



Temple Emanu-El's Cabaret Night Defying Gravity Fundraiser Benefiting Torah School

Saturday, February 1, 2025

Temple Emanu-El

4:30 PM Doors Open

5:30 PM Dinner

Buffet Dinner Included

Sponsorships

\$1000 Sponsorship - includes a 10-person table

\$500 Sponsorship - includes 4 tickets

\$250 Sponsorship - includes 2 tickets



Tickets

Adult Ticket- \$15

Child Ticket - \$10

Table of Ten - \$200

For ticket and
sponsorship
information,
scan the QR code
or visit the temple
website.



Friday, January 3
Shabbat Service 6 pm

Saturday, January 4
Shabbat Morning Service 10:30 am
Vayigash, Genesis 44:18-47:27
Ezekiel 37:15-28

Friday, January 10
Family Shabbat Service 6 pm

Saturday, January 11
Shabbat Service 10:30 am
Bar Mitzvah
Vayechi, Genesis 47:28-50:26
I Kings 2:1-12

Friday, January 17
MLK Shabbat Service 6 pm

Saturday, January 18
Shabbat Morning Service 10:30 am
Bar Mitzvah
Sh'mot, Exodus 1:1-6:1
Isaiah 27:6-28:13; 29:22-23

Friday, January 24
Lunar New Year Family Shabbat Service 6 pm

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

Friday, January 31
Sisterhood Shabbat Service 6 pm

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



From Our Temple President – New Year Resolutions

by Matt Meis

For most of us, January has us thinking about the past year and what we have or have not done which we hoped to accomplish. January also has us thinking about what the New Year has in store for us. What did we not achieve in 2024 that we would like to achieve in 2025? Many of us make New Year resolutions. I would suggest that one of your resolutions should be to become more involved in your Temple and the Jewish world at large.

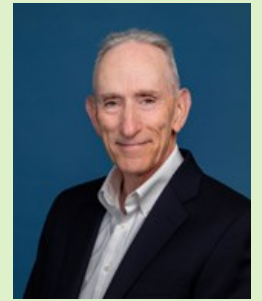
I've spoken frequently in my previous monthly bulletin articles and High Holy Days addresses on ways we can be more involved in our Temple and our Jewish community. As the New Year begins, this is an excellent time to make it official and add to your New Year resolutions.

Here are a few suggestions of ways you can get started. Volunteer at Temple, on a committee or in the office. There is always work to be done. I'm sure you'll find a committee that meets your interests.

In addition to volunteering your time, donate money, no matter the amount, so that we can continue to do the many wonderful things we do for our congregants and our community. Every donation, whether large or small, allows us to do the necessary work of repairing the world.

Donate to the Jewish Federation. I like this organization because they have a reach that stretches from San Diego to around the globe, wherever my dollars are most needed. In 2024, I added Hillel International to my list of annual giving in response to the state of Jewish relations on our college campuses. Our students need a safe place to gather and be supported as Jews.

There are dozens of worthy Jewish charities, all doing good work in San Diego, across the United States and around the world. All worthwhile endeavors start with a small step. Pick just one to start or to add to your current giving. If money is tight, which it is for many of us, start with as little as \$18, the universal Jewish donation. Your donations of time and money honor our Jewish tradition of *Tikkun Olam*, repairing the world. And when we work to repair our world, all of our lives will benefit, and we'll all help make 2025 a better future.



Shaun Speaks...



Shaun Copans,
Executive Director

Happy New Year!

Last month, I had the opportunity to attend the annual three-day conference for Temple administrators organized by NATA, the National Association for Temple Administration, of which I am a member.

The conference brings together around 250 (mostly reform Synagogue) Executive Directors, representing congregations of all sizes from across the United States, Canada and even Australia! I listened to speakers, participated in workshops and had lots of opportunities to network with my peers.

I attended sessions on innovation, enhancing communication, building community, strategic planning, security and leadership development, just to name a few. In the coming weeks and months, I will be working with our staff and Board of Directors to further discuss a number of these ideas/initiatives/opportunities at Temple Emanu-El.

Thank you to our Board of Directors and congregation for the opportunity to attend this conference and for trusting me to represent our Temple. The knowledge and experiences I gained will undoubtedly enhance my ability to serve our congregation effectively.





PRESCHOOL REGISTRATION IS NOW OPEN!

If your child is between the ages of 18 months to 4 years old and you would like to register them, please contact us.

Playbased Curriculum

Core Program from 9:00am - 1:00pm
Extended care available from 7:30am - 5:00pm

Contact us:
Preschool @teesd.org
619-286-2999



Musical Musings from Michelle Jirkovsky

As we usher in 2025, I want to take a moment to extend my warmest wishes for health, joy, and peace to you and your loved ones. This season invites us to reflect, celebrate, and look forward with hope and renewal. It's hard to believe that it has already been a year since I began serving as Temple Emanu-El's music director! From pre-school music sessions to b'nei mitzvah tutoring, Torah school tefillah, choir practice, adult theater, Shabbat services and beyond, it has been such a pleasure getting to know the members of our congregation. My husband Charlie and I especially want to thank you for the enormous outpouring of love and well wishes for our daughter Melody. Her baby naming ceremony was so beautifully crafted and lovingly performed by Rabbi Benj, Rabbi Lawson, Myrna Cohen, and Erika Morris, and we thank everyone who celebrated with us!



This year, I am excited to share that there are many opportunities for you to actively participate in our musical programming. Whether you're a seasoned performer or simply someone who loves to sing, there's a place for you! Join our **choir** and lift your voice in harmony, explore your creative side with **musical theater**, act in our **Purim Spiel**, perform in our Cabaret night talent show, or bring your instrumental prowess to our lively **Band Shabbat** services. These programs are wonderful ways to connect with others, deepen your engagement with Jewish music, and contribute to the vibrant spirit of our community.

As we begin this new year, I encourage each of us to embrace the power of music in our lives. Let it inspire us to listen more deeply, to join our voices in unity, and to seek harmony in all that we do. Thank you for allowing me the honor of serving as your music director. I look forward to creating many more meaningful and musical moments with you in 2025!

L'Shalom,
Michelle



Mitzvah of the Month – Blanket Drive Cold and Wet Weather is Here



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

For questions or more information, please email socialaction@teesd.org.

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



Helping to Repair the World

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

In December, funds were sent to World Central Kitchen (wck.org), which provides fresh, nutritious meals in the wake of natural disasters in America and around the world. Whenever possible, they source and hire locally, to jump start economic recovery. They provide training in food safety, sanitation and set up community kitchens and training for chefs. Their Climate Disaster Fund is working to support communities impacted by the climate crisis.

In January, we will allocate money to the Jacobs and Cushman Food Bank (sandiegofoodbank.org). Of San Diego County's 3.2 million residents, over 24% face nutritional insecurity. Many of those are children, older adults and those living with disabilities. The Jacobs and Cushman Food Bank serves 400,000 people per month in the county and partners with 500 non-profits, such as food pantries, soup kitchens, senior centers, faith based organizations and college campus hunger-relief programs.

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.





The Stranger in Our Midst
by Janice Steinberg, Advocacy Committee Co-Chair
Forum on Border Issues
Brunch and Panel Discussion
Sunday, January 19, 10 am

Our Jewish value of welcoming the stranger is so important that it's mentioned 36 times in Torah - more than any other commandment. Yet here we are, with "strangers" less than 20 miles from our downtown, and it's not as simple as Abraham ordering his servants to make a stew and inviting everyone for dinner.

We hope you will join the Advocacy Committee for a panel discussion with people on the ground at the border.

Among the questions we plan to explore are:

- Myths and realities about people trying to cross the border from Mexico: Who are they, where do they come from, and why are they trying to get into the US?
- What conditions are they living in?
- What is their legal situation?
- How can our Temple community take meaningful action?

Please watch the weekly Temple emails for more details, or contact us at advocacy@teesd.org.

Israel Engagement—Now What? Thoughts from my Home in Israel
by Rhonda Amber and Jonathan Licht

Other than my wife, my family had not encouraged me to visit our home in Zichron, Israel. I also felt some trepidation. I didn't tell any of my friends and relatives until the last moment or even after I landed at Ben Gurion Airport. I didn't know what their reaction would be, and particularly I didn't want any of them to talk me out of going. An hour after I got into our house, I heard the Red Alert on my phone and the booms of the Iron Dome and sirens right outside. I walked into the protected room of reinforced steel, glass and concrete. I hung out in there for the advised ten minutes and then life went on.

I was glad that I came home to Israel. You can only do good by being here. Your presence is your support.

I signed up to go with 30 members of the community to Ein Ha Besor, a moshav on the Gaza Border, that managed to repel the October 7th Hamas fighters. These days, many of their residents as well as the workers from Thailand have left. They now depend on volunteer help to work their greenhouses. We started out at 5:30am from Zichron, a town 20 minutes south of Haifa, and arrived at 8am. We spent the next five hours trimming tomato plants. We were thanked effusively and treated to breakfast as well as coffee breaks.

From there we were driven to the Nova Festival site where the nearly 400 people, mostly young people attending a concert, were murdered in the open field and thinly forested area just a few hundred yards from the main road. Now, 8,000 people are going daily to bear witness to this massacre. The parking lot was filled with buses. It is overwhelming in so many senses.

And now, under the cover of October 7th and the wars, the attacks on democracy continue. New laws are considered or passed each day. Some threaten the freedom of the press, some concern the composition of the judicial system, some are restricting pluralism.

And what now about peace or a two-state solution? The people I know, who I meet on the street as I go about my daily routines, who come to my house just to fix something, friends and neighbors cannot really fathom it. The wars are ongoing, and the hostages haven't been freed. Their hearts have been hardened and they know it, admitting, sometimes, it is against their nature.



Safety/Security Committee

By Greg Houska, *Safety/Security Committee Chair*

Happy New Year! Where did 2024 go? I hope 2025 is a wonderful and prosperous new year for all. If you are without New Year's Resolutions, I thought I'd offer a few of mine:

I will stop using "password123" or my dog's name for every single account.

I will make a list of all the security questions I've forgotten and start answering them with something I can actually remember.

I will stop opening any email claiming I've won a billion-dollar inheritance.

I will stop sharing my Netflix/Amazon/Hulu password with literally everyone I've ever met.

I will update my passwords even before I'm prompted to do so.

I will stop clicking on "free vacation" pop-up ads. It's not likely I will win a free trip to the Bahamas from a website I've never seen before!

I will learn to love two-factor authentication.

I will stop sharing my WiFi password with everyone who comes to my door.

I will stop storing my passwords on sticky notes around my desk. It's time to switch to a password manager.

I will no longer assume that the security updates on my phone will just happen eventually. It is time to take charge of my own fate!

I'll take my personal data privacy seriously.

Please learn from my mistakes and don't let your email password be hacked like mine has been on several occasions. It's such a hassle to have to rename your dog.

Adult Education



Have you always wanted to learn Hebrew? Now you can with our Adult Hebrew Course!

In this course, you will:

- Learn to read Hebrew letters
- Learn to write in Hebrew
- Learn basic Hebrew vocabulary
- Learn more about the prayers spoken during Shabbat and holidays
- Prepare for our Adult B'nei Mitzvah class (Hebrew is a pre-requisite!)

Class sessions will take place on Tuesdays at 5 pm and will be taught by our Hebrew tutor extraordinaire, Dorsa Samouha, The first session was in October but it's not too late. To register please visit our Temple website at teesd.org. Cost is \$250.

Tough Conversations with Jews

This series will tackle some of the challenging conversations that Jews have been struggling with—balancing, supporting and critiquing Israel, questions of power and powerlessness and Zionism, navigating anti-Semitism, and the role of religion in society, taught by Rabbi Benj. Meet after Shabbat morning services for lunch and learning. Cost is \$5 per class. To see the full list of dates and to register please visit our Temple website at teesd.org.



Adult Education



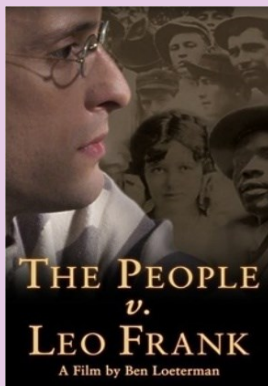
Supporting Lifelong Jewish Learning

Picturing Prejudice: The History of Antisemitism Through Film

The People v. Leo Frank

Saturday, January 18, 7 pm

Temple Sanctuary



The People v. Leo Frank vividly brings to life one of the most fascinating criminal cases in American history: the 1913 murder of a child laborer, Mary Phagan, and the trial and lynching of the Jewish factory supervisor accused of her murder, Leo Frank. Set against the backdrop of an American South struggling to shed its legacy of bigotry and xenophobia, *The People v. Leo Frank* is both a first-rate murder mystery and a compelling look at racial, religious, regional and class prejudices in the early years of the 20th century. The film, made in the US in 2009, is directed by Ben Loeterman.

Laurie Baron will introduce the film and lead a discussion of it after the screening.

There will be a bring your own dinner at 6pm in the 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

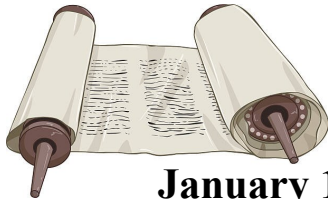
Wednesdays, 11 am In Person and on Zoom

**There will be no meetings on January 1st and 8th.
We will resume on January 15.**

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.

The Adult Education Fund supports life-long learning at Temple Emanu-El. We appreciate contributions of any amount to further our efforts.





Torah School January Schedule

January 1 - No Torah School—Winter Break-New Years Day

January 5 - Torah School 9 am to 12 pm Pizza Lunch 12 pm

January 8 - Hebrew Classes Online 4:30 pm, In Person 5:30 pm

January 12 - Torah School 9 am to 12 pm Pizza Lunch 12 pm

Parent/Purim Committee Meeting 9 am to 10:30 am

January 15- Hebrew Classes Online 4:30 pm, In Person 5:30 pm

Teacher Meeting 6:30 pm

January 19— No Torah School—MLK Holiday

January 22 - Hebrew Classes Online 4:30 pm, In Person 5:30 pm

January 26 - Torah School 9 am to 12 pm Pizza Lunch 12 pm

January 29 - Hebrew Classes Online 4:30 pm, In Person 5:30 pm

Drum Circle—Tuesday, January 7, 3 pm



I imagine that you might have played a musical instrument while growing up. It might have been a violin, clarinet, piano, flute or guitar. You learned how to read music, took lessons and practiced.

Now as an adult, you have the opportunity to play a handheld drum such as a Djembe, Dumbec Style or Buffalo Drum. Come on Tuesday, January 7, at 3 pm to see what these instruments are like and how you can make them sound. This time you don't have to know how to read music, just a willingness to express your own personal rhythm and to enjoy yourself. Drumming is an opportunity to leave your "to do" list at home, to connect with like-minded people, to just BE in the moment and to relax.

On the first Tuesday of each month, a core group of people participate who are comfortable with the spirit of the drum circle. Newcomers are always welcome, and you do not need to be a Temple member to join us. Word of mouth about the Drum Circle is spreading throughout the community. Some of us have been drumming for over five years.

We are fortunate to have Ira Moskowitz, an experienced drummer, as our leader, and Michelle Jirkovsky, Temple Emanu-El's Music Director, who supports us and supplies us with drums.



No previous experience is required and there is no charge to participate. For any questions or to get on the list for reminder emails, please contact Bonnie Baron at bonniebaron@gmail.com.

We look forward to having you join us!





We Wish You a Happy and Healthy New Year!

Let's start 2025 off with positive ways of thinking, being and doing. Holidays can bring sleeplessness, anger, fear and sadness. Recovery International, which has been around since 1937, has tools to support you.

We are a support group that teaches you cognitive behavioral techniques to help reduce anxiety, depression, anger, and physical symptoms. This will allow you to better manage your thoughts and emotions. Our program is designed specifically to help with everyday stressors.

"We decide, plan, and act." Dr. Abraham Low, Founder, Recovery International

Why not give it a try for the New Year?

Recovery International offers free, in-person meetings each Thursday at 10 am in the Temple Library. Please join us. Newcomers are always welcome, and there is no need to sign up in advance.

For information or questions, please call me at the San Diego Office at (619)-383-2084 or email us at SanDiego@RecoveryInternational.org. Details of our organization or other meetings to attend, many online, may be found on our website, RecoveryInternational.org.

San Diego Jewish Men's Choir in Concert **Sunday, February 2** **2 pm at Temple Emanu-El**

Whether you are a long-time fan or new to choral music, you won't want to miss this opportunity to hear and see the award winning Jewish Men's Choir. The Choir, under the musical direction of Ruth Weber, includes our own Temple President, Matt Meis. They share a common goal: the preservation, performance and promotion of Jewish choral music.

The Choir has released three albums, two of which won Global Music Awards, and has just completed a documentary film, "Ale Brider" which is currently showing at Film Festivals worldwide. More information on the choir, including audio and video clips, may be found on their website, sdjmc.org.

Please sign up through the Temple website, or links on the weekly emails. Tell your friends – this will be a wonderful afternoon of beautiful music and community spirit. We look forward to seeing you there. *Refreshments will be served following the performance.*



Community Corner On Being a Therapist

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

After 34 years as a therapist, my definition of the relationship between a client and a therapist is that we are on a journey together that produces growth, connection, and a deep sense of humanity.

The relationship between a client and a therapist is somewhere between theory and friendship. A place where the client can find a way to live and stay engaged in the world in the midst of disappointments, heartbreak and loss with a guide by their side. The therapist transcends their personal judgements, ideas and solutions and focuses on the needs and growth of the client.

There are no therapeutic tools or interventions that can substitute for the simplicity of the human connection. Having worked for San Diego Hospice, I learned there is no simple answer to the question “How are you supposed to rebuild your life?” But part of it is having a trusted companion.

A therapist spends thousands of hours training, practicing and listening to people’s stories. The story of each human being is rich with experiences and history unique only to them, and yet has similarities to the larger human story.

Although there are rules, regulations, guidelines and scientifically based research interventions, both the therapist and the client are dealing with the essential problems of existence and must work cooperatively to solve them. The therapist must “walk in the other person’s shoes” and listen deeply. Most of all they need to empathize with the client’s experience.

I often think of myself as a “storycatcher,” one who actively listens to the stories of clients and may add or subtract or give a different perspective to their story.

I have always been intrigued by the human experience and how we make sense of our lives. I am more in love with questions than answers. I am aware of the power of stories and what we tell ourselves.

I am haunted, uplifted and inspired by the resilience, determination and courage of clients who show up and face life on life’s terms.

The Buddhists say there are 10,000 joys and 10,000 sorrows. I have had the good fortune of shepherding my clients through both.

Reflection: When have you accompanied someone on their “journey?”

Today’s Practice: Ask for what you need and offer what you can.

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.

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



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.

BULLETIN DEADLINES

January 5 for the February issue

February 5 for the March issue



Yahrzeit Observance

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

The following yahrzeits will be commemorated at Shabbat services:

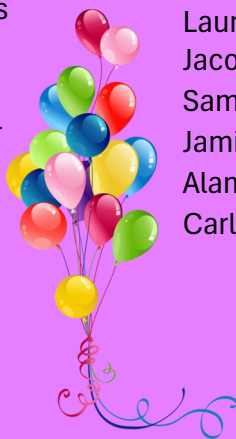
January 3 & 4	(Cont) January 3 & 4	January 10 & 11	January 17 & 18	January 24 & 25	January 31 & February 1
Marvin Jay Boskin	Ida Kesselman	Ralph Baker	Lenore Appelman	George Baker	Brysa Kranzler
David Hamovitch	Frances Alexander Thomas	Francine Citron	Ernie DeLaurie	Mildred Blech	Eva Chenkin
Abraham Levine	Maria Herrera Alvarez	Ben Fritz	Jean Miller	Dorothy Greenberger	Arthur Einhorn
Martin Spagat	Samuel Birnbaum	Anna Goldman	Bill Rubin	Abe Meyer	Miriam Chanan
Rubin Wasserman	Cynthia Dix Blalock	Harris Libby	Saul Roseman	Solomon Shulman	Lloyd Crumley
Edith Derezin	Paul Cherniss	Mickey Shulman	Stephan Adler	Theodore Cary	Angela Johnson
Leon Roy Schultz	George Desser	Dorothy Bartell	Jeanne Camiel	Lillian Chernikoff	Seena Mae Lambert
Ted Brav	Dorothy Brown	Leah Bassing	Harry Epsten	Morris Horwitz	Lawrence Leak
Fred Goodman	Larry Dyson	Sol Bierman	Martin Kornfeld	Ralph Hunter	Mory Leven
Rita Grady	Sheldon Savage	David Fox	Ted Krass	Mollie Weiss	Karl Schulman
Ran Hettena	Harold Goldberg	Mildred Lander	Tanchum Ben-Yehuda	Warren Karzen	Milton Emont
Lawrence Bennett	Judy Switkin Talmi	Lynn Beitstock	Barbara Irwin	Julia S. Leonard	Jerry Fein
Dorothy Lincoln	Elizabeth Sherman	Ethel Cohen Schreiber	Meyer Janovsky	Theodore Ellis Rodbell	Gloria Preminger
Magdalene Koppez	Rose Sherman	Joseph Treger	Lee Lipsman	Aaron Stanecki	Robert Gross
Ruth Margaretten Mendel	Lena Silverman	Isak Wygocki	Max Schindler	Berthe Williams	Seymour Steinberg
Richard Eastman		Goldie Socher	Arthur Solomon	Max Rosenberg	Myrt Wilson
Debbie Simon		Joseph Baumgarten	James Spero	Judith Broude	Anna Arbeitman
Louis Alexander		Louis Gruenbaum	Mary Boorstein	Philip Cohn	Rie Bloomfield
Elchanan Baker		Raphael Levens	Steve Lipson	Jean Liberman	Abe Kipperman
Hannah Baker		Henry Schipper	Betty Gruenbaum	Elaine Sacks	Dorothy Lavin
Edith Berger		Adolph Spielman	Heinz Grunewald	Donald Stone	Manny Passov
Joel Cherniss		Stanley Malinovich	Jack Katz	Howard Carl Cohen	Beverly Pattak
Elizabeth Cohen		USAF EOD Team	Maureen Janet Lewis	Wallace Kesselman	Harry Sklute
Mitzi Grossberg Fried		Marietta Emont	Samuel Salberg	Jake Spritz	Fran Brown
Genevive Goldzband		Leona Ethyl Wolensky Zollman	Max Sein	Robert Meyer	Ralph "Buddy" Cooper
Rose Goren		Sanford Mosenson	Norma Solomon	Phyllis Grosmark	Diana Resh
David Gould		Leonard Preminger	Lena Barron	Rose Wygocki	Hyman Fritz
Esther Gould		Nathan Siegel	Ella Fortgang	Edythe Zeichick	Kayla Hirsh
Mitzi Berger Hamovitch		Zelda Zeavin	Mary Joyce	Sadie Bernstein	Leonard Klein
Marvin Friedman		Tobia Kaiser	Phillip Laverson	Lewis Kipperman	Harold Laz
Dora Nutman		Bessie Satlof	Harold Waldman	Lillian Rosenzweig	Ruth Meyer
Srinivasa Rao		Sheldon Feuerstein	Bernard Bernstein	Melvin Rosenzweig	Diana Resh
Maria Stalnaker		Howard Korn	Armand Offel	Sadie Silverman	Ruth Solomon
Albert Glazer		Danny Santos	Larry Goldman	Laurie Feuerstein Walsh	Steve Lawson
Zipora Hulle		Rae Shumacher	Nancy Savage	Rabbi Samuel Broude	Aaron Lyte
Louis Joseph		Bella Schwartz	Gertrude Pinkus	Arthur Cohen	Mary Berton
David Okrent		Edith Bennett	Dorothy Rubin	Marlene Gorelow	Gittel Fisdell
Sylvia Borkat		Arthur Gardner	Jamie Zitesman	Ethel Kallman	Isabelle Kipp
Mary Brown		Mary Jane Swann	Irene Baron	Edna Stewart	Susanne Gesheker Smith
Nicholas Ciccone		George Meltzer	Bernard Bolotin	Solomon Posner	Dorothea Aaronson
Sid Ciccone		Robert Svet	Dana Kleinstuber	Eleanor Retsky	Helen Caplin
Anna Shelley		Rose Winokur	Rose Pollack	Max Rumpler	Nace Goldman
Tilly Brown		Yetta Grossman	Sheldon Rubin	Dora Tishkoff	Robert Hotz
Betty Singer		Helen Berlin	Dora Saltz	Ben Townes	Joseph Cohen
Albert Zeichick		Michael Burney		Joel Lee	Jane Meyer
Samuel Minsky		Eleanor Epsten		Marietta LeBus-Swim	Irving Burney
Tilly Beckerman		Miep Gies		Morris Schickler	Julius Press
Brina Bressler		Jarvey Gilbert		Anita Schonbrun	John Hernandez
Woody Ratner		Maya Kraft			Steve Lubey
John Sloane		Leon Veitzman			Samuel Mayer
Joseph Lightner					Rae Cantor
Dorothy Cherry					Minnie Shapiro
Miriam Furman					Dena Slep
Felicia Francine Hunter					Fannie Soroka
Ruth Glenn					



In Our Temple Emanu-El Family

JANUARY BIRTHDAYS

1/1 Steven Mashal Jean Seager	1/8 Bruce Doole Lisa Garcia	1/16 Alec Irwin Jason Poliak	1/22 Monica Putt Meredith Saylor
1/2 Tobey Brown Sophie Detmer	Andrew Mestman	Eric Spielman	Joe Schinasi
Jonathan Licht	1/9 Eve Cook	1/17 Kristen Friedman	1/23 Michael Falcone
Dan Nagel	1/10 Alexandra Marchand	Brayden Gross	Dahlia Frederick
1/3 Zachary Cohn	1/11 Mia Cane	Jessica Laddon	Chuck Spielman
Aaron Gaghagen	Joseph Schindler	1/18 Matthew Glovinsky	1/24 Scott Craig
Donovan Marchand	Olivia Treglio	Julie Sadja	Barbara Lincoln
Monique Silver	1/12 Ian Cane	Kinsley Sparhawk	Daniel Palasnick
1/4 Mike Bennett	Everett Fox	Solomon Shemirani	Billie Blumenthal
Logan Frederick	Michael Sommer	1/19 Mebys Abrams	1/25 Sophia Berg
Eileen Gaudette	1/13 Lisa Goldberg	Andrew Friedenberg	1/26 Gabriel Lasov
Richard Greyson	Shana Karp	Alan Wittgrove	Jonathan Yellen
William S. (Bill) Latta	Mae Ressel	1/20 Benita Mayer	Linda Weingarten
Bob Rubenstein	Jeff Schindler	Shaun Kessler	1/27 Miriam Kae
1/5 Jack Schlagel	Jean Somers	1/21 Bridget Cohen	Timothy Sparhawk
Steven Skinner	1/14 Lyndy Cuevas	Marjorie Derezin	1/28 Roland Muschenetz
1/6 Samuel Brown	Ann Ruth	Lauretta Frank	1/29 Adam Breslow
1/7 Frank Bratman	1/15 Ronald Brav	Jacob Lê	Simon Yellen
Barbara Meis	Arnold Kaiser	Samuel Lenett	1/30 Nate Elster
Janice Steinberg	Eric Poliak	Jamie Mittleman	Lisa Bryan
Alan Williams		Alan Spector	1/31 Jerry Eisman
		Carli Deitel	Devon Parker
			Maxwell Grucela



JANUARY ANNIVERSARIES

1/4 Brian and Kelila Schonhoff	1/19 Ron and Lupita Cohn
1/8 Aaron Tamplin and Rebecca Seufferer	1/21 Adam and Gabrielle Sobel
1/12 Jeremy Cohen and Danielle Piotrkowski	1/25 Jonathan Licht and Rhonda Amber
1/14 Donald Grant and Paul Margolis	Elliot Spagat and I-Chun Chen
1/16 Gregory Martin and Andrea Saltzman Martin	Ron Reff and Barbara Pollack
1/18 Jordan and Alex Chaim	1/27 Salah and Debbie Tirouda
Aneel and Rebecca Henry	



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

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
Erica Whinston
- **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

Happy and healthy secular New Year to you all! Whether you have never before joined us for an event or are a regular, we have two special events you'll want to put on your calendar.



Game Night

Wednesday, January 29, 6:15pm

Do you have a favorite game you enjoy? Do you like Scrabble, Monopoly, Cribbage, Bridge, Mah Jongg? Gather your friends and come play with us in the Social Hall. The cost is \$10 per person, which covers security and snacks.

Sisterhood Shabbat

Friday, January 31, 6pm

Flo Bornstein organized a creative service with music coordinated by Michelle Jirkovsky. Our Past Presidents will be invited to light the Shabbat candles. If you would like to be a participant in the service, please let us know.

Artisan Festival Committee Now Forming!

We had a fabulous Festival. The Artisans were pleased with your shopping and are planning to return next year. So, we need to get busy! We are starting to create next year's Committee, and we invite you to join us. Women, men and teens are welcome.

- Do you have great tech skills? We need someone to help our communication between our artist applicants and the committee as we review each submission.
- Are you looking for a fun way to meet new people and make some new friends?
- Are you detail oriented and love to have everything organized?
- Are you able to help us lay out tape to mark the booths? We have a great room layout plan.
- Are you interested in helping us grow our Underwriters Program?
- Are you excited to help us raise money used for scholarships to our graduating high school seniors?

If your answer to any of these is YES! Please let us know and we will welcome you to our Artisan Festival Committee.

For more details or questions on these or any of our events, please reach out to us at wrj@teesd.org.

Condolences

To Bobbi Cohen on the death of her friend

Yogev Pazy



To Rabbi Marty and Anita Lawson on the death of their friend

Susie Cook



To Nancy Herzfeld-Pipkin on the death of her cousin

Paul Spector



17TH ANNUAL INTERFAITH



MARTIN LUTHER KING JR



DAY OF SERVICE

MONDAY MORNING | JANUARY 20TH | BALBOA PARK

This remarkable event will bring together people of different faiths and cultural backgrounds for a wonderful morning of community service, fun, and camaraderie to honor Martin Luther King Jr., his ideas and his principles. Families are encouraged to participate together in this hands-on community service day for all ages.

Pre-registration available online.



scan here
<https://btrrim/qbzf>

- 9:00 Registration/Waivers
- 9:15 Opening Ceremony
- 9:30 Clean up, mulching, weeding, trimming, planting, and beautification of designated areas (bring your own gloves if you have them)
- 11:30 Complimentary hot dogs (Kosher, Halal, Turkey, Vegetarian) bottle water, music

DIRECTIONS TO GATHER IN BALBOA PARK:

From Park Blvd turn East on Morley Field Drive. Follow the event signs.
Use the second roundabout exit (go straight).
Carpooling is encouraged due to limited parking.

NO PETS | IN CASE OF RAIN PLEASE PHONE (619) 548-2008

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NORTH PARK APOSTOLIC CHURCH

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Mailbox



Thank you for your generous support of NAMI San Diego and Imperial Counties. Your gift is essential for us to support people living with behavioral health challenges and their families, to educate people about behavioral health with the goal of reducing stigma in our community, and to advocate for more research and an improved system of behavioral health services across the nation.

NAMI believes that no one should have to take the journey of mental illness alone. Your donation changes lives for the better, allowing us to walk alongside the people we serve, sharing guidance, resources and support.

Cathryn Nacario, Chief Executive Officer

National Alliance on Mental Illness, San Diego and Imperial Counties

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



Thank you for providing dinner for our guests of the Safe Parking Program. We appreciate your joining us in our commitment to meeting people where they are in their journey with support that makes a profound difference to those trying to build stable and dignified lives.

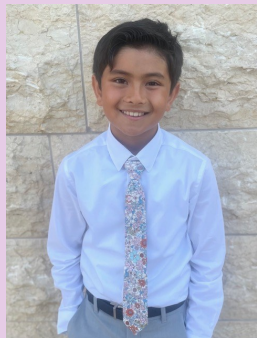
Together we create a stronger and healthier community where everyone can thrive.

Michael Hopkins, Chief Executive Officer

Jewish Family Service of San Diego

The Social Action Committee coordinates dinners at the Safe Parking Program every few months. To help, contact socialaction@teesd.org.

Mazal Tov on Becoming Bar Mitzvah!



Jacob Lê

Bar Mitzvah - January 25, 2025
Son of Aimee and Minh Lê

Todah Rabah

To Barbara Pollack for her work on editing the bulletin.

Mazal Tov

To Richard and Tammy Lampke on the engagement of their daughter Rachel to Ryan Medina.



To Linda Globerson on the birth of her twin grandchildren, Emile Shem and Jules Leon, children of Jeremy and Lindsay Globerson.



Book Group

By Janice Steinberg, Book Group Coordinator



**Next Group Meeting:
Monday, January 13, 6:30 pm**

Fleishman Is in Trouble

The Book Group is diving into the delectably naughty, and wise, *Fleishman Is in Trouble* by Taffy Brodesser-Akner. We will meet on January 13 at a member's home near the Temple - 6:30 pm for snacking and schmoozing, 7 pm for the book discussion.

Dr. Toby Fleishman wakes up each morning surrounded by women. Women who are self-actualized and independent and know what they want - and, against all odds, what they want is Toby. Who knew what kind of life awaited him once he finally extracted himself from his nightmare of a marriage? Who knew that there were women out there who would actually look at him with softness and desire? But just as the winds of his optimism are beginning to pick up, they are quickly dampened, and then extinguished, when his ex-wife, Rachel, suddenly disappears. Toby thought he knew what to expect when he moved out: weekends and every other holiday with the kids, some residual bitterness, tense co-parenting negotiations. He never thought that one day Rachel would just drop their children off at his place and never come back. As Toby tries to figure out what happened and what it means, all while juggling his patients at the hospital, his never-ending parental duties, and his new, app-assisted sexual popularity.

His tidy narrative of a spurned husband is his sole consolation. But if Toby ever wants to really understand where Rachel went and what really happened to his marriage, he is going to have to consider that he might not have seen it all that clearly in the first place. A searing, funny, and electric debut, *Fleishman Is in Trouble* is an exploration of a culture trying to navigate the fault lines of an institution that has proven to be worthy of both our great wariness and our great optimism.

The Book Group meets every two months. Contact me at janicesteinberg@cox.net for location of this meeting and to be added to the list.



Join us for a special New Member Band Shabbat on Friday, February 7th at 6 PM!

Celebrate with us as we welcome new members to our community. Enjoy an evening filled with warmth, connection, and joy, featuring a live band that will bring vibrant music to our Shabbat service! Following the service, an Oneg reception will offer a wonderful opportunity to mingle and enjoy delicious treats. Don't miss this opportunity to meet new friends and experience the spirit of our community. All are welcome!



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January 2025 Tevet—Shevat 5785

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Jan 1 • 1 Tevet	Jan 2 • 2 Tevet	Jan 3 • 3 Tevet	Jan 4 • 4 Tevet
			NEW YEAR'S DAY HANUKKAH Office and Preschool Closed NO Coffee with the Rabbi NO Torah School Hebrew Classes	HANUKKAH Bridge with Benj 12:30 pm	Shabbat Service 6 pm	Torah Study 9 am Shabbat Morning Service 10:30 am Tough Conversations with Jews 12 pm
			Jan 5 • 5 Tevet	Jan 6 • 6 Tevet	Jan 7 • 7 Tevet	Jan 8 • 8 Tevet
Torah School 9 am Cabaret Parent Committee Meeting 9 am Introduction to Judaism 1 pm Adult B'Nai Mitzvah 2:30 pm	Mah Jongg 1:30 pm	Drum Circle  3 pm NO Adult Hebrew Classes Community Jewish High 6 pm	NO Coffee with the Rabbi Torah School Hebrew Classes 4:30, 5:30 pm	Bridge with Benj 12:30 pm	Family Shabbat Service 6 pm	Torah Study 9 am Shabbat Morning Service Bar Mitzvah 10:30 am
Jan 12 • 12 Tevet	Jan 13 • 13 Tevet	Jan 14 • 14 Tevet	Jan 15 • 15 Tevet	Jan 16 • 16 Tevet	Jan 17 • 17 Tevet	Jan 18 • 18 Tevet
Torah School 9 am Parent Purim Committee Meeting 9 am Introduction to Judaism 1 pm Adult B'Nai Mitzvah 2:30 pm	Mah Jongg 1:30 pm Book Club 6:30 pm	NO Adult Hebrew Classes Community Jewish High 6 pm	Coffee with the Rabbi 11 am Torah School Hebrew Classes 4:30, 5:30 pm Torah for the Table 6 pm	Bridge with Benj 12:30 pm	Martin Luther King Jr. Shabbat Service 6 pm	Torah Study 9 am Shabbat Morning Service Bar Mitzvah 10:30 am Adult Ed Movie 7 pm
Jan 19 • 19 Tevet	Jan 20 • 20 Tevet	Jan 21 • 21 Tevet	Jan 22 • 22 Tevet	Jan 23 • 23 Tevet	Jan 24 • 24 Tevet	Jan 25 • 25 Tevet
NO Torah School Advocacy Border Discussion 10 am NO Introduction to Judaism NO Adult B'Nai Mitzvah	Martin Luther King, Jr. Day Preschool and Office Closed NO Mah Jongg Interfaith Project 9 am	Adult Hebrew Classes 5 pm Community Jewish High 6 pm	Coffee with the Rabbi 11 am Torah School Hebrew Classes 4:30, 5:30 pm	Bridge with Benj 12:30 pm	Lunar New Year Family Shabbat Service 6 pm	Torah Study 9 am Shabbat Morning Service Bar Mitzvah 10:30 am
Jan 26 • 26 Tevet	Jan 27 • 27 Tevet	Jan 28 • 28 Tevet	Jan 29 • 29 Tevet	Jan 30 • 1 Shevat	Jan 31 • 2 Shevat	
Torah School 9 am Introduction to Judaism 1 pm Adult B'Nai Mitzvah 2:30 pm	Food Distribution JFS in parking Lot 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, 5:30 pm WTEESD Game Night 6:15 pm	Rosh Chodesh Bridge with Benj 12:30 pm	Sisterhood Shabbat Service 6 pm	



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