



TEMPLE EMANU-EL ANNUAL GALA 2026

to Benefit the Price Family Preschool

SIMCHA SOIRÉE

An Evening Celebrating Rabbi Devorah

MAY 16, 2026

Temple Emanu-El

5:30 PM Cocktail Reception

6:15 PM Havdalah

6:30 PM Dinner, Program & Dancing

Tickets and sponsorship opportunities available now through our Temple website at teesd.org.

Discounted pricing through May 6th.



Friday, May 1
Shabbat Service 6 pm

Saturday, May 2
Shabbat Service 10:30 am
Bar Mitzvah
Emor, Leviticus 21:1-24:23
Ezekiel 44:15-31

Friday, May 8
Family Shabbat Service Endless Summer 6 pm

Saturday, May 9
Shabbat Service 10:30 am
Bar Mitzvah
B'har-B'chukotai, Leviticus 25:1-27:34
Jeremiah 16:19-17:14

Friday, May 15
Shabbat Service 6 pm

Saturday, May 16
Shabbat Service 10:30 am
B'midbar, Numbers 1:1-4:20
Hosea 2:1-22

Friday, May 22
Shavuot Festival Yizkor Service 10 am
Shabbat Service 6 pm

Saturday, May 23
Shabbat Service 10:30 am
Kabbalat Torah Graduation
Naso, Numbers 4:21-5:31
Judges 13:2-12

Friday, May 29
Shabbat Service 6 pm

Saturday, May 30
Shabbat Service 10:30 am
Naso II, Numbers 6:1-7:89
Judges 13:13-25

The Temple office will
be closed on
Monday, May 25, in
observance of



Shaun Speaks...

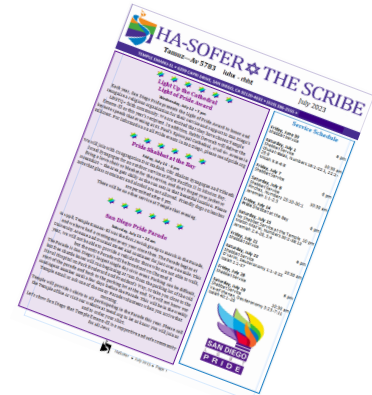
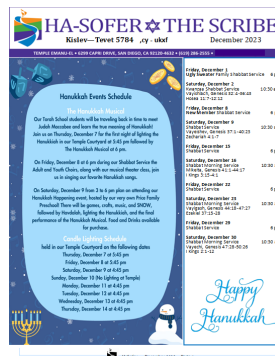


Shaun Copans,
Executive Director

In the coming months, the Temple will be introducing a brand-new, smaller and sleeker version of Ha-Sofer, our monthly bulletin you are currently reading! Over the past few months, we have taken time to review the information in the bulletin and have looked for ways to update the look, maximize engagement and communicate effectively. We are finalizing the new format to incorporate all of this.

The new version will continue to include important announcements, service times, program and event information, birthdays, anniversaries, condolences, and upcoming Yahrzeits. The biggest change you will notice will be the committee articles and updates. Each month, we will feature one or two committee articles and updates, while the others will be posted on our website, in a new section we are finalizing. In addition, the back page of the bulletin will be an updated calendar of events that will be larger and easier to read.

Thank you to staff members Donna Lopez and Erika Morris who have been working on this project, and Temple members Barbara Pollack and Amy Blum for their support throughout the process. We hope you enjoy the new version of Ha-Sofer.



Artisan Festival Committee

The 2026 Artisan Festival Committee is seeking committee members to assist in planning the Temple's annual pre-holiday event. Sisterhood sponsors the Festival to raise scholarship funds for the Temple's graduating seniors. This year's event is scheduled for Sunday, November 1.

Co-Chairs Beth Mann and Joanne Einhorn are asking for volunteers for the Planning Committee which will meet monthly via Zoom starting on May 19 at 4 pm. We are open to new ideas and could use your help! Let us know you are interested and if you have any questions or suggestions by emailing Joanne Einhorn at einhorn1@cox.net.



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

I love springtime! The days are longer and everywhere you turn, things are blooming, especially within our Temple Emanu-El community.

On Sunday morning, May 3, our Torah School Musical Theatre class will present *Avot v'Imahot*, a heartfelt original production bringing our ancestors to life through music and storytelling. I hope you'll join us to celebrate these amazing students. Tickets are free and the performance is open to all.

I'm also looking forward to Shavuot, a festival that reminds us that learning is sacred - filled with Torah, tradition, and yes, dairy-filled desserts! (If you would like my famous recipe for White Chocolate Raspberry Oreo cheesecake, send an email to me at music@teesd.org.)

On Friday, May 29, our Preschoolers will share their Shalom Program. This year's program is especially meaningful for me, as my daughter Melody will be performing up on the bimah for the very first time. Watching our tiniest students sing Jewish music with joy and *ruach* (spirit) is truly one of the most rewarding aspects of my job. I'm *kvelling* already!

Finally, our *Shir Chadash* selection for May is Soul Aviv's "L'cha Dodi." Aviv means "spring" in Hebrew, and this melody beautifully captures the spirit of the season. I can't get this one out of my head.

I wish you a month filled with music, learning, and moments of joy!



CALL THE
PRESCHOOL
FOR MORE
INFORMATION.



PRICE FAMILY
PRESCHOOL
TEMPLE EMANU-EL

Preschool
Fall Registration
is open!



First Day
of school is
August 10th!

Core Program from 9:00am - 1pm
Morning Care available 7:30am - 9:00am
Afternoon Care available until 5:00pm
Preschool@teesd.org
619-286-2999



Israel Engagement

by Jonathan Licht and Rhonda Amber

As we were writing this article, Israel was in the midst of its longest war period, beginning October 7, 2023 and fought on multiple fronts including the Israeli homefront. In the last month, Israelis have been tethered to their shelters, whether at home, business or out in the streets when they dare to go out. As many of us know after talking to friends and relatives living in Israel, they are undergoing the most stressful time since the second intifada, an event that shaped an entire generation.

Don Mendel spoke with us on March 29 about this subject and others. In his youth, he spent 14 years living on Kibbutz Galon in Israel, becoming a Hebrew speaker and serving in the IDF. He maintains a large network of close relationships in Israel spanning 50 years. He volunteered in the Gaza envelope on Kibbutz Nachal Oz shortly after the October 7th attack and recently returned from a month long stay, volunteering once again on Nachal Oz.

Mendel shared with us his experiences and observations on Israel in the aftermath of these years of war that continue. The post-traumatic stress is affecting nearly everyone. He talked about the resettlement of the Gaza envelope pointing out that rebuilding is occurring at some of the kibbutzim. He was at a kibbutz that was pouring foundations for new housing as it was carrying off the debris of destroyed homes. There was a midday celebration with a barbecue, beer and music. It may seem incongruous and even a bit insensitive, as these are hallowed grounds. But he felt it was a sign of strength. He emphasized that in general the Israelis are resilient and continue to find reasons to celebrate the positive aspects of their daily lives despite the tragedies and suffering. On the other hand, families with young children are having a hard time deciding to come back to kibbutzim on the Gaza border. And the statistics for the entire country are grim regarding the rates of divorce, suicide and failed businesses. There is also a brain drain as academics and highly trained individuals are moving to other countries in increasing numbers.

Israel's next general election is scheduled for October 27. Nearly 700,000 new voters are expected. This election will be pivotal in deciding issues like Haredi participation in the Army, the treatment of the Arab minority, the extent of religious law, and the preservation or weakening of the democracy.

We are praying for better days.

Temple Emanu-El Book Group Next Group Meeting Monday, May 11

By Jane Lofton, Book Group Coordinator

The Temple Emanu-El book group meets every other month in members' homes near the Temple. We begin with snacks at 6:30pm and hold our discussion from 7 – 8:30pm

For our May meeting, we have selected *The Book of Lost Names* by Kristen Harmel. Both the San Diego Public Library and the San Diego County Library have copies of the book.



From Harmel's website:

"Eva Traube Abrams, a semi-retired librarian in Florida, is shelving books one morning when her eyes lock on a photograph in a newspaper nearby. She freezes; it's an image of a book she hasn't seen in sixty-five years—a book she recognizes as *The Book of Lost Names*."

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.



Mitzvah of the Month
Diaper Drive for the San Diego Food Bank



In our community, there are many young parents who struggle to provide basic necessities of life for their children. Among these necessities are diapers. This month, the Social Action Committee is organizing a diaper drive for the Jacobs and Cushman San Diego Food Bank. This worthy organization will distribute the diapers to families in need.

Please bring children's diapers of any size to the white Social Action barrel in the front office of the Temple. A member of the Social Action Committee will deliver them to the food bank. Or, if you'd rather, you can order on line and have the diapers sent directly to the food bank:

San Diego Food Bank
9850 Distribution Ave.
San Diego, CA 92121

For questions or more information, please contact Jean Seager at socialaction@teesd.org.

Thank you for your continuing generosity.

Hunger Project at St. Vincent de Paul Begins 40th Year

The Hunger Project started its 40th 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.



Women of Temple Emanu-El

by Barbara Chancy and Nancy Marcus, Co-Presidents



Do April showers really bring May flowers? Join the Women of Temple Emanu-El for a Tea on Sunday, May 17, from 11-2 and find out about the YES Fund and plumeria cuttings. It should be a great afternoon!

We will celebrate the accomplishments, strength and power with the work WRJ has been doing for women for over 80 years through the YES Fund. Lillian Maltzer and Betty Benjamin, both WRJ Past Presidents, believed that every woman should be able to support causes important to her beliefs. They were quite revolutionary for a time in which, for most households, only men handled the money. It is a powerful story.

Women have, can and continue to make a difference to repair the world. Both individually and collectively, women have fought for women – those they do not know and those they will likely never meet. You will have the opportunity to become a part of the YES Fund and of course, your commitment is not required.

Following our lovely Tea and YES Fund presentation, Jane Strawn from the Plumeria Society will be teaching us about plumeria cuttings and what to do with them. We hope to have enough for everyone to take a cutting home to start a plant.

A new Rosh Chodesh group, headed by Renee Zoffel, is planning their first event on Wednesday, June 17, at 6:30pm. Rosh Chodesh is the women's holiday and offers wonderful opportunities for learning. More information will be in next month's bulletin and other publicity.

Mah Jongg continues on Mondays at 1:30pm. Most weeks we have five or six tables of players, plus one table of beginners. Thanks to our amazing and wonderful Marcia Berneger, who continues as our "newbie" teacher! The 2026 Mah Jongg card is definitely challenging!

We are forming our Board for next year. Are you interested in learning what we do? Do you have a few hours to donate every month? Would you like to make more friends? If so, you can reach out to us at wrtjeesd@gmail.com and let us know. We will welcome you to our Board and you can become a part of the planning fun.

The Artisan Festival is scheduled for November 1, and our committee will begin its work soon. Are you interested? Reach out to Bath Mann to learn how you can become part of the group.

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.





**Torah for the Table
Global Jewish Cuisine
Wednesdays, 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.

Women of Reform Judaism Say

YES

Youth

Education

Special projects

Be our guest at a tea luncheon

Learn about the YES Fund and Women's Philanthropy

Sunday, May 17th 2026

11:00 AM - 2:00 PM

Temple Emanu-El

6299 Capri Dr.

San Diego 92120

Special presentation by Jane Strawn
from the San Diego Plumeria Society
on the planting of cuttings.

RSVP by May 12th

to wrjteesd@gmail.com

Questions: Call Nancy at (714) 585-7858





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 April, funds were sent to Feeding America San Diego (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 groceries, 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.

In May, we will allocate money to Project Hope (projecthope.org), which partners with communities, health care workers and public health systems to ensure sustainable change. They work worldwide to improve access to quality health care, partner with local organizations to implement disease prevention programs, enhance prenatal and postnatal care, promote safe childbirth practices and respond to emergencies by providing supplies and emergency assistance.

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 Claire Fritz on the death of her Godfather
Bernie Starkman



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, or call (619) 383-2084.

Safety/Security Committee

By Greg Houska, Chair

Unfortunately, I was not able to go on my volunteer trip to Israel with Sar-El in April. I certainly was concerned about recent events, but I didn't think the occasional sprint to an air raid shelter would be a problem.

Those events have made me contemplate safety concerns while visiting Israel, and here are a few ideas to help you on your next visit. Current events aside, traveling to Israel is on par with traveling to many other countries. Terrorism attacks are rare but possible, often targeted or localized. Stay aware in crowded areas such as markets or transit hubs. This is not a good time to visit Samaria or Judea, or the areas close to Gaza or the northern border with Lebanon unless with a reputable tour group. On the plus side, violent crime is low, with some petty theft such as encounters with pickpockets working in crowded places. As always, keep valuables, wallets and phones secure and only use licensed taxis or rideshare apps. Hotels have reinforced safe rooms or shelters, and most have security staff. If an alarm sounds, follow posted instructions. Typically, you have 30 to 90 seconds to reach a shelter.

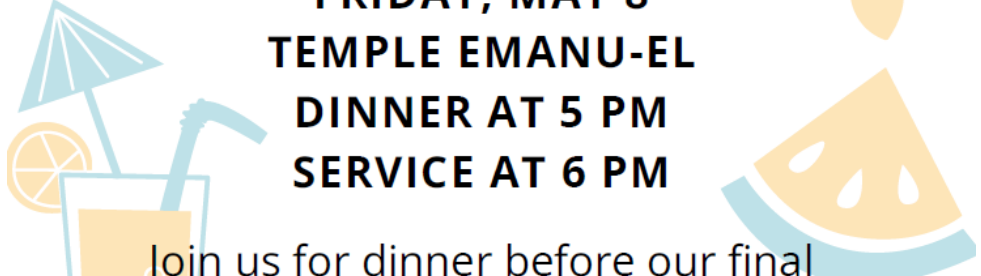
No matter which country you are visiting, it is a good idea to register your trip with the Smart Traveler Enrollment Program (STEP). Always carry identification (a copy of your passport is fine for daily use), download a local alert app like Home Front Command, follow local news and ask locals if something feels off.

When current problems in Israel end, day-to-day safety for tourists there is generally very good. With awareness and flexibility, most travelers have safe, meaningful trips. Nesi'ah Betuchah (Safe Travels)!



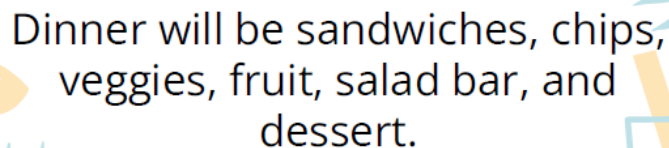


SUMMER KICKOFF FAMILY SHABBAT

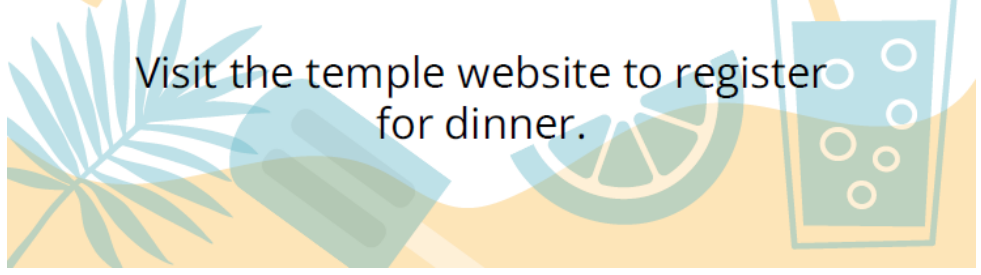


FRIDAY, MAY 8
TEMPLE EMANU-EL
DINNER AT 5 PM
SERVICE AT 6 PM

Join us for dinner before our final Family Shabbat Service of the school year.



Dinner will be sandwiches, chips, veggies, fruit, salad bar, and dessert.



Visit the temple website to register for dinner.

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. No meetings on May 6 or May 27.

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.



Yahrzeit Observance

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

May 1 & 2

Abraham Golokow
Albert Minsky
Albert Palasnick
Alice Yawetz
Anna Zubkoff
Anthea Rosenberg
Bob Tauber
Dianne McAuliffe
Dr. Ira Fritz
Duane Braasch
Edward Baranov
Elaine Weiland
Fannie Gruber
Frank Siegel
Fred Haurowitz
George Kugler
Gerald Sacks
Gloria Burney
Hannah Sterne
Hannah Veitzman
Ira Oberndorfer
Irving Weissberg
Jacob Feuerstein
James Schwartz
Jill Steiner
Lee A. Cooke
Leonard Burney
Lillian Green
Lisa Geist Wheeler
Max Altman
Mike Schwarz
Rabbi Jonathan Omer-Mann
Rene Landau
Robert Goldfarb
Sam Chawkin
Sam Gwasdoff
Sidney Williams
Sydney Shulman
Sylvia Gabel
Zehava Ben-Yehuda
Dan Koppel
Harold Polgar
Louis Kuh
Larry Gruer

May 8 & 9

Ann Cantor
Arnold Israel
B. Miller Siegel
Bea Shevitz
Bob Gordon
Bruce Witte
Charlotte Greyson
David Mason
David Ritter
Dolores Dickstein
Dorothy Silverman Hyland
Edwin Cling
Elliot Lewis
Emery Nussbaum
Florence Waxman
Ginda Berlin
Harold Marks
Harry T. Wittgrove
Harvey Silvers
Herman Grossberger
Ike Gordon
Irwin Schneider
Jay Winheld
Joe Hernandez
Joe Hoffman
Joseph Hirsch
Larry Gruer
Lee Loventhal
Lee Jean Shields
Lori Martin
Marilyn A. Evans
Martin Rothschild
Mary Anne Baker
Miriam Seid
Nancy Laddon
Naomi Nelson
Philip Shirley
Rita Bloomberg-Roth
Rose Golub Kitaen
Samuel Kushner
Sanford Herbert Stone
Sky Infinity Schindler
Solomon Spero
Stephen Satterlee
Vera Lehrman
Nancy Laddon

May 15 & 16

Anna Lipshitz
Annette Silverstein
Audrey Cowen
Aviva Brin
Bert Kantor
Bessie Marks
Cecyle Beitscher
Charles Satlof
Daren Flesner
Derek Russell
Eric Bruch
George Leskowitz
Gladys Feder
Harry Lincoln
Israel Maltzman
Jeremy Steinberg
Karen Natkin
Lena Hicks
Lesli Sachs
Madelyn Kossan
Marv Donner
Melvin Furman
Rebeca Sherr
Rebecca Dreizen
Robert Golden
Sam Hamovitch
Sam Labovitch
Sheila Mittleman
Sheldon Freedheim
Shirley Moon
Sol Cherry
William Cohen
Esther Maccabee
Henry Segal
Charles Kagan

May 22 & 23

Albert J. Sablove
Anne Baumann Spear
Arlene Zirkin
Bess Rosenthal Hirshman
Cari Rodman
Don Hicks
Esther Asher
Florence Feingold
Frances Schwartz
Gerard Johnson
Goldie Schissell
Isador Heller
Ivan Dix
James Perkins
Jean Sweeney
Joseph Timlin
Kenneth Geist
Lee Siegel
Leonard Luttbeg
Libby Siegel
Louis H. Winer
Marie Hilber
Marion Keller Goldberg
May Tonopolsky
Morton Silverstein
Norma Winston
Penelope Koffman
Robert Breitbard
Stanley Rosen
Steven Greenwood
Susan Bell
Valerie Putt
Betty Eastmen
Ethal Fischer
Harry Schickler
Lillian Huberman
Buddy Lavin
Murray Shapiro

May 29 & 30

Amy Singer
Anne Goldstein
Barbara Shive
Betty Barkin
Betty Eastman
Bill Musbach
Buddy Lavin
David Flesner
Donald Bennett
Dr. Robert "Bob" Epstein, Sr.
Esther Segal
Ethel Fischer
Florence Guss
Gerald Levin
Harold Sherman
Harry Schickler
Helen Pollak
Ida Seiden
Jake Minsky
Larry Kallman
Leslie Smith
Lillian Huberman
Louis Chawkin
Louise Winicki
Mae Jordan
Major Rick Crocker
Manley Kaufman
Martha Dix
Mollie Prenner
Murray Shapiro
Oscar Spilkin
Paul Tendick
Peggy Dashevsky
Rabbi Haim Asa
Rita Hamovitch
Robert Gardner
Rose Zeichick
Ruth Pollack
Sam Bennett
Shimon Camiel
Sylvia Clorfeine
Sylvia Korey
Donald Bennett



In Our Temple Emanu-El Family

MAY BIRTHDAYS

5/1	Rabbi Benj Fried Rebecca Bellingham Sadie Einstein	5/11	Jordan Chaim Andrew Spagat	5/21	Benjamin Brown Alex Chaim Melody Jirkovsky	5/30	Howard Lyon Emma Tseselskiy Theo Allen
5/2	Ben Hawk Lyla Brenis	5/12	Shaun Copans Jonathan Schinasi Nicholas Silverstein		Robert Silverman Asher Kendall	5/31	Marty Weiss Noah Whinston
5/3	Carol Arkin Jordan Liberman Marni Nagel Matt Smith	5/13	Carol Davis Jon Epsten Michael Eichler Ezra Lazarus	5/22	Erin Zollman		
5/4	Frank Teplin Cherri Cary	5/14	Colin Breymaier Miles Kahn	5/23	Joyce Fell 5/24 Elliott Cohen Anita Hettena Gabrielle Koffman-Leary Zuri Kendall		
5/5	Andrew Erickson Benjamin Frederick Sophie Showman		Jaclyn Goldbarg Dayan Golden Nathan Spagat	5/25	Jessica Frederick Bradford Spilkin Marlie Graham Erza Graham		
5/6	Jennifer Kostrinsky Joe Stein	5/15	Andrew Mactiernan	5/26	Oliver Fefferman Marc Kaplan Elissa Landsman Bruce Levine		
5/7	Catalina Trejo-Bloom Ethan Hawk Samantha Mayers	5/17	Liam Rodman James Storer Benjamin Laddon Lynne Lurie	5/27	Irwin Goldstein Eloise Muschenetz Marie Raftery Joshua Clavell Judah Clavell Rosalie Spritz Reece Devor		
5/8	Gregg Cantor Rabbi Devorah Marcus Emily Holcomb		Erika Morris Angelica Spielman		Maura Stonberg Eric Berneger		
5/9	Helen Elias Ron Krasner Harriet Prenner Neola Benedek Donald Grant	5/18	Adam Timlin Evan Patocka Laura Castillo	5/28	Roberta Berman Weston Cobak Lyla Stein Aunrey Bubis Jodi Gross Andrea Musicant		
5/10	Susy Doole Beth Friedenberg Annika Nies	5/19	Lance Grucela Danielle Goldberg Al (Allison) Ribachonek Nanni Whytner	5/29			
5/11	Rebecca Henry Linda Bennett	5/20	Eliza Molk Morey Bubis Ben Epstein-Thomas Leah Epstein-Thomas	5/30			



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

May 5 for the June issue

June 5 for the July issue



Community Corner

The Dock: Fact or Fiction, Memory or Imagination?

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

It was a dream, or was it real?

A couple of weeks ago I dreamt I was in a boat in the ocean and I could see a dock ahead of me. The dock appeared out of nowhere. Sometimes you remember a dream more by the emotion it brings up than the details of the dream. That is what happened to me after I woke up. I vaguely remembered the image of the dock, but even more, I remembered the great feeling of peacefulness it brought.

Intrigued by the dream, I began to do a bit of research to find out what the symbolic meaning was for a dock.

A dock symbolizes a transitional space between the known (land) and the unknown (water). It represents a point of departure, arrival, safety and stability. It signifies a place for reflection, emotional grounding and the conclusion or the beginning of a journey, offering a secure harbor after being adrift.

Coincidentally, before the dream, I had been thinking lately about how I want to be in these chaotic, anxious, and unpredictable times that would be the most useful to others.

I have come to the conclusion that I would like to be like a dock, a sturdy, weathered, solid, and stable place for people to come. That doesn't mean I don't and won't have my own unsteady and confused times, but it means I, too, have to have a safe, stable, and secure place to return to that grounds me as well.

I know how important it is to "put your own oxygen mask on first." This phrase originated from airline safety instructions. It signifies that you cannot effectively care for anyone else if you are depleted or incapacitated. This phrase urges people to prioritize their own well-being physically, mentally and emotionally before assisting others. I have learned, many times the hard way, that this is true. I need to bring safety, stability, hope, reflection, connection to family, friends and community into my own life in order to be able to be of support to others. If I do that, I can be the "dock" I want to be.

While success is defined individually, the one thing that seems universally true is that making the most of life requires us to be of service to others. When we do, paradoxically, we become stronger, braver and more able to give. But first, the oxygen goes on our own face.

Reflection: A dock is meant for loading, unloading, repairing and then being off again.

Today's Practice: How can I create a safe place within me to be able to give to others?

Comments are welcomed: 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

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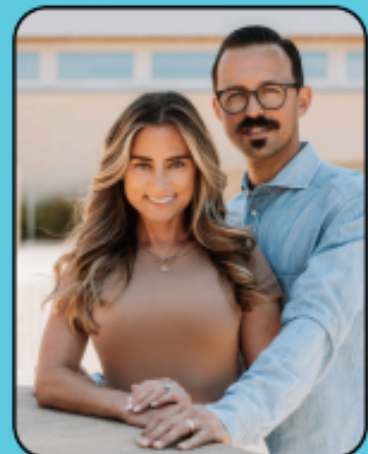
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Founder | REALTOR®
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Founder | Broker-Associate
DRE #02026109

(619) 733-9038 | Daniela@DefineSDRE.com | Definerealestate.com

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

Come visit us at our office in Del Cerro!



Annual Congregational Meeting

Sunday, June 14, 10 am

The annual meeting of the congregation will be held in June. The agenda will include approval of the budget for fiscal year 2026 – 2027, as well as election of officers and directors for next year. Access to the meeting will be both in person and on Zoom.

All members in good standing are entitled to vote. Please contact Executive Director Shaun Copans if you would like to check your status.

Your vote counts!

MAY ANNIVERSARIES

- | | | | |
|------|---|------|--------------------------------------|
| 5/3 | Adriana & Eric Stowell | 5/25 | Dhyana & Bill Latta |
| 5/7 | Lauren & Michael Sommer | | Erika & James Morris |
| 5/10 | Mark & Sheryl Feinberg | | Nancy Herzfeld-Pipkin & Jack Pipkin |
| | Anna & Mark Perino | 5/26 | Jessica Kort & David Manley |
| 5/14 | Carol & Harvey Korfin | | Claire Rann-Lazarus & Graeme Lazarus |
| 5/16 | Lisa & Dustin Nies | 5/27 | Joe & Lisa Cohen |
| 5/17 | Kathleen Colbert & Joel Young | | Samantha Goldstein & David Newman |
| | Richard & Tammy Lampke | 5/30 | Dianna & Jerry Gittelman |
| | Rabbi Devorah Marcus & Sebastian Eickholt | | Lisa & Ron Oberndorfer |
| 5/18 | Christopher & Elizabeth Brown | | Audrey & Bob Sablove |
| | Jennifer & Mathew Kostrinsky | 5/31 | Sheldon & Marjorie Derezin |
| 5/19 | Jamie & Timothy Sparhawk | | Corey & Joni Marco |
| 5/22 | Mark & Michelle Barahman | | |
| 5/24 | Charles Rogal & Lisa Shuman | | |
| | Brooke Resh-Sateesh & Akshay Sateesh | | |

Happy Anniversary





MONICA GREENWOOD

Real Estate Broker

MONICA GREENWOOD
real estate broker

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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 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 from anywhere in the country.



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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 for prices and information.

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sandiegobarkeep@gmail.com



May 2026 Iyar — Sivan 5786

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					May 1 • 14 Lyar	May 2 • 15 Lyar
					Shabbat Service 6 pm	Torah Study 9 am Shabbat Service Bar Mitzvah 10:30 am
May 3 • 16 Lyar	May 4 • 17 Lyar	May 5 • 18 Lyar	May 6 • 19 Lyar	May 7 • 20 Lyar	May 8 • 21 Lyar	May 9 • 22 Lyar
Last Day of Torah School 9 am Introduction to Judaism 11:30 am Adult Beginning Hebrew 2 pm	Mah Jongg 1:30 pm	Community Jewish High 6 pm	NO Coffee with the Rabbi	Bridge with Benj 12:30 pm	Family Shabbat Dinner 5 pm Family Shabbat Service Endless Summer 6 pm	Torah Study 9 am Shabbat Service Bar Mitzvah 10:30 am
May 10 • 23 Lyar	May 11 • 24 Lyar	May 12 • 25 Lyar	May 13 • 26 Lyar	May 14 • 27 Lyar	May 15 • 28 Lyar	May 16 • 29 Lyar
	Mah Jongg 1:30 pm Book Club 7 pm	Community Jewish High 6 pm	Coffee with the Rabbi 11 am Torah for the Table 6 pm	Bridge with Benj 12:30 pm	Shabbat Service 6 pm	Torah Study 9 am Shabbat Service 10:30 am Simcha Soiree Gala 5:30 pm
May 17 • 1 Sivan	May 18 • 2 Sivan	May 19 • 3 Sivan	May 20 • 4 Sivan	May 21 • 5 Sivan	May 22 • 6 Sivan	May 23 • 7 Sivan
WRJ TEA 11 am	Mah Jongg 1:30 pm	Community Jewish High 6 pm	Coffee with the Rabbi 11 am	Bridge with Benj 12:30 pm Erev Shavuot	Shavuot Festival Yizkor Service 10 am Shabbat Service 6 pm	Torah Study 9 am Shabbat Service & Kabbalat Torah Graduation 10:30 am
May 24 • 8 Sivan	May 25 • 9 Sivan	May 26 • 10 Sivan	May 27 • 11 Sivan	May 28 • 12 Sivan	May 29 • 13 Sivan	May 30 • 14 Sivan
	MEMORIAL DAY Office and Preschool Closed NO Mah Jongg	Wisdom of Aging 10:30 am Last Day of Community Jewish High 6 pm	NO Coffee with the Rabbi	Bridge with Benj 12:30 pm	Shabbat Service 6 pm	Torah Study 9 am Shabbat Service 10:30 am
May 31 • 15 Sivan						

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Financial Secretary
Recording Secretary
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Executive Past Pres

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