



# HA-SOFER THE SCRIBE

Shevat—Adar 5786

February 2026

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



## HAMANTASHEN!



Online Ordering Opens February 2<sup>nd</sup>

### TRADITIONAL FLAVORS

Sold by the Dozen—\$21/dozen

**RASPBERRY**

**CHOCOLATE**

**LEMON**

**MUN (POPPYSEED)**

**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 (1/2) Dozen—\$18/six cookies

**FIG & BRIE**

**SALTED CARAMEL**

**RASPBERRY CHEESECAKE**

**CHOCOLATE MARSHMALLOW S'MORE**

Please place and pay for Hamantashen online at

<http://teesd.org>

While supply lasts until 2/26/2026.

We apologize that we are unable to accommodate substitutions or custom orders.  
Flavors are subject to ingredient availability.

100% of Proceeds goes directly to the Campership Fund.  
Thank you for helping send kids to summer camp!!!



**Friday, February 6**  
Family Shabbat Dinner 5 pm  
Lunar New Year Family Shabbat Service 6 pm

**Saturday, February 7**  
Shabbat Service 10:30 am  
Yitro, Exodus 18:1-20:23  
Isaiah 6:1-7:6; 9:5-6

**Friday, February 13**  
Shabbat Service 6 pm

**Saturday, February 14**  
Shabbat Service 10:30 am  
Mishpatim, Exodus 21:1-24:18  
II Kings 12:5-16

**Friday, February 20**  
Shabbat Service 6 pm  
ADL Shabbat Presentation and Dinner 7 pm

**Saturday, February 21**  
Shabbat Service 10:30 am  
T'rumah, Exodus 25:1-27:19  
I Kings 5:26-6:13

**Friday, February 27**  
Shabbat Service 6 pm

**Saturday, February 28**  
Shabbat Service 10:30 am  
T'tzaveh, Exodus 27:20-30:10  
Esther 7:1-10; 8:15-17



*yummy!*



TEMPLE EMANU-EL'S

# J-POP

## HAMAN HUNTERS



Sunday, March 1st

**PURIM CARNIVAL  
KICKOFF**

**NEW TIME: 10:30 AM!**

Monday, March 2nd

**EREV PURIM SERVICE**

- ◆ PIZZA PARTY 5:00 PM
- ◆ SERVICE STARTS 6:00 PM

**Love to sing, act, or just have fun?**

**Join our Annual Purim Spiel!**

- Rehearsals: Wednesdays, 6–8 PM (first rehearsal is January 21)
- Performances: March 1 at 10:30 AM (Purim Carnival) & March 2 at 6 PM (Erev Purim Service)

**No experience necessary—just enthusiasm!**

Erev Purim pizza dinner is free, but registration is required. Visit [teesd.org](http://teesd.org) to register.



## Music Notes from Michelle: Songs of Gratitude by Michelle Jirkovsky, Music Director

*"Yism'chu v'malchutecha—may they rejoice in Your presence."* That spirit of joy and renewal has been very present for me as we begin the month of February.

First, I am deeply grateful to our rabbis, Board, and congregation for the gift of visiting Palm Springs last month for "Cantor Camp." At this annual cantorial conference, I had the opportunity to learn, sing, and share music with cantors from across the country. Surrounded by warmth, sunshine, and sacred song, I returned home feeling refreshed, inspired, and excited to bring new musical energy back to our community.

That same sense of celebration continues here at Temple Emanu-El, where I hope you'll join us on March 1 and 2 for this year's **Purim Spiel, "J-Pop Haman Hunters"**. Performed by our Adult Theatre Troupe, the show promises to be a fun and festive event filled with music, laughter, and "spiel spirit"!

Finally, February's *Shir Chadash* selection is "**Yism'chu**," written in 2006 by Rabbi Joe Black. Though not a new song, it's a wonderful reminder that Jewish music—rooted in joy—can continue to feel fresh, meaningful, and alive in every generation.



## Thank You

To Aaron, David and Jeremy Cohn for making special aprons for volunteers at our Social Action Safe Parking dinners. The aprons are embroidered with "Temple Emanu-El – We Care 4 You"



### 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.***



# Women of Temple Emanu-El

by Barbara Chancy and Nancy Marcus, Co-Presidents

We will observe Tu B'Shevat on Wednesday, February 18 at 6:15pm, with a fun-filled program as we learn about the New Year of the Trees. That night is also Rosh Chodesh - the celebration of the new month - as we move from Shevat to Adar. We'll enjoy dessert that night, so have an early dinner at home!

Mah Jongg continues on Mondays from 1:30-4pm, usually in the Social Hall. If you want to learn how to play, just come and join us. If you know how to play, we have 3-4 tables of experienced players each week. If you forgot to order the new card for 2026, we purchased a few extras.

Over the last few months, we have shared information about the YES Fund with you, including where the money goes, what kinds of programs it supports and more. This was the beginning of women's philanthropy for WRJ. The idea that a woman would make a contribution in her own name to an organization she believed in was quite revolutionary in its day. Sisterhoods made gifts to the YES Fund, but individual women making gifts was a novel concept.

The WRJ Lifeline Program is a part of the YES Fund. Two WRJ Past Presidents, Betty Benjamin and Lilian Maltzer, took us to the next level of individual philanthropy when they began the Lifeline Program. Imagine a woman donating \$1000 (currently \$1800) which went to an endowment program of the Women of Reform Judaism. We like to call it "the gift that keeps on giving" because only the interest may be spent, the original donation amount can never be touched. The bulk of the YES Fund allocations come from the Lifeline Endowment interest money. We are aware of three Temple Emanu-El members who are Lifelines - Flo Bornstein, Nancy Marcus (double Lifeline) and Rhonda Schwartz. When you complete your lifeline, you receive a beautiful pin.

We are planning a luncheon on May 3 to celebrate the YES Fund and the Lifeline Program.

## Upcoming Events

March 22                      *The 70s- the Golden Age of the Album*  
Sunday matinee, 2 pm at the Old Town Theater  
For tickets, contact Rhonda Schwartz at  
1966proxy@gmail.com

April 15                      Game Night



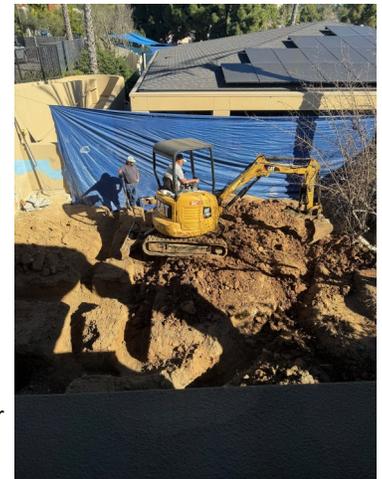
## Shaun Speaks...



Shaun Copans,  
Executive Director

The Torah School bathroom project is underway! Construction began at the end of December with the demolition of the staircase and courtyard. We were delayed a little because of all the rain we received between Christmas and the New Year, but the demolition and haul out was completed by the middle of January. After a few inspections, we moved onto the next phase to import new dirt into the site and begin digging the concrete footings. Up next will be plumbing, electrical and other underground utilities.

We appreciate everyone's patience and understanding so far and I look forward to providing another update soon.





## NEW Books for Light One Little Candle

In February, we are collecting new children’s books for Light One Little Candle (LOLC). LOLC is a program that gives new books to cancer patients so they communicate and strengthen their bond with their children or grandchildren through reading.

At Moores Cancer Center at UCSD Medical Center, volunteers offer board books for infants, books for early readers, and books appropriate for children ages 2 – 15, in English, Spanish or both. There is no charge to the patients for these books, and the books are theirs to keep. Light One Little Candle can only accept donations of brand new books.

Please bring your donations to the white Social Action barrel in the lobby of the Temple office building.

For questions or more information, please contact Helen Elias at [socialaction@teesd.org](mailto:socialaction@teesd.org).

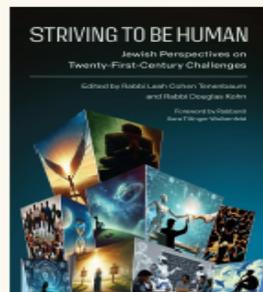


# Striving to be Human

Lunch and Learn with Rabbi Lawson

Temple Emanu-El  
Class meets on Thursdays from 11am - 1 pm

- March 5
- March 12
- March 19
- March 26
- April 16
- April 23
- April 30



Pack a lunch and talk together about Jewish prospective on 21<sup>st</sup> Century challenges. Each week, wrestle with challenges within us and beyond us, discussing varied topics like: is moral justice at the core of humanity; choosing between good and evil; a look at Queer Jewish theology; was the world created for my sake; beyond the beginning and end of life; can A.I. develop a soul; and tensions between the good and the perfect.

Required text: “Striving to Be Human: Jewish Perspectives on Twenty-First-Century Challenges” by Rabbi Leah Cohen Tenenbaum and Rabbi Douglas Kohn (CCAR Press) is available in hard copy and on Kindle.

Cost is \$35 for the series.



**Lunar New Year Family Shabbat**

**February 6, 2026**  
**5 pm Dinner**  
**6 pm Family Service**

Join us for a Chinese food dinner followed by a Family Shabbat Service led by our Torah School's 2<sup>nd</sup> and 3<sup>rd</sup> graders.

Scan the QR code or go to [teesd.org](https://teesd.org) to register for dinner.



**HAMANTASHEN BAKING 2026**

Sign up to help make Hamantashen for Purim!

Visit the temple website to review the available time slots for sign up.



PACIFICA INSTITUTE

**San Diego**

*Interfaith Iftar*

**24 Feb 2026** | **Tuesday 5:00 PM**

*Save the date*

[www.pacificainstitutue.org](https://www.pacificainstitutue.org)

**San Diego Jewish Film Festival  
 Continues Through February 4**

The San Diego Jewish Film Festival is one of the largest and most prestigious film festivals of its kind in the country. Now in its 36<sup>th</sup> year, the festival presents compelling features, documentaries and short films from around the world to celebrate Jewish culture, history and perspectives.

Films are shown at the Lawrence Family Jewish Community Center, and there is also a virtual viewing option, which begins on February 5 for San Diego residents.

For the full schedule of films, tickets and information on virtual screenings, please see [lfjcc.org](https://lfjcc.org), or call the JCC Box Office at (858) 362-1348.





**Torah for the Table  
Global Jewish Cuisine  
Wednesday, February 11, 6 pm**

Where Jews have traveled so will we! Torah for the Table will explore Jewish communities and cuisine from around the world. We will look at communities which are diminished but have important historical roots, as well as others which are vibrant and continue to thrive.

We begin our journey on Wednesday evenings, once a month. The series, taught by Barry Lander and Rabbi Devorah continues with monthly meetings through June. The cost per person is \$36 per session.

Please sign up through the Temple website or by calling the office.

## The Wisdom of Aging Session Two

Last Tuesday of Every Month  
January through June 2026  
10:30 am - 12 pm  
\$30 per person for the series

Aging well is not just a biological process; it's a journey that unfolds with its own set of joys and challenges.

This program is designed to give participants the tools to live meaningful and productive lives while coping with the unavoidable stresses of aging. Participants will have the opportunity to share their perspectives with each other while engaging in meaningful conversations.

Join Arlene Miller, creator of the Mi Shebeirach Tapestry, and Gail Braverman, a Licensed Marriage and Family Therapist, as they continue the conversation on the Wisdom of Aging.

**There is no prerequisite to participate.**





## 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 San Diego Food Bank ([sandiegofoodbank.org](http://sandiegofoodbank.org)). Over 24% of San Diego County's 3.2 million residents face nutritional insecurity. Many of these 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 Meals on Wheels San Diego ([meals-on-wheels.org](http://meals-on-wheels.org)), whose volunteers deliver nutritious meals to seniors. Frequently, their volunteer is the only person the homebound person may see all day. In addition to the meals, the volunteer provides human contact and a safety net for those living alone.

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.

## Condolences

To Barbara Pollack and Ron Reff on the death of their former sister-in-law

**Malla Pollack**



To Arlene Miller on the death of her sister

**Judi Rosen**



To Lisa and Ron Oberndorfer on the death of Lisa's father

**Robert Nevil**

Grandfather of Aimee Le

To Cherri Cary on the death of her son

**Ben Cary**

brother of Hannah Cary, brother-in-law of Eli Aghassi, uncle of Jude and Ahava Aghassi-Cary



# Recovery International

By Lisa Garcia



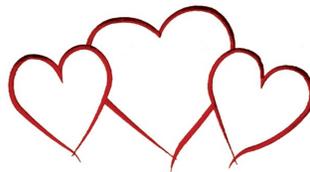
**BETTER. MENTAL. HEALTH.™**

**February is American Heart Month**

This is a reminder for all of us to think about our hearts. But it's also a time to recognize how our mental health impacts our heart health. Stress, depression and anxiety can take a toll on us in many ways. Taking care of your heart includes noticing your thoughts, managing stress and giving yourself permission to slow down. Recovery International teaches us that feelings are not facts, and that we can regulate our responses - even when emotions run high. By using the RI method, we strengthen our emotional resilience over time. Our tools may seem simple, but they build a foundation for long-term mental health.

Please join us on Thursdays at 10 am in the Temple Social Hall. There is no beginning and no end! Just show up. We are looking forward to seeing you there.

If you have any questions, please contact us at the San Diego Office by email [SanDiego@RecoveryInternational.org](mailto:SanDiego@RecoveryInternational.org), or call us at (619) 383-2084.



## Women of Temple Emanu-El Invite you to

At the **Old Town Theater** –  
Presented by Lamb's Players Theater  
**Sunday, March 22 at 2:00 p.m.**

Music of Boomers, American Rhythm  
Mixtape, and R\*E\*S\*P\*E\*C\*T\*  
Pricing: **Reservations Due by Feb. 15**  
If we sell 20 tickets - \$55 per ticket  
If we sell 10 tickets - \$62 per ticket

To make a reservation, please contact:  
**Rhonda Schwartz**  
619-563-9459 (land line)





# Preschool Summer Camp



Play-based program with dedicated staff, themed sessions and water days!

\$680  
2-Week  
Sessions

JUNE 1 -  
JULY 31



Core Program from 8:30am-1pm  
 Extended Care available until 5:00pm  
 Preschool@teesd.org  
 619-286-2999

## Adult Beginning Hebrew 2026

Learn to read and write Hebrew in just 10 sessions with Michelle Jirkovsky! Beginning Hebrew will meet on Sundays from 2-3 PM on the following dates:

- January 25
- March 15
- February 1
- April 12
- February 8
- April 19
- February 22
- April 26
- March 8
- May 3

Intermediate Hebrew will begin in Fall 2026 and Advanced Hebrew will be offered in Spring 2027, culminating in the opportunity to enroll in the Adult B'nei Mitzvah class in Fall 2027.

For any questions contact [music@teesd.org](mailto:music@teesd.org).

Visit [teesd.org](http://teesd.org) to register.



# 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.*

Please remember to notify the Temple office (619) 286-2555 of any change of address or phone number, or any life cycle events (births, deaths, etc.)

## **We'd love to share your simcha!**

Do you have an engagement, a wedding or a new baby in your family? Share your happiness with the congregation! Please email the information to [publicity@teesd.org](mailto:publicity@teesd.org) to be included in an upcoming bulletin.

## **Todah Rabah**

To Barbara Pollack for her work on editing the bulletin.



# Yahrzeit Observance

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

<b>February 6 &amp; 7</b>	<b>February 13 &amp; 14</b>	<b>February 20 &amp; 21</b>	<b>February 27 &amp; 28</b>	<b>February 27 &amp; 28 (cont.)</b>
Ruth Blank	Veniamin Gluzman	Victor Bueno	Mildred Bratman	Paul Barron
Marjorie Moss	Esther Kolender	Judy Ressel	Yiovanny Rodriguez Segura	Jerry Blum
Theodore Cary	Sally Lurer	Gerry Harris	Rose Cherry	James Corbett, Sr.
Sarah Minsky	Seymour Wohl	Rabbi Martin Weiner	Bernard E. Kole	Martin Friedenberg
Candy Chanin Burgess	Maurice Ackerman	Rabbi David Lieb	Jeff Cohn	Irwin Globerson
William Arkin	Evelyn Baranov	Ed Schloss	Pat Bloom	Helen Mae Winer
David Ast	Miriam Kastner	Nancy Konchater	Eugene Carl Bailund	Irma Seltzer
Evelyn Barbarosh Bersh	Ruth Luttbeg	Harris Lipinsky	Anita Berneger	Frank Stein
Rabbi Joseph Heckelman	Sara Elaine Schonhoff	Diana Passey	Philip Grossberg	Suzanne Guzewich
Stanley Joseph Houska	Dorothy Bronstein	Ben Snyder	John Matthew Hajosy	Carl William Weil
Margaret Hulter	Hela Goltzer	Rose Fayerman	Colonel William Latta	
Jack Lee	Harry Miller	Bernice Gale	Leon Faitek	
Marian Maisel	Ed Nordstrom	Harris Pollack	Dr. William Lyons	
Dorothy Nordeen	Harold Strauss	Rose (Schwartz) Schindler	Jerry Meisner	
Ruben Solomon	Warren Gershwin	Bob Epsten, Jr.	Irving Smith	
Charlotte Schultz	Michael Goldman	Israel Faitek	Tom Uter	
Dorothy Schwartz	Sylvia Hamovitch	Leslie Haydu	Henry Witte	
Andrienne Ash Shaquharson	George Held	Esther Laverson	Ellen Crummer Anderson	
Christopher Fishtrom	Shirley Henley	Gertrude Sarfan	Esther Samuel Berkman	
Beatrice Horwitz	Louise Hertz	Faye Snyder	Art Bernard	
Jim Lewis	Edward Joseph Lambert	Hayley Herrmann	Arnold Edwin Cowen	
Jack David Morrison	Albert Millstine	Marilyn Kaufman	Howard Falberg	
Lois Mosenson	Peter Reytblat	Honey Lipton	Irwin Mintz	
Harold Olcott	Tova Rief	Carole Sachs	Jerry Kasner	
Lee Rubenstein	Avi Schaefer	Helen Somers	Maurice Mintz	
Cindy Bennett	Bess Simon	Elaine Colona	Joyce Rothman	
Lillian Kaplan	Joseph Brenner	Lillian Gittelman	Margie Salvio	
Roberta Feld	Cara Posner	Robert Lurer	Elinor Steinberg	
William Saltzman	David Shapiro	Bernard Mann	Sybil Press	
Jacob Posner	Janet (Golokow) Scefonas	Flora Tuckman	Kitty Wolff	
Ethel Snyder	Lillian Esther Mintz	Emil Caplin	Regina Grossberger	
Aaron Mittleman	Abraham Scharfman	Sylvia Hanau	Olga Poliak	
Jon Oberndorfer	Thomas Alvin Turney	Lee Metzger	Philip Rubin	
Georgia Dyson	Jeanette Goldenberg	Ruth Heilbrunn	Eva Shaffer	
Merle Henry	Marvin Jacobs	Rose Snyder	Rose A. Skellenger	
Jon Korn	Harry Kipp	Jack Steinberg	Rose Wagner	
Rathna Bai	Dorris Lipinsky	Sylvia Ash	Helen Ariessohn	
Norman Scheinin	Thomas Martinez	Evelyn Ehrlich	Edward Grossberger	
Joan Van Der Veer	Michael Musicant	Joseph Fayerman	Roberta Naiman	
	Rabbi Leonard Rosenthal	Itamar Musafi	Lula Nevil	
	Sabrina Fefferman	Leonard Ressel	Sara Lewis	
	Max Seid	Kenneth Weiland	Esther Smith	
	Herbert Wotiz	Connie Camarata	Fanny Ast	
	Arthur Robert Baron			
	Henry G. Zucker			
<b>February 13 &amp; 14 (cont.)</b>				
Mary Richler				
Milton Schwartz				
Sonia Bailund				
Ralph Berman				
Celia Feldman				
Mark Jeffrey Cohn				
Diana Brav				
Celia Ruth Feldman				
Joe Gaudette				



# In Our Temple Emanu-El Family

## FEBRUARY BIRTHDAYS

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

## FEBRUARY ANNIVERSARIES

2/2 Samantha and Joseph Tichonchuk  
2/4 Sarah Reid and Eric Kane  
2/5 Harry and Joanne Ellison  
2/15 Aaron and Shelly Gonchoroff  
2/16 Haley and Brian Hazell



2/16 Mike and Linda Bennett  
2/18 Daniel and Heather Cohen  
2/20 Lydia and Ron Krasner  
2/23 Allan and Joanne Einhorn  
2/24 Tali Hadar and Tony DeCarli  
2/28 Mike and 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 Emanu-El. 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](mailto:adulthood@teesd.org)  
Rabbi Benj Fried      (619) 286-2555
- **Advocacy**      [advocacy@teesd.org](mailto:advocacy@teesd.org)  
Janice Steinberg
- **Budget and Finance**      [financecommittee@teesd.org](mailto:financecommittee@teesd.org)
- **Caring Community**      [caringcom@teesd.org](mailto:caringcom@teesd.org)
- **Endowment**      [endowment@teesd.org](mailto:endowment@teesd.org)  
Bob Rubenstein
- **Facilities**      [facilities@teesd.org](mailto:facilities@teesd.org)  
Marc Glazer
- **Library**      [office@teesd.org](mailto:office@teesd.org)
- **Membership**      [membership@teesd.org](mailto:membership@teesd.org)  
Erica Whinston
- **Mental Health**      [mentalhealthcom@teesd.org](mailto:mentalhealthcom@teesd.org)  
Marie Raftery
- **Mi Shebeirach Tapestry**      [tapestry@teesd.org](mailto:tapestry@teesd.org)  
Claire Fritz
- **Preschool**      [preschool@teesd.org](mailto:preschool@teesd.org)
- **Publicity**      [publicity@teesd.org](mailto:publicity@teesd.org)
- **Safety/Security**      [security@teesd.org](mailto:security@teesd.org)  
Greg Houska
- **Social Action**      [socialaction@teesd.org](mailto:socialaction@teesd.org)
- **Torah School**      [thscom@teesd.org](mailto:thscom@teesd.org)  
Jane Muschenetz  
Patricia Cardozo
- **Women of Reform Judaism**      [wjrjteesd@gmail.com](mailto:wjrjteesd@gmail.com)  
Nancy Marcus  
Barbara Chancy
- **Youth**      [rabbibenj@teesd.org](mailto:rabbibenj@teesd.org)  
Rabbi Benj Fried

## BULLETIN DEADLINES

February 5 for the March issue

March 5 for the April issue



## Community Corner

### “There is a Field. I’ll Meet You There.”

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

My husband is in the late stages of dementia. He can no longer walk, process conversations or complete sentences. But he is still very much my husband.

Although he is in a care center, I am still caregiving and spending a great deal of time with him.

We are no longer the couple we used to be. Our roles are no longer what they used to be. Our social life, sex life, family life and business life are no longer what we dreamed of 58 years ago.

The disease has taken away most of my husband’s cognitive functioning. It has robbed us of our future, and he can no longer remember our past. But - we do have today and we do have moments of connection in small ways.

One of those small ways of connection was when I was reading a book to him just a few nights ago. He was tired of looking at pictures from the nature books I brought him from the library, so I offered to read him from a book I had just started, *Heart of a Stranger*, by Rabbi Angela Buchdahl. It is a story of faith, identity and belonging.

I read parts of the book to him slowly, emphasizing certain words and sentences that were meaningful. In unison my husband and I teared up and began to cry together at some of the passages. I certainly was not surprised at my tears as I am accustomed to them, but I was amazed that my husband was able to exhibit emotions, something of which he has not been capable in a long time.

I’m not sure if it was the words, the rhythm of my voice, or something larger that touched him, but in those small moments we connected deeply.

We communicated without words or explanations getting in the way. Some might call this the mystery of things unseen or understood.

The words of the great poet and mystic Rumi came to my mind as I headed back to my apartment alone that night:

Out Beyond Ideas of Wrongdoing and Rightdoing

Out beyond ideas of wrongdoing and rightdoing,  
There is a field. I'll meet you there.  
When the soul lies down in that grass,  
The world is too full to talk about.  
Ideas, language, even the phrase *each other*  
Doesn't make any sense.

~ Rumi

Perhaps, just perhaps, this is one of those slow motion miracles. Ones that you might not notice unless you are open to awe and wonder in the midst of caregiving, changing Depends, repeating things over and over again, and struggling to stay patient and compassionate.

We are no longer the couple we used to be, but we are the couple we are. There is a field where we still meet. Somewhere beyond language, beyond explanation, beyond understanding but known to our hearts and maybe even our souls. It is our invisible lines of connection. He is still very much my husband and we belong to each other.

**Reflection:** Communication is more than words. It is something that passes between human beings that lands in the heart.





Define Real Estate is honored to support Temple Emanu-El, its congregation, and the greater Del Cerro community.



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At Define Real Estate, our roots run deep in the Del Cerro community, just like Temple Emanu-El. We are proud to support the temple and its congregation, knowing the vital role it plays in our shared neighborhood.

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***Come visit us at our office in Del Cerro!***



# Safety/Security Committee

By Greg Houska, *Chair*

Our congregation's safety and preparedness are among our highest priorities. As our community continues to grow, we are forming and strengthening our Security Committee to help ensure a welcoming, vigilant and well-prepared environment for all who enter.

We are seeking volunteers who are dependable, team-oriented and willing to participate in planning, training and coordination related to building safety, emergency readiness and event support. Prior security or emergency-response experience is welcome but not required. Training will be provided.

If you are interested in serving or would like to learn more about the committee's responsibilities and time commitment, please contact the synagogue office. We will follow up with details about our next meeting.

Think of our committee as a Neighborhood Watch but with better bagels. Plus, if you're already worried about everything, you're halfway qualified already! Thank you for helping protect and support our community.

I hope you had a peaceful holiday season and a restful break - or at least managed to survive the family gatherings, the latkes and the kids being home for two weeks. As we enter the new year, here is your friendly reminder that cyber threats didn't take time off even if you did.

**1. New Year's Resolution #1: Thou Shalt Not Use Weak Passwords.** If your password is still the name of your favorite deli or "Shalom123," this is your reminder to change. Strong passwords should be long, unique and not something that appears in the Torah portion of the week. Consider a passphrase such as "BagelFridayIsSacred!" (but not that exact one.)

**2. Beware of Phishers. Cybercriminals are getting more clever.** They're sending very convincing emails or other communication claiming that your membership dues need urgent renewal, your High Holy Day seats are about to be released, you won a free trip to Israel or the synagogue needs Amazon gift cards ASAP. When in doubt, hover, don't click on a link; ask, don't guess; and breathe, don't panic. Remember, all was well in your life prior to the arrival of this email, phone call or text.

**3. Digital Decluttering. Just like cleaning before Passover, but for your phone and laptop.** January is a great time to delete apps you haven't opened since your Bar/Bat Mitzvah, remove old synagogue Zoom links and update software older than some of our Hebrew school students.

**4. Deepfakes, AI Scams and "Is this really the Rabbi calling me?"** This year's scams mimic real voices frighteningly well. If someone calls claiming to be the Rabbi saying, "I need you to wire money immediately," ask a question only they would know, such as "What was last week's sermon about?" If they hesitate longer than a teenager being asked to put away their phone, hang up.

**5. Keep Devices Updated. Just as we maintain the synagogue building and our cars, we also need to maintain our digital lives.** Updates patch vulnerabilities the way matzah ball soup patches the soul.

**6. It Takes a Kehillah (Community) to Stay Safe.** See something strange? A suspicious email? A questionable donation request? Reach out to the Temple office. We'd much rather reassure you than help clean up a cyber-mess.

Happy New Year! I wish you a year of health, joy, and zero phishing attempts.



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### Exploring Jewish Prayer with Rabbi Benj

Jewish prayer is in a foreign tongue, written in language used 2000 years ago, with metaphors that often are unrelatable or unapproachable.

In this class, we will learn from the Talmudic sources where our prayer services actually took form, talk about the themes of the prayers, and attempt to make prayer into a language that is meaningful and useful to us.

Meet after select Shabbat morning services for lunch and learning.

\$5 per session.

**Class dates: February 7, February 28, May 23**



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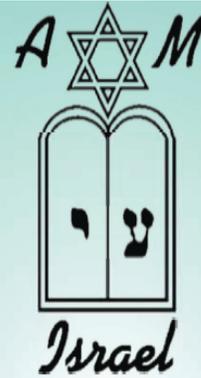
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# February 2026 Shevat — Adar 5786

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
February 1 • 14 Shevat	February 2 • 15 Shevat	February 3 • 16 Shevat	February 4 • 17 Shevat	February 5 • 18 Shevat	February 6 • 19 Shevat	February 7 • 20 Shevat
Torah School 9 am  Introduction to Judaism 11:30 am  Adult Beginning Hebrew 2 pm	<b>Groundhog Day</b>  Mah Jongg 1:30 pm	Community Jewish High 6 pm	Coffee with the Rabbi 11 am Torah School Hebrew 4:30 pm/5:30 pm Purim Spiel Rehearsal 6 pm	Bridge with Benj 12:30 pm	Family Shabbat Dinner 5 pm  Lunar New Year Family Shabbat Service 6 pm	Torah Study 9 am  Shabbat Service 10:30 am  Rabbi Benj's Shabbaton 12 pm
February 8 • 21 Shevat	February 9 • 22 Shevat	February 10 • 23 Shevat	February 11 • 24 Shevat	February 12 • 25 Shevat	February 13 • 26 Shevat	February 14 • 27 Shevat
Torah School 9 am  Introduction to Judaism 11:30 am  Adult Beginning Hebrew 2 pm	Mah Jongg 1:30 pm	Community Jewish High 6 pm	Coffee with the Rabbi 11 am Torah School Hebrew 4:30 pm/5:30 pm Purim Spiel Rehearsal 6 pm Torah for the Table 6 pm	Bridge with Benj 12:30 pm	Shabbat Service 6 pm	Torah Study 9 am  Shabbat Service 10:30 am
February 15 • 28 Shevat	February 16 • 29 Shevat	February 17 • 30 Shevat	February 18 • 1 Adar	February 19 • 2 Adar	February 20 • 3 Adar	February 21 • 4 Adar
NO Torah School  NO Introduction to Judaism  NO Adult Beginning Hebrew	<b>Presidents Day</b> Office and Preschool Closed  NO Mah Jongg	Community Jewish High 6 pm	Coffee with the Rabbi 11 am Torah School Hebrew 4:30 pm/5:30 pm Purim Spiel Rehearsal 6 pm WRJ Tu B'Shvat Celebration 6:15 pm	Bridge with Benj 12:30 pm	Shabbat Service 6 pm  ADL Shabbat Presentation & Dinner 7 pm	Torah Study 9 am  Shabbat Service 10:30 am  Temples Got Talent Torah School Fundraiser 5 pm
February 22 • 5 Adar	February 23 • 6 Adar	February 24 • 7 Adar	February 25 • 8 Adar	February 26 • 9 Adar	February 27 • 10 Adar	February 28 • 11 Adar
Torah School 9 am  Introduction to Judaism 11:30 am  Adult Beginning Hebrew 2 pm	Mah Jongg 1:30 pm	Interfaith Iftar 5 pm  Community Jewish High 6 pm	Coffee with the Rabbi 11 am Torah School Hebrew 4:30 pm/5:30 pm Purim Spiel Rehearsal 6 pm	Bridge with Benj 12:30 pm	Shabbat Service 6 pm	Torah Study 9 am  Shabbat Service 10:30 am

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