



Weekday Morning and Evening Services

March 17-21, 2019

Morning: 8:00 am Su & Th • 6:30 am Mo - F

Evening: 6:45 pm W, 7:00 pm Th, 7:05 pm @ CBI Sun-Tu

Friday, March 15

Northside minyan @ Alper home..... 6:45 pm
910 Oxford Street
Candle Lighting..... 6:58 pm
Mincha & Kabbalat Shabbat @ CBI 7:00pm

Saturday, March 16

Morning Service 9:15 am
Tot Childcare (upstairs at CBI*) w/Liz Ramirez..... 9:15 am
*Children 18 mos-3 yrs can be dropped off at tot childcare.
Childcare at Gan Shalom (ages 3-10) 9:15 am
Torah Readers: Jamie Conway
Haftorah Reader: Rafi Silberblatt
Formal Group Time 10:30 am
Kedma (Pre-K): Natan Kuchar
Tzafona: Hadas Jacobson & Noam Hallel Menachem
Negba: Sara Bamberger
Gan Assistant: Veronica Gonzales
Parent supervisor: Sara Bamberger
Tot Shabbat circle in the CBI Loft w/Natan Kuchar 11:15 am
Greeters: Allen Mayer, Jeff Stein, Naomi Stamper, Miriam Barrere
Sermon by M. Victoria Sutton: The First Chevra Kadisha
Pre purim Puppet Show & 3rd Meal 4:45-6:15 pm @ Gan Shalom
Featuring Risa of Jelly Jam
*Light Dairy Meal \$18-\$25 suggested per family. Register: http://tinyurl.com/yxox8me or email Maharatvictoria@gmail.com
Shabbat Mincha 6:45 pm
Seudah Shlishit 7:05 pm
Ma'ariv, Havdalah & Shabbat ends 7:56 pm

KIDDUSH SPONSORS

Marti & Shelly Zedeck in honor of the members of the Chevra Kadisha, past, present and future; and in memory of our beloved daughter Elizabeth Laurie Zedeck on her 41st yearzeit

HACHNASSAT ORCHIM

Matty Lichtenstein & Zvi Rosen

Kiddush Wine Donors:

Covenant Winery, with special thanks to the Morgan Family

PURIM
March 20-21

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
Reader: Na'aman Kam..... 7:20 pm
Fast ends 7:49 pm
Special Purim Break Fast after Megillah Reading

Late Megillah Reading 10:00 pm
Reader: Jamie Conway
(location sent by request to office@cbiberkeley.org)

PURIM DAY

Thursday, March 21

Early Shacharit 6:30 am
Megillah Reading 7:00 am
Reader: R. Yehuda Ferris
Late Shacharit 8:00 am
Megillah Reading 8:30 am
Reader: Na'aman Kam
Women's only Megillah Reading 12:00 pm
Readers:
Ch. 1 Deena Aranoff
Ch. 2 Andrea Brott
Ch. 3 Adina Polen
Ch. 4 Adina Polen
Ch. 5 Eliezah Hoffman
Ch. 6 Ariel Wolgel
Ch. 7 Frayda Gonshor Cohen
Ch. 8 Meena Viswanath
Ch. 9 Meena Viswanath
Ch. 10 Judy Massarano
Festive Purim BBQ with music by Shamati 4:00 pm
Mincha & Ma'ariv 7:00 pm

SHUSHAN PURIM

Thursday night & Friday, March 21-22

Purim gifts to the needy (Matanot L'Evyonim): The Megillah established that one of the most important ways in which Purim is celebrated is through giving to our fellow Jews. Please consider bringing cash or a generous check, made out to Congregation Beth Israel on Wednesday night, or to the morning reading on Thursday. You can also make your contribution right away through our website, picking the Rabbi's Discretionary Fund and indicating it as a Purim gift to the needy. Your contribution needs to be made by Thursday morning. Rabbi Cohen will make sure that the funds will be distributed in a timely fashion.

In Mourning & Solidarity

With broken hearts, we mourn the senseless and horrific murder of Muslim worshipers in two mosques in New Zealand. Sadly, our Jewish community is very familiar with the shock waves of such a hateful and heinous act. At this time, we stand in solidarity with the Muslim community and pray for strength, healing, and comfort. We include below a message R. Cohen shared with a local representative of the Muslim community.

In mourning,

R. Yonatan Cohen
Issy Kipnis, CBI president
M. Victoria Sutton

A message R. Cohen shared with a local Berkeley contact in the Muslim community:

I was horrified and heartbroken to learn of the mass shootings of Muslim worshippers at two mosques in New Zealand and I am reaching out to you at this time in the spirit of kinship and true faith, with tears, prayer, and a

Please refrain from wearing perfumes or scented products as there are congregants for whom these products are an irritant due to allergies or as a result of chemotherapy or other medical treatment. Thank you.

measure of consolation.

As children of Abraham we've become too familiar with the tragic results of baseless hate and times like these must strengthen our resolve to stand together in the face of any form of bigotry and acts of violence. In our Jewish tradition, this Sabbath, we will read the opening chapters of the Book of Leviticus, describing God's call to Moses. This Sabbath, we also read a passage insisting that we remember, and never forget, the hateful acts of Amalek who preyed upon the weak and vulnerable. In our day, standing against hatred unambiguously is the pressing Divine call of these urgent times.

Please let me know if there are particular local or national Muslim faith leaders, individuals, and or communities to whom we can offer our support and or with whom we can share this message.

May the Holy One provide healing to the wounded and bestow a measure of comfort to the families of those taken in this hateful and brutal way. May God's justice be delivered swiftly and may God's compassion reign above all.

Allah maak,
Rabbi Yonatan Cohen

A group will be going from CBI after Havdalah on Saturday night to attend the Pacifica Institute Vigil, March 16 8 pm, Pacifica East Bay 979 San Pablo Ave, Albany. Please be in touch with Maharat Victoria if you plan to join.

Beth Israel Classes

SUNDAY

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. We will cover:

1. Preparatory Practices
 - a. Quieting/Settling the Mind (*hashkawah*)
 - b. Meditative Mussar (*yeshuv da'at*): Strengthening Positive Qualities (*middot*)
2. Developing Meditative Concentration
 - a. Thinking Deeply (*nachshav ha-ruchaniyut*) and Transforming Confusion (*aliyat machshavot zarot*)
 - b. Experiencing Unity

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

MONDAY

Please note: Special Pre-Purim Class on March 18: The Book of Esther is read by the community as part of the observance of Purim. We'll explore the themes and major characters of this exciting tale.

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 @ 12:00 pm.

TUESDAY

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 @ 7:30-9:00 pm. March 19, April 2

NCSY LNL – Latte & Learning (for Teens; Grades 9-12): 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. LNL is the place for teens to ask questions, voice their feelings, and connect with each other. **Class on hiatus until April 15. Mondays @ 7:30-8:30 pm @ CBI**

WEDNESDAY

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

Muni Schweig — Wednesdays @ 8:00 pm @ the Schweig home

FRIDAY

Talmudic Wisdom: Join us for a weekly class that explores key *sugyot* (talmudic units) that discuss major Jewish questions of practice and thought. **Class does not meet March 22.**

R. Yonatan Cohen — Fridays, 9:00 am

EVENTS/ANNOUNCEMENTS

In Beth Israel

Baruch Dayan Emet/Condolences: We deeply regret to inform you of the passing in Kfar Saba, Israel on Wednesday morning of **Vicky Amado, Vicky bat Kaden and Yoseph**, beloved mother of Rivka Amado of Berkeley and Ziva Schmidt of Kfar Saba, mother-in-law of Malcolm Feeley, grandmother of Amir Amado Feeley, Eyal Grundstein, Gil Schmidt, and Yaniv Schmidt, and great grandmother of seven.

The family will observe shiva at Ziva's home in Kfar Saba.

We hope to share ways of comforting Rivka, Malcolm and their family upon their return to Berkeley.

HaMakom Yenacheim Et'chem Betoch She'ar Aveilei Tziyon

VeYerushalayim. May God comfort the family and all others who mourn Zion and Jerusalem

Our Morasha Legacy Society is Growing

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 Leslie Valas • vffam5@gmail.com

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 • Sam Ginsburg • David & Diane Gould • Ezra & Toby Hendon • Sam & Bathea James • Russell Kassman • Gary & Ilene Katz • Jesse & Gabriella Kellerman • Seymour Kessler, z"l • Alan & Elissa Kittner • Raymond Lifchez • Aaron Marcus • Gary & Lois Marcus • Ed & Phyllis Miller • Joel & Irene Resnikoff • Ben Rose & Rebecca Landes • Mordy & Rena Rosen • Harry & Dorothy Rubin • Bob & June Safran • Ory Sandel • SaraLeya Schley • Batya Schick • Carol Shivel • Steve Silberblatt & Rita Kohl • Bob & Naomi Stamper • David & Rikki Sudikoff • Justin & Sheba Sweet • Friedner & Ruth Wittman • Linda & Stanley Wulf

Open Kiddush Dates: Please email our Kiddush coordinators at kiddush@cbiberkeley.org to sponsor the following open dates:

April 6 - co-sponsors needed

April 20 (Pesach 1st day)

April 21 (Pesach 2nd day)

For more details on Kiddush sponsorship information, please see our website <https://www.cbiberkeley.org/connect/sponsor-a-kiddush/>

Seder Matching @CBI: With Purim approaching, Pesach is not far to follow! At CBI, we are offering a Seder matching program, as we have done in past years for Pesach and High Holidays. The process is simple:

1. Hosts: Let us know if you have an extra place or 2, etc.. at your table for the first or second Seder.
2. Guests: Let us know if you need a place for the first or second Seder.
3. Please let us know of any dietary restrictions you may have. For hosts, feel free to indicate whether it will be meat or vegetarian meal, or other logistics that might be important for guests to know. And we'll make all the matching happen!

We are excited to have new member Aryeh Canter helping with Seder matching this year. Email: Maharat Victoria Sutton or Aryeh Canter to host or be a guest. *Chag Kasher V'Sameah!*



Congregation Beth Israel Sisterhood

Author Book Talk: Karen Treiger March 17, 2019

The Beth Israel Sisterhood warmly invites the community to meet and hear author, Karen Treiger talk about her new book "My Soul Is Filled with Joy: A Holocaust Story", Sunday, March 17th at 11am, hosted at the home of Sabrina Kabella 2647 Stuart Street @College Ave. 510 847-0050.

Karen Treiger, is the daughter-in-law of two Holocaust survivors, Sam and Ester Goldberg. In her riveting memoir of their life story- "My Soul Is Filled with Joy: A Holocaust Story", Karen weaves two separate stories, that of Ester Wisznia from Stoczek, Poland and that of Sam Goldberg from Bagatele, Poland.

Copies are available for purchase from Sabrina Kabella.

CBI GAME GROUPS

Congregation Berkeley Jewish Soccer Game: Beth Israel vs. Beth El

Come represent your shul by playing or supporting us in our first competitive inter-community fixture. **Monday March 18th at 9 pm at Gilman Fields.** Co-ed 8-aside 50 minute game with unlimited substitutions.

Email noahnathan@hotmail.co.uk for more details.

If you just want to come and support the team, let me know so I can send you details nearer the time. Also, if you wish to sponsor the team's jerseys, please be in touch.

Are you interested in joining a group of folks who love playing Sheshbesh?

A member of our community is interested in convening a few gatherings. The first gathering is set for **March 24** in the evening at a private home in Berkeley. If you are interested, please let Rona Teitelman know @ ronateitelman@gmail.com.

Mah Jongg w/Marti Zedeck: Anyone interested in learning to play Mah Jongg is welcome to meet on Wednesdays from noon to 3:00 pm at the shul. **Not meeting March 20.**

Contact Marti for any details: martizedeck@yahoo.com (510) 527 0719

NCSY

- **Bat Mitzvah Club for 6th and 7th grade girls,** Sunday March 17th from 10:30am - 12pm @ Congregation Beth Jacob, 3778 Park Blvd.
"The Power of Meditation" -- Lets come together and introspect what prayer means to us and learn how to clear our minds through Yoga and Meditation. Please bring a Yoga mat and comfortable clothes to wear. Light refreshments will be served
RSVp at eastbay.ncsy.org or Mielcah Munk - Mielcah.a@gmail.com 773 4807153
- **April 4-7th - Spring Regionals in Vegas!!** The event you've all been waiting for! Note that we will be flying Thursday night at 8pm from SFO and arriving back in SFO Sunday night.
- **NORCAL NCSY CELEBRATION DINNER, April 10 6:45 pm-8:15 pm,** @ Beth Jacob 3778 Park Blvd. Oakland. RSVP at norcal.ncsy.org R. Akiva Naiman naimana@ncsy.org 510.882-1503

Scholarships are available for all Shabbatons.

THE 2019 PESACH WINE SALE

Offered by WineWise for the benefit of Congregation Beth Israel

This year's sale will focus on locally produced kosher wines. Look for the full announcement in the coming days.

In the meantime, please mark Sunday, March 31, 2 - 4 p.m. in your calendars. Winemakers Jonathan Hajdu of Covenant and Hajdu Wines will be on hand, as well as our own Jodie Morgan and Hiram Simon to pour their wines at CBI. Just \$10 per head.

Volunteer at Alameda Food Bank w/CBI members

Thursday May 9 12:30-3:30, 7900 Edgewater Drive, Oakland, CA 94621

If you are interested please let Barbara Budnitz or M Sutton know.

CONGREGATION BETH ISRAEL ACCEPTS VEHICLE DONATIONS

IT'S A WIN/WIN FOR YOU AND FOR CBI. Car donations are an easy way to support Congregation Beth Israel, providing you with a tax write-off and with additional funds for our community. We take care of the DMV paperwork, pick up your car, sell it at auction and then send you a receipt for the full amount that the car sold for. It's that easy! We can also accept trucks, boats, motorcycles and RVs.

For more information and to begin the process, please contact Jerry Robbins, robbins42@hotmail.com (650) 766-7233.

In The Community

L'Chaim Foods - Passover Orders- For a Passover menu order form, please contact rebecca@lchaimfoods.com (234) 817-0748

Upcoming Spring Programs at UC Berkeley

Tomer Persico

Koret Visiting Assistant Professor of Jewish and Israel Studies, UC Berkeley

Shalom Hartman Institute Scholar-in-Residence

"Jewish Identities in Israel: Confrontations, Crises, and Novel Conceptions"

Tuesday, April 2, 5:30 PM, Morrison Library, Doe Library

Kidpower Safety Workshop for Ages 6-8 with their adults
Sunday, March 24, 2019, 10:00 am – 12:00 pm

\$15/participant (for example \$30 for a parent-child pair)
Location: Jewish Federation of the East Bay, 2121 Allston Way, Berkeley
More information and registration: <https://www.jfed.org/kidpower/>

Expectant Mothers Empowerment Workshop

Come together and learn birthing techniques, breathing, and yoga, to alleviate pregnancy discomforts and labor pains and put you in control of creating an optimal birth experience - one that is as positive and empowering as possible!

Sunday, March 24, 11am-1pm @ Oakland Birth and Wellness Center,
5735 Shattuck Ave, Oakland, CA 94609

Cost- \$35

RSVP: Mielcah Munk - Mielcah.a@gmail.com / 773 480 7153

Mielcah Munk is a Registered Yoga Instructor, Licensed Massage Therapist, and Certified Birth Doula.

Raising Jewish Teens with Rabbi Akiva & Chani Naiman

Tuesday, March 26, 7:00 -8:30 p.m. @ Oakland Hebrew Day School

Raising kids? Hard. Raising teens? Harder. Raising JEWISH teens? We're off the charts! All kidding aside, teens are at an incredible stage in life, when they are building and shaping their identities. Judaism plays a part in that identity! Together we will discuss the importance of Judaism in a teen's life, and some #lifehacks at making Judaism a [fun] priority.

Whether you have a teen, pre-teen or future teen, come join us.

Rabbi Akiva Naiman is the NCSY Director for Northern California and Chani Naiman is an Associate Marriage and Family Therapist with San Mateo County. Both have worked with kids and teens for many years.

Please email office@ohds.org to register (no cost).

Knowledge is Power: Understanding and Managing BRCA-Related Cancer Risk, Thursday, March 28th - 7:30 - 9:30pm, @ Congregation Beth El

Join the Basser Center for BRCA at the University of Pennsylvania and Congregation Beth El of Berkeley for an important discussion 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, preventative care and navigating through the challenging decision-making and medical management options faced by mutation carriers.

- Dr. Susan Domchek, Basser Center Executive Director

- Dr. Samantha Langer, Kaiser Permanente Breast Surgeon (and Beth El member/BENS mom)

- Dr. Allison W. Kurian, M.Sc./Associate Professor Stanford University School of Medicine

- 2 community members impacted by these issues (Jennifer Brand and Alyson Kaldis)

- Moderated by journalist Jill Werman Harris

7:30 – 9:00pm: Panel Discussion and Q & A

9:00 – 9:30pm: Meet and greet with panelists

The event is free to the public with registration. [https://](https://www.basser.org/knowledgeispower)

www.basser.org/knowledgeispower Co-sponsored by Congregation Beth Israel

Midrashabang 2019

Sunday, March 31, 2019

You are cordially invited to join us to honor Midrasha Alumni featuring Ari Y Kelman, Zephira Derblich-Milea, Michael David Lukas at Congregation Netivot Shalom

RSVP by Sunday, March 17

Israel Focus

For your interest, information, protest, or counter-protest

Israel Focus is designed to inform our members about a broad range of local area events concerning Israel. It is expected that you will find events that you would support and others that you would not, yet we trust that they will all inform. Beth Israel does not necessarily endorse any particular event.

Save the date - May 5, 4 pm @ Congregation Netivot Shalom

Ravit Baer Israeli Deputy Consul General will be speaking on Israel/ US relations

We invite you to submit announcements for inclusion in Israel Focus to the office at office@cbiberkeley.org. Announcements will be edited for length and content (to comply with the Announce List Guidelines).