



Temple Emanu-El's



CARNIVAL

Sunday, March 1
11 am - 1 pm

Our annual carnival features games, prizes, a petting zoo, inflatable obstacle course, two bounce houses, balloon artist, face painter, and more fun for the whole family!

One Ticket = \$5

- Lunch Plate with a non-alcoholic drink - 2 Tickets
- Adult Beverage - 1 Ticket
- Two Non-Alcoholic Drinks - 1 Ticket

One Wristband = \$25

- Wristbands provide unlimited access to all activities for children only

General admission to the carnival is free.

Friday, March 6
Shabbat Service 6 pm

Saturday, March 7
Shabbat Service 10:30 am
Bar Mitzvah
Ki Tisa, Exodus 30:11-34:35
Ezekiel 36:22-36

Friday, March 13
Shabbat Service 6 pm
Dinner and Lecture with Yisrael Klitsner 7 pm

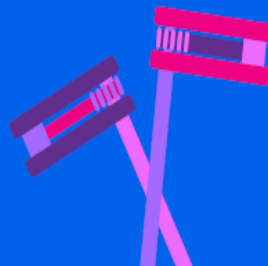
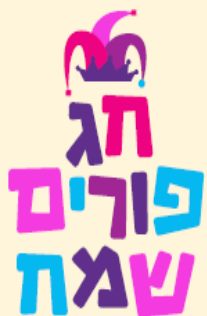
Saturday, March 14
Shabbat Service 10:30 am
Lunch and Lecture with Yisrael Klitsner 12 pm
Vayak'heil—P'kudei, Exodus 35:1-40:38
Ezekiel 45:16-25

Friday, March 20
Band Shabbat Service 6 pm

Saturday, March 21
Shabbat Service 10:30 am
Vayikra, Leviticus 1:1-5:26
Isaiah 43:21-44:23

Friday, March 27
Shabbat Service 6 pm

Saturday, March 28
Shabbat Service 10:30 am
Bar Mitzvah
Tzav, Leviticus 6:1-8:36
Malachi 3:4-24



From Our Temple Co-Presidents

by Barbara Braasch, Co-President



Did you know that 50% of people worldwide identify themselves as introverts? This means 50% identify as extroverts. While my introvert self might object to that division, when I thought of my immediate family and of my friends, the 50/50 split seems about right. It's interesting to me that both my wife, Sharon Snyder, and my co-president, Stefani Lenett, are extroverts.

Whether you are an introvert or an extrovert, walking into a gathering where you don't know anyone can be scary. OK – it may be less scary for many extroverts. But that is the first step in getting to know other adults and wonderful teens we have at Temple Emanu-El. We offer so many activities, which always need volunteers and participants, classes and more. Announcements are on our website, this bulletin and on weekly emails. If you are not currently receiving the Thursday emails with notices of coming events, call the front office.

If you would like to meet other Temple members, join us for one of the activities that fit your interests. Want to learn more about the Torah? Join us for Torah Study on Saturday mornings. Love to learn? Rabbi Lawson and Rabbi Benj offer classes, both during the week and after services on some Saturdays. There are classes to learn Hebrew or study for an Adult B'nei Mitzvah. Love to eat? Torah for the Table meets monthly from February to June. Barry Lander and Rabbi Devorah will lead you through the tradition of delicious food, and you'll receive recipes to bring home and try.

I hope you will try something new this year and meet other interesting Temple members, who may be introverts or extroverts!

Shaun Speaks...



Shaun Copans,
Executive Director

Last month, the Temple held its annual fundraiser to support the Torah School. Formerly known as Cabaret Night, the newly named Temple's Got Talent was a tremendous success!

The event featured performances by several of our Torah School students from kindergarteners to high schoolers, parents and even grandparents! The audience of more than 130 were treated to singers, pianists, guitarists, a flute ensemble, hoverboardist (yes, that is a thing), a juggler/comedian, and more. The event concluded with a duet by Rabbi Benj and Michelle Jirkovsky.

Thank you very much to everyone who supported Temple's Got Talent by donating, purchasing tickets or a table and concessions that night.

Special thanks to the Torah School staff, especially Linda Sand, who coordinated the event with support from volunteer community members Elaine Lofton, Ilana Kendall and Emily Green. We also want to thank Shari Ressel and Erik Poliak for their contributions during the show.

The Temple's Torah School currently has 135 students and has almost doubled in size in the last 10 years. Funds raised at this event and throughout the year are important to continue to provide a warm and welcoming community for our families and our future Jewish leaders.



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

Heartfelt thanks to our extraordinary Adult Theatre Troupe for their inspired, high-energy performance of this year's Purim Spiel, *J-Pop: Haman Hunters*. Their creativity, humor, courage and sheer joy lit up our celebration and reminded us just how powerful communal storytelling can be. *Kol hakavod* ("all the honor" a/k/a "major kudos") to Rachael Cherrick (Esther), Nick Silverstein (Haman), Marcia Berneger (Mordechai), Haley Copans (Vashti), Alison Portner (Jester), Jane Lofton (Royal Chef), Randy Silverstein (Royal Guard), who sang, danced, acted and embraced the commandment to retell the story of Purim year after year.



You might be wondering "What exactly is the Adult Theatre Troupe?" I'm so glad you asked! At its core, it's a group of adults who love Jewish storytelling - coming together annually for the Purim Spiel and collaborating on our High Holy Day Limmud drama workshop, among other projects. Yet it's also something more: a growing creative community rooted in play, learning, music and a shared belief in Jewish education through the arts. I have big dreams for this ensemble, and I see it as a space where adults can explore performance as a meaningful form of Jewish expression, connection and fun. Stay tuned. This is only the beginning.

I'm excited to share that this month's *Shir Chadash* selection is my recent original musical composition of the *Ma'ariv Aravim* prayer. I was inspired by the opening line, which teaches that God "speaks the evening into being." There is something so poetic about the idea of twilight as a divine utterance, gently ushering us from day into night. My hope is that this new melody offers a moment of reflection and beauty as we gather in prayer. I can't wait to sing it together with you!

Mailbox



Every act of generosity creates a ripple, and your support is part of something powerful. Thank you for choosing to stand with your neighbors in need and for strengthening the San Diego Food Bank's ability to carry out our mission with compassion and purpose.

Your support helps families facing rising living costs stretch their budgets, provides essential groceries to seniors on fixed incomes and offers stability to individuals working to get back on their feet. Thank you for standing with us and for turning your care into real impact for our neighbors.

Kristin Wiggins, Vice President of Development
Jacobs and Cushman San Diego Food Bank

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



Adult Education

Torah Study

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

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

Coffee with the Rabbi

Wednesdays, 11 am In Person and on Zoom.

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

The Adult Education Fund supports life-long learning at Temple Emanu-El. We appreciate contributions of any amount to further our efforts.



Women of Temple Emanu-El

by Barbara Chancy and Nancy Marcus, Co-Presidents

We love the approach of Spring as the days are getting longer. We have been busy planning fun activities.

A Taste of Passover **March 25, 6:15pm, Social Hall**

Do you have a favorite Passover recipe? Bring your special dish to this program so that we can all try something new. A separate mailing will be sent for this evening, but you can send your recipe ahead to wrj@teesd.org so that we can compile a recipe book for participants to take home. There is no charge for those sharing a recipe. Just want to taste? Come for \$10 per person.

Game Night **April 15, 6:15pm, Social Hall**

Enjoy an evening of playing board games - bring a favorite from home if you'd like. Snacks will be served.

YES Fund Tea **May 17, 11am, Social Hall**

Come and learn about the YES Fund, Women of Reform Judaism's single largest ongoing fundraiser. The YES Fund the earliest project of women's philanthropy in Reform Judaism at a time when a woman could not make contributions to causes that were important to her without her husband's permission. Those who came before us changed the face of what women could and could not do.

If you are not a member of Sisterhood - the Women of Reform Judaism, you are always welcome to enjoy our programs. We are not a closed group. Bring a friend and check us out!

Mah Jongg continues on Monday afternoons from 1:30 – 4pm in the Social Hall. We have one beginner's table and 3 or 4 others with more experienced players. Whether you are a beginner wanting to learn or have played for years and looking for a friendly group, join us. If we have too many people, some rotate in so that everyone gets to play. Some men also play – all are welcome. It's a fun afternoon.

Todah Rabah

To Barbara Pollack for her work on editing the bulletin.

Mazal Tov

To Arlene Miller on the marriage of her son, Jeff, to Kim Earnhart



To Joyce Camiel and to Bob and Lotty Glassman on the birth of their great-grandson, Miller Maxwell Tyson, son of Hanna Glassman and George Tyson, grandson of Greg Glassman and Nancy Glassman

Condolences

To Susan Kaplan on the death of her husband
George Kaplan

To Dhyana Latta on the death of her cousin
Jeffrey D. Salberg

To Rabbi Marty Lawson on the death of his sister-in-law
Diane Tavs

To the Arkin Family on the death of
Nancy Kesselhaut



Mitzvah of the Month
Toiletries for Urban Street Angels



This month, Temple member Sarah Safarik, who is in grade three, will partner with the PATH Interscholastic Leadership Team (PILT) to collect needed hygiene items for Urban Street Angels. PILT is a California-based non-profit organization made up of students in grades 3 through 12 who are dedicated to helping end homelessness. Through drives, fundraisers, presentations, service projects, creative initiatives and raising awareness, PILT supports adults, youth and pets experiencing homelessness or transitioning into stable housing.

All donated items will be distributed by Urban Street Angels, which supports homeless and at-risk youth ages 18–25, and will be distributed in their shelter. We are collecting full sized shampoo, conditioner, body wash, soap, body lotion, toothpaste and toothbrushes. These donations help ensure youth have access to essential hygiene items, supporting their health, dignity and overall well-being as they work toward stability.

Please bring your donations to the white Social Action barrel in the lobby of the Temple office building. For questions or more information, please contact Amanda Cohen (Sarah's mother) at socialaction@teesd.org.

Striving to be Human

Lunch and Learn with Rabbi Lawson

Temple Emanu-El

Class meets on Thursdays from 11:30 am - 1 pm

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



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

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

Cost is \$35 for the series.



Israel Engagement

by Jonathan Licht and Rhonda Amber, Co-Chairs

Guest Speaker: Don Mendel

Sunday, March 29, 10 am

Don Mendel, husband, father and retired lawyer, was raised in the Bay Area and lived in Israel from 1974-1988 on Kibbutz Gal'on. Mendel has dual citizenship in America and Israel, served in the IDF, and maintains a large network of close relationships in Israel nurtured by frequent visits in Israel and hosting Israelis in California. He volunteered on Gal'on and in the Gaza Envelope on Kibbutz Nachal Oz in December 2023, at the beginning of the war, and returned there to volunteer for a month.

At this talk, Mendel will discuss his experiences and share observations from his recent visit. He will speak on the collective trauma and weariness of the Israeli population as a result of the events of October 7, the current state of the Gaza Envelope settlements, the political landscape and key issues including the October 7 State Inquiry, Qatar Gate, Haredi military service, Judicial reform and the attack on Democratic norms.

Watch for more information in the weekly emails for details on this morning's event. You won't want to miss it.

Iron Sword War in Literature

The great tragedy of the October 7 massacre has reverberated throughout the Israeli society in ways that are known and still evolving. The traumas are finding expression in literature, in poetry, song, cinema and novels. Rachel Korazim, the renowned educator of Hebrew Literature, came to San Diego and taught us "Poems for Our Days" only months after the event. According to the National Library of Israel's report, as of May 2024 there have been more than 80 books published dealing with the tragedy and ensuing wars. The books are in a variety of styles, including children's books, graphic novels, fiction and nonfiction. Many are translated. Here is a list of a few:

In the Heart of October 7: Testimonies, Uri Fink (editor). A graphic novel of twelve stories of survival, solidarity and courage from the kibbutzim and towns near Gaza, and those attending the Nova festival

One Day in October: Forty Heroes, Forty Stories, by Yair Agmon and Uriah Mevorach

Mr. Abandonment, a collection of texts and illustrations that deal with criticism of Prime Minister Netanyahu, translated into English under the name *Dark Legacy*.

Kidnapped by Eli Sharabi, autobiography of being a hostage for 491 days

On Democracies and Death Squads: Israel and the Future of Civilization, by Douglas Marie

Personal Number 7.10.23, by Elkana Cohen, a commando officer in the reserves, describing his experiences during 87 days of fighting in the Gaza Strip.

**Do you have an extra, working Blu-Ray player
you no longer use?**

Donate it to Temple!

Email emorris@teesd.org for information.





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

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

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

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

The Wisdom of Aging Session Two

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

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

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

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

There is no prerequisite to participate.





Helping to Repair the World

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

In February, funds were sent to Meals on Wheels San Diego (meals-on-wheels.org), whose volunteers deliver nutritious meals to seniors. Frequently, their volunteer is the only person the homebound person may see all day. In addition to the meals, the volunteer provides human contact and a safety net for those living alone.

In March, we will allocate money to the San Diego Volunteer Lawyer Project (sdvlp.org), the county's oldest and most comprehensive pro bono legal services program for low-income individuals, non-profit community organizations and others. They handle civil legal cases, including legal guardianship of children, restraining orders, family law, elder law, services to those with HIV/AIDS, landlord disputes, crime victims who are immigrants or refugees, education law advocacy for foster youth, domestic violence and more. More than 75% of their clients are women.

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.

Coupon Project to Benefit Navy-Marine Corps Relief Society

We've all heard about people in our community struggling to buy food and necessities. Military families are among them. Our Social Action Committee suggests that you can help by clipping coupons for use by service members and their families. Send the coupons to:

**Navy-Marine Corps Relief Society
MCAS Miramar
P.O. Box 45339
San Diego, CA 92145-0339**

Coupons must have an expiration date of at least one month after the date you mail them.

The Navy-Marine Corps Relief Society puts the coupons in coupon baskets in their office waiting area and in their thrift shop. They report that they often see service members and their spouses selecting them. In 2025, the NMCRS Miramar office assisted 1,204 individuals with more than \$1,379,000 in some sort of much-needed assistance. Thank you for helping these families in need.



Recovery International

By Lisa Garcia



BETTER. MENTAL. HEALTH.™

February is American Heart Month



As spring arrives, it brings a sense of hope, renewal and possibility. Just as the world begins to bloom, we're reminded that emotional well-being grows when we give it care and attention. Recovery International (RI) offers practical tools and a method to help us meet life's challenges with steadier thinking and self-compassion. Recovery teaches that our mental health improves when we practice the RI method. We learn to lead a peaceful and productive life. When we control our speech muscles, we have nothing to regret.

We learn to endorse for our efforts. We learn that effort - not perfection - moves recovery forward. Like spring growth, progress doesn't need to be perfect to be powerful. Progress simply requires consistency. In spring, it may storm, but soon it passes. May this season remind us that by focusing on what we can do, rather than how we feel, that action will lead and feelings follow. In Recovery, we don't sell the method, we demonstrate it, and growth is always within reach.

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

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

Mazal Tov on Becoming Bar Mitzvah!

Noah Ghitman Bar Mitzvah
Bar Mitzvah • March 7, 2026
Son of Briana and Saul Ghitman



OSCAR TALK WITH ANDY FRIEDENBERG

Tuesday, March 10 at 11 am
Temple Emanu-El

Temple member Andy Friedenberg, a member of the Academy of Motion Picture Arts & Sciences, presents his take on this year's Academy Awards show, highlighting the 2025 movie season and forecasting his picks for this year's winners.



Attendance is free but registration is preferred.

Visit the temple's website to register.



We proudly welcome back our
friend and scholar

Yisrael Klitsner

for updates on Israel

**Israel Today - What is happening
inside the State and the minds of
the people inside?**

Friday, March 13 at 7 pm
(immediately following services)

**Israel Tomorrow - What is the
future of Israel's relationship with
our Jewish diaspora communities?**

Saturday, March 14 at 12 pm
(immediately following services)

Mr. Klitsner previously served as the Diaspora Affairs Advisor for former Prime Minister, Naftali Bennet, and is pursuing his master's degree in public policy from Carnegie Mellon University.



SAVE THE DATE

Join us for our
Congregational Seder Brunch

Saturday, April 4
10 am

Temple Emanu-El

Details to follow.



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.

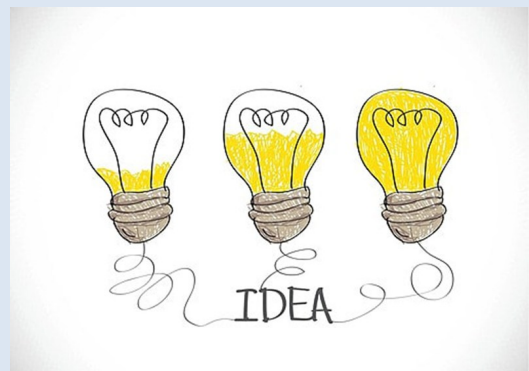
Safety/Security Committee

By Greg Houska, *Chair*

Last night as I was cleaning the last of the spaghetti off of the kitchen wall (how else can you see if it is done?), I was thinking of ideas which may be of use to others, especially concerning keeping our families and community safe.

Feel free to apply the quotes below in any area of your life, including in the context of some of the safety and security training we have received at the synagogue. As you read them, you'll understand the spaghetti reference, as some of the ideas below just might stick:

- Start now. Perfect comes later.
- Action beats intention.
- Do it scared.
- Motion creates clarity.
- Done is better than perfect.
- If not now, when?
- Someday is not a day.
- Comfort is the enemy.
- You don't need permission.
- Excuses sound best to the person making them.
- Small steps, daily.
- Consistency compounds.
- Begin where you are.
- One move changes everything.
- Progress is a choice.
- Make the call.
- Decide, then act.
- Be brave for five minutes.
- Momentum is earned.



Thank
you



Yahrzeit Observance

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

March 6 & 7

Morris Slep
Ruth Ackerman
Mark Faitek
Hyman Joseph Kaplan
Sidney Laverson
Nate Bornstein
Sandra Weintraub
Jack Abrams
Seymour Rogal
Goldie Cohen
Paul Globerson
John Jacob Ghitman
Evelyn Silverstein
Abraham Slep
Philip Sompolsky
Debbie Blum
Jeffrey Boss
Marguerite Degan
Geri Fox
Roslyn Freedman
Sidney Goren
Dena Kissin
Marvin Oberndorfer
Bea Pappenheimer
Bernice Rosen
Soll Shapiro
Lillian Tauber
Fanny Copans
Sidney Forman
Henriette Goodwin
Mergie Ventura
Milton Roth
Marilyn Agranove
Susan Brecher
Nathan Ratner
Donald Sacks
Kenneth Siegel
Sidney Caplin
Leslie Renee Carter
Debbie Berton
Toby Brewster
Yrene Bueno
Carol Rubin Kushner
Arnold Forster
Irving Hertz
Annette Niss
Bernard Snyder

March 13 & 14

Arkadiy Milshteyn
Isabel Ast
Bess Fixler
Gertrude Kushner Klein
Pauline Hirsch
Malcolm Finkelstein
Phyllis Hochfeld
Isadore Lehrman
Samuel Cantor
Molly Diamond
Allen Fischer
Phillip Moss
Sidney Kaiser
Ed Spilkin
David Jerome Sobo
Maurice LeCover
Phil Fayerman
Seymour Hoffman
Abraham Morris Sobo
Sylvia Asher
Judith Berkowitz
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

March 20 & 21

Bernard Topf
Sheila Korn
Nathan Rubel
Rudolf Schloss
Ben Fishman
Craig Schlotthauer
Lou Lipson
David Gventer
Eleanor Laverson
Bernice Olcott
Abraham Bresn
Dmitriy Lotsker
John Grady
Samuel Kastner
Marion Bucci
Evelyn Herzfeld
Mergie Ventura
Connie Mansfield
Faye A. Eisenberg
Murray Goldblatt
Robert Mayers
Belle Schuckman
Harriet Steinberg
Larry Atherton
Raymond Scribner
Eugene Smith
Wilna Twomey
Charles Alexander
Philip Borkat
Edith Gventer
Gladys Marco
Sam Ackerman
Martha Darling
Reba Dresnin Epstein
Frank Marco
Phyllis Goodman
Frank Marco
Mattie Mosenson
Jeff Silvers
Thomas Musbach

March 27 & 28

Dr. Erving Polster
Joseph J. Gallen
Gladys Marco
Harold Rutsky
Rose Kirche
Gertrude Lieberman
Lillian Persky
George Segal
Julia Segal
Paul Winokur
Fredrick Cauer
Grace Pollak
Frank Korfin
Arthur Bloomfield
Samuel M. Cohen
Marilyn Dunn
Burton Goldberg
Harold Copans
Gerald Agranove
Gerald Licht
Sondra Glazer
Yehuda Ben-Yehuda
Irving Blitz
Michael Cooper
Zella Joy Esrock
Joy LeBus
Mysore Krishnamurthy
Hella Steinberg
Philip Pekofsky
Sidney Smith
Samuel Schwartz
Connie Adelman
Ron Berman
Lottie Birnbaum
Rudolph Brill
Philip Fischer
Seymour Reichbart
Rabbi Isaac Mayer Wise



In Our Temple Emanu-El Family

MARCH BIRTHDAYS

3/1	David Loewenstein Ezra Le Aran Sadja Paul Schulman	3/8	Myles Kindel Diana Mikhailova Emily Goldenberg	3/16	Jade Karel Zachary Palasnick David Arguilez	3/24	Mary Epsten Phyllis Irwin Elijah Lyon
3/2	Noa de la Torre Pam Mittleman	3/9	Haley Copans Lola Rodman Renee Zoffel	3/17	Andrew Siegel Izzy Falk		Lydia Ponomarenko Harris Steinberg Abigail Weissman
3/3	David Cohn Charles Jirkovsky Star Laddon Yonatan Mashal Micky Witztum	3/10	Craig Misrach Shari Ressel Lillee Dunkle Judy Hertzberg	3/18	Lisa Busalacchi	3/25	Daniel Cohen Sheryl Feinberg Briana Ghitman Stella Jacob Amy Patashnik
3/4	Eloise Stein	3/11	Joe Aiello Lee Ben-Yehuda	3/19	Madalynn Lopez Brian Cane Joaquin Cuevas Katya Cuevas Eric Gross		Rebecca Schonhoff
3/5	Kennedy Lin Alan Medoff Nancy Herzfeld-Pipkin Stella Reytblat Sandy Rosenthal	3/12	Joni Marco Celeste Ferre Hanna Fox Lynn Grady Elizabeth Eastman	3/20	Laura Karel Kalia Thiele Lisa Shuman Janie Regier Sharon Snyder Ellen Kagan Benjamin Stone	3/26	Michelle Wasserman Joshua Silverstein Brooklyn McColister Lauren Aiello Dov Clavell Idan Burak
3/6	Lily Brown Oliver Buenaventura Cole Peterson Laurie Spiegler	3/13	Taylor Cabacungan Ellen Goren Dana Quittner Graeme Lazarus	3/21	Stan Mayer Judy Medoff Scott Musicant	3/27	Sunny Borkat Byrne Eger Kathryn F. Witztum
3/7	Janet Arkin Meredith Lange Preston Lange Sarah Lin Phinneas Seldin	3/14	Andreas Freund Raul Clavell Dane Goldbarg Brett Parker	3/22	Dana Vandersip Len Berger Leo Svet Max Svet Bram Goldstein Brandon Stam	3/28	Marc Mann Jeff Vandersip
		3/15		3/23		3/29	Brian Hazell Howard Kugler Bill Seager Eve Socol Tivon Stam Udi Stam

MARCH ANNIVERSARIES

3/7	Carrie and John Mayers	3/19	Brian and Janine Cane
3/8	Frank and Jessica Teplin		David and Rica Cherrick
3/10	Vadim and Wendy Ponomarenko	3/23	Charlie and Connie Pinkus
3/11	Jon Frankel and Eliza Molk	3/25	Robbie and Danny Bailund
3/14	Shaun and Keri Copans Brandon and Linda Sand	3/28	Lev and Tamara Tseselskaya
3/16	Marty and Roz Freedman	3/30	Janie and Marc Regier



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

Thank you to our lifetime endowment members



Add Your Strength to Ours!

Below is a list of contacts for committees, projects and other ways to become more involved in the life of Temple Emanu-El. 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
Janice Steinberg
- **Budget and Finance** financecommittee@teesd.org
- **Caring Community** caringcom@teesd.org
- **Endowment** endowment@teesd.org
Bob Rubenstein
- **Facilities** facilities@teesd.org
Marc Glazer
- **Library** office@teesd.org
- **Membership** membership@teesd.org
Erica Whinston
- **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** wrjteesd@gmail.com
Nancy Marcus
Barbara Chancy
- **Youth** rabbibenj@teesd.org
Rabbi Benj Fried

BULLETIN DEADLINES

March 5 for the April issue

April 5 for the May issue



Community Corner

Try A Little Tenderness

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

Although the song “Try a Little Tenderness” was written in 1932 during the Depression era, its message is timeless and encourages gentleness, empathy and affection, all facets of tenderness. It highlights small acts of care, choosing kindness over being right and deepening emotional connection.

One of my favorite definitions of tenderness is “sensitivity to pain.” We are living in psychologically exhausting and painful times - like being blasted by a fire hose, not knowing who or what to believe.

Research has shown that experiencing tenderness can have tangible physiological effects, such as reducing levels of stress hormones, which are associated with feelings of pleasure and wellbeing. These biological responses highlight the profound impact of tenderness on our emotional health.

In relationships, tenderness plays a central role in fostering intimacy and satisfaction. Couples who express tenderness toward each other through acts of kindness, physical affection and emotional support are more likely to report higher levels of relationship satisfaction and longevity.

But tenderness is not limited to romantic relationships. It also plays a crucial role in friendships, family bonds, caregiving, and even interactions with strangers and friends. In a world where we are prioritizing individualism and self-interest, tenderness serves as a reminder of the importance of nurturing our connections with others.

The difference between tenderness and kindness is that tenderness has the quality of vulnerability that isn't inherent in kindness.

A moment of tenderness and vulnerability that really struck me was not something I witnessed in person, but something I watched online. It was Jimmy Kimmel's monologue about his newborn baby's near-death experience and the medical care that saved him. If you haven't watched it, it is worth taking 13 minutes to do so.

Kimmel is not known for being particularly tender in public, and in his video he broke down as he described the care that he and his family received. I think the reason the video has been viewed over eight million times is that it feels so striking to see a man known for being tough and funny also show up as fragile, tender and grateful.

Real strength doesn't require us to hold power over anyone else. Staying tender can keep inviting us further into intimacy with ourselves, with others, with the earth, with what's possible.

Reflection: May we develop strong and tender hearts and the courage to face our world that is embroiled in hatred, division, distrust and violence, and see it with profound hope, love and tenderness.

Today's Practice: “Try a Little Tenderness.”

Comments are welcomed: gbrave3333@aol.com



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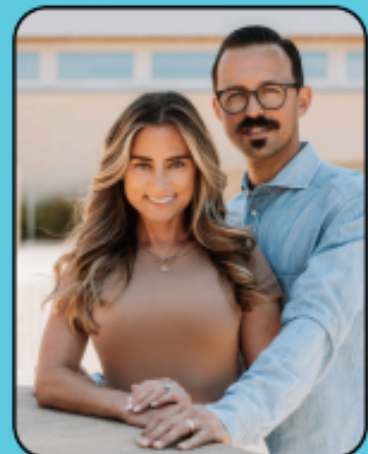
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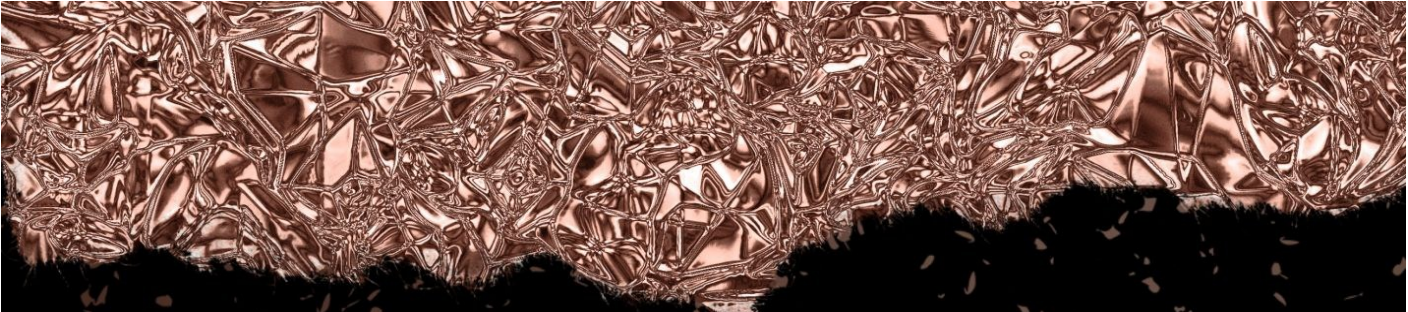
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Temple Emanu-El Book Group—Monday, March 16, 7 pm

By Jane Lofton, Book Group Coordinator

The Temple Emanu-El book group selected *The Safekeep* by Yael van der Wouden for our next meeting on Monday evening, March 16. Both the San Diego Public Library and San Diego County Library have copies of the book.

This is a synopsis of the book from van der Wouden's website:

It's 1961 and the rural Dutch province of Overijssel is quiet. Bomb craters have been filled, buildings reconstructed, and the war is well and truly over. Living alone in her late mother's country home, Isabel's life is as it should be: led by routine and discipline. But all is upended when her brother Louis delivers his graceless new girlfriend, Eva, at Isabel's doorstep—as a guest, there to stay for the season.

Eva is Isabel's antithesis: she sleeps late, wakes late, walks loudly through the house and touches things she shouldn't. In response Isabel develops a fury-fuelled obsession, and when things start disappearing around the house—a spoon, a knife, a bowl—Isabel's suspicions spiral out of control. In the sweltering peak of summer, Isabel's paranoia gives way to infatuation — leading to a discovery that unravels all Isabel has ever known. The war might not be well and truly over after all, and neither Eva — nor the house in which they live — are what they seem.

The Safekeep is a tale of twisted desire, histories and homes, and the unexpected shape of revenge.

Please contact me at janelofton@gmail.com for the meeting address to attend in person, or to be added to our email list for future meetings. The book group meets every other month in members' homes near the synagogue.



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March 2026 Adar — Nissan 5786

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
March 1 • 12 Adar	March 2 • 13 Adar	March 3 • 14 Adar	March 4 • 15 Adar	March 5 • 16 Adar	March 6 • 17 Adar	March 7 • 18 Adar
Torah School 9 am Purim Carnival 11 am NO Introduction to Judaism NO Adult Beginning Hebrew	Erev Purim Mah Jongg 1:30 pm Purim Spiel Dinner 5 pm Purim Service & Spiel 6 pm	Purim Community Jewish High 6 pm	Coffee with the Rabbi 11 am Torah School Hebrew 4:30 pm/5:30 pm Passover Play Auditions 6 pm	Bridge with Benj 12:30 pm Striving to be Human: Lunch & Learn with R. Lawson 11:30 am	Shabbat Service 6 pm	Torah Study 9 am Shabbat Service Bar Mitzvah 10:30 am
March 8 • 19 Adar	March 9 • 20 Adar	March 10 • 21 Adar	March 11 • 22 Adar	March 12 • 23 Adar	March 13 • 24 Adar	March 14 • 25 Adar
Torah School 9 am Introduction to Judaism 11:30 am Adult Beginning Hebrew 2 pm	Mah Jongg 1:30 pm	Oscar Talk with Andy Friedenberg 11 am Community Jewish High 6 pm	Coffee with the Rabbi 11 am Torah School Hebrew 4:30 pm/5:30 pm Torah for the Table 6 pm	Bridge with Benj 12:30 pm Striving to be Human: Lunch & Learn with R. Lawson 11:30 am	Shabbat Service 6 pm Dinner & Lecture with Yisrael Klitsner 7 pm	Torah Study 9 am Shabbat Service 10:30 am Lunch & Lecture with Yisrael Klitsner 12 pm Introduction to Judaism Shabbaton 12 pm
March 15 • 12 Adar	March 16 • 12 Adar	March 17 • 12 Adar	March 18 • 12 Adar	March 19 • 1 Nissan	March 20 • 2 Nissan	March 21 • 3 Nissan
Torah School 9 am Introduction to Judaism 11:30 am Adult Beginning Hebrew 2 pm	Mah Jongg 1:30 pm Book Club 7 pm	Community Jewish High 6 pm	NO Coffee with the Rabbi Torah School Hebrew 4:30 pm/5:30 pm	Bridge with Benj 12:30 pm Striving to be Human: Lunch & Learn with R. Lawson 11:30 am	Band Shabbat Service 6 pm	Torah Study 9 am Shabbat Service 10:30 am
March 22 • 4 Nissan	March 23 • 5 Nissan	March 24 • 6 Nissan	March 25 • 7 Nissan	March 26 • 8 Nissan	March 27 • 9 Nissan	March 28 • 10 Nissan
NO Torah School NO Introduction to Judaism NO Adult Beginning Hebrew	Mah Jongg 1:30 pm	Adult Ed Movie Series with Andy Friedenberg 11 am NO Community Jewish High	Coffee with the Rabbi 11 am NO Torah School Hebrew WRJ Taste of Passover 6:15 pm	Bridge with Benj 12:30 pm Striving to be Human: Lunch & Learn with R. Lawson 11:30 am	Shabbat Service 6 pm	Torah Study 9 am Shabbat Service Bar Mitzvah 10:30 am
March 29 • 11 Nissan	March 30 • 12 Nissan	March 31 • 13 Nissan				
NO Torah School 9 am Don Mendel Israel Talk 10 am NO Introduction to Judaism Torah Writing Session 2 12 pm NO Adult Beginning Hebrew	Mah Jongg 1:30 pm	Wisdom of Aging 10:30 am NO Community Jewish High				

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