



CONGREGATION  
Beth Ami

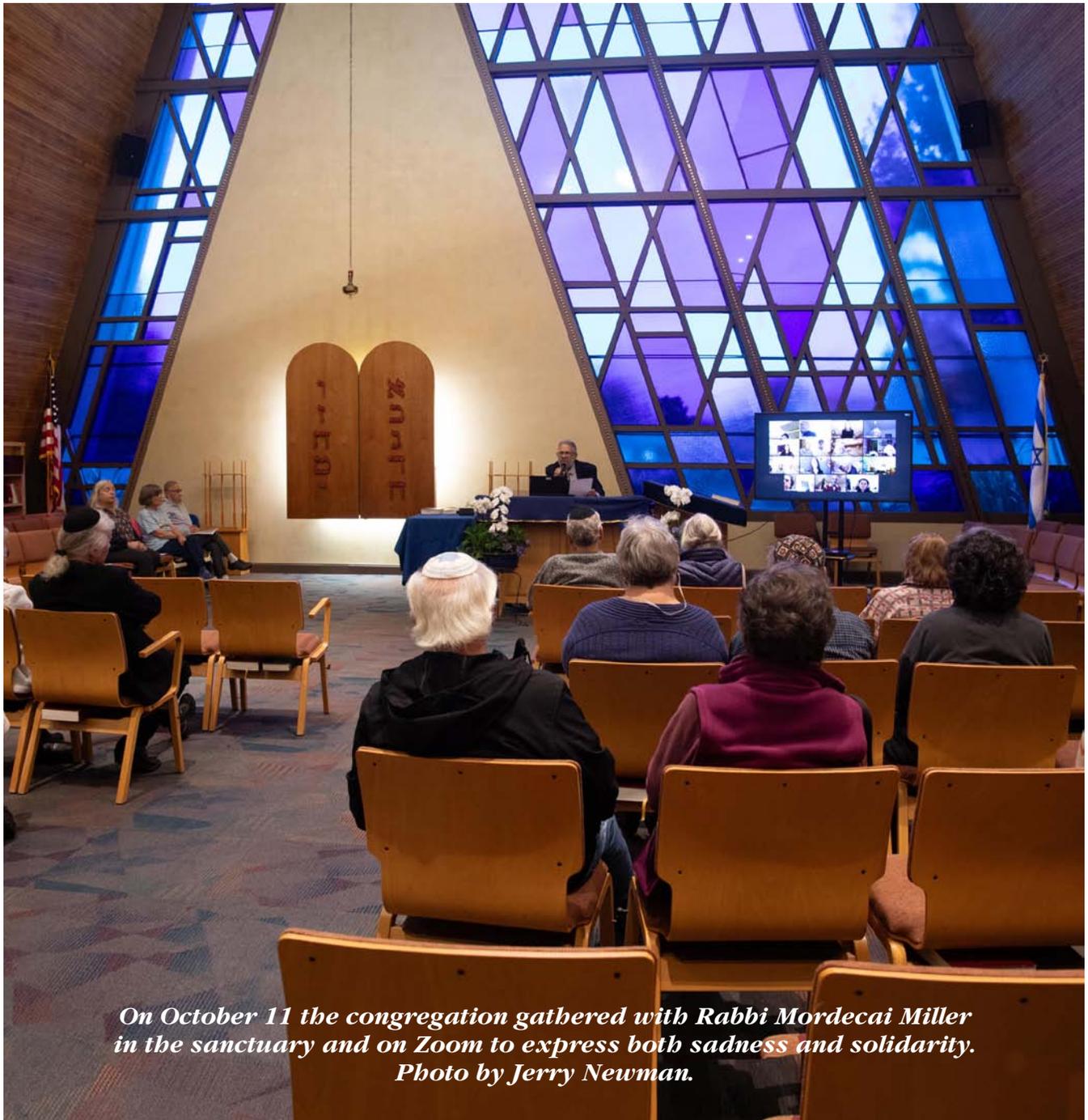
Shofar

4676 MAYETTE AVENUE, SANTA ROSA, CALIFORNIA 95405

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](mailto:bonniegboren@gmail.com) for special gift shop assistance. Appointments are appreciated, as are masks.



Please “like” us at [facebook.com/CongregationBethAmi](https://facebook.com/CongregationBethAmi)

### Personnel

#### Rabbi Mordecai Miller

707-889-6905  
[rabbi@bethamisr.org](mailto:rabbi@bethamisr.org)

#### Elizabeth Jarlsberg, Office Manager

707-360-3000  
[office@bethamisr.org](mailto:office@bethamisr.org)

#### Andrea Nett, Friedman Center Director

707-360-3021  
[director@friedmaneventcenter.com](mailto:director@friedmaneventcenter.com)

### Volunteers

#### Bonnie Boren, Gift Shop

707-528-1628

#### Leanne Schy, Communications/ Shofar

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

### Officers & Board of Directors, 2023–24

**Barbara McGee, President**  
707-953-2526

**Betty Boyd, Treasurer**  
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**Patti Gregg, Secretary**  
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**David Ballo,  
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**Richard Kahn,  
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**Myrna Morse,  
VP Administration**  
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**David Kahn,  
VP of  
Fundraising**  
707-836-9074

### Members at Large

**Myra Stern-Thomas**  
707-287-0786

**Bob Cooper**  
707-337-6244

**Leanne Schy**  
707-528-4874

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!

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



## 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  
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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

Debi Chapman

Audrey Darby

Richard Feldman

Bernice Fox

Miriyaam Gevartz

Anna Judd

Dennis Judd

Lindsay Kvam

Tish Levee

Pnina Loeb

Ken Plattner

Carol Rosen

Etienne Sampiere

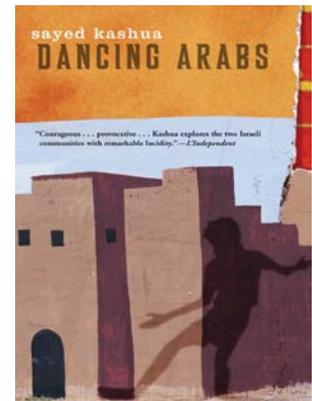
Sandra Shulkin

## 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](http://onebayonebook.com) or write to [leah@jewishcommunitylibrary.org](mailto:leah@jewishcommunitylibrary.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](http://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](mailto: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.



*Mandelboit by Bonnie Boren*

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

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](http://jewishfed.org).

### ISRAELI CONSULATE

The Consulate General of Israel to the Pacific Northwest has created a list of suggested organizations. [linktr.ee/israelsf](http://linktr.ee/israelsf).

### EMERGENCY SERVICES

Magen David Adom. Donations support paramedics, EMTs, first responders and first-aid providers in Israel. [afmda.org](http://afmda.org).

United Hatzalah. Nonprofit, fully volunteer emergency medical service organization provides help throughout Israel free of charge. [israelrescue.org](http://israelrescue.org).

ZAKA. This volunteer group provides medical aid and collects human remains in accordance with Jewish law. [zakaworld.org](http://zakaworld.org).

### HOSPITALS

Barzilai Medical Center. The Ashkelon hospital has been treating victims of attacks. [bmc.gov.il](http://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](http://hadassah.org).

Soroka Medical Center. The Beersheva hospital has created an emergency fund to acquire essential medical equipment. [soroka.org](http://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](http://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](http://nbn.org.il/israel-unity).

### MENTAL HEALTH

ERAN: Emotional First Aid. A 24-hour crisis hotline for mental health emergencies. [en.eran.org.il](http://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](http://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](http://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](http://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. [americansforbgu.org](http://americansforbgu.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](http://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](http://israaid.org).

Jewish Family and Children's Services. The S.F.-based nonprofit has started an Israel Emergency Fund to assist families. [jfcs.org](http://jfcs.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](http://jnf.org).

JGive. The Israeli tech-based nonprofit has launched a "national emergency fund to aid war victims." [jgive.com](http://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](http://nif.org)

UnXeptable. 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. [unxeptable.org/crisis](http://unxeptable.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](mailto: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.bethamisr.org](http://www.bethamisr.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  
HANDYMA'AM  
SERVICES**

**SJ Stoelting**  
SJtheHandyMaam@gmail.com  
707-596-8117

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## SENIOR MOVEMENTS

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Improve Your Activities  
of Daily Living

For Active Adults and those with  
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Instability, Stroke and Cancer

**Jeffrey Sternfeld**

AFSA Certified Senior Personal Trainer  
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



## 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 Margoese  
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