



**PRICE FAMILY PRESCHOOL
INVITES THE COMMUNITY TO
REGISTER TODAY FOR
THEIR 35TH ANNIVERSARY
FUNDRAISING
FIESTA!**

SATURDAY, SEPTEMBER 14TH
5 PM TO 8 PM

At Temple Emanu-El
6299 Capri Drive San Diego, CA 92120

MUSIC **FOOD & DRINKS** **GAMES & PRIZES**

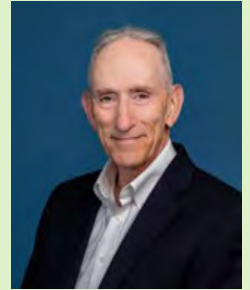
\$15 per person for current preschool families
\$25 per person for general public
Adults Only Event

Friday, September 6	Back to School Shabbat Service	6 pm
Saturday, September 7	Shabbat Morning Service	10:30 am
Bat Mitzvah	Shof'tim, Deuteronomy 16:18-21:9 Isaiah 51:12-52:12	
Friday, September 13	Shabbat Service	6 pm
Saturday, September 14	Shabbat Morning Service	10:30 am
Bat Mitzvah	Ki Teitzei, Deuteronomy 21:10-25:19 Isaiah 54:1-10	
Friday, September 20	Shabbat Service	6 pm
Saturday, September 21	Shabbat Morning Service	10:30 am
Bat Mitzvah	Ki Tavo, Deuteronomy 26:1-29:8 Isaiah 60:1-22	
Friday, September 27	Shabbat Service	6 pm
Saturday, September 28	Shabbat Morning Service	10:30 am
	Nitzavim—Vayeilech, Deuteronomy 29:9-30:20, 31:1-30 Isaiah 61:10-63:9	
	Selichot and Board Installation	6 pm



From Our Temple President

by Matt Meis



Labor Day will soon come and go, and summer is almost officially over. Summer vacations are a fond memory, the kids are back in school, and we've put away our white slacks till next June. And with all of that, the High Holy Days will be upon us before we know it.

Now, two full months into my second year as Board President, I think I've finally got the hang of it. Actually, the most challenging part of being President is coming up with things to write about every month in the bulletin. I've begun to work on ideas for my Rosh Hashanah and Yom Kippur addresses. I think I have topics for both that have been running through my mind for a few months. I don't want to give away too much or you may not pay attention when I step on the Bima next month.

So let me just say that it has been the honor of my lifetime and more fun than I expected being your Board President this past year. I have achieved some of my goals for the Temple and for Board development and I am actively working on other goals to improve the functioning of the Board and daily life at Emanu-El moving forward beyond my tenure. I will speak more about those goals on Rosh Hashanah and get more personal at Yom Kippur. Until then, enjoy the final days of summer and, as always, please do not hesitate to contact me at president@teesd.org if you have any questions, comments or kvetches. I'd love to hear from you.



Shaun Speaks...



Shaun Copans,
Executive Director

If you visited our website recently, we hope you were excited to see a completely new look. For the first time in many years, and after months of hard work, we proudly launched the new site that offers a fresh, modern look with easy-to-navigate menus, vibrant colors, photos and information that is easy to find.

We are still finalizing some of the features, with our goal of having everything completed this month. Additionally, the new site design allows for easy use on all devices, including desktop computers, tablets and smartphones.

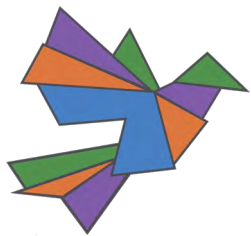
This project involved a lot of time and effort from our amazing staff, but I also want to thank Temple member Amy Blum for her support. Amy volunteered her time and played a crucial role in working with the site developers on the design and user experience. Please join me in thanking Amy for her efforts!

Please take some time to explore our new site and experience the improvements firsthand, and if you have any comments or suggestions please don't hesitate to reach out.



Price Family Preschool

by Janet Arkin, *Preschool Director*



This year marks the 35th anniversary of our beloved Price Family Preschool. I am excited for the beginning of another school year, and my heart overflows with gratitude as I am reminded of how far we have come and how much we have to look forward to.

We celebrate this milestone not only as a testament to the enduring spirit of our community but also to the vision and dedication of those who came before us. I want to express my sincere thanks to our founding director. Judy Medoff hired me 24 years ago as an assistant teacher, and without her mentorship and guidance, I would not be standing here today entering my sixth year as the Preschool Director. I also had the privilege to learn from Rachell Clavell, of blessed memory. Her wisdom has been invaluable, teaching me not only about education but also about how to parent my own children. The support that both Judy and Rachell provided shaped me as a leader, a mother, and a member of this community.

I want to acknowledge our amazing current educators. Their passion, dedication, and love for teaching continue to make this preschool the special place it is today. They inspire our children, nurture their growth, and embody the values that have always defined us.

I also want to take a moment to express my deep gratitude to this incredible community. The unwavering support over the years has been the bedrock of our success. This remarkable community has embraced our mission, trusted us with their children, and played an essential role in sustaining this preschool's legacy.

Our preschool is more than just a place of learning; it is a cornerstone of our community. It has been a space where young minds are nurtured, where faith is woven into every lesson, and where lifetime friendships are forged. The bonds created here extend far beyond the classroom, enriching the lives of families and strengthening our collective spirit. As we reflect on the past 35 years, let us celebrate the legacy that has been built, the friendships that have flourished, and the countless lives that have been touched. Here is to many more years of learning, growing, and thriving together.

Temple Emanu-El Book Group

by Janice Steinberg, *Book Group Coordinator*

Next Group Meeting:
Monday, September 16, 6:30 pm
The Man Who Sold Air in the Holy Land

The Book Group will meet on Monday, September 16, at 6:30pm at a member's home near the Temple. I'm so intrigued by the book we chose—*The Man Who Sold Air in the Holy Land*. It's a collection of short stories by an Israeli author, Omer Friedlander, and it's gotten raves. From "a marvelous new voice" (Rebecca Makkai), these "extraordinarily imaginative" (Sigrid Nunez), "revelatory" (Nicole Krauss), "superb" (Kiran Desai) stories transcend borders as they render the intimate lives of people striving for connection.

The Man Who Sold Air in the Holy Land announces the arrival of a natural-born storyteller of immense talent. Warm, poignant, delightfully whimsical, Omer Friedlander's gorgeously immersive and imaginative stories take you to the narrow limestone alleyways of Jerusalem, the desolate beauty of the Negev Desert, and the sprawling orange groves of Jaffa, with characters that spring to vivid life. A divorced con artist and his daughter sell empty bottles of "holy air" to credulous tourists; a Lebanese Scheherazade enchants three young soldiers in a bombed-out Beirut radio station; a boy daringly "rooftops" at night, climbing steel cranes in scuffed sneakers even as he reimagines the bravery of a Polish-Jewish dancer during the Holocaust; an Israeli volunteer at a West Bank checkpoint mourns the death of her son, a soldier killed in Gaza.

These stories render the intimate lives of people striving for connection. They are fairy tales turned on their head by the stakes of real life, where moments of fragile intimacy mix with comedy and notes of the absurd. Told in prose of astonishing vividness that also demonstrates remarkable control and restraint, they have a universal appeal to the heart.

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



**Mitzvah of the Month –
Toiletries and Laundry Soap for Rachel’s Women’s Center**



Rachel’s Women’s Center in downtown San Diego offers a safe space for women with little or no resources. Their drop-in day center provides women with shower and laundry facilities, food, a mailing address, behavioral health recovery support, mental health screening and referrals, emergency shelter help and more.

This month we are collecting:

- Shampoo (for adults and children)
- Toothpaste/Toothbrushes (for adults and children)
- Hand soap – bar or liquid
- Deodorant
- Laundry Detergent

Please bring your donations to the white barrel in the front office lobby of the Temple, and the Social Action Committee will make sure they are delivered. For any questions, please contact coordinator Ron Reff at socialaction@teesd.org.



**Proposition Seminar for the November Election
Wednesday, September 25, 6pm**

If you are confused by the number and complexity of the propositions each election, you are not alone. If you want to be a knowledgeable voter, you should be congratulated. Our Social Action Committee is here to help.

We are fortunate that Jason Bercovitch has agreed to lead the presentation. Bercovitch is the District Director for Congressman Scott Peters, where he has been working since 2013, specializing in immigration, foreign affairs, financial services and outreach to local small businesses and faith-based communities. He is actively involved with the San Diego Jewish community, serving on committees at ADL, AJC and Jewish Family Service.

All registered voters will receive a mail ballot. Yours may not have arrived by the time of the Seminar, so be ready to take notes. This year, the program will be hybrid – both in person at the Temple and via Zoom. To ensure that we cover as much material as possible, all questions must be submitted in writing or by using the Zoom “chat” feature and may be combined if appropriate.

For planning purposes, we are asking that participants register in advance to attend, whether in person or online. All are welcome, whether they are or are not Temple members. Register through the Temple’s weekly emails or through the website.

There is no charge, but donations to the Social Action Fund are welcome. If you have questions about the event, please email socialaction@teesd.org.

Mental Health Committee – You Are Old! Be Happy!

by Marie Raftery, Committee Chair

The New York Times recently had an article on Depression and Anxiety. It stated that both peaked in November of 2020 and that 42.6 percent of adults said they had symptoms according to Household Pulse Survey, a census bureau. Since that time, that figure has declined to 20.7 percent, which is still double the 11 percent of Americans who said the same thing before the pandemic.

The good news (from a point of view) is that for people in midlife or older this distress is actually declining. The Behavioral Risk Factor Surveillance System, a national survey, shows an unbroken upward trend. It also shows that age boosts mental health. While older people show declines in attention and memory, they gain more control over their emotions. Older people also learn to focus more on positive memories, called “gratifying memory distortion,” regarding the past. I noticed my recollections on my kids’ behavior as children improved as I grew older. Even my thoughts of the pandemic, while certainly not good, as time goes on, I seem to remember them not being that bad and do have some positive memories. The survey finds this somewhat paradoxical. The older the subjects were, the more positive memories even though they were more physically at risk. This puts young people at a disadvantage when facing traumatic events. And, if economic and political uncertainty rather than their fear of illness drove their stress, there is no reason to expect it to recede.

Who said there isn’t a silver lining to getting old?

I’d love to hear your thoughts. You may reach me at mentalhealthcom@teesd.org.

Israel Engagement – Arts and Culture

By Rhonda Amber and Jonathan Licht

Our State of Israel and Jewish Homeland has been in turmoil for the past few years. After a new coalition government was formed with significant right-wing elements in late 2022 there were attempts at a Judicial coup and counter demonstrations to preserve the Democracy. Then came October 7 with Hamas’s massacre of 1200 of Israel’s population and kidnapping of hostages, causing the Israeli-Gaza war. The results have been massive destruction and deaths in Gaza, and lesser but still devastating losses in Northern Israel, the West Bank and on the Lebanese border. Meanwhile expansion of settlements in the West Bank accelerated accompanied by violence between Palestinians and settlers. We have reached the tipping point between a truce in Gaza and a larger regional war.

When will Israel and her neighbors be safe and secure? Currently a hopeful vision for the day after is missing. What a difficult time in our history!

How do the people of Israel bring comfort, community and normalcy into their lives? As humans, we try to keep our faith, traditions, values, culture and identity alive during stressful, even existential times. Artists continue to create. New poetry, song, theater, performance, film, dance and other creative liturgy expands. Life and joy are core Jewish values. Resiliency is a feature of the Israeli society. Art and culture continue despite the disrupted society.

So yes, even during these times, probably especially at this time, Israelis and those of us in the Diaspora must develop and experience the arts, culture, music and community.

Rachel Korazim’s lessons directly assist those in need since October 7 and enrich lives, including ours, here at Temple, this autumn.

Another example is the current exhibition in Tel Aviv described below:

“October Seventh - A Space of Anguish, Loss, Anger, Memory and Sorrow” at ANU – Museum of the Jewish People. This exhibition curates works by 25 artists whose creative activity reflects the atrocious times Israeli society is facing since October 7th. Some of them are living artists, some deceased – either murdered on October 7th or died during the ongoing war, while others are residents (or former residents) of the southern areas, who suffered the loss of their loved ones, their homes, or whose families were affected by the horrors of the massacre. The exhibition wishes to frame a current situation and to record the unique creative burst that is well felt among Israelis since the war began.” (Neil Harris, Culture Vulture, July 30, 2024) Neil Harris intermittently publishes a newsletter called the “Culture Vulture,” in which he explores the breadth and depth of Israel’s current cultural scene. It’s inspiring.

Please plan to join Israel Engagement in a safe space to discuss Israel and make our plans for the new year 5785. We will meet on Thursday, September 5, from 6 – 7 pm in the Temple Library. A light dinner will be provided. Please RSVP to through the Temple weekly emails or the website, or to rjamber2011@gmail.com, so that we can plan accordingly.

Also please save the evening of November 14 to meet with Israel Engagement.



Sponsorship Opportunities: Artisan Festival

For over twenty years, the Sisterhood has supported graduating high school seniors in our Temple community by providing a select number of students with scholarships that partially fund their college education. The Sisterhood raises money for these scholarships in several ways: through direct donations, fundraising events, and by allocating funds from our annual budget. Our principal fundraiser is the Artisan Festival, held on the first Sunday of November. The Festival showcases local artists who bring their wares and sell them to attendees. We raise money from table fees paid by the artists, through a raffle of items donated by the artists, and through a gift card auction.

Historically, we have been able to generate approximately \$5,000 annually, which enables us to award multiple scholarships. We know, however, that this coming year we will have an unusually large graduating class. That, coupled with the rising costs of college, has inspired us to set a goal of raising \$10,000.

To achieve this goal, we are looking for individuals and businesses willing to help sponsor our Artisan Festival. Sponsors will be recognized in all advertising for the Festival, which includes social media postings, our Temple bulletin, flyers that will reach 500 families in our congregation, and posters that appear in stores and libraries in the surrounding communities. Sponsorship levels range from \$50 to \$500 and are fully tax-deductible.

For more information or to arrange payment, please contact Joanne Einhorn at einhorn1@cox.net no later than September 15.



Artisan Festival

Sunday, November 3rd

9am - 3pm | Temple Emanu-El

6299 Capri Dr, San Diego, CA 92120

Shop locally made artisan pottery, jewelry, woodwork, glass, and more!
Join us for an OPPORTUNITY DRAWING at 2:30pm for a chance to win art, gift cards, and services generously donated by the artisans and friends in the community.

For more info, email: WRJ@teesd.org

Need Hanukkah Supplies?

Stop by the Sisterhood's Hanukkah Shop to find Hanukkah candles, dreidels, a Hanukkah, decorations, gelt, and more!

Drum CircleTuesday, September 3, 3 pm

In August, an excited group of seven drummers met in the foyer of Temple Emanu-El for their monthly Drum Circle. During this hot summer, we have been meeting inside to remain cool. At other times of the year, we meet outside under the blue sky, hearing the birds sing.

Ira Moskowitz, our accomplished and devoted Drum Circle leader, prepares different rhythm patterns to teach us. At this meeting, Ira shared the first stanza of music for us to try, and then added another. We sometimes ask for him to repeat a rhythm to hear it again before trying it ourselves, and he is gracious about giving us a second chance. We are all here to learn!

We encourage everyone to bring a friend, grandchild, spouse or partner. The more the merrier! At the last meeting, Dana Mosser's granddaughter joined us, and brought a youthful, active energy to the group. Drummers are getting to know one another and there is much kibitzing before and after we drum and "rumble."

During the circle, there is always a "call and response" part where someone drums a rhythm, and others mirror it. We have drums and other music makers available to share, and you may want to bring your own.

The Drum Circle is free, and no sign up is needed. You don't have to be a congregant to join us. We meet the first Tuesday of each month. No experience is needed and there is no pressure to drum one way or another. People concentrate, smile and relax. Drumming is known to be a stress reliever. Discover the rhythm you might not have known you had! Come join us on Tuesday, September 3, at 3 pm, to have fun and drum along with us. For any questions, please contact Bonnie Baron at bonniebaron@gmail.com.



Adult Education



Supporting Lifelong Jewish Learning

The Summer Reruns Film Series

The Heritage

Saturday, September 7, 7 pm

Temple Sanctuary



The film follows two parallel plotlines set in Spain 500 years apart. The first plotline begins in contemporary Jerusalem. Yoav sets off for Spain on the trail of a property deed, which came into his position. The deed apparently belonged to his ancestral family – the distinguished Abarbanels. Along the way, he falls in love with a beautiful flight attendant. The second plotline takes us back to the Spanish Inquisition and the events behind the deed.

The movie, directed by Amnon Rubenstein, was made in Israel in 1993.

Laurie Baron will introduce the film and facilitate discussion afterward.

There will be a bring your own dinner at 6pm in the courtyard or Social Hall.

Torah Study

Saturday mornings—9:00 am In Person and on Zoom

An in-depth study of Torah portions and commentary. Come in person or connect from home. Zoom links will be provided in the Temple's weekly emails.

Coffee with the Rabbi

Wednesdays, 11 am In Person and on Zoom

Drop in when you can for an informal discussion on current events. No sign up, no charge and no preparation is needed – just an interest in Jewish learning.

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.

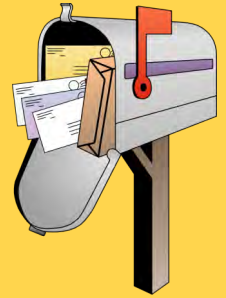


Mailbox

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

Your involvement and participation in Direct Relief improves the health and lives of people living in the most vulnerable situations. Thanks to you, and others like you, we can ensure that critically needed medicines 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.

All High Holy Day services will be live-streamed. The link can be found on our website teesd.org. If you plan to watch the live-stream and would like to borrow High Holy Day prayerbooks, they will be available for pickup at the Temple starting on Thursday, September 26, 2024. If you have any questions, please call our temple office at (619)286-2555.



Helping to Repair the World

Your generous donations to Temple Emanu-El's Social Action Fund are used to serve the needs of the community, locally, nationally and internationally.

In August, funds were sent to World Jewish Congress (worldjewishcongress.org), which began in 1936 in response to the growing anti-Semitism across Europe. The organization is now active in 100 countries, representing Jewish communities and organizations. They work to ensure the continuity and development of religious, spiritual, cultural and social heritage of the Jewish people. Our donation will be earmarked for their work on combating anti-Semitism and raising consciousness to the dangers inherent in incitement to religious, racial or ethnic intolerance and persecution.

In September, we will allocate money to Feeding America San Diego (feedingsandiego.org). Feeding San Diego was established in 2007 and is currently the leading hunger relief and food rescue organization in San Diego County. More than 35% of food produced in the U.S. goes to waste each year. Feeding America rescues nutritious surplus food from groceries, retailers, farms, restaurants and more. They provide outreach to vulnerable clients who are likely to have uncertain or limited access to food and also help to enroll those eligible in California's food stamp program.

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.



**“Nervous people don't like change and fear routine.”
(Dr. Abraham Low)**

I have always liked to plan ahead and for things to go as planned, like what I'm making for dinner, or what I'm going to wear for a presentation, or controlling my temper during traffic.

In Recovery International, Dr. Low said that to stay well we need to do certain things. Over the next few months in my bulletin articles, I plan to discuss the main points of the Recovery International (RI) program. This includes:

-using the 4-Step Method.

-attending meetings.

-reading Recovery International literature.

The 4-step method is the core of this program and of every RI support meeting. It's the meat and potatoes of the program.

In a group setting, whether participating in online or in-person meetings, we learn by listening to others and then practicing by volunteering. Volunteering can be reading a portion of the RI literature, giving a tool, or sharing an example.

Giving examples using this Method helps us to:

- report rather than complain
- note our symptoms
- check our responses
- control our behavior
- use the tools to change our thoughts
- see our progress
- praise ourselves for our efforts
- learn simplicity instead of complexity.

Identifying disturbing feelings, sensations, thoughts or impulses is called “spotting.” This program teaches you how to recognize when you are worked up and apply RI tools or “spots” to control thoughts and impulses. Learning to “spot” your temper and symptoms is an important step in replacing negative (insecure) thoughts with positive (secure) thoughts. There are hundreds of tools or “spots” to help you manage the events that get you worked up.

We are lucky to have an in-person RI meeting in the Temple Library every Thursday at 10am. **Walk-ins are welcome!**

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

Check out our website, recoveryinternational.org

Memorial Book

Our Book of Remembrance will once again be distributed to the Congregation on Yom Kippur, the Day of Atonement, when we are most poignantly reminded of our loved ones who have passed over the years. It will include the names of the loved ones who have died and those who are memorializing them and is distributed during the Yizkor service on Yom Kippur afternoon.

If you would like to have your loved ones included in this book and in this sacred ritual of memory, please go to our Temple website at teesd.org to submit their information and make a Yizkor donation.



Community Corner Practicing Groundedness

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

What comes to mind when you think of groundedness?

Here is one definition: Groundedness is unwavering internal strength and confidence that sustains you through ups and downs. It is stability through change and even chaos.

The Coronavirus ravaged the globe, leaving significant human and economic destruction in its wake. It disrupted how we work, play, love, grieve and participate in our communities. We all discovered that life was not as stable as we thought or would have liked it to be.

That is where the problem is. Our culture urges us to seek stability, but doesn't reflect the reality that change is constant. However, with the right skills, change can be a dramatic force for growth.

Embracing life's uncertainty, instability and changeability turns out to be empowering and even comes with benefits.

People tend to respond to change in one of four ways: They attempt to avoid or refuse to acknowledge it, they actively resist it, they relinquish control, or they try to get back to where they were before an event happened.

I suggest six practices of groundedness to help support you during times of change, loss and "lifequakes." Practice is the repeated exercise of a skill in order to gain proficiency. In order to obtain groundedness, I suggest practicing the following:

1. **Accept** where you are to get to where you need to go. In order to get where you want to be, you need to see clearly where you are now.
2. **Be Present** so you can use your attention and energy, both physically and mentally, to work for what you want to achieve, not getting stuck in thoughts about the past or future.
3. Be **Patient** and you'll get there faster. Give things time and space to unfold.
4. Embrace **Vulnerability** to develop genuine strength and confidence. Show up authentically and be your real self with others.
5. Build **Deep Community** - Nurture genuine connection and belonging.
6. **Move Your Body** so you fully inhabit it and become more comfortable in your own space.

When life breaks us open, and it will, we can also be grounded and fall down without falling apart. We can gain confidence, competence and compassion for yourself and others.

Reflection: When in the past have you fallen down and what skills did you use to get back up?

Today's Practice: Today I will practice one of the skills I have learned in order to be more prepared when life surprises me.

I welcome your comments: 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.



Torah School



September 2—Labor Day

September 6—S'mores Back to School Family Shabbat

September 8—Torah School First Day 9:00 am to 12 pm

September 11—Hebrew Online 4:30 pm to 5:15 pm
In-Person 5:30 pm to 6:15 pm

**September 15—Torah School 9:00 am to 12:00 pm
(LOCK DOWN DRILL)

September 18—Hebrew Online 4:30 pm to 5:15 pm
In-Person 5:30 pm to 6:15 pm

**September 22—Torah School 9:00 am to 12:00 pm

September 25—Hebrew Online 4:30 pm to 5:15 pm
In-Person 5:30 pm to 6:15 pm

**September 29—Torah School 9:00 am to 12:00 pm

****Pizza Lunch at Noon, YG Clubs 12:15 pm to 1:15 pm**



YAHREIT OBSERVANCE

Zecher Tzadik Livrachá – The Memory of the Righteous is a Blessing

The following yearzeits will be commemorated at Shabbat services:

September 6 & 7

*Frances Goldberg
 Clara Burney
 Philip Goldberg
 Barbara Gross
 *Leonard Sherr
 Don D. Sloan
 Sara Foerder
 Shirley Izenberg
 Jay Krane
 William Luck
 Linda Witte
 Ben Altman
 Olive Weber
 Elfriede Schloss
 Phyllis Keller
 Judith Lampke
 Neil Wolf
 Jeffrey Kagan
 Jake Altman
 *Joan Kaplan
 *Philip M. Stein
 Alice Tauber
 Freda Wilson
 *Arthur Caplin
 *Edith Davis
 *Michael Eger
 Jerry Rosenberg
 Sid Avirov
 H. Robert Beitscher
 *Jack Belford
 Viola Castillo
 Jake Katz
 *Michael Gary Margulis
 Marisa Alexandra

September 13 & 14

Harry Benn
 Alisa Jodra
 Valentin Jodra
 Arnold Kasendorf
 Mildred Rubin
 Barbara Klein
 *Nellie Bloomfield
 Ruth Globus
 Sam Schwartz
 Rachel Labovitch
 Michael Ribachonek
 Esther Nefsky
 Pat Spitalé
 Ann Zeidman
 *Arlene Cohen
 Vera Fainshtein
 Rabbi Morri Hershman
 David Gilbert
 *Elaine Lipinsky
 Edith Patashnik
 Jacky Pike
 Phyllis Siperstein
 *Florence Roe Berman
 Clementina Bloom
 Deborah Epstein
 Etta Laxer
 David Silverstein
 Marvin Braun
 Philip Osterbach
 *Alvin Schwartz
 Dr. Morton Shapiro
 Marjorie Stratton
 Norton Sussman
 *Mabel Wittgrove
 Kathy Zeichick
 Murray Thomas Crummer, Jr.
 Leah May Feinstein
 Sara Gurvich
 Barney Korey
 Gertrude Leskowitz
 *Elaine Selwyn Born
 Samuel Silverman
 Paul Weil

September 20 & 21

Richard Bloom
 *Martha Dancoff Friedman
 Philip Katz
 James Eric Knemeyer
 Parker Nevil
 *Minnette Pekofsky
 Jacob Berman
 Vivienne Kantor
 Patrick Langoehr
 *Barry Friedman
 Lillian Levens
 Mary Martin
 *Samuel Sarnoff
 Ella Witte
 *Denny Denholtz
 *Lorraine Baker
 *David Malkin
 Louis Solof
 *Florence Cohen
 Hyman Israel
 Gloria Katz
 Fritz Sacks
 Morton Scribner
 Bertha Spielman
 *Malcolm Winston
 *Sol Cohen
 Dolores Putt
 Mildred Hankins
 *William Kolkey
 Joseph Kossan
 *Ida Lipinsky
 Gertrude Barth
 Robert Castiglione
 *Alexander Dorris
 Elizabeth Kramer
 Simon Fayerman
 *Louis Katz
 Norma Pongeggi
 Shirley Hettena
 *Ella Schleman Nathan
 Robert Richter
 Selma Sablove
 Alex Wurtz

September 27 & 28

Myna Decker
 *Tillie Feinman
 Jacob Firestone
 Gertrude Osterbach
 *Gerry Herzfeld
 Larry Silkes
 Lillian Fitzgerald
 *Arnold Kravitz
 Michael Portner
 Rita Waddell
 Amy Artman
 Elsa Behrend
 George Emont
 Alex Gwasdoff
 *Nathan Schulman
 Mathes Snyder
 David Tauber
 Estelle Golde
 Sedell Greenman
 *Sol Iglow
 David Kolender
 Shirley Korfin
 *Harold Lehrer
 Ruth Schreiber
 William Seiden
 *Frank Selwyn
 Rose Weitzman
 Evelyn Blum
 *Ronald Glazer
 Yetta Niss
 Riva Gittel Frydman
 Edward Rosenblum
 Diana Salberg
 Florence Ackerman
 *Eli C. Eisenberg
 Shirley Michel
 Howard Glube
 *Lily Rose Hayman
 David Steinberg



* designates a memorial plaque in the Sanctuary lobby



In Our Temple Emanu-El Family

SEPTEMBER BIRTHDAYS

9/1 B.J. Brose Max Mittleman Paula Rosenzweig	9/9 Joseph Immergut McAvoy "Mac" Immergut Jeri Moskowitz Jonathan Schindler Carrie Goldsmith Daniel Holtzman	9/17 Chloe Comer Judith Gottschalk Nancy Lawson	9/25 Ruth Weiss
9/2 Rose Cherrick Dick Friedman Larry Goldenberg Amy Hoffman Brian Schonhoff Nancy Spector	9/10 Mike Cowen Danny Green Haley Levine Ellie Mout David Zubkoff	9/18 Saul Ghitman Shai Immergut Rose Shepard	9/26 Nicole Barvic Gary Clorfeine Desiree Lange Michaela Snyder-Braasch Simon Snyder-Braasch
9/3 Bryant Grady Michele Harris Noah Stevens Linda Wilson Minerva Bloom-Trejo	9/11 Joseph Graham Rey Lopez-Calderon Liz Morrison Karen Snyder Malissa Winicki	9/19 Benjamin Green Eric French	9/28 Alyson Arkin Stefani Lenett Samantha Luchans
9/4 Joseph Tichonchuk	9/12 Karen Snyder Malissa Winicki	9/20 Grace Sherr Will Bryan	9/29 Alexis Handler David Newman Aria Sand Noa Heller Smadar Holtzman Jonathan Regier
9/5 Rachel Schlagel Ben Stein	9/13 Noah Goldenberg Ron Marx Gabrielle Fefferman Paul Margolis	9/21 Scarlett Mandel	9/30 Madelynn Micon Janet Zenville Kristi Dean
9/6 Amy Blum Jennifer Klein Maya Hegler Jessica Levine Desiree Mark	9/14 Georgine Brave Lillian Farber Barry Handler	9/22 Nathan Feinstein Beatrice Ogle Eleanore Ogle Ron Zeichick	
9/7 Christopher Brown Danielle Cohn Liam Falcone	9/15 Sarah Safarik Saul Snyder	9/23 David Crisis Louis Ogle Albert Rios	
9/8 Lauren Frederick Emmet Muschenetz	9/16 Dan Gaudette Easton Hopgood Jack Pipkin Eriberto Salzman	9/24 Lisa Cantor Mark Feinberg Simma Sal Lurer Poppy Misrach Leif Peterson	
		9/25 Bianca Hegler Marsha Stein Hicks Laura Katz Levi Laddon	

SEPTEMBER ANNIVERSARIES

9/2 Jonathan & Nina Brenis Reza & Adeline Jacob	9/4 Brett & Julie Parker	9/8 Fred & Roxi Link
9/4 Fran Daly & Felise Zollman Nicole Fies-Fox & Dov Fox Sarah & Jacob Lin Ryan & Eleanore Ogle	9/5 Scott Hopgood & Megan Blum-Hopgood Peter Huot & Andrea Musicant	9/12 Hersch & Ellen Kagan
	9/7 Ingo & Jane Muschenetz Bill & Jean Seager	9/16 Barry & Suzanne Handler
		9/22 Frederick & Allison Marchand
		9/23 Dan & Eileen Gaudette Allison Ribachonek & Monica Putt
		9/24 David & Angela Canin Daniel & Sara Fefferman Adam & Jaclyn Resnick
		9/25 David & Lesley Cohn
		9/26 Theodore Janowsky & Alisa Malinovich



Temple members who are able to go above and beyond the standard Temple dues requirement enable us to continue our high standard of services and programs for all members, regardless of means. Please consider joining at one of the following levels:

Chai Circle



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

Life Membership



Add Your Strength to Ours!

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

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



Women of Temple Emanu-El

by Barbara Chancy and Nancy Marcus, Co-Presidents



We wish you a very happy and healthy New Year. We value every one of our members, and if you are not yet a member of the Women of Temple Emanu-El, we invite you to join us. Our group is a proud member of the Women of Reform Judaism, an organization that spans the globe, working to improve the lives and living conditions for women across the world. When you join us, you become a member of WRJ, supporting the future of women and girls who are fighting for a better world. We are an Open Sisterhood. If you are not a Temple member, you can still become a member of Sisterhood. We welcome you warmly.

Our Membership Forms are available online on the Temple website or from the office. Please come and learn about the impact that we have had since our founding in 1913, before women had the right to vote.

Our first event this year will be “A Taste of the New Year” on Wednesday, September 18, 6:30 pm in the Social Hall. We will explore the foods that you have enjoyed with your family growing up, things you have recently tried and liked, or things you have heard of but never tasted. Start looking now through special recipes that you have enjoyed. Bring your recipes to share and go home with new recipes to try out at home. If you are new to Judaism, this will be a great opportunity to learn about traditional fall foods from Rosh HaShanah to Sukkot. Details will follow to our Sisterhood members in a special flyer, and will be in the Temple’s weekly email.

Mah Jongg continues on Mondays from 1:30-4 pm in the Sanctuary. The cost is \$10 per month, which we use to provide snacks. We have one learners’ table, taught by Marcia Berneger, and other tables for more experienced players. We invite you to join us for Mahj Monday fun!

A Little History of WRJ:

In 1965, WRJ became the first Jewish organization to call for Equal Rights for LGBTQ people, stating “We are all made B’t zelem Elohim: in the image of Adonai.” That is who we are!

It’s a Postcard Party! Next: September 3 by Janice Steinberg, Advocacy Committee Co-Chair

Fourteen people came to our first postcard party for the 2024 election season! We wrote 250 postcards to Black voters in Georgia, urging them to vote in November. Thank you to Pat Libby for hosting and to all who participated. It was fun! ... even when a surprise rainstorm made the outdoor contingent quickly gather up their materials and come inside.



We’re doing this project in partnership with Center for Common Ground, a non-partisan organization whose goal is to encourage voter engagement and strengthen democracy.

You can get involved, too. **Our next party will be on Tuesday, September 3, from 4 – 6 pm.**

Contact me at janicesteinberg@cox.net if you’d like to join the party or have questions.



Safety/Security Committee

by Greg Houska, Safety/Security Committee Chair

I often receive well meaning and insightful questions regarding our Temple's security. This month, I devoted my column to presenting the matrix we use to evaluate our institution's security protocols.

The foundation of effective security starts with a thorough risk assessment to identify potential threats. Temple staff and the Security Committee constantly evaluate both internal and external risks in context with the Temple's location, visitor traffic and historical security issues. We regularly conduct security audits to evaluate and ensure that the security protocols remain up-to-date and effective against emerging threats.

The newly installed and enhanced video surveillance technology is a powerful tool in enhancing Temple security. High-resolution cameras at key entry points, around the perimeter, and inside the Temple provide valuable evidence if incidents occur and also act as a deterrent to possible threats. Access control systems and entry logs ensure that only authorized individuals can enter restricted areas. We have also worked on issues relating to fences, gates and secure entry doors. Current plans include discussions with the City on placing fencing around the parking lot. Protecting sensitive information from cyber threats has become more difficult and more important. Thank goodness we have smart people working on this problem!

Our security has been greatly enhanced by hiring trained security personnel who understand the cultural and religious significance of the Temple. One only has to speak with Kurtis Ramsey or one of his fellow security guards to understand the importance of this.

In concert with the Jewish Federation, Secure Community Network and other Jewish organizations, we have put into place training sessions for staff and volunteers on security protocols, emergency response procedures and identifying suspicious behavior. Developing and regularly updating emergency response plans, including evacuation procedures and first aid protocols, ensures that the Temple is ready to handle crises efficiently. Conducting periodic drills with staff and volunteers helps in reinforcing these procedures.

Building strong relationships with local law enforcement and emergency services enhances overall security. Regular communication and coordination with these agencies ensure a swift response. Next time you see a first responder, make sure you say, "thank you!"

Condolences

To Sarita Wosicki Segal on the death of her husband and Jaron Segal on the death of his father

Joel I. Segal

To Mike Oolie on the death of his cousin

Joel Chafitz

To Michelle Jirkovsky on the death of her aunt

Star Slipock

To Toby Hartman on the death of her brother

David Slep

To Mike Oolie on the death of his sister

Sandra Oolie

To Jeffrey Hall on the death of his wife

Fern Hall

To Rabbi Benj Fried on the death of his grandfather

Dr. David Fried



Mazal Tov

To Ron and Cathi Marx on the engagement of their daughter
Tovah to Bryce Hoffman



Give the Gift of Sweetness for the New Year!

This 8-ounce jar of delicious kosher honey arrives just in time for the Rosh Hashanah holiday. The jar includes a personalized card that reads "Shana Tova—Wishing you a healthy and happy New Year" and your personalized greeting.



Jar Cost: \$14.00 Each

FREE SHIPPING: NOW— August 8th, 2024

Shipping is \$8.00: 8/9/24—9/12/24

A portion of every purchase is donated to the TEESD Sisterhood.

What better way to wish family, friends, and business associates a sweet and healthy New Year than sending a jar of honey?

To order honey, go to:

www.orthoney.com/ESD

Click on the honey link and follow the step-by-step instructions. Please order by 9/12/24 for guaranteed delivery in time for Rosh Hashanah.

For more information, please contact:

Becca Bierman | beccabierman@gmail.com

Todah Rabah

To Barbara Pollack for her work on editing the
bulletin

The High Holy Days are right around the corner. It's not too early to take advantage of the exciting High Holy Days opportunities.

Aliyot and Readings

Did you know you can request the honor of taking part in either Rosh Hashanah and/or Yom Kippur services? Beginning with Erev Rosh Hashanah, members of synagogues across the country will be called to the bima to participate in High Holy Day services. Rabbi Devorah and Rabbi Benj will assign aliyot, readings, ark openings and closings and other bima rituals as a way to honor members. But we need volunteers for these honors as well!

Can't read Hebrew? Every prayer in our prayerbook is transliterated! Let us know if you would like to participate by emailing Brandy Alegria at brandy@teesd.org.

Tapestry

Maybe you've never had the honor of holding the Mi Shebeirach Tapestry during High Holy Day services. Or maybe you have, and would love to join in again during this year's presentation of the tapestry during either Rosh Hashanah or Yom Kippur. It's an amazing feeling to be part of the group holding the tapestry and looking out into the sea of your fellow congregants as we all sing the prayer for healing. Let us know you would like this honor by emailing Claire Fritz at Claire.lifetime@gmail.com.

Prayerbooks for High Holy Day Live Streaming

Did you know that Temple Emanu-El live streams High Holy Day services for our members who are unable to attend in person? If you need to join us from home, we can make the experience more meaningful for you by making it possible for you to follow along using the High Holy Days prayerbooks. We will work to deliver the books to anyone who is a *homebound member* so that you too can attend High Holy Day services from home using the live streaming.

To request a High Holy Days prayerbook, either email Brandy Alegria at brandy@teesd.org or call the Temple office at 619-286-2555. If you have any questions, let us know.



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.



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.



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

Morgan Stanley



Phil Bresnick

Portfolio Manager
Senior Vice President | Financial Advisor
101 West Broadway, Suite 1800
San Diego, CA 92101
[619-668-4334](tel:619-668-4334)
philip.bresnick@morganstanley.com
advisor.morganstanley.com/the-bresnick-group
CA Insurance Lic. #0A05261 / NMLS #1401662

© 2024 Morgan Stanley Smith Barney LLC. Member SIPC.
BC007 CRC 5709123 06/23



DIAMONDS ♦ GEMS ♦ FINE JEWELRY ♦ CUSTOM DESIGN



MATT MEIS
FINE CUSTOM JEWELRY

SPECIALIZING IN CUSTOM DESIGN
WEDDING, ANNIVERSARY AND
SPECIAL OCCASION FINE JEWELRY
AND JEWELRY REPAIR



BY APPOINTMENT
IN THE CONVENIENCE
OF YOUR HOME OR OFFICE

(619) 218-1319 ♦ mattmeis.com ♦ matt@mattmeis.com



Proudly Serving Jewish Families For
Over 46 Years

Am Israel Mortuary
San Diego's "Only" Jewish Mortuary
Family Owned and Operated
For Three Generations

619-583-8850

www.AmIsraelMortuary.com

LGC

**LINCOLN
GUSTAFSON
& CERCOS, LLP**

Thomas J. Lincoln
Attorney at Law
tlincoln@lgclawoffice.com

California
(619) 233-1150
550 West C Street
Ste # 1400
San Diego, CA 92101

Nevada
(702) 257-1997
3960 Howard Hughes Parkway
Ste # 200
Las Vegas, NV 89169

Arizona
(602) 606-5735
2415 E. Camelback Rd.
Ste # 700
Phoenix, AZ 85016

HA-SOFER • THE SCRIBE

is published monthly by Temple Emanu-El
6299 Capri Drive • San Diego, CA 92120

BULLETIN DEADLINES

September 5 for the October issue
October 5 for the November issue



**ESSENTIAL
PROPERTY
MANAGEMENT**
Platinum Service

JUDE FOX
PROPERTY MANAGER

619.861.8852
8504 La Mesa Blvd. La Mesa, CA 91942
judefoxrealtor@gmail.com
www.sdlivingrealestate.com/about/jude-fox/
DRE# 01970577

Gail L. Braverman, MA, MFT
Individual, Couples and Family Counseling

License #35281

(619) 282-4730



September 2024 Av — Elul 5784

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
September 1 • 28 Av	September 2 • 29 Av	September 3 • 30 Av	September 4 • 1 Elul	September 5 • 2 Elul	September 6 • 3 Elul	September 7 • 4 Elul
	 Office and Preschool Closed NO Mah Jongg	 Drum Circle 3 pm Postcard Party 4 pm Community Jewish High First Night 6 pm	 Coffee with the Rabbi 11 am Adult Choir Rehearsal 7:30 pm	Bridge with Benj 12:30 pm Israel Engagement 6 pm	 Back to School S'mores Family Shabbat Service 6 pm	Torah Study 9 am Shabbat Morning Service Bat Mitzvah 10:30 am Adult Ed Movie 7 pm
September 8 • 5 Elul	September 9 • 6 Elul	September 10 • 7 Elul	September 11 • 8 Elul	September 12 • 9 Elul	September 13 • 10 Elul	September 14 • 11 Elul
First Day of Torah School 9 am Youth Choir 12:30 pm Adult B'nai Mitzvah Class 2:30 pm	Mah Jongg 1:30 pm	Community Jewish High 6 pm	 Coffee with the Rabbi 11 am Torah School Hebrew Classes 4:30 pm & 5:30 pm Adult Choir Rehearsal 7:30 pm	Bridge with Benj 12:30 pm	Shabbat Service 6 pm	Torah Study 9 am Shabbat Morning Service 10:30 am Preschool Fundraiser 5 pm 
September 15 • 12 Elul	September 16 • 13 Elul	September 17 • 14 Elul	September 18 • 15 Elul	September 19 • 16 Elul	September 20 • 17 Elul	September 21 • 18 Elul
Torah School 9 am Youth Choir 1:30 pm Adult B'nai Mitzvah Class 2:30 pm	Mah Jongg 1:30 pm Book Club 6:30 pm 	Community Jewish High 6 pm	Coffee with the Rabbi 11 am Torah School Hebrew Classes 4:30 pm & 5:30 pm Taste of the New Year WRU 6:30 pm Adult Choir Rehearsal 7:30 pm	Bridge with Benj 12:30 pm	Shabbat Service 6 pm	Torah Study 9 am Shabbat Morning Service Bat Mitzvah 10:30 am
September 22 • 19 Elul	September 23 • 20 Elul	September 24 • 21 Elul	September 25 • 22 Elul	September 26 • 23 Elul	September 27 • 24 Elul	September 28 • 25 Elul
Torah School 9 am Youth Choir 1:30 pm Introduction to Judaism 2 pm Adult B'nai Mitzvah Class 2:30 pm	Mah Jongg 1:30 pm	Community Jewish High 6 pm	Coffee with the Rabbi 11 am Torah School Hebrew Classes 4:30 pm & 5:30 pm Proposition Seminar for Elections 6 pm Adult Choir Rehearsal 7:30 pm	Bridge with Benj 12:30 pm	Shabbat Service 6 pm	Torah Study 9 am Shabbat Morning Service 10:30 am Selichot and Board Installation 
September 29 • 26 Elul	September 30 • 27 Elul					
Torah School 9 am Youth Choir 1:30 pm Introduction to Judaism 2 pm Adult B'nai Mitzvah Class 2:30 pm	Mah Jongg 1:30 pm					



President
1st Vice Pres
Treasurer
Financial Sec/2nd VP
Recording Secretary
Immed. Past Pres
Immed. Past Pres
Executive Past Pres

Matt Meis
Stefani Lenett
Jeff Schindler
Barbara Braasch
Alec Irwin
Marc Glazer
Cathi Marx
Eric Rosenzweig

Senior Rabbi
Associate Rabbi
Executive Director
Rabbi Emeritus
Founding Rabbi
Preschool Director
Bulletin Contact

Devorah Marcus
Benj Fried
Shaun Copans
Martin S. Lawson
Morton J. Cohn z"l
Janet Arkin
Publicity Committee

rabbi@teesd.org
rabbibenj@teesd.org
scopans@teesd.org

jarkin@teesd.org
publicity@teesd.org

