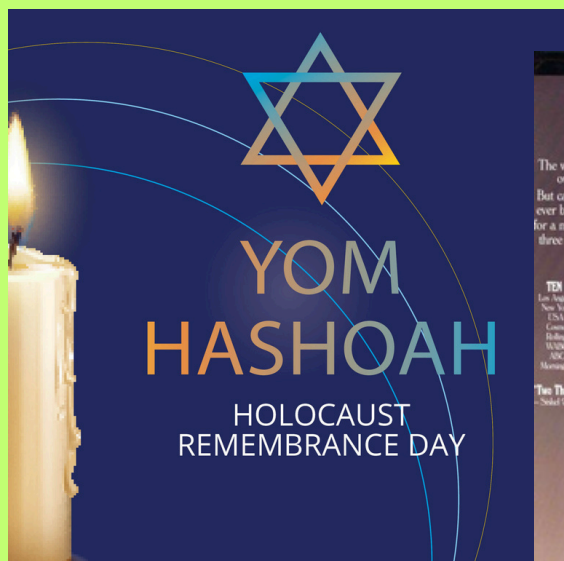


MAY 2024

NISSAN ▪ IYAR 5784

SHOFAR

VOLUME 81, ISSUE 9



Join us for a screening of the film version of Isaac Bashevis Singer's novel, *Enemies, A Love Story*, to commemorate Yom Hashoah.

This film is Rated R.

**Sunday, May 5th
at 7pm**



Temple Beth El

Bakersfield, California

Bring your whole self,
whoever you are

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LETTER FROM THE RABBI

How Do I Love Me? Let Me Count the Days

My title is not really a riff on Elizabeth Barrett Browning's Sonnets from the Portuguese (Sonnet 43's first line), "How do I love thee? Let me count the ways." Rather, my rewrite suggests that love can become manifest by taking proactive steps to express that love, whether it be love for a beloved Other or for one's self. Between Passover (when we are physically freed from slavery but still carry our slave mentality) and Shavuot (when tradition teaches that neither Pharaoh's physical nor spiritual fetters hold us back and we can freely express our love for God through the Mitzvot), we are on a journey, a fifty-day journey to spiritual freedom. Fifty steps.

All of us carry our spiritual Mitzrayim—our Egypts—i.e. our bad habits and dysfunctions that have been generated over our lifetimes. The patterns that prevent us from being self-actualized. The baggage we carry in relationships that can prevent us from fulfilling our higher callings, what the mystics call k'lipot, the shards that are scattered, disorganized, chaotic. Without addressing these limits, our lives flounder. We might feel utterly alone, despite the blessings of family and friends, because we are acting in a suboptimal fashion due to ancient pains that hold us back and undermine our clarity. And as a result, we lose our confidence, we fall out of love with ourselves.

Enter Judaism.

Among the most powerful of Jewish spiritual tools (and perhaps least appreciated), the daily Counting the Omer demands that we rattle our imperfections and reflect, grow, imagine ourselves improving our lot and breaking the patterns that don't serve us. Thus, well before 12-step programs came this fifty-step Jewish creation! Each day between Passover and Shavuot—which includes the entirety of this month of May—offers an opportunity to reflect on how to make ourselves better. That is, by counting the days (with the intention of fixing that which is broken within us), we demonstrate self-love, rewarding ourselves with greater happiness and confidence. So "How do I love thee? Let me count the ways" means, "How do I show love? By (ac-)counting 49 days of spiritual growth and focus on making myself a better person:



ברוך אתה יי אלהינו מלך העולם,
אשר קדשנו במצותיו, וצונו על ספירת העמר.

Baruch Ata A-donai, E-loheinu Melech Ha'olam,
Asher kidshanu b'mitzvotav, v'tzivanu al sfirat ha'omer

Blessed are You, A-donai our God, Ruler of the Universe,
Who Sanctified us with Commandments, and Commands us regarding Counting the Omer

The mystics add this spiritual kavvanah (spiritual intention) to their count:

May it therefore be your will, A-donai our God and God of our ancestors,
that through the merit of counting the Omer which I have counted today,
that which was damaged (in the S'firah of _____) will be fixed;

I will be purified and made holy with the holiness of Above,
And through this, abundant flow will be poured into all the worlds,
To fix our lives, spirits, and souls, of all dross and damage,
to purify and make us holy with Your Supernal Holiness. Amen, Selah!

That is, our counting fixes that which is broken, in us and in the world. So.... How do I love Thee (both you, me, and God)? Let me count the ways/days! May this year's count bring you closer to self-actualization and bring a Tikkun (fixing) of everything that is broken in your life and in the world around us.

Happy counting!
Rabbi Klein



p.s. On WhatsApp? Get daily Omer reminders from our very own venerable Pamela Elisheva, former President and amazing teacher. Click [here](#).

LETTER FROM THE PRESIDENT

Shalom Friends who are my family,

Our world feels on fire! The hostages are not freed yet. The war in Gaza is raging. The protests on college campuses in the name of pro-Palestinians are causing mayhem and normalizing antisemitic rhetoric. I have read extremely mean-spirited words aimed at our fellow Jews on Facebook. Our own city council members have been threatened with murder in the name of the Palestinian cause. Concerns for the rule of law and orderly political leadership are also in a state of chaos. Lots to fret and worry about.

Our community answers these concerns by getting together. We see each other on Friday evenings and at events. We share our experiences and thoughts. Learn from each other and lean on each other. We had a wonderful Passover Seder with a 100 people in attendance. We will continue to strive for freedom, both personal and for all humans and particularly our brothers and sisters who were brutally abducted from their civilian lives on October 7, 2023.

Yom HaShoah, Holocaust Remembrance Day, commences May 5th this year. We will commemorate it by showing Enemies, a Love Story on Sunday May 5th in the social hall. It will be our movie night instead of the second Saturday of the month that falls on Mother's Day weekend in May.

One of our congregants donated memorial candles to each of our families. These will be delivered to you in time to participate in the sacred act of remembering our fellow Jews who perished in the hands of evil. The mother of Hersh Goldberg Polin, who is held captive in Gaza and has lost his left hand in the attack, says: Hope is Mandatory! May we continue to stand united, strong and resolved as we experience our Jewishness with all the blessings and challenges.

June 2nd will be our annual congregational meeting. We will have our second annual picnic at noon followed by the formal meeting starting at 1:30. I am looking forward to breaking bread with you in person and conducting our Temple's business.

There is always a reason for celebration – יש תמיד סיבה למסיבה
Grateful to be part of our community,

Avital Anders



Our Contributors:

thank you

Memorials/Yahrzeits

- Ronald & Laura Lauria: *in memory of Emily Lepp*
- Nancy & Arthur McCombs: *in memory of Phyllis Swinney*
- Les & Diane Rogers: *in memory of Louis Caplan*

Kol Nidre Donations

- Leonard & Carla Epstein
- Joe Fram & Bonnie Birch
- Cynthia Simonian



Rabbi Discretionary

- David Anaya & Celeste Caballero: *in honor of Dr. Paul Horowitz*
- Kathleen Arnold-Chambers: *in memory of Tim Samuel Arnold*
- Mary Gerena
- Margot Shinn

Tree of Life

- Andy & Diane Andrews: *in honor of Kathleen Arnold Chambers*
WOTBE president

Contribute Online:

<https://templebethelbakersfield.org/donation>

We are grateful for all contributions!

Happy Anniversary

Christopher Jacobson & Jasmin LoBasso-Spencer
Rachel & Henry Wainwright
Lyle & Marianne Gartenlaub
Elliott & Breeann Magnus
Steven & Gail Magnus

MAY 16
MAY 16
MAY 25
MAY 30
MAY 30

MOMENTS IN OUR LIVES

HAPPY Birthday

Tom Feher
Miriam Beam
Max Mahan
Tim Prince
Les Rogers
Edith Rudnick
Alexander Anaya
Barry Goldner

May 1
May 4
May 4
May 4
May 5
May 8
May 10
May 10

Eden "Charlie" Chambers
Sam Baruch Herndon
Glenn Singer
Alrich Aggenbach
Asher Ethan Delijani
William Coley
Zimra Klein
Helen Armistead
Kinneret Klein

May 11
May 15
May 15
May 19
May 21
May 22
May 22
May 30
May 30

יום הולדת שמח

Sisterhood: Chailights

Sisterhood members continue to participate in many exciting and interesting activities! All activities can be started at any time and no prior attendance is needed.

GENERAL MEETING- Sunday, May 19th @ 3:00 pm TBE Zoom

LEADERSHIP MEETING- Thursday, May 16th @ 4:30 pm TBE Zoom

BOOK CLUB- The Heaven & Earth Grocery Store by James McBride;

Sunday, June 23rd @ 1:00 pm TBE Zoom

Rosh Chodesh- Sunday, May 5th @ 6:30 pm TBE Zoom



Please consider joining some great women! All Sisterhood activities are via TBE Zoom and in person, as noted.

If you have any questions please feel free to email me, Helen Armistead- Secretary; armisteadlmft@gmail.com

**IF YOU WOULD LIKE TO BE PART OF SISTERHOOD PLEASE
CONTACT KATHLEEN CHAMBERS!!**

Mensch Club

Calling all Temple males. The Mensch Club is looking for members to join in FUN activities. Poker Night, Golf, Mother's Day Brunch, Etc.
If interested text, Steve Magnus @ 661-865-8402



The Hanukkah 8 Krazy Kilometers race has two new features!
 Explore our "Krazy" merchandise in the new store, offering caps, beanies, and sweatshirts. Open to all!
 Purchase at <https://runsignup.com/Race/CA/Bakersfield/8krazykilometers>.
 Follow our TikTok channel [@tbe.krazy.8k](https://www.tiktok.com/@tbe.krazy.8k) for updates (Thanks to Sarah for creating!).

Join our live-streamed 2K training walk at Panorama Vista Preserve in May.
 Contact Stacy to join.
 Early bird registration is open for Hanukkah 8 Krazy Kilometers and 2K Latke Loop.

Register now at RunSignUP for discounted prices. Form a team of 3+ for extra savings and a chance to win prizes. All participants receive a long-sleeved race shirt. Seeking [sponsors](#), [raffle prize donations](#), and [volunteers](#). Contact Stacy Davis at 661-319-4069 or 8krazykilometers@gmail.com to help.

Don't delay, register today!

You can register at:

<https://runsignup.com/Race/CA/Bakersfield/8krazykilometers>

Tell all your friends and family about our family friendly event.

For more information about the race visit our -
[website 8krazykilometers.org](https://www.8krazykilometers.org), [Facebook page](#), [TikTok](#), or [Instagram page](#)



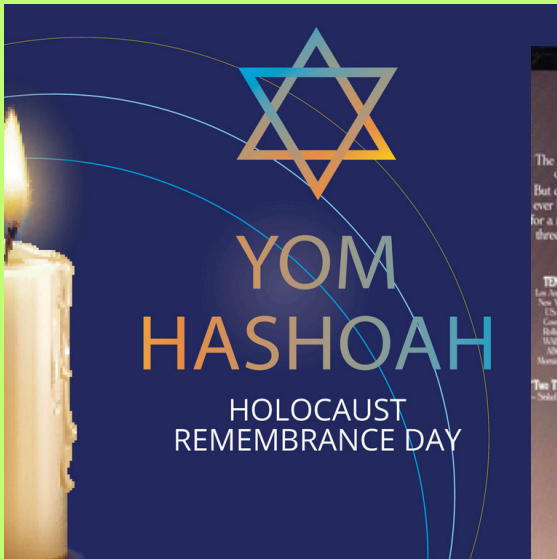
Nissan
Iyar

May



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<div> <div>Services</div> <div>Religious School</div> <div>Adult Education</div> <div>Leadership Meetings</div> <div>Community Events</div> <div>Parsha of the Week</div> <div>Jewish Holidays</div> <div>Jewish Date</div> </div>			1 <i>23 Nissan</i>	2	3	4 <i>Acharei</i>
5 9:30-12:30 Religious School 7 pm Movie Night: <i>Enemies, A Love Story</i>	6 <i>Yom HaShoah</i>	7 9-9:30 am (Zoom) Prayers of our Prayer Book 6:30-7:30 pm Religious Practices Committee	8	9 <i>1 Iyar</i> <i>Rosh Chodesh</i>	10 6pm Chardonnay Shabbat. Dinner in Social Hall	11 <i>Kedoshim</i> 9:30 am Shabbat Morning Service w Cong Bnai Jacob 4:30-5:30 pm (Zoom) Scrolls Class
12 <i>Mother's Day</i>	13 <i>Yom HaZikaron</i>	14 <i>Yom Ha'Atzmaut</i> 9-9:30 am (Zoom) Prayers of our Prayer Book 7 pm Board Meeting	15	16	17 7pm Shabbat Service	18 <i>Emor</i> 4:30-5:30 pm (Zoom) Scrolls Class: Megilat Esther
19 9:30-12:30 Religious School	20	21 9-9:30 am (Zoom) Prayers of our Prayer Book Midweek Hebrew (Zoom) time TBD	22 <i>Pesach Sheni</i>	23	24 7pm Shabbat Service	25 <i>Behar</i> 4:30-5:30 pm (Zoom) Scrolls Class: Megilat Esther
26 <i>Lag Baomer</i>	27 <i>Memorial Day</i>	28 9-9:30 am (Zoom) Prayers of our Prayer Book Midweek Hebrew (Zoom) time TBD	29	30	31 7pm Shabbat Service	

UPCOMING EVENTS:



Join us for a screening of the film version of Isaac Bashevis Singer's novel, *Enemies, A Love Story*, to commemorate Yom Hashoah. *This film is Rated R.*

**Sunday, May 5th
at 7pm**



CELEBRATION WEAR



**ALWAYS A
REASON TO
CELEBRATE**

Temple Beth El is always ready to celebrate! You can now show everyone that you are ready to celebrate with us and help support TBE at the same time! We have t-shirts for the hot summer weather and sweatshirts for the cooler winter weather!

Please go to the TBE website to order yours today! We have both youth and adult sizing!!

If you would like to order by check please call or email Helen Armistead so she can help you!

She can be reached at 661.472-1758 or armisteadlmft@gmail.com

**יש תמיד
סיבה
למסיבה!!**

YAHREZEITS

May 2024

+ Memorialized on the Yahrzeit plaques on the wall in the foyer

APRIL 26 SHABBAT SERVICES YAHREZEITS

Denise Turner: wife of Dugan Turner 7"7; friend of Peggie & Colleen Soltis-McGraw	May 1
William Tyler: partner of Etta Robin 7"7	May 1
Leola Lee Gross: remembered by TBE	May 2
Ozias Leib Gross: remembered by TBE	May 2
Alia Linder: remembered by TBE	May 2
Rachel Linder: remembered by TBE	May 2

MAY 3 SHABBAT SERVICES YAHREZEITS

Charles Schwartz: grandfather of Diane Andrews	May 3
David Bitton: father of Dorise Bitton	May 4; Nissan 26
Marcia Rudnick: mother of Libbie Mahan; grandmother of Catherine Mahan	May 4
Vince Sisti: friend of Mike Miller	May 4
+ Addie L. Marks: remembered by TBE	May 4
+ Wayne S. Baron: remembered by TBE	May 5
Jewish Community of Sambor, Poland: remembered by TBE	May 5; Nissan 27
+ Gussie Simrin: mother of Stan Simrin 7"7; grandmother of Susie Simrin	May 5
+ Anastacio Gonzalez: father of Rose Broida; grandfather of Michael Broida	May 6
Bertha Popel: mother of Sonia Simrin 7"7; grandmother of Marty Weinberg & Susie Simrin	May 6
Barbara Arnold: mother of Kathleen Arnold-Chambers	May 7
Ethel Gintzler: great-aunt of Laura Lauria	May 7; Nissan 29
Edna Dulcer: grandmother of Janet Newbrough	May 9
Ruben Kay: father of Selwyn Kay	May 9; Iyar 1

MAY 10 SHABBAT SERVICES YAHREZEITS

Paul Blatt: son of Rose Blatt; brother of Barbara Kessler; uncle of David Kessler	AMay 10; Iyar 2
Diane Polland Carrete: sister of Laura Lauria	May 10; Iyar 2
Hilda Kirschner: remembered by Pamela Elisheva	May 10
Kathryn Davis: remembered by TBE	May 11
Violet Kessler: mother of Martin Kessler; grandmother of David Kessler	May 11; Iyar 3
+Abraham D. Klein: remembered by TBE	May 11
+James W. Prince: father of Tim Prince	May 11
Rose Bard: grandmother of Marc Schulman	May 12; Iyar 4
Marilyn Singer Matty: mother of Glenn Singer	May 12
Élise Castiel: aunt of Dorise Bitton	May 13; Iyar 5
William Davis: father of Carla Epstein	May 13
Elaine Goodman: mother of Marsha Greenstein	May 13
Don Reifenstahl: father of Becky Reifenstahl	May 13
Rose Schechter: grandmother of Ilene Schechter	May 13; Iyar 5
+Fannie Shapiro: remembered by TBE	May 13
+Louis Frank: remembered by TBE	May 14
+Charles Klein: remembered by TBE	May 14
+Elenor S. Strauss: remembered by TBE	May 15
Samuel Schacter: father of Sharon Miller	May 15; Iyar 7
Leonard H. Smith: father of Bob Smith	May 16

MAY 17 SHABBAT SERVICES YAHREZEITS

+Jack Bloch: husband of Gretchen Bloch	May 17
Lois Fertig: friend of Pamela Elisheva	May 17
Irwin Weinberg: father of Michael Weinberg	May 17
+Morris B. Chain: remembered by TBE	May 17
Emerick Kessler: father of Martin Kessler; grandfather of David Kessler	May 18;
+Frank Goldman: remembered by TBE	Iyar 10
+Mollie Resnick: remembered by TBE	May 19
Stan Popel: brother of Sonia Simrin 7"7; father of Marty Weinberg; uncle of	May 20
Susie Simrin; grandfather of Adam Rodriguez	May 20
Charlotte Abrams: mother of Andy Abrams	
+Max Azgour: husband of Rosemarie Azgour	May 22
	May 22

MAY 24 SHABBAT SERVICES YAHRZEITS

Mrving Jenkins: father of Terry Skinner	May 24
Evelyn Kay: remembered by TBE	May 24
Roberta Shaw: mother of Karen Briefer	May 24
Elynor Rudnick Falk: sister of Phil Rudnick, Miriam Stull, Marcus Rudnick זל", and Milton Rudnick ז"ר; aunt of Daniel Rudnick, Joshua Rudnick, and Libbie Mahan	May 25
Alice Feldman: mother of Michael Feldman	May 25; Iyar 17
Jean Bishop: mother of Linda Hakimi	May 26
Bertha Klein: mother of Ralph Klein ז"ר	May 26; Iyar 18
Violet Peterson: mother of Ann Peterson-Saslaw ז"ר	May 26
Natalie June Dyer: grandmother of Connie Wellman ז"ר	May 28
Michael Joseph McGraw: father of Colleen Soltis-McGraw	May 28
Sonia Vayner: sister of Etel Lewis	May 28
+Irma Weill: remembered by TBE	May 28
Sarah Kohn: grandmother of Arline Pike ז"ר and Muriel Vekas ז"ר; great-grandmother of Irvin Pike	May 29
Louis Blumer: father of Vivian Gonzales	May 30
Samuel Farber: father of Michael Farber	May 30
Jenny Feinstein: grandmother of Irene Christenson ז"ר	May 30
Francis Wheeler: aunt of Andy Andrews	May 30
+Anne Cuccia: remembered by Irvin Pike	May 30



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---Jeff Schwartz

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