



HA-SOFER THE SCRIBE

Tamuz—Av 5783

אב - אלול

August 2023

TEMPLE EMANU-EL • 6299 CAPRI DRIVE, SAN DIEGO, CA 92120-4632 • (619) 286-2555 •

A message from Rabbi Devorah Marcus: “Forgetfulness leads to exile while in remembrance is the secret of redemption.” With these famous and timeless words from the Ba’al Shem Tov we are reminded of the powerful nature of memory as a core tenant of our culture and our people. Without remembering who we are and where we come from we run the risk of losing our identity and with it our pathways forward in this world. Simultaneously, it is only through the remembrance of our history, our stories, our triumphs, our tragedies, and our generations, that we are able to find redemption that we need to save the generations to come.

Without fail one of the most highly attended services of the year is our Yom Kippur Yizkor service. Hearing the call to our hearts, following in the footsteps of generations of our ancestors, we walk in the footsteps of those who have come before us to our synagogue to remember the ones we have loved and lost. We sit together with our friends, our chosen family, our neighbors, and we remember our bubbies and zaydies, our sabas and savtas, our parents, our siblings, our friends, and for too many, our children. In the safety and sanctity of our sacred space we sit in the quiet and comfort of a safe and loving place where we know it is not just okay to grieve and to cry, but it is in fact a mitzvah to do so. In our western world where we shrink away from sadness and pain, where we are so uncomfortable expressing sadness and loss, we come into this space of Yizkor. Jewish wisdom offers us an invitation, an explicit time and place that teaches it doesn’t matter how many days or years have passed – loss is loss, sadness is sadness. The empty chair remains empty and though the years may dull the sharpness of our grief, grief has nonetheless become a companion that is always present in some form or another. At Yizkor we don’t have to pretend grief is not here. We acknowledge it, we sit with it, we even honor it, because its presence in our lives means we have had the gift and the blessing of love.

Every year at Yizkor, as we say our prayers of remembrance and give voice to our gratitude and our grief, we are invited to recall the names of our loved ones who have died. And over the years our lists grow longer. As we move towards our High Holy Day season and we enter into the Hebrew month of Elul it is time to prepare. Soon, you’ll be receiving your High Holy Day information packets and with it, you’ll receive the invitation to inscribe the names of your loved ones into our Book of Memory. This book will be published and distributed at our Yizkor service and can be brought with you to the other three Yizkor services that happen throughout the year at our festival services of Sukkot, Passover, and Shavuot. It’s a beautiful way to both recall and honor the names of our loved ones who have left this world while ensuring that our time of reflection and remembrance does not also include forgetfulness. I encourage all of us to consider participating in this meaningful tradition of recording annually the names of our loved ones who have died as a way to bring their names into the synagogue with us on this sacred day of remembrance. I encourage us to use these books throughout the year to share the stories of these sacred beloveds with our friends and family as we recall the blessings that these souls have been and continue to be as we live the best of their example in our own lives today.

As we keep their memories alive in our hearts and our world, may we never be exiled from the traditions of wisdom that teach us the sacred nature of remembrance. May we never be exiled from the memories of our loved ones which enrich our lives and give meaning to our days. And as we record the names of the ones we have loved and lost, may we ever be inspired by the blessings they have been to strive to be such a blessing in the lives of the ones we still have with us in the new year we are about to enter.

Service Schedule

Friday, August 4 Shabbat Service	6 pm
Saturday, August 5 Shabbat Service Eikev, Deuteronomy 7:12-11:25 Isaiah 49:14-51:3	10:30 am
Friday, August 11 Shabbat Service	6 pm
Saturday, August 12 Shabbat Service R’eih, Deuteronomy 11:26-16:17 Isaiah 54:11-55:5	10:30 am
Friday, August 18 Endless Summer Shabbat At the Bay, Playa II No Service at the Temple	6pm
Saturday, August 19 Shabbat Service Shof’tim, Deuteronomy 16:18-21:9 Isaiah 51:12-52:12	10:30 am
Friday, August 25 Shabbat Service	6 pm
Saturday, August 26 Shabbat Service Bar Mitzvah Ki Teitzei, Deuteronomy 21:10-25:19 Isaiah 54:1-10	10:30 am
Friday, September 1 Shabbat Service	6 pm
Saturday, September 2 Shabbat Service Ki Tavo, Deuteronomy 26:1-29:8 Isaiah 60:1-22	10:30 am



From Our Temple President

by Matt Meis



Does anyone else feel like 2023 is racing by? It seems like Pesach was yesterday and now the High Holy Days are almost upon us. Am I just getting older or is the earth spinning faster? Summer is in full swing. The rain and June gloom are gone and replaced by summer heat, which makes me kind of nostalgic for the rain.

I've only been president for a month and I'm still getting used to the job and its responsibilities. I think if they told you everything about the job when they approached you, perhaps they would have difficulty finding a volunteer (LOL). That being said, I am still aware every day that it is an honor to have been asked and I am definitely feeling the great responsibility of this position. I am grateful for the opportunity to serve as president of our congregation and for the great privilege to serve as your representative to our Jewish community and larger San Diego community. I can tell you that Temple Emanu-El is in very good health. Our budget is balanced, our Preschool is full, our rabbis are committed to serving the spiritual and mental health of our community, and we have an amazing and committed staff ready every day to keep our Temple functioning in a way that our needs as a congregation and individually are served. Our Board is comprised of a group of people who take their responsibilities seriously. There are no big shots or swollen heads on the Board. We don't always agree, but we all work together as equals for the benefit of our Temple. We are committed to the long-term health of our congregation, financially, spiritually, and physically.

I look forward to seeing you all at our High Holy Day services and throughout the year at holidays, classes, and activities. Please do not hesitate to introduce yourselves to me when you see me at Temple or anywhere in the community. And, of course, if you have anything you'd like to tell me, a suggestion or a criticism, or just to say hello, please email me at president@teesd.org.

Shaun Speaks...



Shaun Copans,
Executive Director

On Saturday, July 15, Temple Emanu-El participated in the San Diego Pride Parade as we have done every year since 1998. The Parade, which kicked off at the corner of University and Normal in Hillcrest and marched a mile and a half to Balboa Park, is the largest single-day civic event in San Diego and drew over 250,000 people!

This year, our entry consisted of two brand new custom-made helium inflatables featuring the Temple logo and Pride flags, a convertible car with Rabbi Devorah and Rabbi Benj riding in the back waving to the crowd and more than 75 Temple members walking alongside, passing out stickers to Parade-goers and showing their support. This was our largest group of participants in many many years.

The Temple was also the recipient of the annual Light of Pride award, given annually to a community and religious organization that serves as a role model for affirmation and service to the San Diego LGBTQ Faith Community.

Thank you to all our members who participated in the Parade. We hope to have more than 100 next year!



Temple members who are able to go above and beyond the standard Temple dues requirement enable us to continue our high standard of services and programs for all members, regardless of means. Please consider joining at one of the following levels:

Chai Circle



All levels of Chai Circle and Life Membership will have their names published at High Holy Days and in HaSofer (The Scribe). For more information about our programs, please call the Temple office at (619) 286-2555.

Life Membership



Add Your Strength to Ours!

Below is a list of contacts for committees, projects and other ways to become more involved in the life of Temple EmanuEl. Please reach out to any of these groups to learn more about their work, and how you can become involved.

- **Adult Education** adulted@teesd.org
Madelynn Micon (619) 200-3237
- **Advocacy** advocacy@teesd.org
Barbara Learner
Janice Steinberg
- **Budget and Finance** financecommittee@teesd.org
- **Caring Community** caringcom@teesd.org
Ira Moskowitz (619) 449-2762
- **Endowment** endowment@teesd.org
Bob Rubenstein
- **House & Grounds** housegrounds@teesd.org
Steve Naiman (619) 449-2349
- **Library** office@teesd.org
- **Membership** membership@teesd.org
Amy Blum
- **Mental Health** mentalhealthcom@teesd.org
Marie Raftery
- **Mi Shebeirach Tapestry** tapestry@teesd.org
Claire Fritz
- **Preschool** preschool_com@teesd.org
- **Publicity** publicity@teesd.org
- **Safety/Security** security@teesd.org
Greg Houska
- **Social Action** socialaction@teesd.org
- **Torah School** thscom@teesd.org
Jane Muschenetz
Patricia Cardozo
- **Women of Reform Judaism** wrj@teesd.org
Nancy Marcus
Barbara Chancy
- **Youth** rabbibenj@teesd.org
Rabbi Benj Fried



Mitzvah of the Month – Backpacks and School Supplies



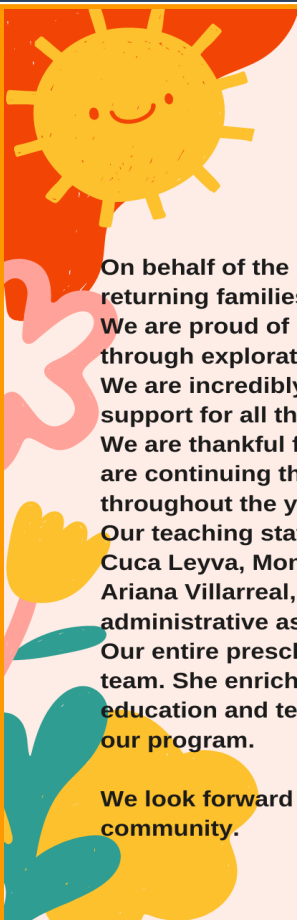
This month, many students are returning to school. Whether you are in the stores or shopping online to prepare your own children or grandchildren to be ready for classes, please consider this mitzvah and pick up a few extra items to help other kids.

Most needed items this month are:

- Backpacks
- Paper and Notebooks
- Colored Pencils, Crayons, Pens, Pencils and Sharpeners
- Glue Sticks and White Glue
- Rulers, Safety Scissors

We will partner this month with “Buddy’s Backpacks,” a group from Santee which distributes backpacks and school supplies annually in a special drive-through event. Any child from anywhere in San Diego is eligible to receive school supplies, no qualifications necessary. Last year, they distributed over 900 backpacks!

Please bring your donations to the white barrel in the front office lobby of the Temple, and the Social Action Committee will make sure they are delivered. For any questions, please contact Elana Levens-Craig at levenscraig@hotmail.com.



Janet Arkin
Preschool Director

On behalf of the entire Price Family Preschool Team, I would like to extend a warm welcome to our new and returning families to the 2023-24 upcoming school year.

We are proud of our nurturing and affirming Jewish environment that encourages children to learn and grow through exploration and discovery.

We are incredibly grateful for all families and community members who continuously give their time and support for all that we do.

We are thankful for our Parent Committee Chairs, Jennifer Cobak, Kellene Dinino, and Sara Fefferman who are continuing the loving commitment to volunteer and help coordinate our many ongoing family activities throughout the year.

Our teaching staff includes Ailin Beltran, Jessica Castaneda, Dahlia Figueroa, Ivonne Gomez, Alondra Lara, Cuca Leyva, Monica Lopez, Ellen McMullen, Malora Tweet, and Jodi Gomaidy. Our floating assistants are Ariana Villarreal, Kayla Dennison, and Vi Luu. We are thrilled to have Jessica Frederick returning as administrative assistant.

Our entire preschool community mourns the loss of Sara Zolott who was an integral member of our teaching team. She enriched all our lives with her loving communication with children and her enthusiasm for STEAM education and tea parties. We are working together to create a way to honor her memory and contribution to our program.

We look forward to an amazing year filled with opportunities to continue to build lifetime friendships and community.



Community Corner

The Power of Prayer

by Gail Braverman, M.A., LMFT, and Temple Board Member

There are times in our lives when we recognize that our own ability to problem solve is limited. When we are looking out over the edge of our own understanding, we need more help and that can lead to prayer. No matter who or what we pray to, the goal of prayer is to put us in a better place, to put us in touch with a source bigger than ourselves.

In order to pray, you don't have to have a particular religion, philosophy or moral code. Prayer is the admission that there is a Power greater than ourselves upon which we can rely.

I will use the term Higher Power to speak about who we are praying to. Some people are not comfortable with the word "God" so they use their own term. It could be Higher Power, a tree, nature, music, dance, the ocean, the sky or the universe, their dog. Recently someone told me he prays to the "truth."

People of different faiths have told me that after a while many of the traditional prayers do not always move them. Too much rote learning and not enough meaning can diminish the power of communal prayer and at other times the repetition of prayers in community can enhance the collective effervescence of a group.

The time of the day we may need the most help and comfort can be at 2 or 3 am, when we cannot sleep or rid ourselves of ruminating thoughts.

I know when I am fighting sleep, filled with anxiety and fear in the middle of the night, I need a very different kind of Higher Power than the one I find in public religious services. I need a close, personal Higher Power that I can talk real with. I need the kind of Higher Power that I can say anything to, including "wow," "gimme," "thanks" and "oops."

Studies have found the benefits of prayer include a sense of calmness, encouragement, support, reflection, a broader perspective, hope, comfort, knowing oneself and possibilities. Current research suggests that it has a positive effect on our immune system functioning as well.

Needing spiritual help is universal. Getting there is individual.

I often rely on the Serenity Prayer to give me the wisdom to know the difference between what I can change and to leave the things I cannot change to a Power greater than myself.

Reflection: Am I willing to explore inspiration through prayer?

Today's Practice: How can prayer support me?

I welcome your comments: gbrave3333@aol.com



Summer Mah Jongg Women of Temple Emanu-El All Mondays in August



Have you always wanted to learn to play Mah Jongg but never had the opportunity? Did you play years ago but fear your skills are rusty? Are you looking to start playing again with a wonderful group at the Temple?

You are in luck!

Mah Jongg lessons and play are scheduled for all Mondays in August, beginning August 7, from 1:30 – 4 pm, in the Temple Library. The cost for the series is \$25, which includes the official National Mah Jongg League card and snacks.

To sign up for Mah Jongg, please contact Nancy Marcus at (714) 585-7858, or email her at wrj@teesd.org.



OUR BIG FABULOUS TEMPLE CAMP!

October 13—15, 2023

If you belong to Temple Emanu-El, you are part of our family and we want you to come to camp with us.

Reserve your space now for a special and memorable two night retreat in San Diego's beautiful back country at Camp Marston. A non-refundable \$100 deposit per family is required at time of registration. Final payment due by October 6. Go to our Temple website at teesd.org to register today.

From the Mailbox

The Moore's UCSD Cancer Center is in partnership with the Light One Little Candle Foundation, a non-profit organization that encourages parents undergoing cancer treatment to read to their children. The program distributes new children's books to cancer patients through the Cancer Center's Patient and Family Education Center.



We thank you so much for your book donation. Because of your generosity, your donation will give incredible joy and comfort to our patients and their families!

Charlotte Perry and Patricia Freund, Co-Chairs

Light One Little Candle Foundation

For the April Mitzvah of the Month, the Social Action Committee coordinated a collection of new children's books which were distributed at Moores Cancer Center.

We invite you to join our Chai Circle Program...

Temple members who are able to go above and beyond the standard Temple dues requirement enable us to continue our high standard of services and programs for all members, regardless of means. In addition to your own membership, Chai Circle provides dues help for a family in need and a Jewish education for their children. Participation strengthens the bonds of our Temple family.

Please consider joining at one of the following levels:

Chai (Circle of Life) \$4550 annually
Bonim (Builders) \$5675 annually
N'deevim (Benefactors) \$6800 annually
Shomrim (Guardians) \$7925 annually

All levels of Chai Circle Membership will have their names published during High Holy Days and in the *Scribe*, our monthly bulletin. For more information about our Chai Circle program, please contact Executive Director Shaun Copans.



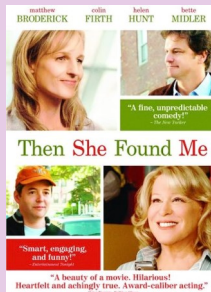
Adult Education
Supporting Lifelong Jewish Learning
by Madelynn Micon *Committee Chair*

Summer Reruns, Favorite Films from Past Series

Then She Found Me

Saturday, August 19, 7pm

Temple Sanctuary, In Person



Based on Elinor Lipman's novel, the movie addresses topics like religious faith, motherhood and adoption. April Epner (Helen Hunt) is a practicing Jew. Adopted as a baby, she felt her parents loved their biological son more than her. She's 39 and wants a child of her own, but her husband has decided to leave her. When the adoptive mother dies, April's birth mother (Bette Midler) tries to reconnect with her. April starts dating Frank (Colin Firth), the father of one of her students. There are complications in her attempt to have a child that challenge her faith. The film straddles the line between comedy and drama but never gets too bogged down in pathos.

The movie was made in 2007 and directed by Helen Hunt.

There will be a bring your own dinner in the courtyard at 6 pm, before the screening of the film.

Torah Study

Saturday mornings—9:00 am In Person and on Zoom

An in-depth study of Torah portions and commentary. Come in person or connect from home.

Zoom links will be provided in the Temple's weekly emails.

Coffee with the Rabbi

Wednesday mornings, 11 am on Zoom (August 9, 23, & 30)

Drop in when you can for a lively discussion on current events. No registration is needed— just an interest in Jewish learning.

Please consider a contribution to the Adult Education Fund to help support the Committee's efforts to continue to engage speakers and provide the high quality of life-long learning experiences that have become an integral part of Temple Emanu-El. Program costs are continuing to rise, and we need your support.

Please check your email messages for additional information and other upcoming Adult Ed programs. For questions, contact Madelynn at adulted@teesd.org, or call her at (619)200-3237.



Israel Engagement

By Rhonda Amber and Jonathan Licht

We are eager to move forward with Israel Engagement.

Please put Sunday, August 20, on your calendar and reserve 10-11:30am for our next meeting to plan the coming year's programs. We will meet in the Temple's Social Hall.

Israel's current government has been in power for six months. Throughout this time, Israeli citizens and Jews throughout the world have protested its policies, laws and appointments. The intensity of the protests is increasing as the protestors feel that the democratic nature of Israel may slip away soon.

One of the groups that has sprung up to lend their voice to the opposition is called "**UnXeptable**," composed mainly of Israelis living and working abroad. There is a San Diego chapter which has held frequent rallies at Mission Bay. Members of our congregation and clergy have attended to hear speakers and lend their solidarity. We hope to invite leaders of this group to speak at our August 20 meeting to share their concerns and insights with us.

To RSVP, or for suggestions and questions, please contact Rhonda at rjamber2011@gmail.com or call her at (619) 987-3807.

Abayudaya: The Jewish Community of Uganda

Friday, August 11, 6:15 pm, Tifereth Israel

The Drum Circle at Temple Emanu-El has been asked to participate in the Shabbat service on Friday, August 11, 6:15 pm at Tifereth Israel. No reservations are needed.

The evening will feature visiting scholar Shoshana McKinney, who will speak on the Jewish community of Uganda. She will lead singing and drumming of well-known Hebrew verses to Ugandan melodies.

McKinney is the executive director of Tikvah Chadasha Foundation Uganda, a community-based non-profit organization that seeks to eliminate poverty in her country through opportunities to earn a livelihood.

Don't miss this opportunity to learn about the culture of the Abayudaya, and hear our own drum circle.

Drum Circle August 22, 3 pm

Hello new and returning drummers! Join us on Tuesday, August 22, from 3 – 4 pm in the courtyard at Temple Emanu-El.

Come and treat yourself for the first time or the hundredth time!

Leanne Pearl is our drum leader extraordinaire. She leads us in new rhythms and encourages us to find our own beats.

Come and find out what it feels like to "rumble."

Drumming is very forgiving. It is not like playing a traditional musical instrument where you have to read music.

Last month, a dad stopped by and drummed with us while his son was having his tutoring to become a Bar Mitzvah.

We hope he will return.

There are drums to share if you don't have one of your own. Leanne is very generous with her time and we each give her \$10 for her expertise. If this is your first time, stop by and try drumming to see if it is a good fit for you.

We have been meeting for over three years, even during COVID. We are so much freer being outside in the courtyard to listen to birds and watch the blue sky. If it is too warm, we will meet inside, in the synagogue lobby.

If you have any questions of any nature, don't be shy, please contact Bonnie Baron at bonniebaron@gmail.com

Hope to see you on August 22!



It's August!
It's Summer Vacation!

Lisa: Does that mean I shouldn't write an article about Recovery International for the Ha-Sofer?

Congregation: Of course not!

We are always practicing and sharing the Recovery International Method. Recovery International is used for the *little* things that get you worked up. It's not for drugs, alcohol or death and we *don't* give advice. We only talk about trivialities:

- Can't find my keys
- Traffic
- No invites to that summer barbecue
- The old favorite: bad hair day
- The computer not working
- Spelling errors on my college paper

Please join us.

New News!

We are proud to announce that Recovery International will be opening an LGBTQ+ focus meeting on Monday nights at 6pm on Zoom. Please go to the Recovery International Public Calendar at recoveryinternational.org and register.

We now have two in person meetings:

- Thursdays, 10 am, Temple Emanu-El Library
- Thursdays, 6pm, Solway Church, 4747 Soledad Mountain Rd.

Please check our website, recoveryinternational.org to sign up for Zoom meetings.

Jewish Family Service Programs at Temple Emanu-El

Activities, exercise classes and special events are held through the Aging and Wellness Program of Jewish Family Service for those age 60 and over at Temple Emanu-El. The College Avenue Center is open Monday through Friday, 10:15 am—1 pm. Lunch is available each weekday. The suggested donation for seniors is \$4 per person, or \$7 per person for all others.

Most activities are available at no charge. To reserve your place for classes, please call (858) 637-3725.

Programs in August include:

- ◆ Mondays at 10:30 am —Trivia (engages participants with thought-provoking trivia questions)
- ◆ Tuesdays at 10:15 am —Tai Chi (learn the techniques, postures, and movements of Tai Chi)
- ◆ Tuesdays at 10:30 am —Current Events (engages discussions about recent national events)
- ◆ Wednesdays at 10:30 am —CAC Fitness (a series of body-weight exercises)
- ◆ Thursdays at 10:30 am —Wellness Day (wellness presentations, art, special events)
- ◆ Fridays at 10:15 am —Cantantes Latinos (music, singing, and fun)



Please Do Us the Honor...And Let Us Honor You

Summer is here, which means the High Holy Days are just around the bend. While it might be too soon to decide whether roast chicken or brisket, or even both, will grace your break-the-fast dinner table, it's not too early to take advantage of the exciting High Holy Days opportunities.

Aliyot and Readings

Did you know you can request the honor of taking part in either Rosh Hashanah and/or Yom Kippur services? Beginning with Erev Rosh Hashanah, members of synagogues across the country will be called to the bima to participate in High Holy Day services. Rabbi Devorah and Rabbi Benj will assign aliyot, readings, ark openings and closings and other bima rituals as a way to honor members. But we need volunteers for these honors as well!

Can't read Hebrew? Every prayer in our prayerbook is transliterated! Let us know if you would like to participate by emailing Brandy Thomas at bthomas@teesd.org.

Tapestry

Maybe you've never had the honor of holding the Mi Shebeirach Tapestry during High Holy Day services. Or maybe you have, and would love to join in again during this year's presentation of the tapestry during either Rosh Hashanah or Yom Kippur. It's an amazing feeling to be part of the group holding the tapestry and looking out into the sea of your fellow congregants as we all sing the prayer for healing. Let us know you would like this honor by emailing Claire Fritz at Claire.lifetime@gmail.com.

Prayerbooks for High Holy Day Live Streaming

Did you know that Temple Emanu-El live streams High Holy Day services for our members who are unable to attend in person? If you need to join us from home, we can make the experience more meaningful for you by making it possible for you to follow along using the High Holy Days prayerbooks. We will work to deliver the books to anyone that is a *homebound member* so that you too can attend High Holy Day services from home using the live streaming.

Have you wanted to own a copy of *Mishkan HaNefesh*, the High Holy Days prayerbooks we are currently using? Whether you are looking for the opportunity to become familiar with the prayers, study the readings ahead to begin to emotionally connect with the themes of the holidays, or you are not able to be physically present with us this year, you can now order directly through Amazon and have the two volume set delivered right to your home. You can order either the regular or the large print edition of the books. Books will not be sold through the Temple office or Gift Ship this year but you can go to our website, search for "*Miskkan HaNefesh*."



Memorial Book

Our Book of Remembrance will once again be distributed to the Congregation on Yom Kippur, the Day of Atonement, when we are most poignantly reminded of our loved ones who have passed over the years. It will include the names of the loved ones who have passed on and those who are memorializing them and is distributed during the Yizkor service on Yom Kippur afternoon. If you would like to have your loved ones included in this book and in this sacred ritual of memory, please go to our Temple website at teesd.org to submit their information and make the Yizkor donation.



Contributions

Contributions received after the first of the month will be published in the next month's bulletin.

Commemorate a life cycle event or remember a loved one with a donation to one of the Temple's specially designated funds.

This month, we gratefully acknowledge the receipt of the following contributions:

TODAH RABAH

To Barbara Pollack for her work on editing the bulletin.



JEWISH BEREAVEMENT SUPPORT GROUP

Facilitated by Rabbi Aliza Berk, LMFT

While each individual processes grief and loss differently, healing is enhanced by sharing with others who have experienced the death of a loved one. Together, this group will address the social, psychological, emotional, religious and spiritual dimensions of the bereavement process from a Jewish perspective. This group will meet virtually via Zoom.

Location: Virtual group via Zoom

Dates: Wednesdays 10:00 – 11:30 am

Six sessions: October 18 and 25, November 1, 8, 15 and 29

Cost: \$18 per session (financial assistance available)

Pre-registration is required.

For further information and to register, contact Rabbi Berk by phone at 858-220-5412 or by email at alizaberk@gmail.com.

We'd love to share your simcha!

Do you have an engagement, a wedding or a new baby in your family? Share your happiness with the congregation! Please email the information to publicity@teesd.org to be included in an upcoming bulletin.

Attention: Parents of High School and College Seniors

We'd love to share your simcha! Please email publicity@teesd.org if your son or daughter will graduate from high school or college this year - we'd like to include plans for future study as well. We will publish the information in an upcoming bulletin.



Thank you



YAHREIT OBSERVANCE

Zecher Tzadik Livracha – The Memory of the Righteous is a Blessing

The following yahrzeits will be commemorated at Shabbat services:

August 4 & 5

*Bernard Ackerman
 Michael Barry Arkin
 Lilly Baer
 Bruce Berton
 Max Bressler
 *Morris Chenkin
 Jean Eisman
 Jack Fritz
 Al Garford
 Braxton Glass
 Nancy Goodman
 David Greenberg
 *Gersen Grosmark
 *Barry Gruer
 *Sam Guzick
 Helen Houska
 Carol Israel
 *Rae Joseph
 Rita Kahn
 Celia Kipperman
 Herbert Krugman
 Muriel Kusnitt
 Albert Laverson
 Buddy Lieberman
 *Jane Lipinsky
 Clara Majtlis
 Raymond Moskowitz
 Edwin Nackman
 Marilyn Nackman
 *Gertrude Pasmanik
 *Sam Pasmanik
 Marjorie Pilch
 *Gene Ramras
 *Sydney Resh
 *Louis Rubenstein
 Stena Schulman
 Louis Shafton
 *Dolly Siegel
 *Ben Socher
 Sam Solomon
 *Lena Spero
 *Matthew Spero
 Leon Steres
 Mary Stratton
 Hilde Veinbergs
 Rose Weiner
 *Max Yesselman
 Muriel Zeidell
 Celia Steinberg

August 11 & 12

Barry Ackerman
 *Jennie Gold Aliber
 *Betty Asher
 Isadore Asher
 *Samuel Bloomfield
 Sam Cohen
 *Sidney Dancoff
 Beverly Finkelstein
 Leslie Fischer
 Minnie Fritz
 *Sonia Glass
 Betty Kaiser
 Marvin Klaven
 Alicia Laddon
 Jon Larson
 Florence Lasko
 Al Levine
 Tom McDonald
 Gerald Meiselman
 George Metzger
 Jimmy Pupplo
 *Sydney Resh
 Weta Rodbell
 *Harry Sandman
 Philip Sarfan
 Maxine Schaeffer
 June Schwartz
 *Ruth Sein
 Edith Shelden
 Maurice Spear
 Anne Svet
 *Judy Willows

August 18 & 19

Frances Avirov
 Mel Bartell
 Sam Copans
 Elliott Downs Crummer
 Michael Cummings
 Samuel Dorris
 Maxine Elmont
 Toby Feldman
 Larry Finnegan
 *Esther Friedman
 *Abner Fritz
 Anne Galovich
 Ida Gladstein
 *Bernard Godes
 Eva Goldman
 *Harry Goldstein
 Danielle Grossman
 Tilda Himmel
 *Alice Freuder Kesler
 Jay Klein
 Martha Krugman
 Michael Yellin
 Abraham Harold Mosenson
 Gittel Reytblat
 Wendy Risley
 Loretta Rose
 Frances Saltzman
 Marilyn Satlof
 *Todd Schulman
 Larry Scott
 Hermie Segal
 *Dustin Shapiro
 Richard Shorr
 Ted Shulman
 Rebecca Siklek
 Ethel K. Sommer
 Elfriede Sultan
 Max S. Turner
 Olive Weber
 Michael Witte
 Victoria Eskenazi Yomtow

August 25 & 26

Alfred Berger
 John Blalock
 David Blumenfeld
 Michele Elyachar
 Harry Epstein
 Stephen Mark Epstein
 Darlene Fayerman
 *Leo Fixler
 Rose Friedenberg
 Barbara Given
 *Ruth Hoisman
 Barbara Klein
 *Walter Kraslow
 *John Laird
 Sergio Marten
 *Daniel Miller
 Kitty Park
 Barbara Pimentel
 Leo J. Pinkus
 *Tres Polet
 David Rappoport
 Herman Rappoport
 Mindy Robin Rogal
 Bella Orkin Rosenzweig
 Leland Salberg
 Lois Schuckman
 Hyman Schwartz
 Sam Schwartz
 *Joseph Sein
 Sonia Shulman
 Marilyn Simmons
 Janet Steck
 Dorothy Swann
 Jacob Tishkoff
 Minnie Oshinsky Turner
 Sarah Wasserman
 *Charlotte Yesselman
 *Leonard Zlotoff
 Audrey Meltzer Zubkoff
 Rose Sultan

September 1 & 2

Joseph Asher
 Jerry Becker
 Clara Burney
 *Louise Burston
 Bert Epsten
 Sara Foerder
 *Barry Friedman
 Betty Gimpelson
 *Louis Gittelman
 *Frances Goldberg
 Philip Goldberg
 Barbara Gross
 Randi Hosking
 Shirley Izenberg
 Marty Katz
 *Ida Kipperman
 Simon Edward Kossman, Jr.
 Jay Krane
 *Joseph Leichtag
 *Elliott Leonard
 *William Luck
 Henrietta Markowitz
 Frank Meiner
 *Marion Rose Oberndorfer
 Elaine Glantz Ostrin
 Gene Parker
 Dawn Powell
 Sander Rief
 *Leonard Sherr
 Amos Shive
 Gayle Silverman
 *Stanley A. Singer
 Don D. Sloan
 Louis Snyder
 *David Soroka
 *Simon Spector
 *Robert Steinhauer
 *Lena Treger
 Irene Weinrieb
 Linda Witte
 Jacob Berman



* designates a memorial plaque in the Sanctuary lobby



In Our Temple Emanu-El Family

AUGUST BIRTHDAYS

8/1	Lesley Cohn Phyllis Davidson Jacob Musicant Dave Belasco	8/11	Peggy Cohen Roberta Witte	8/19	Melissa Showman Ezra Teplin	8/28	Mathew Colona Cecile Fleetwood Arielle Garellek Dmitry Ponomarenko
8/2	Charlie Pinkus Salah Tirouda	8/12	Nadine Millstine	8/20	Sydney Berg Les Niss Felise Zollman	8/29	Hannah Celano Marc Hamovitch Escher Sadja Robyn Sarvis Jennifer Stone David Whinston Axton Cercos
8/3	Megan Misrach Lev Tseselskiy	8/13	River Dickenson David Mendel Jennifer Nemeth Joseph Rosenzweig Sherry Saltzman Zoe Heller	8/21	Michael Bloom Steve Saltzman	8/30	Jack Feinberg
8/4	Lauren Foosaner Lucas Spielman Rebecca Tedesco	8/14	Jaidyn Corbett Shaia Davis-Duffy Joanne Ellison Shulamit Nelson-Spilkin Mike Oolie Jennifer Peterson Amy Spielman Yvonne Williams	8/22	Rebekah Belasco Stella Salzman Laura Stratton	8/31	Bonnie Yoshida-Levine
8/5	Emily Green Peggy Han Raelyn Sparhawk	8/15	Riley Iwanowicz Zara Jacob Karen Reibstein	8/23	Kim Belasco Mathew Kostrinsky Nicole Levin Miles Marks Harry Zanville		
8/6	Claire Handler Samuel Handler Dhyana Latta	8/16	Maya Schuster	8/24	George Kaplan Myles Marchand Daniel Heller		
8/7	Barry Fefferman Katy Karel David Saville Victory Tran	8/17	Robert Berton Leo Chaim Laura Keenan Roxi Link Jacob Sigismonti Solomon Whinston Kaleb Bryan	8/25	Ethan Crone David Elster Marc Silver		
8/8	Sara Byrnes Jared Goldman Natalia Herman Ellen Stein			8/26	David Lubin Perri Wittgrove		
8/9	Nancy Kossan Joshua McColister Kyle Norris Theo Youngstrom			8/27	Madilyn Blum-Hopgood Sam Elster Joe Fox Martin Bloom-Trejo		
8/10	Joyce Camiel						



This is a free event

If you have questions about the event please email Ellie Mout at ellienihon@gmail.com

August

27


12-3pm

Sunday Funday

Game Day

Come join in the fun of playing a variety of games

**Hosted by:
Adult Ed**

Temple Emanu-El
in the Sanctuary 

Please go to our website to sign up at <https://teesd.org>



AUGUST ANNIVERSARIES

- 8/1 Audrey & Rob Patterson
- JoAnn & Steven Silkes
- 8/4 Aimee & Dan Benner
- Aran & Julie Sadja
- 8/5 Melissa & Erich Showman
- 8/6 Norman & Lynne Lurie
- Drea & Jack McCullough
- Mark & Gail Braverman
- 8/7 Lauren & Mick Frederick
- 8/9 Randy Socol & Heather Muns-Socol
- 8/11 James & Desiree Lange
- 8/12 Rick & Cathy Goldberg
- Morey & Aunrey Bubis
- 8/14 Micky Witztum & Michele Harris
- 8/15 Paul & Suzanne Schulman
- Ben & Karen Snyder
- 8/16 Phil & Arlene Bresnick
- Jon & Mary Epsten
- Maya & Mike Schuster
- Aimee & Minh Le



- 8/18 Tom & Barbara Lincoln
- 8/19 Jocelyne Okrent & Takis Mitropoulos
- 8/20 Shai & Ellen Immergut
- 8/21 David & Vicky Mendel
- 8/22 Sandy & Barbara Rosenthal
- 8/24 Marty & Anita Lawson
- Saul & Sonia Snyder
- Susan & Bruce Doole
- Debbie Macdonald & Nancy Kossan
- 8/26 Marcia & Eric Berneger
- Mathew & Carrie Colona
- Dick & Randee Friedman
- Arlene & Bob Keeyes
- Richard & Peggy Ratner
- 8/29 Stacy Orenstein & Richard Thiele



Women of Temple Emanu-El

by Barbara Chancy and Nancy Marcus, Co-Presidents



It is that exciting time of year when we are looking forward to the High Holy Days and to the future. We hope you have all considered joining or rejoining Women of Temple Emanu-El. Applications are available in the Temple Office or on the Temple's website- look for the pull-down menu for "Get Involved" and click on "Women of Temple Emanu-El." Payment may be made by check, cash, PayPal, or on the "Online Payments" from the home page of the Temple website. Just scroll down to "payment details" and select "WRJ Sisterhood Dues."

Your dues money goes to support the programs we offer here at Temple and to support the work of WRJ, our international parent affiliate. We are proud to share where our money goes with you. This month our focus is on DEI – Diversity, Equity and Inclusion!

This year, the WRJ has granted DEI funds to these organizations:

Lunar

A group of Asian Jews who initially gathered online to discuss the bullying they were receiving online in 2020, connected to the pandemic. They were young college students seeking support from their peers. The group has grown and was awarded a \$5,000 grant from WRJ to continue their work of connecting and organizing in-person activities around the country.

Be'chol Leshon

A well-established group that supports Jews of Color was awarded a \$10,000 grant to create more videos that explore Jews of Color civilizations. This specific grant will underwrite a new film, "Sigd," an ancient Ethiopian Jewish holiday.

Jews Of Color Magazine

A grant of \$7500 was given to offer a mentorship to girls who are learning to be teen editors and photographers for the magazine.

Jewtina & Company

A four month online program on Gender Inequality within the Latino Jewish Community was awarded a \$5000 grant.

Rekindle Community Expansion

A \$5000 grant will support creation of two new cohorts for mid-career leaders from Jewish and African American communities for facilitated conversations to break down barriers and build relationships.

Tkiah Sephardic & Mizrahi Curriculum

A \$5000 grant was awarded to create a music curriculum for synagogues that will enhance traditional Ashkenazi music offerings at services with music from Sephardic and Mizrahi communities.

Iish Queer Torah Study

A \$2500 grant will be used to develop peer leadership and teaching materials for Queer identifying Jewish young adults. ages 21-45, including an all night Shavuot camping experience.





Helping to Repair the World

Your generous donations to Temple Emanu-El's Social Action Fund are used to serve the needs of the community, locally, nationally and internationally.

In July, funds were sent to World Central Kitchen (wck.org), which provides fresh, nutritious meals in the wake of natural disasters in America and around the world. Whenever possible, they source and hire locally, to jump start economic recovery. They provide training in food safety, sanitation and set up community kitchens and training for chefs.

Their Climate Disaster Fund is working to support communities impacted by the climate crisis.

In August, we will allocate money to Reading Legacies (readinglegacies.org), which works to facilitate supportive relationships by family and friends reading to children. Programs encourage parents, grandparents and high school students to read aloud to children. Our donation would be earmarked for the Book Bridges Program, which works with families separated by incarceration or addiction. Parents are videotaped reading aloud to their children. The children are then sent the book and the link to the video.

The Social Action Committee carefully screens all recipients to make sure money you donate to the Social Action Fund to continue the work of tikkun olam is spent wisely. We appreciate your donations, large or small, to help with this work.

Safety/Security Committee

By Greg Houska, *Safety/Security Committee Chair*

I realize the themes of my monthly articles are generally as upbeat as possible, while covering topics such as identity theft, gardening mishaps, or not becoming shark bait while out for a swim. This month's article is a lot more serious.

I have recently attended two presentations given by the San Diego Jewish Federation and ADL in which Antisemitism was front and center. Unfortunately, reported Antisemitic incidents in San Diego this year are at approximately 102, versus about 85 for last year at this time. San Diego area schools report that there are more than 49% more Antisemitic incidents than last year. On the positive side, the Jewish Federation has hired Bill Ganley as the new Community Security Director, whose mission will be to conduct training for San Diego Jewish institutions.

At Temple Emanu-El, we certainly will take advantage of his expertise and plan on scheduling training for Temple staff and volunteers. For those of you who are interested in attending this training, please contact me at security@teesd.org. I recommend that everyone watch the FBI's active threat video, titled "Run, Hide Fight," which is easily found on Youtube or at FBI.gov. Antisemitic incidents may be reported to the ADL via text: (833) 448-0248.

Remember: we all have an obligation to look out for ourselves, our families and our community. The well-used adage "If you see something say something."

if you
SEE | **SAY**
something | something*





Friendship Circle is a program that brings together teenage and adult volunteers in helping children, teens, and adults with special needs and their families. These individuals with special needs may suffer from loneliness in addition to their disabilities. They could have the best professional help (doctors, social workers, etc.) but

they don't necessarily have friends!

They don't attend regular social gatherings like most, and their classmates and peers cannot interact with them in the same way as most. They may be missing extra attention, love and friendship from friends and people in their community.

The Solution is Friendship Circle! Friendship Circle provides assistance to families with children, teens, adults with disabilities.

Our unique formula introduces teenage and young adult volunteers to our friends and through shared experiences both are enriched.

Friendship Circle is made up of five parts: volunteers, special friends, parents, staff, and supporters. The true beauty of the circle is how we all link together to form a seamless circle of friendship. *Together, we can perform miracles.*

Friendship Circle touches so many in our community:

The child, teenager, or adult with special-needs looks forward to spending time with his or her volunteer as well as the special events they get to attend throughout the year.

The teenage and adult volunteer learns the value of giving, and cherishes the experience of making a difference in an individual's life while bringing a smile to his or her face.

The special friend's family gets much needed respite and the pleasure of seeing their child become part of the community. They also get to share and interact with others facing circumstances and challenges similar to their own. The supporter provides the wherewithal for Friendship Circle to exist. By observing the very obvious difference the program is making to so many lives, supporters of Friendship Circle make the smiles of these special children their own.

The staff is a team of leaders and professionals for whom Friendship Circle is a labor of love. Be it through working with the children, teenagers, young adults and parents, or planning the various activities, these dedicated men and women are the driving force behind the program.

Shaindle Goodwin Suss, MSW

Volunteer Coordinator and Assistant Program Director **Friendship Circle SD**

Be the reason someone smiles today!

shaindle@friendshipsd.org

Condolences

To Rosie Jacobson on the death of her mother
Edy Lange

To Nancy Kossan on the death of her nephew
J. Alexander Kossan

To Becky Zolott on the death of her daughter
Sara Zolott

To Shana Karp and Erin Pike on the death of Shana's father and Erin's father-in-law
Gerry Karp

To B.J. Brose on the death of her wife
Stacey Kasendorf



Women of Temple Emanu-El Sisters by Choice

Honey for the Holidays

Wish your friends and family a sweet new year in a unique way.

We are taking orders now for 8 ounce jars of delicious kosher honey, decorated for the holiday, and delivered in time for Rosh Hashanah. A personalized new year's card is included.

Your cost is \$14 per jar plus \$6.50 for shipping. We will gladly mail orders outside the United States for an additional fee.

To order honey go to: www.orthoney.com/ESD, click the honey link and follow the step-by-step instructions.

Order by August 25, 2023 for guaranteed delivery in time for Rosh Hashanah.

For additional information please contact:

Becca Bierman at beccabierman@gmail.com.



CARS

Temple Emanu-El has signed on as a partner of CARS, a nonprofit organization that takes donated vehicles and returns 80% of the proceeds to the organization of the donor's choice. CARS was founded in 2003 and has donated millions of dollars to nonprofits across the country.

The process is simple: log on to careasy.com and follow the three easy steps. You can select Temple Emanu-El as your nonprofit of choice, provide the information about your vehicle and arrange for CARS to pick up at your office or home. They will work around your schedule and take care of all the paperwork. There is no cost to the donor and donations are tax deductible.

If you or someone you know has a vehicle they would like to donate, visit careasy.org to learn more about the process or contact anyone at the Temple office for assistance.

Thanks for your support.



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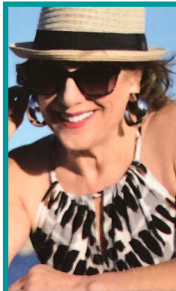
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BULLETIN DEADLINES

August 5 for the September issue

September 5 for the October issue

Gail L. Braverman, MA, MFT
Individual, Couples and Family Counseling

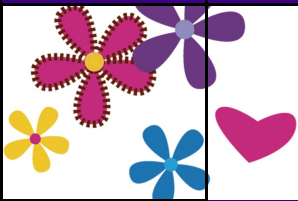
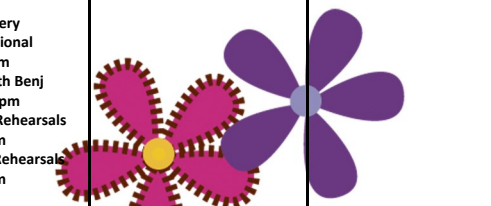
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August 2023 Tamuz—Av 5783

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		August 1 • 4 Av	August 2 • 15 Av	August 3 • 16 Av	August 4 • 17 Av	August 5 • 18 Av
			Weight Watchers 9:30 am NO Coffee with the Rabbi	Recovery International 10 am Bridge with Benj 12:30 pm Youth Choir Rehearsals 5 pm Adult Choir Rehearsals 6 pm	Shabbat Service 6 pm	Weight Watchers 8:30 am Torah Study 9 am Shabbat Service 10:30 am
August 6 • 19 Av	August 7 • 20 Av	August 8 • 21 Av	August 9 • 22 Av	August 10 • 23 Av	August 11 • 24 Av	August 12 • 25 Av
	Weight Watchers 10:30 am Mah Jongg Lessons 1:30		Weight Watchers 9:30 am Coffee with the Rabbi 11 am	Recovery International 10 am Bridge with Benj 12:30 pm Youth Choir Rehearsals 5 pm Adult Choir Rehearsals 6 pm	Shabbat Service 6 pm	Weight Watchers 8:30 am Torah Study 9 am Shabbat Service 10:30 am
August 13 • 26 Av	August 14 • 27 Av	August 15 • 28 Av	August 16 • 29 Av	August 17 • 30 Av	August 18 • 1 Elul	August 19 • 2 Elul
	Weight Watchers 10:30 am Mah Jongg Lessons 1:30		Weight Watchers 9:30 am NO Coffee with the Rabbi	Recovery International 10 am Bridge with Benj 12:30 pm Youth Choir Rehearsals 5 pm Adult Choir Rehearsals 6 pm Preschool Parent Orientation 6 pm	Endless Summer Shabbat Service at the Bay 6 pm	Weight Watchers 8:30 am Torah Study 9 am Shabbat Service— 10:30 am Adult Ed—Shabbaton 12 pm Adult Ed Movie Night 7 pm
August 20 • 3 Elul	August 21 • 4 Elul	August 22 • 5 Elul	August 23 • 6 Elul	August 24 • 7 Elul	August 25 • 8 Elul	August 26 • 9 Elul
Israel Engagement and Planning meeting 10 am Torah School Parent Back to School Mixer 10 am	Weight Watchers 10:30 am Mah Jongg Lessons 1:30		Weight Watchers 9:30 am Coffee with the Rabbi 11 am	Recovery International 10 am Bridge with Benj 12:30 pm Youth Choir Rehearsals 5 pm Adult Choir Rehearsals 6 pm	Shabbat Service 6 pm	Weight Watchers 8:30 am Torah Study 9 am Shabbat Service 10:30 am Bar Mitzvah
August 27 • 10 Elul	August 28 • 11 Elul	August 29 • 12 Elul	August 30 • 13 Elul	August 31 • 14 Elul		
Adult Ed—Sunday— Funday—Game Day 12 pm	Weight Watchers 10:30 am Mah Jongg Lessons 1:30		Weight Watchers 9:30 am Coffee with the Rabbi 11 am	Recovery International 10 am Bridge with Benj 12:30 pm Youth Choir Rehearsals 5 pm Adult Choir Rehearsals 6 pm		

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