



CONGREGATION
Beth Ami

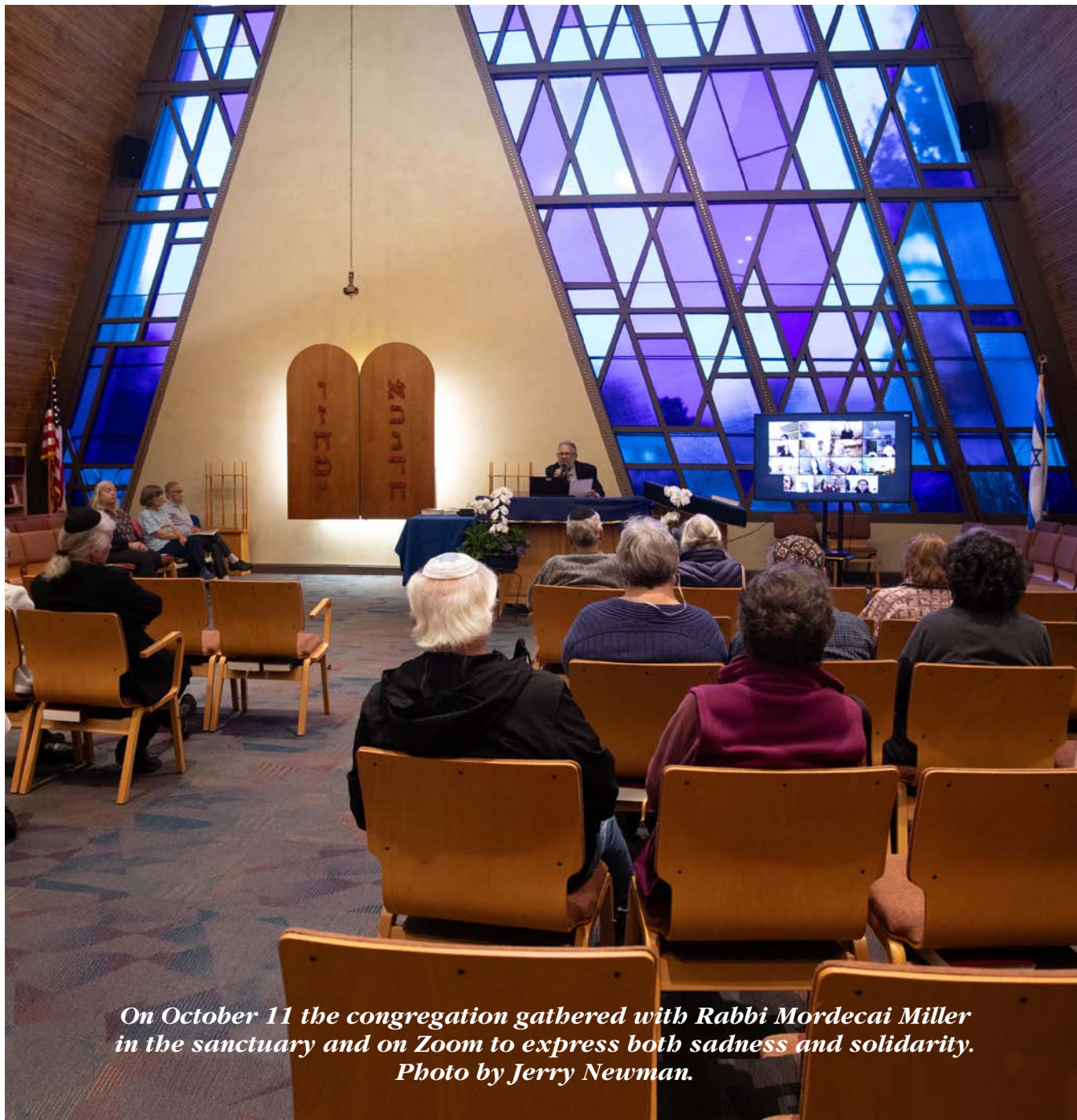
4676 MAYETTE AVENUE, SANTA ROSA, CALIFORNIA 95405

Shofar

707-360-3000

NOVEMBER/DECEMBER 2023

5784



*On October 11 the congregation gathered with Rabbi Mordecai Miller in the sanctuary and on Zoom to express both sadness and solidarity.
Photo by Jerry Newman.*

Congregation Beth Ami

4676 Mayette Avenue
Santa Rosa, CA 95405

Telephone 707/360-3000

Fax 707/360-3003

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

Rabbi Mordecai Miller

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rabbi@bethamisr.org

Elizabeth Jarlsberg, Office Manager

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Andrea Nett, Friedman Center Director

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director@friedmaneventcenter.com

Volunteers

Bonnie Boren, Gift Shop

707-528-1628

Leanne Schy, Communications/ Shofar

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

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707-953-2526

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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

5784/2023 Chanukah Message

As I sit down to write this, we are in the midst of the aftermath of the Hamas surprise attack on Israel this past October 8th. Simchat Torah, a day of rejoicing the completion of the annual cycle of weekly Torah readings, was turned into a day of tragedy and mourning.

As Israel considered how to react to the brutal attack, which emanated from Gaza, world opinion shifted from the murderous attack on innocent Israeli citizens, to the plight of the Palestinians living in Gaza who now face a crisis, loss of water and power, air strikes and a planned ground incursion. This has taken place as a reaction on the part of Israel in attempt to root out Hamas terrorism. To this point, there are still about two hundred Israeli hostages, taken by Hamas and whose condition and whereabouts are unknown.

How will Israel ultimately encounter and neutralize this situation? Will they be successful? Will Israel have to face an escalation of the current hostilities? Will world opinion gather momentum in favor of the Palestinians and against Israel? Is there any chance that peace can be restored?

At the point of this writing, all we have are questions.

In point of fact, we are witnessing the undisguised desire on the part of Hamas and their allies, not only in the destruction of the Jewish State, but the elimination of the Jewish people.

Perhaps the saddest element in this, is the fact that this nothing new! If anything, we might say that it's part of our DNA as a people.

Reaching all the way back into Biblical history, we read of how Ishmael made sport of his half-brother Isaac. Abraham had to banish him and Hagar, Ishmael's mother.

In the following generation, Esau was ready to murder his twin brother, Jacob. Jacob had to



escape to his mother's family in Mesopotamia. He wound up staying with his uncle Laban for twenty years, until he realized that he was at a point of being detested by Laban and his sons. When he escaped, Laban and his sons pursued him, and Laban himself, was ready to destroy him - had God not warned Laban in a dream not to harm Jacob.

All this, generations before Pharaoh enslaved the Hebrews.

Our history is full of examples of people trying to destroy us, all the way to the Nazi Holo-

caust and now, in our own times.

Yet despite all the hatred and hostility our people have faced over the millennia, our calendar is filled with moments of celebration; moments when we can thank our God, for all the miracles God performed (including the establishment of the modern State of Israel) throughout the ages and into our own times.

AM YISRAEL CHAI - THE PEOPLE OF ISRAEL LIVE!

***Perhaps
the saddest
element of this
is the fact that
this is
nothing new!***

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RABBI'S REMARKS

Continued...

At the darkest time of year, on Chanukah, we light candles in remembrance of the miracle of the small jug of oil that burned for eight days. That miracle comes to symbolize the ability of a small flame, with Divine assistance, to overcome great darkness... and, as I write these words, I pray that at the moment you read them, that small, persistent flame in the Holy

Temple, will once again cast its shining light on a dark moment in history.

May all your "Chanukahs" be illuminated with joy at the victory of light over darkness.

B'Shalom,

Mordecai Miller

Rabbi, Congregation Beth Ami, Santa Rosa

BETH AMI GIFT SHOP

Menorahs, colorful candles, latka servers, beeswax candle-making kits, Chanukah decorations and more.

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

Our Place in the World

Like many of us, I have been reading the news and trying to make sense of what is happening. Fifty years ago, when the Yom Kippur war broke out, I was preparing for my Bat Mitzvah ceremony. Every week, along with my studies and preparations, I was learning the history of the Jewish people and the current events in Israel. Because of my Jewish education and because I spent weekends visiting the poor Jewish sections of Miami Beach where many Holocaust survivors lived, I know we can't let atrocities happen again.

For those who have loved ones in Israel, the desire to be with them must be overwhelming. As a Jew living 7400 miles away, I can offer donations, good thoughts, prayers, a listening ear and try to support activities to end this war. I hope everyone as individuals is helping some way. The office has a full list of organizations that you can donate to and we will be doing fundraising as a community in their support in the coming month.

Meanwhile, at our evening Zoom minyan services, we have begun to say special prayers for the IDF, the hostages and those in anguish. We also have a Friday support and prayer circle that now meets at Beth Ami starting at 4:50 pm until 5:30 before the 6:00 pm Shabbat services. All are welcome to attend this in person only gathering. For more information call the office at 707-360-3000 or me.

I have been speaking to Jews experiencing antisemitism here in Sonoma county. Inevitably with the war, the subject of who is in the right and who is in the wrong come up in public situations. So how do we handle this? Stay in touch, stay connected, meditate, pray, be willing to listen and show kindness to others when they are having a difficult time. And make sure to stay informed and share that

information with Beth Ami leadership.

Beth Ami and our community needs to be a place of support and a place we can gather for those who need prayer, positivity and a safe place. Since mid-October we have taken extra safety measures and have more support from local law enforcement agencies, which I am in contact with regularly. As of October 25nd there are no credible threats in our area and it is strongly recommended by the Federation and all law enforcement agencies that we continue doing our normal activities. Nationwide, there has been an uptick in antisemitic activity on college campuses and vandalism which has thankfully not happened to us. We have just submitted a Security grant application to the California OES for more hardening and

protection as we will continue to have monthly Friday night dinners, holiday events, and more events in support of Israel and our community. See our weekly cybershul and periodic email messages for updates. And please feel free to contact me or Rabbi Miller if you need support.

On other shul topics, as we transition to new spiritual leadership this year, our Rabbinic search questionnaire has been entered to the Rabbinic Assembly's position web-site. The Rabbinic search committee's next steps include reviewing resumes and applicant CVs. And a special session of the board and the search committee on hiring practices with the Rabbinic Assembly will take place mid-November.

Before the rains begin, we continue to make repairs to the campus. Our HVAC systems have been repaired and painting has begun on the trim. Next up, we hope to have the painting of exterior shul slanted walls done and are get-



***Stay in touch,
stay connected,
meditate, pray.***

***Be willing to
listen and show
kindness to
others.***

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PRESIDENT'S PAGE

Continued...

ting our extra space readied for rental.

Plans are in the works for fundraising events starting with a special evening performance by Beth Hamon, songwriter and performer on Saturday December 9th. She also will be doing a song share with area musicians on the Thursday prior and attending services with us.

Our annual community Hanukkah party will be on Sunday December 10th in the afternoon. We'll also be doing a latke sale with part of the proceeds going to an Israeli charity. Finally, Rabbi Miller and I are actively working with other synagogues on a united county wide statement about the war. Other activities are in the works, such as the Beth Ami gathering that took place on Wednesday October 11th. There will be more expressions of support at Beth Ami and throughout Sonoma county. We will try to keep you informed as soon as we know.

May HaShem have compassion on all our brothers and sisters and upon us.

Kol tuv, Barb



EVENTS & ANNOUNCEMENTS

Mazeltov to the families of:

Julian Ballo Cliffe, grandson of Marge & Dave Ballo

Lula Mae Sommer, granddaughter of Marilyn & Rad Sommer

Wishing a Speedy Recovery to:

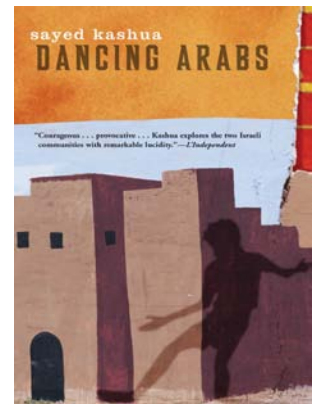
Michelle Baime	Lindsay Kvam
Debi Chapman	Tish Levee
Audrey Darby	Pnina Loeb
Richard Feldman	Ken Plattner
Bernice Fox	Carol Rosen
Miriyaam Gevartz	Etienne Sampiere
Anna Judd	Sandra Shulkin
Dennis Judd	

Beth Ami Book Group

Submitted by Linda

Emblen

Now we are reading DANCING ARABS by Sayed Kashua (fiction, 227 pgs, Hebrew, 2002; English translation, 2004.) This semi-autobiographical account of Arab Israeli life recounts the story of a Palestinian boy who wins a prestigious scholarship to a Jewish high school. Both Andy and Nancy Fleming read the book years ago and recommend it. As usual, we've borrowed 12 copies from the SF Jewish Community Library through their Book Club in a Box program. A few still available. Discussion will be **Sunday, November 19**, either at Beth Ami or, weather permitting, in my sukkah which is likely to remain standing until the end of the current Israel-Hamas conflict and beyond . . .



The same author, Sayed Kashua, also created the popular Israeli sitcom, ARAB LABOR, which features a friendship between Jewish and Palestinian Israeli young people and their adventures. **Special showing of the Arab Labor sitcom and interviews will be at CBA on November 8th 1 - 3:30 pm, and continue on Nov 15th and Nov 22nd at 1 pm in the Multi-purpose room. Please RSVP to the office. These events are free.**

In December our group, as well as Jewish people around the Bay Area, will be borrowing this year's One Bay One Book selection, Elizabeth Graver's novel, Kantika. We'll follow protagonist Rebecca Cohen's 20th century odyssey from Constantinople to Barcelona, Havana, and NY. Both in-person and virtual events related to the book's focus on Sephardic history and heritage will be held throughout the calendar year 5784. See pamphlets in our lobby or visit onebayonebook.com or write to leah@jewish-communitylibrary.org. All CBA members and friends are welcome to participate. Questions or comments to Linda (707) 544-4532.



EVENTS & ANNOUNCEMENTS

Continued...

A Special Chanukah Guest: Beth Hamon Returns December 7, 8, and 9

Beth Hamon is a creative force whose songs straddle the fuzzy line between Jewish and secular themes of justice, hope, renewal and love. Based in Portland, Oregon, she tours as an artist- and educator-in-residence and cantorial soloist at synagogues, community centers and coffeehouses across the country.

Musicians' Song Share: 7:30pm Thursday, December 7 at CBA, for Jewish musicians from throughout Sonoma County. Focused on the power of music to facilitate community and connection. RSVP a must! call Elizabeth: 707-360-3000. Free, donations welcome.

Kabbalat Shabbat Service 6:00pm December 8 in person and Zoom. Beth will lead the service with Rabbi Mordecai Miller

Havdalah Cafe: 7:00pm, December 9 at CBA; Ticket Donation purchased in advance by contacting our office \$20, at the door \$25.



Photo by Jerry Newman



EVENTS & ANNOUNCEMENTS

Continued...

Take-Out Latke Fundraiser

We will be making and selling the famed Beth Ami latkes as a fundraiser. Richard Kahn has spent decades refining his recipe and technique, and training his crew to produce the finest latkes known to man or woman.

They will come 10 to a package for \$15. A portion of the money we raise will go to Magen David Adom (first responders of Israel). Orders are due by Monday December 4th with pickup on Wednesday December 6th and Friday the 8th during office hours. Latkes come frozen and include heating instructions.



Chanukah Latke Dinner Sunday December 10 at 4:00 pm

Sunday December 10th is the fourth night of Chanukah, and we are happy to be continuing our traditional latke dinner.

4:00 - 4:30 schmooze, card/board games

4:30 a short service, and light candles (Bring your Chanukiah and 4 candles!) Followed by Latke (and salad) dinner served

5:30 - 6:30 Music and singing

RSVP to the Beth Ami office by Wednesday Dec. 6, or we won't have enough latkes! FREE but donations are accepted with gratitude.

The Social Action Committee is collecting non-perishable food for the Redwood Empire Food Bank, and winter items for the residents of the Palms. See page 10 for more information. They will have baskets for drop off.



Photo by Jerry Newman



ADVOCATES FOR SOCIAL JUSTICE

by Carol Swanson, Chair

Beth Ami's Reverse Tashlich beach cleanup



In September our committee sponsored a Tashlich activity just before the High Holy days. We joined thousands of people around the world in a waterfront cleanup effort on September 10, called Reverse Tashlich Tikkun Ha Yam. It was an organized effort to pick up trash on the beach. Instead of casting our “sins” into a body of water, we reversed the process and removed human “sins” during a cleanup. It was at Doran Beach Regional Park just south of Bodega Bay. After our hard work, we enjoyed food, conversation and friendship while we enjoyed the ocean view.

We plan on repeating the activity, perhaps at another location next year. We hope you will join us. You can find out more about Reverse Tashlich on the website, www.repairthesea.org. It is full of commentary on liturgy related to healing the earth and much more. It is a great website, well worth checking out.

We continue to follow developments of anti-semitism in ethnic studies curriculum, racism, the native American community and it's gains in land reparation, Hispanic labor issues, and other social inequities locally and around the world.

Looking forward to 2024, we have Shabbat dinner speakers that we are arranging and more activities in conjunction with other holidays. If any of this interests you, please come to one of our meetings or contact Carol

Swanson at swangirl@comcast.net. Our group meets every third Thursday of the month in the afternoon, usually at the CBA library.

Current members: Carol Swanson (Chair), Bonnie Boren, Betty Boyd, Myrna Morse, Ellen Mundell, Lyla Nathan, Rabbi Miller, Michelle Zygielbaum, Myra Thomas, Jerry Newman.





SOCIAL ACTION

by Lyla Nathan, Chair

A Difficult Time

Shalom all,

I am sure this continues to be a very difficult time for all of us as the war continues in Israel and Gaza. I imagine we are all having a hard time concentrating as we worry for the fate of the hostages, family and friends in Israel, the state of Israel and the Palestinians caught up in the fog of war. Such worrisome times.

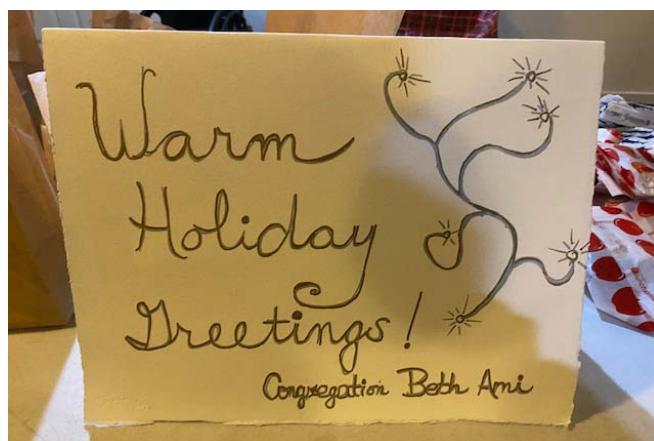
One of the ways to step back from this horror is to give. I am sure many of you have given to the war cause.

I am suggesting that we don't forget about those in need in our community. The lines of cars at the food bank distribution centers continue to grow. **The Chanukah Party is scheduled for Sunday, December 10 th. Please consider bringing non perishable food to the event.** Needed items are: peanut butter, canned tuna and chicken, beans, rice, pasta. There will be a bin from Redwood Empire Food Bank in foyer.

The Social Action Committee will be serving a festive holiday meal at The Palms on Wednesday, December 20th. We will also provide needed toiletries and specific warm clothes items.

Items needed:

Toiletries: toothpaste, tooth brushes, soap, shampoo, tampons, toilet paper etc



Clothing: new or slightly worn jackets, sweat-shirts and sweatpants, hats, gloves, scarves. It is a cold time so no summer or light clothing is needed. There will be bins in the foyer also. Thanks

The residents at the Palms are very appreciative of the generosity of Beth Ami. They know us and are always very happy to see us. We feel the same,

Thank you to everyone who supports the Social Action Committee. The synagogue's commitment to Tikun Olam is truly a mitzvah.

Please stay safe and take care, *Lyla Nathan*



THE KITCHEN CORNER

Janet Stein-Larson

(Myra Stern Thomas, Chair of the Kitchen Committee)

What's Happening in the CBA Kitchen?

Ahh, fall is here. The month-long holidays of reflections and celebrations are over.

The Rosh Hashanah Champagne Oneg, and the Shabbat/Rosh Hashanah First Day lunch was a success. We had more people than was expected (around 50). The Yom Kippur Break-the-fast Dinner worked out well, again we had more people than expected (around 60). We enjoyed Pizza in the Sukkah on Erev Sukkot, had a nice Shabbat /First Day of Sukkot lunch (but not in the Sukkah due to too much rain (I learned when it rains “enough to spoil your serving of soup” is when we don’t eat in the Sukkah). The Second Day lunch celebration in the Sukkah was smaller but nice. Simchat Torah was much more subdued but the Torah Cycle was still celebrated and all quietly enjoyed the ice cream social afterwards. We had many events during

a very important Holy Day Cycle. The organizers (RPC with the Kitchen Committee) and the many, many volunteers worked hard to put on these events (and more when you include coffee with nibbles in the morning for Rosh Hashanah, simple onegs after services, etc.), take them down and go on to the next one. Thank you one and all. These extras add to the specialness of the Holidays.

Our Shabbat lunches are becoming more of a potluck as more people bring to share. Whether you have contributed money, a side dish of your own making, (following our Food and Potluck Guidelines pamphlet), supplies of food for us to make a side dish, drinks, or even a bottle to toast the Shabbat in our Kiddish Club, we all get to enjoy it. Thank you!

Our regular **First Friday night Shabbat dinners** are restarting on November 3rd, with David serving salmon. Plans for events like Chanukah (first night is December 7th), other special events like fund raisers, or just for the fun of it are also in the works. Along with those come plans for making latkas and applesauce; foods we love to share; foods that make us feel good.

Food plays a very important part in comfort. We all have special foods that make us feel better. We have foods to comfort us when we are ill, foods that bring back good memories of family feasts or other special occasions, we also have foods to entice us to eat when we don't feel like eating. Whether you think of these as soul foods, comfort foods, or simply feel good foods, would you be surprised to learn that the Jewish tradition is full of them.

On the internet, I looked up lists of food that are important in the Jewish Cuisine. While I don't know how

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THE KITCHEN CORNER

Continued...

these choices were picked, some of them listed were served in my family and brought us comfort and warm memories; while other dishes came as a surprise to me. See if your favorites are among them.

From Wikipedia, **we have 3 sacred Jewish foods: Wine, Bread, and oil.**

According to the Noshers there are 9 standard Kosher Comfort Foods (<https://www.myjewishlearning.com/the-noshers/9-jewish-comfort-foods-to-make-right-now/>): 1. Chicken soup, 2. Babka, 3. Sambosek or other stuffed pastries, 4. Coffee Cake or Pound Cake, 5. Soft Pretzels, 6. Kugel, 7. Stuffed Cabbage, 8. Kubaneh, and 9. Rugelach.

From Spoon University, **The 10 Best Jewish Foods** Ranked are (<https://spoonuniversity.com/lifestyle/jewish-foods-the-10-best-ranked>): 1. bagels, 2. latkes, 3. Matzah Ball Soup, 4. Kugel, 5. Kasha Varnishkes, 6. Challah, 7. Rugelach, 8. Brisket, 9. Dill Pickles, and 10. Jewish

Style Artichoke.

Not to be outdone there are 18 Easy to Make Jewish Comfort Foods by the Jamie Geller Test Kitchens (<https://jamiiegeller.com/holidays/18-easy-to-make-jewish-comfort-food-recipes/>): 1. Cholent, 2. Yapehik, 3. Deli Roll, 4. Rugelach, 5. Schnitzel, 6. Matzah Ball Soup, 7. Pulled Brisket, 8. Babka, 9. Regular Brisket, 10. Apple Cake, 11. Chicken Soup with Kreplach, 12. Potato Knishes, 13. Kasha Varniskas, 14. Cheese Blintzes, 15. traditional chopped liver, 16. Kishke, 17. Mandelbroit, and 18. Sweet Kugel.

Having made some of these recipes myself, I



*Mandelboit by
Bonnie Boren*

can relate there is joy in preparing (by yourself or, even better, with the help of a few friends) and serving these dishes whether there are celebrations to be had, or comfort needed.

It is hard to have celebrations or gatherings when crises after crises happen, but even with

all of what is going on, we still need to keep going forward. We can help those who are involved. We can reach out and help each other get through this. We can listen. We can pray. We can comfort one another.

*Shalom,
—Janet
Stein-Larson*



*Challah by
Rabbi Miller*



ISRAEL COMMITTEE

*Dr. Eli Cohen, Chair,
Israel Committee*

Moral Clarity

You are reading this around Hanukkah time. That is when our people fought against the Seleucid Empire to rededicate the Temple. The pioneers in Israel, who fought to defend Jews against attacks, identified with the Maccabees.

But because of deadlines, I am writing it earlier as we read Genesis, parsha Bereshit. We learn that heaven and earth were dark before G-d created light and declared it good. We learn that Adam and Eve were exiled from Gan Eden upon understanding the difference between good and evil. We Jews sanctify light and good. But dark, evil forces have sought to destroy us throughout the ages.

Betty and I were supposed to be in Israel right now. We were forced to change our plans when Hamas invaded and launched at least 5,000 rockets and slaughtered over 1,300 of our people. Indeed, everything changed. No longer could the world believe that peace would be at hand if only Hamas had more land. The world now must believe what Hamas's charter says—kill all Jews everywhere. The world can no longer believe Hamas wants peace.

Despite that, the world doesn't seem to be listening. Like the serpent, some people lack moral clarity. This column focuses on the invasion's impact on us, Am Yisrael, our People Israel, the Jewish people. And it is about the world's reaction to evil.

On college campuses

worldwide, Jew-hating groups blame Israel for Hamas's inhumanity. In campus demonstrations, pro-Palestinian participants wear masks. Radical professors still teach that Israel is wicked. Even worse, college presidents do nothing. Despite Hamas's atrocities, some U.S. college administrators said little or equivocated. This is why so many Jewish students are afraid.

A notable exception is University of Florida President Ben Sasse. He wrote that some of his colleagues try to "blame the raped women, beheaded baby, or the murdered grandmother. In other grotesque cases, they express simple support for the terrorists. This thinking isn't just wrong; it's sickening. It's dehumanizing. It is beneath people called to educate our next generation of Americans."

Jew-hatred is not limited to college campuses or the far right. The Democratic Socialists of America (DSA) in New York City's Times Square blamed Israel for the attack. The group wrote that the events "are a direct result of Israel's apartheid regime."

But the lack of moral clarity is not limited to the U.S. The same is true in Europe and especially in Arab countries. Antisemitism is a real threat, and we should be worried -- not only for ourselves but also for our children and our children's children.

Eli Cohen, Beth Ami Israel Committee



Rally for Israel in San Francisco October 29

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ISRAEL COMMITTEE

Continued...

The J Jewish News of Northern California has compiled a list of some of the organizations raising funds and providing support to Israel.

FEDERATION

Jewish Community Federation and Endowment Fund. The S.F.-based Federation has opened an emergency fund and is working with the Israel Trauma Coalition, the American Jewish Joint Distribution Committee and Jewish Agency for Israel to support victims of terror, help rebuild damaged infrastructure and address trauma. jewishfed.org.

ISRAELI CONSULATE

The Consulate General of Israel to the Pacific Northwest has created a list of suggested organizations. linktr.ee/israelsf.

EMERGENCY SERVICES

Magen David Adom. Donations support paramedics, EMTs, first responders and first-aid providers in Israel. afmda.org.

United Hatzalah. Nonprofit, fully volunteer emergency medical service organization provides help throughout Israel free of charge. israelrescue.org.

ZAKA. This volunteer group provides medical aid and collects human remains in accordance with Jewish law. zakaworld.org.

HOSPITALS

Barzilai Medical Center. The Ashkelon hospital has been treating victims of attacks. bmc.gov.il.

Hadassah. The nonprofit's hospitals in Jerusalem have been treating victims of attacks and accepting donations for a crisis fund. hadassah.org.

Soroka Medical Center. The Beersheva hospital has created an emergency fund to acquire essential medical equipment. soroka.org.

MILITARY

Friends of the IDF. The group is authorized to provide for the welfare of soldiers in the Israel Defense Forces. fidf.org.

Nefesh B'Nefesh. This group helps "lone soldiers" whose families don't live in Israel or don't support them financially. nbn.org.il/israel-unity.

MENTAL HEALTH

ERAN: Emotional First Aid. A 24-hour crisis hotline for mental health emergencies. en.eran.org.il.

Israel Trauma Coalition. The organization and its member groups, especially ERAN and NATAL, have expanded their mental health crisis services. israeltraumacoalition.org/en.

NATAL: Israel Trauma Center for Victims of Terror and War. This Israeli organization offers mental health treat-

ment for PTSD and other trauma related to war and terror. natal.org.il/en.

COMMUNITY AID

American Friends of the Israel Association of Community Centers. The centers are helping families who cannot return home and children in need of care. afiacc.com.

Ben-Gurion University Resilience Fund. The Negev university is helping families directly impacted and reservists who have been called up, providing housing, food, child care, psychological support and more. americans-forbgu.org.

Hebrew Free Loan of San Francisco. The local nonprofit is offering interest-free loans of up to \$20,000 to members of the Northern California Jewish community who wish to support family or friends impacted by the war in Israel. hflasf.org.

IsraAID. This Israel-based group, known mainly for humanitarian work outside of Israel, is providing relief supplies and other support to communities affected by the war. israaid.org.

Jewish Family and Children's Services. The S.F.-based nonprofit has started an Israel Emergency Fund to assist families. jfccs.org.

Jewish National Fund-USA. The nonprofit's Israel Resilience Campaign is providing temporary housing for displaced residents, psychological treatment, day care and activities for children, and fire, rescue and security gear. jnf.org.

JGive. The Israeli tech-based nonprofit has launched a "national emergency fund to aid war victims." jgive.com.

New Israel Fund. The group has started an Emergency Safety Net campaign to care for vulnerable groups, offer trauma counseling, combat hate speech and misinformation, respond to rights violations and prevent violence in Israeli "mixed" cities with Jewish and Palestinian residents. nif.org.

UnXeatable. Pro-democracy protest group founded by Israeli expatriates in Silicon Valley is seeking volunteers to host Israelis who are stuck abroad, organizing Bring Them Home rallies for the hostages and highlighting organizations seeking donations. unxeatable.org/crisis.

Here is another opportunity to donate from a former Beth Ami Nursery School teacher:

The IDF has recruited in record time an unprecedented number of reservists and because of this they are lacking in equipment such as thermal clothing, t-shirts, headlamps, portable chargers and other necessities. We are working hand in hand with the heads of IDF units and other charitable organizations to assure that the funds raised reach the right hands in the most efficient way. We are a community of Israelis in Oregon whose families live this hell every day. Even the smallest amount will help.

With great respect, the Amos-Sela and Almog families. Please contact us to send donations at: dandoamos511@gmail.com For questions contact: Dan Amos: 1 (541) 631-8120 or Ayala Almog : 1(707) 439-6907.

Services at Beth Ami

We welcome you to join us for services. For additional information or to verify the times, call the office at (707) 360-3000. All Shabbat Services will be held on Zoom and in person. Masks are optional. Weekday and Kabbalat Shabbat services will be held on Zoom. See the Rabbi's Virtual Calendar each week for a link in the Cybershul For the Beth Ami website: www.bethamir.org.

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

November Services

November 3 Friday

4:30 pm. Mincha
5:30 pm. "Queen Maker" by India Edghill read by Rabbi Miller
6:00 pm. Service with Rabbi Miller in person and Zoom
6:45 pm **Shabbat Dinner featuring Klezmer Creek**

November 4 Saturday

9:30 am. Shabbat morning service with Rabbi Miller and congregants
6:00 pm. Mincha, Discussion, Ma'ariv
6:49 pm. Havdalah

November 10 Friday

3:30 pm. Mincha
5:30 pm. Novel: "Queen Maker"
6:00 pm. Sing in Shabbat with Leah Gerber and Rabbi Miller

November 11 Saturday

9:30 am. Shabbat morning service with Rabbi Miller
5:00 pm. Mincha, Discussion, Ma'ariv
5:45 pm. Havdalah

November 14 Tuesday

8:00 am. Rosh Chodesh Kislev

November 17 Friday

3:00 pm. Mincha
5:30 pm. Novel: "Queen Maker"
6:00 pm. Kabbalat Shabbat with Rabbi Miller

November 18 Saturday

9:30 am. Shabbat morning service with Rabbi Miller
4:50 pm. Mincha, Discussion, Ma'ariv
5:39 pm. Havdalah

November 24 Friday

3:00 pm. Mincha
6:00 pm. Sing in Shabbat with Leah Gerber

November 25 Saturday

9:30 am. Shabbat morning service lay led
4:45 pm. Mincha, Discussion, Ma'ariv
5:36 pm. Havdalah

December Services

December 1 Friday

3:00 pm. Mincha
5:30 pm. Novel: "Queen Maker"
6:00 pm. Service with Rabbi Miller in person and Zoom
6:45 pm **Shabbat Dinner**

December 2 Saturday

9:30 a.m. Shabbat morning service with Rabbi Miller
4:30 pm. Mincha, Discussion, Ma'ariv
5:34 pm. Havdalah

December 8 Friday

3:00 pm Mincha
5:30 pm. Novel: "Queen Maker"
6:00 pm. Kabbalat Shabbat with Rabbi Miller and Beth Hamon

December 9 Saturday

9:30 am. Shabbat morning service (Shabbat Chanukah) with Rabbi Mordecai Miller
4:30 pm. Mincha, Discussion, Ma'ariv
5:34 pm Havdalah

7:00 pm Cabaret Concert with Beth Hamon

December 10 Sunday Community Latke dinner

December 13 Wednesday

8:00 am. Rosh Chodesh Tevet

December 15 Friday

3:00 pm Mincha
5:30 pm. Novel: "Queen Maker"
6:00 pm. Sing in Shabbat with Leah Gerber and Rabbi Miller

December 16 Saturday

9:30 am. Shabbat morning service with Rabbi Miller
4:30 pm. Mincha, Discussion, Ma'ariv
5:36 pm Havdalah

December 22 Friday

3:00 pm Mincha
5:45 pm. Music
6:00 pm. Sing in Shabbat with Leah Gerber

December 23 Saturday

9:30 am. Shabbat morning service lay led
4:30 pm. Mincha, Discussion, Ma'ariv
5:39 pm Havdalah

December 29 Friday

3:00 pm Mincha
5:45 pm. Music
6:00 pm. Sing in Shabbat with Leah Gerber

December 30 Saturday

9:30 am. Shabbat morning service lay led
4:45 pm. Mincha, Discussion, Ma'ariv
5:43 pm Havdalah



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 the Ballos new grandson, Julian—*Adrea Moss*

Many thanks to all the rummage sale volunteers!
—*Anonymous*

In memory my mother, Helene Senzer —*Adrea Moss*

In honor of Phyllis Shapiro, an honorable woman
—*Anonymous*

In memory of Vivian Frye
—*Anonymous*

In memory of my father, George Barta
—*Ivan Barta*

In memory of Adele Kleiman
—*Mitch Kleiman*

Mazel Tov to Jane & Phil Dwight upon the marriage of daughter, Julia —*Anonymous*

In honor of the Ballos new grandchild
—*Arnold & Karen Herskovic*

In honor of the Ballos new grandson, Julian
—*Barbara McGee*

Toda Raba to Ruth & Brian Wilson for bringing Ziv Rubinovitz, speaker
—*Anonymous*

Mazeltov to the Sherman family on the birth of second grandchild, Theodore
—*Anonymous*

A generous donation
—*Elise Watkins*

A generous donation
—*David Brunstein*

In honor of Rita Kagan's good works —*Barbara McGee*

In honor of the birth of Julian Ballo Cliffe
—*Branagan Branagan*

In honor of the birth of Julian Ballo Cliffe. Mazel Tov on the birth of your first grandchild Love, —*The Sherman Family*

In honor of being called to the Bimah on the High Holidays
—*Ivan Barta*

In memory of the Yahrzeit of my mother, Phyllis Kaplan, and all my family in the Yizkor book —*Rhonda Rosenbach*

In honor of the Sommer family and Lula Mae, Mazel Tov!
—*Judy Watts*

A thoughtful donation
—*Kathryn Deatie*

A thoughtful donation
—*Leah Gerber*

In honor of Susanne Batzdorff's birthday
—*Marc & Patty Bernstein*

In honor of the birth of Julian Ballo Cliffe
—*Marc & Patty Bernstein*

In honor of the birth of Julian Ballo Cliffe —*Tish Levee*

In memory of Florence Metz —*her daughter Susan Bindman and family*

A generous donation
—*Rabbi Francine Roston*

A thoughtful donation
—*Susan Sipe*

General Fund: Shabbat Lunch

Many thanks to the mitzvah day volunteers!—*Anonymous*

A generous donation
—*Ivan Barta*

Rabbi's Discretionary Fund

In honor of Rabbi Miller
—*Paul Kaltenbach & Lindsay Kvam*

In honor of Edith Newman. She is the most beautiful woman at Rosh Hashanah
—*Paul Kaltenbach & Lindsay Kvam*

In honor of Rabbi Miller
—*Peggy LaPlante*

In memory of Maurice Jones
—*Gayle Athanacio*

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. 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.

**SJ'S
HANDYMAAM
SERVICES**

SJ Stoelting

SJtheHandymaam@gmail.com
707-596-8117

Ben Goldman

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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



November Yahrzeits

Secular dates correspond to Hebrew date of death.

Observance of yahrzeit begins at sundown the previous day.

All yahrzeits observed at Beth Ami.

Announced on Nov. 3 & 4

- Nov. 4 Max Malk
Father of Phyllis Shapiro
- Nov. 4 Benjamin Weiss
Son of Dan &
Elizabeth Weiss
- Nov. 6 Frieda Leah Kahn
Grandmother of
Richard Kahn
- Nov. 7 Norman Schloner
Brother of Carol Swanson
- Nov. 8 Belle Rosen
Mother of Mark Rosen
- Nov. 9 Harold Zeamans
Grandfather of
Judith Helman
- Nov. 9 Sam Cohen
Grandfather of
David Brunstein
- Nov. 10 Hans Biberstein
Father of
Susanne Batzdorff

Announced on Nov. 10 & 11

- Nov. 11 Samuel Cooper
Father of Bob Cooper
- Nov. 11 Helen Margoless
Mother of
Michelle Zygielbaum
- Nov. 14 Moshe Tzaig
Husband of
Branagan Branagan
- Nov. 14 Francis Dickerson
Father of Sarah Kauffman
- Nov. 15 Florence Goodman
Mother of
Andrea Goodman
- Nov. 16 John Metz
Friend of
Janet Stein-Larson
- Nov. 17 Jay Holloway
Son of Lenore Holloway
- Nov. 17 Israel David Brunstein
Grandfather of
David Brunstein

Announced on Nov. 17 & 18

- Nov. 20 Marcella Liverman
Aunt of Marc Bernstein
- Nov. 20 Gideon Rosenbach
Grandson of
Rhonda Rosenbach
- Nov. 21 Gaye Spiegelman
Aunt of Ronit Glickman
- Nov. 21 David, Mark &
Sylvia Spiegelman
Cousins of Ronit Glickman
- Nov. 22 Rudolph Kupfer
Father of Judy Kupfer
- Nov. 23 Joe Goldberg
Father of Richard Goldberg

Announced on Nov. 24 & 25

- Nov. 25 Miriam Malk
Mother of Phyllis Shapiro
- Nov. 26 Diana Connors Schilling
Sister of Tish Levee
- Nov. 26 Rose Schneider
Mother of
Evelyn Gurevitch
- Nov. 27 Jacob Goldman
Father of Ethel Schy
- Nov. 29 Raymond Nett
Father of Stephen Nett
- Nov. 29 Abraham Schwaber
Father of Fredrika Gross
- Dec. 1 Joel Jones
Uncle of Ross Jones
- Dec. 1 George Kaplan
Father of
Rhonda Rosenbach

November Birthdays

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

- 1 Jerry Newman
6 Janice Sternfeld
7 Elizabeth Cooper
9 Vivian Klein
12 Brian Wilson
12 Ruth Wilson
13 Jane Rogan
19 Joseph Minuskin
23 Claire Miller
26 Nancy Fleming
27 Carolyn Orlik
28 Dr. Russ Gurevitch

November Anniversaries

- 16 Leanne Schy &
Mark Stoelting
21 Ethel & Stu Schy
23 Betty Boyd & Eli Cohen

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

Small Stone—\$1000

Large Stone—\$2500

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

Yahrzeit Board

Plaque—\$450



December Yahrzeits

Secular dates correspond to Hebrew date of death.

Observance of yahrzeit begins at sundown the previous day.

All yahrzeits observed at Beth Ami.

Announced on Dec. 1 & 2

- Dec. 5 Anna Barta
Mother of Ivan Barta
- Dec. 6 Elsa Ballo
Grandmother of
David Ballo
- Dec. 8 Noah Minuskin
Father of Joseph Minuskin

Announced on Dec. 8 & 9

- Dec. 9 Mary Minuskin
Mother of Joseph Minuskin
- Dec. 12 Jack Guttenberg
Father of
Michelle Guttenberg
- Dec. 12 Leo Schweitzer
Father of Blair Pleasant
- Dec. 13 Olive Cordill
Mother of Kim Cordell
- Dec. 13 Joseph Schussheim
Father of Karen Herskovic
- Dec. 13 Max Stein
Father of
Janet Stein-Larson
- Dec. 14 Mildred Brunstein
Aunt of David Brunstein
- Dec. 15 Natan Kahn
Grandfather of
Richard Kahn

Announced on Dec. 15 & 16

- Dec. 19 Harold Boren
Father of Bonnie Boren
- Dec. 19 Carol Cohn
Mother of Henry Cohn
- Dec. 19 Gertrude German
Mother of Ellen Mundell
- Dec. 19 Evelyn Schwaber
Mother of Fredrika Gross
- Dec. 20 Rachel Cohen
Mother of Eli Cohen
- Dec. 20 David Kerben
Husband of Claire Miller
- Dec. 21 Joseph Schafer
Father of Linda Emblen
- Dec. 22 Benjamin Strudler
Nephew of Susan Miller

Announced on Dec. 22 & 23

- Dec. 23 Carole Glover
Mother of Tamar Landau
- Dec. 23 Sherri Kahn
Wife of David Kahn
- Dec. 28 William Friedman
Grandfather of
Joslyn Metzger
- Dec. 29 Robert Deal
Brother of
Barbara Whitaker
- Dec. 29 Jack Schiffman
Father of Bernice Fox

Announced on Dec. 29 & 30

- Dec. 30 Bea Kaplan
Grandmother of
Michelle Zygielbaum
- Dec. 30 Dr. Raymond Kauffman
Father of
Raphael Kauffman
- Dec. 31 Elaine Robinson
Mother of Myrna Morse
- Jan. 1 Dean Fleming
Father of Andy Fleming
- Jan. 1 Mordachai Ben Hershel
Brother of
Evelyn Gurevitch
- Jan. 2 Gladys Baba
Mother of William Cordell
- Jan. 2 Avraham Sapojnikov
Father of
Ahuva Simon-Saar
- Jan. 3 Rosa Newman
Mother-in-law of
Edith Newman
and Grandmother of
Carol & Michael Newman

December Birthdays

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

- 1 Susan Brown
- 1 David Brunstein
- 7 Debra Sokolsky
- 10 Ronit Glickman
- 12 Etienne Sampiere
- 13 Eleanor Cohen
- 15 Debra Chapman
- 18 Melvin Decker
- 19 Dan Pleasant
- 23 David Sokolsky
- 27 Fredrika Gross
- 27 Lindsay Kvam
- 29 Marilyn Sommer

December Anniversaries

- 5 Suzie & Bill Friedman
- 7 Connie & Ben Goldman
- 9 Marina & Iosif Voulfson
- 16 Elizabeth &
Graham Cooper



Congregation Beth Ami

4676 MAYETTE AVENUE, SANTA ROSA, CA 95405

Address service requested

November and December Candlelighting

November 3 - 4

Vayera

Candle Lighting—5:51 pm

Havdalah—6:49 pm

November 10 - 11

Chayei Sara,

Mevarchim Chodesh Kislev

Candle Lighting—4:44 pm

Havdalah—5:43 pm

November 17 - 18

Toldot

Candle Lighting—4:39 pm

Havdalah—5:39 pm

November 24 - 25

Vayetzei

Candle Lighting—4:35 pm

Havdalah—5:36 pm

December 1 - 2

Vayishlach

Candle Lighting—4:33 pm

Havdalah—5:34 pm

December 7

*First Chanukah Candle
at dusk*

December 8 - 9

*Second Chanukah Candle
before Shabbat candles*

Vayeshev

Candle Lighting—4:32 pm

Havdalah—5:34 pm

*Third Chanukah Candle after
Havdalah*

December 10

*Fourth Chanukah Candle at
dusk*

December 11

*Fifth Chanukah Candle at
dusk*

December 12

*Sixth Chanukah Candle at
dusk*

December 13

*Seventh Chanukah Candle at
dusk*

December 14

*Eighth Chanukah Candle at
dusk*

December 15 - 16

Miketz

Candle Lighting—4:33 pm

Havdalah—5:36 pm

December 22 - 23

Vayigash

Candle Lighting—4:36 pm

Havdalah—5:39 pm

December 29 - 30

Vayechi

Candle Lighting—4:41 pm

Havdalah—5:43 pm