



HA-SOFER THE SCRIBE

Adar I—Adar II 5784

אָדָר ב - אָדָר ב

March 2024

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

Temple Emanu-El's annual PURIM CARNIVAL Sunday, March 17, 11am - 2pm

- Costume Contest
- Petting Zoo
- Pony Rides
- Bounce Houses
- Cake Lottery
- Jewelry Making
- Arts & Crafts
- Food & Drinks
- Tot Lot
- Game Truck **11am-1pm**
- and Much More!

Hamantashen

Traditional Flavors \$20 per dozen
Apricot • Plum • Poppy • Strawberry •
Chocolate • Lemon

Assorted Mix \$25 per dozen
3 Apricot, 3 Strawberry, 3 Chocolate,
3 Lemon

Gourmet Flavors \$18 per 1/2 dozen
(6 cookies)



For more information, contact
(619) 286-2555 or star@teesd.org

TICKET INFORMATION

Presale:

\$25 = 30 Tickets

\$8 = 1 Combo Meal Ticket

\$25 = 1 Wristband

\$40 = 2 Wristbands for siblings

\$55 = 3 Wristbands for siblings

Day of Event:

\$1 = 1 Ticket

\$30 = 1 Wristband

Game / Activity Price

if no wristband is purchased

Games = 1 Ticket

Cake Lottery = 2 Tickets

Arts & Crafts = 3 Tickets

Bounce House = 3 Tickets

Jewelry Making = 5 Tickets

Photo Booth = 4 Tickets

Game Truck = 7 Tickets*

Petting Zoo = 7 Tickets

Food:

Popcorn = 4 Tickets

Cotton Candy = 4 Tickets

Chips = 3 Tickets

Nachos = 5 Tickets

Water or Soda = 2 Tickets

Hamburger / Veggie Burger = 7 Tickets

Hot Dog = 7 Tickets

Hamburger Combo = 10 Tickets

Hot Dog Combo = 10 Tickets

COMMUNITY AND
NON-MEMBERS
WELCOME!

Friday, March 1

Shabbat Service

6 pm

Saturday, March 2

Shabbat Morning Service

10:30 am

Ki Tisa, Exodus 30:11-34:35

I Kings 18:1-39

Friday, March 8

Sisterhood Shabbat Service

6 pm

Saturday, March 9

Shabbat Morning Service

10:30 am

Vayak'heil, Exodus 35:1-38:20

II Kings 12:5-18

Friday, March 15

Shabbat Service

6 pm

Saturday, March 16

Shabbat Morning Service

10:30 am

Bat Mitzvah

P'kudei, Exodus 38:21-40:38

I Kings 7:51-8:21

Friday, March 22

Shabbat Service

6 pm

Saturday, March 23

Shabbat Morning Service

10:30 am

Vayikra, Leviticus 1:1-5:26

Esther 7:1-10, 8:15-17

Friday, March 29

Shabbat Service

6 pm

Saturday, March 30

Shabbat Morning Service

10:30 am

Tzav, Leviticus 6:1-8:36

Ezekiel 36:22-26



From Our Temple President

by Matt Meis



I would like to use my bulletin article this month to invite all of you to our annual fundraising event, Shushan Nights. This is our major fundraising event of the year. And this year we are holding it to benefit the Torah School Endowment Fund. This fund insures that no child will ever be turned away from our wonderful Torah School for lack of money to pay the tuition. This is an extremely important endeavor and one which embodies the best of our Jewish values. And that is something we can all get behind and support.

So whether you need a reason to write a really large check, or just want to come out for a wonderful evening of good food and socializing with Temple friends, and make some new Temple friends, I hope to see all of you on Saturday March 23 at 5 pm here at Temple Emanu-El. Bring your check book or your credit card, or leave them at home. After all, we're Jews, you can always just make a pledge. Early bird tickets are only \$72, but hurry, prices go up after March 10.



Shaun Speaks...



Shaun Copans,
Executive Director

One of the reasons why Temple Emanu-El is, as Rabbi Devorah says, 'the best synagogue in the Jewniverse,' is our incredibly engaged and dedicated Board of Directors.

The Temple's Board of Directors is made up of 20 congregants and their mission is to ethically and responsibly steward the community and financial resources towards enduring and thriving congregational life, grounded in Jewish values.

If you are interested in serving on the Board, now is your chance. Please contact me scopans@teesd.org or current Board President, Matt Meis at president@teesd.org, to learn about the process and/or nominate yourself or someone you feel would be interested in giving back to our community.

Board meetings are held in the evening on the fourth Thursday of each month and there in an annual one-day retreat. Board members also serve on different committees, and many take on other leadership roles during their tenure.

No experience is required, just a willingness to serve our community and help guide us through the present and into the future.



The Advocacy Committee would like to share a recent statement from Reform Movement Institutions regarding the conflict in Israel. We support this statement and encourage you to take the time to read it.

A Statement from Reform Movement Institutions - January 30, 2024

With an eye toward the future we envision, we offer these steps we hope Israelis and Palestinians will take at this moment of intense challenge and deep pain. We do so because of the bond and love we feel for our Israeli siblings.

Our commitment to a strong, vibrant, Jewish, and democratic state of Israel, secure within its borders, is unyielding. The October 7th attacks, and subsequent war have made unequivocally clear the existential threats facing Israel. On October 7th, more than 1200 Israelis were brutally murdered and tortured including those victimized by sexual violence, and communities were destroyed. Since then, a quarter of a million people have been displaced due to Hamas and Hezbollah violence and more than 135 hostages taken from Israel remain in Gaza. The Jewish people and the nation are again in mourning, now for the loss of over 200 soldiers fighting to defend Israel—including 25 killed in just one day last week. We pray for healing of wounded soldiers and for comfort for the bereaved. Israel is also contending with attacks from the Houthis and other Iranian proxies. Our hearts are with the Israeli people, now and always, as we pray for the day when the joyful sounds of peace prevail over the terrifying sounds of war.

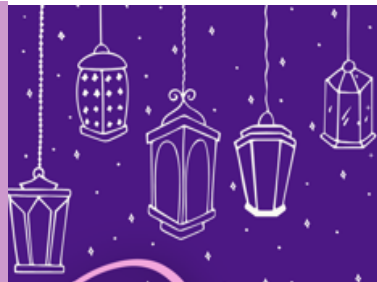
Israel's leaders have no greater responsibility than protecting the Israeli people. Hamas's October 7th attacks were utterly heinous. Israel's goal of eradicating Hamas's military capabilities is just given Hamas's ongoing commitment to Israel's destruction. Hamas must be held accountable, and the more than 135 remaining hostages must be released immediately. In keeping with the mitzvah of *Pidyon Shvu'im* (Redemption of Captives), Israel's government must do all it can to ensure the hostages' swift and safe deliverance from Hamas's nefarious hands. We also encourage and applaud the Biden administration's efforts in this regard.

Hamas showed no regard for the humanity of those butchered, brutalized, and kidnapped on October 7th. As Jews, we reject such dehumanization of the "other" including Palestinians. Whatever the military necessities of Israel's massive bombing in Gaza—both to reach Hamas's military infrastructure, so deeply embedded by Hamas into the centers of Palestinian civilian life, as well as to eliminate Hamas's capabilities to repeat October 7th—we nonetheless agonize over the many thousands of Palestinian civilians, including large numbers of women and children, who have died and been wounded in this conflict, whether by Israeli bombs or Hamas's misfired missiles. We agonize, too, over the nearly 2 million displaced people who are unable to obtain life essentials of food, water, shelter, medicine, and electricity.

The peaceful future we dream of includes an end to the West Bank occupation. As our respective organizations have affirmed in resolutions, formal statements, and policy analyses going back decades, ongoing West Bank occupation without a willingness to seek its end through a peaceful resolution of the conflict will condemn future generations to endless strife. Reestablishing settlements in Gaza will have a similarly detrimental impact. Denying the Palestinians' right to self-determination is an impediment to peace.

In this darkest of times, we remain committed to a resolution of the conflict that will ensure Israel's security and allow for Palestinian self-determination and self-governance, understanding that the creation of a Palestinian state will pose serious short-term security threats to Israel that will need to be addressed in any peace accords. Further, the widespread distrust of the Palestinians and their leadership in both Gaza and the West Bank, as well as deep Palestinian mistrust of Israel's leadership, will require significant efforts by the Israelis, Palestinians, regional neighbors, and the international community to make such a resolution a viable reality. A successful and peaceful Palestinian entity remains vital to ensuring Israel's long-term security. For these reasons, we are deeply dismayed by
(Continue on page 20.)





JOIN US FOR OUR ANNUAL FUNDRAISER

to benefit the Torah School
Endowment Fund

Shushan Nights

Saturday, March 23
at Temple Emanu-El

5pm – Check-in, Appetizers & Drinks

6:15pm – Doors Open

6:30pm – Evening Program

7:15pm – Dinner & Entertainment

\$72 early bird ticket price per person thru Sun, March 10.

Ticket price will increase to \$90.

Opportunity Drawing 2024

You have received your opportunity drawing tickets in the mail.

\$10 per ticket.

Increase your odds of winning and buy 11 tickets for \$100.

Please return them promptly to be sure you are
entered in the drawing! Entries sent by mail must be received by Friday, March 22

Early Bird Prizes

Two prizes of \$180 and \$360 each will be awarded
for entries returned by Friday, March 8

Grand Prize

\$1,800 will be awarded at this year's Annual Fundraiser on March 23.

You need not be present to win a prize.

A complete set of rules is available at the Temple office.

If you have questions or would like more tickets,
please call us at (619) 286-2555.



Torah School

March 3—Torah School 9:00 am (Clubs & Pizza Lunch after TS) 12 pm to 1:15 pm
March 6—Hebrew Online 4 pm—4:45 pm In Person 5:00 pm—5:45 pm
March 10—Torah School 9:00 am (Clubs & Pizza Lunch after TS) 12 pm to 1:15 pm
March 13— Hebrew Online 4 pm—4:45 pm In Person 5:00 pm—5:45 pm
March 17—Torah School 9:00 am (**NO** Pizza Lunch **NO** Clubs)
March 20—Hebrew Online 4 pm—4:45 pm In Person 5:00 pm—5:45 pm
March 24—Torah School 9:00 am (Clubs & Pizza Lunch after TS) 12 pm to 1:15 pm
March 27—**NO** Hebrew Classes (Spring Break)
March 31—**NO** Torah School (Spring Break)

Mailbox

On behalf of the Navy-Marine Corps Relief Society at MCAS Miramar, I would like to thank you for your generous and thoughtful donation of coupons. We keep a “coupon basket” in our office waiting area and in our Thrift Shop and routinely see service members and their spouses selecting coupons.

In 2023, the NMCRS Miramar office assisted 1,684 individuals with over \$1.4 million in financial assistance. Funds were issued to help with basic living expenses, household setup, car repairs and many other crises. Donations like yours enable us to support service members and their families during their time of need.

Arlette Plascencia Mendoza, Director
Navy-Marine Corps Relief Society

The Social Action Committee has long encouraged people to participate in this easy mitzvah. Mail grocery coupons (at least three weeks before expiration date) to Navy-Marine Corps Relief Society, NCAS Miramar, P.O. Box 45339, San Diego, CA 92145-0339. Please see the Social Action section of the Temple website for more information on our work.

Tapestry:

A Day of Jewish Community and Exploration Sunday, April 7

This year, Tapestry will bring educators from around the state, a host of experiential learning opportunities, engaging sessions and immersive learning. The event celebrates Jewish community and education. The event will be held at the Lawrence Family JCC. For complete details, please see lfjcc.org/tapestry.





by Rabbi Benj Fried

Torah for the Table: Parade **Wednesday, March 6, 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 – 3:30 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.



Core Program from
9am-1pm

Extended Care available
until 4:30pm

Preschool
Spring Break Camp
Registration is Open!

April 1 - 5

Please contact the preschool at:
preschool@teesd.org for more information.





The Jews Encounter Diversity Film Series
For Women's History Month

Hannah Arendt

Saturday, March 16, 7 pm
Temple Library, In Person



Hannah Arendt (1906-2012) was the most famous woman philosopher of the 20th Century. A German-Jewish émigré from Nazi Germany, she became a citizen of the United States in 1951. In that year her book *The Origins of Totalitarianism* established her as a leading authority on the subject. She was the first woman to hold a full professorship at Princeton University and subsequently taught at the New School for Social Research in New York City.

Covering the Eichmann Trial for *The New Yorker*, she authored articles that eventually were published as the book *Eichmann in Jerusalem* (1963). It stirred up a controversy that lost her friends and sparked condemnations by American and Israeli scholars who objected to her concept “the banality of evil” to describe Eichmann as someone who commits terrible crimes as a bureaucrat. She also criticized the leadership of the Jewish Councils for enabling the Nazis to implement the Holocaust. Director Margarethe Von Trotta’s film, made in 2012, focuses on this episode in her life and on her affair as a university student with existentialist philosopher turned Nazi, Martin Heidegger.

The German Film Academy selected *Hannah Arendt* for the Silver Lola Award for Best Film and Barbara Sukowa as Best Actress.

Laurie Baron will introduce the film and lead the discussion after it is screened. No registration is necessary for the evening, and there is no charge.

Bring your own dinner at 6 pm if you’d like to schmooze with friends in either the Courtyard or Social Hall before the film is shown.

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 March 6 & March 20)

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. Program costs are continuing to rise, and we need your support.



Israel Engagement

By Rhonda Amber and Jonathan Licht

We departed for Israel on January 15, Martin Luther King, Jr. Day, which I believed was a good omen, because the light of his legacy overcame the darkness of his murder.

Then we landed the next day in a place where darkness still prevails.

Coming home to Israel after October 7 may feel like a mitzvah. Israelis welcome us and appreciate our support just by being there. But in some ways, it's the mitzvah of entering a Shiva house where the mourning has passed day 7 and day 30 and continues with no end in sight. You hug your friends and relatives, even strangers may hug you, and you listen to their stories. You can visit the Kekar Hatufim, "Hostage Square," in Tel Aviv, see the long Shabbat Table of the kidnapped, walk through the simulated tunnel and experience the artistic memorials. You can volunteer to aid the farmers in their fields and hot houses. You can pray for the return of hostages and the soldiers. You can even visit the ruins of the Kibbutzim on the Gaza border and the killing fields of the Nova rave music festival to bear witness to the massacred. You can say kaddish.

Life goes on. Israeli children are back at school and play in the street. Dinner is served in kibbutz dining halls. Israelis go out to eat, drink, pray, hear music. People will talk to you about American and Israeli politics and you may want to engage. Do engage and mostly listen, remember that our American perspective and "solutions" to the conflict by virtue of distance and a different culture may not be the same as that of Israelis who are grieving, sad and angry and may see no solutions. It's best to hug your friends and relatives, listen to their stories and pray. Pray that the light of Israel's legacy will overcome the darkness that now prevails.



Consider joining a DRUM CIRCLE MEETUP on March 5, 3 pm

Now that February's heavy rains have ended, we are gearing up for the Drum Circle to meet on Tuesday, March 5 from 3 – 4 pm outside in the Synagogue Courtyard.

Last month, the group was fortunate to be led by Ira Moskowitz and he has graciously volunteered to lead us again. He has expertise in drumming and sets a calm, easy-to-follow rhythm.

We will have enough drums for everyone to participate. It is fun sitting outside under the blue sky with birds chirping and the cool, clean air surrounding us.

If you have any questions or if you know you will be participating, please send an email to Bonnie Baron at bonnieebaron@gmail.com.

We hope to see you on March 5. Remember to leave your "to do" list behind!



I love making a difference in the lives of others! Those of you who read the Recovery International (RI) articles in the Temple Bulletin know that I had an idea to partner with our Social Action Committee to collect socks for those experiencing homelessness. Of course, they loved the idea, since groups they work with all can use socks for the people they serve. Emails went out to everyone in our Recovery International meetings, our Board of Directors, Temple members, our San Diego County partners and, of course, family and friends! At first, it did not seem like we would get many, but as I write this, just before the mid-February Regional Conference, we have already received almost 350 pairs of socks! People donated socks for men, women and children, compression socks, even ones for babies, and more are coming every day.

Thank you to those who came to the RI meeting at the Temple on February 15, as our Conference was getting underway. You were able to meet Karen Hall, our CEO, and see a Recovery meeting in action. Thanks also to those who came to the open house at our San Diego office and joined us at the Meet and Greet at the Marina Village Conference Center. It's not too late to send in a pair of socks – we will make sure your donation will go where needed.

I have often heard Rabbi Devorah encouraging us to do a mitzvah. Doing good for others is good for our mental health. In Recovery, we learn to be self-led, not symptom led. We do the things we fear and hate to do. Please endorse for your support. We endorse for the effort. *The judgment of others or ourselves robs us of our inner peace.*

We are fortunate to be able to hold a RI meeting in person at the Temple each Thursday morning at 10 am. Zoom meetings include Welcome to RI on Tuesdays at 6 pm, LGBTQ+ on Mondays at 5 pm, Caretaker meetings on Wednesdays at 2 pm and ones for college kids on Tuesdays at 8:30pm. For information on RI and the Zoom meetings, please see recoveryinternational.org.

Remember that Recovery International Training will be held at the Temple Library on Sundays, March 3, 10 and 17, from 4 – 5:30pm. There is no cost to attend.

We don't deal with the big stuff ... only little stuff ...only trivialities!

For any questions, please contact me by phone at (619) 383-2084, or by email at SanDiego@recoveryinternational.org.

Mitzvah of the Month – Kitchen and Dining Items for Kitchens for Good



Our March Mitzvah of The Month will support Kitchens For Good through donations of items used in the kitchen and dining room. The sale of these items, beautifully displayed in a kitchenware resale shop in Pacific Beach, helps support individuals enrolled in a three-month California State certified apprenticeship program. The tuition-free programs focus on culinary training, food waste reduction and hospitality, and help individuals to gain the knife skills and life skills they need to launch meaningful careers in the hospitality industry.

Many of the apprentices have had lives impacted by histories of trauma and have faced barriers to employment. After completion of training and demonstrating proficiency, apprentices are placed into jobs with Employer Partners to complete their paid on-the-job training.

The resale shop accepts new and gently used kitchenware, cookware, dinnerware, dishes, glasses, silverware, linens, cookbooks, tools of the trade and home decor items. There is also an online shop to see special collections.

Bring your donations to the white Social Action barrel in the front office lobby of the Temple.

Suzanne Schulman is coordinating this month's Mitzvah. If you have a large amount of donations such as entire sets of dishes, kitchen appliances, etc Suzanne can coordinate a meeting place between your home and hers so the Temple does not have items overrunning the reception area. For more information or any questions, please contact Suzanne at socialaction@teesd.org.

Community Corner

Friendships:

Why Your Friends are More Important Than You Think

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

“We’ve got this gift of love, but love is like a precious plant. You can’t just accept it and leave it in the cupboard or just think it’s going to get on by itself. You’ve got to keep watering it. You’ve got to really look after it and nurture it.” (John Lennon)

John Lennon’s quote took on a whole new meaning to me recently. I have had Covid for over a week. It is not being sick that is upsetting, I have had mild symptoms, but it is my inability to “water” my friendships that has been the most painful. It’s the isolation.

So what do we really need for a good life? As Director of the Harvard Study of Adult Development, Dr. Robert Waldinger was given the task of searching for an answer. This 85-year study started in 1938. The study found that the people who stayed healthiest and lived longest were the people who had the strongest connections to others. The warmth of these connections had a direct, positive impact on their health and well being.

Developing and strengthening relationships with others is a skill that has decreased in the general U.S. population since the 1950’s with the introduction of television. Studies have found that loneliness is as powerful a predictor of poor health as smoking half a pack of cigarettes a day, having high blood pressure or being obese.

Attention is the most basic form of love. Giving our undivided attention is the most valuable thing we have to give each other. It is also the most difficult thing, these days, to give each other, because **screens** are so programmed to take us away from each other.

We need to take action and push ourselves to get out of our comfort zone and make friends.

You can make new friends and nurture existing relationships by:

- Staying in touch with people with whom you’ve worked or taken classes.
- Reconnecting with old friends.
- Reaching out to people you’ve enjoyed chatting with at social gatherings.
- Introducing yourself to neighbors.
- Making time to connect with family members.

Reflection: Every single day make it a habit to text a friend out of the blue.

Today’s Practice: Water your friendships. Be kind, be a good listener show up, open 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.

Mazal Tov

On the birth of Yonatan (Yoni) Argavani,
son of Shanni and Gil Argavani,
grandson of Jodi and Ilan Argavani,
great grandson of Carol Davis.

On the birth of Colette Miriam daughter
of Desiree and Brandley Saran.



Todah Rabah

To Barbara Pollack for her work on editing
the bulletin



YAHREZEIT OBSERVANCE

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

March 1 & 2

Regina Grossberger
Ira Koffman
Olga Poliak
Seymour Rogal
Philip Rubin
Eva Shaffer
*Rose A. Skellenger
Rose Wagner
Helen Ariessohn
Edward Grossberger
Roberta Naiman
Lula Nevil
Samuel Segal
Esther Smith
Fanny Ast
Paul Barron
Jerry Blum
Carol Rubin Kushner
James Corbett, Sr.
Martin Friedenberg
Irwin Globerson
Helen Mae Winer
Pauline Hirsch
Gertrude Kushner Klein
*Irma Seltzer
*Frank Stein
Suzanne Guzewich
*Carl William Weil
Morris Slep
Ruth Ackerman
Martin DeSure
Mark Faitek
Sidney Kaiser
Hyman Joseph Kaplan
*Sidney Laverson
Thomas Evans
Jack Abrams
*Goldie Cohen
Paul Globerson
Maurice LeCover
Evelyn Silverstein
Abraham Slep
Philip Sompolsky

March 8 & 9

Debbie Blum
Marguerite Degan
Geri Fox
Roslyn Freedman
Sidney Goren
Dena Kissin
*Marvin Oberndorfer
Bea Pappenheimer
Bernice Rosen
Soll Shapiro
Lillian Tauber
*Sidney Forman
Henriette Goodwin
Alvin Korfin
Lilyan Perlberg
Milton Roth
Marilyn Agranove
Susan Brecher
Fanny Copans
Nathan Ratner
Margot Rubin
*Kenneth Siegel
*Sidney Caplin
Leslie Renee Carter
Benjamin Parker
*Debbie Berton
*Toby Brewster
Yrene Bueno
Arnold Forster
*Irving Hertz
Lou Lipson
Annette Niss
Erwin Schloss
Bernard Snyder
Isabel Ast
*Bess Fixler
*Evelyn Herzfeld
Howard Weisman
Malcolm Finkelstein
Phyllis Hochfeld
*Isadore Lehrman

March 15 & 16

Molly Diamond
*Allen Fischer
Phillip Moss
Rueven Dan Ben Shlomo
Fay Shorr
*Ed Spilkin
Phil Fayerman
Seymour Hoffman
Abraham Morris Sobo
Rabbi Martin Weiner
Sylvia Asher
Judith Berkowitz
Rabbi David Lieb
John Lupi
*Henry Meyer
Amy Pollack
Anna Rubin
Wayne Wilson
George Zeidell
*Harry Baker
Eric Beissinger
Lillian Dworkin
*Stella Faitek
Milton Freedman
Leslie Guttman
Max Medoff
Hilda Mervis
*Harriet Newmark
Irving Norman Rubin
Leonard Schreiber
Jack Shumacher
Betty Stein
Caterina Scherbaum
Arnold Singer
Lynn Luria Sukenick
Mildred Bratman
Sheila Korn
Nathan Rubel
Rudolf Schloss
Craig Schlotthauer
David Gventer
*Eleanor Laverson
Bernice Olcott

March 22 & 23

Abraham Bresn
John Grady
Samuel Kastner
*Louis Silverstein
*Faye A. Eisenberg
Murray Goldblatt
Robert Mayers
Belle Schuckman
Harriet Steinberg
Larry Atherton
*Barry Epstein
Dr. Bernard E. Kole
Rose Cherry
Eugene Smith
Wilna Twomey
Charles Alexander
Philip Borkat
Edith Gventer
Gladys Marco
*Sam Ackerman
Martha Darling
Reba Dresnin Epstein
Phyllis Goodman
Frank Marco
Mattie Mosenson
*Jeff Silvers
Thomas Musbach
*Joseph J. Gallen
Rose Kirche
Gertrude Lieberman
Lillian Persky
George Segal
Julia Segal
Paul Winokur
Fredrick Cauer
Frank Korfin

March 29 & 30

*Arthur Bloomfield
*Samuel M. Cohen
Marilyn Dunn
*Burton Goldberg
Jeffrey Heilbrunn
Julia Winsberg
Gerald Agranove
*Sondra Glazer
Margie Ventura
Yehuda Ben-Yehuda
*Irving Blitz
Michael Cooper
Zella Joy Esrock
Mysore Krishnamurthy
Faye Penn
Hella Steinberg
*Philip Pekofsky
*Sidney Smith
Dr. John Work
*Connie Adelman
Ron Berman
*Lottie Birnbaum
Rudolph Brill
*Philip Fischer
Seymour Reichbart
Rabbi Isaac Mayer Wise
Maurice Beckerman
Blanche Green
Philip Ehrlich
Phyllis Spiegler
Jane Stein
Richard Wolfe
Egal Baskind
Ilse Grunewald
Helen Rosner
Paul Spadin
Frederick W. Stratton



* designates a memorial plaque in the Sanctuary lobby



In Our Temple Emanu-El Family

MARCH BIRTHDAYS

3/1	Donald Davidson Ezra Le Aran Sadja Paul Schulman Zareen Bergmann Blake Bryan	3/11	Craig Misrach Shari Ressel Lillee Dunkle	3/24	Elijah Lyon Lydia Ponomarenko Harris Steinberg Abigail Weissman
3/2	Pam Mittleman Noa De La Torre Jason Persin	3/12	Joe Aiello Lee Ben-Yehuda Robbie Sommer	3/25	Daniel Cohen Sheryl Feinberg Briana Ghitman Stella Jacob Amy Patashnik Rebecca Schonhoff
3/3	David Cohn Charles Jirkovsky Star Laddon Yonatan Mashal Micky Witztum	3/13	Hannah Fox Lynn Grady Celeste Ferre	3/26	Michelle Wasserman
3/4	Don Goldman	3/14	Andreas Freund Ellen Goren Dana Quittner Taylor Cabacungan	3/27	Dov Clavell Brooklyn McColister
3/5	Rebecca Fowler Nancy Herzfeld-Pipkin Kennedy Lin Alan Medoff Stella Reytblat Sandy Rosenthal	3/15	Raul Clavell Dane Goldbarg Brett Parker Alexandra Seldin	3/28	Sunny Borkat Byrne Eger Kathryn F. Witztum
3/6	Lily Brown Cole Peterson Laurie Spiegler Bonnie Lurer	3/16	Jade Karel Zachary Palasnick David Arguilez	3/29	Marc Mann
3/7	Janet Arkin Meredith Lange Preston Lange Sarah Lin Phinneas Seldin	3/17	Andrew Siegel Izzy Falk	3/31	Brian Hazell Howard Kugler Bill Seager Eve Socol
3/8	Martin Iwanowicz Myles Kindel	3/18	Lisa Busalacchi		
3/9	Nicholas Celano Emily Goldenberg	3/19	Brian Cane Joaquin Cuevas Katya Cuevas Eric Gross Laura Karel Lisa Shuman Kalia Thiele	3/7	John and Carrie Mayers
3/10	Haley Copans Lola Rodman Renee Zoffel	3/20	Ellen Kagan Sharon Snyder Benjamin Stone	3/8	Gregg and Lisa Cantor Frank and Jessica Teplin
		3/21	Stan Mayer Judy Medoff Scott Musicant	3/10	Vadim and Wendy Ponomarenko
		3/22	Len Berger	3/14	Brandon and Linda Sand Shaun and Keri Copans Mike and Susan Schwarz
		3/23	Fabio De Lima	3/16	Marty and Roz Freedman
		3/24	Mary Epsten Phyllis Irwin	3/19	Brian and Janine Cane David and Rica Cherrick
				3/23	Charlie and Connie Pinkus
				3/24	Andy and Theresa Gellens Ron and Cathi Marx
				3/25	Danny and Robbie Bailund
				3/28	Lev and Tamara Tseselskaya
				3/30	Marc and Janie Regier
				3/31	Jason and Alexis Persin

MARCH ANNIVERSARIES



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)

All levels of Chai Circle and Life Membership will have their names published at High Holy Days and in HaSofer (The Scribe). For more information about our programs, please call the Temple office at (619) 286-2555.

Life Membership



Add Your Strength to Ours!

Below is a list of contacts for committees, projects and other ways to become more involved in the life of Temple EmanuEl. Please reach out to any of these groups to learn more about their work, and how you can become involved.

- **Adult Education** adulted@teesd.org
Rabbi Benj Fried (619) 286-2555
- **Advocacy** advocacy@teesd.org
Barbara Learner
- Janice Steinberg
- **Budget and Finance** financecommittee@teesd.org
- **Caring Community** caringcom@teesd.org
- **Endowment** endowment@teesd.org
Bob Rubenstein
- **Facilities** housegrounds@teesd.org
Marc Glazer
- **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



Women of Temple Emanu-El

by Barbara Chancy and Nancy Marcus, Co-Presidents



As we look forward to spring, we are looking forward to so many fun things coming up. Sisterhood Shabbat will be on March 8, which coincidentally is International Women's Day. Woven into the service are stories of Jewish women who have changed the world. We are excited to share with you this look at the trailblazers of our history.



Our Craft Night is planned for Wednesday evening, March 20, at 6:15pm.

Becca Bierman will teach us how to work with polymer clay. You will be able to make something and take it home with directions on how to bake it. Cecile Fleetwood will teach us how to make a piece of jewelry that you will be able to take home that night. Cost of the evening is \$10, which helps pay for Security.

We will also support two Temple events this month. The Purim Carnival will be held on Sunday, March 17. Order your hamantashen now – they are always amazing. The Temple Fundraiser will be on Saturday evening, March 23. We always have a Sisterhood table, so if you want to attend but are solo, plan to join us. There is always room for one more!

Save Wednesday, April 17, 6:15pm for our Women's Passover Event. We look forward to having you join us. Details will be coming soon.

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

The Fried Women's Conference of WRJ is scheduled from May 30 -June 2 in New Orleans. The Conference is held every three years in a different part of the country. Do you like Jewish music? Do you like to sing and dance? Do you like Jewish learning? Do you like Services in a room filled with women? Do you like late night in the bar making new friends from all around the country? Do you like to party? If so, do we have a weekend for you! You can go to wrj.org and read all about the Fried Conference. It is a fun-filled few days and we encourage you all to think about attending.

A Little More WRJ History

The WRJ Cookbook Collection is housed on the campus of Hebrew Union College in Cincinnati. Thousands of cookbooks, submitted by hundreds of sisterhoods are there. Dr. Gary Zola heads the museum. If you ever find yourself in Cincinnati, you won't want to miss going there. You will laugh at some of the recipes – kashrut is definitely not represented!

Condolences

To Steven Mashal on the death of his father
Aaron Lyte





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 February, funds were sent to Americares (americares.org), which delivers medical aid and health programs in the U.S. and in over 75 countries worldwide. They respond 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.

In March, we will allocate money to the Jacobs and Cushman San Diego Food Bank. Of San Diego County's 3.3 million residents, over 1 million people face nutritional insecurity. The Jacobs and Cushman Food Bank (sandiegofoodbank.org) is the largest hunger relief organization in San Diego County. Last year, they distributed 63 million pounds of food. On average, the Food Bank serves 500,000 people per month in the county and partners with 500 non-profits.

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.

Signs of Elder Abuse by Greg Houska, Safety/Security Committee Chair

I hope that I will be able to return to a more light hearted approach in these columns, where I remind you to put on more sunscreen before you go to the beach, or don't feed the animals, especially if they are bigger than you. But this month we are have a serious focus - safeguarding our elderly. Unfortunately, much elder abuse comes not from strangers, but from family members and caretakers. Below are some of the signs to look out for, but the presence of one or more of these does not necessarily mean abuse has occurred. Rather, it means that diligent attention to your loved ones or further investigation may be necessary.

Physical Signs

- Uncombed or matted hair
- Poor skin condition or hygiene
- Unkempt appearance
- Patches of missing hair, scratches, bruises or other injuries that come with an unacceptable or unbelievable explanation
- Untreated medical conditions
- Malnutrition or dehydration

Financial Signs

While physical abuse will often leave physical scars, elder financial abuse may be more difficult to spot. Here are some things to look for:

- Unusual bank account activity
- Signatures on checks and other documents that do not resemble the senior's signature
- Lack of personal amenities, like appropriate clothing and grooming items
- Numerous unpaid bills when there is a caretaker supposed to be taking care of these
- Unusual or different spending habits, such as purchasing things the elder doesn't need or can't use
- The appearance of a stranger who is now handling the senior's finances

Isolation Signs

- The caretaker, who may be a family member, has isolated the senior from contact with others including family, visitors, friends, medical care providers, spiritual advisers and clergy
- The senior is not allowed to speak freely or have contact with others without the caretaker being present

To report suspected Elder Abuse, you may call the office of the California Attorney General, at (800) 722-0432, or fill out a complaint form on their website, oag.ca.gov/dmfea/reporting.



Temple Emanu-El Book Group

by Janice Steinberg, Book Group Coordinator

**Next Group Meeting:
Monday, March 11, 7pm**

This month, our book group will meet at a member's home in Mission Hills. We will read *House on Endless Waters*, by Emuna Elon.

Fans of *The Invisible Bridge* and *The History of Love* will not want to miss this lyrical and exquisitely moving novel. Written in 2016, the novel is about a writer who embarks on a transformative journey in Amsterdam, where he discovers the shocking truth about his mother's wartime experience—unearthing a remarkable story that becomes the subject of his magnum opus.

At the behest of his agent, renowned author Yoel Blum reluctantly agrees to visit his birthplace of Amsterdam to meet with his Dutch publisher, despite promising his late mother that he would never return to that city. While touring the Jewish Museum with his wife, Yoel stumbles upon a looping reel of photos offering a glimpse of pre-war Dutch Jewish life. He is astonished to see the youthful face of his beloved mother staring back at him, posing with her husband, Yoel's older sister, Nettie, and an infant he doesn't recognize.

This unsettling discovery launches him into a fervent search for the truth, revealing Amsterdam's dark wartime history and the underground networks, which hid Jewish children away from danger—but at a cost. The deeper into the past Yoel digs, the better he understands his mother's silence, and the more urgent the question that has unconsciously haunted him for a lifetime *Who am I?* becomes. Evocative, insightful, and deeply resonant, *House on Endless Waters* beautifully illustrates the complex nature of identity and belonging, and the inextricability of past and present.

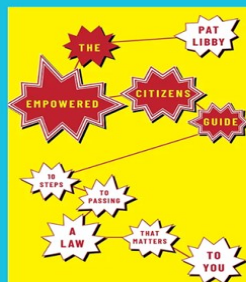
If you'd like to get on our book club mailing list, contact me at janicesteinberg@cox.net.



Repair the World One Law at a Time

A Talk by Pat Libby
Change management consultant
Founder, USD Nonprofit Institute

Sunday, March 10, 2 pm
Temple Emanu-El
6299 Capri Drive
Free



Do you want to make a difference? Pat Libby offers a step-by-step approach to successful grassroots organizing from her latest book, *The Empowered Citizens Guide*.

Open Call for Talent

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

Join us for a CALL FOR TALENT

(this is not an audition)

after Torah School On:

Sunday, March 3

12:00 pm to 12:30 pm

CABARET NIGHT 2024

Saturday, May 4, 2024

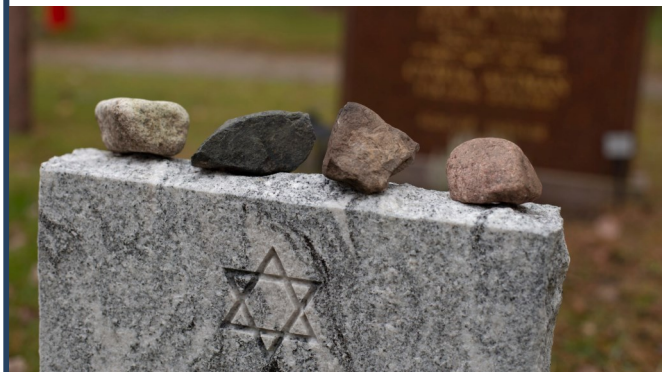
From 5—8 pm



**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

March 5 for the April issue
April 5 for the May issue

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(Continue from page 3)

Prime Minister Netanyahu's recent comments dismissing the possibility of a future peaceful Palestinian state.

There is much the Palestinian Authority needs to do in the short run to help prevent the escalation of violence both in the West Bank and more broadly, including joining the international community in actively engaging in efforts to ensure the hostages' release, restoring cooperation with the Israeli security forces to curtail terrorist activities emanating from the West Bank, and taking concrete steps to halt incitement to violence and incentives for acts of terrorism. Far more extensive reforms and concrete manifestations of its commitment to a peaceful resolution of the conflict, including steps in a peace process that will ensure Israel's security, will be required.

Israel's future security relies on non-military steps Israel can and must take including:

- Recognizing that Israel's security and well-being are enhanced by a future that includes a peaceful Palestinian State.
- In keeping with the existing Abraham accords, continuing to pave the way toward normalized relations between Israel and Saudi Arabia and to the creation of a regional coalition to rebuild Gaza.
- Protecting the longstanding and vital U.S.-Israel alliance that has served the interests of both nations for more than 75 years.
- Stopping incitement to violence, racism, and use of dehumanizing language against Palestinians by government ministers and others.
- Forcefully addressing settler violence against Palestinians.
- Preventing the collapse of the Palestinian Authority, including through the delivery of tax revenue currently being delayed by Israel.
- Strengthening the development of Palestinian leaders and institutions committed to pursuing peace, as evidenced by supporting those advocating reforms of the Palestinian Authority's governance, education, leadership, transparency, and accountability.
- Understanding the terribly complex current battlefield in Gaza, continuing to do everything possible to prevent the loss of life among innocent Gazans not directly involved in the hostilities.
- Delivering swift and regular humanitarian aid to Gazans struggling against illness and hunger, with safeguards monitored by the international community to ensure that such aid is not diverted to Hamas.
- Rejecting any suggestions of forced relocation of Palestinians from Gaza; such relocation would be in clear violation of international law.
- Committing to ending the occupation, based on a negotiated, diplomatic solution acceptable to Israel and Palestinians alike. Such a solution will fulfill the Palestinian right to self-determination, without which Israel will never be safe and secure.
- Halting the construction of West Bank settlements and rejecting any Jewish resettlement in Gaza.
- Opposing any efforts toward unilateral annexation by Israel of areas of the West Bank.

We share these steps understanding that responsibility for building a future in which children can grow in peace requires commitments and leadership from Israelis and Palestinians. We speak inspired by the teaching, *"Kol yisrael arevim zeh ba'zeh,"* "All of Israel and the Jewish people are responsible, one for the other" (Shevuot 39a). We are committed to the safety and vitality of the Jewish people, the swift return home of all the hostages held in Gaza, and a secure and just state of Israel—now and forever.

Union for Reform Judaism & Central Conference of American Rabbis.

Visit ccarnet.org for a full list of institutions supporting this statement.

