



HA-SOFER THE SCRIBE

Tevet—Shevat 5784 טבת - שבט

January 2024

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

Martin Luther King Shabbat Friday, January 12, 6 pm

We are excited to announce a very special Shabbat evening, co-sponsored by Tifereth Israel Synagogue and Temple Emanu-El, held at Emanu-El.

Our brief Kabbalat Shabbat service will begin at 6 pm. The service will include participation by the amazing San Diego Martin Luther King Community Choir, which has become our annual tradition.

Following the service, there will be dinner offered in our Social Hall, \$18 Adults and \$10 Children (3 and under Free.) Please see our website to sign up at teesd.org if you plan to eat with us. Immediately after dinner, we will show the documentary “Shared Legacies,” which explores the often forgotten story of the coalition and friendship between the Jewish and African-American communities during the Civil Rights Movement. The movie, made in 2020, was written by Shoshana Koper Janer and Shari Rogers, and directed by Shari Rogers. You are welcome to stay for the movie whether or not you choose to sign up for the dinner. A moderated discussion and dessert will conclude the evening.

Martin Luther King Day January 15

Each year on Martin Luther King Jr. Day, people of different faiths and different cultural backgrounds gather to improve the community. In past years, we have been part of a large interfaith group working to clean up and beautify a section of Balboa Park. This year, the project will be on hiatus. There are many community events planned in San Diego that weekend, such as the MLK Parade and Festival, the 5k fun walk/run, and the All People’s Celebration, with keynote speaker, Dr. Alisa Warren of the Missouri Commission on Human Rights.

You may consider doing a project on your own, with family, friends or your havurah, to honor Dr. King’s memory. This may be something physical, such as a cleanup in a local beach or neighborhood park, or sharing ideas and concerns with others to see how we can all make a positive impact in our community.

We look forward to our annual Interfaith Day of Service returning in 2025.

Friday, January 5
Shabbat Service 6 pm

Saturday, January 6
Shabbat Service 10:30am
Bat Mitzvah
Sh’mot, Exodus 1:1-6:1
Isaiah 27:6-28:13;29:22-23

Friday, January 12
MLK Shabbat Service 6 pm

Saturday, January 13
Shabbat Service 10:30 am
Bar Mitzvah
Va-eira, Exodus 6:2-9:35
Ezekiel 28:25-29-21

Friday, January 19
Family Pajama Shabbat Service 6 pm

Saturday, January 20
Shabbat Morning Service 10:30 am
Bo, Exodus 10:1-13:16
Jeremiah 46:13-28

Friday, January 26
Shabbat Service 6 pm

Saturday, January 27
Shabbat Morning Service 10:30 am
B’shalach, Exodus 13:17-17:16
Judges 4:4-5:31



From Our Temple President by Matt Meis

New Years Resolutions

For most of us, January has us thinking about the past year and what we have or have not achieved or done that we had hoped to accomplish. And January also has us thinking about what the New Year has in store for us. What did we not achieve in 2023 that we would like to achieve in 2024? To that end, many of us make New Years resolutions. Things like losing weight, exercising more, taking better care of ourselves, find a new relationship, or repair an old one. Many of us resolve to work harder in order to make more money. And sadly, many if not most of us never achieve these resolutions. Often because while we may start out strong, our initial enthusiasm declines as our day to day lives take over and we neglect to keep working on them.



At Rosh Hashana and Yom Kippur, we also reflect on the previous year. Mostly we focus on our spiritual lives and our personal relationships. We think about who we are and who we are striving to be in the New Year. There is the tradition of asking forgiveness from our circle of friends, family and associates, for any wrongs we may have done the previous year. The tradition says that God cannot forgive our sins until we have asked for forgiveness from the ones we hurt. The tradition goes on to say that God does not require that we receive forgiveness from these people. Only that we have asked them to forgive us. We need to make the first move towards forgiveness, and God will honor our genuine effort by forgiving us.

Perhaps our secular January New Years resolutions should take a hint from our Jewish New Years traditions. Perhaps lets focus more on the human side of being better in the coming year, rather than on the outward physical things that we'd like to be better. Perhaps if we focus on our spiritual lives, on our human selves and our personal relationships, the rest will follow.

We can look to many of our Jewish holidays for inspiration. Rabbi Devorah commented to me that this month at Tu B'Shevat we will celebrate the birthday of the trees - an amazing call to appreciate our world, the gifts of shade and nourishment. She posed the question, what trees are we planting in our personal lives to nourish and shelter ourselves and our souls?

I've spoken a lot in my previous monthly bulletin articles about ways to be more involved in our Temple and our Jewish community at large. Here are a few of the highlights. Volunteer at Temple, on a committee or in the office. There is always work to be done. Donate to the Temple so that we can continue to do the many wonderful things we do for our congregants and our community. Donate to the Federation. I like this one because they have a reach that stretches from San Diego and around the globe, wherever my dollars are most needed. I've just recently added Hillel International to my list of annual giving in light of the state of Jewish relations on our college campuses. Our students need a safe place to gather and be supported as Jews.

There are dozens of Jewish charities, all doing good work in San Diego, across the United States and around the world. All worthwhile endeavors start with a small step. Pick just one to start, or to add to your current giving. Perhaps start with as little as \$18, the universal Jewish donation. Your donations of time and money honor our Jewish tradition of Tikun Olam, repairing the world. And when we work to repair our world, all of our lives will benefit and perhaps we'll all have a better 2024.

Shaun Speaks...



Shaun Copans,
Executive Director

It is my pleasure to announce we have hired a full-time Music Director/Cantorial Soloist.... Michelle Jirkovsky! It has been more than 10 years since long-time Cantorial Soloist (and Temple Emanu-El legend) Myrna Cohen retired after a long career, and we are very excited to have Michelle come on in this role.

Michelle is no stranger to Temple Emanu-El over the past few years, working as a song-leader, Torah School teacher, Hebrew tutor, youth musical theatre director and as a soloist during the most recent High Holy Day season. In addition to continuing with these tasks, Michelle's role will include overseeing the Bar/Bat Mitzvah program, band shabbats, Preschool music and much more.

Michelle grew up in San Diego and has a long history of performing and teaching music going back to her days as a congregant at Congregation Beth Israel as a child and has been connected to the Jewish community both personally and professionally ever since.

I would like to thank the members of our search committee, Carrie Mayers (Co-Chair), Nate Stein (Co-Chair), Rande Friedman, Myrna Cohen, Pam Mittleman and Meredith Lange for their support in the process.

Welcome Michelle!



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
Rabbi Benj Fried (619) 286-2555
- **Advocacy** advocacy@teesd.org
Barbara Learner
Janice Steinberg
- **Budget and Finance** financecommittee@teesd.org
- **Caring Community** caringcom@teesd.org
- **Endowment** endowment@teesd.org
Bob Rubenstein
- **House & Grounds** housegrounds@teesd.org
Steve Naiman
- **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@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 – Blanket Drive Cold and Wet Weather is Here



December brought much colder weather than normal, and rain is expected in January. This means that the need for blankets, sleeping bags, rain ponchos, umbrellas, gloves and hats is greater than normal. We are continuing to collect these items for a second month in a row to help those unsheltered in the San Diego area through the Alpha Project and other organizations. Blankets and other items may be used, but clean and in good condition.

Each week, a different volunteer will pick up from the Temple and deliver. We can still use a few more volunteers. For questions or more information, please contact Leslie Gollub at gollub.leslie@gmail.com

Bring your donations to the white barrel in the lobby of the Temple office building, and members of the Committee will deliver them.

Mental Health Committee By Marie Raftery, *Committee Chair*

Recently I went on a trip which had a number of destinations and took some advance planning. I was rather pleased with myself until I realized on the way to the airport that I had left my phone behind. I didn't really panic as the friend who took me to the airport offered to overnight my phone to the hotel. And sure enough, the next day, my phone was there. Curiously I had a sense of calm that my phone would arrive without a problem.

Then it was Saturday, October 7, and Hamas had attacked Israel. I had received my phone and instantly became glued to it. Anderson Cooper and I began a close relationship, as I became addicted to CNN. Over the days I was away, my focus on the news lessened somewhat, but I found myself checking the phone pretty constantly. Even while at plays or in museums, I would sneak a peek. I started noticing other people on the street, in restaurants etc. doing the same, young, old, just about everyone. But while I was following the events of October 7, I started noticing that phone gazing seemed just a way of life for folks.

The most significant recognition of this for me was when I went in to wake my 16-year-old grandson while we were staying at my son's home. I found him asleep with his hand around his phone. Wait - what was going on? I saw people in downtown Boston (not known for its pedestrian friendly traffic) looking at their phones while crossing the street, on the MTA, in line at restaurants, even in movies. Can this obsession with our phones be healthy; can it be mentally healthy? Clearly, not. And yet, we all do it. I was watching the news, not that I get a free pass, but I'm pretty sure my grandson wasn't. He wasn't even awake. So there's frequency and there's content. There is age-appropriate content and then there is definitely the "other stuff."

Has a good thing become unhealthy, a source of stress, and problematic? Has my beloved GPS taken us all in the wrong direction? Clearly our mental and physical health are affected. Lots of control is necessary, not just for what's age appropriate but what our emotions can handle. Following the visit, my son spoke with my grandson and is monitoring his use. I am monitoring myself and trying to be more aware by not just silencing my phone, but turning off and detaching. Not completely there yet, but trying.

I'd love to know what you think. Email me at mentalhealthcom@teesd.org, or join our Mental Health Committee, even if just for a meeting. Let's keep the conversation about positive mental health going.

And if you are ever in downtown Boston, crossing the street, please don't be on your phone - they are not the most courteous drivers.

Take care, be safe.



Torah School

January 3—NO Hebrew classes (Winter Break)

January 7—Torah School 9:00 am (Clubs & Pizza Lunch after TS) 12 pm to 1:15 pm

January 10—Hebrew Online 4 pm—4:45 pm In Person 5:00 pm—5:45 pm

January 14 - NO Torah School (MLK Holiday)

January 17—Hebrew Online 4 pm—4:45 pm In Person 5:00 pm—5:45 pm

January 21—Torah School 9:00 am (Clubs & Pizza Lunch after TS) 12 pm to 1:15 pm

January 24—Hebrew Online 4 pm—4:45 pm In Person 5:00 pm—5:45 pm

January 28—Torah School 9:00 am (Clubs & Pizza Lunch after TS) 12 pm to 1:15 pm

January 31—Hebrew Online 4 pm—4:45 pm In Person 5:00 pm—5:45 p

Mailbox

Thank you, Temple Emanu-El for choosing to make a difference with STEP, Support the Enlisted Project. Without gifts like yours, the services we provide to more than 1,739 military and veteran families per year might not happen. We offer counseling, education and grants that set a positive path for financial self-sufficiency for enlisted service members and recently discharged veterans. We also host Warehouse on Wheels events that provide families with food, diapers, toys, gently used children's clothing, and household goods.

Thank you for being part of our mission.
Tony Teravainen, CEO and Co-Founder
Support the Enlisted Project



Your generous contributions to the Social Action Fund make it possible to respond to needs in our community and around the world.

Dear Congregants,

As of January 1, 2024, I stepped down as chairman of the Caring Community Committee. I want to give thanks to all the people that have helped and directed me during the past 15 years. My guiding lights were Rabbi Lawson and Ed Spilkin. They were the ones who planted the seed and got me involved in this much-needed effort. I was fortunate to make new friends and help people that I never knew before this. They gave me strength and purpose during trying times.

It has been an honor and a privilege to be able to help so many people. Thank you for the opportunity.

Sincerely,

Ira Moskowitz



Adult Education

Supporting Lifelong Jewish Learning
by Rabbi Benj Fried

Torah for the Table: The Musicals Wednesday, January 17, 6 pm

We welcome the return of this popular program, this year presented with a twist - think Jewish learning and music meets culinary school. We will explore musicals, some with obvious Jewish themes, some not so much, created by Jewish composers, lyricists and authors, all with links to Jewish food that matches the locale.

Classes will be held once a month at the Temple on Wednesday evenings, and will be taught by Rabbi Devorah and Barry Lander. The cost is \$36 for an individual class. The series continues through June. To see the full list of dates and to register, please see the Temple website.

Please check your email messages for additional information and other upcoming Adult Ed programs. For questions, contact Rabbi Benj Fried at benjfried@teesd.org



Levi Ghitman

Bar Mitzvah

January 13, 2024

Son of Briana and Saul Ghitman



ELDER FRAUD: BE AWARE & REPORT SCAMS

*Free information session
with an FBI Special Agent
for seniors, caregivers,
and neighbors*



**Thursday,
January 4, 2024
10:30am**

Jewish Family Service
College Avenue Center
6299 Capri Drive
San Diego, 92120

Seniors are increasingly targeted by scammers looking for financial gain. Learn about common elder fraud schemes, the signs and symptoms of elder fraud, and what law enforcement is doing to protect seniors and prosecute scammers. Find out what you can do to prevent falling victim to these scams and report instances of fraud to local law enforcement.

Register for this free event at SDElderFraud.com



Adult Education



Supporting Lifelong Jewish Learning

by Rabbi Benj Fried

The Jews Encounter Diversity Film Series

Abe

Saturday, January 13, 7 pm

Temple Sanctuary, In Person



Abe is a 12-year-old, half-Israeli and half-Palestinian kid from Brooklyn, driven by his passion for food, who has never had a dinner without a family fight. Abe escapes from a summer cooking camp to be mentored by the Afro Brazilian Chef "Chico," who specializes in serving fusion food at pop up food fairs. One side of the family prefers to call him "Avraham" (in Hebrew), the other side "Ibrahim" (in Arabic), while his atheist parents call him "Abraham," in English. But he prefers Abe, just Abe.

The movie was directed by Fernando Grostein Andrade, and filmed in Brazil and the United States in 2019.

Laurie Baron will introduce the film and facilitate discussion after its screening.

There will be a bring your own dinner at 6 pm in the Social Hall before 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 In person and on Zoom

Drop in when you can for a lively discussion on current events. No registration is needed— just an interest in Jewish learning. Zoom links for Torah Study and Coffee with the Rabbi will be provided in the Temple's weekly emails.

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.



Israel Engagement

By Rhonda Amber and Jonathan Licht

Murder, abuse, and kidnapping by Hamas of Israeli civilians, guest workers and soldiers on October 7 have affected how each of us see and interpret the world.

We have become united like our Israeli family in the necessity to bring hostages home and wage war against Hamas to secure Israel as the home of our people. Debating policies from Israel's most right wing and religious coalition government ever is on hold.

After months of fighting, a pause in the war permitted increased humanitarian aid to civilians in Gaza and an exchange of hostages kidnapped by Hamas for Palestinians in Israel's prisons. Approximately 100 of the 240 hostages were returned to Israel before the war resumed. The psychological, emotional, and physical burden for Israelis is tremendous. Economic losses for the country are significant. The atrocities of October 7 and existence of hostages along with the resumption of war tears at the society. Over 360,000 reserves were called up. Over 200,000 people have been relocated from their homes and every day more soldiers die in battle.

Over time, divisions develop, both within Israel and throughout the world on what measures the Israeli Army takes in the war. At the same time, there exist conflicting/contrasting dangers, wrongs, problems and threats that must be tackled. It is difficult, if not impossible, to hold multiple issues and points of view at the same time. We consider what the future will hold and what the plan may be.

At the December meeting, we shared information and intense feelings about Israel, the war, anti-Semitism and being Jewish in San Diego. We reviewed highlights from the Shalom Hartman Institute (www.hartman.org) including Israeli points-of-view based on a recent "For Heaven's Sake: Israel at War" podcast. We recommend listening to their podcasts, as they take the pulse of Israeli society and give those of us in the Diaspora much needed insight.

Our next meeting will be held on January 10, 2024, from 4:30 to 6 pm in the Temple library. We hope the war will be behind us and the hostages will be safely returned. Please join us; bring ideas, thoughts to share, a song, plans and hope.

For questions and to RSVP, please contact us at rjamber2011gmailcom



Drum Circle January 23, 3 pm

Hello drummers!

Let's drum in the new year! We have lots to drum about and also to rumble in 2024.

We will drum outside under the blue sky, birds humming, and friendships renewed.

Please let me know if you can make it!

Any questions? Contact Bonnie Baron at bonniebaron@gmail.com.



Each month, I have the privilege of writing an article for the Ha-Sofer. I am always thrilled to share information about Recovery International. Temple Emanu-El is one of two locations locally where we hold in-person meetings.

As we begin 2024, I have some exciting news to share with you. Recovery International (RI) will have our Regional Conference here in San Diego. We have not been able to have an in-person conference since Covid began. You are all invited to the Pre-Conference Events on Thursday, February 15.

We will begin with our RI meeting from 10 – 11:30 am in the Temple Library. If you have never been to a Recovery Meeting, this will be a wonderful opportunity to see what we offer weekly.

That afternoon, we welcome everyone to an open house from 1 – 3 pm at our Recovery International office, at 3111 Camino del Rio North #410 in San Diego. Come and see the behind the scenes activities, have a nosh and meet the staff.

That evening, there will be a Meet and Greet from 4 – 7 pm at the Marina Conference Center, 1936 Quivera Way.

Please RSVP for any or all of these events to me at lisa@recoveryinternational.org.

RI was given 300 cool reusable empty bags for the conference.

Members will come in for the conference from all over the country. We are asking everyone to bring a new pair of socks. I contacted the Temple's Social Action Committee to ask if we can partner with them during the conference to find best places to donate those socks. Of course, they said "yes!" One thing homeless people can always use are new socks. We will get them to those in need.

On February 16, The Recovery International Conference will be held for a full day, from 8 am- 9 pm. Dr. Luke Bergmann, Behavioral Health Director for the County of San Diego, will be the keynote speaker. There will be nine incredible breakout sessions during the day, and all meals are included. Karen Hall, our CEO, RI board members, and staff from across the county will be here. For conference registration and more information, please see recoveryinternational.org/conference/. You may also email me or call our office at (619) 383-2084 with questions.

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 January 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)

Staying for lunch? Please reserve your meal in advance by calling 858-637-7320

Community Corner

All the Light We Cannot See

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

I recently watched the movie *All The Light We Cannot See*. It is a story about a blind French girl and a German boy whose paths collide in occupied France as they both try to survive the devastation of World War II.

It was a most moving film but the thing that stuck with me was its theme and title. I interpreted the title to mean that just because you can't see or imagine something good in a situation, it doesn't mean it isn't there.

The stories of the two main characters, Marie and Werner, are worth telling because they, like all of us, are the light that matters, even in a horrendous situation.

In a time of darkness, it is important to stay hopeful. To manage your negative and fearful thoughts that create stress, lower your mood, amplify the situation and interfere in your ability to think clearly. It doesn't minimize the seriousness of a situation, but it helps us take charge of the things we can control.

How do we manage our difficult emotions associated with dark times? Imagine you have a dial that controls your fear and negative thinking. It is like the knob on your car radio. When life gets too loud or too hard, we can turn down the dial. You can participate in activities that improve your mood, relax your body and mind, and distract you. You will be more effective and have more choices when you are calm.

Here are some things you can do to turn down the dial:

- Lift your mood - Go for a walk, call a friend, play with the cat, dog or bird.
- Relax your body - Take a hot bath, get a back massage, stretch and do exercise/yoga.
- Relax your mind - Tell yourself everything will be okay, imagine yourself on a favorite beach somewhere, listen to a relaxation app, practice meditation and/or deep breathing/
- Find a distraction - Do a crossword puzzle, make a complicated recipe, paint with watercolors, count backward from two hundred by seven.

Reflection: When your nervous system is relaxed, you will be able to think clearer and see more possibilities. Perhaps you will be able to see some "light" in the situation.

Today's practice: When you are stressed, scared, mad or down, and your mind is spinning with negativity, remember to turn down the dial.

Comments are welcomed: gbrave3333@aol.com

Temple Emanu-El Book Group

by Janice Steinberg, Book Group Coordinator

Next Group Meeting: Monday, January 29, 7 pm

Our January book is *Gateway to the Moon* (2018) by Mary Morris. We will meet in person at a member's home in Tierrasanta.

From award-winning novelist and memoirist Mary Morris comes the story of a sleepy New Mexican community that must come to grips with a religious and political inheritance they never expected.

Entrada de la Luna is the sort of town that ambitious children try to leave behind them. Poor health, broken marriages, and poverty are the norm, and luck is unusual. So when Miguel Torres notices an advertisement for a position looking after two small boys a few towns over, he jumps at the opportunity.

Rachel Rothstein is not the sort of parent Miguel expected to be working for, though. A frustrated artist, Rachel moved her family away from New York looking for a fresh start, but so far New Mexico has not solved any of the problems they brought with them. But Miguel genuinely loves the work and he finds many of the Rothstein family's customs similar to ones he sees in his own community.

Studded throughout this present-day narrative are historical vignettes following the ancestors of Entrada's residents, beginning in fifteenth century Spain and moving forward to the discovery of America, highlighting the torture, pursuit, and resistance of the Jewish people throughout history, leading to the founding of the enclave that Miguel now calls home. A beautiful novel of shared history; *Gateway to the Moon* is a moving and memorable portrait of home and community.

If you'd like to be part of the book group, contact me at janicesteinberg@cox.net.



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.

Todah Rabah

To Barbara Pollack for her work on editing the bulletin

Mazal Tov

To Eileen and Dan Gaudette on the engagement of their son, Aaron, to Tammy Bradford.

To Terri and Stewart Roseman on the birth of their first grandchild, Reuben Mendoza Roseman, son of Gabriel and Joan Roseman.

To Jennifer and Robert Handler for generously providing lunch for the staff during Hanukkah.



Yashar Koach

Ira Moskowitz has stepped down after leading our Caring Community Committee since 2008. Our congregation is in your debt.



YAHREZEIT OBSERVANCE

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

The following yahrzeits will be commemorated at Shabbat services:

January 5 & 6	(Cont.) January 5 & 6	January 12 & 13	January 19 & 20	(Cont.) January 19 & 20
Louis Alexander	Max Rosenberg	Joseph Baumgarten	Rabbi P. Irving Bloom	*Julia S. Leonard
*Elchanan Baker	Betty Singer	Miriam Chanin	Shim Feldman	Theodore Ellis Rodbell
Albert Glazer	John Sloane	Arthur Einhorn	Barbara Irwin	Aaron Stanecki
*Hannah Baker	Albert Zeichick	Charles Enselberg	*Meyer Janovsky	*Berthe Williams
Edith Berger	Dorothy Cherry	Henry Feingold	Lee Lipsman	
Joel Cherniss	David Friedman	*Louis Gruenbaum	Max Schindler	January 26 & 27
Elizabeth Cohen	Miriam Furman	Raphael Levens	*Arthur Solomon	Judith Broude
Mitzi Grossberg Fried	Joseph Lightner	Henry Schipper	*James Spero	*Phil Cohn
*Rose Goren	Robert Meyer	Adolph Spielman	Mary Boorstein	Milton Emont
*Mitzi Berger Hamovitch	*Maria Herrera Alvarez	USAF EOD Team	*Betty Gruenbaum	Elaine Sacks
Jake Spritz	Mae Berlow	Marietta Emont	Heinz Grunewald	Donald Stone
*Pauline Kirschbaum	*Samuel Birnbaum	Sam Fraser	*Jack Katz	Howard Carl Cohen
Dora Nutman	Cynthia Dix Blalock	Max Levenson	*Maureen Janet Lewis	Wallace Kesselman
Shulamith Shapiro	Paul Cherniss	Sanford Mosenson	Rose Schwartz	Rose Wygocki
Maria Stalnaker	George Desser	Steven Rothman	Samuel Salberg	Edythe Zeichick
Maurice Beckerman	Dorothy Brown	*Nathan Siegel	Max Sein	Sadie Bernstein
Tilly Beckerman	*Larry Dyson	Zelda Zeavin	Norma Solomon	*Sonya Chenkin
Sylvia Borkat	Felicia Francine Hunter	Sheldon Feuerstein	David Sultan	Hersh Fishmann
Mary Brown	Ruth Glenn	Debbie Friedman	Lena Barron	Lewis Kipperman
Nicholas Ciccone	Ida Kesselman	Howard Korn	Ella Fortgang	Melvin Rosenzweig
Sid Ciccone	Lene Lawson	Larry Lawrence	Mary Joyce	Sadie Silverman
Alan Friedman	Albert Minsky	Danny Santos	*Phillip Laverson	Laurie Feuerstein Walsh
*Zipora Hules	Jake Minsky	Rae Shumacher	Harold Waldman	Lois Hayes Blackmar
*Louis Joseph	Sarah Minsky	William Warren	Bernard Bernstein	Rabbi Samuel Broude
Anna Shelley	Sherman Minsky	Edith Bennett	Larry Goldman	Arthur Cohen
Tilly Brown	Rose Hirsch Satlof	*Arthur Gardner	*Ruth Learner	*Marlene Gorelow
*Mollie Weiss	Sheldon Savage	George Meltzer	Nancy Savage	Ethel Kallman
Zeev Caspi	Lena Silverman	*Diana Resh	Gertrude Pinkus	Solomon Posner
Vera Alberti	Frances Alexander Thomas	Robert Svet	*Dorothy Rubin	Eleanor Retsky
David Anfanger	Ralph Baker	Rose Winokur	Jamie Zitesman	*Max Rumpler
Brina Bressler	Francine Citron	*Helen Berlin	Irene Baron	Susan Opper
Woody Ratner	Ben Fritz	Michael Burney	Bernard Bolotin	Theodore Cary
	Anna Goldman	Eleanor Epsten	Dana Kleinsteuber	Dora Tishkoff
	Harris Libby	*Miep Gies	Rose Pollack	*Ben Townes
	Leonard Preminger	Jarvey Gilbert	*Sheldon Rubin	Joel Lee
	Mickey Shulman	*Steve Lawson	George Baker	Anita Schonbrun
	Dorothy Bartell	Leon Veitzman	*Mildred Blech	Miriam Schwartz
	Leah Bassing	Lenore Appelman	Dorothy Greenberger	*Eva Chenkin
	Sol Bierman	Ernie DeLaurie	Abe Meyer	*Lloyd Crumley
	David Fox	*Martin Kornfeld	*Solomon Shulman	Angela Johnson
	Mildred Lander	*Jean Miller	Susan Meyerhoff	Seena Mae Lambert
	Ethel Cohen Schreiber	*Bill Rubin	*Muriel Thal	Lawrence Leak
	Edna Stewart	Saul Roseman	Lillian Chernikoff	Mory Leven
	*Joseph Treger	Stephan Adler	Morris Horwitz	Karl Schulman
	Isak Wygocki	Jeanne Camiel	Ralph Hunter	Jerry Fein
		Harry Epsten	Warren Karzen	Estera Milman
		Julius Press		Gloria Preminger
		Ted Krass		*Seymour Steinberg
				Myrt Wilson



* designates a memorial plaque in the Sanctuary lobby



In Our Temple Emanu-El Family

JANUARY BIRTHDAYS

1/1	Steven Mashal Jean Seager	1/12	Ian Cane Everett Fox Michael Sommer		1/21	Bridget Cohen Marjorie Derezin Lauretta Frank Jacob Le Samuel Lenett Jamie Mittleman Alan Spector
1/2	Tobey Brown Sophie Detmer Jonathan Licht Dan Nagel	1/13	Lisa Goldberg Shana Karp Adam Ressel Jeff Schindler Jean Somers		1/22	Jodi Dossegger Monica Putt Meredith Saylor Joe Schinasi
1/3	Aaron Gaghagen Monique Silver Sahar Zaden-Bergmann	1/14	Lindsey Aiello Lyndy Cuevas Aaron Berkowitz		1/23	Michael Falcone Dahlia Frederick Chuck Spielman
1/4	Mike Bennett Logan Frederick Eileen Gaudette Richard Greyson Bill S. Latta Bob Rubenstein Demi Summers	1/15	Ronald Brav Arnold Kaiser Eric Poliak		1/24	Scott Craig Barbara Lincoln
1/5	Jack Schlagel	1/16	Brandon Brown Alec Irwin		1/24	Daniel Palasnick
1/6	Sharon Mann Samuel Brown	1/17	Kristen Friedman Brayden Gross Jessica Laddon		1/25	Sophia Berg
1/7	Frank Bratman Barbara Meis Janice Steinberg Alan Williams	1/18	Matthew Glovinsky Julie Sadja		1/26	Gabriel Lasov Jonathan Yellen
1/8	Bruce Doole Lisa Garcia Andrew Mestman	1/19	Mebys Abrams Andrew Friedenber Cameron La Val Alan Wittgrove		1/27	Miriam Kae
1/9	Eve Cook	1/20	Benita Mayer Mark Shepard		1/28	Roland Muschenetz
1/11	Mia Cane Joseph Schindler				1/29	Adam Breslow Simon Yellen
				1/30	Nate Elster Sholom Solomon Lisa Bryan	
				1/31	Jerry Eisman Devon Parker Maxwell Grucela Briar Murphy	

JANUARY ANNIVERSARIES

1/4	Kelila & Brian Schonhoff	1/18	Jordan & Alex Chaim
1/8	Rebecca Seuferer & Aaron Tamplin	1/19	Lupita & Ron Cohn
1/12	Danielle Piotrkowski & Jeremy Cohen	1/25	Barbara Pollack & Ron Reff Rhonda Amber & Jonathan Licht I-Chun Chen & Elliot Spagat
1/16	Andrea Martin Saltzman & Gregory Martin	1/27	Debbie & Salah Tirouda



PAJAMA

Family



**Wear your Pajamas &
Eat Breakfast for Dinner
FRIDAY, JANUARY 19
at 6:00 PM**

**Wear your Pajamas to Shabbat Service
K-2 students will help lead service.
Then join us for Breakfast for dinner!**

Breakfast Dinner Cost with RSVP:

\$18 per adult,

\$10 per child aged 3-12,

children under 3 free.

NO RSVP Price: \$25 per person

RSVP & PAY at

<https://teesd.shulcloud.com/payment.php>

by January 16th.



Adults & Kids don't forget wear PJs!

לילה טוב



Temple Emanu-El Price Family Preschool FUNraiser!



**PRICE FAMILY
PRESCHOOL**
TEMPLE EMANU-EL



AT: DEL'S HIDEOUT
5351 Adobe Falls Rd. SD, CA 92120

Del's Hideout will donate 15% of all food & beverage sales (tax and gratuity not included) generated by your organization. Please present this flyer when closing out your tab.

**VALID JANUARY 9TH, 2024 ONLY
FROM 3:00 PM TO 8:00 PM**



Women of Temple Emanu-El

by Barbara Chancy and Nancy Marcus, Co-Presidents



Where did 2023 go? It seems that the older we get, the faster time moves. We enjoyed a fabulous fall filled with fun activities. Moving on to 2024, we have the following planned:

Tu B'Shevat Seder – January 24

Join us as we learn about the Four Worlds of Nature and taste nuts and fruits associated with each world. And there is wine with each world as well.

Craft Night - February 7

Sisterhood Shabbat and International Women's Day - March 8

Women's Seder for Passover - April 10

Mah Jongg continues on Mondays, from 1:30-4 pm in the Social Hall. We do not meet on holidays when the Temple is closed.

Save those dates on your calendar! For questions and reservations, please reach out to us at wrj@teesd.org.

In November, three of the young women from Temple Emanu-El's SanETY Youth Group were able to attend the March for Israel in Washington, D.C. Can you imagine being front and center in a crowd of almost 200,000 of our fellow Jews? Rabbi Benj and Star Laddon accompanied them on this adventure, which was organized in five days. We were proud to be able to give each of the girls spending money from our NFTY Scholarship Fund. Your donations to that fund and our Post High School Scholarship Fund made this possible. We cannot thank you enough.

Our Sisterhood has a higher membership now than in many years. We are so grateful to those of you who are new this year. We encourage all of you who are not members to join us. Even if you never attend an activity, your dues enable us to engage in the projects that are so important to women and girls everywhere. Your contributions go to Tikkun Olam, repairing the world. We fund educational programs both here and in other countries. We support Women of the Wall. Our individual contributions might not seem like a lot, but when added to several hundred sisterhoods across the country, they do add up. Remember, we are always Stronger Together!

A Little History of WRJ

Nancy Marcus' first Assembly was in 1981 in Boston. Here are some of her takeaways:

1. Shabbat with 5,000 of her new friends was awesome.
2. When Rabbi Alexander Schindler (z"l) said "in conclusion," there was another 30 minutes to go in his speech.
3. Ted Kennedy was pretty impressive as a speaker.
4. She made friends from around the country.





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 December, funds were sent to Direct Relief (directrelief.org), which provides emergency medical assistance and disaster relief in the United States and internationally. Their work began immediately following World War II, sending thousands of relief parcels with food, clothing, and medicine to those rebuilding their lives. Today they are active in poor communities to equip health professionals to care for those in need and respond efficiently and swiftly to national and global emergencies. They work with local partners to provide medical aid following hurricanes, earthquakes, wildfires, and provide mobile units in underserved communities.

In January, we will allocate money to the Jewish Joint Distribution Committee (jdc.org), the leading global Jewish humanitarian organization. We will earmark this donation to their work in Israel. JDC is currently working on providing therapy to preschool and school age children with acute trauma across the south of the country. In addition, they are training frontline responders – teachers, social workers, and volunteers -- in psychosocial support skills to manage widespread fear and stress among all Israelis, as well as their own trauma.

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 would like to thank Nancy Marcus and Rhonda Schwartz from Temple Emanu-El's Sisterhood for organizing November's interesting presentation by San Diego Deputy District Attorney Colleen Huschke focusing on the perils of on-line economic crime. In past articles, we have discussed how to best protect ourselves from being a victim of the next email scam or allowing unauthorized access to on-line banking.

DDA Huschke brought up one area I had not thought about for a long time, and one in which I have been a victim: unscrupulous contractors. In my case, it was paying in advance for services never fulfilled. The state of California's Contractors State License Board (CSLB) is an excellent resource to prevent you from falling victim to such a scam. Their website contains valuable information, including Ten Tips for Hiring a Contractor:

- Hire only licensed contractors.
- Check a contractor's license. It's not a good idea to hire a painting contractor to build your new pool.
- Get at least three bids.
- Get three references from each bidder and check past work in person.
- Make sure all expectations are in writing and only sign a contract if you understand the terms.
- Avoid paying more than \$1,000 or 10%, whichever is less, in advance.
- Avoid letting payments get in front of the work.
- Keep records of everything.
- Make sure the contractor has worker's compensation insurance.
- Avoid making the final payment until you are satisfied with the work.

Remember, the Pentagon was originally to be the Octagon, but the contractors cut corners!





Mah Jongg
Mondays, 1:30 – 4 pm
Women of Temple Emanu-El



Are you looking to play Mah Jongg with a wonderful group at the Temple? Have you wanted to learn to play but never had the time or the teachers? Did you play years ago but your skills may be rusty?

The Women of Temple Emanu-El have organized an ongoing weekly game, open to everyone. There are lessons for those who have never played or haven't played recently, and regular games for those more experienced. We have a lot of fun, and it's a great way to meet more people.

The cost is \$10 per month, which includes snacks. If you don't have a current card, the 2023 Mah Jongg card is available for \$15. To sign up or for any questions, please contact Nancy Marcus at wrj@teesd.org or call her at (714) 585-7858.

San Diego Jewish Film Festival
Our Lives Projected
January 31 – February 11

The 34th annual Jewish Film Festival will present a wide variety of feature films and documentaries. It is one of the largest and most prestigious film festivals of its kind in the country.

This year's festival will show a selection of over 25 of the finest contemporary Jewish-related films at the Lawrence Family Jewish Community Center. On Sunday, January 7, a special program of Trailer Previews will be shown. There is no charge, but reservations are required.

The full schedule of films is available on line at lfjcc.org/film.

Tickets and underwriter information are available both on line at the same site, or by calling the JCC Box Office at (858) 362-1348.

Condolences

To Tom and Barbara Lincoln on the death of Tom's brother
Steven Todd Lincoln

To Jocelyne Okrent on the death of her uncle
Elias Holtzman

To Kerrie and Joe Aiello on the death of Kerrie's mother
Beverly Klaven

To Erin Vaughn on the death of her sister
Roxanne Willey



**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.

In our Sanctuary there are two special and always visible means of acknowledging those we wish to honor and those we wish to remember: Leaves on the Tree of Life and Plaques on the Memorial Board. In addition, the Temple has cemetery plots for sale in the Mt. Sinai II lawn at El Camino Memorial Park. For more information please call the office at 619-286-2555.



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.



988 SUICIDE PREVENTION HOTLINE

988 is the new three digit code to route callers to the National Suicide Prevention Lifeline for support 24 hours a day, 7 days a week. Please remember this number if you or someone you know is in crisis. There is no charge. Call or text 988, or chat at 988lifeline.org from anywhere in the country.

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BULLETIN DEADLINES

January 5 for the February issue
February 5 for the March issue

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January 2024 Tevet — Shevat 5784

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Jan. 1 • 20 Tevet	Jan. 2 • 21 Tevet	Jan. 3 • 22 Tevet	Jan. 4 • 23 Tevet	Jan. 5 • 24 Tevet	Jan. 6 • 25 Tevet
	Office & Preschool Closed No Mah Jongg 	NO Community Jewish High	No Coffee with the Rabbi NO Torah Hebrew Classes	Bridge with Benj 12:30 pm No Youth or Adult Choir Young Adult Trivia Night 7 pm	Shabbat Service 6 pm	Torah Study 9 am Shabbat Morning Service Bat Mitzvah 10:30 am
Jan. 7 • 26 Tevet	Jan. 8 • 27 Tevet	Jan. 9 • 28 Tevet	Jan. 10 • 29 Tevet	Jan. 11 • 1 Shevat	Jan. 12 • 2 Shevat	Jan. 13 • 3 Shevat
Torah School 9 am Intro to Judaism 10 am Adult B'Nai Mitzvah Class 2 pm	Mah Jongg 1:30	Preschool Fundraiser 3 pm—8 pm Community Jewish High 6 pm	NO Coffee with the Rabbi Torah Hebrew Classes 4 pm & 5 pm Israel Engagement 4:30 pm	Bridge with Benj 12:30 pm	MLK Shabbat Service 6 pm	Torah Study 9 am Shabbat Morning Service Bar Mitzvah 10:30 am Adult Ed—Movie Night 7 pm
Jan. 14 • 4 Shevat	Jan. 15 • 5 Shevat	Jan. 16 • 6 Shevat	Jan. 17 • 7 Shevat	Jan. 18 • 8 Shevat	Jan. 19 • 9 Shevat	Jan. 20 • 10 Shevat
NO Torah School Intro to Judaism 10 am Adult Ed Shared Legacy Movie 2 pm Adult B'Nai Mitzvah Class 2 pm	Martin Luther King Day Office and Preschool Closed NO Mah Jongg	Community Jewish High 6 pm	Coffee with the Rabbi 11 am Torah Hebrew Classes 4 pm & 5 pm Torah for the Table 6 pm	Bridge with Benj 12:30 pm Youth Choir 5 pm Adult Choir 6 pm	Family Pajama Shabbat Service 6 pm	Torah Study 9 am Shabbat Morning Service 10:30 am
Jan. 21 • 11 Shevat	Jan. 22 • 12 Shevat	Jan. 23 • 13 Shevat	Jan. 24 • 14 Shevat	Jan. 25 • 15 Shevat	Jan. 26 • 16 Shevat	Jan. 27 • 17 Shevat
Torah School 9 am Intro to Judaism 10 am Adult B'Nai Mitzvah Class 2 pm	Mah Jongg 1:30	Drum Circle 3 pm Community Jewish High 6 pm	Coffee with the Rabbi 11 am Torah Hebrew Classes 4 pm & 5 pm Tu' B'shvat Seder—WTEESD 5:30 pm	Bridge with Benj 12:30 pm No Youth or Adult Choir	Shabbat Service 6 pm Jewish Federation Event on Israel 7 pm	Torah Study 9 am Shabbat Morning Service 10:30 am
Jan. 28 • 18 Shevat	Jan. 29 • 19 Shevat	Jan. 30 • 20 Shevat	Jan. 31 • 21 Shevat			
Torah School 9 am Intro to Judaism 10 am Adult B'Nai Mitzvah Class 2 pm	Mah Jongg 1:30 Book Group 7 pm	Community Jewish High 6 pm	Coffee with the Rabbi 11 am Torah Hebrew Classes 4 pm & 5 pm			

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