



HA-SOFER THE SCRIBE

Tishrei—Cheshvan 5784

תשרי - חשוון

October 2023

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



5784 Adult Education Calendar

Mini Course—The Multi-Vocality of the Bible

October 8, 22, & 29 and
November 5, 1 pm

Taught by Rabbi Benj. Cost \$10 for the course. Attend in person or on Zoom. Watch for classes by Rabbi Lawson this winter, and by Charlie Jirkovsky in the Spring.

In this four-week course, we are going to look at the multi-vocality of the Bible. By focusing on two books that are diametrically opposed—Deuteronomy and Job—we are going to discover the theological and political consensus that the Bible seems to create and then analyze the ways that the lived experience of the Israelites undercuts that orthodoxy.

Introduction to Judaism

Sundays, starting October 8, 10 am

This 22-session course is open to all interested in exploring Jewish life through a Reform lens. Cost is \$200 for members, \$250 for non-members. Classes will be held on Zoom, taught by Rabbi Devorah, Rabbi Benj, Rabbi Yael Ridberg and Rabbi Cookie Lee Olshein.

Adult B'nai Mitzvah Class \$360 or Adult Hebrew Class \$100

Those who did not have the opportunity to become Bar or Bat Mitzvah at a younger age can join this group who will study together for a year. Rabbi Benj will teach the class. Please contact him by Sunday, October 1, for more details.

Adult Ed Movies

October 14,
November 18, December 16,
January 13, February 24,
March 16, and April 13

The Adult Education Committee presents "Diverse Jewish Encounters in Film. Movies are shown one Saturday evening a month, 7 pm, at the Temple starting with "Crossing Over" on October 14. Laurie Baron will introduce each film and lead the discussion afterward. There is no charge, and no sign up is needed.

Torah for the Table: The Musicals

October 25,
November 15,
December 6, January 17,
February 21, March 6, April 17 and May 15

Jewish learning meets culinary school. We welcome the return of this popular program, taught by Barry Lander and Rabbi Devorah. Classes are scheduled once a month, beginning on Wednesday, October 25, and continuing through May. Cost is \$180 per person. Classes will be held at the Temple.

Climate Resilience

Wednesday, November 1, 7 pm

This experiential program on exploring the climate crisis through Jewish tradition and teaching. Rebecca Joy Fletcher of Coastal Roots Farm will teach in person at the Temple Cost is \$10 per person.

Time to Prepare

November 4, 12pm-2:30 pm
December 10, 2pm-4 pm

This two part series will help you start thinking about how to prepare for end of life. Part one will deal with the medical side of preparing as we view the documentary Last Flight Home and witness one person's journey with medically assisted suicide. Part two will have us consider the legacy we wish to leave behind as we think about trust and legacy planning.

Shabbaton

December 2 and March 9

Have lunch with your Rabbi and do some deep learning with friends after Shabbat services.

Friday, October 6

Erev Simchat Torah Dinner 5 pm
Erev Simchat Torah Event and Consecration
Shabbat Service 6 pm

Saturday, October 7

Atzeret/Simchat Torah Festive Ser. 10:30am
Sh'mini Atzeret-Simchat Torah,
Deuteronomy 33:1-34:12, Genesis 1:1-2:3
Joshua 1:1-18

Friday, October 13

Shabbat Service 6 pm

Saturday, October 14

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

Friday, October 20

Shabbat Service 6 pm

Saturday, October 21

Shabbat Morning Service 10:30 am
Noach, Genesis 6:9-11:32
Isaiah 54:1-55:5

Friday, October 27

Shabbat Service 6 pm

Saturday, October 28

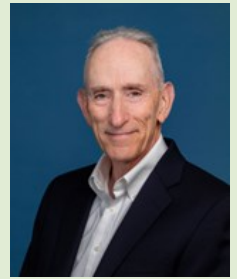
Shabbat Morning Service 10:30 am
Lech L'cha, Genesis 12:1-17:27
Isaiah 40:27-41:16



NEVER
STOP
LEARNING



From Our Temple President by Matt Meis



On Yom Kippur we recite the Avinu Malkenu, our Father our King. Today, here at Emanu-EL and across the Reform movement, we say Avinu Imenu, our Father our Mother, in order to be more inclusive in all aspects of our prayers and so that we can learn to be more inclusive in all aspects of our lives.

When we recite the Avinu Imenu we acknowledge our sins before God and ask for forgiveness. We ask for good favor in the coming year. We ask God to hear our prayers, as we say, “Almighty and Merciful, hear our voice.”

We ask God to have compassion on us and on our families. To halt the onslaught of sickness, violence, and hunger. To halt the reign of those who cause pain and terror. And towards the end we ask to be inscribed in the Book of Life.

Have you ever thought about what that means, besides the obvious, don't let us die this year? That phrase, Book of Life, it sounded more like a Don McClain song title to me than a prayer to God. That phrase never really impacted my thinking about Yom Kippur in a truly deep and meaningful way. It was a throwaway line.

I used to joke with friends the day after Yom Kippur that I suppose we made it to another year seeing as we all woke up this morning.

I never thought that my life or death over the next 12 months was going to be decided by God because of some checklist He keeps. To paraphrase another old gray-haired gentleman who also keeps lists, “He knows when you've been bad or good, so be good for goodness sake”.

Then, at last month's RH services I noticed, perhaps for the first time, that the current translation in our Reform HHD siddur, rather than “inscribed in the Book of Life,” it says, “enter our names in the Book of Lives Well Lived.” That's another thing entirely for us to think about.

So, I ask the question, what is a life well lived? And how does that differ from being entered into the Book of Life? Why do you suppose our Reform Rabbis re-translated it this way?

Allow me to hazard a guess. From a Jewish perspective I think one might say it's a life of service, of tzedakah, of loving kindness, of honesty and faithfulness to God and to the people around us. A faithfulness to our shared values and our shared concerns.

On RH I spoke about what Emanu-El means to me, to you, to each of us, to our past generations, and to our future generations.

I asked each of us to think about how Emanu-El has played a role in our family's lives. And I asked you to think about this question when you make your HHD pledge this year.

This year on Yom Kippur, I asked us to think about what criteria we think God will use, and we will use, to decide if we have indeed achieved a life well lived.

One way would be to ask what did each of us do this past year to improve the world we live in? How did each of us make a positive difference in the lives of the people around us? Both in our actions and with our personal resources?

Did we volunteer at Temple? On a committee or at an event? Did we help a fellow member who needed assistance due to financial hardship?

Continued on page 5



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



Mitzvah of the Month – Support JFS Safe Parking Program



Jewish Family Service (JFS) operates the Safe Parking Program for unsheltered San Diegans living out of their vehicles. Individuals and families have a safe, secure place to sleep, available showers and bathroom facilities as well as access to food. They also receive supportive services and resources to help them find employment and assist with benefits, family wellness, school success, financial education and access to resources critical to getting ready to transition into permanent housing.

For October's Mitzvah of the Month, you can show support by making a monetary donation to the Social Action Fund, either on line through the Temple's website or by mailing in a check, and designate the donation to the Safe Parking Dinner. Suzanne Schulman will be coordinating this project, and will schedule dates in October and November at their Balboa Ave. location.

Temple members have been preparing and serving hot homemade meals for many years at the Safe Parking Program. During the pandemic, we could only supply a restaurant meal with no personal contact. We are now able to supply a personal touch and bring the meal and serve the dinner to 60 individuals working to transition from a difficult situation.

If you are interested in helping to organize and serve meals in person, or have any other questions, please contact Suzanne at skschulman@gmail.com

Lights Out, San Diego!

by Barbara Learner, Advocacy Committee Co-Chair

The Advocacy Committee wants you to know about the San Diego Audubon Society's campaign, Lights Out, San Diego! which seeks to build awareness on the impact of light pollution on millions of migrating birds and other wildlife. Through the Lights Out, San Diego! program, we encourage everyone to turn off non-essential lighting from 11 pm to 6 am during the migration season to provide darker skies for these nocturnal migrants.

Why Lights Out?

More than 80% of North America's migrating birds migrate at night, and San Diego is privileged to see so much of this migration. Our county is on the Pacific Flyway—we are right along the path that many different species of birds use to head south in the fall and come back north in the spring.

Light pollution can disrupt migration as it can cause:

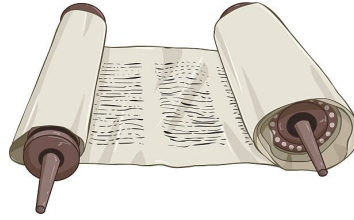
- Disorientation as birds are drawn to the light.
- Exhaustion when birds can find themselves flying in circles over and over.
- Building collisions from encounters with brightly-lit buildings.
- Delays in migrations as some birds slow down their flight in brightly-lit cities.
- Grounding of seabirds from landing in light-polluted areas and being unable to fly again.

The critical fall peak migration period for San Diego is September 1 through November 15.

Take the Lights Out, San Diego! pledge yourself, spread the word by posting on your social media, talk to your Homeowner's Association, building manager, employer to see if you can bring Lights Out, San Diego! to your community at home and at work. For more information, see the San Diego Audubon Society's website, <https://www.sandiegoaudubon.org>



Torah School



October 1—Torah School 9:00 am (Clubs & Pizza Lunch after TS) 12 pm to 1:15 pm
October 4—Hebrew Online 4 pm—4:45 pm In Person 5:00 pm—5:45 pm
October 8 - Torah School 9:00 am
October 11—Hebrew Online 4 pm—4:45 pm In Person 5:00 pm—5:45 pm
October 15 - NO Torah School (FAMILY CAMP)
October 18—Hebrew Online 4 pm—4:45 pm In Person 5:00 pm—5:45 pm
October 22 - Torah School 9:00 am
October 25—Hebrew Online 4 pm—4:45 pm In Person 5:00 pm—5:45 pm
October 29 - Torah School 9:00 am (EARTHQUAKE DRILL)

(Cont.) From Our Temple President

by Matt Meis

Did we show up to support a fellow member when they were mourning the loss of a loved one or when they were celebrating a simcha?

And did you fill out the pledge card on the back of your name tag and did you contribute a little bit extra this year to ensure that we can meet the needs of all our members regardless of an ability to contribute financially?

Because whether large or small, your contributions of your time, your talent, and your treasure, all add up in profound ways that allow us to offer amazing programming, education, and staff, that support the needs of our community year-round, as well as the needs of our broader San Diego community. Every contribution counts and every contribution is important.

Spending time with another person in need of a friend. Lending a hand with your talents, lending an ear with your heart, and lending a shoulder to cry on, these are all ways that you can make an incredible difference in someone's life, simply by being there. And contributing financially beyond your dues at our High Holy Days to ensure we have a building where people can gather for all of this wonderful connecting, kibbitzing, supporting, and mitzvahing.

All of these make an incredible difference in the lives of each and every person who experiences the blessing of passing through our beautiful gates and coming into our shared synagogue home

Most importantly, in a world of disconnection, disinterest, and apathy, thank you all for being here, for being connected, and for being part of the reason that Temple Emanu-El is the very special and beautiful place that it is.

We could never be who we are without each and every one of you.

May we continue to find ways this year to make someone else's life better. May we be God's partners in making a positive and meaningful difference. And live a Life Well Lived.





TORAH TOTS

Join us for Torah Tots, a parent-participation program which includes art, music, play and a chance to build community with other parents and care-givers and introduces children to the Torah School program.

Our Torah Tots class will meet one Sunday each month from October to May from 9:00am to 11:00am. If you have any questions, please email us at preschool@teesd.org or call 619-286-2999.

Two registration options:

- \$285 for all 8 sessions between October and May
- \$40 a session drop-in



Artisan Festival

Sunday, November 5 9 am - 3 pm

POTTERY | MOSAICS | JEWELRY

JUDAICA | GLASS | WOOD

Opportunity Drawing | Silent Auction

Presented by The Women of Temple Emanu-El: Sisters by Choice

The Artisan Festival will be held on Sunday, November 5. We need many volunteers to help that day, and we need many of you to shop! This year we will be adding a Hanukkah Shop as part of the Festival, and will offer candles, menorahs, dreidels, decorations, gifts and more! We already have more than 30 vendors signed up! Proceeds from the Artisan Festival provide scholarship money for our graduating seniors.



Adult Education



Supporting Lifelong Jewish Learning

by Madelynn Micon, *Committee Chair*

Jewish Encounters with Diversity Movie Series

Crossing Over

Saturday, October 14, 7 pm

Temple Sanctuary, In Person



Harrison Ford plays ICE agent Ray Liotta, an immigration adjudicator, and Ashley Judd, immigration defense attorney, handling cases: a Mexican woman separated from her child in a raid, an Iranian family about to be naturalized, a Muslim teenager under investigation by the FBI for public comments about 9/11, a Korean teenager being pressured to join a gang, an aspiring Australian actress, a secular Jew from Great Britain posing as a Hebrew teacher to gain an exemption from deportation, and a Nigerian orphan stranded in a holding center and slated for deportation. What director Wayne Kramer is trying to do, with varying levels of success, is to get at the way those of us who have never had to make the conscious choice to become U.S. citizens may not always fully grasp the advantages we have here. Director Kramer talks about the day of his own naturalization, "You see faces from almost every country in the world. It's surreal because they're nothing like you, but you all have joined together because you believe in the country and the Constitution." The movie was made in the U.S. in 2009.

There will be a bring your own dinner in the courtyard at 6 pm, before the screening of the film. Laurie Baron will introduce the film and facilitate discussion after its screening.

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 Madelynn at adulted@teesd.org, or call her at (619)200-3237.



Israel Engagement—A New Year and New Hopes

By Rhonda Amber and Jonathan Licht

In anticipation of Hurricane Hilary, our Israel Engagement meeting was rescheduled for a week later. At that August meeting, Michal Ben-Nun, representing UnXeptable, a pro-democracy group of Israelis living in the US and around the world, spoke to us and answered questions about current legal, political, and dramatic situations in Israel's government and society. She stressed that Israelis need, want, and encourage our American Jewish community to participate as active partners to support Israel and the vast majority of Israeli people who want Israel to be egalitarian and a democracy. The group adjourned early to permit those who chose to attend the biweekly UnXeptable rally to support Israel Democracy.

The next Israel Engagement meeting will be held on Wednesday, October 25, at 4 pm in the Temple Library.

If you did not have an opportunity to sign up during the High Holy Days, please contact us at rjamber2011@gmail.com with suggestions, recommendations, and questions.

L'Shanah Tovah. May this be a year of engagement, learning, democracy, and peace.

From the Mailbox

Thank you for your donation to be used for our programs supporting children, youth and families. Our mission is to facilitate supportive relationships for all children through family and friends reading aloud with them, with a primary focus on those who are underserved.



We accomplish our mission through our four successful programs:

- Youth Readers – nurtures youth who volunteer in their own communities and families to instill in children the joy of reading.
- First Teachers – engages parents in their children's development through discussion and collaboration, empowering them as their children's "first teacher."
- Book Bridges – strengthens relationships between family members separated by incarceration or drug rehabilitation treatment through the read-aloud experience.
- Storybook Inspirations – provides meaningful communication between generations as they read stories aloud together, using technology to bridge geographical separations and enhance intergenerational interactions.

The lives of these children, youth and families are transformed through books and positive relationships. Together, we can provide this fundamentally important legacy in the lives of all children in the future.

Sincerely,

Betty J. Mohlenbrock, Founder and President

Reading Legacies

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

Drum Circle October 10, 3 pm

Come and join us on Tuesday, October 10, from 3 – 4 pm in the Temple courtyard. We expect that the weather will be fine to drum outside under the blue sky, with birds singling along and clouds hanging above.

Since we skipped meeting in September due to people's busy schedules and the Jewish Holidays, we will have more reasons to rumble this month!

As always, we have drums to share. A gratuity of \$10 per person is requested for Leanne Pearl, our drum leader extraordinaire. Feel free to bring friends. People do not need to be synagogue members to participate.

If you have any questions about our Drum Circle, please contact Bonnie Baron at bonniebaron@gmail.com



On September 7, I spoke at the Suicide Prevention Council Press Conference. I shared the story of what my life was like before I joined Recovery International, what I did to get well, and what my life is like now. I have been in Recovery for 25 years. By telling my story, it reduces the stigma of what a person with mental health challenges is supposed to look like. It takes courage to share. I now lead a peaceful loving life and have family and friends who support me unconditionally. You may see the recording of the full press conference at https://www.facebook.com/watch/live/?extid=CL-UNK-UNK-UNK-AN_GK0T GK1C&mibextid=woZv4r&ref=watch_permalink&v=234473612925633.

Recovery International (RI), the oldest peer-run group, was started 85 years ago by Dr. Abraham Low, a neuropsychologist. Dr. Low wanted to come up with a method whereby people with mental illness could get well outside of the hospital. He taught patients to use some simple cognitive tools to help themselves. "Change your thoughts, and move your muscles, despite how you are feeling." He explained that a person could function even if they were in symptoms. Some of these are:

- It's distressing but not dangerous.
- You might feel helpless but there are no hopeless cases.
- Imagination on fire.

The Recovery International Method is a simple four-step method where people can share a triviality that is bothering them, share their angry and fearful thoughts, and find spots (cognitive tools) to reduce the symptoms.

Can't sleep? Feeling sad, depressed, anxious, hopeless, experiencing road rage? We have an in-person meeting right here at Temple Emanu-El on Thursdays, 10 am in the Library. Who comes to our meetings?

All are welcome. We don't give advice, or talk about sex, religion or politics.

If the meeting at the Temple doesn't work for you, we have many other meetings that you can choose from.

- LGBTQ+ Meeting on Monday nights on Zoom at 6 pm
- Welcome to Recovery Meeting on Tuesday nights on Zoom at 6 pm
- Young Adults Meeting on Thursday nights on Zoom at 5:30 pm

Please check out our website, recoveryinternational.org, call the San Diego office at (619) 383-2084, or email me at Lisa@recoveryinternational.org.

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 October 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

Change

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

Change, even if we initiate it ourselves, is not easy. It requires us to be in an empty space for a while. A space that is both full of uncertainty and potential, between what we have known and making room for something new.

Change competes with our desire for predictability, and at the same time, calls us to adventure, possibility and surprise.

Status quo is comfortable; it's familiar but it is like a body of water that has no current or flow and is dull and sluggish.

The ending of one thing is also the beginning of another. We all experience many endings and many beginnings of things we could not have imagined last week, last year or ten years ago.

During a time of change, it is important to remember you are durable, adaptable, and resilient. You have gone through changes before and undoubtedly learned a great deal.

Here are straightforward approaches you can take through change:

1. Change is a work in progress. It will take time to adjust to the new.
2. Increase your understanding of change. What is it, what needs to happen, what will come of the change?
3. It is likely not everything is changing. Looking at the things that aren't changing can be very reassuring.
4. Find things you can control. Exercise as many choices as possible during change. It can reduce fear and discontent.
5. Find support. Get consistent support throughout any change.
6. Clarify and reinforce your priorities. Ask yourself what makes the change worthwhile?

Fear and hesitation around change are normal. Control what you can, be open to new outcomes, and replace old ideas that no longer work for you with new ones.

There have been times in my life when I just got sick and tired of old behaviors and old habits, and that in itself was a move toward changing them. There is more to life than increasing speed so it is okay not to race into change.

Reflection: "When we change the way we look at things, the things we look at change." Wayne Dyer

Today's Practice: Live a life that is driven more by curiosity than by fear.

I welcome your comments: gbrave3333@aol.com

Contributions

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



Contributions

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

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

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



YAHREZEIT OBSERVANCE

Zecher Tzadik Livracha – The Memory of the Righteous is a Blessing
The following yahrzeits will be commemorated at Shabbat services:

October 6 & 7

Sabina Brody
Arnold Gale
Jacquelyn Meddin
*Ray N. Smith
Harry Blotner
Anne Goldstein
*Benjamin Handwerker
Robert Pappenheimer
Morrie Schechter
Dorothy Bernard
Flora (Flo/Carol) Hoffman
Milton Gladstein
Bernard Guss
Charles Lambert
Arnold R. Lampke
Phyllis Licht
*Harriet Niss
*Richard Siegel
Susan Silverman
Rose Steinman
Fannie Gelb
Daniel Grady
Edward Lampke
Nettie Barlas Marcus
*Marvin Mittleman
*Robert Ontell
Larry Pongeggi
Rabbi Sheldon Switkin
Ruth Ratner
*Molly Kerper
Joseph P. Pimentel
*Robert F. Eger
*Michael Feinberg
*Abe Krieger
Sondra Morales
*Anne Schoenkopf
Lawrence Teplin
Ben Ackerman
*Al Cohen
Joey Finkelstein
*Hannah Rose Kraslow
Hymie Labovitch
Itzik Levit
*Fred Cherrick
Ethel Moss
Edith Richter
Rose Rosenblum
Ethel Stiller

October 13 & 14

Helene Aist
Natalie Altman
Alvin Breslow
Jean Gallenson
Harriet Katinsky
Hazel Osborne
Sylvia Solof Cohen
Celentha Katz
Marcy Sahn
Sam Siklek
Terry Voss
Donald Katz
Chev Kevorkian
Robert Thomas Osborne
*Jerry Jacob Rosen
Irwin Tolley
Benjamin Shefschick
Pauline Calderon
Rabbi Barton Lee
Richard Walters
Debra Kapust
Louis Coolik
*Madelyn Levinson
Doris Silverman
Herbert Brill
Bernice Hoffman
*Jane Meis
Morris Mestman
Sam Reff

October 20 & 21

Samuel "Sid" Cohen
Bernard Cooper
Jeanne Londer
*Henry Kucharski
Ezra Kusnitt
*Eleanor Jean Shirley
Lyla Stein
Genevieve Bierman Chosid
Ellen Spielberger
Charles Weber
Adrienne Herman
Joseph Kesler
Peggy Landers
Ann Meltzer
Stephen Posner
*Harry Rosanski
Minnie Blotner
Nancy Codon
*Bernard Lewis
Lew Lipton
Ethel Lyons
Arnold W. Arnold
Allison Busch
Max Rosen
Gene Siegel
*Florence Lucille Stein
Anna Solomon
Eileen Bernstein
*Esther Einbinder
Jack Weitzman
*Henry Marx
Ida Schwartz
Frances Ward

October 27 & 28

Adelle Beatrice Holman
Jerold (Jerry) Siperstein
*Harry Friedman
*Helen Kornfeld
*Sylvia Mentel
*Nancy Lee
Joshua Morrison
Scott Hartman
*Louis Rosenberg
*Jack Somers
Al Spritz
Ronnie Licht
Richard Hertz
Clara Arnold
Bette Blum
Max Schuckman
David Weinrieb
*Philip Aliber
Milton L. Bassing
Charles Dix
Sophie Hacker
Freda Hirsh
Anna Marsh
Jeri Reisman
*Karl Willner
Lester Alexander
Edythe Bresn
*Lee Lehrer
Minnie Cohen
*Philip Handsman
Rita Kasner
Madeline Kochman
Irving Solomon
Barbara Taylor-Mayper
*Ralph Burston
Louis Goldberg
Diane Maltzman
Raymond Schwartz
Lois Flesner
*Rae Marie Ibarra de Pasmanik
Dr. Andrew Israel
Hannah Kofman
Wendy Morton
Joseph Prenner




* designates a memorial plaque in the Sanctuary lobby



In Our Temple Emanu-El Family

OCTOBER BIRTHDAYS

10/1	Elijah Cohen Stacy Orenstein Carli Solomon		10/15	Keira Comer Zachary Schlagel Melissa Spadin Estrella Gerwin	10/22	Frank Borkat Barbara Chancy Shelly Gonchoroff Sarah Kahn Sierra Silver Amanda Ries
10/2	Esther Nussbaum Ron High		10/16	Adrian Lizano Jeffrey Mason	10/23	Leo Hall
10/3	Tammy Lampke Matthew Lasov Jill Preminger Jonas Heller		10/17	Joshua Gellens	10/24	Brooke Kaplan
10/4	Florence Bornstein Arlene Bresnick Rabbi Amanda Lurer		10/18	James Lange Vadim Ponomarenko Marilyn Pongeggi	10/25	Patricia Cardozo Sydney Detmer Blake Gonchoroff Evelyn Treglio
10/5	David Cherrick Carrie Musicant Mark Peterson Dax Resh Justice Resh		10/19	Graham Butler Jerry Gittelman Alon Stone Grayson Wild	10/26	Astrid Crone
10/6	Rachel Patterson Dennis Shive Ben Snyder		10/20	Marty Freedman Laura Spielman	10/27	Shara Brookman-Smith Reza Jacob Jim Timlin
10/7	Heidi Branz Dorothy Summers		10/21	Ryan Hettena Sandy Rief Gary Steres	10/28	Jordan Clifford Samantha Goldstein Jacob Mestman
10/8	Hailey Green Audrey Patterson				10/29	Micah Coe James Corbett Nadia Fox Barry Lander
10/9	Susan Kaplan Vicky Mendel				10/30	Janet Gelb Takis Mitropoulos Suzanne Schulman
10/10	Judy Becker Bailey Huot James Smith				10/31	Eliana Krasner Noah Krasner Anita Lawson Keira Luchans Lori Palasnick
10/11	Dustin Nies Rob Patterson					
10/13	Sierra Branz-Hernandez Minh Le					
10/14	Andrea Ladmer Chanel Aguilar					



Mental Health Committee

By Marie Raftery, *Committee Chair*

As you read this, we will have just finished the High Holy Days. I love these holidays. During Elul this year, we spent more time preparing for the holiest days of the year than we had in prior years.

I was so happy to celebrate together in person - dinner at a friend's home on Erev Rosh Hashanah, going to services, the sound of the shofar. I even like the fasting.

It's a time to be together with family and friends, to repent, to plan, to wish each other a sweet New Year. But what if you couldn't get to services, what if your friends were gone, moved or passed on? What if you were away from your family through distance or another form of separation? What if the holidays just meant another day, a day alone, a day of isolation? What if you were alone, detached, by choice or by circumstances?

I have read that loneliness is as bad for a person's health as smoking 15 cigarettes a day. Isolation and solitude are different. They are driven by choice. A person may choose to be alone-it is the definition of solitude. Isolation is the lack of social relationships or emotional contact. Loneliness is a craving for social contact. It is often linked to sadness and emptiness. Age and isolation are unfortunately often found together.

The Jewish Family Service Aging and Wellness Program held at Temple Emanu-El is helping with these concerns. I see folks enjoying programs, making friends, learning and often sharing a nice lunch. A meal together is a chance for interaction and community.

I hope to explore this topic further at the Mental Health Committee. There is much to learn and hopefully ways to gain this knowledge which may help others and ourselves. If you would like to join in this and other interesting topics, please contact me at mentalhealthcom@teesd.org.

Reaching out to others may even have been one of the ways you thought about in planning for a sweet New Year for all of us. Thanks for reading,

OCTOBER ANNIVERSARIES

10/1	Allen and Yvonne Williams	10/20	David Crisis and Erin Madsen
10/2	Carl and Linda Watz	10/22	Barbara Braasch and Sharon Snyder Bruce Lindsey and Robin Rubin Aaron and Annie Hall
10/6	Ron and Mickey Zeichick	10/25	Warren Treisman and Neola Benedek Ron High and Suzanne Moss-High Howard and Betty Lyon
10/10	David Zubkoff and Amy Blum Max and Bianca Hegler	10/26	Joe and Hanna Fox Steve and Anna Siperstein David and Andrea Sciammas Abigail Weissman and Melissa James
10/11	Patrice and Adam Breslow	10/28	Pat Libby and Michael Eichler
10/12	Gordon Hoople and Amanda Ries Jay and Elana Resh Andrew and Jennifer Mestman	10/29	Michael and Melissa Bloom
10/13	Douglas and Lesley Coe		
10/15	Shane Saenz and Laura Satterlee		
10/17	Brian and Dory Epstein		
10/19	Saul and Briana Ghitman		



Women of Temple Emanu-El

by Barbara Chancy and Nancy Marcus, Co-Presidents



We have just observed the High Holy Day and are now celebrating the Festival of Sukkot. It is so good to be together. Please take note of our upcoming dates for fall and put them on your calendar. To make a reservation for any program, please email us at wrj@teesd.org

All members of the Women of Temple Emanu-El are invited to “Sisters in the Sukkah,” our membership appreciation evening, on Wednesday, October 4, 6:30 pm. After dinner, we will have a fun program to get to know each other. There is no cost for current members and \$18 for the evening if you are not a member.

Bunco is back on Wednesday, November 15, 6:30 pm. The cost of the evening is \$18 and includes a light supper.

On Wednesday, November 29, 6:30, we will co-sponsor a program with the Adult Ed and the Safety/Security Committees. A speaker from the FBI will teach us about being safe and secure, especially important as people are out and about during the winter holiday season.

Our annual Hanukkah Bingo Party will be held on Wednesday, December 13, 6:30 pm. We will enjoy latkes with applesauce and sour cream and play the Left-Right Gift Exchange. It promises to be a fun-filled night for all. Details to follow.

Part of the fee for our evening programs helps to pay for security. The Temple’s security guard normally is scheduled only until 6 pm. We pay the hourly fee to have a guard stay until the end of our program, normally 8:30 pm.

A Little History of WRJ

So where does your money go? This month, we look at Education, part of the YES Fund: Youth, Education and Special Projects. Following are some of the allocations given:

\$60,000	HUC-JIR Scholarships for future Rabbis, Cantors and Educators
\$20,000	Scichel Tzibur Prayer Leaders Programs to train leaders in communities without clergy
\$18,000	Instituto Iberoamericano to train students to become Reform Rabbis in Central and South America
\$12,000	HUC-JIR Israeli Rabbinic Program to train Israelis as Reform Rabbis
\$10,000	Reform Jewish Community of Canada Social Justice Seminar
\$ 6,000	Abraham Geiger College to provide Rabbinic and Cantorial Scholarships for German students studying to become clergy in Germany
\$ 500	The Sally J Priesand Special Scholarship to an outstanding HUC-JIR female student

Your membership dues to Women of Temple Emanu-El help to fund these programs.
We are stronger together!





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 September, funds were sent to Americares (americares.org), which delivers medical aid and health programs in the U.S. and in over 75 countries world-wide. Since 2021, they have responded to frequent and severe health crises arising from hurricanes, wildfires, the Covid pandemic, and the conflict in Ukraine. They are one of the leading nonprofit providers of donated medicine and medical supplies. Their training programs include mental health, nutrition, infection control and disaster management.

In October, we will allocate money to Feeding America San Diego (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.

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 am hoping that everyone had a wonderful and introspective New Year! Since I imagine many of us have memories of fasting and then the important breaking of the fast, a segue into some food safety tips. To keep food safe and your kitchen sanitized, just remember these four words: clean, separate, cook and chill. It's the "stop, drop and roll" of the kitchen.

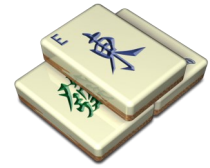
- **Understand the danger zone.** Food enters a "danger zone" between temperatures of 40°F and 140°F, so never leave food (groceries or cooked dishes) out at room temperature for longer than two hours. And only one hour if it is a hot day.
- **Know the facts.** Marinades do not kill bacteria, you cannot smell salmonella, and vegetables should be washed even if they will be peeled.
- **The source of your ingredients is still important.** Depending on where your food comes from (your backyard included) or your thoughts on food safety, you may choose to eat steak tartare, oysters, raw egg yolks or unwashed produce. Do so at your own risk and remember, the more you know about the quality of the ingredients and where they came from, the better.
- **Be aware and more cautious with certain groups of people.** Certain at-risk populations — such as children, pregnant women, elderly, and those who are immunosuppressed — require special precautions and this should be taken into account when cooking for others.
- **Be careful when shopping.** Inspect your produce for signs of mold or rot. Eggs should be free of cracks and should be refrigerated unless sold at a farmers' market. Use a plastic bag to contain poultry and meat.

Did you know that Harry Potter can't tell the difference between his cooking pot and his best friend? They are both cauldrons.





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



Have you always wanted to learn to play Mah Jongg but never had the opportunity? Did you play years ago but fear your skills are rusty? Are you looking to start playing again with a wonderful group at the Temple? We were so successful with our turnout that we have decided to continue our lessons and play!

The cost for each series is \$10 a month which includes snacks. If you do not have a 2023 Mah card it will be a once a year cost of \$15 for the new card.

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

Mazal Tov

To Barbara and Matt Meis on the birth of their granddaughter, Catherine Verne, daughter of Rachel and Alexander Verne

To Debbie Macdonald and Nancy Kossan on the birth of their grandson, Jack Civan Macdonald, son of Josh and Ceyda Macdonald

TODAH RABAH

To Barbara Pollack for her work on editing the bulletin

To all volunteers during the High Holy Days who acted as greeters and ushers to warmly welcome those in our community, and to all who participated in the services with Torah chanting, readings, shofar blowing and more

Condolences

To Ken Freed on the death of his wife and Kim Freed on the death of her mother
Gerry Freed

To Janice Steinberg on the death of her husband
Jack (John Joseph Sara Yankel) Cassidy

To Beth Friedenbergl on the death of her father and Andy Friedenbergl on the death of his father-in-Law
Joseph M. Shelden

To Barbara Pollack and Ron Reff on the death of their friend
Sylvia Katz

To Barbara Pollack and Ron Reff on the death of their dear friend
George Gallo



**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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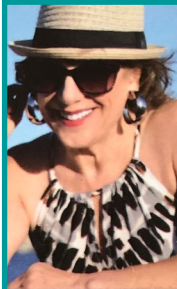
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November 5 for the December issue

Gail L. Braverman, MA, MFT
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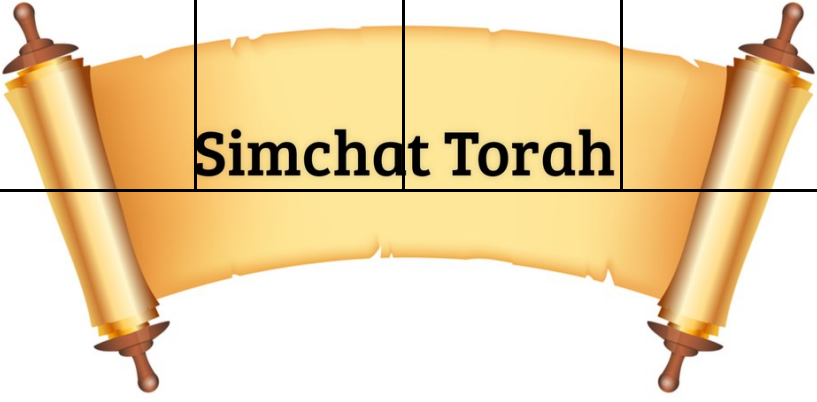
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October 2023 Tishrei — Cheshvan 5784

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Oct. 1 • 16 Tishrei	Oct. 2 • 17 Tishrei	Oct. 3 • 18 Tishrei	Oct. 4 • 19 Tishrei	Oct. 5 • 20 Tishrei	Oct. 6 • 21 Tishrei	Oct. 7 • 22 Tishrei
Torah School 9 am	Mah Jongg Lessons 1:30	Community Jewish High Sukkah Event at Tifereth Israel 6 pm	Coffee with the Rabbi 11 am Torah Hebrew Classes 4 pm & 5 pm In the Sukkah Sisters in the Sukkah 6:30 pm	Bridge with Benj 12:30 pm	Preschool Closes 1pm Erev Simchat Torah Dinner 5 pm Erev Simchat Torah Event and Consecration Shabbat Service 6 pm	Torah Study 9 am Atzeret/Simchat Torah Festive Service—
Oct. 8 • 23 Tishrei	Oct. 9 • 24 Tishrei	Oct. 10 • 25 Tishrei	Oct. 11 • 26 Tishrei	Oct. 12 • 27 Tishrei	Oct. 13 • 28 Tishrei	Oct. 14 • 29 Tishrei
Torah School 9 am B'nai Mitzvah Workshop 9 am Intro to Judaism 10 am Mini Course 1 pm	Mah Jongg Lessons 1:30	Drum Circle 3 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	FAMILY CAMP WEEKEND Shabbat Service 6 pm	Torah Study 9 am Shabbat Service 10:30 am Adult Ed Movie 7 pm
Oct. 15 • 30 Tishrei	Oct. 16 • 1 Cheshvan	Oct. 17 • 2 Cheshvan	Oct. 18 • 3 Cheshvan	Oct. 19 • 4 Cheshvan	Oct. 20 • 5 Cheshvan	Oct. 21 • 6 Cheshvan
FAMILY CAMP NO Torah School Introduction to Judaism 10 am	Mah Jongg Lessons 1:30	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	Shabbat Service 6 pm	Torah Study 9 am Shabbat Service 10:30 am
Oct. 22 • 7 Cheshvan	Oct. 23 • 8 Cheshvan	Oct. 24 • 9 Cheshvan	Oct. 25 • 10 Cheshvan	Oct. 26 • 11 Cheshvan	Oct. 27 • 12 Cheshvan	Oct. 28 • 13 Cheshvan
Torah School 9 am Introduction to Judaism 10 am Rabbi Benj Mini Course 1 pm	Mah Jongg Lessons 1:30	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	Shabbat Service 6 pm	Torah Study 9 am Shabbat Service 10:30 am
Oct. 29 • 14 Cheshvan	Oct. 30 • 15 Cheshvan	Oct. 31 • 16 Cheshvan				
Torah School 9 am Introduction to Judaism 10 am Rabbi Benj Mini Course 1 pm	Mah Jongg Lessons 1:30	Community Jewish High 6 pm				



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