul)	7 (21 Elul)	8 (22 Elul)	9 (23 Elul)
	Labor Day Office & Gan Closed 8:00am Morning Minyan	4:00pm Bet Sefer	Lulav/Etrog Order deadline 9:00am Weekly Text Study 9:40 & 11:00am Kindergym	8:00am Morning Minyan 9:40 & 11:00am Kindergym 4:00pm Bet Sefer1 7:00pm WTBA Pickle Ball	9:40 & 11:00am Kindergym 6:15pm Kabbalat Shabbat	Leil Selichot Parashat Nitzavim-Vayeilech 9:30am Shabbat Services Childcare available 10:00am Junior Congregation 12:45pm Mah Jongg 9:00pm Special S'lichot Presentation
40 (04 51 1)	44 (05 51 1)	40 (00 51 1)	40 (07 51 1)	44 (00 51 1)	7:09p Candle lighting	8:08p Havdalah
10 (24 Elul)	11 (25 Elul)	12 (26 Elul)	13 (27 Elul)	14 (28 Elul)	15 (29 Elul) Erev Rosh	16 (1 Tishrei 5784))
					Hashanah	Rosh Hashanah I
9:30am MacArthur Blvd. Clean-up. 3:30pm Comforting the Mourners group	8:00am Morning Minyan 7:00pm WTBA Board meeting	4:00pm Bet Sefer	9:00am Weekly Text Study	8:00am Morning Minyan 4:00pm Bet Sefer	6:15pm Erev Rosh Hashanah Services	9:00am Family Service 9:30am Rosh Hashanah Services 9:45am Youth Service
					6:58p Candle lighting	
17 (2 Tishrei)	18 (3 Tishrei)	19 (4 Tisrei)	20 (5 Tishrei)	21 (6 Tisrei)	22 (7 Tishrei)	23 (8 Tishrei) Shabbat Shuva
Rosh Hashanah II	Tzom Gedaliah		Rosh Chodesh Av			Parashat Ha'Azinu
9:30 Rosh Hashanah II Services 5:00pm Tashlich Service with Beth Jacob, Dimond Park	8:00am Morning Minyan	4:00pm Bet Sefer 7:30pm TBA Book Club	9:00am Weekly Text Study 9:40 & 11:00am Kindergym	8:00am Morning Minyan 9:40 & 11:00am Kindergym	9:40 & 11:00am Kindergym 6:15pm Kabbalat Shabbat	9:30am Shabbat Services with Childcare available 12:45pm Mah Jongg
7:56p Havdalah					6:48p Candle lighting	
24 (9 Tishrei)	25 (10 Tishrei)	26 (11 Tishrei)	27 (12 Tishrei)	28 (13 Tishrei)	29 (14 Tishrei	30 (15 Tishrei)
Kol Nidre	Yom Kippur				Erev Sukkot	Sukkot I
7:00pm Kol Nidre Services	9:00am Family Service 9:30am Yom Kippur Services 9:45am Youth Service 2:30pm Study Session 5:00pm Martyrology & Mincha 6:45pm Neilah	4:00pm Bet Sefer 7:30pm TBA Board Mtg	9:00am Weekly Text Study	8:00am Morning Minyan 9:00am Lulav & Etrog pick-up 4:00pm Bet Sefer	9:00am Lulav & Etrog pick-up 5:00pm All Gan Sukkot Shabbat 6:15pm Kabbalat Shabbat	9:30am Sukkot Shabbat Services with Childcare available
6:44p Candle lighting	7:43p Havdalah				6:37p Candle lighting	7:36p Candle lighting

PERIODICALS
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program S service	3	Al Tu	AUGUST Tu We Th	ITh 3		Sa	(0)	Su	Mo	l det	SEPTEMBER Tu We Th			
Orange - youth service Pink - no school 6	5 7							ω	4	л	6	7		
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29 - Back to School BBQ 27								24 2	25	26	27	28	29	30
and 1st day of class														
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											1	2	3	4 5-7
3rd - Sukkot Festival 1	2	သ	4	51	6	7		G	6	7	∞	9	10	11 11th - Junior Congregation
5th - Gimmel flies kites 8	9	10	11	12	13	14		12 1	13 :	14	15	16	17	18 17th - Mech/Alef SAS
14th - T'fillat Y'ladim 15	16	17	18	19	20	21		19 2	20 :	21	22	23	24	25 21/23 - Thanksgiving break
21st - Junior Congregation 22	23	24	25	26	27	28		26	27 ;	28	29	30		
31st - No school 29	9 30	31												
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2nd - T'fillat Y'ldaim					1	2								
8th - Bet SAS 3	4	5	6	7	8	9			1	2	3	4	5	6 Winter Break
9th - Junior Congregation 10	11	12	13	14	15	16		7	8	9	10	11	12	13 6th - T'fillat Y'ladim
12/14 - Hanukkah parties 17	18	19	20	21	22	23		14]	15	16	17	18	19	20 20th-
Winter Break 26/28 24	25	26	27	28	29	30		21 2	22	23	24	25	26	27
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10th - Junior Congregation 11	12	13	14	15	16	17		10 1	11 1	12	13	14	15	16
No school - 15th 18	19	20	21	22	23	24		17 1	18	19	20	21	22	23 19th - Purim Carnival
Ski week - 21 and 23 25	26	27	28	29				24 2	25	26	27	28	29	30
2/27 - Hay Kashrut dinner							(1)	31						
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6th - T'fillat Y'ladim 7	8	9	10	11	12	13		51	6	7	00	9	10	11 4th -
20th - Junior Congregation 14	15	16	17	18	19	20		12 1	13	14	15	16	17	18 14th -
23/25/30 - Pesach Break 21	23	23	24	25	26	27	1	119 2	20 :	21	22	23	24	25
28	29	30						26 2	27 :	28	29	30	31	31st -