

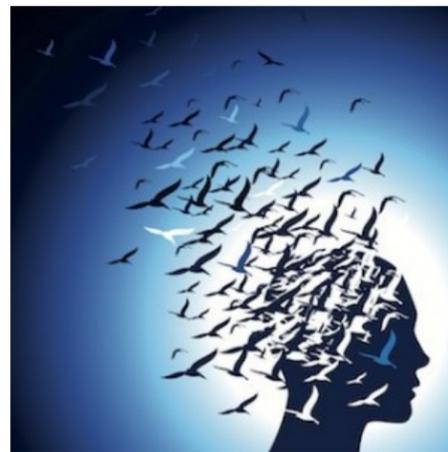
BETH ISRAEL JUDEA BULLETIN

Celebrating

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Who are pictured above? Do they represent Purim or Passover?
Join us March 4 for Purim and April 4 for Passover to find out!
See pages 7 & 9 for more information.



Mindfulness Meditation, Friday Mornings.
See page 4 for more information.



The Hunger Project
has launched!
See page 12 for
more information.

BIJ - Your Community for Life

WELCOME TO BIJ

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The BIJ Bulletin

The BIJ Bulletin is published in January, March, May, July, September and November each year by Congregation Beth Israel Judea. Original articles and reviews are appreciated, but we cannot guarantee publication. Submit ideas by email to: rgoodman@bij.org in simple Microsoft Word format or in the body of your email. **Deadline** for the upcoming May/June issue is: **Wednesday, April 1** (no fooling).

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Mission Statement

Congregation Beth Israel Judea is a center for progressive, egalitarian Judaism located in southwest San Francisco. Our multigenerational, participatory community welcomes all Jews and interfaith families along with their partners and friends. We value celebrations of the spirit, Jewish culture, our children’s education, and life-long learning, music, social justice and Tikkun Olam.



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Office Hours

CLOSED Mondays

Tuesday, Wednesday, Thursday: 10 AM to 5 PM

Friday: 10 AM to 3 PM

HOLIDAY OFFICE CLOSURES

Friday, April 3: Closes at noon for Passover

BOARD OF TRUSTEES

From the President

By Joshua Goodman



Fellow members of BIJ:

I had an interesting experience in January I would like to share with you. I suspect there are important lessons to draw from it. I went with my family to New York for the Bar Mitzvah of my nephew, Cole. The interesting lessons did not concern

the 20 degree weather, snow, wind and all-around cold. We already knew the answer to that lesson - move to California. What has occupied my thinking is the fact that this Bar Mitzvah was an Orthodox service complete with a *mechizab* (separating men and women) at Chabad.

What makes this particularly surprising is that my brother-in-law was raised only occasionally attending a classical Reform temple in Los Angeles (they were all classical Reform in those days) in which men and women not only sat together but Hebrew, tallitot and kipot were rare occurrences. His older son's Bar Mitzvah several years ago was at a Reform congregation in New York.

So why the change? When I spoke to my brother and sister-in-law about their decision, they both talked about how Chabad was more flexible, open and accommodating than the Reform temple they previously attended. If a child did not engage with the religious or Hebrew instruction at their previous temple, the response seemed to be that it was up to the parents to fix the problem. Chabad took a different approach and worked with the parents and the child to make the instruction as effective as possible for each child. (Some of this may be an issue of a large institution versus a small one. I have seen a very rigid choreography for b'nai mitzvah at large synagogues, without any latitude to customize the service for a given child or family.) They also liked the Chabad Rabbi. Even though he was from a different world, complete with long beard and black hat, he was a storyteller who was able to connect with both the parents and children of non-Orthodox families.

Still, an Orthodox service? A *mechizab*? So you can imagine how intrigued I was to attend this Bar Mitzvah. The first thing I noticed was how relaxed and informal it was. Yes there was a solid barrier between men and women, and yes, the Torah was on the men's side, not even visible to the women, but nobody, including the Rabbi, seemed to make a big deal over this. Some of the women did walk to the back and to the Torah side to watch as the Rabbi *leyned*, and nobody said anything. In fact, I saw quite a few minor

transgressions (like a child talking on a cell phone in shul on Shabbat); nobody said anything. It was not a congregation of "shushers," and that made everyone feel comfortable.

The Rabbi was a good storyteller and both during and after the service, was very open to dialogue and questioning. Not surprisingly, it was my son Eli who challenged the Rabbi to explain the reason for the separation of men and women during services. The Rabbi patiently gave the explanation he could "while standing on one foot." Though ultimately not convincing, it was a serious and open attempt to answer a serious question. The Rabbi was not in the least dismissive nor did he expect Eli to accept the explanation. His answer made me want to talk to him more, not less.

I suppose the lessons for us are obvious. One lesson is to make the experiences people have at BIJ more enriching and meaningful to them. Actually, I think we do a pretty good job of this. Many of the programs and events at BIJ are either member inspired or at least guided by what our members want. The Lunch and Learn program is an example of a program designed to meet the desires and schedules of a group of our members. We also work with b'nai mitzvah families to customize the experience and adapt it to interfaith families so it is meaningful for the entire family. Another lesson is to make BIJ a relaxed and inviting place that does not put off people with unnecessary formality. Again, I think we get high marks for this. I have had members tell me that we are not a congregation of "shushers" and anyone who has attended Saturday morning services will experience a level of informality that makes people feel comfortable. In general, we prefer our services and events to be participatory and not something people come to watch. A third lesson is that people respond to an open dialogue and to an opportunity to learn. Whether the subject is the State of Israel or the structure of the Shabbat morning service, people want to ask questions and to receive honest and thought provoking answers. The synagogue is not about imparting information but about leading an exploration in which its members are full participants.

Perhaps the biggest lesson is that whether the Rabbi wears a black hat and insists on the separation of men and women during prayer is less important than the intangible things that attract people and make the community a meaningful and enriching focus of Jewish life.

L'Shalom,

Joshua Goodman

President, Board of Trustees

FROM THE RABBI'S STUDY

Listen to the Silence—The Torah of the Moment By Rabbi Danny Gottlieb



Said Rabbi Abbahu in the name of Rabbi Yochanan: “When the Holy One gave the Torah, no bird screeched, no fowl flew, no ox bellowed, none of the Ophanim (angels) flapped a wing, nor did the Seraphim (burning celestial beings) chant: Kadosh Kadosh Kadosh (Holy, Holy, Holy!). The sea did not roar, and none of the creatures uttered a sound. Throughout the entire world there was only a deafening silence as the Divine Voice went forth speaking: Anochi Adonai Elohecha (I am the Lord your G-d).” (Midrash Exodus Raba 29:9).

My colleague, Rabbi Tirzah Firestone, writes:

The silence that is being described here is so much more than just an absence of life’s cacophony! This silence has substance and life force, something like a river that continuously flows, its lovely sound covered over by the world’s complexity. Once we get started on the path of mindfulness, we realize that the noise of life will never stop. It is constant and endlessly seductive, irresistibly inviting us to jump in, take part, play, make change and create, learn and express.

~[Good Noticing](#), Zena Schulman, ed., p.35

Silence offers rare gifts—rest from the noise of life, and renewal and strength for our spirit. It is, however, not easy to find. Between the radio, TV, traffic, computers, smartphones, neighbors, pets, children, meetings and conversations, there is precious little silence in our daily lives, and even that silence is momentary and often interrupted. Seldom is it sustained.

...the soul needs silence as the body needs sleep. Sleep to refresh; silence to cleanse. Sleep to dream; silence to awaken the deeply real. The Talmud points to this in saying, ‘There is no better medicine than silence.’ In Jewish tradition, wisdom consists in penetrating the superficial layers of reality to perceive the essence of things, and I have found that silence is essential to making that happen. Rabbi Sh’lomo ibn Gavirol says, ‘In seeking wisdom the first step is silence.’ As Rabbi Akiva has told us, silence erects a protective fence around the wisdom you already possess.

~[Everyday Holiness](#), Alan Morinis, p.144

Mindfulness meditation is a spiritual practice that allows us to create for ourselves an extended period of silence, in which to focus on our inner self without the distractions of life’s constant noise. It is a gift that we can give to ourselves, for getting in touch with our inner self and strengthening our spirit.

With this in mind, I invite you to join me for the first of what I hope will be **regular weekly Mindfulness Meditation gatherings**. We will be meeting from 8:30-9:00AM on Friday mornings, beginning March 6, in the Fireside Room, allowing time

to sit together quietly in silent Jewish practice, before heading off to our work or daily routine. This is a flexible work-in-progress, welcoming suggestions and open to evolving.

This Mindfulness Meditation will be a joint effort of all of our collaboration communities: BIJ, Or Shalom, Ner Tamid and B’nai Emunah. Seasoned practitioners as well as those completely new to meditation practice are welcome. (There will be some instruction for beginners.)

If you have questions or need more information, please call me at the Temple office, or call Allan Pleaner at 415-218-4653.

The gift of mindfulness meditation is that it helps us remember that unobtrusive river flowing like a base line at our feet. The silence is also constant. It gives and gives and endlessly delivers nourishment. This has been called the Torah of the moment.

~[Good Noticing](#), Zena Schulman, ed., p.36

Please join me in creating and embracing the silence of the “Torah of the Moment.”

***** ***** *****

And join me for these additional events in March and April...

Rabbi Uri Regev

On Tuesday evening, March 3, we are hosting Rabbi Uri Regev, a well-known advocate for peace, pluralism and democracy in Israel. His topic is “The Unique Challenge of Being Both a Jewish State and a Democracy”. He is the founding director of the Reform Movement’s Israel Religious Action Center and a past-president of the World Union for Progressive Judaism. He speaks with candor and wisdom and there will be much to learn from his presentation.

Purim

The 15th of Adar is Purim, and again this year we will be celebrating with our friends from Or Shalom, B’nai Emunah and Ner Tamid. Wednesday evening, March 4 is the Megillah Reading and Purim Shpiel here at BIJ, with a children’s Purim Carnival on Sunday, March 8 at B’nai Emunah. I look forward to celebrating with you.

Pesach Community Seder

Saturday, April 4 is our annual 2nd night Community Seder. Please join us as David Morgenstern, Ricki Weintraub, and I lead the seder. It promises to be, once again, a joyful celebration of our exodus from Egypt and our journey to freedom. The Community Seder is also a great opportunity to bring your family and friends and introduce them to our congregation. All are welcome.

The months ahead are filled with an abundance of varied activities...celebrations, learning, introspection and observance. I look forward to sharing them with you.

Shalom, *Rabbi Danny Gottlieb*

THE CANTOR'S VOICE

The Always Holy and Sometimes Confusing Names for the Almighty By Cantorial Soloist David Morgenstern

When teaching our Bar and Bat Mitzvah students the chanting of their portions from the Torah, I remind them that our Jewish tradition asks us to read a word of Torah and then to chant that word. For me (and I would add, for them), this practice is a lucky one, since other religious traditions focus on rote memorization of long chapters of text. Of course, Torah scholars often learn lots of Tanakh, Hebrew Bible, by heart. But that's a byproduct of their studies. While we must learn the correct pronunciation and musical tropes for the words, when we chant from Torah or lead prayers in services, we get to have the words in front of us. Hallelujah!

Still, when chanting in their weekly lessons, it's inevitable that the kids will encounter difficulties with the text. But who would think that a sticky problem might occur when reading *Adonai*, the ineffable name of the Holy One of All Blessing. Why, you ask? The problem isn't that the students aren't reading the Hebrew letters and vowels correctly. Rather, it's that they're often reading them *too* correctly.

It's not unreasonable that problems might crop up with the mysterious unpronounceable name of God, what is called the Tetragrammaton in Greek, a word meaning *four-letter word*. The letters *Yud-Hei-Vav-Hei*, comprise one of the primary names for God in the Tanakh. Yet, Jews don't pronounce it. Instead, when we read this name, we substitute the word "*Adonai*," meaning "My Lord." We don't even know what the correct pronunciation was, even though the Talmud recalls times when it was pronounced. The Tetragrammaton occurs many thousands of times in Tanakh, but there's even little agreement on exact counting: 5,989 times according to the 1906 Jewish Encyclopedia online, but in the Jewish Publication Society's Guide to Jewish Traditions, it's 6,823 times. Either way, we can see that our tradition often asks us to read a word and say a *different* word.

Still, what confuses the students isn't the Tetragrammaton as such. When the Name is written without vowels, it's not too difficult to identify. Nor when it's abbreviated into two letters, Yud-yud. But often, the Tetragrammaton is written with vowels, as if it's an ordinary word that we're supposed to pronounce. I mean there are vowels, right? It appears as if the editor of the Tikkun is giving the reader clues as to the pronunciation of the Holy Name, even though it's unpronounceable! One might think that this practice would be unnecessary, since we will always substitute "Adonai."

However, it happens that there are a few

hundred times in Tanakh where the word "Adonai" is spelled out in the text and then followed by the Tetragrammaton. Since repeating the word "Adonai" twice in a row doesn't make sense, "My Lord-My Lord," we instead say, "*Adonai Elohim*," meaning "My Lord, God." (see the image in the middle of this page). In this case, the editors place the vowels of the word Elohim under the Tetragrammaton. Other times, I assume they add the vowels



The phrase Adonai Adonai, with the vowels for Elohim underneath the Tetragrammaton.

under the Tetragrammaton just to remind us of the millennia-old tradition that certainly we wouldn't forget. Just in case... (Some of you will likely point out that on Festivals and High Holy Days we chant in three-fold repetition *The 13 Attributes of God* blessing, which starts with the very words: "Adonai, Adonai!" However, the tradition says the repetition of the Tetragrammaton in this case is okay, separated by commas and they don't

modify each other.)

Many of you have heard of my addiction to antiques and collectables. I recently purchased an edition of the *Siddur Tefilat Yeshtarim*, a Sephardic prayer book, printed in Jerusalem some time between the 1920s and 1947. The publisher was Saleh Mansour on Machane Yehuda. I've discovered that the origin of this prayer book is from Bagdadi Kabbalists in the mid-1700s. The siddur's printing reveals an interesting handling of the Tetragrammaton. As you can see below, the top of the letter *Hei* is elongated and underneath we find printed a tiny Adonai. The vowels for Adonai are shown. It's also followed by another word in superscript, which may mean "The Proper Royal Lord God." I'm unsure about this translation and still researching.

Friends: May each day lead us to more wisdom, more creativity, more holiness, more peace, and closer to the Holy One of Blessing.

B'racha (with blessing),

David Morgenstern



Shema from the *Siddur Tefilat Yeshtarim*. The letters *Ayin* and *Dalet* in the first and last letters of the Shema are large, just as they are written in the Torah.

ADULT EDUCATION

Belated Tu B'Shvat Tree Planting

March 1, 11:45 AM

Due to the very rainy day in February when we tried to plant a tree for Tu B'Shvat, we have rescheduled our tree planting. Join BIJ, Or Shalom and B'nai Emunah as we plant a fig tree to be enjoyed for years to come.

Rabbi Uri Regev

The Unique Challenge of Israel Being Both a Jewish State and a Democracy

March 3, 7:00-8:30 PM

Rabbi Uri Regev, attorney at law, is founding president of *Hiddush*. Previously he founded and led the Israel Religious Action Center and later served as President of the World Union for Progressive Judaism. He led and argued legal cases to historic victories before the Israeli Supreme Court regarding "Who is a Jew," equitable funding for Reform and Conservative institutions and representation on Israeli religious councils, as well as for the rights of Sabbath-observant Jews. He appears frequently on Israeli radio and television and internationally in print and social media.

HIDDUSH—Freedom of Religion in Israel, Inc. is a non-denominational and non-partisan Diaspora-Israel partnership rooted in the commitment to, and deep love for, Israel, and the belief that realizing the promise of religious freedom and equality will strengthen Israel as a democracy and a Jewish state, as well as the relationship between Israel and World Jewry, especially that of the next generation.



Current World Affairs

March 3 & April 7, 10:30 AM



Join us for stimulating discussion, vigorous debate and intellectual exploration of global events and the Jewish approach to issues facing our international community.

Discussion is facilitated by Eric Gattmann, Professor Emeritus in Social Sciences, College of San Mateo.

Lehrhaus Philosophy Circle

Guided Tour of The Guide for the Perplexed

5 Sessions, alternate Tuesdays

March 3, 17 and 31, 7:00 PM

Rabbi Peretz Wolf-Prusan examines Maimonides' Guide for the Perplexed. This course began in February and concludes in March.

Basic Hebrew: Siddur

March 5, 19; April 2, 16, 30, 6:30-7:30 PM

Are you interested in learning to read Hebrew? A new class is now forming! Contact Ricki Weintraub for more information: ricki.weintraub@me.com. Meanwhile, our semi-monthly intermediate Hebrew course continues. This class is designed for those who are interested in improving sight-reading Hebrew texts with vowels. You will continue developing the building blocks of Hebrew grammar and vocabulary of the Siddur (prayer book), as well as translating passages from the Siddur. \$10/session.

Mystical Seder

March 15, 6:00 PM

Pesach is the festival of our liberation from enslavement. In both ancient and contemporary times, we find ourselves enslaved, one way or another. This year, we are hosting a Mystical Seder, using **Towards Freedom: A Feminist Haggadah for Men & Women**, by author and artist Heather Mendel. Heather and Ricki Weintraub will lead us with the music of Debbie Friedman and other contemporary musicians. We will participate in a Kabbalistic interpretation of the ancient exodus from Mitzraim. Like Moses and Miriam, we are offered the possibility of connection, community and conscience. Our seder is a wonderful way to prepare for Pesach. See page 13 for more information.

Monthly Craft & Schmooze

March 15 & April 12, 1:00 PM

Do you enjoy making friends, making or learning crafts or maybe a little knitting? Then join us for a fun afternoon of schmoozing, crafting, artistic and spiritual exploration. We meet on a monthly basis on Sundays in the Fireside Room.



ADULT EDUCATION

Golden Thursdays: Lunch & Learn with Rabbis Gottlieb, Levin, Melamut, and Mizrahi March 19, 12:00 NOON at BIJ

April 16, 12:00 NOON at Ner Tamid

Designed for people with flexible schedules who would like to come to the synagogue for a bite, learn with the Rabbis, and socialize. The Lunch and Learn sessions usually take place the third Thursday of the month, are led by Rabbis Gottlieb, Levin, Melamut, and Mizrahi and alternate among all three locations. A light lunch is provided.

Sunday Study Circle

March 8, 29; April 12, 26, 10:00AM-12:00PM

On the second and fourth Sunday mornings of the month, all are invited to join the Sunday Study Circle in the school library. The Study Circle meets for an exploration of the TaNaKh, Hebrew Bible. The study is interactive, with lots of discussion. The group is led by members of Or Shalom, with occasional participation from our rabbis. This is an excellent opportunity for parents to engage in Jewish learning while their children are in B3 classes.

Women's Rosh Chodesh Group

March 15, 6:00 PM (Mystical Seder)

April 22, 7:00 PM

The women of BIJ celebrate the new moon each month. Led by Ricki Weintraub, we begin with a short ritual welcoming the new moon followed by discussions, activities and meditations that help us find ways to connect more deeply to Judaism, ourselves, our lives and each other. In March we will be celebrating with the Mystical Seder, see page 13 for more information.

Do a Mitzvah for Passover!

Wednesday, April 1, 12:00 PM

Pesach Time and the Kitchen Needs Cleaning... This year we will be kashering the Temple kitchen for Pesach on Wednesday afternoon and we need your help. We will begin with a "chometzdik" lunch at 12 noon (the last chametz to be served in the Temple until Passover is "passed" and "over.") Then we will learn together with Rabbis Danny Gottlieb and Katie Mizrahi about the fine points of Pesach kashering as we prepare the kitchen for the Festival.

If you would like to be among the select number of volunteers, contact the office at office@bij.org or 415.586.8833.

Gefilte Fish and Chrain (Bitter Herb)

Wednesday, April 1, 7:00 PM



This year will it be their fish...



or

Rabbi's fish...

Join Rabbi and Ricki for a Gefilte Fish & Chrain Workshop

- ✧ Learn to make gefilte fish...the Rabbi's way
"add a fist of salt and some pepper"
- ✧ Learn to make chrain...Ricki's way
"fresh beets and horseradish root"
- ✧ Help to make the fish for our Communal Seder
We'll need about 90 pieces
- ✧ Make some for your own 1st night seder
\$1/piece – order in advance – pickup Thursday

RSVP no later than March 27 (no April fooling!!)

to office@bij.org or 415.586.8833

BIJ Community Second-Night Seder

April 4, 6:30 PM

Join us for our annual Community Passover Seder as we remember the journey of our ancestors' exodus from Egypt and experience our own movement from oppression to liberation. Join Rabbi Gottlieb, Cantorial Soloist David Morgenstern and Song Leader Ricki Weintraub as we retell our People's most cherished story, with discussion, food and song.

Members: \$40 (children under 12, \$20)

Non-Members: \$50 (children under 12, \$30)

Donations to BIJ's Elijah Fund will enable everyone to attend. No one will be turned away for lack of funds.



SHABBAT

Shabbat Mornings:

9:00 AM Torah Study / 10:00 AM Service

Rabbi Danny Gottlieb and/or Cantor David Morgenstern lead all Shabbat Morning services except the first Saturday of the month which are joint services with Or Shalom, led by their clergy.

Daisy Shuper becomes Bat Mitzvah

March 21, 10:00 AM

Daisy was born in San Francisco in 2001. She has both an older and a younger brother. Daisy is currently a 7th grader at Brandeis Hillel Day School where she began as a kindergartener. Some of her favorite subjects in school are Science, Judaic Studies and Drama. At home she enjoys video games and texting of course, but also working with her hands creatively on art projects or knitting and baking, and watching Science Fiction shows.



Recently, as the conclusion to her Drama elective at school, she was one of the characters on stage in their reinterpretation of a play entitled “My Homework Ate My Dog.” In years past, Daisy played the trombone in the school band, and sang in the school choir where she got the opportunity to sing the Star Spangled Banner two years in a row at the opening of the San Francisco Giants. Next year she will be headed to Israel with all of her classmates for their 8th grade trip.

Gemma Bouck becomes Bat Mitzvah

April 18, 10:00 AM

Gemma is a lifelong resident of San Francisco who lives with her parents and younger brother, Ryder. She is a 7th grade student at St. John’s and was elected this year’s school paper editor. Her favorite subjects are math and history and she is an active member of her school’s Girl Scout troop.



Gemma loves music and is a second soprano in the San Francisco Girls Chorus. She has studied piano for several years and also plays trumpet and guitar. Singing is her first love and she performed in and won her school’s annual talent contest.

Gemma believes in giving back to her community and while student council president, hosted a clothing drive at her school to support Goodwill. Her other interests include posting Instagram photos of her three cats, playing tennis and skiing, attending Camp Newman and sharing her passion for fountain pens with friends.

Shabbat Unplugged

March 6-7

Do you have multiple cell phones? Take your iPad to the beach on vacation? Ever find it hard to get through a conversation without posting an update to Facebook? Is your computer always on?

We increasingly miss out on the important moments of our lives as we pass the hours with our noses buried in our iPhones and BlackBerrys, chronicling our every move through Facebook and Twitter and shielding ourselves from the outside world with the bubble of “silence” that our earphones create.

If you recognize that in yourself – or your friends, families or colleagues, join us for the National Day of Unplugging, sign the Unplug pledge www.nationaldayofunplugging.com (online, of course) and start living a different life.

The project is an outgrowth of The Sabbath Manifesto, an adaptation of our ancestors’ ritual of carving out one day per week to unwind, unplug, relax, reflect, get outdoors, and connect with loved ones.

Who’s behind this? It’s a project of Reboot, which affirms the value of Jewish traditions and creates new ways for people to make them their own.



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Please note: Shabbat Morning, Festival and Yizkor Service

April 11, 10:00 AM

The conclusion of Passover falls on Shabbat this year. Therefore, our morning service on April 11 will include the special prayers for the Passover Festival, including Hallel. Yizkor will also be included in this service.



SHABBAT AND HOLIDAYS

First Friday: Shabbat Shelanu March 6 @ B'nai Emunah

5:45 PM Tot Shabbat Service
6:30 PM Potluck Dinner
7:30 PM Family Friendly Musical Service

Shabbat Shelanu (Our Shabbat) is a time to celebrate Shabbat, eat together and highlight the learning of our students. We celebrate together with our friends from Or Shalom and B'nai Emunah! Our Rabbis and Ricki Weintraub lead us in a fun-filled Shabbat and monthly birthday celebration! There is no Shabbat Shelanu in April (it's the first night of Passover).

Note: This month is a POTLUCK Dinner; please bring a dish for 12 people.

Second Friday: Shabbat in the 'Hood March 13, 7:30 PM in Pacifica

On the second Friday of each month, we take our Shabbat service "on the road" to different neighborhoods in San Francisco and the Peninsula. Members host the chavurah-style services in their homes, led by Rabbi Danny Gottlieb and Ricki Weintraub. This provides an opportunity for our members who find it difficult to travel at night to attend, and an opportunity to invite neighbors who are not yet members of the BIJ family to meet and engage with us in an informal way. If you are interested in hosting a Neighborhood Shabbat this year, please contact the BIJ Office. *There is no Shabbat in the 'Hood on April 10, in observance of Passover. There will be no BIJ-led service at BIJ that night; all are welcome to attend Or Shalom's Service at 7:00 PM.*

Third Friday: Friday Night Feast March 20 & April 17, 6:30 PM

A free, catered Shabbat feast! Welcome Shabbat with tableside blessings, then enjoy delicious fare and each others' company. After *birkat hamazon*, the grace after meals, a special program for the adults takes place; children retreat to the Fireside Room for supervised activity. Invite friends who have never been to BIJ! This monthly event is a wonderful opportunity to introduce your friends to our BIJ Community.

Programming for both upcoming Friday Night Feasts will be announced at a later day.

RSVP to Sisterhood@bij.org by March 13 for March 20 dinner.

RSVP to Sisterhood@bij.org by April 10 for April 17 dinner.

Childcare can be arranged if needed—make sure to let us know when you rsvp.

Fourth Friday: Sacred Hebrew Chant and Drum March 27 & April 24, 7:30 PM

BIJ is joined by Or Shalom and B'nai Emunah for this unique Sacred Hebrew Chant and Drum service. Our joyful band of vocalists and drummers lead us as we welcome Shabbat in an uplifting evening, layered with harmonies and rhythms, creating a sacred space. A potluck Oneg Shabbat and schmooze follows. Please bring a treat to share. **Tell a friend – all are welcome!!!**



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**SHTAR WARS:
THE WHOLE INTERGALACTIC MEGILLAH**

Featuring noshes and schnaps, potluck dinner, Purim sing-a-long, Megillah reading and hamantaschen.

Come in your space-age Purim costume and bring a veggie or dairy potluck dish for 8-10 people to share. Please bring an unopened box of mac and cheese to use as a gragger, which will then be donated to our hunger project.

PURIM CELEBRATION – MARCH 4 at 6:00 PM
Presented by the Southside Jewish Collaborative.
At 625 Brotherhood Way....

Community Second Night Seder Saturday, April 4, 6:30 PM

See page 7 for more information.

YOUTH & FAMILY EDUCATION - B³

A Picture is Worth 1,000 Words
 By Rebecca Goodman, RJE; Director of Education



March/April Schedule

Our education program continues on Sundays:
 March 1, 8, 15, 22 & 29 (Purim celebration 3/8 at B'nai Emunah)
 April 12, 19 & 26 (no program 4/5)

9:30AM-12:00PM	Judaica, Kindergarten – Grade 10
12:00-12:30PM	Bring your lunch and schmooze
12:30-1:30PM	Hevruta Hebrew, Grades 4-7

What is B³ and What Do We Do?

We try to take our learning outside our classroom as often as possible. The most impactful and lasting lessons are ones that we experience by getting out of our chairs and using our hands and minds together. Check out some of the highlights from the first few months of the school year.

In the fall we began with building and decorating the sukkah.



For Parshat Noach, we took our learning to the zoo where we explored kosher/non-kosher animals. Were they on the ark?



For Hanukkah, our all-school program took place at Congregation B'nai Emunah. We made dreidles, learned about the story of Hanukkah, fried sufganiyot (donuts), and sang with Ricki. We took advantage of the nearby beach and amazing December weather to play our second annual epic game of capture the flag— did the Maccabees win?



Our Bar/Bat Mitzvah families have three study sessions each year. Our first one focused on the values of tzedek (justice) and tzedakah (charity) with Rabbi Gottlieb. We concluded the session by making baby blankets for the Children's Hospital.

Our two upcoming Bar/Bat Mitzvah Family Education sessions will take place on March 1 and April 12.

The giving doesn't end with this class; as a school, we collect tzedakah each week and complete other mitzvah projects throughout the year. We look forward to joining the Hunger Project for other opportunities this spring as well!



B³ - YOUTH & FAMILY EDUCATION

Sometimes we are in the classroom, where we make learning come to life. Our 1st and 2nd grade students not only learned the shema, they also decorated shema pillow cases to use at home each night. These special pillow cases should be used in good health and help our students not only remember the words of the shema, but also to say the shema every day when they wake up and when they fall asleep.



A monthly highlight is music with our very own Ricki Weintraub. She brings her love for music and knowledge of Judaism to our students.



It is through all of these experiences and “formal” classroom learning that we are teaching the next generation of Jews how to live their lives Jewishly. We encourage them to connect with our heritage while engaging with our modern world.

L'shalom,
Rebecca Goodman
Director of Education



Hey, teens!
Want to go on an
adventure?
Check out
J. Adventures!

- Celebrate your best self
- Make friends & role models
- Build life skills to better yourself and our world
- Have meaningful Jewish experiences



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Did you know?
The BIJ Bulletin is available online!

Check out these pictures in
full color at <http://bij.org/news-blogs-a-photos/newsletters>

TIKKUN OLAM & COMMUNITY

The Hunger Project is Launched!



This year BIJ and our three other Southside Jewish Collaborative synagogues (Or Shalom, B'nai Emunah and Ner Tamid) are organizing our congregations to help ease hunger in our community by providing food for those in need. Through our Tikkun Olam work, we will be organizing volunteer efforts to make sandwiches for the homeless, help out at the San Francisco Food Bank, conduct food drives, along with other opportunities to make a positive, healing impact in our community.

We will **begin making sandwiches** on the First Sunday of every other month at BIJ starting March 1, from 1:00-3:00pm. Sandwiches will be donated to several community agencies that serve the homeless. This will be a great opportunity to work together as families and friends to help others in need.

We will also be making sandwiches after the Lunch & Learn program every month. Lunch & Learn is the Third Thursday of each month (March 19 and April 16), rotating between the congregations. We'll get started making sandwiches about 1:30, but feel free to join the Lunch & Learn group starting at noon, for a nice lunch and discussion.

If there is enough interest, we'll increase the sandwich making dates.

Food Bank volunteering will be on the Fourth Sunday of each month from 9:00-11:00am starting on **April 26**, at the SF Food Bank at 900 Pennsylvania Ave. If you haven't helped out at the Food Bank, it is a remarkably fulfilling activity. While at times the work they set out can be relatively sedentary (bagging beans and rice), it generally is quite physical, so keep that in mind if you are planning to join us.

So we can get an accurate count, please contact either
Lori Ganz ljanz@yahoo.com or 415-606-8727
or
Steve Roditti whoopisterev@aol.com or 415-531-8240

to let us know that you will be participating. We are very excited about getting started and looking forward to seeing you in person in the near future!

L'shalom,

Lori Ganz and Steve Roditti
Hunger Project Committee members

InterfaithFamily has a new series of emails on Jewish spiritual parenting; starts March 9

The series is about creating more joyful and spiritual parenting opportunities. Participants will receive an email a week for 8 weeks. Each email will cover a different theme such as mealtime with our children, social play with one another, opportunities to see the blessings around us, and how to talk to our children about God. For more information, contact Marilyn at marilynw@interfaithfamily.com.



Wise Aging Open House Monday, March 16, 7:00-9:00 PM

You are invited to a SF community-wide Open House to learn from Rabbi Rachel Cowan about Wise Aging, a program of the Institute for Jewish Spirituality at Temple Emanu-El (2 Lake St, SF). Rabbi Cowan, co-creator of the Wise Aging program, will speak about "Making Each Day Count: A Jewish Approach to Growing Older with Wisdom."

The 19th Annual SF Multicultural Passover Freedom Seder March 31, 6:30 PM at JCCSF

During this multicultural and multifaith seder we celebrate freedom for all with songs, storytelling and a delicious kosher meal. All are welcome!

Adult Member: \$35 | Adult Public: \$40 | Children under 12: \$15
More information: www.jccsf.org/all-ages/jewish-holiday-events/passover/freedomseder/

The Omer Project

What an inventive way to count the Omer! There are 49 days of the Omer and 49 numbered avenues in San Francisco. The Omer Project is gathering to count the Omer at the numbered avenue that corresponds with that particular numbered day of the Omer, outdoors at street corners and synagogues... For more information and a full schedule, go to www.omerproject.com

Jewish Coalition for Literacy Tutor Training Thursday, April 23, 1:00-4:00 PM at BIJ

In just one hour a week you can help a student learn to love reading. Take part in this rewarding tikkun olam program and help repair the world. Join the Jewish Coalition for Literacy as a volunteer reading tutor and make a difference in a child's life. Trainings and workshops will teach you new skills in order to help a child read. To sign up for a training and learn more about JCL visit www.jclread.org or call 415-369-9978 x100.



THE WOMEN OF BIJ

Sisterhood -- The Women of BIJ

By Sherrie Rosenberg, President

I'm excited to announce that Bay Area Jewish comedian **Josh Kornbluth** will perform *Red Diaper Baby* (date TBD in spring/summer). I read his book and it was wonderful, so I know that the show will be very special! The next offsite women's potluck brunch will be Sunday, April 19 at a home in San Francisco, 10:00-12:00pm. Please contact Lee Greenholtz Huberman at greenholtzlee@yahoo.com.

Please join us this month for an unusual way to prepare for Passover with a **Mystical Seder** (for men and women). This very special event will introduce you to a gorgeous and fabulous egalitarian haggadah. *L'shalom, Sherrie*

Sherrie Rosenberg, President
sherrie.rosenberg@gmail.com or 415.902.8293

MYSTICAL SEDER

Sunday, March 15, 2015

6:00 PM - Seder

Followed by a Dairy Pot-Luck Dinner

\$15.00 for Women of BIJ - Sisterhood members

\$18.00 for non-members

Pesach is the festival of our liberation from enslavement. In both ancient and contemporary times, we find ourselves enslaved, one way or another. We will use, **Towards Freedom: A Feminist Haggadah for Men & Women**, by author and artist **Heather Mendel**. Heather will co-lead us with Cantorial Soloist, **Ricki Weintraub**. Using the music of Debbie Friedman and other contemporary musicians, we will participate in a Kabbalistic interpretation of the ancient exodus from Mitzraim. Like Moses and Miriam, we are offered the possibility of connection, community and conscience. Our seder is a wonderful way to prepare for Pesach.

- ✧ This Seder is for **men and women!**
- ✧ Teens, age 13 and up are welcome, free of charge.
- ✧ Please bring a dairy or vegetarian dish to share (no deserts, please).
- ✧ Copies of the haggadah will be available for sale for \$20 each. You are not required to purchase a haggadah to attend and participate in the seder.

RSVP online by March 12

www.bij.org/events-donations/registration

Questions? Contact Ricki Weintraub ricki.weintraub@att.net



South African born mystic, author and artist, **Heather Mendel** first published **Towards Freedom: A Feminist Haggadah for Men and Women** twenty years ago. Subsequently her books **Dancing In The Footsteps of Eve** and **The Syzygy Oracle** were published in 2011 and 2013; her oracular decks, **The Syzygy Oracle** and **The Sacred Mandala Lenormand Oracle** were published in 2014. Heather can be contacted at her website www.sacredfemininekabbalah.com and on facebook at **Conscious Transformation: Kabbalah, Intuition and Spirituality** at https://www.facebook.com/home.php?sk=group_142131108808

Ricki Weintraub has been joyfully song leading and teaching in synagogues and Jewish supplementary schools since 1970.

"My Temple (Temple Israel in Akron, Ohio) sent me to camp to learn how to be a youth group song leader the summer before I entered 11th grade. I took my guitar and spent 10 days learning Jewish music with like-minded high school students from all around the country. Those 10 days changed my life and that experience is probably the single most important event that put me on my career path as a singer, educator, song leader and lover of Jewish music." (R.W.)



A passionate lifelong learner, she enthusiastically shares her love for Jewish life through her music and teaching.

Ricki moved to the San Francisco Bay Area in 2011 from San Luis Obispo, California where she served for 14 years as the Educator and Cantorial Soloist of Congregation Beth David. She currently serves as Music Specialist and song leader at Congregation Beth Israel Judea and is the Executive Administrator of Brandeis Hillel Day School in San Francisco.

She and her husband, Rabbi Danny Gottlieb, enjoy traveling, going to concerts and they *love* playing music and singing together. Contact Ricki for inquiries regarding teaching engagements and information on how to purchase her CD *My Heart and My Soul*.

Women of BIJ Meeting

March 15 @ 10:30am

THANK YOU

GIFTS & DONATIONS

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Ron and Faith Appel
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 Michael Castleman and Anne Simons
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 Marvin Zukor and Vivian Rain-Zukor

Friday Night Feast

Sisterhood – The Women of BIJ

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 Judy and Gary Bader
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 In memory of Lee Appel
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In memory of Lee Appel
 In memory of Robin Winburn-Woll
 In memory of Anne Fine
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 In appreciation of the Hanukkah Dinner
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 In memory of Joseph Maslan
Judy Olasov
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Lawrence and Gail Raminick-Zisholz
 In memory of Robin Winburn-Woll

Elaine Reynolds

In memory of Davey Reynolds
 In memory of Albert Graf
Reagan Richey and Gina L. Silverman
 In appreciation of Shabbat Shelanu
Stephen Roditti
 In memory of Reva Roditti
Barbara and Richard Rosenberg
 In memory of Lee Appel
Sherrie and Paul Rosenberg
 In memory of Lee Appel
 In memory of Robin Winburn-Woll
Richard and Anne Marie Ruben
 In memory of Lee Appel
Meyer Segal
 In memory of Frances Segal
Holly Smith
 In memory of Lee Appel
James Toupin
 In memory of Lee Appel
Robin Winburn-Woll Estate

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 In memory of Cantor Henry Greenberg

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Bruce and Alice Newman
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Michael and Jan Saltsman
 In appreciation of Cantor David Morgenstern

THANK YOU

Geraldine Siegel

In memory of Lee Appel

Robert Slater

In memory of Frieda Slater

Lauri Taylor

In appreciation of Cantor David Morgenstern for leading the shiva minyans for Robin Winburn-Woll

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In memory of Robin Winburn-Woll

Corinne and Jennifer Kopatz

In memory of Erna Spade

Yvonne Lorvan

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OUR VOLUNTEERS

Youth Awards & Scholarship Fund

Miriam and Richard Zimmerman

In honor of Judy Bader for her kindness to our family

Gift-in-Kind

Marilyn Wacks Blau and Nathan Blau

Shabbat Candlesticks designed by Aimee Golant

In memory of Robin Winburn-Woll

THANK YOU to all our volunteers, and a special THANK YOU to our members who give of their time, energy and skills:

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Adam Safford

Reeva Safford

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Natalie Melendez

Sherrie Rosenberg

Mystical Seder

Sherrie Rosenberg

Ricki Weintraub

Gift Shop

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Terry Levy

Yvonne Lorvan

Sherrie Rosenberg

Please forgive us if we inadvertently omitted your name.

Donations received after February 19
will appear in the next bulletin.

If you are considering making a donation to BIJ, the area most in need is the General Fund.

Congregation Beth Israel Judea

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San Francisco, CA 94132

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Purim

Erev Purim at BIJ
Wednesday, March 4, 6:00 PM
6:00 PM Megillah Reading, Purim
Shpiel, and Potluck Dinner

Purim Day
Eat Drink and Be Merry

Shabbat Shelanu following Purim
Friday, March 6 at B'nai Emunah
5:45 PM Tot Shabbat Service
6:30 PM Potluck Dinner
7:30 PM Family Service

Purim Carnival, Sunday, March 8 at B'nai Emunah
10:00 AM Purim Shpiel & Megillah Reading
10:30 AM Carnival

Rabbi Uri Regev

**The Unique Challenge of Israel Being Both
a Jewish State and a Democracy**
March 3, 7:00-8:30 PM

Passover / Pesach

Kasher the Kitchen for Passover; Do a Mitzvah!
Wednesday, April 1, 12:00 noon

Rabbi Gottlieb: How to Make Gefilte Fish
Wednesday, April 1, 7:00 PM

Passover begins at sundown on Friday, April 3

BIJ Community Second-Night Passover Seder
Saturday, April 4, 6:30 PM

Join us for our annual Community Second-Night Seder as we remember the journey of our ancestors' exodus from Egypt and experience our own movement from oppression to liberation. Join Rabbi Gottlieb, Cantorial Soloist David Morgenstern and Song Leader Ricki Weintraub as we retell our People's most cherished story, with discussion, food and song.