



## Join us for our Congregational Seder Brunch

Saturday, April 4 at 10 am  
Temple Emanu-El



### Congregational Seder Brunch Menu

Catered by Elijah's Restaurant

#### Starters

- Matzah
- Charoset
- Eggs
- Chopped Liver

#### Soup

- Matzah Ball Soup

#### Brunch Buffet

- Lox
- Whitefish Salad
- Egg Salad
- Tuna Salad
- Side of Vegetables
- Breakfast Potatoes

- Matzah Brei
- Egg Casserole

#### Dessert

- Macaroons

Adults: \$65

Children (ages 4-12): \$30

Children (3 and under): Free

Visit our website to sign up.

**Thursday, April 2** 10 am  
Passover Festival Text Study and Brief Service

**Friday, April 3** 6 pm  
Shabbat Service  
Rabbi Lawson to conduct service

**Saturday, April 4** 10 am  
**NO** Shabbat Service  
Congregational Seder Brunch  
Chol HaMo-eid Pesach, Exodus 33:12-34:26  
Ezekiel 37:1-14

**Wednesday, April 8** 10 am  
Passover Yizkor Study and Memorial Prayers

**Friday, April 10** 6 pm  
Shabbat Service

**Saturday, April 11** 10:30 am  
Shabbat Service  
**Bat Mitzvah**  
Sh'mini, Leviticus 9:1-11:47  
II Samuel 6:1-7:17

**Friday, April 17** 6 pm  
Shabbat Service

**Saturday, April 18** 10:30 am  
Shabbat Service  
Tazria—M'tzora, Leviticus 12:1-15:33  
II Kings 7:3-20

**Friday, April 24** 6 pm  
Disney Family Shabbat Service

**Saturday, April 25** 10:30 am  
Shabbat Service  
**Bar Mitzvah**  
Acharei Mot—K'doshim, Leviticus 16:1-20:27  
Amos 9:7-15



## Shaun Speaks...



Shaun Copans,  
Executive Director

# Passover Festival Services

## **Festival Text Study and Brief Service**

Thursday, April 2 at 10 am  
Temple Emanu-El • Library

## **Passover Yizkor Study and Memorial Prayer**

Wednesday, April 8 at 10 am  
Temple Emanu-El • Library



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



The Torah tells us that when the Israelites crossed the sea and finally reached freedom, they did not begin with speeches or explanations - they began with song. In that moment of relief and wonder, music became the first language of gratitude. Perhaps that is why Passover melodies feel so powerful even today. They remind us that singing together can transform memory into hope, and community into courage. Every voice matters. Every voice helps tell the story.

That's why I hope you will mark your calendar for our Congregational Seder Brunch on Saturday, April 4, which will feature live music from our Temple musicians. There is something uniquely joyful about hearing beloved Passover songs sung together as a community - not just remembering the Exodus story, but experiencing it through music, laughter, and shared celebration. Please join us as we sing, clap, and maybe even add a few unexpected musical surprises along the way!

**Shir Chadash - A New Song for April**

This month's *Shir Chadash* selection is, of course, *Mi Chamocha*. I think the catchy, energetic groove perfectly captures the ecstatic delight the Israelites must have felt when they successfully crossed the sea and realized they were free! You can find this version on our synagogue's website and YouTube channel.

Each year, we retell the Passover story not simply to remember the past, but to recognize the ways we continue to seek freedom, compassion and hope in our own lives. At the moment when fear gave way to freedom, the Israelites sang. Especially in times like these, may we find the courage to lift our voices together and sing our way toward hope.

## Mailbox

The Moores UCSD Cancer Center is in partnership with the Light One Little Candle Foundation, which encourages parents undergoing cancer treatment to read to their children. The program distributes new children's books to cancer patients through the Cancer Center's Patient and Family Education Center.

We thank you so much for your wonderful books. Your generosity will provide incredible joy and comfort to our patients and their families.

Charlotte Perry and Patricia Freund, Co-Chairs  
Light One Little Candle Foundation

*In February, your response to our Mitzvah of the Month allowed us to deliver 35 new children's books, which are being enjoyed by cancer patients with their children and grandchildren.*

*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.*



## From Our Temple Board of Directors The Mitzvah of Caring By Aimee Le and Erika Rosen

In Jewish life, the call to care for one another is a sacred obligation. Known as the Mitzvah of Caring, this principle reminds us that our faith is measured not only by prayer or study, but also by how we respond to the needs of our community. To care is to listen, to act, to show up and be present for one another, and to offer support where it is needed.

The Mitzvah of Caring calls on each of us to look beyond ourselves, to recognize opportunities for compassion in daily life, and to act with generosity of heart. Whether it is visiting the sick, supporting families in times of need, or simply offering a listening ear, each act of caring strengthens the fabric of our community.

Renewing our commitment to this mitzvah means embracing our shared responsibility for one another, a value deeply rooted in the principle of *Areivut*. At its core, *Areivut* teaches us that we are all connected: our joys, our struggles and the good we do in the world resonate with and affect those around us. When one person thrives, we all thrive. When one suffers, it touches us all.

Strengthening our community requires participation. It also requires reflection. As our synagogue continues to grow and evolve and we continue our work of revitalizing our committees, we ask ourselves:

*Are we supporting one another in meaningful ways?*

*Are we open to receiving support during challenging times?*

*Are we listening with empathy?*

*Are we making room for new relationships?*

*Are we responding with compassion?*

As we look to the future, our commitment to caring for and about one another ensures that our synagogue remains not only a house of prayer, but a house of connection. Let us continue to strengthen the ways we support, uplift and walk alongside one another. Together, we will continue to build a community rooted in compassion, sustained by tradition and made stronger through acts of care.

*Aimee Le has been a Board member since 2022, and currently serves as Second Vice President. She grew up at Temple Emanu-El and is proud to be part of this caring community.*

*Erika Rosen has been a Board member since 2024, and currently serves on the Preschool and Facilities Committees. She is excited to join the Caring Committee this year.*



## Mitzvah of the Month Soccer Balls and Stuffed Animals



During April, we are collecting stuffed animals and soccer balls, both of which may be new or gently used, to be given to children in Mexico through a project that builds homes near Tecate. Since 1980, the nonprofit Club Dust ([clubdust.org](http://clubdust.org)) has organized this hands-on project to build safe, simple homes, prioritizing those homes for families with handicapped children, single parent families, and those with many children. They have averaged 40 homes per year, each built in a day by dedicated volunteers. As they say, they are not only building homes, they are changing the world and their own souls in the process.

When they hand over the house keys, they also place something else in the hands of the children: new or gently used soccer balls and stuffed animals — small gifts that spark joy, comfort and the simple magic of childhood.



Please bring your donations to the white Social Action barrel in the lobby of the Temple office building and they will be delivered at an upcoming building project. For questions or more information, please contact Elana Levens-Craig at [socialaction@teesd.org](mailto:socialaction@teesd.org).



## Hunger Project at St. Vincent de Paul Begins 40<sup>th</sup> Year

The Hunger Project started its 40<sup>th</sup> year on March 9, 2026. It is amazing that the project Joan Kutner began in 1986, as a partnership between Temple Emanu-El and Congregation Beth Israel, is still operating today, inspiring guests and volunteers alike. It has been wonderful to see volunteers from the early days of the project coming back with their children and their grandchildren.

The Paul Mirabile Center (PMC) at St. Vincent is open and volunteers are needed as we work each Sunday morning in the remodeled kitchen and dining room. In the past, Temple Emanu-El had organized our volunteers for the first Sunday each month. Now you are welcome to pick any Sunday that works for you. All volunteers, whether from Emanu-El or not, need to create an account and sign up for a date on Father Joe's website:

<http://congregationbeth.neighbor.volunteerhub.com/>

Please sign up and join us on a Sunday to make a difference in our community. Come by yourself or join with friends, family members or your havurah, whether Temple members or not. High school or Bar/Bat Mitzvah students who need to provide community service hours can get a letter signed on the morning they work. Contributions to the Social Action Hunger Project Fund go specifically to support our work on Sundays.

For any questions, please contact Jennifer Nemeth at [socialaction@teesd.org](mailto:socialaction@teesd.org).



# Women of Temple Emanu-El

by Barbara Chancy and Nancy Marcus, Co-Presidents



As we prepare to observe Passover, it is a good time to reflect on the many blessings in our lives. For some, it is the families we love and will celebrate with. For others, it is the friends who have become family. Still others are celebrating the longer days and shorter nights. Embrace and enjoy whatever is meaningful to you personally, as we celebrate the festival of our freedom.

Matzah, matzah, matza! No matter how you spell it, you can't be tired of it yet – Passover just started. If you need some menu ideas, ask for a copy of our Taste of Passover cookbook. You might find a new favorite to enjoy the week.

Join us on Wednesday, April 15 at 6 pm. for Game Night. Do you have a game you love to play? Do you want to play a new game? Do you want to have a fun-filled night with friends? If your answer is yes, join us that evening. You can bring a favorite game from home or play one that someone else brings. And there is always Mah Jongg! The cost is \$10, which includes snacks.

Are you a solo? The Temple Gala is Saturday, May 16, and it sounds fabulous. Do you hate to go to a Gala alone? We'll make up a Sisters table (or two) for the celebration to sit together and not be solos. Let us know and we'll make sure to have space reserved. The Temple will celebrate Rabbi Devorah's Bat Mitzvah year here, the 18<sup>th</sup> (Chai) year since her ordination, and her big birthday!

The following day, May 17, we have planned our YES Fund Tea and Rosh Chodesh celebration. This promises to be a wonderful weekend!

## A Little History of WRJ

Two WRJ Past Presidents, Betty Benjamin and Lillian Maltzer, had an idea about women becoming philanthropists in their own right. They were ahead of their time when they created The Lifeline Program. A woman could donate \$1,000 to the YES Fund and become a Lifeline Member. The principal would never be used, only the interest. These women created what has become WRJ's most successful and largest endowment fund. Each donor receives a beautiful pin as an acknowledgment of her gift. We have three Lifeline Members at WTEESD, Flo Bornstein, Nancy Marcus and Rhonda Schwartz. You will learn more about the Lifeline Program at the YES Fund Tea on May 17.

## Tree of Life and Memorial Plaques

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 in the Social Hall and plaques on the Memorial Board in the Sanctuary lobby. If you need assistance, we will be happy to offer help with appropriate wording. Either may be ordered at a cost of \$550.

For more information about Leaves on our Tree of Life or about Memorial Plaques, please contact Donna Lopez at [dlopez@teesd.org](mailto:dlopez@teesd.org).





**Torah for the Table  
Global Jewish Cuisine**

**Wednesdays, April 22, May 13, and June 3 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 continue our journey on Wednesday evenings, once a month. The cost per person is \$36 per session.

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



## **SWEET, SAVORY & RISEN**

**Celebrate the end of Passover with  
Temple's Great Bake Off!**

**Friday, April 10 at 7 pm  
After 6 pm Shabbat Services  
Temple Emanu-El**

**Bring your signature chametz dish to a wine and cheese Oneg  
for everyone to try and judge.**

**There will be three categories: Sweet, Savory  
and Risen (bread).**

**Register through the Temple website to RSVP  
and 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 March, funds were sent to the San Diego Volunteer Lawyer Project ([sdvlp.org](http://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.

In April, we will allocate money to Feeding America San Diego ([feedingsandiego.org](http://feedingsandiego.org)). Established in 2007, this is currently the leading hunger relief and food rescue organization in San Diego County. More than 38% of food produced in the U.S. goes to waste each year. Feeding San Diego rescues nutritious surplus food from grocery stores, retailers, farms, restaurants and more. They work with community partners to coordinate rapid delivery to families, seniors, active duty military, veterans and those dealing with chronic disease.

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.

## Condolences



To Priscilla Cohen on the death of her husband  
**Harvey Cohen**

To Marty Weiss on the death of his daughter  
**Rabbi Andrea Weiss**



To Nancy Lawson on the death of her sister  
**Diane Tavs**



## Recovery International

By Lisa Garcia



Please join us on Thursday mornings at 10 am in the Social Hall. Newcomers are always welcome. There is no beginning and no end! Just show up!

If you have any questions, contact our San Diego office by email at [SanDiego@RecoveryInternational.org](mailto:SanDiego@RecoveryInternational.org), or call (619) 383-2084.

## Safety/Security Committee

By Greg Houska, *Chair*

As my column hit this month's bulletin, I planned to be in Israel, volunteering with Sar-El, but my trip may be delayed due to the world situation.

Sar-El (often translated as "Service for Israel") places international volunteers on Israel Defense Force (IDF) bases to do support work normally handled by soldiers, thus freeing them up for operational duties, providing international support and solidarity, and giving volunteers an inside look at daily life in Israel. Anyone with a desire to show support for Israel may volunteer. All roles are non-combat logistical support, such as packing medical supplies, sorting military equipment, assembling field kits, simple base maintenance, and even working on military farms or supply operations. Tasks vary daily and depend on the base. Most Sar-El programs run one to three weeks. Following daily assignments, evenings are marked with cultural programs, lectures about Israel and free time. Volunteers stay on an IDF base, with the specific location to be disclosed on the first day. Living conditions are on the far side of the Ritz, though comfortable with dormitory-style rooms and meals with fellow volunteers and IDF soldiers. Sar-El volunteers pay their own travel, a modest program fee and travel insurance. The application process is straightforward: apply online, provide some background information, fill out a medical form and submit to a short interview.

I expect the benefits of the experience to be extensive and certainly looking forward to providing a meaningful contribution during crises, as well as having unique access to life on an IDF base. I look forward to sharing more on my return.





SECURE COMMUNITY NETWORK & JEWISH FEDERATION PRESENT:

## SECURITY SPRING TRAINING

FREE SAFETY TRAININGS FOR SAN DIEGO JEWISH ORGANIZATIONS & COMMUNITY MEMBERS



### Thursday, April 16 at 6 pm Temple Emanu-El

The Jewish Federation of San Diego, in partnership with the Secure Community Network, is offering free emergency response trainings designed to empower individuals and organizations with the skills to react quickly and effectively in crisis situations.

Trainings are open to all, but space is limited! Register now.



Please go to the Jewish Federation of San Diego's website to Register <http://www.jewishinsandiego.org>

Ensuring our community's safety is a top priority and it is integral that we are prepared to act in emergencies. Our Federation, in partnership with the Secure Community Network, will be offering another season of **free emergency response trainings** to empower individuals and organizations with the skills to react quickly and effectively in crisis situations.

These sessions will provide:

- practical guidance on recognizing threats
- tools to respond under pressure
- how to ensure the safety of those around you

Whether you're a community member, organizational staff, or volunteer, these vital trainings offer valuable knowledge to **help protect yourself, others, and your community.**

March 19 | Temple Solel | 6-9 PM

March 23 | Congregation Beth Israel | 6-9 PM

April 16 | Temple Emanu-El | 6-9 PM

## 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. Group will not meet on April 8 or April 29

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.*



# 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.*

## **Adult Education Fund**

Stan and Benita Mayer

## **Friedman Family Music Fund**

Randee and Dick Friedman in loving memory of Rabbi Andrea Weiss, friend, cantillation student, and Camp Swig alum. Heartfelt condolences to Marty Weiss and family

Florence Bornstein in memory of Nate Bornstein

Florence Bornstein in memory of Art Bernard

Shari Ressel in memory of Judy and Lenny Ressel

Dr. Perri Wittgrove in memory of Robert Bobby Neville

## **General Operating Fund**

Roberta Berman

Dana and Jeff Vandersip in memory of Sandra Weintraub

Avrille Copans

Aaron and Annie Hall

Ann Ruth

Robert Smith in memory of Susie Gesheker

Morey and Aunrey Bubis in memory of Ron Berman

## **Torah School Endowment Fund**

Carol Davis

## **Marla Bennett Student Israel Fund**

Phyllis Naiman in honor of Roberta Joy Naiman

## **Prayerbook Fund**

Robert Cohen in memory of Douglas James Porter

## **Rabbi Benj Freid's Discretionary Fund**

Bobbi Cohen in memory of her brother Eugene Smith

## **Rabbi Devorah Marcus' Discretionary Fund**

Phyllis Davidson in memory of Rabbi Andrea Weiss

## **Rabbi Marty & Anita Lawson Endowment Fund**

Rabbi Marty Lawson, Bethami Lawson and Josh Lawson in memory of Anita Satlof Lawson

Judy Faitek in memory of Ruth Heilbrunn and Leon Faitek

Robert Berton in memory of Mary Berton

Frank Bratman in memory of Mildred Bratman

Samantha and Joseph Tichonchuk in memory of David "Grumpy" Sobo

Carol and Harvey Korfin in memory of Lee Metzger

Suzanne Moss-High and Ron High in memory of Marge Moss

## **Security Fund**

Toby Hartman in memory of Morris Slep, Abraham Slep, and Rudolph Brill

## **Social Action Fund**

Bill and Sherry Resh

Robbie and Danny Bailund in memory of Eugene Bailund

Bobbi Cohen in memory of Irving Smith

Nancy Herzfeld-Pipkin in memory of her mother Evelyn Herzfeld

Toby Hartman

William Resh in memory of Ben Fishman

## **Social Action Hunger Project Fund**

Arlene Miller in memory of Irma Seltzer

Arlene Miller in memory of Jean Miller

Arlene Miller in memory of Harry Miller

David Golokow in memory of his sister Janet Scefonus

Nadine Millstine in memory of Al Millstine

Dhyana and Bill Latta in memory of Jeffrey Salberg

Dhyana and Bill Latta in memory of Arthur Newman

Carol Davis

## **WRJ Scholarship Fund**

Betsy Arnold

## Mazal Tov

To Carol Davis on the birth of her great-granddaughter, Naomi Argavani, daughter of Shanni and Gil Argavani, granddaughter of Jodi and Ilan Argavani. Naomi is the great-niece of Keri and Laura Davis-Duffy, and cousin of Shaia Davis-Duffy.



# Yahrzeit Observance

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

## April 3 & 4

Maurice Beckerman  
Blanche Green  
Philip Ehrlich  
Phyllis Spiegler  
Jane Stein  
Ann Colen  
Helen Rosner  
Paul Spadin  
Frederick W. Stratton  
Israel Levine  
Louis Shapiro  
Jean Coolik  
Robert Fitzgerald  
Syd Glassberg  
Aaron Sam Lipshitz  
Allan Schreiber  
Ida Zitsman  
Rachell Clavell  
Gus Eben  
Harry Kantor  
Rachell Clavell  
Howard Cohen  
Jacob Seltzer  
George Sinner  
Ruth Bobrov Glater  
Hans Low

## April 10 & 11

Philip Learner  
Philip Bergman  
Mark Maisel  
Leo Goldberg  
Renee Braasch  
Julius Cohen  
Rebecca Kerdie Levine  
Hymie Lubey  
George Barbarosh  
Roseann Dewoskin  
Bobbie Goldberg  
Belle Peyser Kagan  
Alice Oberndorfer  
Sam Braverman  
Lillie Lipsman  
Pearl Bronstein  
Betty Press  
Caroline Lore Bruch  
Melvin Michel  
Jenny Spielman  
Ben Bratman  
Grace Forest  
Michael J. Schwarz  
Rikki Rosalind Friedman  
Joel Kaplan

## April 17 & 18

Michael Richler  
Aaron Fishman  
Morris Schwartz  
Jeanette Lipson  
Abraham Goldman  
Hersh Frydman  
Virginia Lee Hicks  
Arnold Saltzman  
Eugene Braun  
Sarah Katz  
Robert "Bob" Coleman  
Sadie Schwartz  
Gussie Singer  
Paul Sholem Amber  
Sarah Clorfeine  
Beatrice Glube  
Lilian Haurowitz  
Stuart Hugh Hayman  
Joan Croland  
Dorothy Allen Stein  
Harriet Weber  
Zachary Williams  
Mark Schickler  
Samuel Osterbach  
Sol Schultz  
Sylvia Weider Amber  
Irving Spielman  
Anne Silverstein  
Dina Buch  
David Kahn  
Nancy Feuerstein Klein  
Marvin Blankfeld  
Rose Lawson

## April 24 & 25

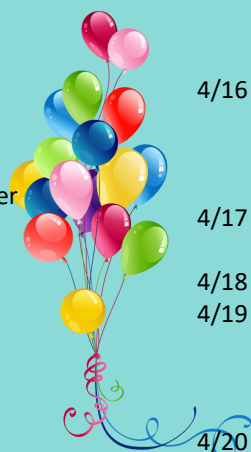
Bernice Bloom  
Marilyn Goldzband  
Sylvia Hartnick  
Lewis Plank  
Margalit Mashiach  
Shirley Seuferer  
Florence Spielman  
Myra Belford  
Mildred Dorris  
Bill Hamovitch  
Isidor Markowitz  
Klara Susie Meyer  
Recha Meyer  
Joyce Prenner  
Robert Filner  
Minnie Weider Friedman  
Henrietta Strauss  
Benjamin Blank  
Rose Feuerstein  
Clarence Plank  
Alvin Stein  
Z. Alex Veinbergs  
Caryl Shapiro  
Paul Herzfeld  
Sarah Krasnow  
Philip Luxemburg  
Al Meis  
Anne Cherin  
Benjamin Evidon  
Lewis Anfanger  
Rabbi Steven Fisdell  
Gail Dieterichs  
Alan Greyson  
Beatrice Low  
Selma Papanian  
Claire Rogal  
David Lander  
Gittel Shefschick  
Louis Kuh  
Misho Goltzer  
Mitchell Liberman



# In Our Temple Emanu-El Family

## APRIL BIRTHDAYS

4/1	Marlene Hamovitch	4/11	Fern Siegel	4/22	Randy Biegenzahn
4/2	Travis Anderson		Steve Siperstein		Larry Krasnow
	Gabriella Siperstein	4/12	Jonah Goldstein-Shapiro		Aaron Levine
	Beverly Steres		Alice Faktor Feldman	4/23	Lina Ghitman
4/3	Rachel Sciammas	4/13	Beth Mann		Jonah Stowell
	Davey Kidron		Susan Davis		Luna Sand
4/4	Jeff Karel	4/14	Adam Whinston	4/25	Cynthia Solomon-Flynn
4/5	Paulina Faktor Feldman		Benett Bachrad		Jeff Lipinsky
	Kerrie Aiello		Barbara Braasch		Allison Marchand
	Aaron Cohn		Sarah Clavell Storer	4/26	Wendy Ponomarenko
	Carrie Colona	4/15	Cole Kaplan		Trey Livingston
	Dan Goldzband		Maxine Gellens		Janine Cane
	David Golokow	4/16	Dina Naiman		Brian Epstein
	Irene Lubin		Benjamin Palasnick		Claire Fritz
	Phyllis Naiman		Mark Perino		Jennifer Handler
	Randy Socol	4/17	Yael Garellek		Jacob Lin
4/6	Matthew Graber		Steve Naiman	4/27	Alia Rodman
4/7	Paul Arenson		Ron Oberndorfer		Joe Cohen
	Eliana Clavell Storer		Nora Heckinger		Lori Klase
	Sara Fefferman	4/18	Mika Atia	4/28	Paul Hartwell
	Kimberly Reisman		Adriana Stowell		Shira Alvord
	Lois Shive	4/19	Alison Portner		Brooke Graham
	Miles Teplin		Jessica Spiegler		Toby Hartman
	Tal Shavit		Isaac Tirouda		Elaine Lofton
	Alex Kendall		Leo Castillo		Emilie Mason
4/8	Daniella Frederick	4/20	Carey Devor	4/29	Charles Dashevsky
4/9	Jordan Gaghagen		Samuel Krasner		Sadie Alvord
	Oren Patashnik		James Glicker		Zayn Farook
4/10	Joseph Berger	4/21	Robbie Turner		Coral Maltabashi
	Jeffrey Hall		Robin Rubin		Sadie Schmidt
	Sylvia Stevens	4/22	Talia Alvord	4/30	Randee Friedman
4/11	Tali Hadar		Carsyn Scott		
	Joshua Laddon		Barbara Arenson		



## APRIL ANNIVERSARIES

4/1	Jessica & Michael Spiegler	4/9	Hannah Weinstein & Edward Falk	4/22	Dave & Kim Belasco
4/2	Dana & Jeff Vandersip	4/12	Len & Marilyn Berger	4/23	Rose Sheppard & Madeline Sheppard-Marvin
4/4	Howard & Jean Somers		Lane & Steven Mashal	4/27	Amy Feingold & Steve Novy
4/6	Judy & Ed Applbaum	4/13	Seth & Anita Hettena		Beth & Marc Mann
4/8	Pari & Dustin Bachrad	4/15	Joseph & Lois Rosenzweig	4/30	Natalie & Claire Fritz
	Gregg & Lisa Cantor	4/18	Nicole Barvie & Jeffrey Herman		Samuel & Roann Krasner
	Norm & Rosalyn Hegler	4/20	Amy & Chuck Spielman		



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
- **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

April 5 for the May issue

May 5 for the June issue



## Community Corner

### To Begin Again

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

The main reasons why people start over include: relationships, where they live, job change, illness, losses, failures and new interests.

Whether it was the pandemic, politics or personal situations, most of us have felt disruptions over the last few years and, for some of us, the need to start over, to begin again.

The Cambridge Dictionary defines “starting over” as “to begin to do something again, sometimes in a different way.” *In a different way* is the key factor of this definition.

Life happens that makes us rethink our habits and assumptions in a different way. We stand between the way we were accustomed to living and a new way of thinking, feeling and being.

Beginning again requires letting go, which is one of life’s hardest practices, but it also creates space for new options, possibilities and the next chapter in our lives. Clinging to what no longer serves us burdens us.

Instead of making resolutions, which most of us aren’t all that great at keeping, why not look for some areas in your life where you’d like to begin anew? Here are some tools to make starting over a little easier.

1. **Get to know yourself.** Reflect on your past experiences like a scientist. Revisit your values. Ask yourself “Who are you now?” We aren’t the same people that we were at ages 17, 27, 57 or 67. We are constantly evolving. Our personalities change due to major life events. Use adversity as a chance to grow.
2. **Start small. Stay consistent.** Your values will help you identify your goals. Write a list of things you want to accomplish. Writing them makes your goals visible. Let yourself dream, think about things and directions you want to work toward. Break things down into small behavioral changes rather than big leaps of action.
3. **Be Curious.** The desire to seek new knowledge plays a fundamental role throughout life. Curiosity fosters continued intellectual, emotional, and spiritual growth. Curiosity is a willingness to ask. Questions, explore, to try new or unfamiliar experiences. Curiosity is driven by interest and the joy of discovery.
4. **Trust Yourself.** The good news is that you have already done a lot of hard work that goes into trusting yourself, like being self-aware, learning from past experiences, understanding your values and setting reasonable goals. The ability to trust yourself to grow you can be rooted in the present, when you give yourself time to think things through, when you talk to people you trust about your situation, and most importantly when you can give yourself some compassion.

Everyone has the power to change their life. It won’t be easy or comfortable, and you might not be sure you can do it, but it is possible. It’s never too late “To Begin Again.”

**Reflection:** Where am I considering beginning again?

**Today’s Practice:** Take one small step toward beginning something and important to you.

Comments are welcomed: [gbrave3333@aol.com](mailto:gbrave3333@aol.com)





Define Real Estate is honored to support Temple Emanu-El, its congregation, and the greater Del Cerro community.



THE FEFFERMAN FAMILY!

At Define Real Estate, our roots run deep in the Del Cerro community, just like Temple Emanu-El. We are proud to support the temple and its congregation, knowing the vital role it plays in our shared neighborhood.

When it comes to real estate, having trusted guidance makes all the difference. Whether you are thinking of buying, selling, or just need expert advice on the current market, we are always here to help.

Consider us your neighbors and your trusted real estate resource. Please reach out anytime—we look forward to connecting with you.

Daniel & Sara Fefferman

***How can we help you achieve your real estate goals in 2026?***

## CONTACT US TODAY!

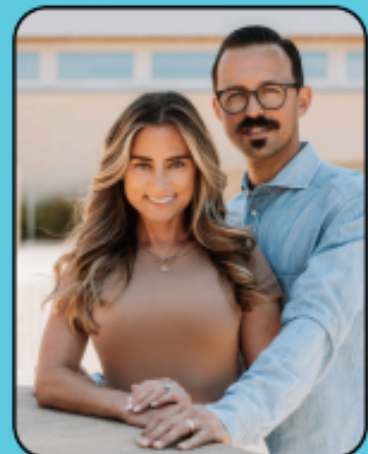
Sara Fefferman  
Founder | REALTOR®  
DRE #01936283

Daniel Fefferman  
Founder | Broker-Associate  
DRE #02026109

(619) 733-9038 | [Daniela@DefineSDRE.com](mailto:Daniela@DefineSDRE.com) | [Definerealestate.com](http://Definerealestate.com)

4950 Waring Rd. STE 5, San Diego, CA 92120

***Come visit us at our office in Del Cerro!***





SAVE THE DATE  
TEMPLE EMANU-EL ANNUAL GALA 2026  
to Benefit the Price Family Preschool

# SIMCHA SOIRÉE

An Evening Celebrating Rabbi Devorah

MAY 16, 2026

Gather in joy and gratitude to celebrate  
Rabbi Devorah's Bat Mitzvah Year  
at Temple Emanu-El —  
marking 13 years of inspiring leadership,  
18 years of rabbinic service,  
and 50 years of life filled with meaning  
and community.





# MONICA GREENWOOD

## Real Estate Broker

MONICA GREENWOOD  
*real estate broker*

DRE License: 01871959 | Brokers DRE License: 01481919

GreenwoodGroupSDRealtors@gmail.com | MonicaGreenwoodRealEstate.com  
619-322-0954 | Coldwell Banker West | 410 Kalmia St., San Diego, CA 92101

★ Giving back with every transaction ★

As your real-estate partner, I am committed to more than just closing deals. For every home I help buy or sell, I pledge to make a small donation to the charity of your choice.

Let's talk about your goals — and how we can make a positive impact together.

Donation made after the transaction closes and agent commission is paid.

Contact me directly for full details.



### 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](mailto:publicity@teesd.org) to be included in an upcoming bulletin.

Please remember to notify the Temple office (619) 286-2555 of any change of address or phone number, or any life cycle events (births, deaths, etc.)

## Todah Rabah

To Barbara Pollack for her work on editing the bulletin.

## 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](https://988lifeline.org) from anywhere in the country.



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](http://www.AmIsraelMortuary.com)

**LGC**

**LINCOLN  
GUSTAFSON  
& CERCOS, LLP**

**Thomas J. Lincoln**  
Attorney at Law  
[tlincoln@lgclawoffice.com](mailto: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

Do those at Temple Emanu-El and in the San Diego Jewish community know about your business?

Advertise in Ha-Sofer, our monthly bulletin, and be listed as a sponsor on our web site.

Contact Donna Lopez in the Temple office at [dlopez@teesd.org](mailto:dlopez@teesd.org) for prices and information.

**Morgan Stanley**



**Phil Bresnick**  
Portfolio Manager  
Senior Vice President  
Wealth Advisor  
101 West Broadway  
San Diego, CA 92101  
619 668-4334  
[Philip.Bresnick@morganstanley.com](mailto:Philip.Bresnick@morganstanley.com)  
[www.morganstanleyfa.com/bresnickbresnick](http://www.morganstanleyfa.com/bresnickbresnick)  
CA Insurance Lic #0A05261  
NMLS #1401662

© 2025 Morgan Stanley Smith Barney LLC.  
Member SIPC. BC007 CRC 4044509 11/24



[sandiegobarkeep@gmail.com](mailto:sandiegobarkeep@gmail.com)



# April 2026 Nissan — Iyar 5786

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			April 1 • 14 Nissan	April 3 • 15 Nissan	April 4 • 16 Nissan	April 5 • 17 Nissan
			Erev Pesach First Seder NO Coffee with the Rabbi NO Torah School Hebrew Preschool Spring Break Camp (to April 3)	First Day of Pesach Second Seder NO Bridge with Benj Passover Festival Text Study and Brief Service 10 am NO Striving to be Human: Lunch & Learn with R. Lawson	Shabbat Service Rabbi Lawson leading 6 pm	Torah Study 9 am Congregational Seder Brunch 10 am
April 5 • 18 Nissan	April 6 • 19 Nissan	April 7 • 20 Nissan	April 8 • 21 Nissan	April 9 • 22 Nissan	April 10 • 23 Nissan	April 11 • 24 Nissan
Torah School 9 am NO Introduction to Judaism 11:30 am NO Adult Beginning Hebrew 2 pm	Mah Jongg 1:30 pm	NO Community Jewish High	7th Day of Pesach Passover Yizkor Study and Memorial Prayers 10 am NO Coffee with the Rabbi Torah School Hebrew 4:30 pm/5:30 pm Torah for the Table	Bridge with Benj 12:30 pm Striving to be Human: Lunch & Learn with R. Lawson 11:30 am	Shabbat Service 6 pm End of Passover Great Temple Bake Off 7 pm	Torah Study 9 am Shabbat Service Bar Mitzvah 10:30 am
April 12 • 25 Nissan	April 13 • 26 Nissan	April 14 • 27 Nissan	April 15 • 28 Nissan	April 16 • 29 Nissan	April 17 • 30 Nissan	April 18 • 1 Iyar
Torah School 9 am Introduction to Judaism 11:30 am Yom HaShoah: Community Holocaust Commemoration at JCC 1 pm Adult Beginning Hebrew 2 pm	Erev Yom HaShoah Mah Jongg 1:30 pm	Yom HaShoah Community Jewish High 6 pm	Coffee with the Rabbi 11 am Torah School Hebrew 4:30 pm/5:30 pm Sisterhood Game Night 6 pm	Striving to be Human: Lunch & Learn with R. Lawson 11:30 am Bridge with Benj 12:30 pm Community Security Training 6 pm	Shabbat Service 6 pm	Torah Study 9 am Bar/Bat Mitzvah Retreat 10 am Shabbat Service 10:30 am
April 19 • 2 Iyar	April 20 • 3 Iyar	April 21 • 4 Iyar	April 22 • 5 Iyar	April 23 • 6 Iyar	April 24 • 7 Iyar	April 25 • 8 Iyar
Torah School 9 am Introduction to Judaism 11:30 am Adult Beginning Hebrew 2 pm	Erev Yom Hazikaron Mah Jongg 1:30 pm	Yom Hazikaron 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	Striving to be Human: Lunch & Learn with R. Lawson 11:30 am Bridge with Benj 12:30 pm	Family Shabbat Dinner 5 pm Disney Family Shabbat Service 6 pm	Torah Study 9 am Shabbat Service Bar Mitzvah 10:30 am
April 26 • 9 Iyar	April 27 • 10 Nissan	April 28 • 11 Nissan	April 29 • 12 Nissan	April 30 • 13 Nissan		
Torah School 9 am Introduction to Judaism 11:30 am Adult Beginning Hebrew 2 pm	Mah Jongg 1:30 pm	Wisdom of Aging 10:30 am Community Jewish High 6 pm	NO Coffee with the Rabbi Torah School Hebrew 4:30 pm/5:30 pm	Striving to be Human: Lunch & Learn with R. Lawson 11:30 am Bridge with Benj 12:30 pm		

Co-Presidents  
1st Vice President  
2nd Vice President  
Treasurer  
Financial Secretary  
Recording Secretary  
Immed. Past Pres  
Executive Past Pres

Barbara Braasch & Stefani Lenett  
Joe Cohen  
Aimee Le  
Daniel Cohen  
David Mendel  
Josh Clavell  
Matt Meis  
Eric Rosenzweig & Jeff Schindler

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

