



CONGREGATION
Beth Ami

4676 MAYETTE AVENUE, SANTA ROSA, CALIFORNIA 95405

Shofar

707-360-3000

SEPTEMBER/OCTOBER 2023

5784

SHANAH TOVAH

*Holiday Judaica
is available in
the Gift Shop.
Photo by
Bonnie Boren*



Congregation Beth Ami

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Santa Rosa, CA 95405

Telephone 707/360-3000

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Email office@BethAmiSR.org

Website BethAmiSR.org

Office Hours

Mon.–Thurs. 10 a.m.–5 p.m.; 10-2 on Friday

Gift Shop and In-Person Appointments

Elizabeth Jarlsberg, office manager, is in the office Monday, Wednesday and Friday. She can also help you with gift shop purchases and library access. Contact **Bonnie Boren**, bonniegboren@gmail.com for special gift shop assistance. Appointments are appreciated, as are masks.



Please “like” us at facebook.com/CongregationBethAmi

Personnel

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rabbi@bethamisr.org

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Leanne Schy, Communications/ Shofar

[Leanne\(a\)sonic.net](mailto:Leanne(a)sonic.net)

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OUR MISSION:
A KEHILLA THAT IS OPEN, WHERE
RELATIONSHIPS MATTER
CONGREGATION BETH AMI
ENRICHES OUR LIVES, TRANSFORMS OUR
HEARTS, HELPS HEAL THE WORLD AND
SUSTAINS OUR JEWISH HERITAGE. WE ARE
DEEPLY ROOTED IN JEWISH TRADITION AND
WELCOME ALL TO OUR COMMUNITY FOR
CELEBRATION, LEARNING, EDUCATION AND
PRAYER.



RABBI'S REMARKS

Rabbi Mordecai Miller

Approaching the Jewish New Year and Day of Atonement.

The word for “alive” in Hebrew is “chay.”
The word for “life” in Hebrew is “chayyim.”
The difference between the two is that the first is singular.

The second is plural - “lives!”

How might we understand this, that life represents a plurality?

In his play, “As you like it,” Shakespeare wrote about the “Seven Ages of Man.”

So, we could look back on the different stages of our lives as a plurality, perhaps each experience leading to maturity.

I’m fairly convinced - at this point - that our ancestors were deeply aware of life’s challenges; its brevity and all its layers of adversity. They contrasted these realities to the vastness of Creation. (“What is man, that You are mindful of him?” Psalm 8) They pondered their origins (How did they come into the world?) and reflected on the uncertain certainty of their future (What happens when we leave this life behind?)

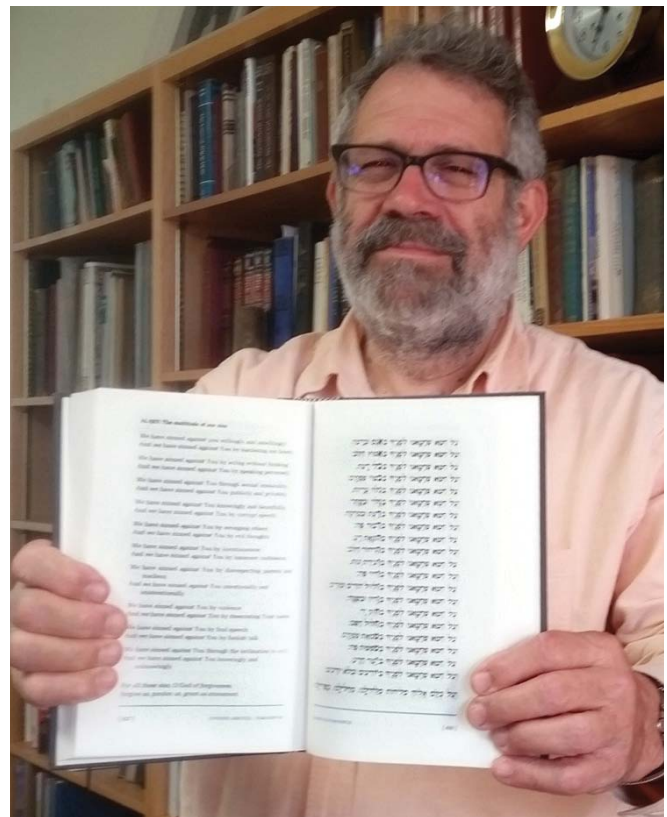
They believed that there was an existence outside of this blink-of-an-eye that spans birth and death; that each of us would have to give an account of how we had spent our time in this world. When they referred to the Torah as a “Tree of Life,” they saw it as a guide to immortality.

Most importantly, they believed that the Great Divine Creator of the Universe gave humans the opportunity to gain that next life.

They also knew, that inevitably, we humans are prone to error and that we need regular opportunities - at least once a year - to examine our lives and how we’ve chosen to spend those fleeting moments.

They believed in the power of repentance; that demonstrating sincere remorse for our poor choices; that expressing the regret we felt

***Do we really
mean what we
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a commitment,
do we hold fast
to it?***



in our hearts was an essential part of human experience. They even went so far as to say that “Prior to creating the world, God created Repentance, (Teshuvah).”

BUT... while all this may express some fine thoughts, they still are simply words on a page.

The essential consideration boils down to the question: How much do we care? To what degree do we take any of this seriously and, by extension, do we take ourselves seriously?

A measure of this: Do we really mean what we say? If we make a commitment, do we hold fast to it? (Think Kol Nidre!)

If we know nothing else about Judaism, we’re probably still familiar with the “Sh’ma.” and its first sentence: “Hear, O Israel, the Lord our God, the Lord is One. You shall love the Lord, your God, with all your heart, with all your soul and with all your might.”

You could say that the entire body of Jewish religious (Torah) study and practice, is a direct interpretation of what we mean when we say

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RABBI'S REMARKS

Continued...

"Love the Lord, your God..." It's all a result of taking such a statement seriously. Seriously enough to want to actually apply it in your life. As to what degree, that leaves a lot of wiggle room!

It turns out to be a journey.

So given Life's brevity and the tiny space we occupy in the Universe, we can still achieve some level of significance, by how we relate to the words or ideas found in a tradition that spans millennia.

I pray that our coming High Holy Days

inspire each and every one of us to face the future with confidence in our Creator's capacity to forgive us- despite all our shortcomings - and the inner strength to bravely face the coming year.

May you and all those you cherish be inscribed in the Book of Lives - The Sefer haChayim!

With fond wishes,

Mordecai Miller

Rabbi, Congregation Beth Ami, Santa Rosa

BETH AMI GIFT SHOP

The High Holidays are here, and we have beautiful holiday Judaica. 10:00 a.m. - 5:00 p.m.. Monday & Wednesday office open

10:00 a.m. - 2:00 p.m. Friday office open

Please make an appointment with Elizabeth before your visit if possible. 360-3000.

Call Bonnie Boren at 528-1628 to order special items.





PRESIDENT'S PAGE

Barbara McGee, President

A Happy and Sweet New 5784 Year

As I think about the new year, I am awed by the changes we have gone through in the last three years. In these short years, our world went from millions dying of a virus to learning how to deal with it thanks to our health and research professionals. We have been able to gather again and many of us are travelling too. For us in Northern California, even before the pandemic, we dealt with wildfires, drought and last winter's severe storms. As terrible as all these things were, we continue to go on because we Jews lift ourselves up and move onward. Our strength and ruach continue to give me hope for the future and I hope you feel that way as well.

While we face many challenges, we also look for solutions with guidance, prayer, learning and working with each other. Sometimes there is a wrong turn but we correct it and continue on. Every day is a new day; an opportunity for each of us to make the world a better place. I have learned and experienced that it all starts with kindness and caring.

Recently, I read an essay on Abraham Heschel's thoughts on getting older and how to handle the many challenges we face. My understanding of his views are that we should have self respect, a radical amazement of the world, admire kindness in others and continue learning to be kind. As we look towards our future with a new Rabbi, my hope is that during this time of searching, we continue to be kind to each other, empathize, and focus on understanding each other's views.

August/September, when the Jewish month of Elul occurs, we are suppose to reflect and

prepare for the new Year which begins the night of Sept 15th. With that said, there are some great events in addition to High Holy day services offered to connect to each other and the world around us. I hope to see you at one of the upcoming events.

On Sept 5th, we have Professor Ziv Rubinitz visiting from Haifa University to update us on the Israel Judicial Overhaul and the state of US-Israeli relations. I am sure we will learn more than we hear in the news. Please join us at 7:45 p.m in the social hall for this informative session. There will be a Zoom link for those who register with the office at 707-360-3000 or office@bethamir.org.

On Sept 10th, the Social Justice committee will be sponsoring our first REVERSE Tashlich event. Traditionally, Tashlich is during Rosh HaShanah when we recall and cast away our transgressions using crumbs into live waters. The Reverse Tashlich event is a time for us to take material pollution out of the waters that we humans put into the oceans. One small step to connect us to each other while correcting a wrong. See our website.

While we cannot personally relieve the pain and suffering of all those experiencing homelessness, hunger, war, wildfires and other natural disasters, cancer and other afflictions, I hope in the spirit of the season you will donate to help those in need and continue to help others throughout the year while support-



Thanks to Barb McGee, David Kahn, Bonnie Boren, and all the Rummage Sale helpers.

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PRESIDENT'S PAGE

Continued...

ing our synagogue. At our rummage sale, our community and neighbors helped raise \$326 for the survivors of the Maui wildfires in addition to raising funds for our shul.

High Holiday packets have been mailed to members. If you have not received it or are not a member and would like to receive the information please call or email Elizabeth in the office, and join with the community at services, holiday meals and events.

We won't have a First Friday night dinner in early September but have planned a Pizza in the Hut Shabbat Dinner on Sept 29th and an Ice Cream Social for Erev Simchat Torah. Please see updates on these events and others in our weekly cybershul. If you're not signed up call Elizabeth to get on the mailing list.

On a more pragmatic front, the week prior to Rosh HaShanah we will be getting the CBA flat roof resurfaced. The work should be completed by the Wednesday prior to Rosh Hashanah. It's one more step towards improving our space so we can serve the community.

As we enter this new year, I pray you and your family have blessings of good health, prosperity and peace. And may you be filled with hope. *Shanah Tovah Umetukah, Barb*



EVENTS & ANNOUNCEMENTS

Mazeltov to the family of:

Theodore "Teddy" Emet Sherman, grandson of Nancy & Ed Sherman

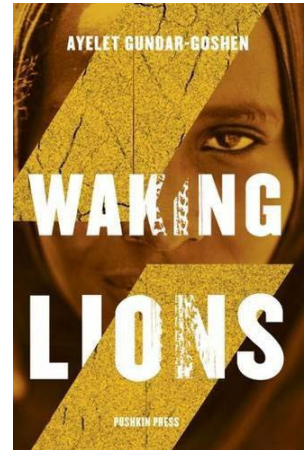
Wishing a Speedy Recovery to:

Michelle Baime	Lindsay Kvam
Debi Chapman	Linda Emblen
Pnina Loeb	Bernice Fox
Etienne Sampiere	Sandra Shulkin
Dennis Judd	Ken Plattner
Anna Judd	Carol Rosen

Beth Ami Book Group: WAKING LIONS

Submitted by Linda Emblen

Our next read, available to borrow, is **WAKING LIONS** by Israeli writer Ayelet Gundar-Goshen (Fiction, 352 pgs., Hebrew, 2014; English translation, 2017.) According to the SF Jewish Community Library's blurb describing this selection, it is about a hit-and-run, a moral dilemma, guilt, survival. Appropriate for Yom Kippur time. We will meet for discussion during the week of Sukkot in my home Sukkah.



For people new to our congregation, we participate in SFJC Library's Book Club in a Box. We borrow 12 copies of the same book and a copy in the original Hebrew (over 150 choices) and meet in-person, in small dynamic groups, usually outside when weather permits. Not on Zoom. Sometimes a member's well-behaved, ever-learning dog is in attendance too. All members and friends are welcome on a regular basis, or to drop in for a particular book. All books are written by Jewish authors— Israeli and from throughout the Diaspora, and/or on Jewish themes and culture, usually fiction. We do read the SFJCL's annual ONE BAY ONE BOOK selection which has many speakers and discussions, both in-person and on Zoom, associated with it throughout the Jewish year.

What is new is that we just started showing movies at CBA that are based on the books that we are reading or on related topics. There are about a dozen now available on DVD for free and they sometimes do special orders. Several book group members are volunteering to be in charge of a particular showing. Please read the CYBERSHUL which comes out every Wednesday morning for further information. Comments and suggestions? Phone Linda (707) 544-4532. Chag Sameach! May your New Year be sweet! .



ISRAEL COMMITTEE
Presenting Dr. Ziv Rubinovitz

Dr. Ziv Rubinovitz: The Israeli Judicial Overhaul and the Future of US-Israel Relations

**Tuesday September 5 at
7:45 pm** Beth Ami Social Hall

Join us for this opportunity to learn first-hand about current events in Israel from the perspective of Israeli political scientist, Dr. Ziv Rubinovitz. Co-author of Menachem Begin and the Israel-Egypt Peace Process, Rubinovitz is a research fellow at the Chaikin Chair for Geo-strategy, University of Haifa. Light refreshments will be available.

Please register by emailing the office at least one day in advance: office@BethAmiSR.org. The event will also take place via livestream. If requesting the livestream link please give your name and a phone number where you can be reached. (Note, there will be a special Zoom link, not the usual one used for services.)

To join the Israel Committee: EliCohen@IsraelUpdate.INFO.

***Below: United States Secretary of State
Anthony Blinken. Right: Since early 2023,
large-scale protests have been taking
place across Israel in response to the rul-
ing government's push for a wide-ranging
judicial overhaul. -Wikipedia***

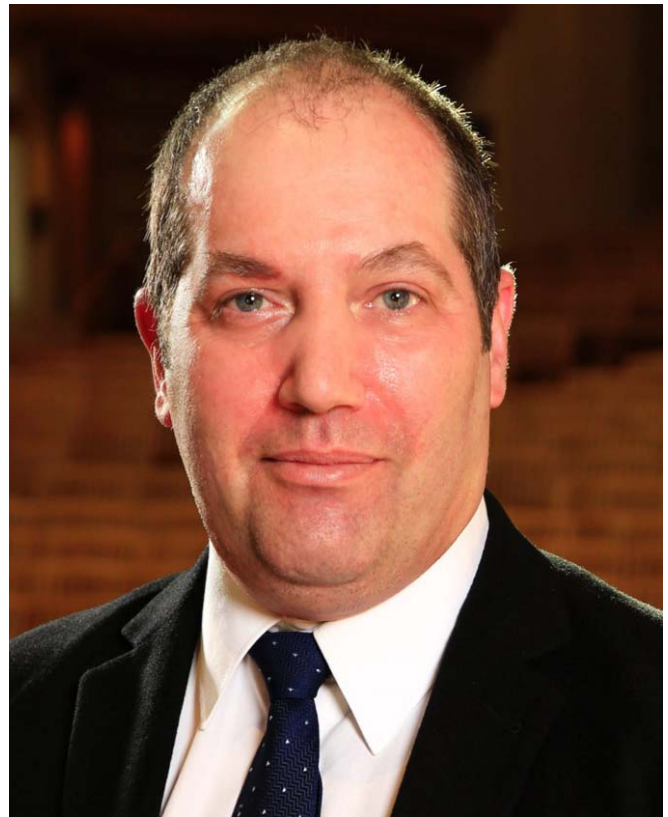


Photo by Oren Rozen



SOCIAL ACTION

by Lyla Nathan, Chair

A Year To Bring Peace and Well Being

Shalom all,

The Social Action Committee wishes everyone a healthy and happy Rosh Hashana. Hoping that 5784, 2023 will be a year that brings peace and well being to our community, our country, Israel and the world.

Welcome Changes at the Palms

I have some positive news about The Palms. As many of you know there had been some difficult times at the facility. I am happy to report that at our last two dinners at the Palms, there has been significant improvement.

Security is better:

There is now a room setup with TVs showing the whole property.

The owner, Akash Kalia, is present

There is a gate surrounding the whole area and they will install locks that will need a security card for residents to enter.

Management team from Catholic Charities:

Amanda and Bill have created a community environment with more activities for the residents: newsletter, art contest, barbecue

The Palms is much cleaner and more organized

Community Garden and BBQ area



There is a vegetable garden with separate beds that are tended to by clients

There is a nice area for outdoor eating

Demographics

There are more women living at the facility

Residents' sense of community

This last dinner more residents stayed in the library and ate dinner with each other. It was much friendlier environment

As Always they showed great gratitude to us and made us feel very welcome

Of course there is still much need for improvement at The Palms but it is important to acknowledge and appreciate positive change.

I want to thank the committee for their continued support. You are the best! And thanks to the Beth Ami community for supporting the Palms since 2016! Also another shout out to the Beth Ami board for their financial support of The Palms. The money was put to good use. Thanks so much!

I want to remind everyone that the lines for food distribution at the Redwood Empire Food Bank are very long. **It is our tradition to deepen the significance of fasting on Yom Kippur by donating food instead of eating. Please fill a bag with healthy non perishable food and bring it to holiday services.**

Thanks so much,

Shana Tova, Lyla Nathan



ADVOCATES FOR SOCIAL JUSTICE

by Carol Swanson, Chair

Worldwide Reverse Tashlich beach cleanup September 10

- **When:** Sunday, September 10 Noon to 3:00
- **Where:** Doran Beach Regional Park at Bodega Bay. We will meet at the visitor center. Parking waivers and carpooling available. Call Carol Swanson 707-206-2336
- **How:** Please register for the event with Congregation Beth Ami at www.repairthesea.org and call the CBA office to let Elizabeth know you are joining our group so we can reserve enough picnic tables.
- **Bring:** picnic lunch, gloves, and trash bag

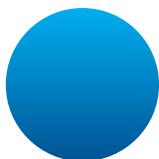
The guest speakers we sponsored at the Shabbat dinner in May talked about climate change and the health of our earth, inspiring us to continue our advocacy. We are joining thousands of people around the world in a waterfront cleanup effort on September 10, called *Reverse Tashlich Tikkun Ha Yam*. www.repairthesea.org

On Rosh HaShanah, it is customary to symbolically cleanse ourselves by casting our “sins” into a body of water in a ritual called Tashlich. Instead of throwing our sins into the water, we can reverse the process and remove human “sins” during a cleanup of the



waterfront at Doran Beach. Last year, on six continents, in 12 countries, Jewish communities participated in the 5th Annual Reverse Tashlich. More than 3000 people began 5783 by coming together to remove “sins” (man-made debris) from local beaches, waterfronts, parks, and marinas, as an expression of their Jewish values. We hope you will join us.

Our group meets every third Thursday of the month in the afternoon. To learn more about the committee, contact Carol Swanson at swangirl@comcast.net.



MEN'S GROUP

Richard Kahn
Outings Planned

Coming up: a new date for a Korbel champagne tasting. An evening outing in Petaluma is being discussed to listen to big band jazz at the Big Easy. If you are interested and don't get emails, contact “Richard C. Kahn” <earthin4@sonic.net>



Men's Group outing at Ron Rubin Winery.



THE KITCHEN CORNER

Janet Stein-Larson

(Myra Stern Thomas, Chair of the Kitchen Committee)

High Holiday Food Traditions

For our needs, we have direct prayers to Hashem that we recite daily. On Rosh Hashanah, the birthday of the world, the day Hashem finished the creation; our prayers focus less on our daily needs and more towards the greatness of Hashem. We acknowledge that he is our superior and we accept his rules and we accept his power of judgement over us as we strive to listen and follow his dictates. (If you want to see an illustration of this, just compare the Daily Amida to the Rosh Hashanah Amida.)

So while we do have regular needs and requests, as Hashem's subjects, we acknowledge him as our superior and that we depend on him for everything. Even though the Holy Day Services services are focused more directly towards Hashem and less on us, we indirectly focus prayers in other ways to make our little petitions for our daily concerns. We use the traditional foods we serve and eat during this holiday season to express these needs. So below is a quick list of some of those foods.

Some High Holy Day traditional meanings of food.

- **Avoiding vinegar:** don't want a 'Sour or bitter' new year
- **Avoiding nuts:** Gematria (the numeric sum of word) of 'nut' is same as 'sin'. We don't want to bring sin in the new year.
- **Eating round challah:** round resembles a 'head'. We want to be like the head and not a tail for the new year. (Think making progress and not lagging or following). It's also for a sweet year and the circle of life.
- **Having apples:** for a sweet new year, a harvest fruit of the new year, or a field of apples, which Hashem has blessed (the Garden of Eden smelled like apples....)
- **Dipping in honey:** renew us for a good and sweet year.
- **Eating dates (t'marim):** relates to 'tam' or to 'sheyitamu' which means consumed (indirect saying of may our enemies be consumed), sweet date honey, also one of the seven species of Israel'.
- **Eating fish:** ever vigilant and swimming constantly links us to hopefully being constantly aware of Hashem and of opportunities.
- **Serving a head with the celebratory menu (fish-head, lamb's head, cabbage or garlic):** again, we want to be like the head and not a tail for the new year.
- **Eating carrots (gezer):** sounds like g'zar which in Hebrew means decree (indirect way of say please nullify any negative decrees against us). Also is sweet when cooked (think tsimmes)
- **Eating Pomegranates (rimon):** fruit of filled with seeds (indirect way of saying may you be filled with merits for the new year) also one of the seven species of Israel. Also seasonal fruit usually used for 2nd day Shehecheyanu.
- **Eating Beets (silka):** sounds like siluk which means removal (may our adversaries be removed).
- **Eating leeks, chard, spinach (Karsi):** sounds like the word kares which is to cut off / destroy (may those who wish to hurt us be cut off).
- **Eating fenugreek, or black eyed peas, or green beans (Rubia):** sounds like yirbu which is the word to increase, (may our merits increase).
- **Eating gourds (K'ra):** K'ra sounds like the word for 'read/proclaim' (may our good merits be proclaimed before you) and also sounds like the word for 'tear' (may the our sentence or decree be torn up).

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THE KITCHEN CORNER

Continued...

Food events for Congregation Beth Ami, and the Beth Ami Kitchen:

- **On Selichot (September 9th)**, there will be drinks, snacks available to help us study.
- **For Erev Rosh Hashanah (September 15th)**, toast in the new year after services with honey, apples, home made honeycakes, and champagne.
- **On Shabbat, day 1 of Rosh Hashanah (September 16th)**, coffee and some snacks outside the Friedman's center and after services we will be offering a simple light lunch in the Social Hall.
- **On Day 2 of Rosh Hashanah (September 17th)**, we will observe Tashlich at Howarth Park's Lake Ralphine. Then bring your simple picnic dinner to the Beth Ami Courtyard to eat, schmooze, and stay for Ma'ariv and Havdalah.
- **Shabbat Shuvah (September 22nd)** we will have our normal Shabbat Potluck.
- On Kol Nidre day (September 24th), you provide your own pre-fast meal. But after Yom Kippur (**September 25th)** when services are over, there will be a simple **Break-the-Fast meal**. Please, remember to RSVP so we will have enough food.
- **Erev Sukkot and Shabbat (Friday September 29)** Pizza dinner in the Sukkah
- **On Shabbat, Day 1 of Sukkot (September 30th)**, there will be a light lunch served after the services (outside in the Sukkah).
- **On Day 2 Sukkot (October 1st)**, there will also be a light lunch after the services.
- **For Shabbat, Shmini Atzeret (October 7th)**, there will be a simple light lunch.
- **On Erev Simchat Torah (October 7th)**, there will be refreshments and thirst quenchers after the services and dancing and marching with the Torah.
- **On Simchat Torah morning (October 8th)** there will be snacks and refreshments during the services and dancing and marching with the Torah.

There will be volunteers needed to organize, set-up and clean-up these events, if you are interested let us know.

I found some more interesting information on food traditions that I have added below. Starting in Elul (eve of August 17th) Some cleanse the body with foods as well as the soul with prayers.

- On the 25th of Elul (September 11th) Celebrating the first day of Hashem's creation some will have two special meals with meat, bread, and sweets.
- Erev Rosh Hashanah Day two (eve of September 16th) There is the tradition of having new fruit for the season (or new clothes) for a Shehecheyanu.
- Day two of Rosh Hashanah (September 17th) Tashlich Service (crumbs from pockets representing casting out of sins, bad habits). We don't do this on Shabbat, so it's on Sunday.
- Tzom Gadalia (September 18th) We lament the assassination of a governor of Judah. Fast from first light to full dark..
- Day of Kol Nidre (September 24th), just as Jews must fast on Yom Kippur, they should also eat heartily before sunset in order to participate fully the next day. Usually, this is a two meal day, earliest one of meat, and the second meal that needs to be completely finished before candle lighting is usually high carb dairy. Try to eat less spicy, low salt, lots of fluid, no caffeine, no alcohol.
- Traditionally there may be stuffed foods served representing a hidden surprise before Yom Kippur. (An easy fast? A good service?)
- Sukkot (eve of September 29th through October 7th) We eat foods that are locally harvested and we eat in the Sukkah. Stuffed foods featuring our local harvests symbolize that we are "stuffed" with the bounty of the fields.
- Simchat Torah (eve of October 7th) Think two challah shaped like Torah Scrolls, or two stuffed cabbage rolls side by side.

Meanwhile, enjoy life and...

*Shanah
tovah
u'metukah.*

—Janet
Stein-Larson



HIGH HOLIDAYS AT BETH AMI, 5784 2023

From our High Holiday Cantor, Jessie Leider



I am thrilled to join Congregation Beth Ami for the High Holy Days this year. It has been a meaningful piece of my own spiritual practice to lead congregations in High Holy Day prayer services over the last 6 years. While these days are filled with a certain gravity, awe, and deep reflection, I have also found pockets of joy in the Jewish practices of Cheshbon HaNefesh during the Jewish calendar month of Elul and through the Yamim Noraim. I hope to impart some of this joy through a warm, musical, and collaborative davening style, and I look forward to learning from the members of Congregation Beth Ami about their traditions and ritual practices. —*Jessie Leider*

From your Religious Practices Committee

Congregation Beth Ami welcomes everyone to our holiday services and celebrations, from greeting the new year with prayer, music and honey cake, through the deep reflection of Yom Kippur, the thanksgiving of Sukkot, and finally joyous dancing with the Torahs on Simchat Torah. We don't charge for tickets to High Holiday services at Beth Ami. Just contact Elizabeth Jarlsberg in the office for yours if you are not a member, or if members want to bring friends and family. Donations are appreciated and needed; there is no other source of income other than our local community.

Services will be led by Rabbi Mordecai Miller and Cantor Jessie Leider, with members of our congregation. We are fortunate to have Lauren Kalmenson and Rick Concoff bringing their joyous and involving services to families and teens. Children are always welcome in the main services. We are concentrating on in-person attendance, but there is streaming zoom available for the Friedman Center, interactive Zoom available 2nd day Rosh HaShana—which we urge you to take advantage of if you are feeling any illness issues. If you are local and need a Machzor please call the office and make an appointment with Elizabeth to get a book. There will be a box for returns. There are online sources of a basic Machzor such as <https://www.sefaria.org/texts/Liturgy>

Holiday packets have been mailed, and are also online at <https://bethamisr.org/worship/services/> Yizkor book information, order forms for break-the-fast, challah, lulav and etrog, and an informative holiday guide are there too.

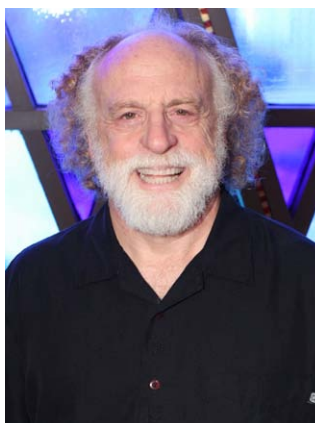
May this year bring peace, health and sweetness to everyone. L'Shanah Tovah



Rabbi Mordecai Miller



Lauren Kalmenson
Family Rosh HaShanah



Rick Concoff
Teen Yom Kippur Service



**Sunday September 17th, 2023
4:30 P.M.**

Lake Ralphine at Howarth Park
630 Summerfield Road, Santa Rosa

From the Summerfield Rd. entrance, follow the road to the upper parking lot near Upper Oak Picnic Area and walk to the lake.

On Rosh HaShanah afternoon we gather to sing, pray and “cast our sins into the water.” Though it is traditional to use bread crumbs, we now know that bread pollutes the lake and is making the ducks sick. **Use tiny or symbolic crumbs.**

Please join us after Mincha, at Congregation Beth Ami for a community picnic. Bring a DAIRY/VEGETARIAN meal along with anything you would like to drink. We will have tables set up but you may want sit on the lawn with your own picnic blanket.

Ma'ariv/Havdalah Service starts at 7:30 pm in the Beth Ami Sanctuary

Services at Beth Ami

We welcome you to join us for services. All Shabbat morning services will be held on Zoom, as well as in person. High Holiday Services held in the Friedman Center will be streamed online but not interactive. Friday Erev Shabbat and holiday services will be held on Zoom. Weekday services are on Zoom. See the Rabbi's Virtual Calendar each week on the Beth Ami website: bethamir.org. Hearing Assistive Devices are available for in-person events, and live transcript captioning is available.

Daily Daven

Sunday - Friday Mornings

7:30 am. Torah Study (*Please note that often there is no class on Wednesday Morning*)

8:00 am. Morning Services

Sunday- Thursday Evenings

7:00 pm. Evening services *except as noted in the High Holiday Schedule of Services*

September Services

September 1 Friday

3:30 pm. Mincha

5:30 pm. Novel: "The Queen Maker." (narrated by Rabbi Miller)

6:00 pm. Sing in Shabbat Service with Leah Gerber

September 2 Saturday

9:30 am. Shabbat morning service, lay led

7:30 pm. Mincha, Discussion, Ma'ariv

8:25 pm. Havdalah

September 8 Friday

3:30 pm. Mincha

5:30 pm. Novel: "Queen Maker"

6:00 pm. Kabbalat Shabbat on Zoom with Rabbi Miller (NOTE NO DINNER)

September 9 Saturday

9:30 am. Shabbat morning service with Rabbi Miller

7:30 pm. Mincha, Discussion, Ma'ariv

8:07 pm. Havdalah & Selichot Discussion session & Service

September 15/16/17

Rosh Hashanah (*See High Holiday Schedule of Services*)

September 18 Monday

5:35 am. Begin Fast of Gedaliah

7:00 pm. Mincha/Maariv

7:53 pm. Fast ends

September 22 Friday

3:30 pm. Mincha

5:30 pm. Novel: "Queen Maker"

6:00 pm. Sing in Shabbat with Leah Gerber and Rabbi Miller

September 23 Saturday

9:30 am. Shabbat morning service (Shabbat Shuvah) with Rabbi Miller

7:05 pm. Mincha, Discussion, Ma'ariv

7:45 pm. Havdalah

September 24/25 Sunday/ Monday Yom Kippur (*See High Holiday Schedule of Services*)

September 29 Friday

6:00 pm. Erev Sukkot and Shabbat service followed by Pizza dinner in the Sukkah.

Continuing Sukkot Holidays (*See High Holiday Schedule of Services*)

October Services

October 13 Friday

3:00 pm. Mincha

5:30 pm. Novel: "Queen Maker"

6:00 pm. Sing in Shabbat Service with Leah Gerber

October 14 Saturday

9:30 a.m. Shabbat morning service lay led

6:15 pm. Mincha, Discussion, Ma'ariv

7:13 pm. Havdalah

October 15 Sunday

8:00 am. Rosh Chodesh Cheshvan Day 1 on Zoom (Daily Minyan)

October 16 Monday

8:00 am. Rosh Chodesh Cheshvan Day 2 on Zoom (Daily Minyan)

October 20 Friday

3:00 pm. Mincha

5:30 pm. Novel: "Queen Maker"

6:00 pm. Sing in Shabbat with Leah Gerber

October 21 Saturday

9:30 am. Shabbat morning service with Rabbi Mordecai Miller

6:05 pm. Mincha, Discussion, Ma'ariv

7:09 pm. Havdalah

October 27 Friday

3:00 pm. Mincha

5:30 pm. Novel: "Queen Maker"

6:00 pm. Sing in Shabbat with Leah Gerber

October 28 Saturday

9:30 am. Shabbat morning service lay led

6:00 pm. Mincha, Discussion, Ma'ariv

7:00 pm. Havdalah

SEE PAGE 11, THE KITCHEN CORNER, FOR MEALS AND FOOD HAPPENINGS DURING THESE HOLIDAY MONTHS



Erev Simchat Torah, Oct. 7, 7 pm, features Klezmer Creek and an ice cream social

CONGREGATION BETH AMI HIGH HOLIDAYS SCHEDULE

Service	Day	Location	Time
Selichot	Saturday, September 9	Sanctuary / Zoom	8:30 p.m.
Rosh Hashanah			
Erev Rosh Hashanah	Friday, September 15	Friedman Center / Livestream	7:30 p.m.
1st Day	Saturday, September 16	Friedman Center / Livestream	9:00 a.m.
Family, Children's Services	Saturday, September 16	Sanctuary	10:30-11:30 a.m.
Mincha & Ma'ariv	Saturday, September 16	Sanctuary/Zoom	7:15 p.m.
2nd Day	Sunday, September 17	Sanctuary / Zoom	9:00 a.m.
Tashlich & Mincha	Sunday, September 17	Howarth Park	4:30 p.m.
Picnic & Ma'ariv	Sunday, September 17	Beth Ami Courtyard/Grass	6:30 p.m. & 7:30
End of Yom Tov	Sunday, September 17	Sanctuary/Zoom	8:00 p.m.
Shabbat Shuvah			
Erev Shabbat Shuvah	Friday, September 22	Zoom	6:00 p.m.
Shabbat Shuvah	Saturday, September 23	Sanctuary / Zoom	9:30 a.m.
Kever Avot & Genizah (Remembering the departed)			
Cemetery Visit	Sunday, September 24	S.R. Memorial Park sec.2	11:30 a.m.
Yom Kippur			
Mincha & Kol Nidre	Sunday, September 24	Friedman Center / Livestream	6:00 & 6:20 p.m.
Yom Kippur Morning	Monday, September 25	Friedman Center / Livestream	9:30 a.m.
Mincha, Yizkor	Monday, September 25	Sanctuary / Zoom	4:00 & 5:00 p.m.
Teen Service	Monday, September 25	Lawn, Rick Concoff	4:00 - 5:00 p.m.
Neilah	Monday, September 25	Sanctuary / Zoom	Approx. 6:30pm
Shofar / Ma'ariv	Monday, September 25	Sanctuary / Zoom	Approx. 7:50pm
Sukkot, Shemini Atzeret, Simchat Torah			
Erev Sukkot	Friday, September 29	Sanctuary / Zoom	6:00 p.m.
Sukkot 1st Day	Saturday, Saturday 30	Sanctuary / Zoom	9:30 a.m.
Sukkot 2nd Evening	Saturday, Saturday 30	Sanctuary / Zoom	7:00 p.m.
Sukkot 2nd Day	Sunday, October 1	Sanctuary / Zoom	9:30 a.m.
Yontiff Conclusion Service	Sunday, October 1	Zoom	7:00p.m.
Hosha'na Rabbah	Friday, October 6	Sanctuary / Zoom	8:00 a.m.
Erev Shemini Atzeret	Friday, October 6	Sanctuary / Zoom	6:00 p.m.
Shemini Atzeret	Saturday, October 7	Sanctuary / Zoom	9:30 a.m.
Yizkor	Saturday, October 7	Sanctuary / Zoom	11:00 a.m.
Erev Simchat Torah	Saturday, October 7	Sanctuary / Zoom	7:00 p.m.
Simchat Torah	Sunday, October 8	Sanctuary / Zoom	9:30 a.m.
Yontiff Conclusion Service	Sunday, October 8	Zoom	7:00 p.m.



GENEROUS CONTRIBUTIONS TO OUR CONGREGATION

We are very grateful for your support and think it's important that your donation is acknowledged in the Shofar. (The minimum donation for each occasion is \$9.00) You can donate online at [BethAmiSR.org /giving/](http://BethAmiSR.org/giving/)

General Fund

In honor of being called to the bimah—*Ivan Barta*

In celebration of Edith Newman's 100th birthday
—*Nancy & Ed Sherman & Family*

In memory of Dorothy Drain, Grandmother of Janet Stein-Larson
—*Jeffrey & Janet Stein-Larson*

In honor of being called to the bimah—*Ivan Barta*

In memory of my mother, Sylvia Williams
—*Lenore Holloway*

In memory of Semyon Pekker
—*Leonid Pekker*

In memory of John Ballo
—*Anonymous*

Mazel Tov to Ed & Nancy Sherman upon their grandson's birth —*Anonymous*

Speedy recovery to Carol Rosen. —*Anonymous*

Speedy recovery to Judy Stern
—*Anonymous*

Speedy recovery to Jeff Sternfeld
—*Anonymous*

Mazeltov to Aaron Sherman and Rachel Quint on the birth of Theodore "Teddy" Emet Sherman, and to grandparents Nancy & Ed Sherman
—*Leanne Schy*



A generous donation
—*Elise Watkins*

A generous donation
—*Edith Friedman*

General Fund: Shabbat Lunch

In memory of Ursula Schusheim—*Arnold & Karen Herskovic*

A generous donation
—*Joslyn Metzger & Judy Kupfer*

A thoughtful donation
—*Michael & Lauren Newman*

Rabbi's Discretionary Fund

A thoughtful donation
—*Peggy LaPlante*

Refuah Shlema for Albert Emanuel ben Hortence v' Frederic —*Joslyn Metzger & Judy Kupfer*

Thanks for shlepping all your great donations to the Rummage Sale! It was truly an "Everything Bagel of Rummage Sales."

**SJ'S
HANDYMA'AM
SERVICES**

SJ Stoelting

SJtheHandymaam@gmail.com
707-596-8117

GROUP EXERCISE CLASS FOR OLDER ADULTS



A weekly, in-person group exercise class for active, older adults will continue throughout the year. The class promotes functional strength, flexibility, balance and fall prevention combining physical and cognitive exercises. We will combine chair and standing exercises using Activator Poles, which will be provided. Activator Poles are modified Nordic walking poles, invented in Canada by a Occupational Therapist as a tool to increase mobility, stability and movement. The poles have been used successfully as a rehabilitation tool for over 10 years. Many assisted living facilities utilize the Activator poles for general fitness classes.

We will incorporate games, obstacle courses, and competitions to spice up our aerobic movement, stretching, and free weight lifting. The Rambam taught that exercise should be joyous and fun.

The class will meet every Wednesday at 10:30 am in the Social Hall at Congregation Beth Ami and will last about an hour. A \$5 donation per class is requested, which will be used to purchase equipment and as donation to Congregation Beth Ami. Each participant is requested to bring a water bottle.

The class will be taught by Jeffrey Sternfeld. Certifications of instructor: Senior Personal Trainer, Functional Aging Specialist, Brain Health Trainer, Cancer Exercise Specialist, Activator Pole Instructor, Arthritis Exercise Group Leader, Kettlebell Sport Instructor, Matter of Balance Coach.

Ben Goldman

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Jeffrey Sternfeld
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Certified for Balance, Arthritis, Cancer

Dierk's PARKSIDE CAFÉ



Press Democrat:
**VOTED BEST
BREAKFAST
IN SONOMA
COUNTY
2013-2019!**

404 Santa Rosa Avenue, Santa Rosa
707-573-5955, 7:00 a.m. to 1:30 p.m.
Friday-Wednesday

...and **Dierks Midtown Café**
1422 4th Street, Santa Rosa,
707-545-2233 7:00 a.m. to 1:30 p.m.
Thursday-Tuesday



September Yahrzeits

Secular dates correspond to Hebrew date of death.

Observance of yahrzeit begins at sundown the previous day.

All yahrzeits observed at Beth Ami.

September Birthdays

If you do *not* wish to have your birthday listed in the Shofar, please contact the office

- 2 Myra Stern Thomas
- 5 Phil Weil
- 6 Bonnie Boren
- 8 Leanne Schy
- 11 Ilana Stoelting
- 13 Adrea Moss
- 16 Ethel Schy
- 18 Carol Newman
- 22 Ahuva Simon Sa'ar
- 25 Susanne Batzdorff
- 26 Leonard Cohen
- 26 Robin Rosenblatt
- 27 Sarah Kauffman
- 30 Joyce Kobetz

September Anniversaries

- 4 Martha & Boyd Lane
- 7 Sarah & Raphael Kauffman
- 7 Daryl & Joan Schloss
- 10 Ronit & Howard Glickman
- 14 Phil Dwight & Jane Rogan
- 15 Ross Jones & Jane Paul
- 25 Russ & Terry Gurevitch

Announced on Sep. 1 & 2

- Sep. 2 Audrey Schoen
Sister of Phyllis Shapiro
- Sep. 4 Dan Ben Hershel
Nephew of
Evelyn Gurevitch
- Sep. 5 Sophie Sampiere
Mother of
Etienne Sampiere
- Sep. 6 Joshua Cohen
Father of Leonard Cohen
- Sep. 6 Morris Marks
Grandfather of
Myrna Morse
- Sep. 7 Vivian Frye
Friend of Ellen Mundell

Announced on Sep. 8 & 9

- Sep. 9 Karen Brodsky
Wife of Mark Diekrhising
- Sep. 9 Ida Mann
Grandmother of
Judith Helman
- Sep. 9 Emil Judd
Father of Dennis Judd
- Sep. 10 Naftali Morse
Father-in-law of
Myrna Morse
- Sep. 11 Yosef ben Yaakov v'Esther
Brother of
Karen Zimmerman
- Sep. 12 Irving Nathan
Father of Asher Nathan
- Sep. 12 David Sternfeld
Father of Jeffrey Sternfeld
- Sep. 13 Frances Spiegleman
Grandmother of
Ronit Glickman
- Sep. 14 Gerald M. Wilson
Father of Brian Wilson

Announced on Sep. 15 & 16

- Sep. 16 Rose Zittin
Grandmother of
Bill Friedman and
Charlene Bornstein
- Sep. 17 Myer Brust
Grandfather of
Barbara McGee
- Sep. 17 William Colton
Brother-in-law of
Evelyn Gurevitch
- Sep. 18 Avra Metzger
Mother of Joslyn Metzger
- Sep. 19 Marilyn Sternfeld
Mother of Jeffrey Sternfeld
- Sep. 20 Anne Mann
Friend of Joslyn Metzger
- Sep. 20 Helene Senzer
Mother of Adrea Moss
- Sep. 22 Frances Brust
Grandmother of
Barabara McGee

- Sep. 22 Lillian Kahn
Mother of David Kahn
- Sep. 22 Raymund Mundell
Father of Michael Mundell

Announced on Sep. 22 & 23

- Sep. 24 Dodie Weaver
Aunt of Patt Gregg
- Sep. 24 Shulamit Sapojnikov
Mother of
Ahuva Simon-Sa'ar
- Sep. 24 Joseph Diamond
Father-in-law of
Marilyn Diamond
- Sep. 25 Carolina Gordon
Granddaughter of
Marjorie Gordon
- Sep. 25 Harald Quam
Father of Lindsay Kvam
- Sep. 27 Harry Friedman
Husband of
Edith Friedman and
Uncle of Bill Friedman
& Debra Chapman
- Sep. 27 Carl Connors
Father of Tish Levee
- Sep. 27 Ruth Hess
Mother of Barbara Tomin
- Sep. 30 Ester Pekker
Mother of Semyon Pekker
- Sep. 28 Shmuel Berenstein
Father of Dan Anbar

Announced on Sep. 29 & 30

- Oct. 1 George Barta
Father of Ivan Barta
- Oct. 2 Merrill William Gitlin
Father of Rob Gitlin
- Oct. 2 Dorothy Yelin
Grandmother of
Francie Rogovin
- Oct. 4 Patricia Allen Naidorf
First Wife of Louis Naidorf
- Oct. 6 Morris Edelberg
Father of Marjorie Gordon
- Oct. 6 Phyllis Kaplan
Mother of
Rhonda Rosenbach



October Yahrzeits

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Observance of yahrzeit begins at sundown the previous day.

All yahrzeits observed at Beth Ami.

October Birthdays

If you do *not* wish to have your birthday listed in the Shofar, please contact the office

- 7 Earl Goldberg
- 9 Laura Alexander
- 11 Blair Pleasant
- 14 Jeffrey Sommers
- 14 Karen Zimmerman
- 19 Richard Kahn
- 19 Rabbi George Schlesinger
- 19 Jeffrey Sheff
- 20 Andrew Brown
- 20 Kenneth Plattner
- 20 John Whitaker
- 23 Judy Gunnar
- 25 Ishie Petlock
- 26 Paul Kaltenbach
- 27 Rita Kagan
- 30 Rick Concoff

October Anniversaries

- 1 Michele & Steve Baime
- 6 Phil Weil & Bonnie Boren
- 25 Joe & Signe Minuskin
- 25 Andrea & Stephen Nett

Announced on Oct. 6 & 7

- Oct. 8 Naomi Goren
Mother of Judith Helman
- Oct. 8 Lester Schloner
Father of Carol Swanson
- Oct. 8 Michael Letourneau
Son of
Pam Jacobs Letourneau
- Oct. 8 Frances Miller
Mother of Debra Sokolsky
- Oct. 9 Marci Kupfer
Mother of Judy Kupfer
- Oct. 13 Mitchell Boyd
Father of Betty Boyd
- Oct. 13 Adolph Stern
Father of
Myra Thomas-Stern

Announced on Oct. 13 & 14

- Oct. 15 Mary Diamond
Mother-in-law of
Marilyn Diamond
- Oct. 15 James Plattner
Father of Kenneth Plattner
- Oct. 15 Harold Rosen
Father of Mark Rosen
- Oct. 15 Al Sherman
Father of Edward Sherman
- Oct. 16 David Pacheco
Uncle of Patti Gregg
- Oct. 17 Yaakov ben Shlomo v'
Adah
Father of
Karen Zimmerman
- Oct. 18 Tillie Edelberg
Mother of Marjorie Gordon
- Oct. 20 Anna Whitaker
Daughter of Barbara &
John Whitaker

Announced on Oct. 20 & 21

- Oct. 23 Tzfvir Anbar
Brother of Dan Anbar
- Oct. 23 Lisa Ballo
Mother of David Ballo
- Oct. 24 Irene Gordon
Mother-in-Law of
Marge Gordon
- Oct. 24 Fred Goldman
Father of Ben Goldman
- Oct. 25 Ann Van Mourik Cory
Mother of Linda Emblen

Announced on Oct. 27 & 28

- Oct. 28 John Holloway
Husband of
Lenore Holloway
- Oct. 28 Sydney Paul
Mother of Jane Paul
- Oct. 29 Riva Levanon
Sister of Ahuva Simon Saar
- Oct. 29 Dora Schiffman
Mother of Bernice Fox
- Oct. 31 Berkeley Garrison
Grandson of Tish Levee
- Oct. 31 Irv Judd
Brother of Dennis Judd
- Nov. 1 Charles Cohen
Father of Eli Cohen
- Nov. 2 Anna Meyerfeld
Grandmother of
Patty Bernstein

Simcha Board Tree of Life

Honor thy mother...also thy aunt, uncle, cousin, child, best friend, teacher with an engraved leaf on our Simcha Board, commemorating any joyous occasion, bestowal of an honor, or cause for thanksgiving.

Leaf—\$360

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We also provide the opportunity for you to memorialize loved ones.

Yahrzeit Board

Plaque—\$450



Congregation Beth Ami

4676 MAYETTE AVENUE, SANTA ROSA, CA 95405

Address service requested

September and October Services and Holidays

September 1 - 2

Ki Tavo

Candle Lighting—7:23 pm

Havdalah—8:20 pm

10:00 pm Selichot

September 8 - 9

Nitzavim /Vayelech

Selichot

Candle Lighting—7:12 pm

Havdalah—8:09 pm

September 15 - 16

Rosh HaShanah Day 1

Candle Lighting—7:01 pm

Havdalah—7:58 pm

September 16 - 17

Rosh HaShanah Day 2

Candle Lighting—7:56 pm

Havdalah—8:03 pm

September 22 - 23

Haazinu, Shabbat Shuva

Candle Lighting—6:50 pm

Havdalah—7:46 pm

September 24 - 25

Yom Kippur

Candle Lighting—6:47 pm

Havdalah—7:43 pm

September 29 - 30

Erev Sukkot & day 1

Candle Lighting—6:39 pm

Havdalah—7:35 pm

October 1

Sukkot day 2

Havdalah—7:34 pm

October 6

Erev Shemini Atzeret, Shabbat

Candle Lighting—6:27 pm

October 7

Shabbat, Erev Simchat Torah

Candle Lighting—7:24 pm

October 8

Simchat Torah

Havdalah—7:22 pm

October 14 - 15

Beresbit

Candle Lighting—6:08 pm

Havdalah—7:05 pm

October 20 - 21

Noach

Candle Lighting—5:59 pm

Havdalah—6:57 pm

October 27 - 28

Lech Lecha

Candle Lighting—5:59 pm

Havdalah—6:57 pm

WISHING YOU A SWEET AND GOOD NEW YEAR



L'Shanah Tovah Tikatevu