

NEWS & UPCOMING EVENTS

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



share your
thoughts

Temple Beth El Census

You will soon be receiving your Temple Beth El "census".

We want to learn more about you and your experiences at TBE. Your answers will enable TBE to deepen and enrich our connections. We greatly appreciate your input and response.

Questions? Please email opentent@bethelsp.org

Tech Team

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

Gale Swartz
Andrea Lawrence
Eric Imley
Lillian Imley
Shoni Gramcko
Sharyl Holtzman
Matthaniel Cowell
Karyn Zafran

Upcoming Virtual Programs



Marthe Cohn's Documentary
"Chichinette: The Accidental Spy"

Film Screening via Zoom
This Sunday, May 24
5:00 p.m.

TBE-member Marthe Cohn's documentary about her life as a French-Jew working as a spy in Nazi Germany now shares her story around the globe. At the request of Marthe, this screening will be a fundraiser for our beloved Temple.

\$18 per household

or

\$100 to be a sponsor in honor of Marthe's 100th Birthday

\$20 for signed copies of Marthe's book, *Behind Enemy Lines: The True Story of a French Jewish Spy in Nazi Germany*.

[Please RSVP and make your payment online.](#)

Zoom Meeting ID 862 1914 0956

Or Join Zoom Meeting by Calling:

1. Dial 669-900-6833
2. Enter the meeting ID 862 1914 0956 followed by the # key.
3. Press # again.
4. You will automatically be muted. To speak, press *6. When you are done speaking, press *6 again to mute yourself.

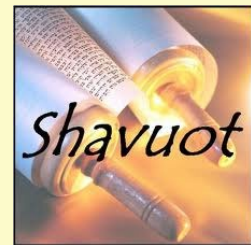
Shavuot

Straight from Sinai: Sources of Comfort in a Trying Time

Community Shavuot Program

Thursday, May 28

7:00-9:00 p.m.



This community-wide Shavuot program will include a prayer service and study with clergy members from **Congregation Ner Tamid, Temple Beth El, Temple Menorah, and Temple Shalom.**

From music to text to cooking workshops to prayer, this program will offer many modes of comfort and meaning during trying times.

Zoom links and virtual information will be coming soon!



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 **Youth Kahoot & Check-In**

A logo with the word 'TEENS!' in a bold, red, stylized font with a white outline, set against a white background with a grey border.

Tonight, May 19 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 meeting ID 983 934 100 followed by the # key.
3. Press # again.
4. You will automatically be muted. To speak, press *6. When you are done speaking, press *6 again to mute yourself.



Parent's Survival Hour

Tuesdays at 9:00 p.m.

Socialize with other Torah School parents after you put the kids to bed.

Zoom Meeting ID 656 488 312

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



TBE Social Hour

Thursday, May 21 at 7:00 p.m.

Going forward, this program will run every other Thursday

Hang out with your TBE friends.

Zoom Meeting ID 585 674 586

Or Join Zoom Meeting by Calling:

1. Dial 669-900-6833
2. Enter the meeting ID 585 674 586 followed by the # key.
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 meeting ID 855 238 144 followed by the # key.
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 Service with guest speaker, Doris Jacobson



Friday, May 22 7:00 p.m.

Please join us for this special Shabbat as we welcome guest speaker, **Doris Jacobson, from our TBE Open Tent Program.**

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 Class

Saturday, May 23 5:00 p.m.

Please join Pam Tarlow for our Meditation Class filled with beautiful songs, guided chants and meditation.

Zoom Meeting ID 380 652 890

Or Join Zoom Meeting by Calling:

1. Dial 669-900-6833
2. Enter the meeting ID 380 652 890 followed by the # key.
3. Press # again.
4. You will automatically be muted. To speak, press *6. When you are done speaking, press *6 again to mute yourself.

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 meeting ID 793 556 325 followed by the # key.
3. Press # again.
4. You will automatically be muted. To speak, press *6. When you are done speaking, press *6 again to mute yourself.

You are invited to
Temple Beth El's Annual Meeting



Annual Congregational Meeting

Wednesday, June 3
7:00 p.m.

Please join us to learn about the state of the synagogue and vote for the proposed slate of Board Members. **An online ballot was emailed last Thursday via Survey Monkey.** If you did not receive it, please check your Spam or Junk folder.

This meeting will be conducted online through ZOOM.

Zoom Meeting ID 857 3740 3967

Or Join Zoom Meeting by Calling:

1. Dial 669-900-6833
2. Enter the meeting ID 857 3740 3967 followed by the # key.
3. Press # again.
4. You will automatically be muted. To speak, press *6. When you are done speaking, press *6 again to mute yourself.

"Peter's Picks"

Recommended shows & programs to watch from our TV guru, Peter Herwitt



While we are adjusting to a new way of life and behavior for the time being, we are also becoming creative in the way we are using our time. FaceTiming, Zooming, calling family and friends, renewing friendships, reading and sharing thoughts and ideas. At the end of a TBE committee meeting, I have been sharing some movies and programs with the committee members. The question became why not include more people? With this in mind, we came up with the title ***"Peter's Picks"*** (thank you Doris Jacobson). If you have some free time, and you like movies or special programs, give it a try.

Here are my recommendations for the upcoming week:

The Silent Revolution. A group of 12th grade pupils show solidarity with victims of the 1956 Hungarian uprising. Amazon. Rent \$3.99.

Lunchbox. A mistaken lunch box delivery connects a neglected housewife to a lonely man. Amazon. Rent \$1.99.

Wishing you happy viewing. Stay safe.
- Peter



From our Jewish camps:

Mondays at 9 a.m.

Mifkad Boker (morning ritual) with Camp Newman

Thursdays at 7 p.m.

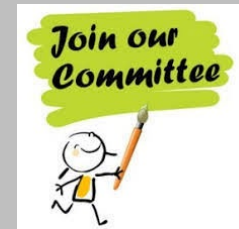
Siyum (learning) with Camp Newman

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

Other Ways to Get Involved

High Holy Days Task Force is Forming Let us know if you're interested

First meeting is this Thursday, May 21
6:30 p.m.



Over the past few months, COVID-19 has affected every aspect of our lives, and until there is a vaccine or proven treatment, it will continue to affect us. Taking to heart the advice of doctors in our congregation, we are considering all of our options for the High Holy Days this year.

This task force will brainstorm, do research into various options, and assist the religious living committee, the rabbi and cantor in creating a meaningful and memorable High Holy Day season. If you are interested in attending, please contact Rabbi Cassi at rabbikail@bethelsp.org.

Zoom Meeting ID: 875 4584 7257

Or Join Zoom Meeting by Calling:

1. Dial 669-900-6833
2. Enter the meeting ID 875 4584 7257 followed by the # key.
3. Press # again.
4. You will automatically be muted. To speak, press *6. When you are done speaking, press *6 again to mute yourself.



We want to honor YOU at Shabbat Services

We would love for YOU to participate in
our Friday night Shabbat Service by
accepting a special honor.

It could be candle lighting, *kiddush*, a reading or a prayer.

Please [email Rabbi Cassi](mailto:rabbikail@bethelsp.org) and let us know if you will accept this honor.

Homeless Support Project Volunteers Needed!

We are making bagged lunches for people who are homeless. **If you would like to volunteer to help us make lunches, please email Susan Brooks.**



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

If you are unable to help make lunches, you can donate for this project and the other homeless support projects TBE is partnering with United Methodist Church on. [Please donate online](#) or contact [Shoni in the Finance Office](#).



"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

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.



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



In Our Community



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.

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](#)

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.

