



# HA-SOFER THE SCRIBE

Cheshvan—Kislev 5784 חשוון – כסלו

November 2023

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



Sunday, November 5<sup>th</sup>  
9am – 3pm



## POTTERY, JEWELRY, WOOD, GLASS AND MORE MADE BY LOCAL ARTISTS!

Opportunity drawing for items generously donated by artisans & a Silent Auction of gift cards and services generously donated by friends in the community  
*Drawing will take place at 2:30pm*

TEMPLE EMANU-EL

6299 CAPRI DRIVE, SAN DIEGO 92120

Looking for a great way to get a jump start on your holiday shopping while helping kids go to college? Now in its 10<sup>th</sup> year, the Artisan Festival features affordably-priced, high-quality locally-handmade works including jewelry, ceramics, soaps, fabric arts, wooden items, fused glass, paintings, and more! The Artisan Festival offers a showcase to approximately 40 artisans – both new to the show and long-time veterans. In addition to selling their wares, each artist donates one of their creations that is raffled off at the event. All of the proceeds from the raffle, artisan booth fees, and a silent auction, support college scholarships for young people in our community.

**Friday, November 3**  
Chili Cook-Off Family Shabbat Service 6 pm



**Saturday, November 4**  
Shabbat Service 10:30am  
Vayeira, Genesis 18:1-22:24  
II Kings 4:1-37

**Friday, November 10**  
Shabbat Service 6 pm

**Saturday, November 11**  
Shabbat Service 10:30 am  
B'reishit, Genesis 1:1-6:8  
Isaiah 42:5-43:10

**Friday, November 17**  
Shabbat Service 6 pm

**Saturday, November 18**  
Shabbat Morning Service 10:30 am  
Tol'dot, Genesis 25:19-28:9  
Malachi 1:1-2:7

**Friday, November 24**  
Shabbat Service 6 pm

**Saturday, November 25**  
Shabbat Morning Service 10:30 am  
Vayeitzei, Genesis 28:10-32:3  
Hosea 12:13-14:10



## From Our Temple President

by Matt Meis



It's been a month since the horrific terror attacks on innocent Israeli citizens by the terrorist organization Hamas. We were all shocked beyond belief by the atrocities committed that morning upon our Jewish and non-Jewish brothers and sisters living in the region. Over the last few weeks we have been inundated daily with shocking reports and videos of cruel acts of terrorism, the likes of which no one has seen in decades. Many of us are feeling powerless and are experiencing thoughts and feelings that we are at a loss to comprehend. I met with Rabbi Devorah last week to try to make sense of my own feelings and ask for advice on how to process these feelings as always she helped me to get my head straight.

October brought us Sukkot when we welcome the stranger into our home and thank God for all of the blessings in our lives. November brings us Thanksgiving, created by our founding fathers and mothers, as a time to give thanks for all of the bounty they had been blessed with, even in the face of a potentially cruel winter when so many might die. Allow me to suggest that in the coming weeks leading to Thanksgiving, we try to focus on what we are thankful for in our lives. Let us not to forget about the war in Israel, but let us also balance all of those upsetting feelings and thoughts with positive ones. Life is a balance between good and evil, blessing and curse. None of us get to live a life free of pain, free of loss. But each of us also has a lot to be thankful for. And when we remind ourselves about what we are thankful for, there are things we can do to make ourselves and others feel less powerless.

Start by making a list, yes a written list, of everything you are thankful for. I'm thankful for my good health, because it could change at any moment. I'm thankful for my wife Barbara of almost 38 years and the life we have created together. I'm thankful for my two adult children, Rachel and Benjamin. I'm thankful that they are both good and decent people, both committed to living Jewish lives and both making a difference in the lives of people around them. And I'm especially thankful for my two beautiful granddaughters, Mila and Catherine. And while I'm thankful for my successes, I'm also thankful for my failures because they have helped me to grow.

Start by making a list of your own. And then think about what you can do to share the blessings in your life with another person. Volunteer at the Hunger Project at St Vincent de Paul, or at our JFS Hand Up Food Pantry. Volunteer at your neighborhood elementary school or here at Temple. Engage in Gimilut Chasadim, acts of loving kindness. The need is great wherever you look around you.

And if you are blessed with a few extra dollars in your pocket, make a donation, however small or large, to a cause that is dear to you. Personally, I start with the Jewish Federation. They will see that my money goes where it's needed the most. I also donate to Mazon, the Jewish response to hunger, especially at this time of year. Or donate to Jewish Family Services who serve all of our neighbors, Jewish and non-Jewish alike. And of course, you can always donate right here at Temple Emanu-El to our security fund, our scholarship fund, our youth funds, or our Endowments, all of them to ensure the strength and future of our community. There is no shortage of organizations, both Jewish and otherwise, that always need more support to allow them to do the good work that they do in our community and around the world.

When all the news around us is bad, when we feel helpless to do anything to make a difference, let us focus on our blessings, and then share our blessings with someone else. Make November a month of Thanksgiving.

## Shaun Speaks...



Shaun Copans,  
Executive Director

Every now and then I use this space to highlight the efforts of the Temple Emanu-El staff and volunteers who do so much behind the scenes to make sure our services and programs run smoothly, and our congregants' many needs are being met. There is no better time for this than after a successful High Holy Day season!

Thank you to our Facilities Team – Victor Palos, Perparim Marolli, Isaac Laddon and Ruben Palos for setting up all services, building the Sukkah and keeping the building clean.

Thank you to our Front Office Team – Donna Lopez, Natalie Fritz and Brandy Thomas for putting together the collateral materials, tickets, nametags, correspondence and all other administrative tasks.

Thank you to our Torah School Team – Star Laddon and her troop of teachers for organizing and running the youth programs.

Thank you to our Security Team – Security Committee Chair Greg Houska as well as our lead security guard Kurtis Ramsey and his team for keeping us safe.

Thank you to our Music Team – Charlie and Michelle Jirkovsky and our youth and adult choirs for their beautiful voices.

Thank you to all our service participants and all our generous donors.

And, last but not certainly not least, thank you to our Rabbi's, Devorah and Benj, for guiding us, nurturing us, advocating for us, educating us and inspiring us by example into year 5784.



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

*\*Denotes five years of participation in the Chai Circle program.*



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**      [adulsted@teesd.org](mailto:adulsted@teesd.org)  
Rabbi Benj Fried      (619) 286-2555
- **Advocacy**      [advocacy@teesd.org](mailto:advocacy@teesd.org)  
Barbara Learner  
Janice Steinberg
- **Budget and Finance**      [financecommittee@teesd.org](mailto:financecommittee@teesd.org)
- **Caring Community**      [caringcom@teesd.org](mailto:caringcom@teesd.org)  
Ira Moskowitz      (619) 449-2762
- **Endowment**      [endowment@teesd.org](mailto:endowment@teesd.org)  
Bob Rubenstein
- **House & Grounds**      [housegrounds@teesd.org](mailto:housegrounds@teesd.org)  
Steve Naiman      (619) 449-2349
- **Library**      [office@teesd.org](mailto:office@teesd.org)
- **Membership**      [membership@teesd.org](mailto:membership@teesd.org)  
Amy Blum
- **Mental Health**      [mentalhealthcom@teesd.org](mailto:mentalhealthcom@teesd.org)  
Marie Raftery
- **Mi Shebeirach Tapestry**      [tapestry@teesd.org](mailto:tapestry@teesd.org)  
Claire Fritz
- **Preschool**      [preschool\\_com@teesd.org](mailto:preschool_com@teesd.org)
- **Publicity**      [publicity@teesd.org](mailto:publicity@teesd.org)
- **Safety/Security**      [security@teesd.org](mailto:security@teesd.org)  
Greg Houska
- **Social Action**      [socialaction@teesd.org](mailto:socialaction@teesd.org)
- **Torah School**      [thscom@teesd.org](mailto:thscom@teesd.org)  
Jane Muschenetz  
Patricia Cardozo
- **Women of Reform Judaism**      [wrj@teesd.org](mailto:wrj@teesd.org)  
Nancy Marcus  
Barbara Chancy
- **Youth**      [rabbibenj@teesd.org](mailto:rabbibenj@teesd.org)  
Rabbi Benj Fried



## Mitzvah of the Month – Items for We Care Gift Bags



Meals on Wheels volunteers deliver nutritious meals to seniors. Frequently, their volunteer is the only person the homebound person may see all day. In addition to the meals, the volunteer provides human contact and a safety net for those living alone.

Meals on Wheels volunteers also bring special gift bags for birthdays and holidays, filled with useful treats. At this time of year, many of us receive colorful calendars and pocket daytimers, some from organizations we are involved with or made donations – this are great if you have extras.

For this month's Mitzvah of the Month, the Social Action Committee asks you to bring suggested items such as these:

Gift bags – medium or large, with holiday or birthday themes, or colorful patterns

Hand towels, pot holders, dish towels, jar openers

Socks

Crossword, sudoku books, adult coloring books with colored pencils

Playing cards

Hand knitted or crocheted items

Magnifying glasses

Night lights

Greeting cards, stationary, envelopes, postage stamps

Brushes, combs

Small first aid kits

Calendars and daytimers for 2024

Toiletries, including shampoo, lotion, deodorant, toothbrushes/toothpaste, floss, soap, small packs of tissues

Notepads, post-it notes, pens, sharpened pencils

Please note: they do not distribute any medications (including aspirin, cough drops or other over-the-counter items), razors, nail polish, cosmetics or candles.

For questions, please contact Elana Levens-Craig at [levenscraig@hotmail.com](mailto:levenscraig@hotmail.com)

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

## J'ACCUSE!

Film presentation and Discussion with Michael Kretzmer,  
J'ACCUSE! Director and Producer



**Monday, November 6, 6:00 p.m. at Tifereth Israel Synagogue**

The documentary examines Lithuania's role in the exceptionally cruel mass murder of about 220,000 Lithuanian Jews, 96.4% of the total Jewish population. In addition, the film explores the celebration of Lithuanian nationalist Jonas Noreika who was influential in the massacre and today is upheld as a hero.

A new form of holocaust denial is sweeping the world and especially Eastern Europe. The most egregious offender by far is Lithuania, which has an official government policy of protecting mass murderers by making up lies in their defense.

Following the screening of the film, guests will engage in a discussion with J'Accuse! Director and Producer, Michael Kretzmer.

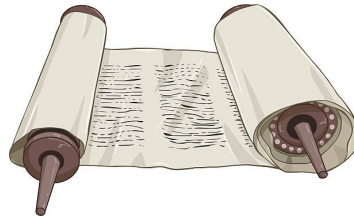
Tickets are \$5 per person and students are free. You may purchase tickets at our website, by phone 619 607-6001, or at the door.

For tickets at the door, please have exact cash available.

Brought to you by the Program Department  
**Tifereth Israel** 6660 Cowles Mountain Boulevard  
SYNAGOGUE San Diego, California 92119 • 619 697-6001  
[www.tissd.org](http://www.tissd.org)



# Torah School



November 1—Hebrew Online 4 pm—4:45 pm In Person 5:00 pm—5:45 pm  
November 5—Torah School 9:00 am (Clubs & Pizza Lunch after TS) 12 pm to 1:15 pm  
November 8—Hebrew Online 4 pm—4:45 pm In Person 5:00 pm—5:45 pm  
November 12—Torah School 9:00 am (Clubs & Pizza Lunch after TS) 12 pm to 1:15pm  
November 15—Hebrew Online 4 pm—4:45 pm In Person 5:00 pm—5:45 pm  
November 19—NO Torah School (Thanksgiving Break)  
November 22—NO Hebrew Classes (Thanksgiving Break)  
November 26 - NO Torah School (Thanksgiving Break)  
November 29—Hebrew Online 4 pm—4:45 pm In Person 5:00 pm—5:45 pm

## SHOE DONATIONS NEEDED

### WORLD DAY OF REMEMBRANCE

FOR ROAD TRAFFIC VICTIMS IN THE U.S.



We are asking for donations of used, no-longer-needed shoes to support Families for Safe Streets San Diego. These empty shoes will visually represent those we've lost due to preventable traffic collisions at the World Day of Remembrance Event for Road Traffic Victims on Nov 17th. All shoes will be donated to charities following the event.

Families for Safe Streets San Diego is a group of families and friends who have lost their loved ones to traffic collisions or are survivors themselves. Our goal is to save future lives by advocating for safer streets and driver accountability while supporting each other in the process.

SDSafeStreets@gmail.com [www.sdfamiliesforsafestreeets.org](http://www.sdfamiliesforsafestreeets.org)

Temple Emanu-El Member Laura Keenan's husband Matt was killed in 2021 by a wrong-way driver while riding his bike, leaving behind Laura, their then-15-month-old-son, and his parents. Since then, Laura has channeled her grief into advocacy for road infrastructure improvements to save lives, founding the **San Diego chapter of Families for Safe Streets**.

Last year, Laura organized the first **World Day of Remembrance San Diego**. Our community donated no-longer-needed shoes to visually represent the 294 lives that had been lost due to preventable traffic violence at the ceremony – and we exceeded the goal!

**BRING YOUR UNWANTED SHOES TO TEMPLE EMANU-EL BY NOVEMBER 15th!**





## **Climate Resilience**

### **Wednesday, November 1, 7 pm**

Jewish tradition has much to teach us as we seek to navigate these unprecedented, often scary times of the climate crisis. Join Coastal Roots Farm's Director of Jewish Life Rebecca Joy Fletcher in an exploration of Jewish wisdom on grief, hope, and joy – even in the most trying of times.

This experiential program will be held at the Temple, in person only. Please sign up on the Temple's website. The cost of the evening is \$10. If finances are an issue for you to attend, or if you have any questions, please contact the Adult Ed Committee at [adulted@teesd.org](mailto:adulted@teesd.org)

## **A God We Can Believe In**

### **Taught by Rabbi Marty Lawson**

### **Thursdays, 12:30 – 2 pm, beginning November 9**

### **In person or on Zoom**

Many people no longer believe in the Deity described in the Hebrew Bible, in the Talmud or other Jewish sources. Using the wonderful new book *A God We Can Believe In*, edited by Rabbi Richard Agler and Rabbi Rifat Sonsino, we will explore a wide variety of views as to how to overcome the obstacles to believing in God in the twenty-first century. In brief essays by a number of leading rabbis and scholars, we will discuss our own struggles to find spiritual meaning for our daily lives.

This Adult Ed class is part two of the very well attended class presented last year. Whether or not you came to part one, you are welcome to join in discussion that may bring forward a God "that can be lived with and lived for." Come join the journey!

The six-session class begins on November 9 and ends December 21. . There is no class on Thanksgiving Day. Class fee is \$36. For questions, you may contact Rabbi Lawson at [rabmsl4745@gmail.com](mailto:rabmsl4745@gmail.com). Please register for the class on the Temple website.

## **Torah for the Table: The Musicals**

**NEW DATES:** December 6, January 17, February 21, March 6, April 10, May 15, and June 12

We welcome the return of this popular program, interrupted by the pandemic.

This year it is 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 at the Temple on Wednesday evenings, and will be taught by Rabbi Devorah and Barry Lander. The cost is \$180 per person for the series or per class for \$36. To register, please see the Temple website.

## **Time to Prepare**

### **Documentary and Panel Discussion**

### **November 4, 12 pm-3 pm and December 10, 2 pm-4 pm**

### **to be held at Temple Emanu-El**

This valuable two part series will help you prepare for end-of-life choices and make your choices known. Rabbi Benj and representatives from End of Life Choices California will lead the conversation, to be held at Temple Emanu-El in person.

Part one will deal with the medical aspects, as we watch the documentary film *Last Flight Home*, and witness one person's journey with medically assisted suicide. Part two will allow us to consider the legacy we wish to leave behind as we think about trust and planning.

There is no charge to attend, but advance registration is needed. Please sign up through the Temple website.



# Adult Education



Supporting Lifelong Jewish Learning

by Rabbi Benj Fried

The Jews Encounter Diversity Film Series

## Tahara

**Saturday, November 18, 7 pm**

Temple Sanctuary, In Person



The film's title comes from the Jewish ritual of washing the body before burial. There's a long friendship between the manipulative white girl Hannah (Rachel Sennott) and the more stable Black girl Carrie (Madeline Grey DeFreece), who are classmates at the Jewish High School. In the opening scene, the girls attend a memorial service for a classmate they barely knew and treated poorly. After the ceremony, their teacher, Ms. Klein (Bernadette Quigley), takes the kids into a classroom for "grief counseling," and lectures that all Jews are responsible for each other." But the students don't listen. Afterwards Hannah persuades Carrie to kiss her to practice kissing for a boy she has a crush on. Instead, Carrie finds herself romantically attracted to Hannah. The rest of the film is about how they navigate the misunderstanding.

The movie, made in the U.S. in 2020, was directed by Olivia Peace.

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

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

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### 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.

\*\*\*\*

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 Rabbi Benj Fried at [adulted@teesd.org](mailto:adulted@teesd.org), or call her at (619)200-3237.





# Dia de los Muertos Family Shabbat & CHILI COOK OFF!



FRIDAY, NOVEMBER 3<sup>RD</sup>  
AT 6:00 P.M.

Enter your chili in the CHILI COOK OFF!

Fill out the attached entry form and turn in by November 1<sup>st</sup>!  
then make your chili, bring it to Family Shabbat & Dinner  
on Friday, November 3<sup>rd</sup>.

Stay for dinner after service and see if you are the winner!

**Don't want to make chili?**

Then just join us for dinner and get to taste all the yummy types of  
Chili, Mac & Cheese and Salad Bar!

Cost will be \$18 per adult,  
\$10 per child aged 3-12, children under 3 free.  
**RSVP to [star@teesd.org](mailto:star@teesd.org) by November 1<sup>st</sup>**

Contact Star if you would like to be one of the chili judges.





I hope all of you had a meaningful experience during the High Holy Days, and I wish you a wonderful and healthy New Year. When I think about Rabbi Devorah's sermon, I am moved. For those who didn't hear it I will paraphrase. She said, "You be the hostess. Think about all the times that you have been the guest. Say hello to a new member of Temple Emanu-El."

When my younger son left for college, I stopped having people over to my home. I became the perfect guest. I always brought the salad or the dessert or whatever they would ask me to bring. I helped cook the chicken and set the table. I felt included, for sure. But I didn't have to be the hostess. A guest comes and goes as she pleases. But things are different now. As we say in Recovery, "I did the thing I feared and hated to do." This year, I invited friends and family to my home for a Break the Fast!

I am blessed that last year my youngest son and his wife moved to San Diego. They joined our Temple, and we went to services together. May your year be filled with family and friends, and you can "do the thing you fear and hated to do." Miracles will come.

Recovery International doesn't take the place of the professionals, we complement them.

We meet every Thursday in the Temple Library in person at 10 am.

Welcome to Recovery International meets on Tuesdays at 6 pm on Zoom.

We offer an LGBTQ+ meeting on Mondays at 6 pm on Zoom

If you need more information, please see our website: [recoveryinternational.org](https://recoveryinternational.org)

You may reach me by email at [SanDiego@recoveryinternational.org](mailto:SanDiego@recoveryinternational.org) or by calling our San Diego office at (619) 383-2084.

*Happy Thanksgiving to you and yours. Thank you, Rabbi Devorah. I enjoyed being the hostess.*

## *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 November 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



Dear Temple family,

It is with a mixture of happiness and sorrow that I announce that I am stepping down as Chair of the Adult Education Committee. I have loved helping to bring life-long learning opportunities to our community: exceptional speakers, classes, movie nights, Shabbat dinners, and interactive programs.

I have had the opportunity to work with so many terrific members who served on the committee through the years. None of the programming would have been possible without you. Special thanks to those who were already doing Adult Ed programming when I joined: Cecile Fleetwood, Toni Glasner (z"l), Darlene Oolie and Ruth Stern. Todah Rabah to Laurie Baron, for presenting our monthly movie series and for his invaluable knowledge of Jewish speakers, and to our Rabbis, Marty Lawson, Devorah Marcus and Benj Fried for their guidance and participation.

Moving forward, I am pleased to announce that Rabbi Benj will lead our Adult Ed programming to bring outstanding learning opportunities to our Temple community.

Thank you to everyone for their support and their friendship. I will see you at Temple.

Madelynn Micon

## Community Corner

### Decluttering: Releasing Excess Baggage

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

Clutter is the excess stuff we tend to accumulate over the years in our homes, heads, hearts and our schedules.

The obvious clutter is *physical clutter* and being burdened by the sheer presence of too many things - too much furniture, too many dishes, too many plastic containers without lids. Then there is the not-so-obvious *mental or head clutter*. The brain is overloaded with the number of decisions we have to make in a day, the different roles we play and the burden of responsibilities that come with all of those roles. *Emotional clutter* is about holding onto things that represent unresolved issues. *Schedule clutter* is when we find that day after day we only get done two or three of the things on our list or on our calendar.

Here are some ideas when dealing with clutter:

*Physical clutter* can be too many dishes, magazines, clothes, or too many projects you meant to do but never started. It can also be piles and piles of papers! You can start with the simplest. Throw away that extra sock with no mate, the half-knitted sweater, or give to charity some of the piles of books you had every good intention to read.

What *mental clutter* is draining your energy? What are you holding on to because you want to be right or validated, or because you are waiting for someone to say they're sorry? I have heard it said: "resentment is like taking poison and expecting the other person to die!" Is there a resentment that you can let go of in order to free yourself from negativity, rumination and obsessional thoughts, which serve no purpose other than to bring you down?

Confronting *emotional clutter* requires a lot of letting go. Letting go of old feelings of anger, fear and guilt in order to find peace of mind.

*Schedule clutter*. Time can be your friend or your enemy. Time can be your friend if you learn to do one thing at a time, fully and with presence. Use your time and energy well. Slowing down can bring integrity to each moment. It is like practicing Yoga. When the pace increases, chaos enters the scene. When you slow down practicing Yoga, playing tennis or walking, you will feel yourself being a little stronger, more graceful, bringing more definition to each moment. That is the best recipe I know for successfully confronting your *schedule clutter*.

**Reflection:** "The question of what you want to own is actually the question of how you want to live your life." (Marie Kondo, *The Life-Changing Magic of Tidying Up*)

**Today's Practice:** Remember that decluttering is a process, so do your best to be kind and encouraging to yourself every step of the way.

I welcome your comments: [gbrave3333@aol.com](mailto:gbrave3333@aol.com)



# 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.*



# YAHREIT OBSERVANCE

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

The following yahrzeits will be commemorated at Shabbat services:

## November 3 & 4

Beth Schlesinger  
Sol Bloom  
Ike Dreizin  
Sylvia Goren  
Charlotte Wittenberg  
Tessa Kaiser  
Pauline S. Latta  
Gideon Puritsky  
Rose Schipper  
Sylvia Mildred Sobo  
Jeri Topy  
Sally Fagan  
\*Freda Houston  
Harriet Korn  
Shirley Mann  
Mary-Jon McAvoy  
Marty Schatz  
Sarah Silverman  
Irwin Dickstein  
Martin Futterman  
Morris Rubin  
Harvey Lenett  
Philomena Martin  
Edward Platt  
Marcella Brandt  
\*Stanley Justin Braun  
\*Albert Renkin  
Morris Rosenthal  
Pacey Barron  
Norma Gellens  
\*Albert Lederer Levy  
Yitzkhak Rabin  
Dorothy Slucker

## November 10 & 11

\*Moses S. Berlin  
Stan Burney  
Gilbert Erth  
\*Dianne Goldberg  
Albert Porter  
Phyllis Risken  
Sara Siegel  
Jose Verdugo  
Barbara Bloom  
Ken Given  
Rachel Glovinsky  
\*Edward Arthur Levy  
Regina Mayer  
Ilya Reytblat  
Zenda Arkin  
Arnold Baron  
\*Ralph Byrnes  
\*Deborah Gilbert  
Daniel Hamori  
Harriett Schwartz  
Mildred Polgar  
Donald Eichler  
\*Maxine Chenkin Kreinberg  
Benjamin Orkin  
Ida Ritter  
Dorothy Sherman  
Sanford Tex  
Ross Berton  
Rudolph Hirsh  
Michael Leary, Jr.  
Semyon Levin  
Sophie Meiner  
Michael Lynn Mout  
Rose Otis  
\*Moses Trop  
Allan Burns  
Burt Kapust  
Janathin Miller  
Ruth (Ruthie) Rubin  
Simon Kramer  
Larry Weinberg

## November 17 & 18

Pearl Berman  
Lillian Knoller  
Jay Turner  
Mary Friedman  
Florence Gwasdoff  
\*Mollie Rumpler  
\*Marvin Bobrof  
Louis Clark Fleetwood  
\*Rona Gallen  
Janet Wohl  
Lenora Rubenstein  
Ruth Brav  
Irving Clorfeine  
Jean Evidon  
Rabbi Alexander Schindler  
Ed Stein  
Louis Bazrod  
\*Sylvia Paul Dyson  
Robert Merritt Quittner  
Victor Schulman  
Sylvia Konover  
Sylvia Konover  
Edwin Swann  
Robert Zenville  
Oscar Goldenberg  
Ramony Herney  
Roger Sweeney  
Marion Zeichick  
Elick Zitsman  
Leon Feingold  
Bernice Garwood  
\*Roberta (Bobbi) Bratman  
Ron Miller  
Sam Oolie  
Edward Robbins  
Bernard Seid

## November 24 & 25

Arthur Bloom  
Herbert Boss  
Larry Evans  
William Knoller  
\*Isadore Ontell  
Victor Sultan  
\*Ruth Bobrof  
Marcy Fishman  
Sarrah Fuzaylov  
Maurice Mandel  
Ellan Levitsky Orkin  
Steve Elisberg  
Rosel Lange  
Monica Simler  
Stuart Wolf  
\*Richard Seymour Berman  
Virginia Greenberg  
Robert Hulter  
President John F Kennedy  
Seymour Levine  
Evelyn Solomon  
Dorothy Stone  
\*Ella Gross  
Sally Malberg  
\*Sol Naiman  
Helen Schulman  
Isidore Shapiro  
Miriam Wotiz  
Michael Blotner  
Hannah Furman  
Milton Gellens  
Edith Haydu  
Julian Morrison  
Connie Corliss  
\*Bea Epsten  
Rachel Kae  
\*Martin Newmark  
David A. Pimentel  
Johnny Satlof  
Dorothy Ruse  
Julie Thompson  
Linda Scher  
\*Ilene Rosenberg  
Julie Thompson  
Oscar Sherr  
Julie Thompson



\* designates a memorial plaque in the Sanctuary lobby



# In Our Temple Emanu-El Family

## NOVEMBER BIRTHDAYS





11/1	Sherry Resh	11/11	Jonathan Brenis	11/19	Ronnie Bar Zion
	Vicki Spilkin		Michelle Jirkovsky	11/20	Joshua Bloom
	Paula Papas	11/12	Victoria Herman		Akshay Sateesh
11/2	Jill Linares		Charles Rogal		Susan Schwarz
11/3	Melissa Kae		Hannah Cary	11/21	Rosie Jacobson
	Joel Young	11/13	Judy Faitek		Michele Kipnis
11/4	Julie Parker		Allie Glovinsky		Arlene Miller
	Avi Schmidt		Diane LeCover		Bradley Saran
11/5	Sheryl Klein		Deborah Tirouda		Tamara Tseselskaya
11/7	Liat Gaghagen	11/14	Samuel Fon-Kats	11/23	David Manley
	Suzanne Handler		Charles Kossman	11/24	Beverly Brown
	David Kostrinsky		Darlene Oolie		Keri Copans
	Michael Rosen	11/15	Norm Hegler	11/25	Emily Bartell
11/8	Barry Benn		Nathan Mayers		Barbara Pollack
	Melissa Bloom		Ethan Gerwin		Liebe Weissman-James
	Sheila Lipinsky	11/16	Mark Barahman	11/26	Robbie Bailund
11/9	Liam Barnik	11/17	Grace Levine	11/27	Robert Handler
	Laura Davis-Duffy	11/18	Jim Behrend	11/29	Patrice Breslow
	Annabelle Saltman		I-Chun Chen		Deborah Doucet
	Ezra Saltman		Nicole Lizano		Luca Kochman
11/10	Jacob Belasco		Allison Stevens	11/30	Lilah Barahman
	Harvey Korfin		Dori Zubkoff		Jocelyn Martin
	Jared Luchans		Josie Zubkoff		Anna Perino
	Barbara Rosenthal		Mikayla Berger		Ruben Smith
	Emma Siegel	11/19	Myrna Cohen		
	Nathan Stevens		Sheldon Derezin		
11/11	Marilyn Braun		Veida Chanel Arguilez		



## NOVEMBER ANNIVERSARIES

11/7	Jeff and Laura Karel	11/26	Steve and Susan Davis
11/9	Patric Lester and Rebecca Bierman	11/29	Joshua Clavell and Meredith Saylor
11/10	Nicholas and Randy Silverstein		Michael and Melissa Bloom
11/11	Adam and Erica Whinston		
11/13	Bradford Spilkin and Shulamit Nelson-Spilkin		
11/16	Ron and Amara Berg		
11/25	Charles and Shelley Dashevsky		
	Howard and Barbara Kugler		



Price Family Preschool wants to wish  
everyone a happy Thanksgiving  
from the entire staff.



PRICE FAMILY  
PRESCHOOL  
TEMPLE EMANU-EL



SAVE THE DATE

*Hanukkah Happening*

Join us for Hanukkah food,  
games, crafts, music, havdalah  
and SNOW!

Saturday, December 9th  
3pm to 7pm



# Women of Temple Emanu-El

by Barbara Chancy and Nancy Marcus, Co-Presidents



It's time to have some fun!

Sunday, November 5, will be the fabulous Artisan Festival. Come and shop out 30+ vendors. This year we especially want you to visit our new Hanukkah Shop. Do you need candles, a hanukkah, decorations, wrapping paper, gift bags, gifts and more? We have a great selection for you at the Festival this year.

Our Bunco Night is planned for Wednesday, November 15, 6:30 pm. A light supper will be served; we'll play Bunco and award cash prizes. The cost is \$18.00 for a fun-filled evening.

On Wednesday, November 29, 6:30 pm, we have scheduled a joint program with the Adult Education and Safety Committees. Colleen Huschke from the District Attorney's office will teach us about Identity Theft, Elder Abuse, consumer protection, fraud, the Insurance Bill of Rights, and various scams including phone, imposter, and online dating.

Our Latke Party will be held on Wednesday, December 13, 6:30 pm. We'll play Hanukkah Bingo and the Right Left Gift Exchange.

Mark your calendar and plan to join us! For questions, please reach out to us at [wrij@teesd.org](mailto:wrij@teesd.org).

## A little more History of WRJ

This month we learn about the last group of YES Fund Grantees for Youth, Education and Special Projects. Our contributions to Special Projects, the "S" of the YES Fund, touch our core values and show who we are by where we spend our money.

\$36,000	Eisendrath Legislative Aide salary at the RAC (Religious Action Center). A young woman is chosen via a competitive application process. Her portfolio focus is women's issues in the United States.
\$15,000	Women's Rabbinic Network Paid Family and Medical Leave Project
\$15,000	Israel Movement for Progressive (Reform) Judaism's Assistance for Immigrants Project
\$12,000	Israel Religious Action Center (IRAC) to support Progressive (Reform) Judaism in Israel

## Temple Emanu-El Book Group

by Pat Libby, Book Group Member

### Next Group Meeting, In Person: Monday, November 6, 7 pm

If you are a book lover and would like to join a lively discussion on *The Immortalists* by Chloe Benjamin with a group of Temple members, please join us on Monday, November 6, from 7-8:30pm at the home of a member.

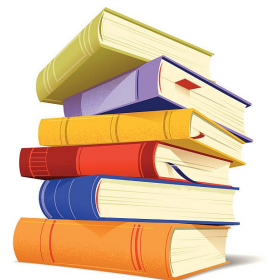
### *The Immortalists*

It's 1969 in New York City's Lower East Side, and word has spread of the arrival of a mystical woman, a traveling psychic who claims to be able to tell anyone the day they will die. The Gold children—four adolescents on the cusp of self-awareness—sneak out to hear their fortunes.

The prophecies inform their next five decades. Golden-boy Simon escapes to the West Coast, searching for love in '80s San Francisco; dreamy Klara becomes a Las Vegas magician, obsessed with blurring reality and fantasy; eldest son Daniel seeks security as an army doctor post-9/11; and bookish Varya throws herself into longevity research, where she tests the boundary between science and immortality.

A sweeping novel of remarkable ambition and depth, *The Immortalists* probes the line between destiny and choice, reality and illusion, this world and the next. It is a deeply moving testament to the power of story, the nature of belief, and the unrelenting pull of familial bonds.

If you plan to attend or have questions, please email me at [patlibby@patlibby.com](mailto:patlibby@patlibby.com).





## 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 October, funds were sent to Feeding America San Diego ([feedingsandiego.org](http://feedingsandiego.org)), which was established in 2007, and is currently the leading hunger relief and food rescue organization in San Diego County. More than 35% of food produced in the U.S. goes to waste each year. Feeding San Diego rescues nutritious surplus food from groceries, retailers, farms, restaurants and more. They provide outreach to vulnerable clients who are likely to have uncertain or limited access to food, including seniors, students, military, and veterans. The organization also helps those who are eligible to enroll in CalFresh/SNAP, California's food stamp program.

In November, we will allocate money to STEP: Support the Enlisted Project ([teamstepusa.org](http://teamstepusa.org)), which began in 2012 and works to build financial self-sufficiency among active-duty enlisted members, veterans and their families facing financial crises through counseling, education, and grants. Through their emergency financial assistance program, they have served more than 5,600 families who were at risk of losing housing, utilities, transportation, and have consistently run out of essentials, such as food, before their next paycheck arrives. More than 90% of those who have worked with their advisors have not needed to return for additional assistance.

In addition, a special donation was made in October to Magen David Adom ([afmda.org](http://afmda.org)) in response to the terrorist attack by Hamas on Israel. Magen David Adom tests, types, and stores Israel's blood supply, provides ambulances and equipment for paramedics. Our donation will help to ensure that their 33,000 paramedics, EMTs and first responders have the equipment, training, and medical supplies they need.

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*

To say we live in trying times is a bit of an understatement. When I first started writing this month's column, my goal was a light-hearted discussion of things which were important, but not on the forefront of our lives: think barbecue safety, gardening, exercise, and hiking tips. October's appalling events in Israel are almost beyond comprehension and have made these other subjects seem very minor indeed. We have now morphed into personal, cyber and Temple security matters as a way of addressing the need for each of us to be responsible for protecting our own families, as well as the Jewish community as a whole.

I know the State of Israel (and we) will get through this, but if you are reading comments on social media or watching protests, it may not seem that way. To counter this, I did a quick internet search of Israel's friends. As I write this, 96% of Americans have some sympathy toward Israel, and 71% express a lot of sympathy. President Biden, Congress, Presidential candidates, Evangelical Christians, most Western countries, India, and over 700 celebrities and entertainment executives have spoken out in support of Israel.

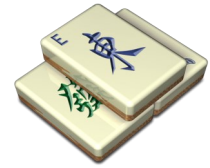
I hope this list expands greatly in the days and weeks ahead.







**Mah Jongg  
Women of Temple Emanu-El  
On Mondays at 1:30 pm—4 pm  
Temple Sanctuary**



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.

## Mazal Tov

To Ron and Lupita Cohn on the birth of their first grandchild, Savannah Sidhu, daughter of Katie and Curran Sidhu

## TODAH RABAH

To Barbara Pollack for her work on editing the bulletin

## Yashar Koach

Madelynn Micon has stepped down as Adult Education Chair after leading the committee since 2010! Our congregation is in your debt. Yashar Koach!



### PLASTIC BADGE HOLDER

If you took home your plastic membership badge holder from High Holy days services, please bring it back so that we may reuse it.

You may return any time you come to the Temple either to the basket in the Sanctuary lobby or to the front office.

## Shabbat San Diego November 2 - 5

*More than the Jews have kept Shabbat, Shabbat has kept the Jews.*

Shabbat San Diego is an independent, community-wide, inclusive event dedicated to encourage all Jews to experience Shabbat together. International Unity Shabbat will be held in more than 1500 cities and 101 countries with 10 languages around the globe.

Events include a challah baking sessions at several locations around the county, a beach cleanup, special services at many congregations, talks and more.

For more information on these community events, please see the Shabbat San Diego website, shabbatsandiego.org.



**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](mailto: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](http://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](http://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](http://988lifeline.org) from anywhere in the country.

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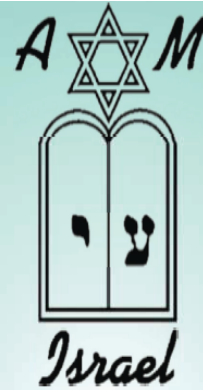
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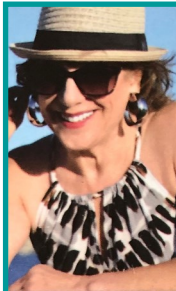
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## BULLETIN DEADLINES

November 5 for the December issue

December 5 for the January issue

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




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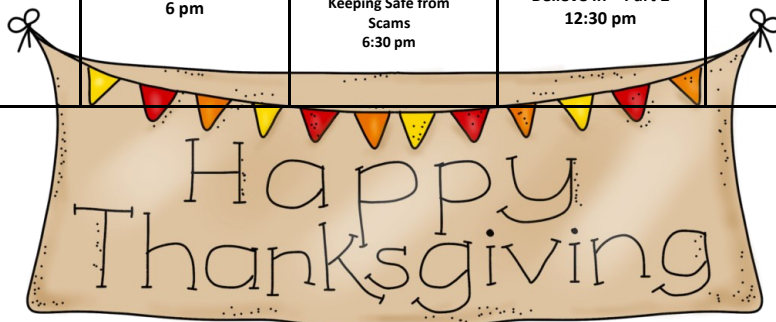
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San Diego, California 92116

(619) 282-4730



# November 2023 Cheshvan—Kislev 5784

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Nov. 1 • 17 Cheshvan	Nov. 2 • 18 Cheshvan	Nov. 3 • 19 Cheshvan	Nov. 4 • 20 Cheshvan
			NO Coffee with the Rabbi Torah Hebrew Classes 4 pm & 5 pm Adult Ed—Climate Resilience Class 7 pm	Bridge with Benj 12:30 pm	Chili Cook-Off Family/Preschool Shabbat Service 6 pm	Torah Study 9 am Shabbat Service 10:30 am Time to Prepare 12 pm
Nov. 5 • 21 Cheshvan	Nov. 6 • 22 Cheshvan	Nov. 7 • 23 Cheshvan	Nov. 8 • 24 Cheshvan	Nov. 9 • 25 Cheshvan	Nov. 10 • 26 Cheshvan	Nov. 11 • 27 Cheshvan
Artisan Festival 9 am Torah School 9 am Intro to Judaism 10 am Mini Course 1 pm	Mah Jongg 1:30 Book Group 7 pm 	Community Jewish High 6 pm	Coffee with the Rabbi 11 am In person Torah Hebrew Classes 4 pm & 5 pm	Bridge with Benj 12:30 pm A God We Can Believe in—Part 2 12:30 pm	 Veterans Day Office/Preschool Closed Shabbat Service 6 pm	Torah Study 9 am Shabbat Service 10:30 am
Nov. 12 • 28 Cheshvan	Nov. 13 • 29 Cheshvan	Nov. 14 • 1 Kislev	Nov. 15 • 2 Kislev	Nov. 16 • 3 Kislev	Nov. 17 • 4 Kislev	Nov. 18 • 5 Kislev
Torah School 9 am Intro to Judaism 10 am	Mah Jongg 1:30	Community Jewish High 6 pm	Coffee with the Rabbi 11 am In Person Torah Hebrew Classes 4 pm & 5 pm WTEESD—Bunco Night 6:30 pm	Bridge with Benj 12:30 pm A God We Can Believe in—Part 2 12:30 pm	Shabbat Service 6 pm	Torah Study 9 am Shabbat Service 10:30 am Adult Ed Movie 7 pm
Nov. 19 • 6 Kislev	Nov. 20 • 7 Kislev	Nov. 21 • 8 Kislev	Nov. 22 • 9 Kislev	Nov. 23 • 10 Kislev	Nov. 24 • 11 Kislev	Nov. 25 • 12 Kislev
NO Torah School Intro to Judaism 10 am	Mah Jongg 1:30	NO Community Jewish High	Office Closed NO Coffee with the Rabbi NO Torah Hebrew Classes	Thanksgiving 	Office/Preschool Closed Shabbat Service 6 pm	Torah Study 9 am Shabbat Service 10:30 am
Nov. 26 • 13 Kislev	Nov. 27 • 14 Kislev	Nov. 28 • 15 Kislev	Nov. 29 • 16 Kislev	Nov. 30 • 17 Kislev		
NO Torah School Intro to Judaism 10 am	Mah Jongg 1:30	Community Jewish High 6 pm	Coffee with the Rabbi 11 am In Person Torah Hebrew Classes 4 pm & 5 pm Keeping Safe from Scams 6:30 pm	Bridge with Benj 12:30 pm A God We Can Believe in—Part 2 12:30 pm		



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