



**Temple
Beth
Abraham**

the **Omer**

Volume 44, Number 4

February & March, SHEVAT/ADAR 5784



WTBA & Men's Club - MacArthur Blvd Cleanup Day



Judaism and the Environment

GENERAL INFORMATION:

All phone numbers use (510) prefix unless noted.

Mailing Address	336 Euclid Ave. Oakland, CA 94610
Hours	Monday-Thursday 9am - 4pm Friday 9am - 1pm
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E-Mail	info@tbaoakland.org

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Omer	see page 9
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Monday & Thursday Morning Minyan

Chapel, 8:00 a.m.

Friday Afternoon

Gan Shabbat, 12:40 p.m.

Friday Evening (Kabbalat Shabbat)

Sanctuary and YouTube, 6:15 p.m.

February Candle Lighting Times

February 2	5:16pm
February 9	5:23pm
February 16	5:31pm
February 23	5:38pm

Shabbat Morning

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

February Torah Portions & Havdalah

February 3

Parashat Yitro

6:17pm Havdalah

Bat Mitzvah of Eden Maidenberg

February 10

Parashat

Mishpatim

6:25pm Havdalah

Gan Shabbat

Baby naming for parents

Isaac Bleaman & Reyna Schaechter

February 17

Parashat

Terumah

6:33pm Havdalah

February 24

Parashat

Tetzaveh

6:40pm Havdalah

Bar Mitzvah of Mattan Pincas

March Friday Candle Lighting

March 1	5:45pm
March 8	5:52pm
March 15	6:59pm
March 22	7:06pm
March 29	7:12pm

March Torah Portions & Havdalah

March 2	Parashat Ki Tisa
	6:47pm Havdalah
	Bat Mitzvah of Evie Luskin
March 9	Parashat Vayakhel
	6:54pm Havdalah
	Bat Mitzvah of Naomi Levy
March 16	Parashat Pekudei
	8:00pm Havdalah
	Bat Mitzvah of Daphne Gordon
March 23	Parashat Vayikra
	8:07pm Havdalah
	Baby Naming for Camila Cohen
	Parents Daniel Cohen & Maya Guendelman
	Purim Rock'n Roll Family Service
March 30	Parashat Tzav
	8:13pm Havdalah
	Men's Club Shabbat

CLARIFICATION: An opinion piece in the last Omer discussed a TBA member's feelings at the Oakland Symphony. The symphony has taken no official position on the Israel-Hamas war.

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



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

The Omer

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

We are also always in need of copy editors.

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

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

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

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

Editors in Chief	Lisa Fernandez & Rachel Dornhelm
Layout & Design	Alden F. Cohen
Calendar	Virginia Tiger
B'nai Mitzvah Editor	Susan Simon
Help From	People like you!
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Jewish Texts About The Environment

For this month's column, I thought I would share some of my favorite Jewish texts about the importance of taking care of the earth. It begins with Genesis 2:15, where it says that "Hashem (God) took and placed the human being in the garden of Eden to work it and watch over it." We are not to conquer it, but to tend it. Our very task as human beings is to take care of the earth. Everything else flows from that.

Psalm 104: How many are the things You have made, Hashem. You have made them all with wisdom; the earth is full of Your creations. There is the sea, vast and wide, with its creatures beyond number, living things, small and great.

Genesis Rabba 13:3: Rabbi Shimeon bar Yochai said: "Three things are equal in importance: earth (אֶרֶץ), humans (אָדָם), and rain (גֶּשֶׁם). Rabbi Levi ben Hiyya said: "And each of these consist of three Hebrew letters, to teach that without earth there is no rain, and without rain, earth cannot endure; while without either, humans cannot exist."

Midrash Tanhuma Kedoshim: The Holy One said to Israel: "Even if you find the land full of all good things, you should not say, 'We will sit and not plant' rather, be diligent in planting! Just as you came and found trees planted by others, you must plant for your children. A person must not say, 'I am old, how many years will I live? Why should I get up and exert myself for others? I'm going to die tomorrow.' You must not excuse yourself from planting. As you found trees, plant more, even if you are old."

Maimonides, The Preservation of Youth: The quality of urban air compared to the air in the deserts and forests is like thick and turbulent water compared to pure and light water. In the cities with their tall buildings and narrow roads, the pollution that comes from their residents, their waste, makes their entire air reeking and thick, although no one is aware of it... "Because we grow up in cities and become used to them, we can at least choose a city with an open horizon. And if you cannot move out of the city, try at least to let the house be tall and the court wide enough to permit the northern wind and the sun to come through, because the sun thins out the pollution of the air."

Zohar 1:34a: Every blade of grass below has a guardian officially above."

Esser Orot (Chasidic Text): Said Rabbi Dov Baer of Mezheich: "Your kind deeds are used by God as seed for the planting of trees in the garden of Eden; thus each of you creates your own Paradise."



MORNING MINYAN

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

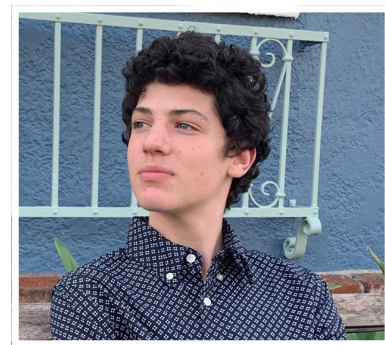
No RSVP - just join the group

***One Exception on Start Time:**

9:30 AM on Federal Holidays

Reuben Goldberg - February 19th, 2024

My name is Reuben Goldberg, a 7th grader at the Academy of Alameda. I live in Alameda with my parents and brother, Asa and our dog, Matthew. I enjoy playing baritone sax in my school's jazz band and wind ensemble, as well as playing soccer. I spend my summers in Wisconsin at Camp Young Judea and then sailing in the San Francisco Bay. My parsha, Tetzvah, comes from the book of Exodus, Chapters 27 and 28, and is about the Ner Tamid or eternal light, as well as what the priests are required to wear when doing rituals. I look forward to seeing you at my bar mitzvah at Temple Beth Abraham.



TBA Members Exemplify Tenets of Judaism

By Stuart Zangwill

Inspired by the tenets of Judaism, members of our community have assumed leadership roles in orchestrating two environmentally focused initiatives supported by Temple Beth Abraham: the annual Tu B'Shevat Wetlands Restoration Day, and our quarterly MacArthur Blvd Clean-up initiative.

Jody London initiated the Tu B'Shevat Wetlands Restoration Day in collaboration with Save the Bay 22 years ago, marking an annual event dedicated to environmental conservation. With her profound passion for the environment shaping her professional journey, Jody presently serves as the Sustainability Coordinator for Contra Costa County. Growing up in Tempe, Ariz., she developed an early affinity for the desert's beauty and vividly remembers embarking with her father on a quest for the perfect location to host a "Seder in the Desert." Jody's extensive experience, including involvement with the EPA's superfund program and her tenure as President of the Oakland School Board, brought to light how impoverished communities disproportionately experience environmental pollutants and toxins. Guided by Judaism's fundamental principles of justice and fairness for all, Jody has dedicated her career to addressing these imbalances and advocating for a more equitable and sustainable future.

The TBA MacArthur Blvd Cleanup initiative was launched through the dedicated efforts of our member Shayna Hirshfield. This project is proudly sponsored by Women of TBA, the TBA Men's Club, and the TBA Sustainability Committee, working in partnership with the City of Oakland's Adopt-a-Spot program.

Similar to Jody, Shayna was inspired from her Jewish upbringing to dedicate her career to improving the environment and also works in local government. She has been the Climate Change Program manager for the city of Oakland for over 9 years. Shayna tackles the challenges of climate change with passion and resilience by drawing from one of her favorite quotes, "It's not up to you to complete the task, but nor are you free to turn away from it" (Rabbi Tarfon's Pirkei Avot 2:16). Raised in a family that instilled the principles of "Tikkun Olam" (repairing the world), Shayna learned to respect all of creation and embrace the responsibility of caring for both humanity and the Earth. Her upbringing emphasized the mutual interdependence of all living beings and the planet. Shayna too recognizes the environmental injustices faced by disadvantaged communities who often reside in more polluted areas. Viewing this as an issue of justice and fairness, she draws inspiration from her Jewish values, which compel her to address these inequities. Shayna sees her commitment to environmental advocacy as an integral part of fulfilling her duty to correct imbalances and contribute to a more just and sustainable world.

Both Jody and Shayna exemplify how Judaism can inspire positive change. Their commitment to environmental justice echoes our shared responsibility to care for all of creation and rectify imbalances that affect our world.

While the visionaries behind these initiatives were inspired by their Jewish values, the impact would be incomplete without the invaluable support of our volunteers. Innumerable members of Temple Beth Abraham contribute to the success of these programs, and we extend our heartfelt gratitude to each and every one of you. Yasher Koach to all the volunteers who participated in Tikkun Olam and worked hard to clean up MacArthur Blvd and restore the San Francisco Bay Wetlands.



Superbowl Hosted Watch Party at TBA

The TBA men's club is sponsoring the annual Superbowl viewing/party @ the Baum Center on Sunday Feb 11. Kickoff is at 3:30PM and there will be food, snacks, drinks and merriment provided by the Men's club. This is a free event and all are welcome (not just men) to watch the game in a group setting. In past years there have also been a few spontaneous poker games occurring in the background as well so bring a few bucks along if you want a seat at the table.

Please RSVP so we can order enough snacks and pizza. <https://forms.gle/vYWH5hSHNiC44yBQ6>

Joshua Polston

Executive Superbowl Logistics
Coordinator

510.761.5422

Shomrei Adamah - Gan's Guardians of the Earth

By Rachel Fenyves

Infused into our shared language at Gan, is the word kavod, respect. We talk daily about the importance of showing respect to each other, our materials, our school, and the natural environment - the Earth. Each day there are opportunities to learn about the importance of caring for our planet. Whether that's watering the plants in the classroom or the yard, or bringing a reusable water bottle to school each day. In each classroom, we have separate bins for trash, recycling, and compost; helping the children understand various ways we can help keep our planet healthy. When outside, children love searching for insects in the yard and we have conversations about

showing kavod to the bugs and being sure to return them to their home safely. We do a lot of water play at Gan, and we also discuss the importance of taking a break from the water to help conserve this precious resource. Showing kavod for our environment allows us to gain an appreciation for it as well. Even at ages two to five, our youngest TBA members are experienced observers keen to notice the wonders of our natural world. They spend time watching the clouds and discussing the various shapes and fluffiness. We lookout for rainbows when we see the sun breakthrough the rain. They notice the leaves changing, the trees and plants growing, the birds, squirrels, and critters running around our campus. We are hopeful this generation will continue to be guardians of the Earth as they grow up as they have started with a solid foundation.



WTBA

WTBA has continued the momentum from last year, with January featuring our third MacArthur Blvd cleanup day, a Topsy Putt miniature golfing event and a Tu B'Shevat Seder. Our cleanup days are great examples of how we, as Jews and responsible citizens, take care of the environment. Up next is our Jewelry and Accessory Exchange in February and a special Girls Night Out focused on Jewish grandparenting in March. Please join us for fun, enrichment and community building!



Cooking with the Environment in Mind

By Faith Kramer

Bringing Jewish precepts of supporting the environment and the natural world into the kitchen and to the dinner table can help save energy, prevent food waste, and promote sustainable choices.

What you decide to cook and how you decide to cook has a big impact. Here are some examples of how what you do that can make a big difference. (Plus guidelines how to make your own Waste Nothing Soup.)

Pick a few of the action items below and start your own Kitchen Tikkun Olam practice. Have other suggestions you'd like to share? Email me at fjkramer@msn.com and I'll include them in a future column.

Save Energy, Help Save the World (and Some Money)

A lifetime ago I was a spokeswoman for a major utility. I worked closely with the conservation specialists in the test kitchen to promote ways to trim energy use. True, covering your pot won't save you as much as replacing inefficient appliances (yes, it is time to replace that old energy-guzzling refrigerator in the garage), but every little bit helps.

Don't Preheat – Most things will only take a few more minutes to cook if you don't preheat your oven. Put casseroles, lasagnas and other non-finicky bakes in a cold oven and take advantage of all the preheating time and energy.

If You are Using the Oven, Go All the Way – Why turn on your stove top, too? Make a whole meal in your oven. Roast vegetables and potatoes to go along with that chicken. Make a dessert in there, too. Or cook several meals at once to take advantage of all that heat. If you can't bake multiple items at once, bake or roast them sequentially adjusting temperature as needed to take advantage of the already hot oven.

Grill Friend – All those little kitchen helper appliances could be bad news for the environment or your best energy-saving friends. You just need to use to match them to the job. Use them in place of other cooking resources. If your countertop grill saves you from having to preheat your range's broiler, that's great. But if you have the oven on anyway, maybe you should bake that chicken breast instead of grilling it. I prefer to bake, broil, or roast small batches in my countertop toaster oven rather than my full-sized oven. Air fryers, rice cookers, slow cookers and multicookers (Instant Pots) fall into this category, too.

Home on the Range (Top) – Work those burners. If you are using your range top or stove top, make the whole meal "on top." Consider using a multilevel steamer. Boiling water on the bottom, your main course in the middle and some tasty vegetables up top. Don't forget to use the lid. Putting a lid on it is a good idea. Water will boil faster if you can't see it. Honest. Only put enough water in the tea kettle for what you need at the time. I know people who fill it up to the whistle every time. It takes forever to come to a boil and tea really needs fresh water every time to taste its best. A personal favorite of mine is the pressure cooker. Stove top (or electric) pressure cookers create stews and soups in a fraction of the time but with that slow-cooked flavor and texture.

Magic Box – Microwave use has more than doubled since I last preached energy conservation in the kitchen, which is great, since it is one of the most efficient appliances in our kitchen arsenal, especially if you work it right. It's a whiz at quick cooking vegetables, steaming fish, and melting chocolate. It's also great for a "baking" a potato or two. But a family's worth is better being cooked in the oven with yesterday's dinner and just warmed in the microwave. Planning to have traditionally cooked leftovers or "precooks" you can reheat later in the microwave not only saves energy but saves you time.

Preventing Food Waste – A Little Saved Does a Lot of Good

Wasting food means wasting energy, water and other natural resources, and money. Thinking ahead and fully utilizing the ingredients you buy can help make a difference.

Nose-to-Tail Vegetables – Use the whole vegetable. Save peelings, scraps, and trimmings in the freezer to make stock. Store up mushroom stems for a mushroom broth that will make mushroom barley soup sing. Try a carrot top pesto. Sautéed beet greens are delicious and taste like chard. Chop extra peppers, onion, and garlic and freeze in useable batches for future meal prep. You are paying for the whole vegetable, so use it.

Blue Plate Specials – Plan out a few meals at one time and buy for them. Something different and tempting in the market? Make a note for the future or change your menu idea – a fabulous food find is just future compost if you don't have a plan.

Leftovers are Gold – Your menu plan should take into account how to use up the odds and ends leftover from dinner or other meals. Turn leftover grilled fish or cooked veggies into a luncheon salad. Extra rice can be combined with other leftovers for fried rice or fritters. Turn leftover potatoes and vegetables in casseroles. Add leftover vegetables to soups or stews. Or just cook once for several meals. Invest in quality, reusable storage containers to keep your leftovers fresh and palatable in the refrigerator or freezer.

Don't Get Freezer Burned – Make sure the freezer is working for you. Label and date frozen ingredients and leftovers and rotate, bringing oldest to the front. Go "freezer shopping" periodically to use up your stash and make room for more. Do the same (but much more frequently) for your refrigerator. Clean out your vegetable bin and make soup for now or to freeze for later.

Go Big Impact – Make Sustainable Food Choices

A few years ago I researched how much difference just a Meatless Monday or Tofu Tuesday could make. The results these individual actions save surprised me.

The Difference a Plant-Based Day Makes -- If every American ate a plant-based diet one day a week we could save 100 million gallons of water, 1.5 billion pounds of crops, and 70 million gallons of natural gas every year.

Plus eating meat creates seven times more greenhouse gases than consuming a plant-based diet. Switching even one day a week helps end deforestation, cuts water use (processed beef requires 2,500 gallons a pound but soybeans require only 250 gallons per pound) and reduces carbon emissions.

Beyond Plant-Based Foods – Make sustainable choices when eating meat, fish, chicken, eggs and dairy to make a difference.

Meat – Choose grass pastured, organic or non-hormone treated meats from animals not fed animal byproducts. Look for free range chicken.

Fish – Check that the fish you are buying is not endangered and was harvested in a sustainable way. If buying farmed fish check for ecological, health and sustainability certification. Limit consumption of large fishes that store mercury and other contaminants in their flesh (such as tuna). Check seafoodwatch.org for more information and guidelines.

Dairy – Choose milk from cows that have not been treated with hormones, are not fed animal byproducts, and are humanely treated.

Eggs – Eat them straight (scrambled for example) and look to use egg substitutes in cooking and baking when you can. Choose eggs from free-range chickens.

More at www.faithkramer.com | Contact her at fjkramer@msn.com

NOVEMBER & DECEMBER DONATIONS

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

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 Mark & Maribel Mogill,
 in memory of Minette Mogill
 Trish Musick,
 in memory of Betty Ann Polse
 Jeanne Ormsby,
 in memory of Davie Ormsby
 David Paulson & Debra Weinstein
 David Rapson,
 in memory of Ann Rapson
 Jacob Raskin
 Mitchell Richman
 Alan S. & Eve O. Rosenfeld,
 in appreciation to Outi Gould

SEPTEMBER & OCTOBER DONATIONS CONT.

Continued from page 9

Sheldon & Barbara Rothblatt,
in memory of Rabbi Joel Goor

Barry & Hana Rotman,
in memory of Paula Rotman

Sally Shore

Molly Singer

Marvin & Wendy Siver

Karen Stepko, Belated Rosh Hashana
& Yom Kippur

Helen Sweet,
in memory of Sarah Liron's mother

Murray & Flora Toas,
in memory of Samuel Toas

Freya Turchen

Andy & Marcia Wasserman

Prayerbook

Joan Solomon, in memory of Blanche
Roth Neuman

Burton Polse Kiddush

Isaac Bleaman & Reyna Schaechter
Steven & Jayne Cohen, in honor of
Megan Chartier's conversion

Ronald Friedman, in honor of
Rebekah Wildman

David Allan & Zepporah Glass

Jeff Gutkin & Helene Blatter

Hennie Hecht-Zilverberg,
in memory of Frieda Zilverberg

Malaquias & Michelle Pacheco

David Paulson & Debra Weinstein

Betty Ann Polse

Tsutomu Satomi & Hildie Spritzer

Sally Shore,
in memory of Albert Shore

Jack & Jeanette Jeger Kitchen

Norman & Jo Budman, in memory of
Edith Budman

Richard & Edie Mills, in memory
of Jack & Jeanette Jeger, David &
Marian Migdal, Misia, Harold &
Harry Nudler

Barbara Oseroff,
in memory Nathan Denenberg

Betty Ann Polse

Minyan Fund

Daniel & Anne Bookin,
in memory of Sonia Greenberg

Norman & Jo Budman,
in honor of Ann Levine

Roma & Thomas Lascano,

in memory of Rabbi Hayim Goren
Perelmuter

Michael & Barbara Rose,
in memory of Michael Stevens

David & Jessica Sarber

Lisa Strongin & Maxine Epperson, in
memory of Samuel D. Strongin

Freya Turchen,
in memory of Max Turchen

TBA Building Fund

Joseph & Judith Epstein,
in memory of Rebecca Epstein

Yom Ha Shoa

Hennie Hecht-Zilverberg,
in memory of Martha Zilverberg

Rabbi DeKoven Camp Ramah Scholarship

Elinor DeKoven, in memory of
Ezekiel DeKoven, Esther DeKoven
& Rabbi Ralph DeKoven

Elinor DeKoven, in memory of
Harvey Blatter, Nissan Saidian, and
to the losses of Misha Nudler;
Pola Silvaz'el

Joseph & Judith Epstein, in memory
of Helen Tessler & Mervin Tessler

Rabbi Discretionary

Rami & Daphne Albert, in honor of
Arielle & Omir's marriage

Harriet Bloom,
in memory of Ben Nathan

Norman & Jo Budman, in memory of
Josh Mailman's sister, Joanne

Glenn & Amy Friedman, in memory
of Robert S. Wallerstein

Marianne Friedman, in memory of
Sidney Levee, Beatrice Kaufman
Levee, Sidney Levee Jr

Tedd & Susan Goldstein,
in memory of my parents,
Ellen and Herb Goldstein

Fifi Goodfellow, in memory of Alan
I Cupples, Becky Singer, Esther
Naggar, Raymond Naggar

Lisa Greenberg, TBA reaching out on
her father's 1st yahrzeit

Jeff Gutkin & Helene Blatter

Laurie Harbert

Ytzhack & Etta Heber

Edward & Miriam Landesman

Jerrold & Anne Levine,
in memory of Charlene Eberhart

Jacqueline Palchik,
in honor of David Goodwin's
service as president

Betty Ann Polse

David Rapson, in memory of
Ann Goodman Rapson

Garret & Helen Romain

Max & Tory Roman, in memory of
Michael & Kathy Roman

Richard & Joan Rubin, with utmost
gratitude for all your support (Rabbi
Bloom)

Mark & Lori Spiegel, in memory of
Masao Kishi & Josef Spiegel

Freya Turchen, in memory of
Geraldine Turchen

Andy & Marcia Wasserman

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in memory of Irving Kingston,
Joseph Zatin

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in memory of Lily Mary Fogelson

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Herbert A. Goodfellow

Angelina Levy

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Jeffrey & Judith Quittman,
in memory of Leonard Quittman

Freya Turchen

Hertz - Israel Scholarship

Gerald & Ruby Hertz,
in memory of Sally Simon

Elan & Roberta Masliyah, in memory
of Abba Sadok Masliyah

Mollie Hertz Interfaith

Gerald & Ruby Hertz, in memory of
Harry Morofsky

Gerald & Ruby Hertz, in memory of
Sam Morow

Gerald & Ruby Hertz, in memory of
William (Wolfe) Morofsky

Jeri & Marvin Schechtman, in memo-
ry of Stanely Schechtman

Pola Silver Fund

Betty Ann Polse

המקום ינחם אתכם בתוך שאר אבלי ציון וירושלים

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

FEBRUARY 1 - 2

Shevat 22 & 23

Joel Carey
Jack Coulter
Joseph Grutman
Ann Rapson
Lawrence A. "Sonny"
Singerman
Irwin Barany
Etty Bernstein
Eleanore Leon
Isaac Shatzkin
Lucille Tama

FEBRUARY 3 - 9

Shevat 24 - 30

Mark Evan Cyprus
Harold Tott Frankel
Arlene Gillette
Ethel Engel
Gertrude Kingston
Betty Mosko
Charles Somers
Irwin Weintraub
Sidney Backer
Jean Charlesworth
Alexis Falquier
Fernando Garcia
Al Rothman
Allan Stone
Julian Wolf
Samuel Bandel
Elizabeth Bernstein
Frieda Blatter
Hyman Brodke
Joseph Gould
Samuel Aaron Grinberg
Rose Hillman
Bernard Pollack
Milton Weiner
Leonard Wolf
Irving Goronkin
Shirley Gould
Samuel Jackson
Harvey Jacobs
Rose Kotz
Sam Wolf
Joseph Zuckerberg
Dorothy Glasser

Shirley Goldberg
Joseph G. Kay
Joseph Kvint
Melissa Anne Powers
Irma Robinson
Lillian Adler
Helen Aldeff
Eric Baum
Avraham Elbert
Paul Gildea
Kalman Gluck
Helen Golden
Pearl S. Goodman

FEBRUARY 10 - 16

I Adar 1 - 7

Goldine Jacobs
Julius Kohn
Joel LaLone
Simon Lerch
Ruth Roth
Raymond Chun
Marion Morris
Benjamin Ottovich
Jerome Turchin
Robert Burnstein
Philip Samuel Frucht
Celia Goldstein
Sylvia Hertz
Sigmund Kaplan

FEBRUARY 17 - 23

I Adar 8 - 14

Harry Goldenhar
Erwin Don Katz
Regina Weiss
Nancy von Kugelgen
Milt Weiner
Shirley Abrams
Phyllis Goldberg
Mike Carrillo
Jennie Coopersmith
Patricia Kepler
Celia Kessler
Morrey Ranzer
Susanne Spritzer
Minnie Isenberg
Martin Polon

FEB. 24 - MARCH 1

I Adar 15 - 21

Emily G. Friedman
Esther Gershenson
Lillian Levine
Arnold Shuster
Goldie Weisbrod
Latifa Naggar
Ury Rath
William Tenery
Ben Barnett
Goldie Brody
Mary Gross
Max Lutz
John Daniel Rego
Robert Selvidge
Regina Singer
Francisco Martinez, Sr.
Neil Boorstyn
Theodor Finkelstein
Harry Jaffe
Sam Pachefsky
Esther Segal

MARCH 2 - 8

I Adar 22 - 28

Robert Barnett
Richard Bersin
Sophie Breslov
Max Clar
Kate M. Berkovitz
Mildred Davis
Morris Davis
Anna Dietz
Bernard Polston
David Rosenfeld
Maury Polse
Goldie Alper
Leonard Fixler
Edythe Zuckerberg
Melvin Klein
Abraham Louis Schneider

MARCH 9 - 15

I Adar 29 - II Adar 5

Tom Miller
Judy Berkowitz
Rose Bruder
Cora Coulter

Irving Selig Goldman
Cassel Gulinson
Anna Jacobs
Moses Seligson
Denise David
Marjorie Kauffman
Celia Kessler
Sheldon Messinger
Sydney Sylvia Ross
Mabel Stevens
Mary Berger
Roberta Blasenstein
Violet Cook
Annie Finkelstein
Matilda Bloom Holzman
Helen Katzburg
Flora Boston Bordelon
Jules Kohn
Louis Rothenberg
Daniel Shuster
Milton Weintraub
Irving Braaf
Ruth Eisenman
Marge London
Judy Masliyah
Max Pearl
Clara Ramo

MARCH 16 - 22

II Adar 6 - 12

Dianne Kleinmann
Harry David Levine
Bernice Lobel
Harry Simon
Frederick Harland Spector
Abraham Baim
Anna Cohen
Tille Cohen
Sara Schmulowitz
Arthur Yarman
Louis Adler
Rachel Aelion
Philip Bakar
Charles Bernard Bernstein
Arnold Liss
Henry Ramek
Beatrice Toas
Phyllis Zangwill
Avram Mendel Goldberg

Continued on page 12

Continued from page 11

Sue Kraft
Edythe Schultz
Harry Tessel
Gail Dorter
Edward Gordon
William Miller
Susan Moore
Samson Nour-Omid
Ida Puro
Lilly Shoehalter
Nathan Feldman
Jacob Saidian
Daniel Wasserman
Mollie Forkos
Eleanor Goldberg
Sara Goldberg
James Jonas
Nathan Polse

Jacob Rubin
Lloyd Silver
Howard Morse Spector

MARCH 23 - 29**II Adar 13 - 19**

Sheba Widlan Bookin
Becky Chun
Ruth Miriam Cowan
Ella Soss Davis
Ernest Harvey
Friedman
William Groskopf
Kurt Kleinmann
Ira Kurtz
Shirley Langfeld
Lawrence Rothstein
Dorothy Sarver

Sidney Jerome
Zywotow
Isaac Biederman
Ziesel Friedman
Daniel A. King
Richard Reinman
Eli Schwartz
Olga Banks
Moses Frankel
Shirley Handloff
Leon Jaffe
Phyllis Kaizer
Isador Margolin
Rachael Rutter
Helen Goldberg
Jules Saxe
Harold Usef
J. Leon Bloch
Charles Marcus

Debbie Simon
Dora Spellman
Ida B. Edelson Riskind
Martin Howard
Semendoff
Florence Brettler
Harvey Casson
Audrey Cohen
Sarah Riva Goldberg
Louis Schwartz

MARCH 30 & 31**II Adar 20 & 21**

Natalie Berg
Marlene Mae Seifer
Allen Silver
Abraham Silverman
David Galant
Carol Kirsch

Recent Deaths in Our Community

Betty Ann Polse

Marge London & Arnold London, mother and father of

Jody London (Mike Aronson)

Adele Mendelsohn

Steve "Fanny" Fankuchen



May their memory be for a blessing

Nichum Aveilim

Just over one year ago, TBA announced a new committee, Nichum Aveilim (Comforting the Mourners), a group of congregants who volunteer to reach out to those in our community who are mourning the loss of a family member. Our efforts begin after shloshim, a time when the rituals of mourning change, and we continue to work with our grieving members through the first yahrzeit.

For each mourner, a committee member reaches out by email, phone, or with a visit – offering presence at a time when words may fall short, community at a time which may otherwise feel solitary.

To date, committee members have reached out to 39 mourners to offer support and resources. During this time, we have found that mourners in our community have varying needs. For some, meeting for coffee, a meal, a walk, or at shul for services, has been helpful. At times, a mourner may be looking for resources on dealing with a loss. For many, just the act of having someone reach out on behalf of TBA has been sufficient. We have also found that some of our grieving members have sufficient support of their own and do not want the committee's assistance. This is fine as well. We want mourners to feel free to express their needs.

In addition, we maintain a list of names of congregants who are willing to be contacted to attend a shiva or funeral minyan, if needed. Often an email goes out to the congregation with this request, but having a list of potential volunteers helps ensure that a minyan will be present. If you are willing to be added to this list please e mail Sandy Schwarcz at: sandyschwarcz@pacbell.net with your name, email address and preferred phone number.

If you are interested in being a part of this group, or know someone who can use our support, please contact Joan Rubin, TBA Board Member, at: rubinbens@sbcglobal.net. New committee members are welcome to join in the fall.

Thank you for your support of Nichum Aveilim.



Mazel Tov to:

Alison & Matt Schindel on the birth
of their son, **Ezra**
Sarah Marder-Eppstein & David Friedkin on
the birth of their daughter, **Galia Rose Friedkin**
Adam Eliath & Lauren Wilner on the birth of
their son

Welcome New Members

Ross & Marina Genower. Children **Noemi & Orli**
Ari & Theresia Oklan. Sons **Zakai and Maayan**
Joseph Gindi & Miranda Meyerson. Son **Reuben**
Allia & Kyle DeLand
Shaaltiel Hunte. Sons **Tristian, Immanuel & ZaKhai**
Edward & Anna Oklan
Isaac Bleaman & Reyna Schaechter. Infant **Lina**

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@tbaokland.org.

You are never too young to plan for the future!

MEMORIAL PLAQUE

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

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

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

FUND CONTRIBUTION FORM

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

(Name) _____

Acknowledge _____

From: _____

To: _____


Address: _____

Address: _____

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- ☐ Jack and Jeanette Jeger Kitchen Fund
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- ☐ Prayer Book Fund
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- ☐ Mollie Hertz Interfaith Outreach Fund
- ☐ Danielle and Deren Rehr-Davis Teen Fund
- ☐ Harold Rubel Memorial Music Fund
- ☐ Rosebud and Ben Silver Library Fund
- ☐ Sam and Shirley Silver Playground Fund
- ☐ Pola Silver Teen Holocaust Education Trip Fund
- ☐ Leo and Helen Wasserman Education/Cultural Fund

FEBRUARY CALENDAR

FEBRUARY 2024			22 SHEVAT - 20 ADAR I 5784			
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 (22 Shevat) 10:00am Kindergym 8:00am Morning Minyan 4:00pm Bet Sefer	2 (23 Shevat) 9:30 & 10:45am Kindergym 6:15pm Kabbalat Shabbat 5:16 Candle lighting	3 (24 Shevat) Shabbat Mevarchim Chodesh Adar I Parashat Yitrot 9:00am A Taste of Text Study via zoom 9:30am Shabbat Services Bat Mitzvah of Eden Maidenberg Childcare available 10:00am T'fillat Y'ladam 10:30am Shabbat Mishpacha 12:45pm Mah Jongg 6:17p Havdalah
4 (25 Shevat) Kav Maga class 11:00am	5 (26 Shevat) 8:00am Morning Minyan	6 (27 Shevat) 4:00pm Bet Sefer	7 (28 Shevat) 9:00am Weekly Text Study 10:00am Kindergym 1:00pm WTBA Bingo at Reutlinger 6:00pm Tlichon Bet Avraham 7:15pm Adult Trope Class 7:00pm BBYO meetings 7:30om Intro to Judaism 7:30pm Nova Music Festival Survivor Eden Shmuel	8 (29 Shevat) 8:00am Morning Minyan 10:00am Kindergym 4:00pm Bet Sefer 7:30pm TBA Book Club	9 (30 Shevat) Rosh Chodesh Adar I 9:30 & 10:45am Kindergym 6:15pm Bet Sefer Gimmel & Dalet Share a Shabbat Kabbalat Shabbat Service 5:23p Candle lighting	10 (1 Adar I) Rosh Chodesh Adar I Parashat Mishpatim 9:00am A Taste of Text Study via zoom 9:30am Gan Shabbat Services Baby naming for Reyna Schaechter & Isaac Bleaman Childcare available 10:00am Junior Congregation 6:25p Havdalah
11 (2 Adar I) 3:00pm Men's Club Super Bowl Party 	12 (3 Adar I) 8:00am Morning Minyan	13 (4 Adar I) 4:00pm Bet Sefer	14 (5 Adar I) 9:00am Weekly Text Study 10:00am Kindergym 7:00pm BBYO meetings	15 (6 Adar I) 8:00am Morning Minyan 10:00am Kindergym NO Bet Sefer 7:00pm WTBA Girls Night Out	16 (7 Adar I) Gan closed for Staff Development 9:30 & 10:45am Kindergym 6:15pm Kabbalat Shabbat 5:31p Candle lighting	17 (8 Adar I) Parashat Terumah 9:00am A Taste of Text Study via zoom 9:30am Shabbat Services Childcare available 12:45pm Mah Jongg 6:33p Havdalah
18 (9 Adar I)	19 (10 Adar I) Gan & Office closed for Presidents Day 9:30am Morning Minyan with the Bar Mitzvah of Reuben Goldberg	20 (11 Adar I) NO Bet Sefer	21 (12 Adar I) 9:00am Weekly Text Study 10:00am Kindergym 6:00pm Tlichon Bet Avraham 7:15pm Adult Trope Class 7:00pm BBYO meetings 7:30om Intro to Judaism	22 (13 Adar I) 8:00am Morning Minyan NO Bet Sefer	23 (14 Adar I) 9:30 & 10:45am Kindergym 6:15pm Kabbalat Shabbat 5:38p Candle lighting	24 (15 Adar I) Parashat Tetzaveh 9:00am A Taste of Text Study via zoom 9:30am Shabbat Services Bar Mitzvah of Mattan Pincas Childcare available 6:40p Havdalah
25 (16 Adar I)	26 (17 Adar I) 8:00am Morning Minyan 7:30pm Rosh Chodesh	27 (18 Adar I) 4:00pm Bet Sefer 7:30pm TBA Board Meeting	28 (19 Adar I) 9:00am Weekly Text Study 10:00am Kindergym 6:00pm Tlichon Bet Avraham 7:15pm Adult Trope Class 7:00pm BBYO meetings 7:30om Intro to Judaism	29 (20 Adar I) 8:00am Morning Minyan 10:00am Kindergym 4:00pm Bet Sefer		

MARCH 2024			21 ADAR I - 20 ADAR II 5784			
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 (21 Adar I) 9:30 & 10:45am Kindergym 6:15pm Kabbalat Shabbat <i>5:45 Candle lighting</i>	2 (22 Adar I) Parashat Ki Tisa 9:00am A Taste of Text Study via zoom 9:30am Shabbat Services Bat Mitzvah of Evie Luskin 10:30am Shabbat Mishpacha 12:45pm Mah Jongg <i>6:47p Havdalah</i>
3 (23 Adar I) Daylight Saving Time Begins – CLOCKS AHEAD 1 HR WTBA Pre-Purim Celebration	4 (24 Adar I) 8:00am Morning Minyan	5 (25 Adar I) 4:00pm Bet Sefer	6 (26 Adar I) 9:00am Weekly Text Study 10:00am Kindergym 1:00pm WTBA Bingo at Reutlinger 6:00pm Tichon Bet Avraham 7:00pm BBYO meetings 7:15pm Adult Trope Class 7:30om Intro to Judaism	7 (27 Adar I) 8:00am Morning Minyan 10:00am Kindergym 4:00pm Bet Sefer 7:30pm WTBA Girls Night Out	8 (28 Adar I) 9:30 & 10:45am Kindergym 6:15pm Kabbalat Shabbat Service <i>5:52p Candle lighting</i>	9 (29 Adar I) Shabbat Shekalim Mevarchim Chodesh Adar II Parashat Vayakhel 9:00am A Taste of Text Study via zoom 9:30am Shabbat Services Bat Mitzvah of Naomi Levy
10 (30 Adar I) Daylight Saving Time Begins – CLOCKS AHEAD 1 HR WTBA Pre-Purim Celebration	11 (1Adar II) Rosh Chodesh Adar II 8:00am Morning Minyan	12 (2 Adar II) 4:00pm Bet Sefer	13 (3 Adar II) 9:00am Weekly Text Study 10:00am Kindergym 6:00pm Tichon Bet Avraham 7:00pm BBYO meetings 7:15pm Adult Trope Class 7:30om Intro to Judaism	14 (4 Adar II) 8:00am Morning Minyan 10:00am Kindergym 4:00pm Bet Sefer	15 (5 Adar II) 9:30 & 10:45am Kindergym 6:15pm Kabbalat Shabbat <i>6:59p Candle lighting</i>	16 (6 Adar II) Parashat Pekudei 9:00am A Taste of Text Study via zoom 9:30am Shabbat Services Bat Mitzvah of Daphne Gordon 12:45pm Mah Jongg <i>8:00p Havdalah</i>
17 (7 Adar II) Mishloach Manot Assembly & Delivery	18 (8 Adar II) 8:00am Morning Minyan	19 (9 Adar II) 4:00pm Bet Sefer	20 (10 Adar II) 9:00am Weekly Text Study 10:00am Kindergym 6:00pm Tichon Bet Avraham 7:00pm BBYO meetings 7:15pm Adult Trope Class 7:30om Intro to Judaism	21 (11 Adar II) Te'anit Esther 8:00am Morning Minyan 10:00am Kindergym 4:00pm Bet Sefer	22 (12 Adar II) Gan Purim arade & Speil 9:30 & 10:45am Kindergym 6:15pm Kabbalat Shabbat <i>7:06p Candle lighting</i>	23 (13 Adar II) Shabbat Zacher Erev Purim Parashat Vayikra 9:00am A Taste of Text Study via zoom 9:30am Shabbat Services Baby naming of Camila Cohen 6:15pm Rock n Roll Family Purim <i>8:07p Havdalah</i>
24 (14 Adar II) Purim 2:00pm PJ Library Purim Carnival	25 (15 Adar II) Shushon Purim 8:00am Morning Minyan 7:30pm Rosh Chodesh	26 (16 Adar II) 4:00pm Bet Sefer 7:30pm TBA Board Meeting	27 (17 Adar II) 9:00am Weekly Text Study 10:00am Kindergym 6:00pm Tichon Bet Avraham 7:00pm BBYO meetings 7:15pm Adult Trope Class 7:30om Intro to Judaism	28 (18 Adar II) 8:00am Morning Minyan 10:00am Kindergym 4:00pm Bet Sefer	29 (19 Adar II) 9:30 & 10:45am Kindergym 6:15pm Kabbalat Shabbat <i>7:12p Candle lighting</i>	30 (20 Adar II) Shabbat Parah Parashat Tzav 9:00am A Taste of Text Study via zoom 9:30am Men's Club Shabbat <i>8:13p Havdalah</i>
31 (21 Adar II)						

Temple Beth Abraham
327 MacArthur Boulevard
Oakland, CA 94610

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WTBA Pre-Purim
March 10th

Rock'n Roll Family Purim
March 23rd @ 6:15pm