

CONGREGATION BETH ISRAEL

# ChaiLights

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## From Rabbi Yonatan Cohen

Our sages of blessed memory famously teach us to welcome the month of Adar, in which we celebrate Purim, with great joy – “Our joy is increased when the month of Adar begins.” (BT Ta’anit 29a) *Simchah* or joy finds a funny (or at least a curious) place in one of our Talmudic tales:

“Two [scholars] came by the marketplace. [Elijah the prophet] came and said to them [while pointing at two other people]: “These are destined for the World to Come.” [R’ Beroka, one of the scholars] went up to them and said: “What do you do?” They said to him: “We are comedians, and we go to cheer up those who are depressed. Additionally, whenever we see two people involved in a quarrel, we strive hard to make peace between them.” (BT Ta’anit 22a)

In commenting on this story, the founder of the Hassidic movement, the Baal Shem Tov, notes that the ability to connect with those who are despondent and depressed through humor is “a major principle in our worship of God.” Indeed laughter and joy can lift a person out of the pit of despair and connect them with a renewed sense of a higher purpose or help them find a deeper meaning in life. More generally, these shared experiences of laughter and joy can connect us to one another, sharpening our sense of the interconnectedness of all of God’s creatures and creation itself.

The great Hassidic master, Rebbe Nachman of Bratslav, notes in several places in his writings that through joy and laughter we share in the Creator’s ability to give life, for at times even just a simple smile or a moment of laughter can restore another person’s sense of self and even this person’s will to live. In *Sichot Moharan* (43) he writes that, “when one person greets another with a smiling face, one can literally restore that other person’s life-force. Giving life to another person in this way is not an empty matter, rather it is a matter of great import.”

A number of years ago I asked one of our community’s members to identify the most important component of their religious and spiritual practice in our shul. The person gave my question some thought and then responded that being greeted with a smiling and uplifting countenance when they enter the shul was that critical and essential ingredient. It’s a simple folk saying, and we all know it well, but a smile goes a long way. Indeed, sometimes, a smile goes all the way to God!

The month of Adar will, please God, give us many opportunities to smile. The weeks leading up to Purim should ideally be used to identify members of our community, our circle of friends, and our family who could use some extra reaching-out-to through *Mishloach Manot* or *Matanot L'Evyonim*, and who would appreciate being inspired by love and joy. At the same time, these weeks of Adar remind us to simply smile more, and to better appreciate how willful daily acts of *Simchah* can make a fundamental difference in people's lives.

filled with laughter” during the time of our redemption. Here the Psalmist reminds us that laughter is redemptive. As this year is a leap year, the additional month of Adar offers us a double portion of joy and a prolonged period to exercise *Simchah*. May these two months of Adar truly set our course as we head towards the month of Nissan, the month of redemption and the celebration of Passover. This year, may we willfully use joy to bring about our redemption.

Psalm 126, which we sing prior to the grace after the meal during Shabbat and Yom Tov, famously notes that “our mouth will be

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## CONGREGATION BETH ISRAEL BOARD MEMBERS

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2nd Vice President, Daniel Magid  
3rd Vice President, Carol Cunradi  
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Secretary, Miriam Barrere

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Katrin Arefy  
Joshua Ladon  
Sarah Miranda  
Jodie Morgan  
Noah Nathan  
Irene Resnikoff

Eric Seder  
Philip Tendler  
Marti Zedeck  
Susie Marcus, Sisterhood Representative  
Ben Rose, Gan Representative  
Leslie Valas, Past President

## From The President

When Leslie Valas approached me last January with a suggestion to consider being President of CBI, I immediately responded with a long list of reasons why I thought that was a terrible idea.

Amongst them was having to get to shul for *psukei d'zimrah* and stay for Kiddush on Shabbat. Leslie answered that these would be highly desirable goals for all members of the shul, let alone the President, but she said that what the shul really needed at this point in time was someone that could lead the CBI Board on developing a sustainable organizational structure for the years to come. Further conversation with R. Cohen confirmed the needed direction. Having been on the Board a few times in the past, and having been the Treasurer for some years, I thought that I did have the institutional knowledge to lead the Board. And so I agreed to step up.

As I said in my Yom Kippur appeal, CBI is in the best position it has been in over the last 30 years. We have new shul and Gan Shalom buildings, and we have outstanding clergy leadership in R. Cohen and M. Victoria, and outstanding professional leadership in Joelle Yzquierdo and Dr. Beatrice Balfour. We offer rich youth and adult education programs with depth and breadth of Torah study. The job of the Board for the next few years is to engage the membership of the shul to fully participate in and support these programs. With long term contracts for R. Cohen and M. Victoria we need to establish a long-term strategy, that we are calling the 10-year plan, to sustain this privileged situation that we are in.

We started our 2018-2020 Board term in July by organizing ourselves into committees. Each committee is responsible for leading the corresponding activities, and then updating the full Board in our monthly meetings. The list of committees is below, with the names of non-Board members in parentheses.

The High Holiday Setup committee did a fantastic job during the *chagim*, beautifully preparing and organizing the shul for

services. The Phone-a-Thon committee did a great job on the yearly fundraising event. Other committees (Finance, Community Building, Youth Education, etc.) have regular activities throughout the year. This year we started a new Strategic Planning committee – which is in its forming stage - to define our 10-year plan. I will periodically give the community relevant updates on the activities of the various committees.

Lastly, the tragic attack on the Tree of Life Or L'Simcha Synagogue in Pittsburgh last October generated an unexpected flurry of activities to strengthen security at Beth Israel. We worked closely with the Berkeley Police Department (BPD) to perform a comprehensive security assessment both at the shul and at Gan Shalom. The BPD also provided security training for the staff of the shul, teachers at the Gan, and Board members. We are in the process of completing all the security recommendations from the Berkeley Police. One of the most important measures to increase security awareness at CBI is the Greeters Program that we have instituted for Shabbat and *chagim*. If you have not yet volunteered to be a CBI Greeter, please contact Noah Nathan to sign up. By donating one hour of your time a couple of times per year you will be doing your part to improve security at the shul, and get to know your fellow members while doing so.

We have a lot of work ahead of us, but all in all, the first six months of the new Board's term have been inspirational. The love, dedication, and care that our members manifest for our Beth Israel community is very uplifting.

*B'chavod,*  
Issy Kipnis

### EXECUTIVE

Issy Kipnis, Sara Darmoni,  
Dan Magid, Carol Cunradi,  
Ben Rose, Miriam Barrere  
\*R. Yonatan Cohen

### FINANCE

Ben Rose, Ori Kanefsky, Issy  
Kipnis, Dan Magid, Eric Seder,  
Jodie Morgan  
\*R. Yonatan Cohen, Norm Winer

### PHONE-A-THON

Carol Cunradi  
\*Eliezah Blumenthal Hoffman

### GALA

Jodie Morgan, Susie Marcus  
\*Lois Marcus

### CHAI-LIGHTS

Susie Marcus, Katrin Arefy,  
Carol Cunradi  
\*R. Yonatan Cohen, Rebecca  
Landes, Desmid Lyon, M. Victoria  
Sutton, Joelle Yzquierdo

### GAN SHALOM LIAISON

Ben Rose

### COMMUNITY BUILDING

Sara Darmoni, Josh Ladon, Noah  
Nathan, Marti Zedeck, Miriam  
Barrere, Irene Resnikoff

### HIGH HOLIDAY SET UP

Leslie Valas, Irene Resnikoff  
\*Lois Marcus, Nae Golomb

### STRATEGIC PLANNING

Jodie Morgan, Issy Kipnis,  
Leslie Valas, Miriam Barrere,  
Sara Darmoni, Philip Tendler,  
Josh Ladon  
\* Noah Alper, R. Yonatan Cohen,  
Jessica Fain

### YOUTH EDUCATION

\*M.Victoria;  
Advisors - Irene Resnikoff, Sara  
Darmoni, Sarah Miranda, Philip  
Tendler

### CHESED

Carol Cunradi, Irene Resnikoff,  
Miriam Barrere

### PERSONNEL

\* Steve Silberblatt

### BUILDING

Philip Tendler, Eric Seder,  
\*Joelle Yzquierdo

### RITUAL

\*Tamara Beliak, R. Yonatan  
Cohen, Bobby Budnitz, Judy  
Massarano, Joel Resnikoff,  
\*M. Victoria Sutton

### KIDDUSH COORDINATION

\*Melissa Nathan, M. Victoria  
Sutton

### LEGACY SOCIETY

Leslie Valas  
\*Noah Alper, Rena Rosen  
\*indicates non Board member



# Gan Shalom: Shaping the Next Generation

Dr. Beatrice Balfour, Gan Shalom Director



## STRATEGIES TO HELP CHILDREN COPE WITH STRESS AND ANXIETY

Every year at Gan Shalom we host two workshops for parents. This year, our first workshop was led by Bathea James, CBI member and experienced Bay Area educator and psychologist. In light of recent events in Pittsburgh and natural catastrophes in California, we decided that the workshop would be about how to help children cope with stress and anxiety.

It's important for children to learn to recognize, address, and care for themselves in a way that reduces their levels of anxiety. The most important skills we can teach children to help deal with feelings of anxiety are to build resilience - the ability to fall down, get up, and move on - and to give them a "box of tools" to help them take care of themselves when they feel anxious. More specifically, there are strategies that adults can teach and model to help children cope with anxiety:

1. Relax and be mindful.
2. Be mindful of what we as adults say around children so they don't develop anxieties about events that happen around them in the world. Some conversations are adult talk and children should not be allowed to hear them or be part of them.

3. Model healthy coping behaviors.
4. Enforce a regular sleeping routine that is respected every day of the week.
5. Limit children's "screen time".
6. Encourage children to engage in free, creative, and collaborative play.

Anxiety can be expressed in different ways, such as difficulty sleeping and changes in behavior, mood, and sleeping patterns. These reactions are often normal, and in these cases it is important to allow children to find their own creative (verbal or non-verbal) ways to express themselves. Adults should not push children to express their emotions, they should make them feel safe and check in with them, and be empathetic listeners.





## NEWS FROM OAKLAND HEBREW DAY SCHOOL

*Ma Chadash* (what's new) at OHDS?

From basketball mania to *Mary Poppins* fever, OHDS is buzzing with activity! Led by Coach Daryl Grace, our middle school Eagles basketball team is enjoying a fantastic season. With several wins against local schools already under their belt, both our boys' and girls' teams are building their court skills while learning how to support each other as a team. Our third graders got so caught up in Eagles' *ruach* (spirit) that Coach arranged for them to play their own game against the Corpus Christi third grade team!

Our "Mary Poppins" cast is coming together for a great production coming up in March. On Wednesdays you'll hear familiar songs echoing through the OHDS hallways as students sing old beloved tunes and tweak their acting skills. Come join us for some old-school fun on Sunday, March 10, 4 p.m. at Regent's Theater (Holy Names University). Ticket sales will be announced soon - watch our website for details!

Finally, the school is gearing up for two wonderful cross-generational events! The middle school students are hosting an annual Holocaust Survivor luncheon - Cafe Europa - with the Jewish Family and Community Services of the East Bay. The students cook, prepare, and serve lunch to

their guests as they learn more about their life stories. Students in bridge kindergarten through eighth grade will also host our annual Grandparents & Special Friends Day on March 8. Families and friends from near and far will join us for a fun day of learning, *tefillah*, and brunch while enjoying time in the classrooms with the kids.

Check out our website at [www.ohds.org](http://www.ohds.org) for info about basketball games, purchasing play tickets, and all the events happening at OHDS!



This year, Eastbay NCSY is focusing on creating quality programming for lasting positive impact on teens. The first major event this year was the annual Skibaton in Tahoe, February 23-26, sponsored by Eve Gordon-Ramek, in memory of Rabbi Henry Ramek. The annual Skibaton is key to strengthening teenagers' Jewish identity - this year they focused on Living With *Emunah* [Faith]. We next have two events on March 8-9 - high schoolers will spend Shabbat in Seattle with teens from Seattle and Portland, and talk about the diversity among Jewish communities throughout the world, while middle schoolers go to San Diego for a retreat on helping incoming high schoolers become engaged with Jewish programming in high school.

We have a new one-month program starting in March, Teen Advocacy Program (T.A.P). Each week NCSYers will interact with Jewish advocates, rabbis, and politicians to learn leadership skills for political advocacy. During the last week, NCSYers will go to Sacramento, CA to learn about government lobbying to support issues of importance to them. T.A.P. will teach attendees how the legislative process works, and the importance of political participation to issues of concern to the Jewish community. Another new program, the Bat Mitzvah Club, for 6th and 7th grade girls, focuses on

building empowerment, self-confidence, and love for Judaism as participants become Bat Mitzvah.

Later this spring we have two more Shabbatons, the East Bay Middle School Shabbaton and the West Coast Regional Shabbaton in Las Vegas; both will focus on identifying and strengthening Jewish unity. May marks the end of the school year with an Israel advocacy seminar and Yom Ha'atzmaut celebration on May 5th for 9th to 12th graders, and a Middle School Social event on May 19th.

NCSY is holding its first ever East Bay NCSY Celebration Gala on April 10th! We invite all NCSY parents, teens, and friends to attend and support a thriving teen Jewish community!



# Maccabi Berkeley

## Soccer Team Report by Noah Nathan

In October 2018, inspired by the *ruach* felt over the *Chagim*, a few CBI members grouped together and decided to try and take the team-spirit to the next level. A few of us had been playing soccer together on Sunday mornings for the past few months but we felt we might be ready for some competitive play. So, we signed up enough people to play in the Monday night 8v8 co-ed soccer league with games held at Gilman Fields under the team name Maccabi Berkeley.

Our performance was pretty varied but we never gave up hope. Our practice game was lost but our first competitive game was won with a 2-0 victory over John McNeil Studio with stunning goals from Raanan Schweig and Eran Sela. This stunning start to our season then paused for a couple weeks as games were cancelled due to smoke. Our winning start unfortunately didn't carry us forward as we lost the next few games against stronger opponents. We often put up a good fight but sometimes fell a bit short.

Our final game against SFHS Demons was a close and competitive game. We started the game in spectacular fashion scoring 2 goals before they came back and scored 3 (although one of their goals would have been disallowed had a VR review been allowed). With us down by 1 with moments to spare, Lisa Blumenband whipped in a corner that connected with Seva Rodnyansky and headed straight into the goal. We ended our final game with a 3-3 draw.

Golden boot (most goals scored) award goes to star striker Raanan Schweig and the most caps (games played) award goes to Lisa Blumenband.

We all had a lot of fun throughout the tournament, had a good deal of exercise, and we all made new friends on the squad. We're now taking a few seasons' break to recover and recruit more

players but we hope to rejoin a soccer league at some point in the future. We're also hoping to set up competitive games against other local synagogues in the area.

In the meantime, a group of us play a friendly pickup game on Sunday mornings in a local park. If you're interested in joining either our Sunday friendly kick-around or the Maccabi Berkeley team for a future competitive game, please get in touch with me at [noahnathan@hotmail.co.uk](mailto:noahnathan@hotmail.co.uk).

Results: Won 1, Draw 1, Lost 5. League position 15/16

Squad:

GK: Noah Nathan, Ross Gusky

DEF: Tania Schweig, Melissa Nathan, Jessi Youseffi, Seva Rodnyansky, Sam Leveston, Rachel Treisman, Amanda Reyes

MID: Lisa Blumenband, Liad Dilouya, Yoshi Fenton, Guy Harel, Joshua Ladon, Ariel Strauss

STR: Stephen Leist, Raanan Schweig, Eran Sela, Adam Frim



## CBI Camp Scholarship Fund

We are pleased to remind you that an anonymous donor made a generous gift to our community to offer scholarships for CBI children who want to attend Jewish sleep-away summer camps. Scholarships will be made available to every CBI family that applies with a special focus on first-time camp participants. Please contact R. Cohen for scholarship information or if your family wants to learn more about options for Jewish Summer Camps.

Our CBI Family has always focused on passing along a rich sense of Jewish connection, commitment, and engagement to the next generation. We do so every day through our support of our beloved Gan Shalom, our Jewish Day Schools and High School, afternoon programs, NCSY, and Midrasha, along with our robust Shabbat youth programming at the shul. Jewish summer camps offer fully immersive educational experiences. According to a 2010 study by the Foundation for Jewish Camp, *Camp Works: The Long Term Impact of Jewish Overnight Camp*, there is compelling evidence that overnight Jewish camp is a proven

means of building Jewish identity, community, and leadership. In an article titled *The Secret Ingredient of Summer Camp Magic*, Benjamin Kramarz argues that a Jewish camp “effectively harnesses what anthropologists call ‘liminality,’ the state of being in transition, the middle stage between one place and the next. [...] Take transitional people in transitional time, put them in a transitional place, add a generous portion of positive communal intention, and you have a recipe for magic.”

We have contacted several Jewish immersive summer camps and we were assured that additional scholarships are readily available for children in our community. Feel free to contact R. Cohen with any questions as we are eager to help more children in our community benefit from the gift of Jewish summer camps. Our deep gratitude to our anonymous donor for this meaningful and generous gift. May our community's children benefit from it for many years to come.

# Sanne DeWitt

## An Interview by Katrin Arefy

Chailights Profiles editor, Katrin Arefy, spoke with long-time CBI member Sanne DeWitt on the occasion of the publication of her memoir *I Was Born in an Old Age Home*.

KA: You encountered many tragic events throughout your life—war, anti-Semitism, the tragic loss of your daughter, but when I was reading your book, I found myself laughing a lot because a lot of what you wrote or the way you wrote it was really funny. I thought it was your personality coming through. It is also the way you are able to find something that is still good or you turn the negative to positive. The funniest story was when you went back to jail!

S: Oh! [laughter] that was a very funny situation. I had a neighbor who had at least thirteen cars, and they were scattered all over the place. There is a seventy-two-hour law in Berkeley. If you have your car on the street, and you don't move it, people call it in, and it gets towed away. I took pictures of his cars every day for forty years, and they were never moved. He would get tickets, but he didn't do anything. I reported it because he was blocking me physically and taking up most of the available parking on the street with these old cars. Some of them didn't even have license [tags]. There was some corruption in the city to let him get away with it. Anyway, he knew that I had complained, and he hated me. He called the police and said that I assaulted him. Now, I am not a very big person, and he is six-foot-three or something—a big guy. It was absurd. The police came, and I went down to the station. I got put in the holding [cell]. It was my son's birthday, and everyone was waiting for me in a restaurant. So the police said go to your dinner and then return. So I went and around nine o'clock I told my grandchildren that grandma has to go back to jail! I went back, but it was closed. It was locked. Finally the night-shift person came and asked me what do you want? I said I want to go back to jail! He looked at me and said lady just go home!

KA: You wrote about your classmates in fifth grade at Malden School who were very hostile to you. Do you want to talk about that?

S: So, the Catholic kids were very hostile to Jews. The boys used to urinate on me and tear up my homework, my Hebrew school homework. The teachers at the Hebrew school were not sympathetic. They said, "Now you know what it is like to be a Jew!" Now, they were safe in America, and they had not gone through what I had, so it upset me terribly! I was late to school because my dress was wet, and I would walk slowly so it would dry. Then I was late, and the kids had torn up my homework, and [when I said] what had happened, their response wasn't very comforting.

KA: The girls also treated you with hostility, and you didn't tell anyone. You wrote "I can still feel the humiliation and the shame that the experience caused me. Naturally I didn't tell anyone." You say this often in the book, that you didn't tell anyone. You kept many experiences private. But now you are telling.

S: I am telling, and this was very hard for me to write [about] because I am not used to being open. In fact I feel very uncomfortable about it, but somehow the Me Too movement allowed me to talk about it. Because I was sexually molested, and I didn't tell my parents. I thought my father would beat me. I didn't think any-



body would believe me. I couldn't prove it. I am sure the person would have denied it, and I didn't have the vocabulary. I think now people have the vocabulary. Also I am not saying that it was accepted, but it wasn't that unusual. Men felt they could do whatever they wanted. It's very upsetting. It really is. I tell you writing this, I debated about whether I should, but I decided if I want to be honest, I better be honest.

KA: It comes across. The book is written very honestly. The way it is written without pretense, and everything is just said the way it is, makes it very pleasant to read.

S: Well, I am used to writing technical papers. I am not used to writing literature. It's a set of factual things.

KA: I am going to go to a different subject—your father. After your mother passed away, you wanted your father to move to Berkeley from New York, but he didn't want to. Then you and your husband, as you wrote, "kidnapped him."

S: We did!

KA: What was his initial reaction when he found out that you sold everything he had in New York?

S: Oh, I really don't remember. I think he was really upset. But he adjusted very well and very quickly. He was happy to be near grandchildren. He had two main objections. One was he wanted to be near my mother's grave, which was on the East Coast. So we promised we would take him there whenever he wanted. That satisfied him. The other thing was that he didn't have a California medical license, even though he had already retired. I think Europeans feel more strongly than Americans that their affiliation, their identity, is very much with their profession. So here he thought he wasn't a doctor anymore. But he joined the synagogue and met many doctors, and they invited him to go on rounds at different hospitals. He was treated with professional courtesy and was invited to lectures and conferences, so he realized that his identity wasn't destroyed, and that he was still a doctor, even though he wasn't earning money.

KA: I am going to finish with a quote from your book about Auschwitz "We visited Auschwitz to say Kaddish for the many people who were murdered there, including my relatives. A man with a taxi solicited us to take a tour, but I declined as I felt that no one should make money [from] this tragedy."



S: I really resented it. He was a tour guide, and I thought NO! I didn't need to give this guy fifty dollars or something for [a tour], but it was a very interesting trip. I am not saying you should go—I am not! At that time, not many people went. It was just after Germany was reunified. We were in Warsaw, and I saw Auschwitz included on a list of tourist attractions! Can you believe that? Tourist attractions and Auschwitz was one of them. I was so offended. It is not a tourist attraction. It's a monument, a reminder of the mass murder committed there.

When we went it was a very rainy day. There were about seventeen busses of Italian school children there. They put up a monument that was very beautiful. I think it was a bird. We observed their dedication ceremony, and right when they dedicated it, there was a big thunderstorm. The scene was so dramatic. Somehow it really affected me emotionally as if it was coming literally from above.

KA: I see how that can be a powerful scene to witness. Those were all my notes and questions. Would you like to add something?

S: I just hope that racism will be ended, and people will accept each other. I also hope that we do not forget that a lot of people are still suffering because of prejudice. I do want to say that non-Jews helped a great deal in my escape [and] our resettlement. Yes, there were some very bad incidents, but I think there were many good people who risked their lives, and I want to thank them. I think they are wonderful examples of humans. I am very grateful [for] their help.



## A Joint Announcement from Congregation Beth Israel of Berkeley and Beth Jacob Congregation of Oakland



Our two congregations serve the Modern Orthodox communities of the East Bay and work tirelessly to uplift the commitment to Mitzvot in the area. Kashrut, one of the foundations of Jewish observance, is challenging in the Bay Area in that there are few food establishments under kosher supervision.

We are deeply appreciative of “Sunrise Kosher - Vaad of Northern California,” that offers Kosher supervision to Oakland Kosher Foods, Grand Bakery, Vital Vittles, and Café 3, alongside other Kosher establishments throughout the Bay Area, and the access to kosher food that these businesses make possible.

In addition to the important work of the Sunrise Kosher, we have spent several years working to create other kosher food options specifically in Berkeley and Oakland. We are excited to announce the first successful outcome of this partnership between our two communities: the establishment of “East Bay Kosher,” which will offer Kosher Certification, under our leadership and supervision, to local food establishments located in Oakland and Berkeley.

Beginning March 4th, 2019 East Bay Kosher will supervise “The Flying Falafel” located at 2114 Shattuck Ave. in Berkeley.

All food and drink products purchased at this location are certified as kosher, except for food that is produced during Shabbat and Chagim. This means that only food purchased more than 30 minutes after the end of Shabbat or a Jewish holiday should be consumed, and no food from this establishment should be purchased on Pesach eve after 10:00 AM until one hour after Pesach.

Any food purchased from a Flying Falafel food truck or at their San Francisco location is not certified as kosher.

We express our deep thanks to Assaf Pashut, the owner of Flying Falafel, as well as to our *Poskim* (Halachic Decisors) and colleagues who have guided us through the intricate Halachot of Kosher Supervision. A washing station is available in the seating area of the establishment.

We urge the members of our communities to continue to support all of the Kosher institutions of the East Bay, and to express gratitude to Flying Falafel for partnering with us to be certified as kosher. May Hashem continue to grant our communities the ability to grow in our observance of Torah and Mitzvot for many years to come.

Rabbi Gershon Albert  
Rabbi Yonatan Cohen  
Maharat Victoria Sutton

## Veteran Member Profile

### Bob & June Safran

By Katrin Arefy

In 1963, Bob and June Safran's search for a shul brought them to Beth Israel. Rabbi Berman soon arrived, and the Safrans found him and the shul so exciting and stimulating that they never left.

The couple was very active in the early years of their membership. "I was known as Mrs. Beth Israel because I was house committee chairwoman and president of the Sisterhood," June said. In 1974, Bob was master of ceremonies and committee chairman for the celebration of the fiftieth anniversary of the building of the shul. But Bob, a urologist, was busy with his medical practice, so June handled many of the everyday tasks to make the event happen.

Once in the early 1980s, during Chanukah, June and Ljuba Davis came up with the idea for Leaping Latkes as a fund-raiser for the sisterhood. They expected about 250 attendees and set up for an additional forty just in case. "We ended up with three hundred and fifty people," June said. "We couldn't make the latkes fast enough, and some people became angry. So we gave them batter to take home and make their own latkes. That was a nightmare success story."

On a trip to Cuba in 1994, the Safrans saw people starving and in great need. They soon returned with fellow travelers, and three



years later started the Cuba-America Jewish Mission to alleviate the suffering. "We sent all kinds of humanitarian aid, and we took tourists to meet and make friends with the Cuban Jewish community. Bob was the medical director of the mission."

After retiring in 2002, Bob taught urology residents at the University of California at San Francisco on a volunteer basis. He fills his free time with hiking and kayaking. "I'm really big on summer activities," Bob said.

"We are devoted to the community," June said. "We raised our children here, and our closest friends are here. I like how CBI is young and vibrant now, just like it was when we joined."

## Veteran Member Profile

### Maxine & Marvin Winer

By Katrin Arefy

Maxine and Marvin Winer started to come to CBI in 1976, when they moved from Los Angeles to Orinda.

"We moved here, and we didn't know anyone. Our son Norman, who was ten at the time, used to go to Hebrew school when we lived in LA, but in Orinda he refused to go to Hebrew school. Someone told us about CBI, and we started to come here. We have been here ever since. That was the best decision ever. Back then CBI didn't have a library, and the facility was old and decrepit, but the shul was fantastic because of the people in the community," Maxine said.

Marvin, an engineer, is still with the company he joined when the family moved to Orinda. "At eighty-one I am still working with the same company. That is a long time to be with the same company," he declared.

Maxine worked for a food packaging company for many years. She was the first woman hired to handle sales for the company. "I had to travel a lot, which took me out of my comfort zone and that was good," she said.

"They wanted to make sure the husband was okay with her traveling and staying in hotels by herself," Marvin added.

I asked them what they do for fun, and Maxine explained that she studies Yiddish with Rita. "I got very involved—I have to say addicted—to Duplicate Bridge. We play once a week, and we are having a lot of fun meeting friends and going to New York."



"I run about eight miles a day," Marvin said. "It takes me two hours a day to run and go to the gym. I have done that all my life. I listen to jazz music, and I have a huge collection of CDs and vinyl. Also our sons and their children are all involved in sports, and I never miss a game they're in."

About their involvement in CBI Maxine said, "My greatest achievement is that Ezra Hendon and I co-chaired the search committee and found Rabbi Cohen."

Maxine and Marvin are the only couple who were both presidents. Maxine was president twice.

"If you really feel that you belong to the community, you have to help the community. It is a wonderful shul, and I hope the younger generation gets to enjoy making friends and won't be afraid to volunteer. When you are young and have children, you don't have much time, but the more you step forward and do things, the more rewarding it is."

# A GUIDE FOR PURIM

By R. Yonatan Cohen



**“There is one nation scattered and separated among the nations whose customs and actions are different, and they are not worthy of your tolerance.”**

**–Megilat Esther 3:8**

Haman tries to convince Achashverosh, the King of Persia, that this different nation should not be tolerated. Haman succeeds in winning over the heart of the King and, were it not for the change of events, his plan would have come to fruition. Our sages teach that within each of us there resides an aspect of Haman, of evil, which whispers to us that the one who is different should not be tolerated. The *mitzvot* of Purim are aimed at minimizing these perceived differences and silencing that whisper.

Both men and women are obligated to observe four unique *mitzvot* on Purim:

## 1. **Megilah** –

One is obligated to hear the Megilah twice, once at night and once during the day. One must hear every word of the Megilah read from a “kosher” parchment. We will read the Megilah on Purim night, Wednesday, March 20 at 7:20 pm, and on Purim day, Thursday, March 21 - early Shacharit starts at 6:30 am, the Megilah will be read at 7:00 am; later Shacharit begins at 8:00 a.m. and the Megilah will be read at 8:30 a.m. There will be a women’s-only Megilah reading at 12:00 p.m.

## 2. **Matanot L’Evyonim** –

Gifts to the poor remind us that our possessions are in truth not fully ours. One has a responsibility to find two poor people and provide each, at the minimum, enough money for a meal. In addition to this *halakha*, on Purim one should give to anyone who asks for a donation. The total giving should ideally be equivalent to or surpass the amount that one spends on their own Purim meal. Rabbi Cohen will be collecting *matanot l’evyonim*, which will be distributed on Purim day to both the needy here in the East Bay as well as to the poor in Jerusalem.

## 3. **Mishloach Manot** –

Gifts of food to one another allow us to reach out to share our celebration of the day and to increase love and friendship with others in the community. There is a custom to send *mishloach manot* to those who one has had particularly strained relations with over the past year. One is obligated to send two kinds of ready-to-eat foods to a fellow Jew to enhance their Purim meal. We do not send *mishloach manot* to those who are in mourning.

## 4. **Se’udat Purim** –

The celebratory Purim meal. From a minimalist perspective, one is obligated to have a meal with bread; however ideally the meal should be a joyous festive meal with meat (for those who eat it) and wine (for those who drink it responsibly) in an effort to help us blur distinctions that we often hold fast to.

With the exception of the Megilah, which is read both at night and during the day, all the *mitzvot* should be performed during the day of Purim.

Note: In the *birkat ha-mazon* as well as in the *shmoneh esrei*, one should include the *Al Hanisim* insertion for Purim; if forgotten one does not repeat the prayer.

Also, the Fast of Esther begins Wednesday morning, March 20 at 5:52 a.m. and ends at 7:49 p.m. The only restriction of the fast is eating and drinking. One may bathe, shave, and enjoy live entertainment. Nevertheless, as with all fasts, the day should be used for introspection and personal growth. Our sages taught that only they who experience the Fast of Esther can truly celebrate on Purim.



# A Guide for Pesach

By R. Yonatan Cohen

## 1. THE PROHIBITION OF CHAMETZ

The Torah outlines three types of foods that are prohibited during *Pesach*: *Chametz* (leavened bread), *Seor* (leavening agent, e.g. yeast), and *Machmetzet* (a mixture of other foods with *chametz*). The Prohibition of *Chametz* during *Pesach* is Threefold:

1. One is forbidden to eat *chametz* (including any amount of *chametz* mixed into other foods).
2. One is forbidden to derive any benefit from *chametz* (sell it, give it to someone, feed it to one's animal, make ink from it, etc.).
3. One is forbidden to own any *chametz* or have any visible *chametz* on one's property. The only exception to this rule is *chametz* that is no longer in a state fit to be eaten by a dog (*chametz sh'nifsal me'achilat kelev*). The practical application of this exception is found in household products that contain grain, starches or grain alcohol. According to Rabbi Moshe Feinstein, toothpaste — even if unsupervised — can be used because it is *nifsal me'achilat kelev*. Similarly, soap may be used even if it contains *chametz*. Medicine in tablet form, which is swallowed whole, also is not a problem. However, liquid medicine such as cough syrup is problematic because it many contain grain alcohol, which is pure *chametz*. Throat lozenges also are a problem. In case of need, please feel free to consult with me personally.

## 2. KITNIOT

The consumption of rice, peas, beans, corn, and legumes (*kitniot*) was prohibited by rabbis in medieval Europe. The origins of this practice are not clear, though two common theories are that these items are often made into products resembling *chametz* (e.g. cornbread), or that these items were normally stored in the same sacks as the five grains and people worried that they might become contaminated with *chametz*. It is also possible that crop rotation would result in the forbidden *chametz* grains growing in the same fields, and being mixed in with the *kitniot*. Jews of European origin have maintained this tradition. In the Talmud, we are instructed *Minhag Avoteinu B'yadeinu*, to heed the customs of our ancestors. As these foods are not biblical *chametz*, one may benefit from and possess *kitniot* during *Pesach*. Yemenite and some Sephardic Jews do not hold by this custom. If you have any questions, please contact R. Cohen or M. Sutton.

## 3. STRINGENCIES OF CHAMETZ VIS-A-VIS OTHER PROHIBITED FOODS

The eating of *chametz* during *Pesach* is punishable by *karet*, eternal excommunication — it is a more severe transgression than other prohibited foods.

One may derive benefit from many other prohibited foods — sell them, feed them to the dog, etc. — but not *chametz*. Furthermore, *chametz* that is in the possession of a Jew during *Pesach* is forever prohibited to any Jew and must be destroyed. (Giving it away to a non-Jew is considered a benefit, as it gains

good will.) *Chametz* that is found in one's possession during *Chol Hamoed* (intermediate days of *Pesach*) must be destroyed immediately. If it is found during Yom Tov or Shabbat, it must be covered up, and destroyed immediately after the end of *Yom Tov* or Shabbat.

Finally, most other prohibited foods are, under certain circumstances, “cancelled out” if there is a preponderance of permitted food that “overwhelms” the prohibited food (as, for example, one part in sixty parts in many cases). *Chametz* that gets mixed with permitted foods during *Pesach* is never “cancelled out” in such a manner, and any bit of *chametz* makes the entire pot of food prohibited. It is therefore advisable to buy foods like milk, pure fruit juices and eggs before *Pesach* when any added vitamins can be “canceled out” (*me'vatal*) in sixty parts of liquid.

## 4. THE SALE OF CHAMETZ

Sale of *chametz* to a non-Jew is a legally effective way to rid oneself of *chametz*. Such a transfer of *chametz*, through a legal and binding sale with a properly executed contract, gives the non-Jew full title to all foods listed. This transfer may be carried out through appointing an agent, with power of attorney, to sell the *chametz* through *kinyan*, a formal transfer act and contract.

For this sale to be binding, there are several necessary criteria: The seller must truly believe that he or she is in fact selling something and that he or she views these goods as no longer theirs. The lack of this mental state invalidates any bill of sale, including this one. There must be access for the buyer to the *chametz* during *Pesach*. Accordingly, if a person plans to be out of town during the holiday, then he or she must leave keys with a neighbor or with the agent performing the sale, with proper instruction. Please note, the significant act of *kinyan* should take place between each individual and the agent.

Those who wish to sell their *chametz* through CBI should enact a *kinyan* with R. Cohen. He will be available for 10 minutes after his weekly classes (please consult our class schedule for times) as well as on:

**Sunday April 7, 8:40 – 9:15 am @ CBI**

**Sunday, April 14, 8:40 – 9:15 am @ CBI**

**R. Cohen will also be available at other times by appointment.**

**R. Cohen or M. Sutton will also be available to enact a *kinyan* at the annual Wine Sale, March 31, 2:00-4:00 pm.**

*Chametz* that has been sold must be put in a completely sealed-off place, not readily accessible to the seller during *Pesach*. Any *chametz* held over *Pesach* under Jewish ownership may not ever be used, eaten, or sold after *Pesach*. Selling one's *chametz* before *Pesach* to a non-Jew avoids Jewish ownership during *Pesach* and therefore is not subject to this injunction.

# A Guide for Pesach

## 5. STORE-BOUGHT FOODS

Even while we are careful all year long to consume only food with appropriate supervision, during the week of *Pesach* there is a need to be more vigilant.

### Below is a partial list of food that REQUIRE SPECIAL PESACH SUPERVISION

*Please note, this list only includes items one might otherwise assume did not require special Pesach supervision, but in fact do.*

APPLESAUCE  
BABY FOOD  
BAKING POWDER and SODA  
BUTTER with coloring added  
CANDY and CHOCOLATE  
CHEESE — HARD  
CHEESE SPREADS  
COTTAGE CHEESE/RICOTTA  
CRANBERRY SAUCE  
CREAM CHEESE  
FISH – GEFILTE, HERRING,  
SMOKED SALMON, & ALL CANNED  
FRUITS – CANNED & FROZEN  
HONEY  
HORSERADISH (RED AND WHITE)  
ICE CREAM  
JAMS AND JELLIES  
JUICES — WITH ANY ADDITIVES,  
OR IF NOT BOUGHT BEFORE *Pesach*  
KETCHUP  
MARGARINE  
MAYONNAISE  
MILK — IF NOT BOUGHT BEFORE *Pesach*  
NON-DAIRY CREAMER  
NUT BUTTERS  
OILS & SHORTENINGS — EVEN PURE  
OLIVES  
PICKLED PRODUCTS  
SAUERKRAUT  
SOUR CREAM  
SPICES & SEASONINGS  
ARTIFICIAL SWEETENERS  
SYRUPS  
TEAS—FLAVORED  
TOMATO PRODUCTS  
VEGETABLES — CANNED & FROZEN  
VINEGAR  
WINES & LIQUORS  
YOGURT

A full list of foods that DO NOT REQUIRE SPECIAL *Pesach* SUPERVISION appears at [www.kosherquest.org](http://www.kosherquest.org). The list will be available at the CBI office a few weeks before the holiday.

In addition, the following items DO NOT REQUIRE SPECIAL PESACH SUPERVISION:

**MEAT:** Fresh packaged meat (non-processed) and chicken purchased at our local kosher supermarkets prior to Passover is Kosher for Passover even without specific KFP labeling.

**MILK & LACTAID MILK:** May be used on Passover if purchased before Passover. Lactaid Non Chewable Pills are permissible for use on Passover as well.

## 6. CLEANING OF HOMES/PROPERTIES

It is important to note that dirt is not considered *chametz* (although it is strongly advisable to maintain high standards of hygiene!). The obligation to remove *chametz* applies strictly to *chametz*, and not anything else. One must remove *chametz* from all owned properties, including offices, cars, boats, and so forth. *Please note, while cleaning, the ideal manner in which to dispose of chametz foodstuffs is to donate them to non-Jews in need such as food banks and homeless shelters.*

## 7. METHODS OF KASHERING HOUSEWARES FOR PESACH

Once one has bought Kosher for *Pesach* food, one must prepare this food in a Kosher for *Pesach* manner. Jewish Law dictates that utensils and location used in food preparations affects their tastes and halakhic status. These laws are complex and, in cases of even the slightest doubt, do not hesitate to contact R. Cohen or Maharat Sutton.

### Here are some basic principles for Pesach:

**Sinks:** If stainless steel or metal, should be cleaned with cleaning substance, followed with boiling water poured over the entire surface. Porcelain sinks cannot be kashered in this way and one should use a sink insert.

**Stovetop Burners:** Should be cleaned with a cleaning substance and not used for 24 hours (one may kasher different burners at different times). Turn to the highest temperature setting for 20 minutes. The base of the stovetop should be covered with tinfoil.

**Ovens:** Self-cleaning ovens should be set to a full self-cleaning cycle. Others should be cleaned well with a strong cleaning substance, not used for 24 hours, then turned to the highest temperature for a longer than usual cooking period.

**Microwaves:** To kasher a microwave oven, clean thoroughly until absolutely no debris is left. Special attention must be given to the internal vent of the microwave. After you are satisfied that there is no debris, the following steps need to be taken. After 24 hours of non-use, place a mug of water inside and turn microwave on and allow the microwave to be filled with steam. Repeat the same procedure with the mug in a different spot.

**Countertops and Tables:** Should be cleaned and covered.

**Refrigerator:** Should be cleaned.

# A Guide for Pesach



## 8. METHODS OF KASHERING UTENSILS FOR PESACH

This area of practice has many complex details and nuances. It is therefore certainly preferable and admirable to maintain separate utensils for *Pesach*. That being said, before kashering a utensil, one needs to clean it thoroughly and be certain there is no food on it. At this point it must be put aside for a full 24 hours. After this step the paths diverge, depending upon the substance and usage.

**Glass:** According to some positions, glass may be kashered for *Pesach* by soaking it in water for 72 hours, changing the water every 24 hours. Other Ashkenazic authorities maintain that this is not a valid option. One should follow his or her custom and practice of past years. However, glass utensils used in cooking or baking should not be kashered.

**Metals:** Metal utensils that come in direct contact with a heat source or that are only used for boiling may be kashered by using *ha'galah* (placing them in boiling water). However, metal pans that one fries, bakes, or roasts in will need *libun* (burning). The most readily available *libun* is placing the utensil in a self-cleaning oven on self-clean.

This year, we will be hosting a Communal *Ha'galah* at CBI on Wednesday, April 17 from 7:00 – 10:00 pm. One may do his or her own *ha'galah* at home, by kashering a burner, filling a pot with water, making sure the water is in a full boil, then fully immersing the utensil, and rinsing in cool water.

## 9. KITCHEN ITEMS THAT CANNOT BE KASHERED FOR PESACH

The following kitchen items and or materials cannot be kashered for *Pesach*: Ceramic, China, Colanders, Corning Ware, Crockpots, Dishwasher — with an interior of porcelain enamel, Grater (any), Knives with loose wood or loose plastic handles, Porcelain, Porcelain Enameled Pots, Pyrex, Teflon, Toaster/Toaster Oven, Stoneware, Wood.

## 10. THE STATUS OF MEDICINES DURING PESACH (ACCORDING TO THE CRC)

1. All pill medication (with or without *chametz*) that one swallows is permitted without special supervision (including Lactaid pills). Vitamins and food supplements do not necessarily fall into this category. Please consult R. Cohen or M. Sutton regarding your specific situation.

2. Liquid and chewable medications that may contain *chametz* should only be used under the direction of a Doctor and Rabbi, who will judge the severity of the illness, the likelihood that the medicine contains *chametz*, and the possibility of substituting a non-chewable pill. Important: Do not discontinue use of liquid, chewable or any other medicine without consulting with your Doctor, Rabbi and or Maharat.

3. Liquid and chewable medications that contain *kitniot* may be consumed by someone who is ill. An otherwise healthy person, who would like to consume a liquid or chewable medicine to relieve a minor discomfort, should only do so if the product is known to be free of *kitniot*.

## 11. THE STATUS OF COSMETICS AND TOILETRIES DURING PESACH (ACCORDING TO THE CRC)

1. All varieties of body soaps, shampoos, and stick deodorants are permitted for use on *Pesach* regardless of their ingredients.

2. All types of ointments, creams, nail polish, hand lotions, eye shadow, eyeliner, mascara, blush, foot and face powders, ink or paint may be used regardless of their ingredients.

3. Colognes, perfumes, hairspray, shaving lotions and deodorants that have denatured alcohol (listed as SD, SDA, [or with a number or letter i.e. SD29C or SD40], SD Alcohol, Alcohol, Denatured Alcohol or Ethyl Alcohol) cannot be used on *Pesach* unless they appear on a reliable list. This only applies to products in a pure liquid state.

4. Lipsticks and mouthwash that contain *chametz* should not be used.

## 12. FAST OF THE FIRSTBORN

The “Fast of the Firstborn” is usually held on Passover eve. This year, Erev *Pesach* falls on Friday, April 19. It begins at 5:00 am and ends at 8:16 pm. Those obligated to fast include a firstborn son and the father of a firstborn son who is too young to fast (according to custom). A person is permitted to break this fast by attending a *Se'udat Mitzvah* — such as a *Bris Milah* or *Pidyon Haben*. It has become customary to schedule the completion of a Talmudic tractate (*siyum*) on this day, since those who join in the accompanying meal are exempted from fasting. We will be leading a *siyum* on Friday morning immediately following morning services.

## 13. BEDIKAT CHAMETZ - SEARCHING FOR CHAMETZ

One of the most beautiful and meaningful ceremonies associated with Passover is *bedikat chametz*—the search for *chametz*. The ceremony is composed of five parts:

1. Reciting a special blessing over the *mitzvah* of the removal of *chametz*.
2. The search of the house by the light of a candle or flashlight to find vestiges of *chametz*.
3. The reciting of the formula of nullification of *chametz*.
4. The burning or disposal of any *chametz* found during the search.





# A Guide for Pesach



5. The reciting of a final, more inclusive formula of nullification. This year, the search for *chametz* is held on Thursday evening, April 18, immediately at 8:17 pm. Prior to the search, we make the blessing of “*Al biyur chametz,*” and after the checking we declare the nullification of *chametz* (*bitul*). The texts for the *bedikat chametz* can be found on page 654 of the Artscroll siddur or in the opening pages of many Passover Haggadahs.

## 14. BIYUR CHAMETZ - DESTROYING THE CHAMETZ

One is only permitted to eat *chametz* until 10:50 am on the Eve of Passover (Friday, April 19). All *chametz* must be burned or destroyed by 12:01 pm of the same day. This requirement is limited to foods under Jewish ownership. *Chametz* that has been transferred to a non-Jew need not be destroyed. *Kol chamiro* is recited at this time (this declaration can be found on page 654 of the Artscroll *siddur* or in the opening pages of many Passover Haggadahs).

## 15. CANDLE LIGHTING FOR PESACH

Candle lighting time for the first night of Passover (Friday, April 19) is 7:30 pm. A 24-hour candle should be lit at this time as well so that we may light from an existing flame on the second night of Passover. Candle lighting time for the second night of Passover (Saturday night, April 20) is after 8:30 pm. We light from an existing flame. After the departure of Shabbat, if a person has not recited *Maariv* with the prayer “*Va’yodieinu,*” he or she must say “*Baruch hamavdil bein kodesh le’kodesh*” before lighting candles or cooking.

## 16. THE SEDER NIGHT

*There are five primary mitzvot of the seder night:*

1. The essence of the seder is the recounting, learning, and delving into the experience of the Exodus. The Haggadah is filled with many words and ideas. Our challenge over the evening is to make them come alive, to internalize the teachings, and inspire thought and open discourse. The *ma nishtana* questions are meant to allow us to understand the importance of asking questions in this process of re-telling.
2. The eating of Matzah, the bread of liberation. To fully fulfill this mitzvah one needs to eat four *k’zayitim* of Matzah (*k’zayit* literally means an olive’s worth of flour) - often understood to be 1/2 of a machine made matzah, or a 1/3 of a hand-made matzah for each *k’zayit*. One should eat two *k’zayitim* right after the hand washing, the 3rd as the *Korach* sandwich, and the 4th as the *Afikoman*. All of these portions of Matzah should be eaten while leaning on your left side as an expression of luxury and freedom.
3. The Eating of *Maror*: One should eat two *ke-zayitim* (if you are using romaine lettuce, each *ke-zayit* is one large leaf). One should eat one *ke-zayit* after the blessing on *maror*, and a second portion in the *Korach* sandwich.

4. The drinking of four cups of wine or grape juice. The cup should hold at least a *rivi’it* (which is 3.3 ounces). One should drink most of each of these cups. While drinking, we lean to the left as an expression of luxury and freedom.
5. Praise and *Hallel*: Thanksgiving is the final and ultimate element of the Seder. One should strive to genuinely experience this fundamental sensation of gratitude.

## 17. SEFIRAT HA’OMER – THE COUNTING OF THE OMER

On the night of the second seder, Saturday night, April 20, we begin counting the 49 days towards the festival of Shavuot. The count takes place each night after dark. It was initially intended as a joyous period leading up to the holiday of Shavuot, however, subsequent developments in Jewish history mark parts of this time as one of mourning. One of the tragedies that occurred in this time was the death of 12,000 pairs of Torah students who did not treat each other with proper respect.

## 18. PESACH SEDER MATCHING

We are offering a meal matching program, as we did over the High Holidays. The process is simple. Just let us know if you have an extra place or 2, or 3, etc. at your table for the First or Second Seder. Also let us know if you need a place for the First or Second Night of Passover, and any dietary restrictions you may have. We’ll make all the matching happen. Email Maharat Victoria Sutton ([maharatvictoria@gmail.com](mailto:maharatvictoria@gmail.com)) whether you want to host or be a guest.

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## THE SALE OF CHAMETZ

*Sale of chametz to a non-Jew is a legally effective way to rid oneself of chametz. Such a transfer of chametz, through a legal and binding sale with a properly executed contract, gives the non-Jew full title to all foods listed. For this sale to be binding, there are several necessary criteria:*

1. The seller must truly believe that they are in fact selling something and that they view these goods as no longer theirs. The absence of this mental state invalidates any bill of sale, including this one.
2. There must be access for the buyer to the *chametz* during *Pesach*. That is to say, if you will be out of town you must leave a way to get into your home with proper instruction (e.g. keys with a neighbor), or you may deposit a set of keys with the agent performing the sale.
3. This transfer may be carried out through appointing an agent, with power of attorney, to sell the *chametz* through *kinyan*, a formal transfer act and contract.

NOTE: The significant act of *kinyan* should take place between each individual and the agent.

Those who wish to sell their *chametz* through CBI should enact a *kinyan* with R. Cohen. He will be available for 10 minutes after his weekly classes (please consult our class schedule for times) as well as on:

Sunday April 7, 2019, 8:40 – 9:15 am at CBI  
Sunday, April 14, 2019, 8:40 – 9:15 am at CBI  
R. Cohen will also be available at other times by appointment.

R. Cohen or Maharat Sutton will also be available to enact a *kinyan* at the annual Sisterhood Wine Sale.

4. *Chametz* that has been sold must be put in a completely sealed-off place, not readily accessible to the seller during *Pesach*.

NOTE: Any *chametz* held over *Pesach* under Jewish ownership may not ever be used, eaten, or sold after *Pesach*. (Selling one's *chametz* before *Pesach* to a non-Jew avoids Jewish ownership during *Pesach* and therefore it is not subject to this injunction.)

If you have not been contacted by the buyer by 8:50 p.m. Saturday night, April 27, 2019, the buyer has reneged on the full payment and the *chametz* reverts to your ownership. However, all sellers should be aware that in past years, there has always been at least one lucky winner who has had their *chametz* bought and taken away by the buyer. If you plan to sell your *chametz* through CBI, please fill out the back of this form. It is ideal to meet with R. Cohen or Maharat Sutton to enact the *kinyan* at one of the listed times. In case of hardship, one can enact the sale by simply mailing this form back to the CBI office without the *kinyan*.

## HOMELESS SHELTER

### Upcoming Dates

### Please Join Us!

March 27

April 16 (\*Tuesday, due to Passover)

May 22

June 26

July 24

August 28



# AUTHORIZATION AND DELEGATION OF POWER AND AUTHORITY FOR THE SALE OF CHAMETZ

(and the Bill of Sale executed in connection with such sale)

I/ We, \_\_\_\_\_, hereby fully empower and authorize R. Yonatan Cohen, and anyone he may designate as a substitute in his stead, to sell, transfer and convey before the upcoming "Pesach" all legal right and title to my "Chametz" to a non-Jew of their choice.

The term "Chametz" is intended and shall be understood to include, without limitation, any product made of wheat, barley, oats, rye or spelt and any mixture or derivative thereof, as more particularly defined in and by Torah and Rabbinic Law and Jewish Tradition. Additionally, without limiting the generality of the foregoing, "Chametz" may include the following items: schnapps and spirits; beer; cereals; noodle and pasta products; barley; ingredients used in baking; frozen foods; crackers; baked products; pet food; vitamins; wheat germ; pickles; mixes; condiments (e.g. ketchup, vinegar, etc.); cosmetics; toiletries; medicine and medicinal preparations; assorted groceries; canned foods; "Chametz" that may be affixed or attached to utensils, toys, books and seforim, appliances, baking tools, etc.

The aforementioned "Chametz" items are located and may be found primarily in the following areas (please check all areas that may apply.):  Kitchen cabinets  Desk  Investment property located at: \_\_\_\_\_  
 Breakfront/China closet  Attic  Liquor cabinet  Pantry  
 Car (which will not be used on "Pesach")  Briefcase/Knapsacks  
 Garage at: \_\_\_\_\_  
 Refrigerator/Freezer  Closet/Cabinets  Neighbor's or relative's house located at: \_\_\_\_\_  
 Shed, Basement or Storage area  Locker at school \_\_\_\_\_  
 Medicine/Bathroom cabinets  Chest or Bureau  Other: \_\_\_\_\_

and shall include all "Chametz" and/or mixtures containing "Chametz" that is or may be knowingly or unknowingly in my possession (as "possession" is defined in and by Torah and Rabbinic Law and Jewish Tradition), or to which I have or may have legal responsibility in whole or in part (including corporations or other business entities which own or deal in "Chametz" in which I may have an ownership interest), or transit goods which may be delivered to me during the period commencing Friday, April 19, 2019 through Saturday night, April 27, 2019.

I further empower and authorize R. Yonatan Cohen, and anyone he may designate as a substitute in his stead, to lease or to sell, in the manner and for the time period they may deem appropriate, the places and areas where his "Chametz" items may be located. In addition, the key necessary to gain access to said places and areas where the "Chametz" items may be located can be obtained by contacting (if you will be here for "Pesach", please state "me at the address below", or, if you will be away for "Pesach", indicate whether a neighbor or friend has the keys; also, include the location of car keys, if applicable): \_\_\_\_\_

I hereby understand and agree that the buyer of the aforementioned "Chametz" items shall have, with the assistance and cooperation of R. Yonatan Cohen, and anyone he may designate as a substitute in his stead, free access to the "Chametz" items which he/she will be acquiring and to any area that will be leased or sold to him/her.

The "Chametz" items located in the areas set forth above have an approximate value of \$\_\_\_\_\_. The buyer's deposit in connection with the purchase of the "Chametz" will be paid to R. Yonatan Cohen, or anyone he may designate as a substitute in his stead.

My authorization and delegation of power set forth in this Authorization shall become binding upon my execution of this Authorization in the space set forth below, and this Authorization, when delivered to the buyer with the bill of sale, shall have the same force and effect as if I had personally executed such bill of sale. In addition, my authorization and delegation of power to R. Yonatan Cohen, and anyone he may designate as a substitute in his stead, shall be given further legal force and effect by my performance of "Kinyan Suddar"

Name (print): \_\_\_\_\_

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

Signature: \_\_\_\_\_ Date: \_\_\_\_\_



# NAPA AND SONOMA FIRES; A PERSONAL REFLECTION

By Kathleen Bloom

November 10, 2018

One year, one month and one day ago – October 9, 2017 – wildfires devastated Napa and Sonoma counties. Our family business, Blooms Wholesale Nursery, is in Sonoma.

And that day, it burned to the ground.

We lost our production facility, and our maintenance and equipment facilities. We lost our sales offices, administrative offices, production team offices, and two industrial greenhouses.

Tractors melted. Trees burned from the inside out and the fires, which got into the root system, continued to burn for six weeks.

Tony and his brother Peter built this business from scratch 35 years ago. And the two of them, along with their brother Daniel, stood in the neighbor's vineyard that day and watched it burn.

Yet, no one was injured.

Most of our employees were evacuated with their families, but none of them lost their homes. Even the seven farm cats managed to escape and find safety.

Tony and Peter had an essential decision to make: do we rebuild? And they decided yes.

What lay ahead was actually unimaginable. The uncertainty was overwhelming. We had no idea what it was going to take, how much work there was, and how many exhausting setbacks would occur.

So with a core group of 25 dedicated loyal employees we worked tirelessly for a year and we did it. There is still much

work to be done. We lost six buildings and have rebuilt one. It is going to take more time.

We absolutely could not have done as much as we did without the support of this community. I was in Sonoma most days. Tony worked literally first thing early morning to last thing late at night for weeks and months.

During this time, CBI stepped up and you brought us meal after meal week after week. You brought us groceries and drove many of our carpools. You were there with an open heart and a word of encouragement.

We could not have done it without you.

Yesterday, as I thought about the fires in Southern California and the town of Paradise, where thousands of families lost their homes and businesses, my heart felt heavy for them.

We often say, "Our thoughts and prayers are with you." But what prayers can you offer for a family that just lost their home or their livelihood?

I'll tell you. You can hope and pray that they have a community like this to support them and get them through. Not just 24 hours, not just a few weeks, but for the whole year and beyond.

If you think you didn't help because you didn't bring us meals or drive or maybe you didn't even know this happened to us, let me assure you, you helped us.

Every time you brought food for *shifra puah*, served at the men's homeless shelter, took care of children during services. Every time you gave a Kiddush or even just helped clean up after Kiddush, you helped us.

Because what we do for one of us, we do for all of us.



# Calendar

## ROSH CHODESH ADAR II

Wednesday night, Thursday & Friday, March 6-8

Shacharit ..... 6:30 am

## SHABBAT PARSHAT PEKUDEI

### SHABBAT SHALEM WITH DR. MIRIAM UDEL

Friday and Saturday, March 8-9

Candle Lighting ..... 5:51 pm  
Mincha & Kabbalat Shabbat ..... 6:00 pm  
Dinner followed by learning with Dr. Udel ..... 7:00 pm  
Morning Service ..... 9:15 am  
Childcare ..... 9:15 am  
Formal Group Time ..... 10:30 am  
Shabbat Mincha ..... 12:50 pm  
Seudah Shlishit ..... 5:30 pm  
Learning with Dr. Udel ..... 5:45 pm  
Ma'ariv, Havdalah & Shabbat ends after ..... 6:49 pm  
Mishmash Siyum ..... 7:15 pm

## DAYLIGHT SAVINGS TIME

Saturday Night, March 9

Remember to move clocks one hour forward

## SHABBAT ZACHOR PARSHAT VAYIKRA

Friday & Saturday, March 15-16

Candle Lighting ..... 6:58 pm  
Mincha & Kabbalat Shabbat ..... 7:00 pm  
Morning Service ..... 9:15 am  
Childcare ..... 9:15 am  
Formal Group Time ..... 10:30 am  
Pre-Purim Puppet Show & 3rd Meal ..... 4:45 pm  
@ Gan Shalom

Featuring Risa of Jelly Jam • \$18-25 suggested per family  
Shabbat Mincha ..... 6:45 pm  
Seudah Shelishit ..... 7:05 pm  
Ma'ariv, Havdalah & Shabbat ends after ..... 7:56 pm

## FAST OF ESTHER /PURIM NIGHT

Wednesday, March 20

Fast begins ..... 5:52 am  
Shacharit ..... 6:30 am  
Mincha with Torah reading and Haftorah ..... 6:45 pm  
Ma'ariv followed by Megillah reading ..... 7:20 pm  
Fast ends ..... 7:49 pm  
Late Megillah Reading ..... 10:00 pm

## PURIM DAY

Thursday, March 21

Early Shacharit followed by Megillah Reading ..... 6:30 am  
Late Shacharit followed by Megillah Reading ..... 8:00 am  
Women's only Megillah Reading ..... 12:00 pm  
Purim Se'udah BBQ & Music with Shamatati ..... 4:00 pm  
Mincha & Ma'ariv ..... 7:00 pm

## SHUSHAN PURIM

Thursday night & Friday, March 21-22

## SHABBAT PARSHAT TZAV

Friday & Saturday, March 22-23

Mincha & Kabbalat Shabbat ..... 7:00 pm  
Candle Lighting ..... 7:05 pm  
Morning Service ..... 9:15 am  
Childcare ..... 9:15 am  
Formal Group Time ..... 10:30 am  
Shabbat Mincha ..... 6:45 pm  
Seudah Shelishit ..... 7:05 pm  
Ma'ariv, Havdalah & Shabbat ends after ..... 8:03 pm

## SHABBAT MEVARCHIM PARAH PARSHAT SHEMINI

Friday & Saturday, March 29-30

Mincha & Kabbalat Shabbat ..... 7:00 pm  
Candle Lighting ..... 7:11 pm  
Morning Service ..... 9:15 am  
Childcare ..... 9:15 am  
Formal Group Time ..... 10:30 am  
Shabbat Mincha ..... 6:50 pm  
Seudah Shelishit ..... 7:10 pm  
Ma'ariv, Havdalah & Shabbat ends after ..... 8:09 pm

## ANNUAL PASSOVER WINE SALE

Sunday, March 31, 2:00 pm – 4:00

## SHABBAT HACHODESH PARSHAT TAZRIA

### ROSH CHODESH NISSAN

Friday & Saturday, April 5-6

Mincha & Kabbalat Shabbat ..... 7:00 pm  
Candle Lighting ..... 7:18 pm  
Morning Service ..... 9:15 am  
Childcare ..... 9:15 am  
Formal Group Time ..... 10:30 am  
Women's Mincha & Torah Reading ..... 5:00 pm  
Women's Seudah Shlishit & Learning ..... 5:30 pm  
Shabbat Mincha ..... 6:55 pm  
Seudah Shelishit ..... 7:15 pm  
Ma'ariv, Havdalah & Shabbat ends after ..... 8:16 pm

## SHABBAT HAGADOL PARSHAT METZORAH

Friday & Saturday, April 12-13

Mincha & Kabbalat Shabbat ..... 7:00 pm  
Candle Lighting ..... 7:24 pm  
Morning Service ..... 9:15 am  
*Pre-Pesach Drasha in memory of Eli Resnikoff, z"l delivered by Rabbi Cohen after services.*  
Childcare ..... 9:15 am  
Formal Group Time ..... 10:30 am  
Shabbat Mincha ..... 7:05 pm  
Seudah Shelishit ..... 7:25 pm  
Ma'ariv, Havdalah & Shabbat ends after ..... 8:23 pm

# Calendar

## COMMUNAL HA'GALAH

Wednesday, April 17

Ha'galah at CBI ..... 7:00-10:00 pm

Please Note: One may do his or her own ha'galah at home, by kashering a burner, filling a pot with water, making sure the water is in a full boil, then fully immerse the utensil, and rinse in cool water.

## BEDIKAT CHAMETZ—SEARCH FOR CHAMETZ

Thursday, April 18

Search for chametz at .....8:17 pm

## PESACH - PASSOVER

Friday, April 19 – Saturday, April 27

## EREV PESACH - EVE OF PASSOVER

### TA'ANIT BECHOROT - FAST OF THE FIRSTBORN

#### FIRST SEDER

Friday, April 19

Fast Begins ..... 5:00 am

Morning Service ..... 6:30 am

Siyum for Firstborns after morning services ..... 7:15 am

Eat chametz until ..... 10:50 am

Burn chametz until ..... 11:52 am

Recite the bitul chametz text BEFORE..... 11:52 am

Mincha, Yom Tov Ma'ariv & Hallel ..... 7:20 pm

Candle Lighting\* ..... 7:30 pm

Fast ends ..... 8:16 pm

Begin First Seder after\*\* ..... 8:16 pm

\* NOTE: Before a two-day Yom Tov, it is advisable to light a 24-hour yahrzeit candle so that on the second evening the candles may be lit by transferring the flame from the pre-existing flame.

\*\*We begin the Seder with Kiddush of Yom Tov adding all the insertions for Shabbat.

## YOM TOV - 1ST DAY OF PESACH

Saturday, April 20

Morning Service ..... 9:15 am

Childcare ..... 9:15 am

Shabbat Yom Tov Mincha, Ma'ariv & Hallel\* ..... 7:20 pm

Light Candles from pre-existing flame AFTER\*\* ..... 8:30 pm

Begin Second Seder AFTER ..... 8:30 pm

Count first night of Sefirah AFTER ..... 8:30 pm

\*CBI will not host a communal Se'udah Shlishit. On the eve of the Seder, the entire meal should take place prior to Plag Hamincha using matzah (6:29 pm).

\*\*If a person has not recited Maariv with the prayer "Va'todeinu," he or she must say "Baruch hamavdil bein kodesh le'kodesh" before lighting candles or cooking.

\*\*\*The same procedures are followed at the Seder as the previous night, however, in Kiddush, after we recite "Borei pri ha'gafen" and "Asher bachar banu," we make the blessings: "Borei me'orei ha'esh" and "ha'mavdil," followed by "she'hecheyanu."

## YOM TOV –2ND DAY OF PESACH

Sunday, April 21

1st Day of the Omer

Morning Service ..... 9:15 am

Yom Tov Mincha ..... 7:30 pm

Ma'ariv, Havdalah & Yom Tov ends at ..... 8:31 pm

\* Havdalah is comprised of the blessing over the wine (borei pri ha'gafen) followed by the blessing of Havdalah (hamavdil bein kodesh l'chol). We omit the blessing over incense and candle.

## 1ST DAY OF CHOL HA'MOED PESACH

Monday, April 22

2nd Day of the Omer

Morning Service ..... 6:30 am

## 2ND DAY OF CHOL HA'MOED PESACH

Tuesday, April 23

3rd Day of the Omer

Morning Service ..... 6:30 am

## 3RD DAY CHOL HA'MOED PESACH

Wednesday, April 24

4th Day of the Omer

Morning Service ..... 6:30 am

## 4TH DAY OF CHOL HA'MOED PESACH

Thursday, April 25

5th Day of the Omer

Morning Service ..... 6:30 am

## YOM TOV - 7TH DAY OF PESACH

Thursday night & Friday, April 25-26

6th Day of the Omer

Candle Lighting\* ..... 7:36 pm

Mincha and Yom Tov Ma'ariv ..... 7:40 pm

Morning Service ..... 9:15 am

Yom Tov Mincha followed by Yom Tov Ma'ariv ..... 7:35 pm

Light Candles from pre-existing flame AT ..... 7:37 pm

\* NOTE: Before a two-day Yom Tov, it is advisable to light a 24-hour/yahrzeit candle so that on the second evening the candles may be lit by transferring the flame from the pre-existing flame.

## YOM TOV – SHABBAT 8TH DAY OF PESACH

Friday night & Saturday, April 26-27

7th Day of the Omer

Yom Tov Mincha followed by Yom Tov Ma'ariv ..... 7:35 pm

Light Candles from pre-existing flame AT ..... 7:37 pm

Morning Service ..... 9:15 am

Childcare ..... 9:15 am

Yizkor ..... 10:30 am

Formal Group Time ..... 10:30 am

Shir Ha'Shirim ..... 11:30 am

Shabbat and Yom Tov Mincha ..... 7:10 pm

Seudah Shelishit ..... 7:30 pm

Ma'ariv, Havdalah, Shabbat & Yom Tov ends\* ..... 8:38 pm

\*If you sold your chametz through CBI and have not been contacted by 8:50 pm you may assume that your chametz has been repurchased and now belongs to you.



# Calendar

## YOM HA'SHOAH

Wednesday night & Thursday, May 1-2

Mincha\* & Ma'ariv ..... 6:15

\*Plag Hamincha is at 6:37 pm

## Community Commemoration of the Holocaust

Wednesday, May 1

Congregation Beth El, 1301 Oxford St., Berkeley ..... 7:00 pm

## SHABBAT MEVARCHIM PARSHAT ACHAREI MOT

Friday & Saturday, May 3-4

14th Day of the Omer

Mincha & Kabbalat Shabbat ..... 7:00 pm

Candle Lighting ..... 7:43 pm

Morning Service ..... 9:15 am

Childcare ..... 9:15 am

Formal Group Time ..... 10:30 am

Women's Mincha & Torah Reading ..... 5:00 pm

Women's Seudah Shlishit & Learning ..... 5:30 pm

Shabbat Mincha ..... 7:30 pm

Seudah Shelishit ..... 7:50 pm

Ma'ariv, Havdalah & Shabbat ends after ..... 8:45 pm

## ROSH CHODESH IYAR

Saturday night, May 4 - Monday, May 6

Shacharit on Sunday ..... 8:00 am

Shacharit on Monday ..... 6:30 am

## YOM HA'ZIKARON

Tuesday night & Wednesday, May 7-8

## YOM HA'ATZMAUT

Wednesday night & Thursday, May 8-9

Mincha in the CBI Beit Midrash (library) ..... 6:45 pm

Yom Ha'zikaron commemoration followed by

Yom Ha'atzmaut Celebration & Maariv ..... 7:15 pm

Celebratory Shacharit with Hallel ..... 6:30 am

## SHABBAT PARSHAT KEDOSHIM

Friday & Saturday, May 10-11

21st Day of the Omer

Mincha & Kabbalat Shabbat ..... 7:00 pm

Candle Lighting ..... 7:50 pm

Morning Service ..... 9:15 am

Childcare ..... 9:15 am

Formal Group Time ..... 10:30 am

Mincha ..... 7:35 pm

Seudah Shlishit ..... 7:55 pm

Ma'ariv, Havdalah & Shabbat ends after ..... 8:52 pm

## SHABBAT PARSHAT EMOR

### BAR MITZVAH OF DAVID ALPERIN

Friday & Saturday, May 17-18

28th Day of the Omer

Mincha & Kabbalat Shabbat ..... 7:00 pm

Candle Lighting ..... 7:56 pm

Morning Service ..... 9:15 am

Childcare ..... 9:15 am

Formal Group Time ..... 10:30 am

Mincha ..... 7:40 pm

Seudah Shlishit ..... 8:00 pm

Ma'ariv, Havdalah & Shabbat ends after ..... 8:59 pm

## PESACH SHENI

Saturday night & Sunday, May 18-19

## LAG B'OMER

Wednesday night & Thursday, May 22-23

33rd Day of the Omer

## SHABBAT PARSHAT BEHAR

### SHABBAT SHALEM WITH R. ALEX ISRAEL

Friday & Saturday, May 24-25

35th Day of the Omer

Mincha & Kabbalat Shabbat ..... 7:00 pm

Dinner followed by learning with R. Israel ..... 8:00 pm

Candle Lighting ..... 8:02 pm

Morning Service ..... 9:15 am

Childcare ..... 9:15 am

Formal Group Time ..... 10:30 am

Mincha ..... 7:15 pm

Seudah Shlishit & Learning with R. Israel ..... 7:35 pm

Ma'ariv ..... 9:00 pm

Havdalah & Shabbat ends after ..... 9:06 pm

## MEMORIAL DAY

Monday, May 27

OFFICE CLOSED

Shacharit ..... 8:00 am

## SHABBAT MEVARCHIM PARSHAT BECHUKOTAI

Friday & Saturday, May 31-June 1

42nd Day of the Omer

Mincha & Kabbalat Shabbat ..... 7:00 pm

Candle Lighting ..... 8:07 pm

Morning Service ..... 9:15 am

Childcare ..... 9:15 am

Formal Group Time ..... 10:30 am

Mincha ..... 7:50 pm

Seudah Shlishit ..... 8:10 pm

Ma'ariv ..... 9:05 pm

Havdalah & Shabbat ends after ..... 9:12 pm

## YOM YERUSHALAYIM

Saturday night & Sunday, June 1-2

Shacharit with Hallel ..... 8:00 am

## SAVE THE DATE - CBI'S ANNUAL GALA

Sunday, June 2

## ROSH CHODESH SIVAN

Monday night, June 3 – Tuesday, June 4

Shacharit ..... 6:30 am

## SHAVUOT

Saturday night, June 8 – Monday, June 10

## SHABBAT PARSHAT BAMIDBAR

### EREV SHAVUOT

Friday & Saturday, June 7-8

49th Day of the Omer

Mincha & Kabbalat Shabbat..... 7:00 pm

Candle Lighting ..... 8:11 pm

Morning Service ..... 9:15 am

Childcare ..... 9:15 am

Formal Group Time..... 10:30 am

Mincha..... 7:55 pm

Seudah Shlishit ..... 8:15 pm

Ma'ariv ..... 9:10 pm

Havdalah & Shabbat ends after ..... 9:16 pm

Community-wide Tikkun Leyl Shavuot, after services at CBI, until dawn at Berkeley Richmond JCC, 1414 Walnut @ Rose

\* NOTE: Before a Shabbat leading into a two-day Yom Tov, it is advisable to light a 24- hour/yahrzeit candle so that on the conclusion of Shabbat, the candles for Yom Tov may be lit by transferring the flame from the pre-existing flame.

## FIRST DAY OF SHAVUOT

Sunday, June 9

Early Shacharit @ JCC\*..... 5:25 am

Regular Yom Tov Shacharit..... 9:15 am

Family Shavuot Mishmash..... 4:00 pm – 6:00 pm

Yom Tov Mincha\*\* & Ma'ariv ..... 6:35 pm

Communal Yom Tov Dinner at CBI..... 7:15 pm

Light candle from a pre-existing flame AFTER ..... 9:17 pm

\* The Amidah service will be recited at Netz Hachamah (sunrise) at 5:47 am

\*\*Plag Hamincha is at 7:02 pm

## SECOND DAY OF SHAVUOT

Monday, June 10

Morning Service ..... 9:15 am

Yizkor ..... 10:30 am

Megillat Ruth..... 11:30 am

Yom Tov Mincha ..... 8:15 pm

Ma'ariv ..... 9:15 pm

Havdalah & Yom Tov end after ..... 9:18 pm

## SHABBAT PARSHAT NASSO

### SHABBAT SHALEM WITH R. SHMUEL KLITSNER

Friday & Saturday, June 14-15

Mincha & Kabbalat Shabbat..... 7:00 pm

Candle Lighting ..... 8:14 pm

Dinner followed by learning with R. Klitsner ..... 8:00 pm

Morning Service ..... 9:15 am

Childcare ..... 9:15 am

Formal Group Time..... 10:30 am

Mincha..... 7:45 pm

Seudah Shlishit & Learning with R. Klitsner ..... 8:00 pm

Ma'ariv ..... 9:15 pm

Havdalah & Shabbat ends after ..... 9:20 pm

## SHABBAT PARSHAT BEHA'ALOTCHAH

Friday & Saturday, June 21-22

Mincha & Kabbalat Shabbat..... 7:00 pm

Candle Lighting ..... 8:16 pm

Morning Service ..... 9:15 am

Childcare ..... 9:15 am

Formal Group Time ..... 10:30 am

Mincha..... 8:00 pm

Seudah Shlishit ..... 8:20 pm

Ma'ariv ..... 9:20 pm

Havdalah & Shabbat ends after ..... 9:22 pm

## SHABBAT MEVARCHIM PARSHAT SH'LACH

Friday & Saturday, June 28-29

Mincha & Kabbalat Shabbat..... 7:00 pm

Candle Lighting ..... 8:17 pm

Morning Service ..... 9:15 am

Childcare ..... 9:15 am

Formal Group Time ..... 10:30 am

Mincha..... 8:00 pm

Seudah Shlishit ..... 8:20 pm

Ma'ariv ..... 9:20 pm

Havdalah & Shabbat ends after ..... 9:22 pm

## ROSH CHODESH TAMMUZ

Tu. night, Wed. & Thursday, July 2-4

Shacharit on Wed. .... 6:30 a.m.

## INDEPENDENCE DAY

Thursday, July 4th

Shacharit ..... 8:00 a.m.



# Times for Action

*Many commandments must be performed during particular times of the day, here is a list of those times  
All times are Pacific Standard Time, until March 10, 2019, when they become Pacific Daylight Time*

Week of:	March 2	March 9	March 16	March 23	March 30	April 6	April 13
<b><i>Alot Ha'Shachar - Dawn</i></b>	5:27 am	5:17 am	6:07 am	5:56 am	5:46 am	5:35 am	5:25 am
<b><i>Neitz - Sunrise</i></b>	6:39 am	6:29 am	7:19 am	7:08 am	6:58 am	6:47 am	6:37 am
<b>Latest ideal time for the morning <i>Sh'ma</i></b>	9:30 am	9:25 am	10:18 am	10:12 am	10:06 am	9:59 am	9:53 am
<b>Latest time for prayer <i>Tefilah</i></b>	10:27 am	10:25 am	11:18 am	11:13 am	11:08 am	11:04 am	10:59 am
<b><i>Minchah Gedolah</i> Earliest time for <b>Mincha</b></b>	12:50 pm	12:49 pm	1:48 pm	1:47 pm	1:45 pm	1:44 pm	1:43 pm
<b><i>Shki'ah - Sunset</i></b>	6:04 pm	6:10 pm	7:17 pm	7:24 pm	7:30 pm	7:37 pm	7:43 pm
<b><i>Tzeit Ha'kochavim</i> Nightfall</b>	6:46 pm	6:52 pm	7:59 pm	8:06 pm	8:12 pm	8:19 pm	8:25 pm

Week of:	April 20	April 27	May 4	May 11	May 18	May 25	June 1
<b><i>Alot Ha'Shachar - Dawn</i></b>	5:15 am	5:06 am	4:58 am	4:51 am	4:45 am	4:40 am	4:37 am
<b><i>Neitz - Sunrise</i></b>	6:27 am	6:18 am	6:10 am	6:03 am	5:57 am	5:52 am	5:49 am
<b>Latest ideal time for the morning <i>Sh'ma</i></b>	9:48 am	9:43 am	9:38 am	9:34 am	9:31 am	9:29 am	9:28 am
<b>Latest time for prayer <i>Tefilah</i></b>	10:55 am	10:51 am	10:47 am	10:45 am	10:43 am	10:41 am	10:41 am
<b><i>Minchah Gedolah</i> Earliest time for <b>Mincha</b></b>	1:42 pm	1:41 pm	1:41 pm	1:41 pm	1:42 pm	1:42 pm	1:44 pm
<b><i>Shki'ah - Sunset</i></b>	7:49 pm	7:56 pm	8:02 pm	8:09 pm	8:15 pm	8:21 pm	8:26 pm
<b><i>Tzeit Ha'kochavim</i> Nightfall</b>	8:31 pm	8:38 pm	8:44 pm	8:51 pm	8:57 pm	9:03 pm	9:08 pm

## WEEKDAY SERVICES

### SHACHARIT

Monday-Friday • 6:30 am  
Sunday & Legal Holidays • 8:00 am

### MINCHA/MA'ARIV

Five minutes after candlelighting

Mincha & Kabbalat Shabbat 5 minutes after candlelighting

Morning Service 9:15 am



# Beth Israel Classes

Classes are held at CBI unless otherwise noted

## MONDAY

**Key Books in Tanakh: Book of Samuel:** Following the chaotic period of the Judges, the Book of Samuel narrates the centralization of leadership in Israel. The book opens with the birth of the prophet Samuel, who unifies the nation and crowns the first kings of Israel. The Book of Samuel presents a gripping exploration of political personalities, palace intrigue, and the role of God in the lives of kings and nations.

**M. Victoria Sutton – Mondays at 12:00 pm.**

**NCSY LNL – Latte & Learning (for teens in grades 9 to 12):** Our Special Blend: Coffee & Torah every week. In addition to coffee, NCSY's Latte & Learning initiative serves up Judaism in a relaxed, inspirational, and fun environment. L&L is the place for teens to ask questions, voice their feelings, and connect with each other.

**Mondays at 7:30-8:30 pm**

## TUESDAY

**People of the (Artists') Book: Creating Around the Jewish Sacred Cycle**

Our tradition teaches that the essence of each Jewish month can be expressed through a single corresponding biblical verse. Over the course of six monthly sessions, we will collaboratively create interactive artists' books inspired by our investigation into these mysterious verses. Participants (to the greatest extent possible) are expected to attend every session. (Registration for this class is closed.) Adina Polen is the founder of Atiq ([atiqmakers.org](http://atiqmakers.org)), a Jewish Maker Institute where people of all ages delve into Jewish sources and create sacred material resources for deepening personal paths of meaning.

**Adina Polen – Tuesday at 7:00-9:30 pm, Mar. 26**

**The Most Telling Rabbinic Stories of Dispute:** Every page of the Talmud is replete with rabbinic disagreements concerning Jewish law and practice. At several points, the Talmud also provides detailed descriptions of some of the more critical controversies that both plagued and enriched the rabbinic culture of dispute in its early and later stages of formation. This series will examine some of the most telling stories that best characterize this feature of our rabbinic inheritance.

**R. Yonatan Cohen – Tuesdays at 7:30-9:00 pm, March 5, 19, and April 2**

**Lovesick: Dark Tales of Friendship:** The rabbinic maxim "Either friendship or death!" underscores the vital importance of friendship in the Jewish tradition. Hevruta—dialogical conversation between friends—is the primary medium of Torah learning and spiritual growth. Yet we know from experience that friendship, like family, while a huge blessing can provoke complex conflict and evoke profound pain. Literary narrative—based on large thematic tensions and nuanced character development—is the best medium to capture the intricacy and depth of conflicts and contradictions between friends. During these three sessions, we shall explore friendship in three narrative genres: The Biblical tale of Job, the Talmudic story of Reish Lakish and R. Yohanan, and selections from modern short stories, including Franz Kafka. Dr. Bernie Steinberg is Director Emeritus of Harvard Hillel, teaches at the Graduate Theological Union and Kevah in Berkeley, and M2 The Institute for Experiential Jewish Education, based in Chicago. He recently wrote an essay on Maimonides.

**Dr. Bernie Steinberg – Tuesdays at 7:30-9:00 pm, May 14, 21, and 28**

## WEDNESDAY

**Emmanuel Levinas:** Nine readings of the Talmud by the French Jewish philosopher Emmanuel Levinas translate Jewish thought into the language of modern times. Levinas applies a hermeneutic that simultaneously allows classic Jewish texts to shed light on contemporary problems and lets modern problems illuminate texts. Besides being quintessential illustrations of the art of reading, the essays express the deeply ethical vision of the human condition that marks Levinas as one of the most important thinkers of our time.

**Muni Schweig – Wednesdays at 8:00 pm at the Schweig home**

## FRIDAY

**Talmudic Wisdom:** Join us for a weekly class that explores key sugiyot (talmudic units) that discuss major Jewish questions of practice and thought.

**R. Yonatan Cohen – Fridays at 9:00 am**

## SUNDAY

**Tell Your Story: Redemption and Revelation:** Each 3-hour workshop will teach you the structure of compelling storytelling and give you the opportunity to tell a story to other participants. Being able to tell a story well is a great skill to have. It's also a chance to bond with your fellow CBI members and hear a story about them you never have before! Michael Kaye is a writer and performer who has garnered press in Rolling Stone, Billboard, The San Francisco Chronicle, and The Los Angeles Times. Michael has been a writing fellow at the Virginia Center for the Creative Arts, the Julia and David White Colony, Ragdale, the Millay Colony for the Arts, and the WUJS-Arad Arts Program in Israel. He taught memoir writing for four years at the famed Gotham Writers' Workshop in New York and is the author of *Mastering the Narrative*.

**Michael Kaye – Sunday March 31, 10:00 am-1:00 pm, and Sunday May 19, 2:00-5:00 pm**

**Jewish Meditation Group: A Hasidic Approach to Jewish Meditation** based on the Teachings of the Maggid of Mezeritch and other Hasidic Masters, in theory (*haskafah*) and practice.

**R. Ken Lipman, Ph.D. – Sundays, 9:30 am-10:45 am @ CBI**

# Telling Stories (& Stories That Are Telling)



Congregation  
Beth Israel

A SPECIAL SHABBAT SHALEM SERIES

## DR. MIRIAM UDEL

**MARCH 8-9**

Miriam Udel is associate professor of German Studies and Jewish Studies at Emory University, where her teaching focuses on Yiddish language, literature, and culture. She holds an AB in Near Eastern Languages and Civilizations from Harvard University, as well as a PhD in Comparative Literature from the same institution. She is the author of *Never Better! The Modern Jewish Picaresque* (University of Michigan Press, 2016), winner of a National Jewish Book Award in Modern Jewish Thought and Experience. Her annotated, translated anthology of Yiddish children's literature, *Honey on the Page*, is slated to appear with New York University Press in Fall 2019. She is also part of the first cohort of Yeshivat Maharat's Executive Kollel Track.

Co-sponsored by  Graduate  
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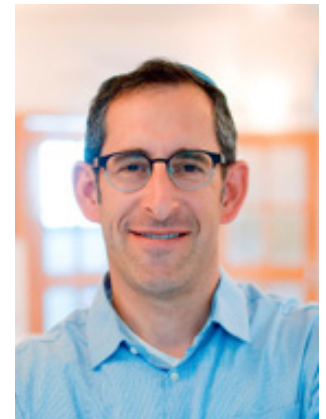
The Richard S. Dinner  
Center for Jewish Studies



## RABBI ALEX ISRAEL

**MAY 24-25**

Rabbi Alex Israel teaches Tanakh at Yeshivat Eretz Hatzvi, Matan, and Midreshet Lindenbaum. He is Director of Community Education, the Summer Programs, and Online Learning, at the Pardes Institute. Rabbi Israel gained rabbinic ordination from the Israeli Chief Rabbinate following several years of study at Yeshivat Har Etzion. He holds degrees from the London School of Economics, the Institute of Education, London, and Bar Ilan University. His first book *I Kings - Torn in Two* was published in 2013. The companion volume *II Kings - In a Whirlwind* will be published in 2019. See his shiurim and his weekly "Parsha Discussion" at [www.alexisrael.org](http://www.alexisrael.org).



## RAB SHMUEL KLITSNER

**JUNE 5-6**

Rabbi Klitsner has taught Talmud, Biblical Exegesis, and Philosophy of Halacha at Midreshet Lindenbaum since 1987. A student of the late Prof. Nechama Leibowitz, he has also served as Head of Jewish Studies at Emunah's School for Torah and the Arts, lectured extensively at the London School of Jewish Studies and is the author of the two-volume novel, *The Lost Children of Tarshish*, as well as a book of Biblical readings, *Wrestling Jacob - Deception, Identity and Freudian Slips in Genesis*. His film credits include the award-winning Chanukah animation, "Lights."



## Women's Tefillah

Join CBI's women's community for a series of unique opportunities to pray, sing and learn Torah together. Mincha and Torah reading will be followed by *se'udah shlishit* and learning. Women's Tefillah will meet for Shabbat Mincha on the following dates (1st Shabbat of the month): April 6, May 4. Please contact M. Victoria Sutton ([maharatvictoria@gmail.com](mailto:maharatvictoria@gmail.com)) if you want to serve as a gabbayit, read Torah, lead prayers, teach during the meal, or sponsor *se'udah shlishit*.

**Megillat Esther Women's Reading: Thursday, March 21 @ 12 pm @ CBI**

## MishMash

Mishmash offers parents and children an opportunity to study in pairs in a unique beit midrash atmosphere. For guidance in choosing learning materials best suited to each individual need, please contact M. Victoria Sutton at [maharatvictoria@gmail.com](mailto:maharatvictoria@gmail.com). Children in grades K-8 and their parents are invited to participate.

The evening begins with pizza, as parents and children settle into their learning spaces. At the close of each Mishmash, a Dvar Torah is given by one of the children.

Mishmash meets twice a month, November to March, on Motzei Shabbat (begins about 30 min after Shabbat ends):  
March 9 • SIYUM



CBI YOUTH & FAMILY

# PRE-PURIM

## PUPPET SHOW & 3RD MEAL

SHABBAT  
MARCH 16TH  
4:45-6:15 PM  
@GAN SHALOM

\*FEATURING RISA OF JELLY JAM

\*LIGHT DAIRY MEAL  
\$18-\$25 SUGGESTED PER FAMILY

REGISTER HERE: <https://goo.gl/forms/WIT0ISr1Kfng9g8M2>  
or Email [Maharatvictoria@gmail.com](mailto:maharatvictoria@gmail.com)

CBI  
PURIM SEUDAH

BBQ & SHAMATI MUSIC

MARCH 21 4-7 PM



## AARON MARCUS COMPUTER ART EXHIBIT AT BAMPFA

Aaron Marcus Computer Art Exhibit at BAMPFA: The Exhibit “Aaron Marcus: Early Works” can be seen at BAMPFA, in the Koret Reading Room gallery area (basement). In these multicolored transformations of his original computer-generated forms, printed as lithographs and serigraphs, Aaron makes connections between art, science, design, and visual poetry. Through June 30, 2019.



## COMPLETION OF BOOK OF JUDGES

*Yasher Ko'ach* to the CBI Tanakh class on completing Sefer Shoftim, Book of Judges! Full of colorful characters and fast-paced narrative, this book presented class members with deep challenges to their understanding of Biblical text and its role. It didn't often conform to what class members expected from Biblical books. With a focus on a string of leaders who are often flawed (fatally so), the text sparked many discussions on ideal qualities of leaders, forms of leadership, and the realization that this ancient text felt relevant to discussions of political leadership of modern history and beyond.

This is the 6th (!) Biblical book we have completed in its entirety over the past 4 years. Other books completed: Jeremiah, Daniel, Haggai, Ezra, and Nehemia. We will continue with the Books of Samuel, Mondays at noon at CBI.

## JEWISH HERITAGE NIGHT • OAKLAND A'S WEDNESDAY, AUGUST 21, 7:07 PM • A'S VS. YANKEES

Celebrate Jewish culture at the A's annual Jewish Heritage Night! Each special ticket will include an exclusive Jewish Heritage Night t-shirt. For more information or to reserve a group of 15+ tickets, please contact Jordan Kurtz at 510-746-4426 or [jkurtz@athletics.com](mailto:jkurtz@athletics.com).



**KNOWLEDGE IS POWER:  
UNDERSTANDING  
AND MANAGING  
BRCA-RELATED CANCER RISK**



**THURSDAY, MARCH 28 • 7:30 PM**

Join the [Basser Center for BRCA at the University of Pennsylvania](#) and [Congregation Beth El](#) for a dynamic evening about the experience of living with BRCA mutations and hereditary cancers. These mutations affect all populations but are found 10 times more frequently (1 in 40 people) among Ashkenazi Jewish men and women. A panel of experts in the field will discuss genetic counseling and testing, preventive care and navigating through the challenging decision-making and medical management options faced by mutation carriers.

**Panelists:**

- Dr. Susan Domchek, Basser Center Executive Director and Medical Oncologist
- Dr. Samantha Langer, Kaiser Permanente Breast Surgeon
- Dr. Allison W. Kurian, Stanford University School of Medicine Associate Professor and Medical Oncologist
- Two community members impacted by these issues
- Moderated by journalist Jill Werman Harris

7:30-9:00 pm: Panel discussion and Q&A  
9:00-9:30 pm: Meet & greet with panelists

This event is free to public with registration. [Register now.](#)  
Congregation Beth El | Berkeley, California | [bethelberkeley.org](http://bethelberkeley.org)

**BASSER  
CENTER  
FOR BRCA**

Penn Medicine



# EASY FUNDRAISING FOR CBI!

There are a couple of easy ways for you to help CBI financially through retailers' charitable donation streams. This is at no cost to you! Here's how they work and how to sign up.

## AMAZON SMILE

Do you shop on Amazon? If so, Amazon has a program that donates 0.5% of most of your purchases to a nonprofit of your choice. Here's how it works:

1. Go to <https://smile.amazon.com> and log in with your Amazon account.
2. Select the nonprofit you want to support – search “Congregation Beth Israel Berkeley” for CBI – and click Select.



3. Now, whenever you purchase on Amazon through <https://smile.amazon.com> (not [www.amazon.com](http://www.amazon.com) or the mobile app), you will be supporting CBI. Make sure you start your Amazon purchases through Amazon Smile to get this benefit for CBI. If you are following a link to an Amazon product, put it in your cart and then wait until you're in Amazon Smile before placing the order.

**Buying through Amazon Smile and designating CBI as your charity of choice is a great way to fundraise for CBI!**

## SCRIP

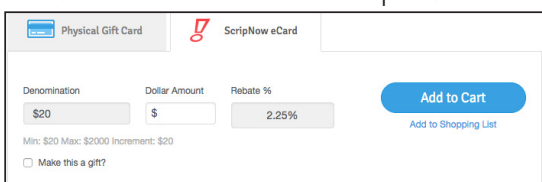
You've probably heard this word mentioned around shul, but what is it?

Scrip is a gift card system. You buy a gift card for a certain store (like Berkeley Bowl, Target, or Oakland Kosher) and when the card is used the store gives a % of the card's value to CBI. As an example, the following stores give these percentage amounts to CBI through Scrip gift cards:

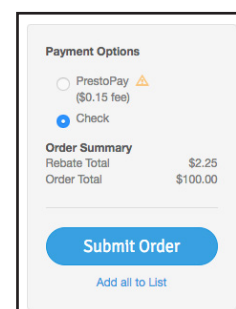
- Berkeley Bowl (4% of gift card value is donated to CBI) • Oakland Kosher (5%)
- Target (2.5%) • Amazon (2.25%) • Shell (1.5%) • Bed Bath & Beyond (8%)
- AND LOADS more (you can find the list online – see option 2 below)

### There are a couple of ways to order Scrip gift cards:

1. Order and pick up at CBI – Email [cbiberkeleyscrip@gmail.com](mailto:cbiberkeleyscrip@gmail.com) and ask them to buy a Scrip gift card for you. Once the card arrives at the CBI office, you come to the office, pay for the card by check, and then use it at the issuing store.
2. Order online – You can order Scrip gift cards online and they'll come directly to your home:
  - a) Create an account by registering at <https://shop.shopwithscrip.com/> (pick the Family option)
  - b) Enter the CBI enrollment code: 1LA6BD2C115L7, and fill out the registration information
  - c) Choose stores at the Shop tab and select the gift cards you want
  - d) There are two types of gift cards to choose from:
    - i. Physical Gift Card - these are mailed to CBI where you can pick them up; or
    - ii. ScripNow eCard - you can use the ScripNow eCard either online or print it out to use in-store (note - not all stores have this option)



- e) Pay - once you have chosen the gift cards you want, you have two payment options:
  - i. Pay by check
  - ii. PrestoPay - you can pay directly from your bank account, PrestoPay costs 15¢ per order.



We're happy to help you sign up for Scrip! Once you've registered and used it a few times, it becomes second nature, and is a great fundraiser for CBI at NO COST TO YOU!

Feel free to email [cbiberkeleyscrip@gmail.com](mailto:cbiberkeleyscrip@gmail.com) or [noahnathan@hotmail.co.uk](mailto:noahnathan@hotmail.co.uk) for help.

### Ideas for Scrip:

- Buy some Berkeley Bowl gift cards and use for your weekly shopping.
- Buy Amazon eCards and add them to your Amazon balance (and use that balance with Amazon Smile for a double reward!).
- Get some gift cards as Chanukah presents for your children, nieces, nephews and friends.

## *Morasha Legacy Society*

*Our commitment to our beloved community is evident in everything we do.  
Now each of us can extend our commitment into the future.  
Please consider joining us.*

*For more information or to join the Society please contact:*

*Noah Alper • noahalper@gmail.com*

*Rena Rosen • t.rosenfamily@comcast.net.*

Paul & Serach Bracha Albert • Fran Alexander • Noah & Hope Alper  
Anonymous (3) • Ron z"l & Bella Barany • Dan z"l & Judith Bloom • Benjamin & Sara Darmoni  
Nimrod & Aliza Elias • Jane Falk • Malcolm Feeley & Rivka Amado • Alan Finkelstein & Leslie Valas  
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### *Memorial Plaques*

To memorialize your loved one, you may wish to purchase a memorial plaque to be placed on the memorial board in the sanctuary.

Besides ensuring that Kaddish will be recited perpetually in the name of your beloved deceased, you will receive a notice annually of the date of the yahrzeit and the date the yahrzeit will be observed by the recitation of Kaddish.

The cost of a memorial plaque is \$360.

To purchase contact Carol Cunradi  
510.234.1003 cunradi@sbcglobal.net  
or the CBI Office 510.843.5246  
office@cbiberkeley.org



# PHONE-A-THON • THANK YOU!

A hearty and sincere thank you to all who helped make our 2019 Phone-a-thon such a great success this year! Over \$29,000 was pledged, bringing us very close to our goal of \$30,000. Your generosity supports our unique programs at Beth Israel. Special thanks to our team of volunteers, consisting of seasoned and first-time callers: Leslie Valas, Lois Marcus, Irene Resnikoff, Maxine Winer, Noah Nathan, Rebecca Landes, and Sara Darmoni.

And thank you of course to all our generous donors listed below! Todah Rabah! If you haven't yet pledged, it's not too late. Your pledge will be noted in the next issue of Chai Lights.

May we go from strength to strength!  
*Eliezah Hoffman and Carol Cunradi, Co-Chairs*

## SUPPORTERS

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Yosef Ben-Nun  
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Ariel Strauss  
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Bella Barany  
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Thom & Betty Seaton  
Stanley Wulf & Linda Press-Wulf  
Sheldon & Marti Zedeck

## INNOVATORS

Anonymous

## KIDDUSH SPONSORS

**October 20:** Ronna Kabatznick & Peter Dale Scott in memory of the 25th yearzeit of Jeffrey Kabatznick, z"l and the 2nd yearzeit of Leonard Cohen, z"l; Marti & Shelly Zedeck in memory of our parents, Judith & Hyman Zedeck and Minna & Theodore Rosen.

**October 27:** Rebecca Landes & Ben Rose in memory of Rebecca's sister Carmi Landes on her 5th yearzeit.

**November 3:** In honor of the upcoming marriage of Noam Saper & Rachel Treisman sponsored by Noam's parents Cindy & Mark Saper and Noam's grandmother Shirley Cooper.

**November 10:** Tony & Kathleen, Sarah, Talia, Ashira Bloom: Thank you to the CBI community for the support and assistance you gave to our family after the fire.

**November 17:** Noah & Hope Alper in Thanksgiving to our family, to CBI, and to HaShem.

**November 24:** Anonymous.

**December 1:** Sponsored by CBI Sisterhood in honor of new members and newcomers Yosef Ben-Nun, Yonatan Benarroch & Hadassa Goldvicht, Immanuel Buder & Talya Brettler, Aryeh & Ariela Canter, David Corwin, Ilai Deutel, Michael Diamond, Yakov & Rimona Dietch, Heshy & Chaya Miriam Fried, Adam Frim, Brian Helfand, Benjamin Hoffman, Rena Greenfield & Ori Kanefsky, Hadas Jacobson, Ethan Katz & Hagit Caspi & family, Renna Khuner Haber & Ilana Mantell, Nechama Langer, R. Danny & Lisa Lehmann, Jacob Levy & Emily Sahn Levy, Raizy Lichtenstein & Elianna Abrahams, Paul & Talya Marcus, Elliot Onn, Adam Rosenzweig & Jessica Fain, Thom & Betty Seaton, Lewis Stiller, David Stroh & Marilyn Paul, Ruth Teitelbaum.

**December 8:** Wade & Marina Barber and Gilly & Henry Fenton in honor of their grandson, Yaakov, on his bar mitzvah. Scotch provided by Tamar Sandel in honor of Ory Sandel's birthday.

**December 15:** In honor of those CBI community members who work tirelessly as faculty and staff at Oakland Hebrew Day School, sponsored by Hilla Abel & Asaf Shor, Paul & SerachBracha Albert, the Bamberger Family, the Cohen Gonshor Family, Carol & Jim Cunradi, Sara & Benny Darmoni, Rachel Factor & Bruno Salama, Hilik & Vered Frank, Lisa & Jory Gessow, Rena & Yaakov Harari, Rachel & Jacob Heitler, Yael Krieger & Joshua Ladon, Dan Lewis, Laura Lipman, Chaim, Nell, Bear & Raizel Mahgel-Friedman, Gary & Lois Marcus, Ariel Mayse & Adina Polen, Saul & Sarah Miranda, the Schweig Family, Naomi & Bob Stamper, The Stamperdahl Family, Laila & Abe Stone, Steven & Idit Solomon, the Sutton Brelow Family, Rona Teitelman, Aliza, Kenny, Mathew & Alexandra Weiss, the Zeitlin Family.

**December 22:** Carol & Jim Cunradi in memory of Carol's father, Chaim Behr

ben Mordechai haCohen v'Leah, on his 8th yearzeit.

**December 29:** Miriam Barrere and Jeff & Jodie Morgan, thanking the CBI community for its wonderful friendship and support; Alan Finkelstein & Leslie Valas in honor of Yara Hannah Finkelstein.

**January 5:** Yosef Ben Nun; Anonymous in honor of Sara & Benny Darmoni; Rob Bonem in honor and memory of his stepfather, Peter Gilbert; Gitl & Meylekh Viswanath in honor of the 5th yearzeit of Gitl's mother Ita-Charne bas Yosel v'Rivke-Mirl, and in honor of the birth of a granddaughter; Roman Kazinnik in memory of Natalia Aronson (Kazinnik) z"l, in our memory forever.

**January 12:** Ronna Kabatznick, Ray Lifchez, and Alison Jordan in honor of Peter Dale Scott's 90th birthday; Ruth Hoffman & Ed Conway in honor of the birth of their granddaughter Prive Charne.

**January 19:** A Burns Night Celebration, sponsored by Jo-Ellen & Ben Zeitlin, Elissa & Alan Kittner, Leora Lawton, Janice MacMillan, Ory & Tamar Sandel, Hiram Simon, and Jeremy & Iris Smith, with thanks to Ronna Kabatznick & Peter Dale Scott; also in celebration of Gideon Zeitlin's 6th birthday and in honor of Talya Sandel's visit to Berkeley before drafting into the IDF, and the 5th anniversary of Gaby Sandel's bat mitzvah; Yosef Ben Nun; Rebecca Angel in honor of Betty Miller's 93rd birthday.

**January 26:** Lois & Gary Marcus in honor of the marriage of Zacharya Gordon & Mijal Mendelewicz; Violette & Henry Sibony in honor of Henry for the mitzvah of opening the ark and in honor of Shabbat Shalem

**February 2:** Kiddush sponsored in honor of the wonderful women who participate and inspire in our community: Hilla Abel, Hope Alper, Deena Aranoff, Carol & Jim Cunradi, Jory & Lisa Gessow, Sarah Miranda, Jodie & Jeff Morgan, Melissa & Noah Nathan, Luna Schector, M. Victoria Sutton; Rona Teitelman, Meena Viswanath & Jamie Conway.

**February 9:** Katrin Arefy, Bella Barany, Miriam Barrere, R. Yonatan Cohen & Frayda Gonshor Cohen, Carol & Jim Cunradi, Jane Falk, Issy & Patricia Kipnis, Elissa & Alan Kittner, Daniel & Robinn Magid, Jonah Markowitz, Jeff & Jodie Morgan, Noah & Melissa Nathan, Miriam Petruck, Joel & Irene Resnikoff, Ben Rose & Rebecca Landes, June & Bob Safran, Batya Schick, Thom & Betty Seaton, Eric & Rachel Seder, M. Victoria Sutton & Adam Brelow, Leslie Valas & Alan Finkelstein, Marti & Sheldon Zedeck in honor of Joelle Yzquierdo's 15th year anniversary at CBI.

**February 16:** The Ginsburg family (Rose, Tom and Amber, Eva and Steve, Zoe, Kayla, Tali, Fred, Malkah, Lani, and Kaitlin) wishing a happy 80th Birthday to Sam Ginsburg and happy 52nd birthday to Tom Ginsburg; L'chaims sponsored by the Mahgel-Friedman Family

in honor of Nell Mahgel-Friedman's birthday

**February 23:** Sondra Markowitz, and Daniel & Debbie Markowitz in honor of Jonah Markowitz's birthday.

The following families also wished to honor Jonah on his 54th birthday: Chana Bangura, Diane & Ed Bernbaum, Linda Diamond & Donald Light, Ed & Sandra Epstein, Yael Galinson, Katya & Joel Gerwein, Tom & Amber Ginsburg, Anna & Aron Gonshor, Jen Holzer, Wendy Kenin, Alan & Elissa Kittner, Leora Lawton in honor of Jonah and in memory of her brother Gil Moshe Lawton on his yearzeit, Dan & Robinn Magid, Marcus-Libenson Family, Abby Miller & Family, Daniel Miller, Ruth Miller & Family, Irene Resnikoff in honor of Jonah and in honor of Joel Resnikoff's 70th birthday, SaraLeya Schley, Thom & Betty Seaton, Michael Siegel & Rebecca Sherman, Naomi Stein, Lewis Stiller, Shira Waskschlag & Eli Rosenblatt, Maerav & Bella, Joelle Yzquierdo  
March 2: Paul & SerachBracha Albert in honor of the beautiful couples who inspired us to wed, and to the countless members and friends who have helped make our first three years of marriage such a blessing.

## SEUDAH SHLISHIT SPONSORS

**November 3:** Yomtovian-Canter family to commemorate the 4th yearzeit of Razel Bat Miriam Ve Moshe (Dr. Roslyn Yomtovian), Ariela's beloved Mother.

**December 1:** SerachBracha Albert and Jenny Kirsch in honor of their birthdays, Nov 25th and Dec 4th

**December 8:** Rob Bonem in honor of the yearzeit of his father, Frank Bonem (Yisroel ben Chaim)

**February 2:** Daniel & Lisa Lehmann in commemoration of the yearzeit of Daniel's father, Henry Lehmann, Yehoshua ben Shlomo.

## HACHNASSAT ORCHIM

Brian & Lisa Blumenband  
Vered & Hilik Frank  
Lisa & Jory Gessow  
Daniel & Eliezah Hoffman  
Josh & Jenny Kirsch  
Natan & Lili Kuchar  
Laura Lipman  
Adina Polen & Ariel Mayse  
Noam & Rachel Saper  
Tania & Muni Schweig

## KIDDUSH WINE DONATION:

Covenant Winery, with special thanks to the Morgan Family



## BARUCH DAYAN EMET • CONDOLENCES

We mourn the passing on Sunday, October 28 in New York of **Phyllis Bamberger**, survived by her husband of 53 years Michael; sons Kenneth (Sara) and Richard (Kristin); grandchildren Maddie, Max, Isaiah, Ella, Niva, Quinn, Ezra, and Talia; brothers Edward Skloot (Suzanne) and Robert Skloot (JoAnn) and their families; and sister-in-law Gabrielle Bamberger.

We mourn the passing on Wednesday, October 31 in New York of **Richard Gene Morgan** (Urachmiel ben David), beloved father of Jeff & Alison Morgan, father-in-law of Jodie Morgan and grandfather of Skye & Zoe Morgan. He is survived by his wife Alicia Sainer, and remembered by his first wife, Janice Solomon Morgan.

We mourn the passing on Thursday, November 1, of **Rita Plesset** (Rivka bat Michael v' Dalia) beloved mother of Andy Tikofsky and Melissa Tikofsky, z"l, beloved grandmother to Shira Tikofsky.

We mourn the passing on November 18 of **Caroline Stein**, beloved mother of Betty Seaton and mother-in-law of Thom Seaton, in Plymouth, Massachusetts. She had recently celebrated her 97th birthday. She was the mother of Betty and Kenneth Stein; the grandmother of Jonathan and Phoebe Seaton and the great-grandmother of Annabelle and Gabrielle Seaton.

We mourn the passing in Greenville, South Carolina, on November 30, of **Irv Schnittman**, beloved father of Sara Darmoni, Evan Schnittman, and Ronald Schnittman, father-in-law of Benjamin Darmoni, beloved grandfather to five grandchildren, including Yishai Darmoni.

We mourn the passing in Pittsburgh on December 9, 2018, of **Diamond Nathaniel Wiseman**, 26, step-son of Ruth Wiseman, and step-brother of Elisheva and Irit Wiseman. In addition to his parents, Diamond is survived by his brother, Asher Wiseman of Beit Shean, Israel; his step father, River Gibeaut, of Astoria; his grandparents, Jack & Biruta Kearns of Casper, Wyoming; Sam & Denise Wiseman, also of Casper; and Sheila & Leon Cohen, of New York City.

We mourn the sudden passing of **Saul Friedman**, beloved father of Avner Friedman. Saul served as one of our shul's high holidays Shlichey Tzibur over a decade ago and led us with great intention and beauty.

We mourn the passing of **Seymour Kessler (Sholom ben Meir Ze'ev and Golda Malka)**, beloved husband of Hilda Kessler z"l, father of Chanan and Zev Kessler and beloved grandfather on January 7, 2019 in New York.

We mourn the passing on January 10 of **Angela Knaeble**, beloved sister of Melissa Harel, in Arizona. We extend our deep condolences to Guy, Judah, Shay and all of Melissa's family.

We mourn the passing in Everett, Washington, of **Thelma "Teddi" Lowenstein**, beloved mother of Carol Shapiro and Judy Hoffman. She was deeply beloved by her grandchildren, among them Yael Krieger, and her great-grandchildren.

We mourn the passing on January 23 of **Annette Cohen**, beloved mother of Marilyn Markowitz, Dennis Cohen, and Gale Caplan, grandmother of 8 and great grandmother of 15.

With broken hearts and utter sadness, we mourn the sudden and unexpected passing on Shabbat, January 26, in Los Angeles, of **Katz Ramona**, the beloved infant daughter of Elizabeth Wasserman and Isaac Resnikoff, and sister of Eli Wasserman-Resnikoff. Our condolences and love go out to Denise Resnikoff, Lenny Kristal, and the entire Resnikoff family.

We mourn the passing of **Keith Gordon Parker (Kalman ben Naomi)**, beloved father of Dorielle Parker, A.J., Tyler and Ashley, father-in-law to Josh Fleet and grandfather to Maayan and Isaac. He passed away in Orlando, FL, surrounded by family and loved ones.

*HaMakom Yenacheim Et'chem Betoach She'ar Aveilei Tziyon VeYerushalayim.  
May God comfort the family and all others who mourn Zion and Jerusalem.*







## MAZEL TOV

To new parents **Talya & Paul Marcus** on the birth of a baby boy,  
Solomon Max (Shlomo Hillel) on October 28.

To parents **Liat & Moshe Matsa**, great grandmother **Fran Alexander**, grandparents **Irene and Joel Resnikoff**  
and aunts and uncles **Haggai, Dorit, and Ari Resnikoff** on the birth in Boston of a baby girl.

To grandparents **Margo Feeley, Malcolm Feeley and Rivka Amado**, parents **Miriam & Adam Jaffe**, and big  
sisters **Maxine and Shai** on the birth of a baby boy, Samuel Silas (Betzael) on December 24 in Barcelona, Spain.

To **Meena Viswanath & Jamie Conway** and big brother **Psakhye** on the birth of a baby girl,  
Prive Charne, on December 30.

To new parents **Amira Kipnis & Adam Goldberg** and to grandparents  
**Patricia & Issy Kipnis and Robin & Neil Goldberg** on the birth in Syracuse of a baby girl, Liora Sima.

*May these children's lives be filled with the insights of Torah, the warm and supportive  
love of family and community, and the blessing of good deeds. Mazal tov!*

.....

To **Yaakov Fenton** on his bar mitzvah on December 8.

.....

To **Ron Elkayam & Orit Karavani** of Ashdod, Israel  
on their recent engagement.

To grandparents **Gary & Lois Marcus** and parents **Beth (Marcus) & Daniel Gordon**  
on the marriage of Zacharya Gordon & Mijal Mendelewicz.



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Aron & Anna Gonshor: in honor of Leslie Valas Finkelstein and Alan Finkelstein on the birth of their newest grandchild; mazel tov to Irene and Joel Resnikoff and Fran Alexander on the birth of their newest grandchild and great-grandchild in Boston

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Sonia Ungar

Leslie Valas & Alan Finkelstein

Genevieve & Samuel Weiscovitz

Ellen Winnick: in memory of Katz Ramona Wasserman-Resnikoff

Marvin & Sheila Yudenfreund: mazel tov to the Finklestein Valas family on the birth of a new granddaughter; in memory of the father of Sara Darmoni

### GENERAL FUND

Jonathan Abrami

Rhoda Agin: in honor of the morning minyan and the saying of misheberach for my sister Esther Miriam bat Sheina Dina; in honor of Joelle Yzquierdo

Noah & Hope Alper: in honor of Sara Engel

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Oded & Rebecca Angel: in memory of Eliezer Angel and Mari Angel

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Jim & Carol Cunradi: in honor of the birthdays of Marvin Yudenfreund and Henry Sibony; and in memory of Angela Knaeble, z"l, sister of Melissa Harel

Robert & Sara Dickman in honor of Hope & Noah Alper and R. Yonatan Cohen for their generous welcoming of The Dickmans into their home and their community

Edwin & Sandra Epstein

Jane Falk: in honor of the 90th birthday of Peter Dale Scott; in memory of Urachmiel ben David, father of Jeff Morgan; in memory of Phyllis Bamberger, mother of Kenny Bamberger; in memory of

Seymour Kessler (Sholom ben Meir Ze'ev and Golda Malka)

Lisa Feldman

Alan Finkelstein & Leslie Valas: in memory of Harry Valas and Lee Valas on their yahrzeits; in honor of Yara Hannah Finkelstein, our new granddaughter; in memory of Jeff Morgan's father Richard Gene Morgan (Urachmiel ben David); in memory of Phyllis Bamberger

Tom & Amber Ginsburg: in honor of Avraham Burrell

Terence & Olga Gordon: in loving memory of Jack Berelowitz (Yaakov Ben Schmue), beloved father of Olga Gordon; in memory of Phyllis Bamberger, beloved mother of Kenny Bamberger; in loving memory of Katz Ramona, beloved infant daughter of Elizabeth Wasserman and Isaac Resnikoff - our condolences and love go out to Denise Resnikoff, Lenny Kristal, and the entire Resnikoff family Elie Hassenfeld & Talia Falk

David & Hanna Hindawi: in memory of Meir Hed, beloved brother of David

Ezra & Toby Hendon

Lev & Sarah Jasper: in the merit of Sarah's mother Esther bat Victoria

Sabrina Kabella

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Issy & Patricia Kipnis: in honor of Aaron & Julie, and Leslie & Alan on the birth of a new daughter and granddaughter

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Ross Libenson & Susie Marcus: in honor of Leslie & Alan on the birth of a grandchild in LA; in memory of Caroline Stein, Betty Seaton's mother

Donald Light & Linda Diamond: in memory of Michael Schwimmer, beloved father of Linda

Daniel & Robinn Magid: in honor of Seymour Kessler (Sholom ben Meir Ze'ev and Golda Malka)

Gary & Lois Marcus: in memory of Mose Marcus

Jonah Markowitz: in memory of Marilyn Markowitz's mother; in memory of Saul Friedman; in support of M. Sutton's Adult Education Classes

Sondra Markowitz

Martin & Barbara Mayer: in honor of

receiving an aliyah during our visit  
Edward & Phyllis Miller: congratulations to Lois & Gary on the marriage of their grandson; in memory of Thelma Lowenstein, grandmother of Yael Krieger; in honor of the Alexander, Resnikoff, and Matsa families on the birth of a baby girl in Boston; in honor of Alan & Leslie on the birth of a daughter to Julie Sugar & Aaron Finkelstein; in memory of Annette Cohen, z"l; in memory of Chani Goldhirsh, beloved niece; in memory of Michael Hecht, beloved father; in memory of Yetta Miller  
Jeff & Jodie Morgan: to support Maharat Victoria Sutton's presence and the meaningful work she provides the community  
Paul & Anna Belle Panish  
Raymond Pollak: for the aliyah of sabba  
Raymond Pollak on the occasion of the birth of Max Gibson Pollak (Mordechai ben Nathan v' Hadassah) of Oakland, CA  
Matilda & Marty Rosenberg: in memory of Alegre Tevet  
Philip Rosenthal & Sherrin Packer-Rosenthal: in honor of Marv Yudenfreund - a speedy recovery! Get well soon!  
Lori Rubens  
Bruno Meyerhof Salama & Rachel Factor  
Mark & Susan Schickman: in memory of Katz Ramona Wasserman-Resnikoff  
Helen Schneider: in honor of Peter Dale Scott's 90th birthday  
Muni & Tania Schweig: in appreciation of the Stein Family  
Thom & Betty Seaton: in honor of Peter Dale Scott  
Henry & Violette Sibony: for aliyah; for the mitzvah of opening the ark  
Robert & Naomi Stamper: in honor of R. Cohen and Frayda's hospitality  
Jeff & Doreet Stein  
David Stroh & Marilyn Paul  
Justin Sweet  
Rona Teitelman  
Joel & Debbie Tendler: in honor of the birth of R. Cohen and Frayda's new son  
Morti Tenenhaus: thank you for hosting us during Shabbat Miketz, and helping me with saying Kaddish over the past 5 years  
Shmuel Treiger: Thank you for hosting me and for the community's hospitality  
Shay Twito: in memory of Yitzchak ben Miriam Twito  
Claudia Valas

Elly Valas: in memory of Phyllis Bamberger  
Marvin & Maxine Winer: condolences to Denise Resnikoff and all of her family on the loss of her granddaughter in Los Angeles; in memory of Phyllis Bamberger  
Stanley Wulf & Linda Press-Wulf  
Joelle Yzquierdo: with gratitude to Serach Bracha and Paul Albert for their constant support and friendship; in honor of Joel and Irene Resnikoff, and in honor of Ben Rose and Rebecca Landes for their amazing kindness and generosity  
Simon & Rochelle Zak  
Sheldon & Marti Zedeck: refuah shleimah to Marvin Yudenfreund  
Raymond Pollak: for the aliyah of sabba

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Bella Barany: in honor of Sanne Kalter DeWitt publishing her memoir  
Arthur & Sheila Braufman  
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Jim & Carol Cunradi: in honor of Peter Dale Scott's 90th birthday; in memory of Annette Cohen, z"l; in memory of Katz Ramona Resnikoff, z"l  
Leslie & Raphael Edelman: in memory of Esther Shulamit bat Elazar Rehuven  
Tom & Amber Ginsburg: in gratitude to R. Cohen  
Aron & Anna Gonshor  
Naomi Igra  
Michael Irwin & Charlene & Ben Stern: in honor of Peter Dale Scott's special birthday  
Sam & Bathea James: in memory of Bathea's beloved mother's yahrzeit  
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Alison Jordan: in memory of Betty Seaton's mother, Caroline Stein  
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Desmid Lyon: in honor of Peter Dale Scott and Ronna Kabatznick; in memory of Seymour Kessler  
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David & Bat Sheva Miller: in memory of Irv Schnittman, father of Sarah Darmoni  
Edward & Phyllis Miller: in honor of the birth of a granddaughter to Patricia & Issy Kipnis; in memory of Irv Schnittman; in memory of Katz Ramona; in memory of Seymour Kessler  
James Mitrani  
Fran Quittel: in honor of my treasured friend, Dr. Seymour Kessler  
Denise Resnikoff & Lenny Kristal: in gratitude for the love and words of comfort from our CBI friends, and the loving, wise support of Rabbi Cohen following the sudden loss of our beloved granddaughter Katz Ramona.  
Philip Rosenthal & Sherrin Packer-Rosenthal  
Peter Dale Scott & Ronna Kabatznick: for men's shelter fund; in honor of Serach Bracha Albert's 75th birthday; in memory of Caroline Stein, mother of Betty Seaton and mother-in-law; in memory of Chaim Behr ben Mordechai haCohen v' Leah, father of Carol Cunradi; in memory of Marian Dale Scott, mother of Peter Dale Scott; in honor of Ray Lifchez's birthday; in memory of Irv Schnittman, father of Sarah Darmoni; in memory of Judith Lee Stronach; in memory of Seymour Kessler, z"l  
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Barry Waldman: In appreciation to Rabbi Cohen and the CBI community  
Marvin & Sheila Yudenfreund: to the Homeless Shelter fund in honor of Margaret Sparks' hospitality; to the Homeless Shelter Fund in honor of Serach Bracha Albert; in honor of the inspiring drash given by Rabbi Cohen on Show Up for Shabbat; in memory of the father of Jeff Morgan; in memory of Phyllis Bamberger, mother of Ken Bamberger  
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