



HA-SOFER THE SCRIBE

Tevet—Shevat 5785

February 2025

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



HAMANTASHEN!



Pickup Starts February 27!

TRADITIONAL FLAVORS

Sold by the Dozen—\$21/dozen

RASPBERRY

CHOCOLATE

LEMON

MUN (POPPYSEED)

PLUM (PRUNE)

APRICOT

ASSORTED FLAVOR MIX

3 Raspberry 3 Lemon 3 Chocolate 3 Apricot

Sold by the Dozen—\$26/dozen

GOURMET FLAVORS

Sold by the Half Dozen—\$18/six cookies

CHERRY CHEESECAKE

FIG & BRIE

SALTED CARAMEL

Scan the QR code or visit the temple website to place your order through March 6 or while supplies last.

We are unable to accommodate substitutions or custom orders.

Flavors are subject to ingredient availability. 100% of Proceeds goes directly to the Campership Fund.



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



Saturday, February 1

Shabbat Morning Service 10:30 am

Bo, Exodus 10:1-13:16

Jeremiah 46:13-28

Cabaret Night 4:30 pm

Friday, February 7

New Member/Band Shabbat Service 6 pm

Recognizing New Members

Saturday, February 8

Shabbat Service 10:30 am

B'shalach, Exodus 13:17-17:16

Judges 4:4-5:31

Friday, February 14

Shabbat Service 6 pm

Saturday, February 15

Shabbat Morning Service 10:30 am

Yitro, Exodus 18:1-20:23

Isaiah 6:1-7:6; 9:5-6

Friday, February 21

Shabbat Service 6 pm

Saturday, February 22

Shabbat Morning Service 10:30 am

Bar Mitzvah

Mishpatim, Exodus 21:1-24:18

Jeremiah 34:8-22; 33:25-26

Friday, February 28

PJ Family Shabbat Dinner 6 pm

PJ Family Shabbat 6:30 pm

Alternative Shabbat—Library 6 pm

Saturday, March 1

Shabbat Morning Service 10:30 am

Madeline Gershwin Bat Mitzvah

T'rumah, Exodus 25:1-27:19

II Kings 12:5-16



From Our Temple President – New Year Resolutions

by Matt Meis

Here at Temple Emanu-El, we do what we do best: bringing together Jewish tradition with modern life. Whether it's Torah study, Shabbat services, or our community work around San Diego, we find ways to keep Judaism meaningful and relevant. The world keeps changing, but our Temple community stays strong, helping each other live our Jewish values every day.



As your Temple president, I'm excited about what we can accomplish together in 2025. Let's make this a year where we show up for each other, try new things and make our Temple community even stronger.

Shaun Speaks...



Shaun Copans,
Executive Director

I am excited to announce that Temple Emanu-El was recently awarded a federal security grant of \$150,000! Nonprofit organizations were invited to submit proposals to request funding, specifically for facility target hardening and other physical security enhancements, from more than \$200 million made available through the Nonprofit Security Grant Program, administered by the Federal Emergency Management Agency (FEMA). We were fortunate to have been selected from tens of thousands of applicants across the country.

Security remains a top priority for our congregation, and we have regular discussions on how to address potential risks, improve our protocols and procedures and when possible, harden our facility. Last year, thanks to our Board's approval, we installed a brand-new, state-of-the-art security and camera system, replacing the one from 2012.

Please join me in thanking Cathi Marx, longtime congregant, former Security Committee Chair and Board Co-President, for her help with the grant proposal. In addition, Bill Ganley, the Community Security Liaison at Jewish Federation of San Diego, reviewed our proposal and offered several suggestions as he has many years of security grant writing experience.

We will continue to apply for more federal and state security grants as they become available!





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—Music Director

In Judaism, music holds a sacred and enduring significance. It is a bridge between the soul and the Divine, a language that transcends words, and a profound expression of our collective spirit. From the Song of the Sea, which celebrated our liberation from Egypt, all the way to the present day, music has been central to our worship and identity as a people. Within our community, music is not only an accompaniment to prayer—it is prayer itself. It allows us to mourn together, rejoice together, and connect to traditions that span generations. Whether it's the heartfelt strains of the High Holy Days, the joyous tunes of Shabbat, or the celebratory dances of Simchat Torah, music binds us in shared memory and purpose.

Last month, I felt incredibly lucky to attend a cantorial conference in Palm Springs. It was a wonderful experience to connect with fellow cantors and cantorial soloists from across the country. We shared new music, exchanged ideas, sang together, and learned from one another in a true spirit of collaboration and growth. The insights we gained from this conference will undoubtedly enrich our services and enhance our musical offerings in the coming months, and I am so grateful to Rabbi Devorah and Rabbi Benj for the opportunity to participate.

Psalm 96 commands us to "*Shiru l'Adonai - Sing unto God a new song.*" This verse reminds us of the joy and creativity that music brings to our worship and community life. I encourage you to add just one new musical experience to your calendar this month, whether it is supporting our Torah School talent show at Cabaret Night on February 1, attending the San Diego Jewish Men's Choir performance on February 2, or perhaps joining our live band for New Member Shabbat Services on February 7.

Thank you for being a part of our vibrant music community. Your enthusiasm and support make all the difference!



Mitzvah of the Month – Gently Hugged



In today's economy, it can be difficult to provide the necessities that keep a new baby warm and thriving during the crucial first year of his/her life. Two nurses working in the field of public health noticed this and decided to do something about it. They founded Gently Hugged (gentlyhugged.org), an organization that distributes appropriate items to those in need. The idea is that those families who have the good fortune to enjoy excess clothing for their infants (some items perhaps worn once or twice before the baby outgrows them) can share with others. Gently Hugged serves families with children ages preemie to 12 months. We are collecting:

Preemie to 12 months sizes only Gently used or new

Clothing, including hats, jackets, pajamas, hats, etc.

Bibs, burp cloths

Shoes and socks

Blankets

Board books

Especially needed

Sleepers for newborns, both boys and girls

Onesies for newborns, both boys and girls.

Please join Temple Emanu-El's Mitzvah of the Month for February, which will collect clothing and other items for Gently Hugged. Please bring them to the special Gently Hugged barrel in the lobby of the Temple office building. For more information, contact Jean Seager at socialaction@teesd.org.



Alternative Shabbat

Please join us on February 28, 6 pm

This is an alternative to the Family Shabbat Service which will be held that evening in the Sanctuary at 6:30 pm.

This Shabbat experience will be held in the Temple Library, led by Rabbi Devorah. It is an adult only service.





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 January, funds were sent to the Jacobs and Cushman Food Bank (sandiegofoodbank.org). Over 24% of San Diego County's 3.2 million residents 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.

In February, we will allocate money to The Lucky Duck Foundation (luckyduckfoundation.org) works in San Diego County to prevent and alleviate the suffering from homelessness. Their vision is to have San Diego County be a national model to address homelessness by applying leadership, expertise, accountability and sound business principles. Their co-founders generously match donations up to \$1.5 million annually.

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.

New Member
& BAND
SHABBAT

FEBRUARY 7 AT 6:00PM
TEMPLE EMANU-EL
ONEG TO FOLLOW

FOR THE ONEG AFTER THE SERVICE, PLEASE VISIT THE TEMPLE WEBSITE OR SCAN THE QR CODE TO SIGN UP.



Safety/Security Committee

By Greg Houska, *Chair*

Happy Presidential Birthday Month! Before I begin, what do you call George Washington's false teeth? Presidentures! Now that it is out of the way, I want to share some ideas, which might help in keeping our community a bit safer, as well as result in rewarding experiences.

- **Neighborhood watch:** Organize, lead or join a program which involves residents looking out for each other, reporting suspicious activity, and being more mindful of community safety. Apps such as "Next Door" are very effective in getting information out regarding events or suspicious activities relevant to your neighborhood.
- **Crisis support:** Offer a helping hand by becoming a certified volunteer with local crisis hotlines or mental health support groups.
- **Emergency response training:** Help organize and lead training sessions for CPR, first aid and disaster preparedness. Volunteers who are trained in emergency responses can act as first responders in their neighborhoods during times of crisis.
- **Youth outreach:** Volunteer at local youth centers or create mentorship programs for young people. Engaging young people with positive role models can reduce the risk of youth involvement in crime and foster a greater sense of belonging.
- **After-school programs:** Offer your time to run or assist in after-school programs that provide constructive activities for children and teenagers.
- **Urban gardening or beautification:** Engage with your neighbors to clean up and beautify vacant lots, public spaces or alleyways. Well-kept, thriving areas give the message that a neighborhood is cared for, which can help deter crime.
- **Free self-defense classes:** Partner with instructors to offer free self-defense classes to people of all ages. Learning self-defense builds confidence and prepares people to respond to unsafe situations.
- **Volunteer with local Law Enforcement or Fire Departments:** Consider becoming a volunteer citizen patrol member, helping to conduct home security checks and traffic control.
- **Install locks and tools for seniors:** Help your elderly neighbors by installing stronger locks, peepholes or security cameras to improve their sense of safety.
- **Substance abuse programs:** By volunteering at local addiction recovery centers, you can contribute to a safer community by providing support to those who need it most.

Remember: the best things in life are free, and volunteering is the one addiction that's good for you!



Adult Education



Supporting Lifelong Jewish Learning

Picturing Prejudice: The History of Antisemitism Through Film

Conspiracy

Saturday, February 8, 7 pm

Temple Sanctuary



Stanley Tucci plays Adolf Eichmann and Kenneth Branagh plays Reinhard Heydrich in HBO's docudrama "Conspiracy." It is a reenactment of the 90-minute meeting held at Wannsee outside Berlin on January 20th, 1942. Fifteen members of the German High Command debate how to implement the annihilation of European Jewry. Based on the minutes of the meeting, the bureaucratic procedures and technical method of murder are agreed upon. There is no physical or visual depiction of what they discuss or of what is to come, namely the Holocaust. The film, directed by Frank Pierson, was made in the USA and the UK in 2001.

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

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 February Schedule

- February 1** — **Cabaret Night**—Torah School Fundraiser
February 2 —(Parent Hamantashen Baking Session) 9 am to 11 am
February 2 — Torah School 9 am to 12 pm Pizza Lunch 12 pm
February 5 — Hebrew Classes Online 4:30 pm, In Person 5:30 pm
February 9 — (Parent Hamantashen Baking Session) 9 am to 11 am
February 9 — Torah School 9 am to 12 pm Pizza Lunch 12 pm
February 12— Hebrew Classes Online 4:30 pm, In Person 5:30 pm
February 16 — **NO** Torah School—**Presidents Holiday**
February 19 — Hebrew Classes Online 4:30 pm, In Person 5:30 pm
February 23 — (Parent Hamantashen Baking Session) 9 am to 11 am
February 23 — Torah School 9 am to 12 pm Pizza Lunch 12 pm
February 26 — Hebrew Classes Online 4:30 pm, In Person 5:30 pm
February 28—**Pajama Family Shabbat & Breakfast for Dinner** 6 pm

Drum Circle—Tuesday, February 4, 3 pm



Our group of drummers invites you to join us to experience the magic of the next Drum Circle on Tuesday, February 4 at 3pm in the synagogue lobby.

Last month, we welcomed three new drummers who were uncertain about how to drum but, once they got started, added new rhythms to the circle - rhythms they didn't know they could produce!

Our dedicated leader, Ira Moskowitz, came prepared with exercises to give us the opportunity to experience different rhythms. To get us started, he separated us into three groups to practice a certain beat. This was grounded in phrases, such as beating to the words "lox and bagels." Different words held different beats, such as "macaroni and cheese."

We had a "call and response" section, during which a group of drummers beat a rhythm and the other group echoed with the same beats. It is almost like the beats got a double play!

Ira also gave us the chance to beat our own rhythms. One person beat her rhythm and when finished, glanced over and smiled at the person to her left to indicate that it was their turn. Rhythms varied in sound, beats and numbers. You had to be on your own watch for your turn, but if you missed it, you were given encouragement to proceed.

Ira brings his cajon box drum. One of the new drummers tried it and discovered that various sounds and rhythms emanated differently depending on the position where it was beat.

If you are looking to enrich your life with an experience that is fun, reduces stress and enhances socializing, come to the next Drum Circle. Drums are supplied and you don't have to be a synagogue member to attend. Leave your "to do" list at home and join us as we welcome each other.



At the end of the hour long session, one drummer said, "I felt so much more focused this time." That is progress! We always express our gratitude to Ira for his excellent leadership!

For any questions or to get on the list for reminder emails, please contact Bonnie Baron at bonniebaron@gmail.com.



National Self-Check Month in February reminds us that we can take charge of our health. Good health includes both physical health and mental health.

At Recovery International, we empower individuals by fostering self-reliance and resilience, providing simple yet proven tools for lasting mental and emotional transformation.

Celinda Jungheim, President of Recovery International, was featured in Newsweek on December 20, 2024. The following are excerpts from that interview.

Interviewer: *What distinguishes Recovery International from other mental health organizations?*

Jungheim: *I consider us one of the best-kept secrets in the mental health field. While some may perceive our methods as overly simple, our structured self-help approach has proven effective for decades. What truly sets us apart is our emphasis on fostering self-reliance and resilience, which complements professional care uniquely and positively.*

Interviewer: *What would you identify as the key factors contributing to the success of your program?*

Jungheim: For those who are committed to change, our program serves as a roadmap to recovery. I personally didn't know how to manage stress until I was taught to practice these skills.

Interviewer: *Looking ahead, what is your vision for the future of Recovery International?*

Jungheim: *My hope is that these tools become part of everyone's life skills, starting in schools. If children learn these principles early, they could avoid many challenges later in life.*

Please join us in the Temple Library on Thursdays at 10 am for a meeting. Newcomers are always welcome. We are all beginners.

If you'd like to have a copy of the entire interview, please call our San Diego office at (619) 383-2084, or email us at SanDiego@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.

There is no charge for the concert, but registration is encouraged for planning purposes. Don't miss this chance to experience the rich harmonies that celebrate Jewish culture and tradition.

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 The Liminal Space by Gail L. Braverman, M.A., LMFT

The word “liminal” comes from the Latin word “limin,” which means threshold. It’s the space between what was and what will be. It is fluid, uncertain and sacred. It’s where we transform.

In this space, feeling and intuition are our guides. Unlike the rational/intellectual mind, these guides are deep within our hearts, and we must listen deeply and connect with ourselves.

The liminal space can be uncomfortable since it is the in-between of what we used to know in the past, and what we don’t know that lies ahead in the future. It is the place of letting go and moving toward new beginnings. It can be messy and fearful, and at the same time filled with possibilities. It can be filled with new experiences and the ability to start over. It may be a time for reflection in order to understand ourselves and other people.

We are all living in this liminal space currently. We don’t know what lies ahead and we can’t go back. This is the time to take extra good care of ourselves in order to deal with the stress of the unknown.

Here are a couple of ideas for being able to manage the discomfort and anxiousness of liminal space:

1. Use the Coherent Breathing technique. Close your eyes and mouth. Inhale for a slow count of 2 through the nose. Exhale for a slow count of 2 through the nose. After a few rounds, increase the count slowly from 2 to 3, 3 to 4, 4 to 5.
2. Memorize a word, a phrase, a prayer or a poem and use that as a mantra. A mantra is sound repeated to aid concentration or to calm oneself down. A mantra can help us connect with our better self.
3. The “3 C’s” is a cognitive technique for identifying and changing negative thought patterns. **Catch it—Challenge it—Change it**

Catch: Identify the thought pattern

Challenge: Examine the thought pattern

Change: Reshape the thought pattern

Reflection: When was the last time you were in a liminal space, and what happened?

Today’s Practice: The next time you are irritated waiting in line, or waiting for a doctor’s appointment or feeling anxious, use the Coherent Breathing technique, or recite a mantra you have memorized, or use the Three C’s.

Comments are welcomed: gbrave3333@aol.com

Feelings



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.

ADULT EDUCATION FUND

Millenium Havurah in fond memory of Lucy Ann Albert Stan and Benita Mayer in memory of Stan's uncle, Leon Schultz

Betsy Arnold in memory of Lucy Albert Stan and Benita Mayer in memory of Stan's father, Samuel Mayer

ALICE & PHIL COHN YOUTH SCHOLARSHIP FUND

Carol Davis
Arlene and Phil Bresnick in memory of Arlene's mother, Mitzi Grossberg Fried
David and Lesley Cohn in memory of Phil Cohn

FRIEDMAN FAMILY MUSIC FUND

Sara Turner-Cooper and Aaron Cooper

GENERAL OPERATING FUND

Allen Gruber
Barbara Saltzman
Michael Montgomery and Liana Schwarz in memory of Michael Schwarz
Sergey and Lidiya Pomaskin
Margaret Fried
Mark Schechter
Marilyn Blitz

HIGH HOLY DAYS DONATION

Marc and Marlene Hamovitch

MARLA BENNETT STUDENT ISRAEL FUND

Bella Veitzman in memory of Leon Veitzman

MUSICAL THEATRE FUND

Marilyn Braun in honor of Melody Jirkovsky

PRESCHOOL FUND

Connie and Charlie Pinkus in memory of Gertrude Pinkus
Joel Lehrer in memory of Helen Berlin
John and Rosean Schmidt in honor of Avi Schmidt's first sled ride

RACHELL CLAVELL PRESCHOOL SCHOLARSHIP FUND

Itzik and Sandy Rief in loving memory of Benjamin Rief
Stewart and Terri Roseman in loving memory of Mickey Shulman and Saul Roseman

RABBI DEVORAH MARCUS' DISCRETIONARY FUND

Lori Klase in memory of her mother Ruth Schreiber
Lori Klase in memory of her grandmother Ethel Schreiber
Sara Turner Cooper and Aaron Cooper
Rick and Cathy Goldberg in memory of Rick's father, Harold Goldberg, grandfather of Nicole and Kevin Goldberg
David Mershimer
Beverly Brown in memory of Dorothy Brown
Marilyn Braun in honor of Rafael Eickholt
Nancy Marcus in memory of Marian Schreiber Maisel
Jennifer Perez in honor of the Laddon Family
Anonymous

Robert Berton in memory of Mary Berton

RABBI MARTIN LAWSON'S DISCRETIONARY FUND

Tyson Oberdorfer with belated gratitude for a beautiful baby naming ceremony for Eleanor Rose Cap

SOCIAL ACTION FUND

The Bailund Family in memory of Robbie's mother, Marion Goldman, grandmother of Michael and Allison, great grandmother of Ezekiel
Sherry and Bill Resh in memory of Bill's beloved mother, Diana Resh

SOCIAL ACTION-HUNGER PROJECT FUND

Carol Davis
Connie and Charlie Pinkus in memory of Leah Bassing
Bobbi Cohen in loving memory of her grandmother, Dora Nutman
Nancy Kossan in memory of Joseph E. and Madelyn E. Kossan, Joseph C. Kossan, Alex Kossan and Debbie Simon

TEMPLE EMANU-EL OPERATIONS & FACILITIES

ENDOWMENT FUND

Amnon Ben-Yehuda in memory of Tanchum Ben-Yehuda



BULLETIN DEADLINES

February 5 for the March issue

March 5 for the April issue

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.



Yahrzeit Observance

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

January 31 & February 1

Bryna Kranzler
Eva Chenkin
Arthur Einhorn
Miriam Chanan
Lloyd Crumley
Angela Johnson
Seena Mae Lambert
Lawrence Leak
Mory Leven
Karl Schulman
Milton Emont
Jerry Fein
Gloria Preminger
Robert Gross
Seymour Steinberg
Myrt Wilson
Anna Arbeitman
Rie Bloomfield
Abe Kipperman
Dorothy Lavin
Manny Passov
Beverly Pattak
Harry Sklute
Fran Brown
Ralph "Buddy" Cooper
Diana Resh
Hyman Fritz
Kayla Hirsh
Leonard Klein
Harold Laz
Ruth Meyer
Diana Resh
Ruth Solomon
Steve Lawson
Aaron Lyte
Mary Berton
Gittel Fisdell
Isabelle Kipp
Susanne Gesheker Smith
Dorothea Aaronson
Helen Caplin
Nace Goldman
Robert Hotz
Joseph Cohen
Jane Meyer
Irving Burney
Julius Press
John Hernandez
Steve Lubey
Samuel Mayer
Rae Cantor
Minnie Shapiro
Dena Slep
Fannie Soroka

February 7 & 8

Rabbi P. Irving Bloom
Ruth Blank
Marjorie Moss
Elvira Applbaum
William Arkin
David Ast
Evelyn Barbarosh Bersh
Rabbi Joseph Heckelman
Stanley Joseph Houska
Margaret Hulter
Jack Lee
Marian Maisel
Dorothy Nordeen
Ruben Solomon
Charlotte Schultz
Dorothy Schwartz
Christopher Fishtrom
Beatrice Horwitz
Jim Lewis
Jack David Morrison
Lois Mosenson
Harold Olcott
Lee Rubenstein
Cynthia (Cindy) Bennett
Lillian Kaplan
Ruth Learner
William Saltzman
Jacob Posner
Ethel Snyder
Aaron Mittleman
Muriel Thal
Jon Oberndorfer
Georgia Dyson
Edith Urman Zenville
Merle Henry
Jon Korn
Rathna Bai
Norman Scheinin
Joan Van Der Veer



February 14 & 15

Sonia Bailund
Ralph Berman
Mark Jeffrey Cohn
Celia Ruth Feldman
Joe Gaudette
Veniamin Gluzman
Esther Kolender
Sally Lurer
Seymour Wohl
Maurice Ackerman
Sheila Tew
Miriam Kastner
Ruth Luttbeg
Sara Elaine Schonhoff
Dorothy Bronstein
Harry Miller
Ed Nordstrom
Hersh Fishmann
Harold Strauss
Warren Gershwin
Theodore Cary
Michael Goldman
Sylvia Hamovitch
George Held
Shirley Henley
Louise Hertz
Edward Joseph Lambert
Albert Millstine
Peter Reytblat
Tova Rief
Bess Simon
Joseph Brenner
Cara Posner
David Shapiro
Janet (Golokow) Scefonas
Lillian Esther Mintz
Abraham Scharfman
Jeanette Goldenberg
Marvin Jacobs
Harry Kipp
Dorris Lipinsky
Thomas Martinez
Michael Musicant
Rabbi Leonard Rosenthal
Sabrina Fefferman
Max Seid
Herbert Wotiz
Arthur Robert Baron
Connie Camarata
Henry G. Zucker

February 21 & 22

Sarah Minsky
Victor Bueno
Nancy Konchater
Harris Lipinsky
Ben Snyder
Candy Chanin Burgess
Rose Fayerman
Harris Pollack
Rose (Schwartz) Schindler
Walter John Wosicki
Dr. Robert Epsten, Jr.
Israel Faitek
Leslie Haydu
Esther Laverson
Gertrude Sarfan
Faye Snyder
Hayley Herrmann
Marilyn Kaufman
Honey Lipton
Carole Sachs
Helen Somers
Elaine Colona
Lillian Gittelman
Mary Richler
Robert Lurer
Bernard Mann
Flora Tuckman
Emil Caplin
Sylvia Hanau
Lee Metzger
Ruth Heilbrunn
Rose Snyder
Jack Steinberg
Sylvia Ash
Evelyn Ehrlich
Joseph Fayerman
Itamar Musafi
Leonard Ressel
Kenneth Weiland
February 28 & March 1
Milton Schwartz
Eugene Carl Bailund
Anita Berneger
Philip Grossberg
John Matthew Hajosy
Colonel William Latta
Leon Faitek
Dr. William Lyons
Jerry Meisner

February 28 & March 1 (con't)

Irving Smith
Tom Uter
Henry Witte
Ellen Crummer Anderson
Art Bernard
Arnold Edwin Cowen
Howard Falberg
Irwin Mintz
Jerry Kasner
Maurice Mintz
Joyce Rothman
Margie Salvio
Elinor Steinberg
Kitty Wolff
Olga Poliak
Seymour Rogal
Philip Rubin
Eva Shaffer
Rose A. Skellenger
Rose Wagner
Helen Ariessohn
Edward Grossberger
Roberta Naiman
Gerry Harris
Lula Nevil
Samuel Segal
Esther Smith
Fanny Ast
Paul Barron
Jerry Blum
James Corbett, Sr.
Martin Friedenberg
Irwin Globerson
Helen Mae Winer
Irma Seltzer
Frank Stein
Suzanne Guzewich
Carl William Weil
Bill Musbach
Rabbi Martin Weiner
Morris Slep
Ruth Ackerman
Martin DeSure
Mark Faitek
Hyman Joseph Kaplan
Sidney Laverson



In Our Temple Emanu-El Family

FEBRUARY BIRTHDAYS

2/1	Donald Epstein Jack Siegel	2/10	Connie Pinkus Carin Scheinin	2/19	Isaac Laddon Bruce Prenner	2/26	Peggy Ratner David Rodman
2/2	Phil Bresnick Jordan Doole Nancy Marcus Linda Watz	2/11	Joseph Hoople Cody Williams	2/20	Madeline Gershwin Stewart Roseman		Eric Rosenzweig Andrea Saltzman Gael Castillo
2/3	Marilyn Levy Jamie Sparhawk	2/12	Susan Biegenzahn Myles Finch	2/21	Karen Eisman Hank Kostrinsky	2/27	Isabella Topf Andrea Sciammas
2/4	Theodore Hoople Maxwell Blocker	2/13	Barrett Lambert Rhonda Schwartz Ruby Vega Bella Veitzman Shai Shavit	2/22	Ellen Immergut Itzik Rief Dorothy Zeavin Theodore Perkin	2/28	Annica Udewitz
2/5	Frederick Marchand Daniel Mitropoulos Eliana Mitropoulos	2/14	Roberta Cowen Seth Hettena Elaine Saville Aine Spiegler	2/23	Allan Einhorn Ricky Ford Jeanette Goldenberg Heaton Livingston Leo Cabacungan		
2/6	Maya Levine Lisa Nies	2/15	Ed Applbaum Natalie Fritz Lisa Oberndorfer	2/24	Keri Davis-Duffy Roz Freedman Linda Globerson Sandra Shapiro		
2/7	Adam Devor	2/16	Noah Ghitman Michael Laddon Eric Einstein	2/25	Danny Bailund Nathan Cohen Roann Krasner Kristin O'Connor Rylowe Livingston		
2/8	Barbara Kugler Joshua Sarvis Jaiden Schonhoff Ahava Aghassi-Cary Jane Lofton	2/17	Lilith Freund Oliver Freund Miles Hall Nate Stein				
2/9	Michelle Barahman Susannah Koffman Adam Schinasi	2/18	Bobbi Cohen Aaron Hall				
2/10	Michael Cohen Carrie Mayers Zachary Musicant	2/19	Heather Cohen				

FEBRUARY ANNIVERSARIES

2/2	Dr. Samantha & Joseph Tichonchuk	2/16	Haley & Brian Hazell
2/4	Sarah Reid & Eric Kane	2/18	Nicholas Celano & Laura Katz Daniel & Heather Cohen
2/5	Randy & Susan Biegenzahn Harry & Joanne Ellison	2/20	Lydia & Ron Krasner
2/15	Aaron & Shelly Gonchoroff	2/23	Allan & Joanne Einhorn
2/16	Mike & Linda Bennett	2/28	Mike & Roberta Cowen



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** 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** wrj@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



This month, we are having an event we hope you will love! Join us on Wednesday, February 19, at 6:15 pm in the Social Hall as we celebrate Tu B'Shevat, the Jewish Arbor Day, with a "Plant Themed" Craft Night, desserts and fun! Details to follow.

Save Wednesday, March 26, for a Taste of Passover. We will begin at 6:15 pm and the evening will include tasting Passover wines.

Mah Jongg continues weekly on Mondays, from 1:30 – 4pm, with a beginner's table available. The cost is \$10 per month, which includes snacks. We are now also playing Mah Jongg on Thursdays, from 11 am – 1:30 pm for players who know the game. Come with your own group or we will make up tables. If we have too many people for even tables, we rotate in, and if we have three players but not a fourth, we play three handed. Bring your own lunch and snacks to share.

We are in the process of forming the committee to run next year's Artisan Festival, and need your help. There is much to do, but it has been broken down into small tasks. If you have some time or you have questions, please contact us and we will get back to you.

The work of WRJ reaches far beyond our Temple walls. If you are interested in learning more about what we do, please ask. Inside the Temple, we help support the many activities that take place in the Temple, including annual Temple fundraiser, Preschool, Torah School, our graduating seniors, SanETY, scholarships for post high school education, monthly activities for women (men are welcome), and more!

At the Swearing-In Ceremony for the Senate in January, we hope you saw new Senator Elissa Slotkin from New York as she took the Oath of Office using the Women's Torah Commentary. During the 1993 San Francisco WRJ Biennial, Cantor Sarah Sagar asked the WRJ to add the women's voices to Torah. The resulting book uses the New JPS Hebrew Translation, but all the commentaries are by Jewish women scholars from all branches of Judaism. Dr. Tamara Cohn Eskenazi and Rabbi Andrea Weiss, who grew up here and whose parents, Marty and Ruth Weiss, are long time members of Temple Emanu-El, edited the Commentary. The Woman's Commentary was published in 2007 and won the National Jewish Book Award in 2008. It may be ordered from the CCAR Press and other online sellers and is available on Sefaria. WRJ presents a copy of the Commentary to every student at Hebrew Union College.

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

Yashar Koach

To Temple Past President Madeline Gershwin who will celebrate her 83rd birthday with her Bat Mitzvah on March 1, 2025



Todah Rabah

To Barbara Pollack for her work on editing the bulletin.



Mazal Tov

To Malissa Winicki and Paul Hartwell on the graduation of Evan Patocka, Malissa's son and Paul's stepson, from CSU Sacramento, cum laude. He will pursue a career in sports broadcasting.



Condolences

To Linda and Michael Bennett on the death of their dear friend,
Peter Yarrow

To Felise Zollman and Fran Daly on the death of Felise's father,
David Zollman

To Larry Albert on the death of his mother,
Lucy Ann Albert
Friend of Randee Friedman



To Cecile Fleetwood on the death of her aunt,
Lillian Levine



To Irene Lubin on the death of her friend,
Ruth Larson

To Anita and Rabbi Lawson on the death of their good friend and colleague,
Rabbi Alvin Sugarman

To the Laversons and the Wittgroves on the death of their dear friend,
Carrie Schoenbach

Women of Reform Judaism invites you to join us for a spectacular world premiere.

3 Summers of Lincoln
Sunday, March 16, 1 pm
La Jolla Playhouse

This gripping new musical tells the inspirational story of one of the most important friendships in our nation's history, and a divided country coming together.

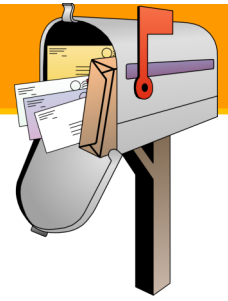
Summer, 1862. President Abraham Lincoln must find a way to end the Civil War. Enter powerful abolitionist Frederick Douglass. If he can meet Lincoln face to face, he can help the president cement a vision of the future that ends slavery along with the war — all while preserving the Union. Just three meetings took place between the two men — pivotal conversations between two brilliant leaders that shaped the course of history.

The epic original score blends gospel, R&B, powerhouse anthems and Broadway.

Tickets are available for \$55 per person. Please RSVP by February 15. Send your check to the Temple Office, Attn: WRJ. You may also pay online or by PayPal; a \$3 service charge will be added to online payments. For questions, please contact us at wrj@teesd.org.



Mailbox

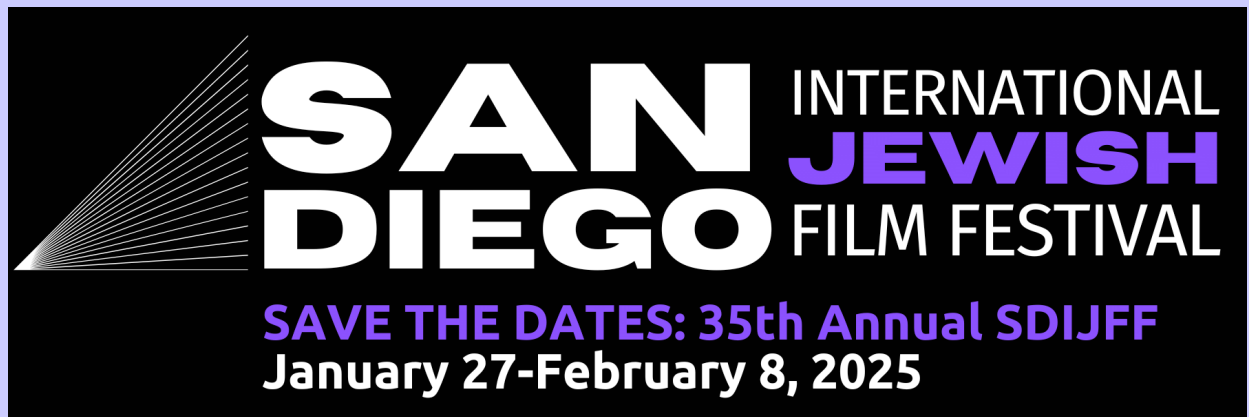


Thank you for the wonderful We Care bags for our homebound seniors and disabled veterans. This is a very difficult time of the year for our clients. Many of them have no family, friends or neighbors to celebrate the holidays, let alone receive a gift.

Your We Care bags put smiles on our clients' faces and joy in their hearts. And for that we say, "Thank you! We appreciate you!"

Tim Ray, Director, East County Service Center
Meals on Wheels San Diego County

Your generous contributions to November's Mitzvah of the Month allowed the Social Action Committee to provide 61 large holiday bags, each filled with a wonderful array of useful items. These were distributed in December by Meals on Wheels.



Continues through February 8

The 35th annual Jewish Film Festival presents a wide variety of feature films and documentaries. It is one of the largest and most prestigious film festivals of its kind in the country.

This year's festival will show a selection of over 30 of the finest contemporary Jewish-related films at the Lawrence Family Jewish Community Center. A virtual screening option is available from February 9 – 11 to watch some of the movies at your convenience.

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

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



Havdalah and Discussion with Dumisani Washington author of "Zionism and the Black Church"

Saturday, February 22
7:00PM
Temple Emanu-El

Scan the QR code or visit the
temple website to RSVP.
A light dessert will be served.



Dumisani Washington is the Founder and CEO of the Institute for Black Solidarity with Israel (IBSI). He is also the former Diversity Outreach Coordinator for the over 10-million-member Christians United for Israel (CUFI). Dumisani is a pastor, professional musician and author.



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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Individual, Couples and Family Counseling

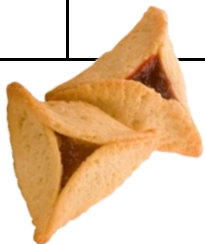
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February 2025 Shevat 5785

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						Feb 1 • 3 Shevat
						Torah Study 9 am Shabbat Morning Service 10:30 am Cabaret Night 4:30 pm
Feb 2 • 4 Shevat	Feb 3 • 5 Shevat	Feb 4 • 6 Shevat	Feb 5 • 7 Shevat	Feb 6 • 8 Shevat	Feb 7 • 9 Shevat	Feb 8 • 10 Shevat
Torah School 9 am Introduction to Judaism 1 pm Jewish Mens Choir 2 pm Adult B'Nai Mitzvah 2:30 pm	Mah Jongg 1:30 pm	Drum Circle  3 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 Band Shabbat Rehearsal 5 pm Torah for the Table 6 pm	Bridge with Benj 12:30 pm	Band Shabbat with New Member Shabbat 6 pm	Torah Study 9 am Shabbat Morning Service 10:30 am Adult Ed Movie Night 7 pm
Feb 9 • 11 Shevat	Feb 10 • 12 Shevat	Feb 11 • 13 Shevat	Feb 12 • 14 Shevat	Feb 13 • 15 Shevat	Feb 14 • 16 Shevat	Feb 15 • 17 Shevat
Torah School 9 am Introduction to Judaism 1 pm Adult B'Nai Mitzvah 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, 5:30 pm Purim Spiel Rehearsal 6 pm Navajo Planning Group Meeting 6:30 pm	Tu B'Shevat  Bridge with Benj 12:30 pm	Shabbat Service 6 pm	Torah Study 9 am Shabbat Morning Service 10:30 am
Feb 16 • 18 Shevat	Feb 17 • 19 Shevat	Feb 18 • 20 Shevat	Feb 19 • 21 Shevat	Feb 20 • 22 Shevat	Feb 21 • 23 Shevat	Feb 22 • 24 Shevat
NO Torah School NO Introduction to Judaism NO Adult B'Nai Mitzvah	President's Day Preschool and Office Closed NO Mah Jongg	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 Purim Spiel Rehearsal 6 pm WTEESD Plant Based Craft Night 6:15 pm	Bridge with Benj 12:30 pm	Shabbat Service 6 pm	Torah Study 9 am Shabbat Morning Service 10:30 am Bar Mitzvah 10:30 am Havdalah and Discussion with Dumisani Washington 7 pm
Feb 23 • 25 Shevat	Feb 24 • 26 Shevat	Feb 25 • 27 Shevat	Feb 26 • 28 Shevat	Feb 27 • 29 Shevat	Feb 28 • 30 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 Purim Spiel Rehearsal 6 pm	Rosh Chodesh Bridge with Benj 12:30 pm Hamantashen Pickup 3 pm	Pajama Family Shabbat Service 6:30 pm Dinner at 6 pm Alternative Shabbat (Library) 6 pm	



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