



HA-SOFER THE SCRIBE

Elul—Tishrei 5785

October 2024

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



Temple Emanu-El
A Home, A Family, A Warmth to Tradition

High Holy Days

2024 - 5785

Rosh Hashanah

Wednesday, October 2

4:30 pm: Preschool Rosh Hashanah Service
7 pm: Erev Rosh Hashanah

Thursday, October 3

10 am: Rosh Hashanah Morning Service
3:30 pm: Rosh Hashanah Family Service
5 pm: Tashlich Service (Lake Murray)

Sukkot

Wednesday, October 16

6 pm: Erev Sukkot Under the Stars Service
7 pm: Bring-Your-Own-Dinner in the Sukkah and Ice Cream Social (sponsored by Sisterhood)

Thursday, October 17

10:30 am: Sukkot Festival Service

Yom Kippur

Friday, October 11

4:30 pm: Preschool Kol Nidre Service
7 pm: Kol Nidre Service

Saturday, October 12

9 am: Yom Kippur Family Service
10 am: Yom Kippur Morning Service
1:30 pm: Limmud
3:30 pm: Yom Kippur Afternoon Service
5 pm: Yizkor Memorial Service
5:45 pm: Ne'ilah and Havdalah

Simchat Torah

Wednesday, October 23

5 pm: Erev Simchat Torah Dinner & Consecration Photos
6 pm: Erev Simchat Torah Service & Torah School Consecration

Thursday, October 24

9 am: Preschool Simchat Torah Celebration Service
10 am: Atzeret/ Simchat Torah Festival Service & Yizkor Memorial Prayers

Friday, October 4

Shabbat Service 6 pm

Saturday, October 5

Shabbat Morning Service 10:30 am
Haazinu, Deuteronomy 32:1-52
Hosea 14:2-10, Micah 7:18-20,
Joel 2:15-17

Friday, October 11

Kol Nidre Service 7 pm

Saturday, October 12

Yom Kippur Family Service 9 am
Yom Kippur Morning Service 10 am
Yom Kippur, Deuteronomy 29:9-14,
30:11-20, Leviticus 19:1-4, 9-18, 32-37
Isaiah 58:1-14, Jonah 1:1-4:11
Yom Kippur Limmud 1:30 pm
Yom Kippur Afternoon Service 3:30 pm
Yizkor Memorial Service 5 pm
Ne'ilah and Havdalah 5:45 pm

Friday, October 18

Shabbat Service 6 pm

Saturday, October 19

Shabbat Morning Service 10:30 am
Bat Mitzvah
Chol HaMo-eid Sukkot,
Exodus 33:12-34-26
Ezekiel 38:18-39:7

Friday, October 25

Shabbat Service 6 pm

Saturday, October 26

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

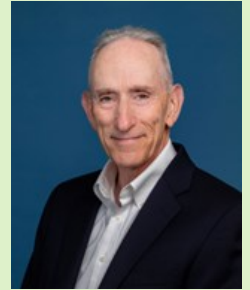
TICKETS

High Holy Day tickets will NOT be mailed. Tickets can be picked up from the Temple office starting on Thursday, Sept 26. Tickets can also be picked up from the will call table located outside the Temple office at all High Holy Day Services. All Temple members in good standing will receive tickets to all Rosh Hashanah and Yom Kippur services. If you need to check your membership status, please call the Temple Office. Additional tickets can be purchased through the Temple's website at teesd.org. For security purposes, ALL attendees over the age of 12 are required to have a ticket.



From Our Temple President

by Matt Meis



I'm sure all of you have observed how the Jewish calendar cycles year upon year, causing the holidays to fluctuate as much as a month from one year to the next in comparison with the secular calendar. We've all experienced this phenomenon. Or, as a wise person once said, the Jewish holidays are either early or they are late. They are never when they are supposed to be.

This year the holidays are late. Very late. The High Holy Days are in October and Hanukkah begins on Christmas Day. On a more serious note, the change in the calendar this year means that the anniversary of the October 7 massacre will be between Rosh Hashanah and Yom Kippur. I'm sure this will make our holiday observance much more emotional than it typically is for all of us.

This past year, your Temple Board of Directors set several goals that we hoped to achieve, and we accomplished a number of them. I will speak about those on Rosh Hashanah. I promise to keep my remarks short, and I'll try to make them a little bit funny. On Yom Kippur, I will speak about my many years as a Temple member and why this community has been such a blessing for my family.

I am looking forward to seeing all of you in just a few days. I sincerely hope you're making plans to attend. The music is sure to be wonderful and inspirational, under the direction of our very own Music Director, Michelle Jirkovsky. I know that Rabbi Devorah and Rabbi Benj will have some thought provoking, educational, and soul-searching words in store for us. And finally, Yom Kippur is on the weekend this year, so most of you don't have an excuse to stay away because you have to go to work. Best wishes for 5785.

Shaun Speaks...



Shaun Copans,
Executive Director

I am thrilled to announce that Erika Morris has joined the Temple Emanu-El staff as our new Marketing and Program Coordinator. Erika (formerly Hall) was born and raised in San Diego and grew up with her family at Temple Emanu-El.

After college in Arizona, she worked at various financial institutions in San Francisco and San Diego before transitioning to professional event and project management. Erika and her husband, James, have two young daughters and after living in Virginia last year she is overjoyed (that's an understatement!) to be back in San Diego with family and friends, and to have the opportunity to raise her kids in the community where she grew up.

In her free time, Erika enjoys hiking, cooking, exploring San Diego all over again with her girls, trying new restaurants and teaching Bar Method classes in Point Loma.

Please join me in welcoming Erika (back) to Temple Emanu-El!



2024 - 5785

High Holy Days



Yizkor Memorial Book

Our Loved Ones of Blessed Memory

We hope you'll consider participating in this beautiful tradition of remembering our loved ones who have passed away through the Mitzvah of tzedakah. The Book of Remembrance is published every year for Yom Kippur Yizkor services with the names of those whom we have loved and lost. Following the custom of giving tzedakah in our loved ones' memories, families are invited to publish the names of those whom they are remembering with a suggested donation of \$18 per name. The booklets not only give us the opportunity to fulfill the mitzvah of tzedakah in our loved ones' memories, but it can add a layer of comfort as family members are able to read their names during the Yizkor prayer services. For more information on participating, please visit the synagogue website.

Live Streaming & Prayerbooks

All High Holy Day services will be live-streamed. The link can be found on our website. If you plan to watch the live-stream and would like to borrow High Holy Day prayerbooks, they will be available for pickup at the Temple starting on Thursday, September 26.



Volunteering & Honors

If you would like to volunteer as an usher, greeter or ticket taker, please visit our website to sign up. In addition, if you would like an Aliyah during one of the Torah services or other honors look for the sign-up link on teesd.org

Yahrzeit Memorial Plaque

Create a lasting tribute to your loved ones, of blessed memory. During the month of September, the Temple will be selling plaques for \$360 (regular price \$550). The plaques are permanently displayed in the foyer outside the Sanctuary. If you are interested in purchasing a plaque, please contact Donna Lopez at dlopez@teesd.org

For additional information on all things High Holy Days, go to teesd.org



Mitzvah of the Month – Non-perishable food for High Holy Day Food Drive



Each year, the Social Action Committee coordinates Temple Emanu-El's collection of non-perishable food and grocery store gift cards to be donated to the Jewish Family Service Hand Up Food Pantry. Though many congregations hold food drives during the High Holy Days, Temple Emanu-El often collects more than all other congregations combined.

Most needed items this year are canned food, including soups, fruit, vegetables, beans, peanut butter or other nut butters, and high protein items such as canned tuna and canned chicken. Also welcome are pasta, rice, oatmeal, breakfast cereal, cake mixes, and dehydrated mashed potatoes. Please – no glass jars.

We should all have food set aside in our homes to be used in case of any emergency or natural disaster. Yom Kippur is a perfect time to donate unexpired cans or packages of food, and to replace them with fresher items.

Grocery bags will be given out following Rosh Hashanah services and will be available in the Sanctuary lobby during the holidays. You may bring your donation any time when you come for any of the Yom Kippur services. If you plan to be out of town, to livestream the services, or if it is more convenient, you may drop off your donations at any time during October in the lobby of the Temple's office building. If you prefer, you may bring or mail gift cards from a local store, or donate to the Social Action Fund, and designate the donation for the High Holy Day Food Drive.

We appreciate your support for San Diegans facing food insecurity.



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 Feeding America San Diego (feedingsandiego.org). Feeding San Diego 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 America 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 and also help to enroll those eligible in California's food stamp program.

In October, we will allocate money to the National Alliance on Mental Illness (namisandiego.org), the community's voice on mental illness in San Diego and Imperial Counties. Its mission includes supporting people with mental illnesses and their families by helping them find coping mechanisms for their daily struggle with brain disorders; educating people who have mental illness, their families, and the general public about mental illness with the goal of dispelling ignorance and stigma; and advocating for more research and an improved system of mental health services across the nation.

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.



Price Family Preschool

by Janet Arkin, *Preschool Director*



Our year continues to be filled with joy as the children have settled in beautifully. Their laughter, hugs, and excitement for learning and exploring make the beginning of the school year a truly special time for all of us.

As we prepare for the High Holy Days of Rosh Hashanah and Yom Kippur, we look forward to tasting apples dipped in honey and continuing to embrace new beginnings- new teachers, new friends, and new experiences.

We will also celebrate Sukkot with music and snacks under the sukkah and a marching parade for Simchat Torah.

A heartfelt thank you to everyone in the community who was able to attend our 35th anniversary celebration and fundraiser. The generous donations and continued support for our preschool are deeply appreciated.

We are incredibly blessed to have such involved and generous parents. A special thank you to our parent committee chairs- Jen Cobak, Linda Sand, Monica Putt, and Elaine Lofton. Your dedication enriches our preschool, making Price Family Preschool a very special community.

We have a few spaces available in our program and referrals are always appreciated! For any additional information, please call our office at (619) 286-2999 or email us preschool@teesd.org.



May this New Year be filled with joy, peace, and abundant blessings for everyone.

Shanah Tovah

Israel Engagement – Arts and Culture

By Rhonda Amber and Jonathan Licht

Israel Engagement members met with Rabbi Devorah in September to plan programming for the upcoming year. Over dinner, we discussed our current concerns about the situation in Israel and talked from our hearts on our relationships to Israel. We read and discussed a blog post from Hartman Institute scholar Yossi Klein Halevi, who wrote about angst and the changing views he shares with many Israelis since October 7. The tensions we feel are shared by our fellow Jews in diaspora and in Israel. This anguish, worry and criticism often reflect our commitment to strengthening community and connections.

Please note our upcoming events:

- On Yom Kippur Day Limmud Study, Rabbi Devorah will engage the congregation in processing what is happening in Israel and to discern responsibilities, relationships, and roles as members of the Jewish diaspora. Limmud study on Saturday, October 12, will begin at 1:30 pm, following the morning service. Please plan your Yom Kippur to include participating.
- On Saturday, November 9, we will be a co-sponsor of an exceptional opportunity brought to San Diego by J Street. We will bring together Israeli policy expert Dr. Dahlia Scheindlin and Palestinian public opinion and polling expert Dr. Khalil Shikaki for a conversation. They will examine public opinion within Israeli and Palestinian societies and explore possibilities for a path forward. Each speaker is remarkable individually, but what makes this event truly unique is the opportunity to hear them engage in dialogue. Details are still being worked out, but please make a note now in your calendar, and watch the weekly Temple emails or contact us for location and time.
- Our next meeting will be held on Thursday, November 14, at 6 pm on Zoom. Please contact us to register and we will send the Zoom link. If you prefer to meet in person, please let us know, and we can see if that will be possible. Even if you haven't attended before, please plan to join in Israel Engagement.

For suggestions and/or questions, please contact us at rjamber2011@gmail.com.

May there be safety and security in Israel. May the hostages come home.

Shana Tova שנה טובה



Sponsorship Opportunities to make this the most successful Festival ever!

For over twenty years, the Sisterhood has supported graduating high school seniors in our Temple community by providing a select number of students with scholarships that partially fund their college education. The Sisterhood raises money for these scholarships in several ways: through direct donations, fundraising events, and by allocating funds from our annual budget. Our principal fundraiser is the Artisan Festival, held on the first Sunday of November. The Festival showcases local artists who bring their wares and sell them to attendees. We raise money from table fees paid by the artists, through a raffle of items donated by the artists, and through a gift card auction.

Historically, we have been able to generate approximately \$5,000 annually, which enables us to award multiple scholarships. We know, however, that this coming year we will have an unusually large graduating class. That, coupled with the rising costs of college, has inspired us to set a goal of raising \$10,000. To achieve this goal, we are looking for individuals and businesses willing to help sponsor our Artisan Festival. Sponsors will be recognized in all advertising for the Festival, which includes social media postings, our Temple bulletin, flyers that will reach 500 families in our congregation, and posters that appear in stores and libraries in the surrounding communities. Sponsorship levels range from \$50 to \$500 and are fully tax-deductible.

For more information or to arrange payment, please contact Joanne Einhorn at ehorn1@cox.net. Thank you for helping us support our high school students!



Artisan Festival

Sunday, November 3rd

9am - 3pm | Temple Emanu-El

6299 Capri Dr, San Diego, CA 92120

Shop locally made artisan pottery, jewelry, woodwork, glass, and more!
Join us for an OPPORTUNITY DRAWING at 2:30pm for a chance to win art, gift cards, and services generously donated by the artisans and friends in the community.

For more info, email: WRJ@teesd.org

Need Chanukah Supplies?

Stop by the Sisterhood's Channukah Shop to find Channukah candles, dreidels, a Hanukkiah, decorations, gelt, and more!

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



Memorial Book

Our Book of Remembrance will once again be distributed to the Congregation on Yom Kippur, the Day of Atonement, when we are most poignantly reminded of our loved ones who have died over the years. It will include the names of the loved ones who have passed on and those who are memorializing them and is distributed during the Yizkor service on Yom Kippur afternoon.

If you would like to have your loved ones included in this book and in this sacred ritual of memory, please go to our Temple website at teesd.org to submit their information and make the Yizkor donation.



Adult Education



Supporting Lifelong Jewish Learning

Picturing Prejudice: The History of Antisemitism Through Film

Kidnapped: The Abduction of Edgardo Mortara

Saturday, October 5, 7 pm

Temple Sanctuary



In 1858, Vatican officials arrived at the house of the Jewish Mortara family in Bologna and informed them that their six-year-old son Edgardo had been secretly baptized by his Catholic nanny when he had been ill and therefore could not live with them. Edgardo is taken from the Mortaras and raised as a Catholic by the Church. The circumstances of the baptism—whether it occurred, whether it counted, why it came to light when it did—are just the tip of the iceberg of matters that Edgardo's father confronts while navigating papal and government politics and how the press covered the story. The case became an international flashpoint.

The movie, directed by Marco Bellocchio, was made in Italy in 2023.

Laurie Baron will introduce the film and facilitate a discussion after it is screened.

There will be a bring your own dinner at 6pm in the courtyard or Social Hall.

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

Wednesdays, 11 am In Person and on Zoom

Drop in when you can for an informal discussion on current events. No sign up, no charge and no preparation 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.





Torah School October Schedule

- October 2** - Erev Rosh Hashanah Light Service for PS to 2nd grade Families 4:30 pm
October 3 - Rosh Hashanah Youth Program 10 am to 1:30 pm Family Service - 3:30 pm
October 6 - Torah School 9 am to 12 pm Pizza Lunch 12 pm
October 9 - Hebrew Classes Online 4:30 pm, In Person 5:30 pm
October 11 - Erev Yom Kippur Light Service for PS to 2nd grade Families 4:30 pm
October 12 - Yom Kippur Family Service 9 am, Youth Programming 9:45 am
October 13 - **No Torah School**
October 15 - Sukkah Decorating Pizza Party 4:30 pm
October 16 - Erev Sukkot Service 6 pm (bring your own Dinner) **No Hebrew Classes**
October 23—New Student Consecration Dinner and Service 5 pm
October 24 - Simchat Torah
October 27 - Torah School 9 am Pizza Lunch 12 pm -
Earthquake Drill—6th grade 2024/25 Bar/Bat Mitzvah Workshop 9 am
October 30 - Hebrew Classes Online 4:30 pm, In Person 5:30 pm

Are you registered to vote?

Have you moved since you last voted? Do you want to change your party affiliation? Do you have questions about voting in this election?

The general election will be on November 5. You need to be registered at least 15 days prior to that date to vote in this election.

You can check your registration, register to vote, volunteer to be a poll worker and more by going to the website of the Registrar of Voters at sdvote.com. All registered voters in California will receive a ballot in the mail for this election. You may return your ballot by mail, to a safe collection site, or in person at a vote center.

This is a reminder from the Social Action Committee. Make your voice heard!



Please welcome Josh Shapiro our new Rabbinic Intern:

Shalom! My name is Josh Shapiro and I am a fourth-year rabbinical student at Hebrew Union College - Jewish Institute of Religion in Los Angeles. I grew up in Needham, Massachusetts as a third generation member of the Reform congregation of Temple Beth Shalom. In the summer, I attended URJ Crane Lake Camp in Western Massachusetts. I received my undergraduate degree from the University of Rochester in financial economics with minors in Jewish studies and Hebrew. While in college, I worked in congregational and camp settings with children and teens of all ages. The transition from participant to facilitator in my childhood Jewish communities led me to HUC-JIR. Since beginning at HUC, I have had the privilege to serve as the rabbinic intern at Temple Akiba in Culver City and student rabbi in Merced and Lancaster, California. HUC has also supported me as I continue to delve deeper into my interests of Talmud, the history of American Judaism, and Jewish food. In my free time, I enjoy playing disc golf and board games, watching anime, and spending time with my cat, Finch. I am excited to join the Temple Emanu-El community!

Josh



**"The judgment of others robs us of our inner peace."
(Dr. Abraham Low)**

This is our season for new beginnings. Recovery International can be a piece of that for people who are challenged by anger management, anxiety, depression, sleeplessness, feelings of hopelessness and worry.

We know that there are many new members at this time of year, and we want to say - **Welcome!**

Join those who have used Recovery International's self-help method to change their lives for the better. For more than 88 years, this method has helped people learn to identify and manage negative thoughts, feelings, beliefs and behaviors that can lead to emotional distress and related physical symptoms. Millions of people all over the world have used this program to live more peaceful lives.

We are fortunate to hold a Recovery International meeting in our Temple Library each Thursday at 10 am.

Newcomers are always welcome. You don't need to sign up, just show up! There is no beginning or end to our program.

If you have any questions please call the San Diego Office at (619)-383-2084 or email us at SanDiego@RecoveryInternational.org.

L' Shanah Tovah
Have a sweet year!



Drum Circle—Tuesday, October 1, 3 pm

A Community Drum Circle is a collaborative, self-organized musical event created "in the moment" by all the people who participate. When we, as a community, led by our devoted and talented leader, Ira Moskowitz, drum together, we share our spirit in the form of different rhythms. It changes our relationship for the positive.

Ira researches the rhythms we try out and is patient with us as we follow along, experimenting with the beats. He leads us in warm-up exercises by stretching, opening and closing our hands, and making our fingers take flight. Michelle Jirkovsky, our Temple Music Director, brings her own talent to the group.

We are getting to know one another, share stories and share with each other about how certain beats are tricky to follow. In part, we reduce social isolation and feelings of stress or anxiety.

To participate you do not have to have a drum, but if you do, bring along a Djembe, Dumbec Style or Buffalo Drum. Ira always brings his Tom Tom which different people have fun using. It keeps a metronome beat which provides a base rhythm.

The only requirements for participation are a willingness to express your own personal rhythm, sensing the spirit of transformation, experiencing that drumming is very forgiving and a willingness to have fun! Throughout we follow each other's rhythms and create unique ones. Unlike playing traditional musical instruments, you do not need the ability to read notes to be part of a drum circle.

We meet on the first Tuesday of each month, at 3 pm, inside the building when it is very hot, outside when we can. You can come and participate, lead, observe, listen or sway with a waltz-like rhythm. Everyone is welcome – you do not need to be a Temple member. Afterward we stayed on to kibbitz, forming a partnership and ending with "rumbling," which is a loud and syncopated beat.

Join us next month on Tuesday, October 1 at 3 pm, right before the New Year. You might just get hooked on coming again in November!

For any questions or suggestions, please contact Bonnie Baron at bonniebaron@gmail.com.



Community Corner

Changing Habits: Think Small

by Gail L. Braverman, M.A., LMFT

Whether you realize it or not, a lot of your daily behavior is composed of habits. These are automatic behaviors that you do without thinking. You do them in the same way every day. From the moment we open our eyes in the morning, get out of bed, brush our teeth, take a shower, or fix breakfast, we are running on habits.

According to researchers, we can get remarkable results by making one tiny change at a time.

Simplicity changes behavior. When a behavior is easy to do, it doesn't require lots of motivation. Weeding your garden for two minutes requires less motivation than weeding for five hours. Cleaning and putting away a few dishes is easier than cleaning the whole kitchen. Motivation is not reliable. It shifts day by day, even minute by minute.

Here are a few ideas for building habits you want and getting them to work for you:

1. What makes you come alive or fills your heart with joy? Look for a habit that would do just that.
2. Stay engaged in this new habit. Our brains LOVE novelty. "Wake up" out of your old habitual programming.
3. Create an attitude of gratitude. If you look at changing a habit as something you are grateful for, you have more reason to do it.
4. Connect with your purpose. "Why am I doing this?" Look at the big picture and remember the reason you want this new habit.
5. It's the little things that count. "It's the little details that are vital. Little things make big things happen."
John Wooden

B.J. Fogg, a Stanford University professor, created a method for designing new habits. He calls it a recipe and it has three parts:

Part 1—After 1... You connect an already existing routine in your life that will remind you to do the new habit.

Part 2—I will... The new habit you want and make is super tiny and super easy.

Part 3—Then celebrate! Something you do to create a positive feeling inside yourself, like a big smile, clap your hands, do a fist pump, give yourself a thumbs up, tell yourself "good job."

Here are several examples:

After you brush your teeth, don't snack anymore. Clap your hands.

After you notice you are feeling stressed, take a few deep breaths.

Then congratulate yourself

After you hear your alarm in the morning, get up without hitting snooze. Then smile.

When you feel successful you'll want to do that habit again.



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.



Mazal Tov

To Rabbi Marty and Anita Lawson on the engagement of their daughter, Bethami, to Joshua Chaiton, son of Dr. Abraham and the late Sue Chaiton.



YAHREIT OBSERVANCE

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

The following yahrzeits will be commemorated at Shabbat services:

October 4 & 5

Eva Arenson
 Irwin Berton
 Eva Arenson
 Marshall Goodfriend
 Henry W Marcus
 Florence Klase
 Thelma Posner
 *Douglas Zoffel
 Rosalie Stewart Youdovi
 Sabina Brody
 Arnold Gale
 Jacquelyn Meddin
 *Ray N. Smith
 Benjamin Goldman
 Anna Evidon
 Harry Blotner
 Anne Goldstein
 *Benjamin Handwerker
 Robert Pappenheimer
 Syma Gapski
 Dorothy Bernard
 Evelyn Ehrlich
 Flora (Flo/Carol) Hoffman
 Milton Gladstein
 Bernard Guss
 Harriet Smith
 Charles Lambert
 Arnold R. Lampke
 Phyllis Licht
 *Harriet Niss
 Richard Siegel
 *Susan Silverman
 Rose Steinman
 Fannie Gelb
 Natalie Goldberg
 Sam Keller
 Daniel Grady
 Edward Lampke
 Nettie Barlas Marcus
 *Marvin Mittleman
 *Robert Ontell
 Larry Pongeggi
 Ruth Ratner
 *Molly Kerper
 Joseph P. Pimentel
 Charles Weber

October 11 & 12

*Robert F. Eger
 Marty Goldberg
 Shirley Boardman
 *Michael Feinberg
 *Abe Krieger
 Sondra Morales
 *Anne Schoenkopf
 Lawrence Teplin
 Itzik Levit
 Ben Ackerman
 *Al Cohen
 *Hannah Rose Kraslow
 Hymie Labovitch
 Ethel M. Frant
 Edith Richter
 Rose Rosenblum
 Ethel Stiller
 Helene Aist
 Aldora Rutsky
 Natalie Altman
 Alvin Breslow
 Morrie Schechter
 Eric Whinston
 Harriet Katinsky
 Hazel Osborne
 Nonie Fagatt Friedman
 Sylvia Solof Cohen
 Celentha Katz
 Marcy Sahn
 Sam Siklek
 Terry Voss
 Donald Katz
 Chev Kevorkian
 Atha Sogg
 Robert Thomas Osborne
 *Jerry Jacob Rosen
 Irwin Tolley
 Pauline Calderon
 Rabbi Barton Lee
 Rabbi Sheldon Switkin
 Richard Walters
 *Fred Cherrick
 Debra Kapust
 *Madelyn Levinson
 Doris Silverman

October 18 & 19

Mark Pollak
 Herbert Brill
 Melvin Satlof
 Bernice Hoffman
 *Jane Meis
 Samuel Cherry
 Ize Goldstein
 John Pollak
 Morris Mestman
 Sam Reff
 Tom Jirkovsky
 *Samuel "Sid" Cohen
 Bernard Cooper
 Lillian Press
 *Henry Kucharski
 Ezra Kusnitt
 *Eleanor Jean Shirley
 Lyla Stein
 Genevieve Bierman Chosid
 Phyllis Varano
 Ellen Spielberger
 Adrienne Herman
 Joseph Kesler
 Peggy Landers
 Ann Meltzer
 Stephen Posner
 *Harry Rosanski
 Minnie Blotner
 Ethel Lyons
 *Bernard Lewis
 Lew Lipton
 Arnold W. Arnold
 Max Rosen
 Louis Kasier
 Bessie Segal
 Gene Siegel
 Florence Lucille Stein

October 25 & 26

Anna Solomon
 Doreen Mestman
 *Esther Einbinder
 Jack Weitzman
 Ronnie Licht
 *Henry Marx
 Ida Schwartz
 Frances Ward
 Adelle Beatrice Holman
 Jerold (Jerry) Siperstein
 Helen Kornfeld
 *Nancy Lee
 *Joshua Morrison
 Scott Hartman
 Jack Somers
 Al Spritz
 Clara Arnold
 Sherman Minsky
 *Bette Blum
 Max Schuckman
 David Weinrieb
 Philip Aliber
 Milton L. Bassing
 Charles Dix
 *Sophie Hacker
 Freda Hirsh
 Jeri Reisman
 *Karl Willner
 Lester Alexander
 Edythe Bresn
 *Lee Lehrer
 Anna Berman
 Minnie Cohen
 *Philip Handsman
 Rita Kasner
 Barbara Taylor-Mayper



* designates a memorial plaque in the Sanctuary lobby



In Our Temple Emanu-El Family

OCTOBER BIRTHDAYS

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

OCTOBER ANNIVERSARIES

10/1	Alan & Yvonne Williams	10/22	Robin Rubin & Bruce Lindsey
10/6	Mickey & Ron Zeichick	10/24	Linda & Carl Watz
10/10	Amy Blum & David Zubkoff Bianca & Max Hegler	10/25	Ron High & Suzanne Moss-High Betty & Howard Lyon
10/11	Adam & Patrice Breslow		Warren Treisman & Neola Benedek
10/12	Gordon Hoople & Amanda Ries Andrew & Jennifer Mestman	10/26	Joe & Hanna Fox Melissa James & Abigail Weissman
10/13	Douglas & Lesley Coe		Andrea & David Sciammas Anna & Steve Siperstein
10/15	Laura Satterlee & Shane Saenz	10/27	Diana Mikhailova & Jacob Berger
10/19	Saul & Briana Ghitman	10/28	Michael Eichler & Pat Libby
10/21	Ilana & Alex Kendall	10/29	Michael Bloom & Melissa Swann-Bloom
10/22	Barbara Braasch & Sharon Snyder Aaron & Annie Hall	10/30	Kristi & Adam Dean



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:



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

Thank you to our lifetime endowment members



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** adulthood@teesd.org
Rabbi Benj Fried (619) 286-2555
- **Advocacy** advocacy@teesd.org
Barbara Learner
Janice Steinberg
- **Budget and Finance** financecommittee@teesd.org
- **Caring Community** caringcom@teesd.org
- **Endowment** endowment@teesd.org
Bob Rubenstein
- **Facilities** facilities@teesd.org
Marc Glazer
- **Library** office@teesd.org
- **Membership** membership@teesd.org
Amy Blum
- **Mental Health** mentalhealthcom@teesd.org
Marie Raftery
- **Mi Shebeirach Tapestry** tapestry@teesd.org
Claire Fritz
- **Preschool** preschool@teesd.org
- **Publicity** publicity@teesd.org
- **Safety/Security** security@teesd.org
Greg Houska
- **Social Action** socialaction@teesd.org
- **Torah School** thscom@teesd.org
Jane Muschenetz
Patricia Cardozo
- **Women of Reform Judaism** wroj@teesd.org
Nancy Marcus
Barbara Chancy
- **Youth** rabbibenj@teesd.org
Rabbi Benj Fried



Women of Temple Emanu-El

by Barbara Chancy and Nancy Marcus, Co-Presidents

Artisan Festival
Sunday, November 3, 9 am – 3 pm
Sanctuary and Social Hall



The Women of Temple Emanu-El are very focused on our upcoming Artisan Festival. We want to invite everyone to join us and participate with us. Here are the important ways you can help:

Become an Underwriter

Our goal is to raise \$10,000. Where does the money go? We present our graduating high school seniors with scholarships as they move on to college or trade school. We have some truly amazing students and we love to help them! Underwriter letters are available in the Temple Office or contact us at wrj@teesd.org.

Donate Gift Cards for the Silent Auction

We have letters available in the Temple Office, which you can use to ask vendors for a donation. Or if you have a service or a business and would like to donate to us, we will be thrilled. The Gift Card Station is always very popular. The more cards we sell, the more revenue we have towards scholarships.

Come and Shop at the Festival

We have some wonderful artisans who will be selling a wide variety of items. This is a great place to get an early start on holiday shopping – or personal shopping!

Make a donation to the WRJ Scholarship Fund

Go to the “Giving” section of Temple website, Click on the green “Donate” button. Under “Payment Details” you will see “Type” – the drop down menu will take you to the alphabetical list –scroll way down and you’ll see the WRJ Scholarship Fund!

Get a Jump on Hanukkah

Sisterhood will have Hanukkah items at a special table. Children can get started on decorations and art projects.

Be a volunteer

To help at the event on November 3, or for any questions, contact us at wrj@teesd.org.

Condolences

To Jill Linares on the death of her father. Grandfather of Lyss Linares, Molly Linares and Eerica Rothman
Michael Fagan



To Dr. Scott Brown on the death of his mother. Mother-in-law of Elise Brown
Elayne (Elaine) Brown



Safety/Security Committee

by Greg Houska, Safety/Security Committee Chair

I hope my timing is spot on as I wish all of you a Happy New Year! Please take the below advisement with a drop of honey:

Honey Jar Handling: When dipping your apple in honey, remember that less is more—both for your waistline and your kitchen floor. That sticky situation can be a real buzzkill!

Shofar Safety: When blowing the shofar, ensure that you're not standing directly in front of the family dog. Dogs and loud noises don't always mix well, and you might end up with a new kind of Rosh Hashanah howl!

Apple Core Management: Keep those apple cores away from any curious toddlers. Not only could they create a mess, but you might also end up with a new game called "Find the Apple Core before it Turns into a Modern Art Piece."

Holiday Table Balance: Be mindful of the length of your Rosh Hashanah tablecloth. The longer it is, the more likely it is to catch on your chair leg, leading to a spontaneous game of "Musical Chairs, Holiday Edition."

Challah Handling: When slicing the challah, use a serrated knife to avoid wrestling with dough that insists on sticking to the knife. If the challah gets the best of you, just remember—more for the rest of us!

Sneeze Control: If you sneeze while holding a piece of kugel, make sure to aim away from the table. Kugel may not have wings, so take extra care during a sneeze-induced aerial demonstration!

New Year's Resolutions: When setting your resolutions, aim for achievable goals. No need to declare you'll become a master chef overnight. Baby steps—you'll want to dodge the "I told you so" from your relatives!

Self-Reflection: As you reflect on the past year, remember that if you find yourself being tempted by that last piece of honey cake, it's totally normal. It's the season for self-improvement, not self-denial!

Fire Safety: If you're lighting candles for Rosh Hashanah, make sure they're on a stable surface. You don't want your festive ambiance to turn into a "how to use the fire extinguisher" lesson!

Enjoy your Rosh Hashanah, and may it be sweet, safe, and filled with joy!

Don't forget to bring your shofar to Yom Kippur Family Service and to Yom Kippur Afternoon Service to join in the final blast!



Tapestry

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





Ohr Ami – The Jewish Hospice Program
invites you to its

JEWISH BEREAVEMENT SUPPORT GROUP

Facilitated by Rabbi Aliza Berk, LMFT

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

Location: Virtual group via Zoom

Dates: Tuesdays 10:00 – 11:30 am

Six sessions: October 15, 22, 29; November 5, 12, 19

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

Pre-registration is required.

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

This program is funded by a grant from the
LightBridge Hospice Community Foundation

with a special contribution by Am Israel Mortuary

in partnership with Jewish Chaplaincy Services, a program of Jewish Federation of San Diego

Todah Rabah

To Barbara Pollack for her work on editing the
bulletin



**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.



**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

CARS

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

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

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

Thanks for your support.



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BULLETIN DEADLINES

October 5 for the November issue
November 5 for the December issue



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October 2024 Elul — Tishrei 5785

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		October 1 • 28 Elul	October 2 • 29 Elul	October 3 • 1 Tishrei	October 4 • 2 Tishrei	October 5 • 3 Tishrei
		 Drum Circle 3 pm NO Community Jewish High	NO Coffee with the Rabbi NO Torah School Hebrew Erev Rosh Hashanah Service 7 pm	Rosh Hashanah Preschool and Office Closed NO Bridge with Benj Rosh Hashanah Service 10 am Rosh Hashanah Family Service 3:30 pm Tashlich Service 5 pm	Shabbat Service 6 pm	Torah Study 9 am Shabbat Morning Service 10:30 am Adult Ed Movie 7pm
October 6 • 4 Tishrei	October 7 • 5 Tishrei	October 8 • 6 Tishrei	October 9 • 7 Tishrei	October 10 • 8 Tishrei	October 11 • 9 Tishrei	October 12 • 10 Tishrei
Torah School 9 am Introduction to Judaism 1 pm Adult B’Nai Mitzvah Class 2:30 pm	Preschool and Office Closed NO Mah Jongg Community (JCC) Commemoration (Marking One Year) 6 pm (gates open)	The Candidate Forum 5:30 pm NO Community Jewish High	Coffee with the Rabbi 11 am Torah School Hebrew Classes 4:30 pm—5:30 pm Adult Choir Rehearsal 7:30 pm	Bridge with Benj 12:30 pm	Erev Yom Kippur begins at sundown Preschool closes at 4:30 pm Shabbat Service 6 pm Kol Nidre 7 pm	NO Torah Study Yom Kippur Family Service 9 am Yom Kippur Morning Service 10 am Limmud Service 1:30 pm Yom Kippur Afternoon Service 3:30 pm Yizkor Service 5 pm Neilah Service 5:45 pm
October 13 • 11 Tishrei	October 14 • 12 Tishrei	October 15 • 13 Tishrei	October 16 • 14 Tishrei	October 17 • 15 Tishrei	October 18 • 16 Tishrei	October 19 • 17 Tishrei
NO Torah School NO Introduction to Judaism NO Adult B’Nai Mitzvah Class	Columbus Day Preschool and Office Closed NO Mah Jongg	Sukkot Decorating 4:30 pm NO Community Jewish High	Erev Sukkot NO Coffee with the Rabbi NO Torah School Hebrew Sukkot Service BYOD 6 pm WTEESD Ice Cream Social 7 pm	Sukkot Bridge with Benj 12:30 pm Young Adult Sukkot 7 Species Tasting 6 pm	Shabbat Service 6 pm	Torah Study 9 am Shabbat Morning Service 10:30 am Bat Mitzvah 10:30 am
October 20 • 18 Tishrei	October 21 • 19 Tishrei	October 22 • 20 Tishrei	October 23 • 21 Tishrei	October 24 • 22 Tishrei	October 25 • 23 Tishrei	October 26 • 24 Tishrei
Torah School 9 am Introduction to Judaism 1 pm NO Adult B’Nai Mitzvah Class Baby Naming 3 pm	Mah Jongg 1:30 pm	Community Jewish High at Tifereth Israel 6 pm	Erev Simchat Torah NO Coffee with the Rabbi NO Torah School Hebrew Classes Pizza Dinner for Students and Family 5 pm Consecration Photos 5:30 pm Erev Simchat Torah Service 6 pm	Simchat Torah Simchat Torah Festival Service/Yizkor Memorial Prayers 10 am NO Bridge with Benj	Shabbat Service 6 pm	Torah Study 9 am Shabbat Morning Service 10:30 am
October 27 • 25 Tishrei	October 28 • 26 Tishrei	October 29 • 27 Tishrei	October 30 • 28 Tishrei	October 31 • 29 Tishrei		
Torah School 9 am Introduction to Judaism 1 pm Adult B’Nai Mitzvah Class 2:30 pm	Mah Jongg 1:30 pm	Adult Hebrew Classes 5 pm Community Jewish High 6 pm	Coffee with the Rabbi 11 am Torah School Hebrew Classes 4:30 pm	Halloween Bridge with Benj 12:30 pm 		

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