

NEWS & UPCOMING EVENTS

TEMPLE BETH EL
1435 West Seventh Street
San Pedro, CA 90732
310.833.2467
www.bethelsp.org



Please Note: NEW ZOOM MEETINGS

All Zoom meetings have been updated with password protection. Going forward, please use the Zoom meeting ID's in this email for Zoom events.

Tech Team

These amazing folks have volunteered to take calls from anyone having trouble using Zoom.

Gale Swartz 310-347-7927

Andrea Lawrence 213-840-1704

Eric Imley 310-292-5902

Lillian Imley 424-392-1856

Shoni Gramcko 310-493-9645

Sharyl Holtzman 773-398-9009

Matthaniel Cowell 310-492-5554

Karyn Zafran 310-809-8587 (available on weekends and after 5 pm weekdays)

Upcoming Virtual Programs

S'firat HaOmer - Counting the Omer

Every morning at 8:30 a.m.
until Shavuot on May 28

Join us on [Facebook Live](#)



Starting on the second day of Passover, we count the days up to Shavuot, when we will receive the Ten Commandments from God. This period of seven weeks is one of introspection and growth.

Each day, Rabbi Cassi will be counting the Omer and offering a short spiritual teacher. This *S'firat HaOmer* (counting the Omer) practice will give us the opportunity to mark time, express gratitude, and embark in meaningful contemplation. This program will be available on Facebook Live every day at 8:30 a.m. through May 28.

Watch without joining Facebook! Even if you do not have a Facebook account, you can tune in to this daily post by visiting our page from any browser

<http://www.facebook.com/tbesanpedro/>



Teen Opportunity TONIGHT Youth Check-In & Game Night

April 14 at 5:00 p.m.

For all Yaldei Shalom and SPeTY students with Cantor Ilan.

Zoom Meeting ID: 938 934 100

Or Join Zoom Meeting by Calling:

1. Dial 669-900-6833
2. Enter the 9-digit meeting ID 938 934 100 followed by the # key. If you have a link, it is the number at the end of the link.
3. Press # again.
4. You will automatically be muted. To speak, press *6. When you are done speaking, press *6 again to mute yourself.

Cantor's Corner

Please note this program has a new ID meeting.

Tuesdays at 7:00 p.m.

Join Cantor Ilan for music on Zoom, meeting ID 511 057 769.

Or Join Zoom Meeting by Calling:

1. Dial 669-900-6833
2. Enter the 9-digit meeting ID 511 057 769 followed by the # key. If you have a link, it is the number at the end of the link.



3. Press # again.
4. You will automatically be muted. To speak, press *6. When you are done speaking, press *6 again to mute yourself.



Nightcaps at Nine for Homeschooling Parents

Tuesdays at 9:00 p.m.

Talk with fellow TBE parents.

Zoom Meeting ID 656 488 312.

Coffee Talk with Rabbi Cassi Wednesday, April 15 1:00 p.m.

Grab a cup of coffee and join Rabbi Cassi for a Zoom mid-day chat.



Pesah Yizkor Wednesday, April 15 5:00 p.m. Pesah Yizkor Service Followed by a Hametz Dinner

Please join us for this special service of remembrance as we remember our loved ones with prayers of *Yizkor*. Afterwards, we will share together a hametz meal to mark the end of Pesah.

This service will be conducted online through ZOOM and will also be on Facebook Live.

Zoom Meeting ID: 115 320 505

Facebook Live: <https://www.facebook.com/tbesanpedro/>

Zoom Torah Study Study from home with Rabbi Cassi Kail **Thursdays at Noon**



Join us to explore the weekly Torah portion. No experience is necessary.

Zoom Meeting ID 561 240 220.



Zoom Torah School

Classes meet online via Zoom on Thursdays and Sundays.

Parents: Please contact [Rabbi Cassi](#) or [Cantor Ilan](#) if you have questions about Torah School via Zoom.

TBE Happy Hour Thursdays at 7:00 p.m.

Hang out with your TBE friends.

Zoom Meeting ID 585 674 586.

Or Join the Meeting by Calling:

1. Dial 669-900-6833
2. Enter the 9-digit meeting ID 585 674 586 followed by the # key. If you have a link, it is the number at the end of the link.
3. Press # again.
4. You will automatically be muted. To speak, press *6. When you are done speaking, press *6 again to mute yourself.



Breakfast & Storytime with Cantor Ilan

Fridays at 9 a.m.

Kids, come join Cantor Ilan for Storytime.

Zoom Meeting ID 668 983 799.

Contemplative Sound Healing with TBE congregant, Chaplain Bonnie Leopold

Fridays at 10 a.m.



Please join TBE congregant Bonnie Leopold every Friday at 10:00 a.m. for beautiful sounds of healing and peace.

Zoom Meeting ID: 855 238 144

Or Join Zoom Meeting by Calling:

1. Dial 669-900-6833
2. Enter the 9-digit meeting ID 855 238 144 followed by the # key. If you have a link, it is the number at the end of the link.
3. Press # again.
4. You will automatically be muted. To speak, press *6. When you are done speaking, press *6 again to mute yourself.

SHABBAT

**Shabbat Service this Friday
NEW TIME at 7:00 p.m.**

This Friday, April 17 at 7:00 p.m.

**Please note that going forward all Shabbat Services will begin at 7:00 p.m.*

This service will be conducted online through ZOOM and will also be on Facebook Live.

Zoom Meeting ID: 453 937 541

Facebook Live: <https://www.facebook.com/tbesanpedro/>

Meditation

No Meditation Class at 5:00 p.m. this Saturday, April 18.

Class will resume on Saturday, April 25 at 5:00 p.m.

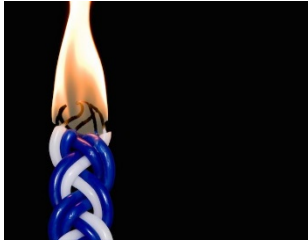
Instead, please join us for the Meditation Service

Meditation Service

This Saturday, April 18 at 10:00 a.m.

Meditation Service at 10 a.m. via Zoom.





Havdalah Service with Rabbi Cassi

Saturdays at 7:00 p.m.

Join Rabbi Cassi for a short musical service marking the end of Shabbat, and the beginning of a new week.

Zoom Meeting ID 793 556 325

Or Join Zoom Meeting by Calling:

1. Dial 669-900-6833
2. Enter the 9-digit meeting ID 793 556 325 followed by the # key. If you have a link, it is the number at the end of the link.
3. Press # again.
4. You will automatically be muted. To speak, press *6. When you are done speaking, press *6 again to mute yourself.

Let's Speak Hebrew Course taught by TBE Educator, Racheli Morris



We welcome you to a fantastic opportunity to increase your use of conversational Hebrew.

**Next Session is Sunday, April 19
New Time: 2:00 p.m. via Zoom.**

Subjects include:

- Introductions and personal information
- Ask and answer simple questions about places of residence, family, daily schedule, etc.
- Useful Hebrew for traveling in Israel

Suggested Donation of \$250

Everyone is welcome

Class is generously sponsored by Dr. Tracy and Eric Imley



From our Jewish camps:

Mondays at 9 a.m.

Mifkad Boker (morning ritual) with Camp Newman

Tuesdays at 8 p.m.

Sci-Tech Tuesdays with Sci-Tech West

Thursdays at 7 p.m.

Siyum (learning) with Camp Newman

We will add links to the Virtually TBE calendar when we get them.

Krav Maga with Torah School Teacher Hadas Nuriel



**Sunday, April 26
3:00 p.m.**

Practical Self-Defense Training via Zoom for all ages and sizes.

Zoom Meeting ID: 246 875 487

Krav Maga is the official martial art and self-defense approach used by the IDF—Israel's Defense Forces. It is a form of street fighting based on a combination of boxing, wrestling, Karate, and more. No matter how strong and big the attacker might be, if you are aware of your surroundings, know their weakness, and act with confidence, you will be able to protect yourself.

Hadas Nuriel was born and raised in Israel, served as a fighter and an operation officer in the IDF. She has studied Krav Maga and different martial arts since she was 12. She is a current TBE teacher.

In Our Community



Marthe Cohn's Birthday Celebration

We were so happy to celebrate Marthe Cohn's 100th birthday yesterday.

Friends and neighbors were able to honor Marthe with a special tribute in her own driveway! *Maza! Tov!*

[Here is a video link from KTLA News about Marthe!](#)

The Ezra Network in partnership with The Jewish Federation of Greater Los Angeles



*Working with synagogues, **The Ezra Network** is an initiative of the Jewish Federation of Greater Los Angeles in partnership with Jewish Family Service, Bet Tzedek Legal Services and Jewish Vocational Service.*

As you move through this ever-changing world of response to and living with COVID-19, you may feel anxious and unsettled. The Jewish community is here for you. You do not have to go through this difficult time alone. The Ezra Network can provide you with short term counseling, financial assistance, legal help, vocational support and so much more.

To access these free services please call or email the Ezra Network service providers:

Social worker (818) 854-9760
Job Counselor (310) 728-5567
Legal Counselor (323) 549-5827

You can find more information on our website [JewishLa.org/Ezra](https://www.jewishla.org/Ezra).



Meals on Wheels San Pedro

"It is our mission that no one goes hungry."

San Pedro "Meals on Wheels" will deliver a sack lunch and a hot meal, mid day, five days a week.

You can find more information about [Meals on Wheels here](#).

Or if you need any help getting groceries or items to your home, [please email Temple Beth El here](#) and we can assist you.

Resources from the Union for Reform Judaism (URJ)



[Please click here for a wonderful resource link](#) to use from the URJ.

To access prayerbooks online...

Mishkan T'filah for Shabbat:

- [A free online flip book](#)
- [A discounted Kindle ebook](#)

Mishkan T'filah for Weekdays, Shabbat, and Festivals:

- [A free online flip book](#)
- [A discounted Kindle ebook](#)

The Torah: A Modern Commentary (Plaut)

- [A discounted Kindle ebook](#)

Amen: Seeking Presence with Prayer, Poetry, and Mindfulness Practice

- [A discounted print book](#)
- [A kindle ebook](#)

Other Ways to Get Involved



Social Action Projects

Bagged lunches for people who are homeless

Temple Beth El's Social Action Committee, in partnership with San Pedro United Methodist Church and Pastor Lisa Williams, are tasked with creating about 50 bagged lunches each Saturday for people in our community who are homeless.

Last week, people were fed due to the tremendous efforts of Susan Brooks and Jenay Rouimi making sandwiches and because of the donations we made for protein bars, fruit, bread, peanut butter and jelly.

Going forward, TBE has set-up a fund so that you can help us donate towards this wonderful project. Your monetary donations will specifically aid in the production of bagged lunches and getting them delivered.

[Please click here to donate online](#) or contact [Shoni in the Finance Office here](#).

There are many other on-going projects that the Social Action Committee is continuing to work on. If you would like to be added as a volunteer to help with projects, please email Susan Brooks and she will contact you with volunteer opportunities. Thank you.

"VolunteerLA"

Calling all Angelinos!

Want to volunteer to help fellow Angelinos during this crisis?



Please go to <https://volunteer.lamayor.org/> and indicate the ways in which you are able and willing to help. We are so much stronger as a community because of your help!



American Red Cross

American Red Cross

The Red Cross is encouraging people to make appointments to donate blood.

To do so, go to redcrossblood.org, and put in your zip code to learn about nearby drives and to make an appointment. Appointments are scattered so as to mitigate risks of spreading COVID-19.

Board of Directors Nominations

If you are interested in nominating someone, including yourself, to the Temple Beth El Board of Directors, please contact Nominating Chair, Marvin Belzer.



Note: If you are not selected by the nominating committee and wish to be considered, you may submit your nomination to president@bethelsp.org by **May 15th. To do this you must be eligible to be a board member.**

The two main requirements are being a member in good standing of TBE and not having anyone in your household currently on the Board of Directors. Your nomination must be supported by signatures from five different member households if you are not selected by the nominating committee.

Please contact TBE Co-Presidents, [Gale Swartz and Eric Imley](#) with any questions.



FAMILY CAMP OPPORTUNITY!

New opportunity for prospective families to try out camp together at URJ California Family Camp hosted by 6 Points Sci-Tech West and URJ Camp

Newman!

**July 30 through August 2
at Cal Lutheran University**

This is a 3-night taste of summer camp for campers entering K-5th grade - and their parents and/or grandparents and siblings!

[To register and for more information, please click here.](#)

TBE is officially on Instagram ~

Please find us at

<https://www.instagram.com/tbesanpedro/>

@tbesanpedro

Hashtags: #tbesanpedro #tbetime #tbeisforeveryone

Also, **please send photos** for our Facebook and Instagram page to: communications@bethelsp.org



Sisterhood



Help TBE's Caring Community

Caring for one another is our obligation as Jews. By responding to the calls of our fellow TBE members is a way for each of us to reply "*Hineini*" here I am.

The Caring Community Committee reaches out to congregants when there has been a death in the family, when a ride is needed for a medical procedure, or a meal after a hospital stay. **But Without You, We Are One Volunteer Short!**

The Caring Community invites you to help us realize our goal of having every congregant be a member of our Caring Community. The Caring Community is an unusual committee, because to be a "member," you only need to be a member of TBE. When we are made aware of a congregant in need you will receive an email from a Caring Community chair, asking for your help. Please respond if you can, when we perform a mitzvah for others, we strengthen them, our entire community and ourselves.

To join the committee or for more information, please contact Gail Burch.

Lifelong Learning

Ten Minutes of Torah

TBE is delighted to partner with the Union for Reform Judaism (URJ) to bring opportunities for Jewish study right to your inbox. Five days a week, the URJ publishes Ten Minutes of Torah, a daily email.

Sign up today. Be sure to include our congregation's name and location. It only takes 10 minutes to get started on a lifetime of Jewish learning. Begin today!



Support TBE



Donate to Temple Beth El

Make a donation online by clicking [here](#).

Tribute Card

Send a Tribute Card to recognize an event of someone who is important to you! The Sisterhood will send your wishes - on marriage, birth, b'nai mitzvah, bereavement, get well, and more - for \$4.00 per card.



Contact Audrey Stempel to order a Tribute Card.