

NEWS & UPCOMING EVENTS

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



Please Note:

All Zoom meetings have been updated with password protection.

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

Announcements



Security Survey

We have sent out a survey about Temple Security. If you did not receive it, please check your spam filter. It may have also gone to another email associated with your household. If it is still missing, contact TBE Presidents, [Gale Swartz](mailto:GaleSwartz@bethelsp.org) and [Eric Imley](mailto:EricImley@bethelsp.org) at

President@bethelsp.org

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 Youth Kahoot & Check-In

May 5 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.

Cantor's Corner Tuesdays at 7:00 p.m.

Join Cantor Ilan for music on Zoom.

Zoom Meeting ID 511 057 769



1. Dial 669-900-6833
2. Enter the meeting ID 511-057-769 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



Coffee Talk with Rabbi Cassi Wednesday, May 6 1:00 p.m.

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

Zoom Meeting ID 857-558-958

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 Social Hour **Thursdays at 7:00 p.m.**



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 this Friday NEW TIME at 7:00 p.m.

This Friday, May 8 at 7:00 p.m.

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

Please join us as we come together with our TBE Family to welcome Shabbat.

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/>

Special Shabbat Morning "Liturgy" Class with Cantor Davidson

SHABBAT
morning
service

**This Saturday, May 9
10:00 a.m.**

Explore the meaning and some of the beautiful melodies of our Shabbat *Shaharit* (morning) liturgy with Cantor Ilan Davidson on the 2nd Shabbat morning of the months ahead.

Zoom Meeting ID 429-568-840

Or Join Zoom Meeting by Calling:

1. Dial 669-900-6833
2. Enter the meeting ID 429 568 840 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.



Meditation Class with Pam Tarlow This Saturday, May 9 5:00 p.m.

Join Cantor Davidson and Pam Tarlow for a spiritual journey using chants and guided 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.



"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 first recommendations:

1. There is a 60 Minutes program that features a Brit named Sir Nicholas Winton. Just google his name and you will find a link to this 60 Minute Production. It is his story about the help he offered to over 600 Jewish children during the Holocaust.

2. 1945. This is available on Amazon Prime. This is the story about the return of Jews to their village after WWII. Subtitles.

3. Never Look Away. On Starz. They have a 7-day FREE Trial subscription. Rated R. Not suited for children. Nudity. Subtitles. A romantic drama involving the early career of painter Gerhard Richter.

I appreciate your feedback. Happy viewing.
- 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.



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](#)

Other Ways to Get Involved

Social Action Projects
**Volunteers Needed to
make bagged lunches for
people who are homeless.**

Many thanks to Tina Gross for
volunteering last Saturday to make
lunches! We appreciate your
dedication to this wonderful cause!



**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 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

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.