



HA-SOFER THE SCRIBE

Shevat—Adar 5784

שבט-אדר א

February 2024

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

HAMANTASHEN!

Online Ordering Openuary 26



TRADITIONAL FLAVORS

Sold by the Dozen—\$20/dozen

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LEMON

MUN (POPPYSEED)

PLUM (PRUNE)



ASSORTED FLAVOR MIX

3 Apricot 3 Strawberry 3 Lemon 3 Chocolate

Sold by the Dozen—\$25/dozen

GOURMET FLAVORS

Sold by the Half (1/2) Dozen—\$18/six cookies

CHERRY CHEESECAKE

FIG & BRIE

SALTED CARAMEL



Please place order and pay for
Hamantashen online at:

<http://teesd.org>

While supply lasts until 3/23/2024.

We apologize that we are unable to accommodate
substitutions or custom orders.

100% of Proceeds goes directly to the Campership
Fund.

Thank you for helping send kids to summer
camp!!!



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

Friday, February 2

Shabbat Service

6 pm

Saturday, February 3

Shabbat Service

10:30 am

Yitro, Exodus 18:1-20:23

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

Friday, February 9

Lunar New Year

Family Shabbat Service

6 pm

Saturday, February 10

Shabbat Service

10:30 am

Mishpatim, Exodus 21:1-24:18

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

Friday, February 16

Shabbat Service

6 pm

Saturday, February 17

Shabbat Morning Service

10:30 am

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

Kings 5:26-6:13

Friday, February 23

Shabbat Service

6 pm

Saturday, February 24

Shabbat Morning Service

10:30 am

T'tzaveh, Exodus 27:20-30:10

Ezekiel 43:10-27



From Our Temple President

by Matt Meis



This month I wanted to fill you in on some of the things your Temple Board of Directors has been working on since I was installed as President in July. We have been working very hard on increasing and improving all aspects of security around Emanu El. These projects were underway long before the horrific events of October 7th. Your board is extremely proactive when it comes to the security of our members and our Temple facilities.

As we speak, we are in the process of installing our new state-of-the-art security system which should be completed in the upcoming weeks. It includes all new cameras, a new keycard system to better control and monitor access to our facilities, as well as a new computer system to keep everything running smoothly.

Kurtis Ramsey, our wonderful on-site security guard, continues to keep us all safe here on campus. His foreboding uniform appearance tells anyone who would mean us harm to stay away. While those of us that know him, in addition to being a highly trained and professional security guard, he is the friendliest, kindest person you would ever want keeping watch over us and our families.

The High Holy Days were back in full force last fall for the first time since the pandemic. We had a strong turnout and our security committee members, and the San Diego Police Department representatives kept watch as we engaged in our most holy of days.

We continue to work closely with our security partners here in San Diego, including the Federation's Secure Community Network. They keep us informed of what's happening all around San Diego so we can react and prepare for any potential issues. Our Executive Director, Shaun Copans, is in daily contact with his counterparts at synagogues across San Diego. The entire San Diego Jewish community has each other's backs when it comes to matters of security.

And finally, on a lighter note, we are in the process of creating an entirely new Temple website. It should be debuting in the coming months.

Shaun Speaks...



Shaun Copans,
Executive Director

Just recently, the Temple purchased brand new prayerbooks for our regular Friday and Saturday Shabbat services. We appreciate everyone who made contributions to the Prayerbook Fund over the years so that we could make this purchase.

If you are interested in dedicating one (or more) of the new prayerbooks to a family member or friend, you can do so with a \$36 contribution. A dedication sticker will be placed on the inside front cover of the prayerbook along with a personal message.

Additionally, if you would like to purchase one of the 'gently used' prayerbooks that we will be removing from circulation, they will be on sale for \$18 in the Temple office. If you regularly watch services at home on the livestream this will make following along much easier.

Income received from dedications and purchases will go into the Prayerbook Fund that will be used the next time the Temple needs to purchase new prayerbooks, either for Shabbat services, High Holy Days or other festivals.

Please contact the office for information.



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)

Aaron Cohn* • Chuck & Amy Spielman*

נדבכים N'deevim (Benefactors)

Ron & Lupita Cohn* • Linda Globerson

בונים Bonim (Builders)

Mark & Gail Braverman* • Adam & Patrice Breslow*

Jon & Mary Epstein* • Karen & Jerry Eisman

• Norm & Rosalyn Hegler

חיי Chai (Circle of Life)

Anonymous* • Anonymous* • Anonymous* • Anonymous*

• Betsy Arnold* • Barry Benn*

Heidi & Bernie Blotner* • Phil & Arlene Bresnick*

Lesley & David Cohn* • Sheldon & Marjorie Derezin*

Marc & Marlene Hamovitch • Jennifer & Robert Handler

Richard & Tammy Lampke*

Debbie Macdonald & Nancy Kossan* •

Steve & Sherry Saltzman* • Jeff & Rachel Schindler*

• Howard & Jean Somers*

Michael & Lauren Sommer • Vicki Spilkin • Nate & Lisa Stein

Cary Svet* • Alan & Yvonne Williams* • Perri Wittgrove*

**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

Ralph & Roberta Berman • Gregg & Lisa Cantor
Dick & Randee Friedman • Jim Lewis & Andrea Stein
Tom & Barbara Lincoln • Jeffrey & Sheila Lipinsky
Alan Wittgrove • Perri Wittgrove

☆☆☆☆☆

Phil & Alice Cohn • Bill & Bobbie Lipin
Bernard & Dorris Lipinsky • Elaine Lipinsky
(of blessed memory)



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
- **House & Grounds** housegrounds@teesd.org
Steve Naiman
- **Library** office@teesd.org
- **Membership** membership@teesd.org
Amy Blum
- **Mental Health** mentalhealthcom@teesd.org
Marie Raftery
- **Mi Shebeirach Tapestry** tapestry@teesd.org
Claire Fritz
- **Preschool** preschool@teesd.org
- **Publicity** publicity@teesd.org
- **Safety/Security** security@teesd.org
Greg Houska
- **Social Action** socialaction@teesd.org
- **Torah School** thscom@teesd.org
Jane Muschenetz
Patricia Cardozo
- **Women of Reform Judaism** wrj@teesd.org
Nancy Marcus
Barbara Chancy
- **Youth** rabbibenj@teesd.org
Rabbi Benj Fried



Mitzvah of the Month – Household Items for Basic Needs Center



Many students who have aged out of the foster care systems are pursuing their education at City College while setting up housing, perhaps their first apartments as adults. Other students are returning to community colleges for careers and job opportunities after the pandemic led to unemployment and loss of housing.

City College has established the Basic Needs Center to support the students' academic journey by providing goods and services that address their current basic needs challenges.

Our Mitzvah of the Month for February is responding to the request of the Basic Needs Center for donations of:

- Sheets (preferably double or twin)
- Pillowcases
- Blankets
- Bath Towels, Hand Towels, Washcloths
- Kitchen Towels, Dishcloths

These items may be used, but clean and in good condition. In addition, they can use bed pillows, which must be new.

For questions or more information, please contact Helen Elias at socialaction@teesd.org.

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

Climate Action Now by Hayley Salazar Advocacy Committee Member

Our Temple Emanu-El community is dedicated to making a positive difference in our world, both in humanitarian and environmental realms. Our opinions are our superpowers, but they don't matter if we don't express them. When I was trained to be part of the Climate Reality Project Leadership Corps in 2022, I met Brett Walker. Brett and his team have created an app making it easy for people to reach out to their elected officials to share their passions about environmental issues. The app, called *Climate Action Now*, provides a simple and straightforward means to tell political, business and other decision-makers to take climate action with hundreds of new messages we can send in a few seconds with a few clicks. Once you've put your basic information into the app, you have the ability to contact your elected representatives easily.

What I appreciate is that this app acts as my megaphone, amplifying my opinions that reach the right audience. The non-partisan app is available at no charge in the Apple App Store, Google Play for android devices, and on the organization's website (climateactionnow.com). It provides an endless stream of well-researched, well-written, personalized messages that you can send to political and business leaders advocating for climate action in just seconds. And it's fun - you earn points for taking actions and trees are planted when you've earned enough points. Climate Action Now has partnered with Eden Restoration Projects to plant trees in areas of the world that are most in need. I invite you to learn more about this beautiful organization.

Climate Reality Project Leadership Corps in 2022, Brett Walker.



Torah School

February 4—Torah School 9:00 am (Clubs & Pizza Lunch after TS) 12 pm to 1:15 pm

February 7—Hebrew Online 4 pm—4:45 pm In Person 5:00 pm—5:45 pm

February 11—Torah School 9:00 am (Clubs & Pizza Lunch after TS) 12 pm to 1:15 pm

February 14 - Hebrew Online 4 pm—4:45 pm In Person 5:00 pm—5:45 pm

February 18—**NO** Torah School

February 21—Hebrew Online 4 pm—4:45 pm In Person 5:00 pm—5:45 pm

February 25—Torah School 9:00 am (Clubs & Pizza Lunch after TS) 12 pm to 1:15 pm

February 28—Hebrew Online 4 pm—4:45 pm In Person 5 pm—5:45 pm

Mailbox

Thank you for putting smiles on our clients' faces! We were delighted with the birthday and holiday gift bags you provided for our volunteers to deliver.

Tim Ray, Director, East County Service Center

Meals on Wheels, San Diego County



Your enthusiastic response to our Social Action Mitzvah of the Month in November made it possible for us to deliver 60 well-filled gift bags to Meals on Wheels.

On behalf of all the people Direct Relief serves, I want to extend my deep gratitude to Temple Emanu-El for its generous support.

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

Dean Axelrod, Vice President, Partnerships and Philanthropy

Direct Relief

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

Please note...

The Temple office is continuing to transition all files to the new Shul Cloud system. As part of that transition, we are contacting all members to verify that the yahrzeit lists are accurate.

By now, you should have received an email with this request. If you have not received your list, please make sure that we have your current email on file.

To update your email address or for any questions, please contact Brandy Thomas at bthomas@teesd.org, or Donna Lopez at dlopez@teesd.org.





Torah for the Table: Fiddler on the Roof **Wednesday, February 21, 6 pm**

We welcome the return of this popular program, this year presented with a twist - think Jewish learning and music meets culinary school. We will explore musicals, some with obvious Jewish themes, some not so much, created by Jewish composers, lyricists and authors, all with links to Jewish food that matches the locale.

Classes will be held once a month at the Temple on Wednesday evenings, and will be taught by Rabbi Devorah and Barry Lander. The cost is \$36 for an individual class. The series continues through June. To see the full list of dates and to register, please see the Temple website.

Mantram

Practical Tools for Peaceful Living

Madeline Gershwin will teach a six-week course on a series of meditative practices to train attention, manage negative thinking, make healthy lifestyle choices and increase feelings of spiritual wellbeing.

Gershwin founded The RISE Program in San Diego in 1987 at a time when a diagnosis of HIV and AIDS was truly a death sentence. The course was taught through UCSD Medical Center. The content of The RISE Program moved to the VA when she returned to full time work there as a Nurse Therapist in the PTSD clinic. Research funded by NIMH established that frequent Mantram repetition is considered an evidence-based intervention.

The course will be held on Sunday afternoons from 2 – 3 pm in the Temple's Social Hall. The first class will be March 3. Class will not be held on March 31 or April 7, and the final class will be April 21. There is no charge but registration through the Temple website is required. Please contact the Temple office with any questions.

Please check your email messages for additional information and other upcoming Adult Ed programs. For questions, contact Rabbi Benj Fried at benjfried@teesd.org

34th Annual San Diego Jewish Film Festival ***Our Lives Projected*** **January 31 – February 11**

This year's Jewish Film Festival will present over 25 feature films and documentaries, as well as talks with directors and filmmakers. This is the largest world-class Jewish cultural event in San Diego and one of the largest and most prestigious film festivals of its kind in the country.

The full schedule of films is available online at lfjcc.org/film. Films will be screened at the Lawrence Family Jewish Community Center in La Jolla. Many are also available virtually if you prefer to watch from home.

Tickets and underwriter information is on their website at lfjcc.org/film, or by calling the JCC Box Office at (858) 362-1348.



Adult Education
Supporting Lifelong Jewish Learning
by Rabbi Benj Fried

The Jews Encounter Diversity Film Series

They Ain't Ready for Me

Saturday, February 24, 7 pm

Temple Sanctuary, In Person



Tamar Manasseh is an African American rabbinical student and mother of two. Every day, she sits on the corner of 75th Street and South Stewart Avenue in the Englewood section of Chicago, a neighborhood where poverty, unemployment, addiction, and violence are rampant. In 2015, a young mother was shot and killed trying to break up a fight. For Tamar, this was one senseless killing too many. Tamar took the situation into her own hands. She sat down at the corner and hasn't left since. In over four years, not one person has been killed on the block. Tamar and the organization she founded, MASK, Mothers and Men Against Senseless Killings, are proving that something can be done. But Tamar Manasseh is also a rabbinical student. Both authentically Jewish and authentically Black, she brings an understanding of both communities, even as she struggles for acceptance in the Jewish world.

The movie, directed by Brad Rothschild, was made in the U.S. in 2020.

Barrett Holman Leak will introduce the film and facilitate discussion after its screening.

There will be a bring your own dinner at 6 pm in the Social Hall before the film. No registration is necessary for the evening, and there is no charge.

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

Wednesday mornings, 11 am In person and on Zoom (No meetings on February 7 and 14.)

Drop in when you can for a lively discussion on current events. No registration is needed— just an interest in Jewish learning. Zoom links for Torah Study and Coffee with the Rabbi will be provided in the Temple's weekly emails.

Please consider a contribution to the Adult Education Fund to help support the Committee's efforts to continue to engage speakers and provide the high quality of life-long learning experiences that have become an integral part of Temple Emanu-El.



Israel Engagement: The 93rd of October

By Rhonda Amber and Jonathan Licht

Israel's war with Hamas began on October 7, 2023, and has continued as we write this article, with no end in sight. For many, the calendar has not advanced after the shock of the Hamas attack and the inability to see the return of all the hostages. Israelis might call today the 93rd of October. In addition to the war with Hamas, Israel is fighting Hezbollah on the Lebanon border and trying to contain violence in the West Bank.

For nearly nine months before this war began, the citizenry of Israel had been engaged in constant political protests and demonstrations over the Netanyahu coalition's attempt and passage of legislation, the so-called "Judicial Coup," considered dangerous and in dissonance to Israel's Declaration of Independence and the democratic nature of the state.

The entire Israeli Supreme Court of 15 judges convened.

The first law they ruled on was dubbed the "reasonableness law." It was intended to eliminate the ability of the courts to judge decisions of the executive branch based on the standard of reasonability. In the court's ruling, they explained that as the government of the State of Israel is made up of only two branches and that the State of Israel does not have a constitution, Israel requires, for democracy to survive, oversight of law that could be passed with a simple majority of the ruling coalition. The judges ruled eight to seven to strike down this law. The Supreme Court retained reasonableness oversight.

The intent of the second legislation was to bar the Supreme Court from overriding "basic laws" that deal with fundamental rights of Israeli Citizens and founding institutions. Basic laws are designed to be building blocks of an eventual constitution. The former President of the Supreme Court, Esther Hayut, wrote, "In my view, it is not possible to square the amendment to the Basic Law on the Judiciary and the principle of the separation of powers and the principle of the rule of law, which are two of the most important characteristics of our democratic system. Such a violation at the very heart of our founding narrative cannot stand." The judges ruled twelve to three to restore, not eliminate, as passed by Knesset, judicial review when necessary for basic laws.

These Supreme Court decisions can be viewed as support for democracy.

The January Israel Engagement meeting was postponed and will be rescheduled for March. At our next meeting, we and others who have recently visited Israel, will share observations and experiences.



Consider joining a DRUM CIRCLE MEETUP on February 27, 3 pm

We are here to help people rediscover and explore the deep relationship with the rhythmic universe that permeates every aspect of our lives. For those that have already made this profound discovery,
WELCOME!

The purpose of a drum circle is to give participants an in the moment experience of their own rhythmic spirit and power. If you have never experienced "the moment" join us for our next Drum Circle Meetup!

We exist to promote and connect people of all ages, religions, cultures and walks of life to the various rhythm and sound healing events taking place when drumming.

Drumming is for everyone! Come let the vibrations sooth away your stress, massage your muscles and un-clutter your mind. Everyone gets a drum to play, simple instructions are given, and we are off!

A gratuity of \$10 per person is requested for Leanne Pearl, our drum leader extraordinaire. Feel free to bring friends. People do not need to be synagogue members to participate. If you have any questions about our Drum Circle, please contact Bonnie Baron at bonnieebaron@gmail.com.



Wow – It's February already! We have exciting news this month. We will be offering Welcome to Recovery International Training at the Temple in March. The three sessions will be held in person on Sundays, March 3, 10 and 17, from 4 – 5:30 pm.

The training sessions will introduce you to Recovery International (RI), learn the language and the methods we use. On graduation at the third session, you will receive a free one-year membership. You will learn the concepts of Recovery International and the tools to reduce the symptoms that you may be having.

We don't sell Recovery, we demonstrate it by showing how the judgment of others or ourselves robs us of our inner peace; we endorse for all of our efforts we are self-led, not symptom-led. When we feel our worst and try our hardest, we make our greatest gains. We like to say that we are all apprentices; there are no masters in our program.

RI doesn't take the place of a therapist or psychiatrist but complements the work of those professionals. At meetings, we only talk about those little things such as expecting a phone call and the person doesn't call. Or you go to start your car and you find out you have a flat tire; you burn the bread and are ready to serve dinner. Sometimes we treat these little things as emergencies.

Dr. Abraham Low was a pioneer in cognitive behavioral tools. Each week, we read one of Dr. Low's writings and demonstrate an example of Dr. Low's four-step method.

To sign up for the RI training or for questions, please call me at (619) 383-2084, or email at lisa@recoveryinternational.org.

This training is separate from the RI meetings we hold at the Temple each Thursday morning at 10 am. You are welcome to join us at either or both the training and the meetings. I am so grateful to be able to lead a meeting where I worship. There is an LGBTQ+ meeting each Monday at 5 pm on Zoom. For other meetings or more information, please see our website, recoveryinternational.org.

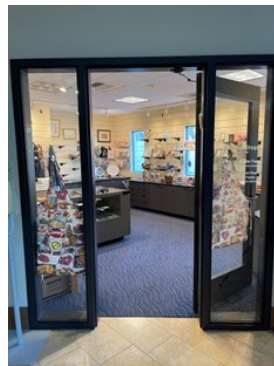
Just a reminder: our Regional Conference will be held in San Diego in February. RI will "pair up" with the Temple's Social Action Committee to make a difference. Bring new socks to the Temple and RI will support the committee's distribution of new socks to unsheltered people in our community.

Claire Handler Gift Shop

Our Temple Gift Shop, located in the lobby of the Sanctuary building, is a perfect place to find a wonderful variety of items for all occasions. Whether you are looking for something new to enhance your holiday celebrations or a gift to express appreciation to a host or for someone establishing a new home, you will find a great selection. Right now, we have new seder plates, cooking kits, mezzuzot, Shabbat candlesticks, dripless candles, and so much more.

The Gift Shop is available any time the Temple office is open – just come into the office for assistance. It is also now open on Sundays when Torah School is in session.

We are looking for a few more volunteers. Training is provided, and the schedule is flexible. Contact Natalie Fritz at office@teesd.org for more details.



Community Corner

Illuminators and Diminishers

I am currently reading David Brooks' book *How to Know A Person: The Art of Seeing Others Deeply and Being Deeply Seen*.

What particularly captured my attention in his book is that he says there are people who are Diminishers and there are people who are Illuminators. Diminishers make others feel small and unseen. Illuminators make others feel bigger, deeper, respected, and lit up.

I would imagine we all know people in both groups. Diminishers are people who bring you down, are negative, blame others and don't take responsibility for their part in things. Illuminators are open, curious, take into account other people's feelings, thoughts and ideas, and are willing to say, "I was wrong, I don't know, I am sorry."

Even just writing about Diminishers puts me in a negative frame of mind. When I review the characteristics of an Illuminator, I feel uplifted and light.

Over the many years of working with people, I have found the best outcomes have been with people who choose to focus on what they can do rather than what they can't. There is power in focusing on the things we can control, even the smallest of things, like bringing food to someone recuperating from surgery, making a phone call telling someone you are thinking of them, or asking someone to go for a walk.

Sometimes we have to separate ourselves from folks who continue to diminish our spirits. I had an acquaintance many years ago who would only call when she wanted to complain about her husband. When I told her I would like to have a friendship with her but would not be willing to listen to her complaints over and over again, she never called me again.

I would never want to hurt someone, or minimize their pain, but there is a tipping point for all of us when our need for expressing strong negative emotions and sadness can tumble into self-pity. Doing the same thing over and over again with no result. Listening to that can be damaging.

Everyone has times when they are feeling down and negative and hopeless and need someone to share those feelings with. But there is also a time when we need to move on.

It takes work, practice and patience to be an Illuminator, especially people we find to be difficult.

I have to regularly refresh and renew my listening skills, to hone my ability to empathize, to see people in a positive light, and also be direct without being unkind.

Reflection: It takes perseverance and willingness to train ourselves to look for the positive in other people and be their Illuminators.

Today's Practice: Who can I make feel bigger, respected and lit up?

I would love to hear from you if you have any comments or questions.
Please contact me at gbrave3333@aol.com



Contributions

Contributions received after the first of the month will be published in the next month's bulletin.

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



Thank You

To Barry and Suzi Handler for their generosity in sponsoring the Martin Luther King Choir at Shabbat Service on January 12, and for underwriting the cost of dinner for the choir members

Mazal Tov

To Alex Ferre and Mara Stonberg on the birth of their daughter, Eve, sister of Celeste



Todah Rabah

To Barbara Pollack for her work on editing the bulletin



YAHREIT OBSERVANCE

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

February 2 & 3

Anna Arbeitman
*Rie Bloomfield
Abe Kipperman
Dorothy Lavin
Manny Passov
Beverly Pattak
Harry Sklute
Fran Brown
Candy Chanin Burgess
Ralph "Buddy" Cooper
Hyman Fritz
Kayla Hirsh
Leonard Klein
*Harold Laz
Ruth Meyer
*Diana Resh
*Ruth Solomon
Mary Berton
Gittel Fisdell
Isabelle Kipp
Geraldine Slesnick
*Susanne Geshekter Smith
Dorothea Aaronson
*Helen Caplin
Nace Goldman
Herbert Schwartz
Robert Hotz
*Jane Meyer
Irving Burney
John Hernandez
*Steve Lubey
Samuel Mayer
Minnie Shapiro
*Fannie Soroka
Bill Wolk
*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
*Howard Stein

February 9 & 10

*Christopher Fishtrom
Beatrice Horwitz
Jim Lewis
Jack David Morrison
Lois Mosenson
Harold Olcott
*Lee Rubenstein
Milton Schwartz
Cynthia (Cindy) Bennett
Lillian Kaplan
William Saltzman
Dena Slep
Beth Golomb
Ethel Snyder
Gerry Harris
Aaron Mittleman
Richard Nye
*Jon Oberndorfer
*Georgia Dyson
Edith Urman Feldman
Merle Henry
Jon Korn
Norman Scheinin
Joan Van Der Veer
Sonia Bailund
*Ralph Berman
*Mark Jeffrey Cohn
*Celia Ruth Feldman
Joe Gaudette
Veniamin Gluzman
Esther Kolender
Sally Lurer
Seymour Wohl
*Maurice Ackerman
Frima Esther Enselberg
Miriam Kastner
Ruth Luttbeg
Sara Elaine Schonhoff
Dorothy Bronstein

February 16 & 17

*Harry Miller
Ed Nordstrom
*Harold Strauss
Mildred Ackerman
Warren Gershwin
Michael Goldman
Sylvia Hamovitch
George Held
Shirley Henley
*Louise Hertz
Edward Joseph Lambert
Albert Millstine
Peter Reytblat
Tova Rief
Bess Simon
Joseph Brenner
Janet (Golokow) Scefonas
Lillian Esther Mintz
*Abraham Scharfman
Jeanette Goldenberg
Marvin Jacobs
Harry Kipp
*Dorris Lipinsky
Thomas Martinez
Michael Musicant
Rabbi Leonard Rosenthal
Max Seid
Herbert Wotiz
Arthur Robert Baron
Connie Camarata
*Henry G. Zucker
Victor Bueno
Nancy Konchater
*Harris Lipinsky
Diana Passey
Ben Snyder
Rose Fayerman
Bernice Gale
Harris Pollack
Rose (Schwartz) Schindler
Walter John Wosicki

February 23 & 24

*Dr. Robert Epstein, Jr.
*Israel Faitek
Leslie Haydu
*Esther Laverson
Gertrude Sarfan
Faye Snyder
Pat Bloom
Jeff Cohn
*Hayley Herrmann
*Marilyn Kaufman
Honey Lipton
Carole Sachs
*Helen Somers
Henry Tort
Elaine Colona
*Lillian Gittelman
Robert Lurer
Bernard Mann
Flora Tuckman
*Emil Caplin
Sylvia Hanau
Lee Metzger
Rose Snyder
Jack Steinberg
Sylvia Ash
Evelyn Ehrlich
Joseph Fayerman
*Itamar Musafi
Leonard Ressel
Kenneth Weiland
Eugene Carl Bailund
Anita Berneger
*Philip Grossberg
John Matthew Hajosy
Colonel William Latta
Dr. William Lyons
Jerry Meisner
*Irving Smith
Tom Uter
Henry Witte
Ellen Crummer Anderson
Esther Samuel Berkman
Art Bernard
*Arnold Edwin Cowen
Jerry Kasner
*Joseph Linker
Maurice Mintz
Joyce Rothman
Margie Salvio
Elinor Steinberg
Kitty Wolff



* designates a memorial plaque in the Sanctuary lobby



In Our Temple Emanu-El Family

FEBRUARY BIRTHDAYS

FEBRUARY ANNIVERSARIES



TEMPLE EMANU-EL'S MORTON J. COHN TORAH SCHOOL FUNDRAISER

OPEN CALL FOR TALENT

WANT TO BE ON STAGE?

Can you sing, dance, perform magic or have any other amazing talent?

We want you ... kids, parents, grandparents ... to perform at the Temple Emanu-El 10th Annual Torah School Fundraiser! Joke tellers, jumproppers, acrobats, mathematicians, singers, dancers, story tellers, instrument players, group performers, whatever talent you would like to share for family audiences.

Join us for a "CALL FOR TALENT"

(this is not an audition)

after Torah School on:

SUNDAY, FEBRUARY 25 or SUNDAY, MARCH 3
12:00 to 12:30 PM 12:00 to 12:30 PM

For more information email star@teesd.org

CABARET NIGHT 2024

This one night cabaret show will be held on

SATURDAY, MAY 4, 2024

from 5-8 PM and showcase talent from our
Synagogue and the local community!



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



Safety/Security Committee – Common Scams

By Greg Houska, *Safety/Security Committee Chair*

The season of scammers and fraudsters who are out to separate you from your money now lasts pretty much all year. As a reminder, I have compiled a long list of scams you should look to avoid. For much more detailed information, please see the website for the California Attorney General (oag.ca.gov/consumers/common-scams). You will also find information on more types of scams and groups commonly targeted. You know what they say, "An ounce of prevention is worth a pound of cure." Or as they say in England, "28.3 grams of cure." Do your homework and proceed carefully.

- Charities. Please go online to verify the legitimacy of any charity before donating.
- Crowdfunding. First, you probably shouldn't do it; second, be sceptical and look into all the details.
- Free Trial Products. Remember "there is no free lunch." Free often means it is difficult to cancel or there are unexpected charges.
- For-Profit Schools. Look into all aspects of the school before enrolling.
- Job and Business Schemes. Be mindful of upfront fees. Do a lot of research before investing or taking any risks.
- Junk Mail and Unsolicited Calls. Don't click on text or email links. You didn't win anything! Never buy anything this way that you don't need, ask, or look for.
- Living Trust Mills. Get referrals from friends or attorneys you know. Trusts are not suitable for everyone, and details of trusts are not necessarily interchangeable.
- Loan Modification Fraud. This is a complex subject. Do not pay upfront fees. First, speak with your lender (but remember they are not your friend) and go online to find advocate groups, such as the California Housing Financing Agency or an HUD approved housing counseling agency.
- Online Purchases. Use your credit card and only shop on reputable sites.
- Pyramid Schemes and Multi-Level Marketing. To quote Nancy Reagan, "Just say no!"
- Scams Directed at Seniors. Scammers are especially after seniors. Never contract or give money to anyone without first discussing it with a trusted friend, relative or professional in the field.
- Tax Preparation and Tax Fraud. Your tax preparer has access to all of your important data, so only utilize reputable and insured preparers. If you are being audited, the IRS will contact you via U.S. mail and not via text or a phone call.
- Tech Support Scams. Microsoft or Apple will not reach out to you regarding a problem with your computer or cellphone. If you get such a notice, immediately close the program you are using and shut down your computer. If your account is frozen, take your system to a reputable computer repair company and contact your carrier.



Women of Temple Emanu-El

by Barbara Chancy and Nancy Marcus, Co-Presidents



It's February and that means scholarship applications are going out to our high school seniors. We invite you to apply for a WTEESD scholarship to help cover your college or trade school costs. This is one of our favorite activities of the year.

March 8 will be Sisterhood Shabbat. If you are interested in participating in the Service, please let us know. We will invite our Past Presidents to light the Shabbat candles. This year, we will use a new creative service, which has been coordinated by Flo Bornstein. The service will focus on International Women's Day. On March 20, we will hold a Crafting Night with two of our expert teachers, Becca Bierman and Cecile Fleetwood. The event will begin at 6:15 pm

We will hold a Women's Seder on Wednesday, April 17 at 6:15pm in the Social Hall. This is a new event for us. Save the date – details will follow.

To contact us about any event, for questions or more information on WRJ, please email us at wrj@teesd.org.

Upcoming in WRJ World, the Fried Leadership Conference will be held in New Orleans in late spring. If you might be interested in attending, let me know so I can send you more information. These are amazing events, with 250 women from all over the country, gathered together to learn, pray, dance, sing, eat, share and just have a great time. The music is always incredible, and you will make new friends. If you would like to give yourself a great gift, this could be it!

A Little More History of WRJ

Do you have children and grandchildren that you want to give a very special gift? Of course! The best gift you can give your children and grandchildren is an experience at a Jewish summer camp.

National Federation of Temple Sisterhoods (now Women of Reform Judaism) believed that the summer camp experience was so important that they have helped the Union of Reform Judaism fund sleep away camps for 70 years. The earliest great leaders of the Reform Movement came from Europe. The great leaders of our movement from the 1960's on have come through our summer camps. There are camps scattered around the country. In the west, many of us attended Camp Saratoga/Swig. Magic happened there. Rabbis, teachers, and song leaders were all born in our camps. Temple leaders and board members have come through our camping programs. Send your kids to camp! Amazing things happen there!





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 Jewish Joint Distribution Committee (jdc.org), the leading global Jewish humanitarian organization. We will earmark this donation to their work in Israel. JDC is currently working on providing therapy to preschool and school age children with acute trauma across the south of the country. In addition, they are training frontline responders – teachers, social workers, and volunteers -- in psychosocial support skills to manage widespread fear and stress among all Israelis, as well as their own trauma.

In February, we will allocate money to Americares (americares.org), which delivers medical aid and health programs in the U.S. and in over 75 countries worldwide. Since 2021, they have responded to frequent and severe health crises arising from hurricanes, wildfires, the Covid pandemic, and the conflict in Ukraine. They are one of the leading nonprofit providers of donated medicine and medical supplies. Their training programs include mental health, nutrition, disaster management, and infection control.

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.

Interfaith Shelter Program - Volunteers Needed

The Interfaith Shelter Rotational Program has been active for the past 35 years. During the winter months, up to 12 guests, primarily adult men, and women, are sheltered for two weeks at a local congregation before moving to the next site. Guests can remain in the program for a total of eight weeks, receiving shelter, meals, showers, access to laundry facilities and more. The program screens guests carefully. Each person has a case manager and participates in workshops on budgeting and finding jobs.

In the past, Temple Emanu-El had been a host congregation. This year, we are looking to be support for a few nearby churches in the College and Mission Valley area that are hosting from February 11 to March 24.

We need volunteers to help with some of the dinners. You will be working as part of a group, all working from the same menu. We will deliver and serve dinner to the guests. Also needed are bag lunches, dropped off in the evening to be used the following day. In addition, volunteers may be needed to sleep overnight at the host congregation. Of course, you may pick whatever job fits your comfort level and your schedule. Ron Reff and Cindy Flynn are working with the host congregations to determine specific needs and specific dates.

For more information or to volunteer, please contact Ron or Cindy at socialaction@teesd.org.





Mah Jongg
Mondays, 1:30 – 4 pm
Women of Temple Emanu-El



Are you looking to play Mah Jongg with a wonderful group at the Temple? Have you wanted to learn to play but never had the time or the teachers? Did you play years ago but your skills may be rusty?

The Women of Temple Emanu-El have organized an ongoing weekly game, open to everyone. There are lessons for those who have never played or haven't played recently, and regular games for those more experienced. We have a lot of fun, and it's a great way to meet more people.

The cost is \$10 per month, which includes snacks. The current Mah Jongg card is available for \$15. To sign up or for any questions, please contact Nancy Marcus at wrij@teesd.org or call her at (714) 585-7858.

Condolences

To Rabbi Devorah Marcus and Rabbi Marty Lawson on the death of their dear friend
Rabbi David Ellenson

To Elissa Landsman on the death of her mother
Charlotte Cling

To Felise Zollman and Fran Daly on the death of Felise's mother and mother-in-law,
Grandmother of Erin Zollman
Leona (Ariel) Ethyl Wolensky Zollman, bat Paul v' Helen



To Sherry and Bill Resh on the death of their friend
Maya Kraft



To Joann Silkes on the death of her mother
Sheila Tew

To Doug Grosmark and Albert Rios on the death of Doug's mother and mother-in-law
Phyllis Grosmark



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

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

In our Sanctuary there are two special and always visible means of acknowledging those we wish to honor and those we wish to remember: Leaves on the Tree of Life and Plaques on the Memorial Board. In addition, the Temple has cemetery plots for sale in the Mt. Sinai II lawn at El Camino Memorial Park. For more information please call the office at 619-286-2555.



**988
SUICIDE PREVENTION
HOTLINE**

988 is the new three digit code to route callers to the National Suicide Prevention Lifeline for support 24 hours a day, 7 days a week. Please remember this number if you or someone you know is in crisis. There is no charge. Call or text 988, or chat at 988lifeline.org from anywhere in the country.

CARS

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

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

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

Thanks for your support.



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BULLETIN DEADLINES

February 5 for the March issue
March 5 for the April issue

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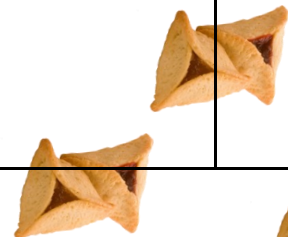


February 2024 Shevat — Adar 5784

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Feb. 1 • 22 Shevat	Feb. 2 • 23 Shevat	Feb. 3 • 24 Shevat
				Bridge with Benj 12:30 pm Youth Choir 5 pm Adult choir 6 pm	Jewish Round Table with Assy. Member Ward 2 pm Shabbat Service 6 pm Oneg in Celebration of Dr. Bob's 90th 7 pm	Torah Study 9 am Shabbat Morning Service 10:30 am
Feb. 4 • 25 Shevat	Feb. 5 • 26 Shevat	Feb. 6 • 27 Shevat	Feb. 7 • 28 Shevat	Feb. 8 • 29 Shevat	Feb. 9 • 30 Shevat	Feb. 10 • 1 Adar 1
Torah School 9 am Intro to Judaism 10 am NO Adult B'Nai Mitzvah Class	Mah Jongg 1:30	Community Jewish High 6 pm	NO Coffee with the Rabbi Torah Hebrew Classes 4 pm & 5 pm	Bridge with Benj 12:30 pm Adult Ed Follow-Up 6 pm Adult Theater Call for Talent 6 pm	Lunar New Year Family Shabbat Service 6 pm	Torah Study 9 am Shabbat Morning Service 10:30 am Young Adult Game Night 6 pm
Feb. 11 • 2 Adar 1	Feb. 12 • 3 Adar 1	Feb. 13 • 4 Adar 1	Feb. 14 • 5 Adar 1	Feb. 15 • 6 Adar 1	Feb. 16 • 7 Adar 1	Feb. 17 • 8 Adar 1
Torah School 9 am Intro to Judaism 10 am Adult B'Nai Mitzvah Class 2 pm	Mah Jongg 1:30	Community Jewish High 6 pm	NO Coffee with the Rabbi Torah Hebrew Classes 4 pm & 5 pm	Bridge with Benj 12:30 pm Youth Choir 5 pm Adult choir 6 pm	Shabbat Service 6 pm Scholar-in-Residence with Yisrael Klitsner 7 pm	Torah Study Scholar-in-Residence with Yisrael Klitsner 9 am Shabbat Morning Service 10:30 am Scholar-in-Residence with Yisrael Klitsner 7 pm
Feb. 18 • 9 Adar 1	Feb. 19 • 10 Adar 1	Feb. 20 • 11 Adar 1	Feb. 21 • 12 Adar 1	Feb. 22 • 13 Adar 1	Feb. 23 • 14 Adar 1	Feb. 24 • 15 Adar 1
NO Torah School Intro to Judaism 10 am NO Adult B'Nai Mitzvah Class	Office and Preschool Closed for Presidents' Day NO Mah Jongg	Community Jewish High 6 pm	Coffee with the Rabbi 11 am Torah Hebrew Classes 4 pm & 5 pm Torah for the Table 6 pm	Bridge with Benj 12:30 pm	Shabbat Service 6 pm	Torah Study 9 am Shabbat Morning Service 10:30 am Adult Ed— Movie 7 pm
Feb. 25 • 16 Adar 1	Feb. 26 • 17 Adar 1	Feb. 27 • 18 Adar 1	Feb. 28 • 19 Adar 1	Feb. 29 • 20 Adar 1		
Torah School 9 am Intro to Judaism 10 am Cabaret Call for Talent 12:30 pm Adult B'Nai Mitzvah Class 2 pm	Mah Jongg Hamantashen goes on Sale!!	Drum Circle 3 pm Community Jewish High 6 pm	Coffee with the Rabbi 11 am Torah Hebrew Classes 4 pm & 5 pm	Bridge with Benj 12:30 pm Youth Choir 5 pm Adult choir 6 pm		



HAMANTASHEN! Online Ordering Opens February 26



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