HA-SOFER ✡ THE SCRIBE

Elul 5781—Tishrei 5782 אלול – תשרי SEPTEMBER 2021

TEMPLE EMANU-EL • 6299 CAPRI DRIVE, SAN DIEGO, CA 92120-4632 • (619) 286-2555 • https://teesd.org

Schedule of Shabbat and High Holy Days Services

Visit our website at teesd.org for more details and to sign up for in-person services.
All High Holy Days Services will be livestreamed.

Friday, September 3
6 pm • Courtyard Shabbat Service

Saturday, September 4
10:30 am • Shabbat Service • **Jacob Musicant Bar Mitzvah** Nitzavim, Deuteronomy 29:9-30:20 • Isaiah 61:10-63:9
8 pm • S'lichot Service (*in-person & livestream*)

Monday, September 6
6 pm • Erev Rosh Hashanah Light Service (*A brief service for families with young children*)
7 pm • Erev Rosh Hashanah Service

Tuesday, September 7
10 am • Rosh Hashanah Morning Service
4 pm • Family Rosh Hashanah Experience *at Lake Murray 5540 Kiowa Drive, La Mesa 91942 (in-person at Lake Murray)*
5 pm • Tashlich Ceremony (*in-person at Lake Murray)*

Friday, September 10
6 pm • Shabbat Shuvah Service (*in-person—sign up online*)

Saturday, September 11
10:30 am • Shabbat Shuvah Service • Vayeilech, Deuteronomy 31:1-30 • Hosea 14:2-10, Micah 7:18-20, Joel 2:15-27

Wednesday, September 15 (*livestream only*)
6 pm • Erev Yom Kippur Light Service (*A brief service for families with young children*)
7 pm • Erev Yom Kippur Kol Nidre Service

Thursday, September 16 (*livestream only*)
9:30 am • Yom Kippur Morning Service
12:45 pm • Yom Kippur Limmud
2 pm • Afternoon Service
4 pm • Family Service & Limmud Breakout Sessions
5 pm • Yizkor Memorial Service
5:45 pm • Neilah & Havdalah

Friday, September 17 (*in-person & livestream*)
6 pm • Shabbat Service

Saturday, September 18 (*in-person & livestream*)
10:30 am • Shabbat Service • Haazinu, Deuteronomy 32:1-52 • II Samuel 22:1-51

Monday, September 20
6 pm • Erev Sukkot Under the Stars Service in the Courtyard (*in-person—sign up online*)

Tuesday, September 21 (*in-person & livestream*)
10 am • Sukkot Festival Service

Friday, September 24 (*in-person & livestream*)
6 pm • Courtyard Shabbat Service

Saturday, September 25 (*in-person & livestream*)
10:30 am • Shabbat Service • Holidays, Exodus 33:12-34:26 • Ezekiel 38:18-39:7

Monday, September 27 (*in-person—sign up online & livestream*)
6 pm • Erev Simchat Torah Service

Tuesday, September 28 (*in-person & livestream*)
10 am • Atzeret/Simchat Torah Festival Service • Yizkor Memorial Prayers

From Our Temple Co-Presidents

by Marc Glazer & Cathi Marx

Shanah Tovah u'Metukah! We'd like to start by wishing our congregation a Sweet and Good New Year! We're also hoping for a healthy year! As we have been working to communicate, our theme for this year is "Next Year in the Sanctuary!" As we think about our past years with our families and our friends, we remember the joy the holidays bring us. We embrace our memories while looking forward to sharing space together again in the future. In the meantime, we are so thankful to our amazing Health & Safety Advisory Committee that has continued to help us navigate these new waters while we work to keep our community as safe as possible. We also want to thank our board members for their continued support and their hard work in clearing the path for all of our continued plans and policies. No decision is made lightly or easily and every choice we make is motivated by our desire to keep our community together, safe, and strong.

As we move through this second year of pandemic, we look to our Jewish tradition for inspiration and find there a call to pragmatism and action. We cannot heal the world but we can alleviate each other's loneliness and isolation. We can go with friends for their vaccination appointments when they are ready to get their jab. We can call and visit friends we know are isolated or whose families live far away while keeping a safe distance and wearing our masks. We can reach out to offer camaraderie, emotional support, and financial support to friends, family, and neighbors in need. We can recognize the preciousness of our synagogue and our Temple family and make sure we fill out our High Holy Day pledge cards after the volunteers brought us our packages filled with love, information, treats and honey.

With Wishes for a Happy & Healthy 5782,

Shaun Speaks…

Shaun Copans,
Executive Director

As some of you may already know, longtime Temple staff member Donna Lander will be retiring at the end of the year. Donna has given the Temple 14 amazing years, starting as Rabbi's Lawson administrative assistant. Because she was so capable and efficient, duties kept getting added to her plate and now she is the 'go to' person for all things (and I mean ALL things) for both the staff and the congregants. She is the glue that keeps everything together.

Donna informed us of her retirement plans earlier this year so we could take our time and find someone to fill her big shoes. I'm excited to announce we have hired another Donna! Donna Lopez started a few weeks ago and has hit the ground running. She spent 5 years working in various roles at Jewish Federation of San Diego and came highly recommended. We are fortunate to have her on our team.

Donna and Donna will be working hand in hand over the next few months to ensure a smooth transition. Hopefully having two Donnas around won't confuse too many congregants or the staff (too late) during this period.

Please join me in welcoming Donna Lopez to Temple Emanu-El! And, fortunately, we don't have to say goodbye to Donna Lander as she will remain actively involved as a Temple member.

AmazonSmile is a simple and automatic way for you to support Temple Emanu-El every time you shop, at no cost to you. When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to your favorite charitable organization.

To start shopping, go to our website, teesd.org, and click on the AmazonSmile logo on our home page. You can also now use AmazonSmile on the Amazon Shopping app on your phone. Download or update to the latest version of the app, open it and find "Settings" and follow the on-screen directions.

amazonsmile
You shop. Amazon gives.

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

שומרים *Shomrim (Guardians)*

נדיבים *N'deevim (Benefactors)*

בונים *Bonim (Builders)*

חי *Chai (Circle of Life)*

**Denotes five years of participation in the Chai Circle program.*

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** adulted@teesd.org
  Madelynn Micon (619) 200-3237
  Laurie Baron
- **Advocacy** advocacy@teesd.org
  Barbara Learner
  Mark Berger
  Janice Steinberg
- **Budget and Finance** financecommittee@teesd.org
- **Caring Community** caringcom@teesd.org
  Ira Moskowitz (619) 449-2762
  - **Mental Health Subcommittee**
    Lisa Goldberg (619) 405-5261
    lisa.goldberg113121@gmail.com
    Marie Raftery smilefan1@netscape.net
- **Endowment** endowment@teesd.org
  Bob Rubenstein
- **House & Grounds** housegrounds@teesd.org
  Steve Naiman (619) 449-2349
- **Library** library@teesd.org
  Wendy Ponomarenko
- **Membership** membership@teesd.org
  Amy Blum
- **Mi Shebeirach Tapestry** tapestry@teesd.org
  Claire Fritz
- **Personnel** personnelcom@teesd.org
  Debbie Macdonald (858) 731-1354
- **Preschool** preschool_com@teesd.org
- **Publicity** publicity@teesd.org
- **Safety/Security** security@teesd.org
  Greg Houska
- **Social Action** socialaction@teesd.org
- **Torah School** thscom@teesd.org
  Barbara Braasch
  Michelle Roth
- **Women of Reform Judaism** wrj@teesd.org
  Nancy Marcus
  Barbara Chancy
- **Worship** teesdworship@gmail.com
  Shelli Stein
- **Youth** rabbibenj@teesd.org
  Rabbi Benj Fried

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 August, funds were sent to Doctors Without Borders (doctorswithoutborders.org), an international medical humanitarian organization created in 1971, which works with the needy in nearly 70 countries. It is best known for its projects in conflict zones and in countries affected by endemic diseases. During the pandemic, their teams cared for patients by providing training for infection control and mental health support to vulnerable and marginalized communities.

In September, we will allocate money to South Bay Community Services (southbaycommunityservices.org), a Chula Vista organization founded in 1971, which provides a comprehensive set of programs and services to support children, youth and families. They run the only therapeutic preschool in the county, as well as support for current and former foster youth, street outreach, an LGBTQ drop-in center, career and technical education programs, suicide prevention, children's mental health services and more. Their Domestic Violence Response Team works closely with local law enforcement, provides crisis intervention and operates a hotline for emergencies. During the pandemic, they helped South Bay residents with rental and utility assistance, and were responsible for running the temporary shelter program which housed migrant children at the San Diego Convention Center.

The Social Action Committee carefully screens all recipients to make sure money you donate to continue the work of tikkun olam is spent wisely.

STRENGTHENING SBCS COMMUNITIES

MEDECINS SANS FRONTIERES

High Holy Day Food Drive

The Social Action Committee's annual food drive WILL be held this year, though in a little different form. To protect our health, the Temple will have High Holy Days services on line rather than in person. When you receive your care package and prayerbooks, you will also receive a flyer with the most needed items. You may bring your donations to the Temple throughout the month of September.

If you would prefer to give cash rather than food, please donate to the Social Action Fund and earmark your donation for the High Holy Day Food Drive. All donations of food and cash will benefit the Jewish Family Service Hand Up Food Pantry.

According to the San Diego Hunger Coalition, one in three San Diego County residents are facing food insecurity. Since the pandemic began, the need for food relief has never been greater. Every week, more than 1,400 people rely on Jewish Family Service for help with their urgent needs.

Suggested non-perishable food include canned items: soup, vegetables, beans, fruit, canned tuna and chicken, peanut butter, pasta, crackers, oatmeal, cereal, rice, juice and dehydrated potatoes. Pet food is also needed. Please do not bring anything in glass jars. This year, healthy food is more emphasized than ever – please look for items which are low-sodium, whole grains, low sugar content – the same products you would use for yourself and your family. Kosher items are always requested as well.

Temple Emanu-El normally collects more food during the High Holy Days Food drive than all of the other San Diego congregations combined, and this is a tradition we want to continue. We appreciate your generosity in this effort to combat hunger in our community.

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6299 Capri Drive • San Diego, CA 92120

BULLETIN DEADLINES

September 5 for the October issue

October 5 for the November issue

Community Corner: Finding Purpose

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

On December 1, 1955, Rosa Parks had a moment that ultimately would change a nation and pave the way for the civil rights movement in the United States. She refused to give up her bus seat to a white passenger in Montgomery, Alabama. She said very simply "I was tired. All I was doing was just trying to get home from work."

Rosa Parks was tired, but not just from work. She was tired of being treated like a second-class citizen and she knew she had to take the first step.

Most of us are not as clear as Rosa Parks about our purpose and yet we want to know there is a purpose to life, that what we do matters, that our being here does count for something. Purpose is about what concerns us most, what we care about, what gets us up in the morning. It gives us meaning in times of uncertainty and loss.

Although not the only way, crisis can be a catalyst for creating purpose moments. Crisis brings us face-to-face with big questions such as "What am I meant to do with my life?" The pandemic certainly has been the catalyst for some of us to review, redesign or reinforce our purpose.

Before we find purpose, it is important to ask ourselves what matters. What fills us, what do we believe in. Purpose is finding something larger than ourselves. It doesn't have to be original or of epic proportions. It could be something you are already doing like gardening, raising your children, or pursuing your career, but have failed to see just how meaningful this activity is to you and how it gives you a sense of aliveness and purpose.

Purpose changes over a lifetime. What once gave our life meaning and vitality may no longer serves us at a new stage in our lives. But the core of purpose does not change. My sense of purpose has been to learn, to grow, and to give back. That has not changed. How I manifest that in the world has changed.

Reflection: Purpose moves us to both savor and save the world. May your purpose sustain and comfort you in the New Year.

Today's Practice: What gets you up in the morning?

I welcome your comments: gbrave3333@aol.com

From the Mailbox

Thank you for being part of Direct Relief. On behalf of all of the people we collectively serve, I want to extend my deep gratitude to Temple Emanu-El for your generous support.

Your involvement and participation in Direct Relief improves the health and lives of people living in the most vulnerable situations. Thanks to you, and others like you, together we can ensure that critically needed medicines and resources are being delivered to the right people, in the right places, with the right partners.

Heather Bennett, Vice President, Partnerships & Philanthropy
Direct Relief

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

Letters From Our Campers

Thank you so much for helping me go to camp. I'm here right now and having lots of fun! It's a great time.

Michaela Snyder-Braasch

I just want to say thank you so much for the scholarship that helped me to go to camp this year. I was a Staff in Training at Camp Mountain Chai, and it was one of the most rewarding and fun summers of my life. I grew so much as a person and liked it so much that I came back as staff! I have developed into much more of a leader and made lifelong friends.

I am so grateful to you for helping to make this happen.
Thank you once again!

Ellie Mitropoulos

Are you registered to vote?

Have you moved since you last voted? Do you have questions about voting in this election?

The California Gubernatorial Recall Election is scheduled for September 14, 2021. You need to be registered at least 15 days prior to that date to vote in this election.

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

This is a joint reminder from the Advocacy and Social Action Committees. Make your voice heard!

REGISTER TO VOTE

VOTE CALIFORNIA

Adult Education: Supporting Lifelong Jewish Learning

by Madelynn Micon and Laurie Baron, *Committee Co-Chairs*

L'Shanah Tovah! As we begin 5782, the Adult Education Committee is looking forward to another thought-provoking, engaging and engrossing year of life-long learning here at Temple Emanu-El. We are in the process of planning programs for this year that we hope will not only meet your wants and needs but will bring us together in study and in fun.

While we would hope to be in a place where we are able to meet in person once again for all our program events, we are constantly assessing the health and safety concerns of our congregation and the community as a whole. To that end, we are looking at a "hybrid" program structure this year which combines both in-person and virtual events. We concluded that this structure will best enable our programming to meet the needs of all Temple members. The silver lining of this model will allow us to enrich our programming by inviting speakers from across the country, and around the world, who might otherwise be too prohibitive to be included due to cost and/or time.

Our on-going programs, Torah Study, Coffee with the Rabbi, Bridge with Benj, and our monthly movie series, will continue. Our movie nights will begin on October 9 with *Lies My Father Told Me*. We hope to see you there. Be sure to check future Bulletins and Temple emails for event updates and information.

Coffee with the Rabbi

Coffee with the Rabbi will be on hiatus for the month of September.

Torah Study

Saturday mornings • 9 am

An in depth study of Torah portions and commentary, led by Rabbi Devorah and Rabbi Benj.

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All Zoom links will be provided in the Temple's weekly emails.

We thank you for your support and welcome your input. If you are interested in joining the committee, and/or have program ideas we would love to hear from you. Please contact Madelynn at adulted@teesd.org, or call her at (619)200-3237.

The Adult Education Committee: Laurie Baron, Cecile Fleetwood, Claire Fritz, Madelynn Micon, Ellie Mout, Yvonne Williams and Rabbi Benj Fried wish you a year filled with peace and joy,

❖❖❖

WRJ Sisterhood: Sisters by Choice

by Barbara Chancy and Nancy Marcus, Co-*Presidents*

Here we are, 18 months into the Pandemic and we find ourselves pivoting our plans once again. As the Delta variant continues to ravage the country, we will put our in-person plans on hold and continue Zoom programming. We will be seeking additional interesting programs for us to enjoy until it is safe for us to come together.

The High Holy Days are upon us and we want to wish you all a Shana Tova U'MeTucha – a happy, healthy and sweet New Year. We thank those of you who participated in the Honey From the Heart program this year. What a wonderful gift all of our recipients will have received, especially if we cannot be together in person.

This year, we will observe a Shmita year in Israel. This is the year that the crops are not planted and the land lies fallow. This happens once every seven years in Israel. The land is given a year to replenish itself. We will be looking at ideas for us to replenish ourselves as we have endured such a challenging 18 months. We will be sending out emails to announce our upcoming programs and we always welcome you to join our Board Meetings. Meetings are held the second Wednesday of the month at 4:15 pm and usually last about an hour. If you have any ideas, please Zoom in. To receive the link, just email us at wrj@teesd.org. We welcome you.

History of WRJ

What is Pay Equity? Any person, male or female, should receive equal compensation for a job. For many years, it has been standard practice that women were paid less than men for doing the same job. Often a lower paid woman was placed in charge of training a higher paid man for his new position. WRJ is part of a coalition that has been fighting against this practice, since we learned about it from Lily Ledbetter. She was presented with the Jane Evans Pursuit of Justice Award at a WRJ Assembly and we became advocates for women in the workforce. And we started by advocating for women Rabbis and Cantors who were often paid less than their male counterparts. We had to clean our own home, before we could go out and ask others to do the same. We are proud to be members of the Women of Reform Judaism!

Advocacy in Tumultuous Times

by Alec Irwin, *Advocacy Committee Member*

As the Advocacy Committee representing our Temple, we are asked to amplify the voices of righteous causes. We are dedicated to ensuring Jewish voices, *our voices*, are heard in the rooms where decisions are made that affect us and all oppressed people. Activism is an integral part of the Jewish tradition. As Jews we know all too well what happens when nobody speaks up for the oppressed, and when extremism and hatred are tolerated towards any group. To Jews, tolerating hatred against any opens a door for hatred against us, and thus all Jews have a stake in ensuring hatred is not tolerated in any form wherever we live. Our dedication to activism is not simply a moral imperative, it is also absolutely essential for our longevity as a people.

When we talk about meaningful advocacy and activism, we talk about speaking up for voices that have not only been ignored but often systematically and insidiously silenced over generations. Sometimes the barriers to change are relatively benign and bureaucratic, but they can also be violent and dangerous, especially when dealing with fighting hatred and extremism. We don't speak up for silenced people because it is easy, nor do we speak up because it is safe for us to do so. We speak up for silenced people because it is the right thing to do. Speaking up against the institution of slavery in the United States carried great personal risk to the abolitionists. The suffragists, opponents to segregation, or labor law reform activists are just three other examples of the many groups of people that fought for righteous causes in highly tumultuous times and at great personal risk here in the United States.

As you think about the causes which matter to you, and the things that you find worth fighting for, it's quite likely that you could find yourself overwhelmed. Where do you begin? One of the things the Advocacy Committee does is to monitor a range of issues—including racial justice, the environment, anti-Semitism, gun violence prevention, immigration and voting rights—and offer Action Opportunities that require just a quick email or phone call. Please contact us at advocacy@teesd.org to get on our email list for Action Alerts.

We stand together not only as Jews, but with all people throughout history who fought through the discomfort and spoke up for what was right.

Hiking Safety Tips

by Greg Houska, *Safety/Security Committee Chair*

With so many hiking options to choose from in San Diego, I thought a brief reminder of some obvious, and not so obvious, safety tips (most found on the California State Park Web Site, though they also apply to hiking Cowles Mountain) are in order:

- **Outdoor Plan**: Cell connectivity in many state park units is limited or non-existent. Tell a responsible person back at camp or at home where you are going and when you plan on returning. Ask that person to notify local law enforcement if you do not return on time.
- **Hike with a friend or family member.** The companionship in the great outdoors is fun and you can encourage one another to meet your fitness goals. Who really needs a gym membership after all!?
- **Don't walk off-trail.** Do not walk off-trail or enter closed areas. Cutting across switchbacks erodes the hillside and eventually destroys the trail. Plus, walking off-trail increases your chance of suffering an injury or getting lost.
- **Be courteous and observe trail etiquette.** Communicate with others and step aside to yield, if possible, when others approach you on a trail. Alert those in front if you wish to pass. Generally, those hiking up-hill have the right of way.
- **Take plenty of drinking water.** Leave stream, river and lake water for the park wildlife. Drink and carry plenty of water (a minimum of 1 quart every two hours). Don't forget water and a dish for your dog. For their (and your) safety, also avoid hiking in the heat of the day.
- **Shoes**: Wear sturdy, comfortable shoes to help prevent injury.
- **Never feed or touch wildlife**. Do not approach or attempt to move sick or injured wildlife. Please report any encounters with aggressive, sick or injured animals to a park ranger.
- **Wildlife lives in all state parks, even near urban areas.** Although rare, black bears, mountain lions and rattlesnakes may be seen. If you encounter wildlife on the trail, keep your distance, back away slowly and do not run. Report your sightings to a State Parks ranger.
- **Snakes**: Always know where you are stepping. For example, if you must traverse a log that has fallen across the trail, rather than just stepping over the log, first step up onto the log then step down once you know the coast is clear. Be cautious when climbing rocks or picking up firewood. If you see a snake, maintain a distance of at least 6 feet. Most bites occur when people get too close or try to touch them.
- **Ticks**: Take the following precautions to avoid them: walk in the middle of trails, use insect repellent, brush your hair, put your clothes directly in the washing machine, and take a shower(!).
- **Poison Oak**: To quote my Boy Scout hand book, "leaves of three let it be." In SD, poison oak is all over the place. If you make contact, soap and water should limit your exposure.
- **Lastly**, for those of you who actually read this: How do crazy hikers get out of the forest? They take the psychopath!

Drum Circle

Tuesday, October 5 • 3 pm

Due to the timing of the High Holy Days, we will not meet in September. We will pick up our drums on Tuesday, October 5 at 3 pm.

We meet in the back yard of a congregant's home near the synagogue. For the past several months, we have been meeting outdoors and enjoying seeing each other in person. Everyone who has been coming has been vaccinated. There is a fee of $10 per person, and drums are available to use.

Come to ring in the new year, and bring a friend!

For more information, please contact Bonnie Baron at bonnieebaron@gmail.com.

Recovery International

Depression and anxiety are on the rise. Do you suffer from stress, tension, worry, hopelessness? Can't sleep, experiencing anger, fear and panic? You are not alone. Recovery International is a cognitive behavioral, peer to peer, self-help training method that has been around for 80 years. It supports individuals as they gain skills to lead more peaceful and productive lives. The meetings are donation based, but no one is ever turned away. Getting relief is more important. Mondays at 10 am via zoom.

San Diego Recovery International (619) 383-2084 lisa@recoveryinternational.org www.recoveryinternational.org

CAMP MOUNTAIN CHAI'S
15TH ANNUAL

Women's Weekend

CELEBRATE • DEDICATE • INNOVATE

Friday, Oct. 22 – Sunday, Oct. 24, 2021
at Camp Mountain Chai

in the beautiful San Bernardino National Forest

Hiking • Song Sessions • Shabbat Celebration • Meditation
Zumba • Dancing • Campfire • and S'mores

	ON OR BEFORE 8/31/21	AFTER 8/31/21
Full Price	$245	$295
Jewish Professionals **	$195	$235
Under age 40	$195	$225

*$25 Health, Safety and Security Fee will be added to each registration

**Discounted fee for those working 30+ hours per week at a Jewish institution

Scholarships available

Includes Cabin Housing • Meals • T-shirt • Snacks • Programs
Optional Bus: $20 roundtrip from Poway Sabre Springs Transit Station
(Departs on Friday at 9:30 a.m. SHARP. Returns on Sunday at approximately 3:00 p.m.
Reservations are first-come, first-served!)

Proof of COVID-19 vaccination required.

Proud Partner of SHABBAT SAN DIEGO

Register at www.campmountainchai.com/ww15

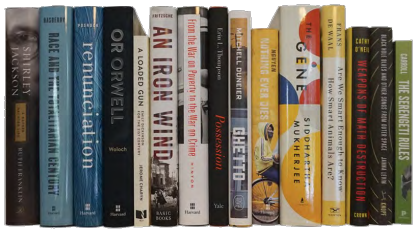
CAMP MOUNTAIN CHAI

Temple Emanu-El Book Group

by Janice Steinberg, *Book Group Coordinator*

A book group where people actually discuss the book … and do so with insight and passion? That happens in Temple Emanu-El's book group. About 12-15 of us meet every two months for spirited discussions of books with Jewish resonance. We generally read novels—our latest were *Apeirogon* by Colum McCann and *Snow in August* by Pete Hamill.

Discussions are facilitated by group members. We welcome debate! Some of our best discussions happen when people strongly disagree. And we welcome anyone from the congregation who loves to read. If you'd like to get on our mailing list, contact me at janicesteinberg@cox.net.



Mental Health Subcommittee: New Resources for Teens

by Lisa Goldberg and Marie Raftery, Subcommittee Co-Chairs

The Mental Health Subcommittee added a new special section to our online resources on the Temple's website. You will see a link on the home page of the site, or go to the Caring Community section. Scroll down the page, and you will find lots of resources and apps especially suited for our teens. Return to high school can be stressful and difficult, and we hope this information will be particularly relevant and helpful. All resources are vetted for accuracy and are free.

BLH
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858-733-0043 • 4666 Cobb Drive • San Diego, CA 92117

YAHRZEIT OBSERVANCE

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

The following yahrzeits will be commemorated at Shabbat services:

September 3 & 4

Anna P. Sokolove
David Tauber
Frank Meiner
Gayle Silverman
Simon Spector
Shirley Korfin
Betty Gimpelson
Marion Rose Oberndorfer
Gene Parker
Florence Cohen
Gerry Herzfeld
William Luck
Ruth Vogel Schwarz
Bert Epsten
Simon Edward Kossman, Jr.
Robert Steinhauer
Alex Gwasdoff
Joseph Leichtag
Michael Gary Margulis
Jack Ballin
Clara Burney
Barbara Gross
Leonard Sherr
Denny Denholtz
Marvin Lavin
William Seiden
Randi Hosking
Shirley Izenberg
Ben Altman
Judith Lampke
Neil Wolf
Cathy Sultan Ryne
Linda Witte
Rosalie Stewart Youdovitch
H. Robert Beitscher

September 10 & 11

Jake Altman
Anna Kahn
Joan Kaplan
Philip M. Stein
Alice Tauber
Freda Wilson
Joe Cassidy
Sam Sultan
Alex Wurtz
Martha Forsyth
Jerry Rosenberg
Anna Evidon
Martha Dancoff Friedman
Sid Avirov
Viola Castillo
Michael Eger
Edith Davis
Sara Gurvich
Lillian Levens
Louis Solof
Marisa Alexandra
Harry Benn
Valentin Jodra
Alisa Jodra
Arnold Kasendorf
Mildred Rubin
Natalie Goldberg
Louis Katz
Sam Keller
Mathes Snyder
Richard Bernstein
Sidney Fine
Ruth Globus
Rachel Labovitch
Louis Richman
Ann Zeidman
Minnette Pekofsky
David Gilbert
Robert Gottschalk
Elaine Lipinsky
Edith Patashnik
Jacky Pike
Phyllis Siperstein
Florence Roe Berman
Clementina Bloom
Deborah Epstein
Ziva Kis
Etta Laxer
David Silverstein
Jennie Breitowitz
Alvin Breslow
Faye Grace
Molly Kerper
Arnold Orloff
Morton Scribner

September 17 & 18

Marvin Braun
Philip Osterbach
Alvin Schwartz
Marjorie Stratton
Norton Sussman
Mabel Wittgrove
Sol Cohen
Jack Belford
Murray Thomas Crummer, Jr.
Leah May Feinstein
Barney Korey
Gertrude Leskowitz
Nonie Fagatt Friedman
Atha Sogg
Rose Steinman
Elaine Selwyn Born
Paul Kramer
Samuel Silverman
Paul Weil
Abe Krieger
Milton Lowenthal
Richard Bloom
Sara Ezroj
Philip Katz
James Eric Knemeyer
Edgar O. Mansfield
Parker Nevil
Benjamin Handwerker
Mary Martin
Samuel Sarnoff
Ella Witte
Estelle Golde
Ella Schleman Nathan
Lorraine Baker
David Malkin
Tillie Feinman
Sara Karmatz
Mark Pollak
Hyman Israel
Gloria Katz
Fritzi Sacks
Bertha Spielman
Bertha Spielman
John Pollak

September 24 & 25

Mildred Hankins
Joseph Kossan
Ida Lipinsky
Billy Simmons
Rose Goren
Sedell Greenman
Gertrude Barth
Robert Castiglione
Alexander Dorris
Simon Fayerman
Sharon Flood
Howard Kleiner
Norma Ponseggi
William Kolkey
Robert Ontell
Shirley Hettena
Robert Richter
Selma Sablove
Lily Rose Hayman
Sol Iglow
Myna Decker
Jacob Firestone
Gertrude Osterbach
Louis Kaiser
Lillian Fitzgerald
Michael Portner
Rita Waddell
Max Rosen
Bessie Segal
Eleanor Jean Shirley
Jack Weitzman
Edith Sansom
Nathan Schulman
Linda McDonald
David Kolender
Harold Lehrer
Ruth Schreiber
Frank Selwyn
Eva Arenson
Yetta Niss
Al Spritz

October 1 & 2

Evelyn Blum
Ronald Glazer
Edward Rosenblum
Diana Salberg
Bernard Lewis
Sherman Minsky
Rose Weitzman
Florence Ackerman
Eli C. Eisenberg
Maxwell Stein
Hannah Rose Kraslow
Howard Glube
Francis Liebowitz
David Steinberg
Al Cohen
Ronnie Licht
Irwin Berton
Marshall Goodfriend
Florence Klase
Thelma Posner
Douglas Zoffel
Phyllis Licht
Braina Caspi
Sylvia Solof Cohen
Sabina Brody
Arnold Gale
Jacquelyn Meddin
Ray N. Smith
Philip Handsman
Madelyn Levinson
Diane Maltzman
Harry Blotner
Benjamin Goldman
Anne Goldstein
Robert Pappenheimer
Morrie Schechter

In Our Temple EmanuEl Family

SEPTEMBER BIRTHDAYS

9/1	B.J. Brose
	Max Mittleman
	Paula Rosenzweig
	Brian Turk
9/2	Amy Blum
	Rose Cherrick
	Dick Friedman
	Larry Goldenberg
	Amy Hoffman
	Brian Schonhoff
	Nancy Spector
9/3	Sandy Finnegan
	Bryant Grady
	Michele Harris
	Linda Wilson
9/5	Katiana Jimenez
	Rachel Schlagel
	Ben Stein
9/6	Adam Bartell
	Whitney Burch
	Maya Hegler
	Jessica Levine
9/7	Danielle Cohn
9/8	Lauren Frederick
	Emmet Muschenetz
9/9	Joseph Immergut
	McAvoy Immergut
	Jeri Moskowitz
	Jonathan Schindler
9/10	Mike Cowen
	Danny Green
	Haley Levine
	Ellie Mout
	David Zubkoff
9/11	Rosalind Cohen
	Joseph Graham
	Liz Morrison
	Karen Snyder
	Malissa Winicki
9/13	Noah Goldenberg
	Ron Marx
9/14	Georgine Brave
	Lillian Farber
	Barry Handler
	Shelli Stein
9/15	Saul Snyder
9/16	Dan Gaudette
	Easton Hopgood
	Jack Pipkin
	Eriberto Salzmann
9/17	Chloe Comer
	Judith Gottschalk
	Nancy Lawson
9/18	Saul Ghitman
	Shai Immergut
9/19	Benjamin Green
	Nicole Turner
9/20	Malkam Golden-Needham
9/20	Silvia Kleiner
	Grace Sherr
	Albert Suleymanov
9/22	Nathan Feinstein
	Ron Zeichick
9/23	Dale Goldman
	Albert Rios
9/24	Lisa Cantor
	Mark Feinberg
	Karen Levenson
	Leif Peterson
9/25	Bianca Hegler
	Marsha Stein Hicks
	Levi Laddon
	Ruthellen Nackman
	Ruth Weiss
9/26	Gary Clorfeine
	Desiree Lange
	Michaela Snyder-Braasch
	Simon Snyder-Braasch
9/27	Aaron Nisan
9/28	Alyson Arkin
	Stefani Lenett
	Samantha Luchans
9/29	Alexis Handler
	David Newman
9/30	Madelynn Micon
	Janet Zanville

SEPTEMBER ANNIVERSARIES

9/1	Dan & Silvia Kleiner
	Steve & Suzy Weiss
9/2	Scott & Tova Hensley
9/4	Jacob & Sarah Lin
	Julie & Brett Parker
	Felise Zollman & Fran Daly
9/5	Dan & Dawn Cummins
	Megan Blum & Scott Hopgood
	Peter Huot & Andrea Musicant
9/7	Jane & Ingo Muschenetz
9/7	Jean & Bill Seager
9/8	Fred & Roxi Link
9/11	Hersch & Ellen Kagan
9/14	Lee & Fern Siegel
9/16	Barry & Suzanne Handler
9/22	Sarah & Vernon Berger
9/23	Dan & Eileen Gaudette
9/24	David & Angela Canin
9/25	David & Lesley Cohn
9/26	Joseph Castiglione & Mica Pollock
9/27	Ed & Elfriede Schloss

TODAH RABAH

- To Barbara Pollack for her work on editing the bulletin

MAZAL TOV

- To Christina Bernard, Charlie Jirkovsky and Ellie Mout on becoming Jews by Choice
- To Ron and Amara Berg on the birth of their son, Cyprus

WELCOME NEW MEMBERS

Roz Cohen • Rachel & Zach Schlagel & Family

Quan Greenberg • Yovel & Marshall Autry

Aaron & Shelly Gonchoroff & Family

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.

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- Past President, Temple Emanu-El

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September 2021 Elul 5781 —Tishrei 5782

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			SEPT 1 ▪ 24 ELUL	SEPT 2 ▪ 25 ELUL	SEPT 3 ▪ 26 ELUL	SEPT 4 ▪ 27 ELUL
			Youth Choir 5 pm Adult Ed Class: *This is Real* 6 pm	Adult Ed Class: Days of Awe 12 pm Bridge with Benj 12:30 pm	Courtyard Shabbat Service 6 pm	Torah Study 9 am Shabbat Service 10:30 am Jacob Musicant Bar Mitzvah S'lichot Service 8 pm
SEPT 5 ▪ 28 ELUL	SEPT 6 ▪ 29 ELUL	SEPT 7 ▪ 1 TISH	SEPT 8 ▪ 2 TISH	SEPT 9 ▪ 3 TISH	SEPT 10 ▪ 4 TISH	SEPT 11 ▪ 5 TISH
	LABOR DAY OFFICE & PRESCHOOL CLOSED Erev Rosh Hashanah Light 6 pm Erev Rosh Hashanah Service 7 pm	Rosh Hashanah Morning Service 10 am Family Service/ Rosh Hashanah Experience 4 pm Tashlich Ceremony 5 pm	OFFICE CLOSED Youth Choir 5 pm Adult Ed Class: *This is Real* 6 pm	Bridge with Benj 12:30 pm	Shabbat Shuvah Service 6 pm	Torah Study 9 am Shabbat Shuvah Service 10:30 am
SEPT 12 ▪ 6 TISH	SEPT 13 ▪ 7 TISH	SEPT 14 ▪ 8 TISH	SEPT 15 ▪ 9 TISH	SEPT 16 ▪ 10 TISH	SEPT 17 ▪ 11 TISH	SEPT 18 ▪ 12 TISH
Kever Avot Memorial Service 10 am (zoom)	Recovery International 10 am		Erev Yom Kippur Light 6 pm Erev Yom Kippur Kol Nidre 7 pm	Yom Kippur Morning Service 9:30 am Limmud 12:45 pm Afternoon Service 2 pm Family Service 4 pm Yizkor 5 pm Neilah & Havdalah 5:45 pm	Shabbat Service 6 pm	Torah Study 9 am Shabbat Service 10:30 am Back-to-Torah School Havdalah at the Beach 4:30 pm
SEPT 19 ▪ 13 TISH	SEPT 20 ▪ 14 TISH	SEPT 21 ▪ 15 TISH	SEPT 22 ▪ 16 TISH	SEPT 23 ▪ 17 TISH	SEPT 24 ▪ 18 TISH	SEPT 25 ▪ 19 TISH
Torah School 9:30 am	Recovery International 10 am Erev Sukkot Service 6 pm	PRESCHOOL OPEN OFFICE CLOSED Sukkot Festival Service 10 am		Bridge with Benj 12:30 pm	Courtyard Shabbat Service 6 pm	Torah Study 9 am Shabbat Service 10:30 am
SEPT 26 ▪ 20 TISH	SEPT 27 ▪ 21 TISH	SEPT 28 ▪ 22 TISH	SEPT 29 ▪ 23 TISH	SEPT 30 ▪ 24 TISH		
Torah School 9:30 am	Recovery International 10 am Erev Simchat Torah/ Consecration 6 pm	OFFICE CLOSED Atzeret/Simchat Torah Festival Service 10 am	OFFICE CLOSED Torah School Hebrew Classes 4 pm & 5 pm	Bridge with Benj 12:30 pm		

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