



Congregation
Emanu El

THE BULLETIN

1495 FORD STREET · REDLANDS · CALIFORNIA · 92373 · (909) 307-0400

AUGUST 2017

AV-ELLUL 5777

VOLUME XLV - NUMBER 10

SHABBAT CELEBRATIONS



שבת נחמו - Shabbat Nachamu - Sabbath of Comfort

Friday - August 4, - 7:00 pm

Led by Rabbi Crystal and Cantor Bern-Vogel

Oneg Shabbat following the service

hosted by Leone and Brad Hyman in observance of the Yahrzeit of June Hyman

Saturday - August 5, 2017

Torah Study led by Rabbi Crystal - 9:15 to 9:45am

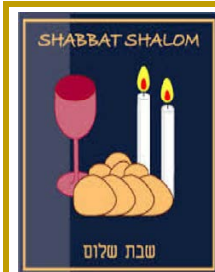
SHABBAT MORNING SERVICE AT 10:00 AM

Led by Rabbi Crystal and Cantor Bern-Vogel

Parashat Vaethanan - פרשת ואתחנן - Deuteronomy 3:23-7:11

Haftarah - Isaiah 40:1-26

Kiddush following the Service



Friday - August 11, 2017 - 7:00 pm

Led by Rabbi Crystal and Cantor Bern-Vogel

Oneg Shabbat following the service hosted by Heidi Nimmo & Jeff Spears in honor of Heidi's birthday

Saturday - August 12, 2017

Torah Study led by Rabbi Crystal - 9:15 to 9:45 am

SHABBAT MORNING SERVICE AT 10:00 AM - Led by Rabbi Crystal

Parashat Ekev - פרשת עקב - Deuteronomy 7:12-11:25

Haftarah - Isaiah 49:14-51:3

Kiddush following the Service



Friday - August 18, 2017 - 7:00 pm

Led by Rabbi Crystal

Oneg Shabbat following the service hosted by Francesca and Stuart Sweet

Saturday - August 19, 2017

Torah Study led by Rabbi Crystal - 9:15 to 9:45 am

SHABBAT MORNING SERVICE AT 10:00 AM - Led by Rabbi Crystal

Parashat Re'eh - פרשת ראה - Deuteronomy 11:25-16:17

Haftarah - Isaiah 54:11-55:5

Kiddush Following the Service



Friday - August 25, 2017 - 7:00 pm

Led by Rabbi Crystal and Cantor Bern-Vogel

Oneg Shabbat following the service hosted by Barbara & Michael Smith in honor of the birthdays of their daughters, Michelle & Nicole

Saturday - August 26, 2017

Torah Study led by Rabbi Crystal - 9:15 to 9:45 am

SHABBAT MORNING SERVICE AT 10:00 AM - Led by Rabbi Crystal

Parashat Shoftim - פרשת שופטים - Deuteronomy 16:18-21:19

Haftarah - Isaiah 51:12-52:12

Kiddush Following the Service



The Shofar will be sounded at all services and other events
during the month of Elul as a way of preparing for the High Holy Days.
Schedule of services for the High Holy days can be found on page 2

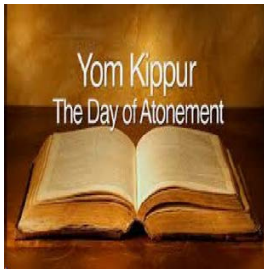
HIGH HOLY DAY SERVICES - ימים נוראים



S'lichot - סליחות
 Saturday - September 16, 2017
 Pre-S'lichot Reception Hostessed by Sisterhood
 S'lichot Service - 11:00 pm to 12:00 Midnight



Eve of Rosh Hashanah - ערב ראש השנה
 Wednesday - September 20, 2017 - 7:00 pm
 1st Day of Rosh Hashanah - יום א' ראש השנה
 Thursday - September 21, 2017 - 10:00 am
 Followed by Congregational Kiddush hosted by Sisterhood
 Tashlich - תשליך - Thursday - September 21, 2017 - 4:30 pm
 at Ford Park in Redlands
 2nd Day of Rosh Hashanah - יום ב' ראש השנה
 Friday - September 22, 2017 - 10:00 am



Eve of Yom Kippur - Kol Nidre - יום כפור-כל נדרי
 Friday - September 29, 2017 - 7:00 pm
 Yom Kippur - יום כפור - Saturday - September 30, 2017
 Morning Service - 10:00 am - Yizkor - 1:00 pm - Martyrology - 2:15 pm
 Mincha-Afternoon Service - 3:15 pm - Neilah-Concluding Service - 4:45 pm
 Followed by Break-the-Fast hosted by Sisterhood

Services on Rosh Hashanah & Yom Kippur will be led by
 Rabbi Darryl Crystal and Cantor Jennifer Bern-Vogel



CHILDREN'S OBSERVANCES FOR ROSH HASHANAH & YOM KIPPUR

1st Day of Rosh Hashanah - Thursday - September 21, 2017
 10:30 am to 12:00 noon
 Yom Kippur Morning - Saturday - September 30, 2017
 10:30 am to 12:00 noon

**SCHOOL FOR JEWISH LIVING
 OPENING DAY OF CLASSES FOR 2017-2018
 Sunday - August 27th - 9:30 to 12:00**

Rabbinic Reflections

“Heal Her and She Shall Be Healed”:

Sickness, Wellness and Judaism



“How can Judaism help my wife as she confronts cancer?”

This question was posed to me by a member of my congregation in New York. His wife had battled cancer

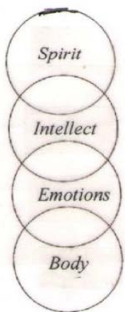
for over ten years and was now near death. I felt the sadness in the words of this dear man and heard his anger. His pain expressed the challenge: “I believe religion is supposed to provide comfort, where is God, what answers can our heritage provide?”

The Response of the Moment. One of the most difficult things for all of us is to be present when a beloved person is in pain. When asked, “What can faith do?” we commonly try to offer an answer. At this time, more often than not, answers cannot bring comfort. A proverb from *Sayings of our Ancestors* says, “Do not tell a person to make peace, when they are in rage; do not tell a person to praise God at the moment a loved one has died.” The last year I was in New York, a friend passed away. While I was at the *Shiva* house a fellow mourner approached me. The man was a Holocaust survivor and had a degenerative bone disease. He said, “How can this be just, I am a survivor and am ill, why am I alive while Ed is dead?” I paused and began to give an answer,... and then caught myself. I hugged this man and said, “I miss Ed too.: At times when words fail, compassionate presence offers comfort and affirms the Divine.

Healing, Wellness, and Judaism. The question remains: “What does Judaism offer when we are ill?” Our heritage provides laws which affirm the value of community and the gift of faith. The Jewish spiritual tradition and contemporary psychology offer models which integrate body, mind, and spirit; what we call the “Soul” in Judaism. These paradigms offer insights for healing and balance in life.

Steven Covey in the book *Seven Habits of Highly Effective People*, says the last habit is to

“Sharpen the Saw.” He says dynamic individuals take time for personal renewal. Covey continues the four realms of revitalization are: “Body, mind, intellect, and spirit.” The image at the left is a model based on the Jewish spiritual tradition from Rabbi David Zeller (of blessed memory), of the Yakar Institute, in Jerusalem; the psychic area of Steven Covey are called levels of the soul.



Rabbi Zeller says we must maintain each part of our being, i.e. the body needs nutrition, needs exercise, and rest; the emotional soul requires affirmation and relationship with others. By extension, I believe the levels of the soul are interdependent. For

example, if a person experiences emotional stress this may be manifest in the body as anorexia, bulimia, or obesity; or the symptoms could become expressed in the intellectual soul as rationalization or over intellectualization.

A paradigm for wellness and healing based on Judaism suggests that nourishment for one level of the spirit can bring strength to another realm which is ill or weak. Jewish wisdom offers practices and laws which guide us for caring for each aspect of the soul.

The Body: Judaism affirms the importance of medicine for healing the body. The *Talmud* says, “If you’re in pain, go to a physician.” (BK 46b) Later in the *Code of Jewish Law*, by Joseph Caro, it says, “The Torah grants physicians permission to heal. Healing is, in fact, a religious duty that falls under the rules of saving a life (YD 336:1). Beyond the practice of the physician, human touch is also a vital part of the healing process. When the AIDS epidemic first began and people did not know how the disease was transmitted they were afraid to touch patients who were ill. One of the tragedies of this time period was the physical isolation; there was relief when the causes of the virus were determined and people with AIDS could again safely be nurtured with the gift of touch.

The Emotions. One of the existential experiences of illness is loneliness and isolation. In 1983, I worked for a year as a hospital chaplain. One day I was on rounds with the Chief Physician of the Psychiatric Liaison Team and several residents. We visited a woman who stopped speaking. The doctor placed his fingers in the woman’s hand and said, “Please squeeze once for, ‘Yes,’ and twice for, ‘No.’” The doctor asked a series of questions. When he finished the examination the woman would not let go of his hand. A resident asked, “Why won’t she let go of your hand?” The physician said, “It is a neurological reaction.” The other chaplain on the team was standing next to me and said, “She wants someone’s hand to hold!”

Judaism also affirms the importance of human relationships and strengthening the emotional soul as a path to healing. There is a classic tale about Rabbi Akiva, who was one of the greatest sages of his generation. One of his students was ill. Rabbi Akiva visited, swept the floor, and then sprinkled it with water (to minimize dust). He then said, “One who does not visit the sick is like one who sheds blood.” (BT: Nd 40a) In a similar spirit, the sage Maimonides, said, “One should select as attendants and caretakers those who can cheer up a patient. This is a must in every illness...”

The Soul of the Intellect. Medical advances in the modern era offer two insights into how the intellect can aid in healing. The first is the way patients have become partners with medical professionals to facilitate their healing. Each person can think of a personal story; I had a car accident in 1996 and damaged my knees, the process of physical therapy was significantly more effective the times I conscientiously did my

exercises. In the area of holistic healing, the use of meditations and visualization can also aid healing.

The intellect can address the conflict people feel between their belief in the love of God and anger because of the pain they are experiencing. The guilt which may arise from this conflict can be addressed by reading of people who call out to God in sadness and rage in the Torah: "I am weary with calling; my throat is dry; my eyes fail while I wait for God (Psalm 69:4)", and "Why Adonai, do you reject me? Why do You hide Your face from me? (Psalm 88:16)" These and similar texts provide strength by showing that a person can call in anger to the Eternal and at the same time not reject God.

The Spiritual Self. The realm of faith is the area where many feel the greatest challenge and have the least experience. On one hand, some people accept the relationship between body, emotions, and intellect, but are uncomfortable with the inclusion of the spiritual part of the self. On the other hand, there is a belief that if a person has faith, God will protect them from all harm. Below are practices which strengthen the spiritual self. It is helpful to work with a guide to explore these affirmations of faith.

- *The Classical Belief: It's All for the Good.* A tale speaks of Nahum of Gamzu. According to tradition, Nahum suffered many calamities in life. If asked, "How can you keep your faith?" he would affirm God and say, "It's all for the best." Classical religious belief sees God's loving presence in sickness and in health; both are accepted each as a blessing of a loving parent.

- *Prayer and Recitation of Psalms.* A definition of prayer is, "Renewal of the soul through communion with the Divine." The words and melodies of a service inspire us to move from the intellectual part of our mind to the creativity side of the soul; here we can experience a feeling of transcendence. On a personal level, at times when I felt especially troubled, prayer lifted my spirit. In the traditional Jewish world, the recitation of Psalms also has this power.

- *A Sacred Witness.* The visit to a person who is ill can go deeper than emotional support. Rabbi Nancy Flam, one of the founders of the National Jewish Healing Center, said that she has found that people confronting illness draw strength from a person who can be present with them as they speak of their pain and fears. The care of a witness who affirms God can provide spiritual support.

- *Meditation.* Meditation is both an ancient and modern practice in Judaism. In Mindfulness Meditation, a person concentrates on their breath or another single focus. This helps the mind relax and allows the person to feel connected to the Oneness of the world.

- *Misheberach: The Prayers for Loved Ones Who Are Ill.* Traditional hopes for healing are expressed by saying a *Misheberach* prayer. Two aspects of the prayer are to announce the name of a person who is ill as "Loved one - the child of - the mother's name." Also the prayer is

offered for the person who is ill and for the healing of all people who are sick. In an interfaith setting, I was moved by a woman who said, "I feel better knowing that my friends at church are praying for me." I experience this blessing when I am with friends or congregants who are ill, and I take their hand and offer a prayer.

My friends, during this year let me know if you or a loved one is ill. I would be happy to call or visit. The congregation has begun a new Sunshine Committee. Please call the office if the committee can be of any help.

Our hearts reach out when our loved ones are ill. May the Eternal send healing of body and healing of spirit to our loved ones who are ill.

L'Shalom

Rabbi Darryl Crystal

"Shabbat Nachamu"

on Saturday, August 5th



In Jewish tradition the seven Shabbats following the observance of *Tisha B'Av* (the 9th of Av) are called "Sabbaths of Consolation." Since *Tisha B'Av*, which occurs this year on Tuesday, August 1st, is a day of mourning recalling the destruction of the ancient Temple in Jerusalem in 586 BCE and the rebuilt Temple in 70 CE, on the seven weeks following the *Haftarot* (prophetic readings) are messages of comfort. The first of them is from Isaiah 40 and opens with the words "*Nachamu, Nachamu Ami* - Comfort ye, Comfort ye, My people." Thus the Shabbat is called *Shabba Nachamu*.

All are invited to attend the Shabbat morning service on August 5th when the *Haftarah* will be chanted by Cantor Bern-Vogel. You are invited to bring a favorite inspirational saying, quote or prayer that has been or is a comfort to you. Special melodies and *niggunim* will be incorporated into the service.

The seven Sabbaths of Consolation also happen to be the weeks immediately preceding the High Holy Days and help set a special mood for this sacred season.

Mazal Tov

We extend a hearty Mazal Tov to
Lisa and Joshua Kress
on the birth of their son
Alexander Joshua Kress

and to the paternal grandparents
Renee and Michael Kress

May he grow in health and ever be a
source of pride to his family
and to our People

Cantorial Comments



Come and listen to the overture of 5778 with the first sounds of the Shofar as we herald in the new month of *Ellul* and introduce the Reform Movement's Covenant of Justice and Compassion – **"BRIT OLAM"** – on August 23rd accompanied with **Sacred Texts and High Drama!!**

"God ascends amidst the blast, the Lord with the sound of the shofar." Psalms 47:6

"It is not your responsibility to finish the work of perfecting the world, but you are not free to desist from it either." **Rabbi Tarfon, Pirke Avot 2:21**

"Art isn't a solo performance; it's a symphony in the dark with millions of participants and millions of listeners... We're only instruments of a greater power." **Henry Miller, Sexus**

With the blasts of the shofar heralding the season of awe, we are focused inward toward human consciousness and self-reflection, while at the same time directed outward as a call to God's merciful judgement, a cry that becomes a shout for joy in recognition of God's compassion for our human condition. During these times more than ever, the cries and joys produced through the ram's horn are a communication with God to "move from his seat of judgement to the throne of mercy, to infuse the day of strict justice with the compassion that we humans so badly need..." (Rabbi Daniel Lehmann, Hebrew College)

On the evening of *Rosh Chodesh Ellul*, August 23rd, Rabbi Darryl Crystal will sound the shofar in keeping with the tradition of the month before Rosh Hashanah and I will lead some *niggunim* (songs without words). Together with our social justice chairs, Leone Hyman and Nancy Sidhu, we will introduce the *Brit Olam* – our joint pledge with the Religious Action Center (RAC) and the Reform movement; the covenant and commitment not only to act individually, but together, as a sacred community. We will briefly look at our sacred texts that underscore the basic values and tenets of Judaism. And... the highlight will be dramatic scenes from classical and contemporary plays such as *The Crucible* (Arthur Miller), *Merchant of Venice* (William Shakespeare), *Man in the Glass Booth* [Robert Shaw] and more, performed by our own thespians of Congregation Emanu El! Time for discussion, feedback, sharing and refreshment has been scheduled accordingly. A great deal of time and preparation has gone into the planning of this unique and exciting evening. We hope to see you there!

B'shalom v'Ahava,

Cantor Jennifer Bern-Vogel

Presidential Perspectives



Once upon a time, summertime was a slow period here at Congregation Emanu El; Not this year! A number of committees and task forces have been assembled and work is underway to provide important elements which help define a healthy and vital congregation.

A total of twenty Task Forces and Committees have been established. They range from the "Sunshine Task Force" which will provide outreach to congregants who are ill or in need, to the "Ritual Task Force" designed to identify important touchstone traditions here at Congregation Emanu El so they might continue through our rabbinical transitions. Board of Director members will lead these groups. I am constantly amazed by leaderships commitment and dedication to make our temple a better place.

Rabbi Darryl Crystal is just completing his first month as our Interim Rabbi. His guidance continues to offer an amazing opportunity for our temple to "Redefine" itself as never before. The fifteen "Meet and Greet" member forums, chaired by Susan Shimoff, Margie Orland and Ellen Weiss, have been offering an opportunity for members to get better acquainted with Rabbi Crystal, and to collect vital information from congregants about any concerns or items they find of value at the Temple. The information collected here will be used to guide leadership to become more able in its work, while collecting critical information which will be used to help better define congregant wants and needs.

In the midst of all of this is our Rabbinic Search Task Force, headed by Justin Swant. Since its inception last spring, this group has made great strides in moving toward the goal of having a formal application submitted to the Central Conference of American Rabbis (CCAR) by early September. In fact, much of the information collected during the Meet and Greets will be used to assemble this application with the goal of identifying and hiring a "settled" rabbi who truly fits the desires and needs of all temple members.

So, as we continue to embark on this ambitious time in our temple, I encourage each and every one of you to become part of the conversation. We in leadership want and need your input. Become *more* involved in your temple to make certain your voice is heard so to create a Congregation Emanu El we ALL can be proud of and one which will sustain us for generations to come.

L'Shalom,

Greg Weissman

From Our Director of Education & Youth



Hello Congregation Emanu El families!

This has been a busy month for the School for Jewish Living! Our school is coming together and our staff is filling out. The curriculum that will make up the core of our lessons for students in 3rd-8th grades will be the Chai Curriculum from Behrman

House. A fuller description of the Chai Curriculum appears on this page. These core concepts will be supplemented with Hebrew text book systems and texts for holidays, ethics, spirituality, and Jewish history. Classes will create projects based on their unit of study and there will be opportunities for families to participate in class and/or school wide projects.

School for Jewish Living classes will begin on Sunday, August 27th. Classes will be held for all ages on Sundays from 9:30-12:00 and for children in 3rd-6th grades on Wednesdays from 4:30 to 5:45 pm.

TYGER, our high school youth group, is still in the planning stages. Please contact me if you would like your child to participate in our youth group!

Please look for registration packets in your mail – your help in returning these as soon as possible will allow us to plan our school year.

Our faculty is taking shape. Here are the faculty assignments to date:

Pre-K and Kindergarten students will have fun with Marla Drake as they learn through play and stories.

1st and 2nd graders will grow with Grace Lehmann as they gain more knowledge through new texts and engaging activities.

3rd and 4th graders will flourish with Moriah Solgan as they advance in their Hebrew studies and develop a closer connection to their community.

5th and 6th graders will expand their knowledge with Adina Talkov as they deepen their understanding of *tefillah* and connect Jewish ethics to daily life.

Our 7th and 8th grade teacher is still to be determined, but planning is under way for a close look at *tefillah*, a stronger connection to Israel, and a guide for social issues and social action.

Rabbi Crystal will be leading our Confirmation Class, and I'm sure they will have a meaningful and engaging year.

Family services will occur on the first Friday of each month beginning in October. Rabbi Crystal and I will lead families in prayer and song using materials created specifically for families. These services are for all ages and noise and movement from our youngest members

is to be expected. Family services are tailored for children and will be shorter than a typical service. Our students will be leading us in specific *tefillah* each month.

I am looking forward to an engaging and enjoyable year for our School for Jewish Living. See you all soon!

L'Shalom,

Jillian Snyder

The “Chai” Curriculum: Our School for Jewish Living Program



The CHAI curriculum for synagogue schools has been successfully used by hundreds of congregational schools throughout the nation. We are pleased to introduce this as the basis for our School for Jewish Living program for 2017-2018. The CHAI Curriculum was originally

developed by leading educators of the reform movement and was published through the Union for Reform Judaism. In recent years the Union for Reform Judaism has ceased its publishing activities and has turned the development and sale of the CHAI Curriculum over to Behrman House, an outstanding publisher and distributor of Jewish educational materials for decades.

The CHAI Curriculum leads students on an exploration of key values and principles of Torah, worship, and acts of loving kindness that build both Jewish identity and community.

The CHAI Curriculum is built on the three strands of *Torah*, *Avodah* and *G'milut Chasadim* - using the principles of backward design outlined in Wiggins and McTighe's Understanding by Design (UbD) to focus on the enduring understandings we want students to take with them in order to establish a strong basis for later Jewish learning and living.

CHAI articulates enduring understandings for each of its core strands:

- *Torah* is an ongoing dialogue between the text and its students. It is real in our daily lives and goes with us wherever we are. Developing the skills to study Torah is essential to integrating Torah into our lives.

- *Avodah* is the work we do to find sacred connections to God, community, and self. Engaging in the work of avodah can bring order, beauty, meaning and insight to our lives and our community.

- *G'milut chasadim* is our way of being personally responsible for making the world a better and holier place.

Sisterhood Speaks



Although this is not my first rodeo as Sisterhood President, things have changed quite a bit since I was president in 1981. I look forward to getting to know congregants I haven't met yet, and planning events with my dynamic board which could interest everyone and enhance their Jewish

experience.

Our next board meeting will be held on Sunday, August 13th at 10:00 am at the temple. All board members, Sisterhood members, and interested persons are invited to participate.

Speaking of volunteer opportunities, we are looking for energetic women to chair a few of our events: Yom Kippur Break the Fast, Chanukah Party, Camperships, and Meals of Condolence. If you are interested in joining our activities, call me, email me, come to a board meeting (the next one is at the temple on August 13th at 10 am).

Everyone should have received Sisterhood membership forms last month. Even if you are not a "joiner", Sisterhood dues support the events we plan for the Congregation Emanu El community as well as the national Women of Reform Judaism programs in the United States, Israel and other countries. We would love to have everyone join us for all our activities, but just your support in the form of dues would be most welcome. Our Paid-up Member Brunch on Sunday, October 29th will be featuring an exploration of Mindfulness led by our congregant Beth Freimuth. This event will be free to all members.

Everyone is invited to join us for a Bagel Schmooze on Sunday, August 27th at 9:30 am in the Social Hall, the first day of School for Jewish Living classes. We will follow the Bagel Schmooze with a mini-program to prepare for the upcoming High Holy Days – meditative coloring, mindful stretching, and soulful journaling.

Susan Damron and Nancy Sidhu are in the process of creating a most interesting event which will be held on Sunday, September 10th. A Multi-Faith Panel and Discussion will host women from Catholicism, Church of Latter Day Saints, Sikhism, Protestant Christianity, Islam, Hinduism and Judaism contemplating what *their* religious experience is as a woman. Keep your calendar marked for September 10th from 2 to 4 pm at our temple for a fascinating afternoon. More information to follow.

Leslie Soltz
President, Sisterhood

Temple Board of Directors Meeting

Thursday - August 17th - 7:00 pm

in the Raynes Family Learning Center

All members of the congregation are welcome to attend

Treasurer's Report



Dear Fellow Congregants, This is the first treasurer's letter of our new fiscal year. We are fortunate that we were able to finish the year on budget with your diligent adherence to your pledges as well as your contributions to our fundraising efforts. Thank you so much for your

understanding of our challenges and rising to the occasion when necessary.

That said, for the coming year we will be holding our dues increase to less than the change in the cost of living. The dues will be increasing 3% (approximately) for 2017-2018. This is due to the following: Our utility costs are projected to increase from our providers. Our maintenance costs have always increased as our facility and equipment age. In keeping with our being a fair employer, we have scheduled some long overdue, but yet minimally fair, increases to the people that keep our congregation operating on a daily basis.

We are looking forward to a responsible fiscal year of operating within our ability to provide meaningful spiritual assistance to all our members and children while maintaining our place in the various communities of which we are an integral part.

Marvin Reiter

"Sunshine Committee" Established



A "Sunshine Committee" has recently been formed for our temple community. Its purpose is to assist congregants facing difficult or challenging times as well as to help recognize joyous occasions in their lives.

- Would you like to receive a visit or phone call by our clergy or someone on the Sunshine Committee?
- Do you or someone you know need assistance with transportation?... meal preparation?... information on local resources to see you through your time of need?
- Will you or your loved ones be celebrating a special birthday, birth of a great grandchild or other *simcha*?

These are just some of the questions the Sunshine Committee is looking to address. Please call or email the temple office and ask for a return call by someone on the Sunshine Committee. Our contact number is 909-307-0400 or cee@emanuelsb.org. The committee is looking forward to hearing from you.

SENIORS FOR SENIORS

Join us for the first event of the new year!!!

**Wednesday - September 13, 2017
at 11:45 am**

A Fabulous, Thrilling Program
featuring



MENTALIST GABE ABELSON

Gabe Abelson is an accomplished mentalist, who has toured the world with performances in over 40 countries, and appeared on such shows as "Late Night With Conan O'Brien", "Late Show with David Letterman", "The Tonight Show with Jay Leno" and many others.

Gabe's greatest skill and passion is that of psychic entertainment. Since birth, Gabe was gifted with an innate, heightened intuition. In addition to the skills of persuasion, suggestion, neuro-linguistic programming (NLP), body language and non-verbal communication techniques he's honed and developed over the years, Gabe truly performs apparent miracles of mind-reading. This is a show that must be seen to be believed!

It will be a great way to begin our new year of "Seniors for Seniors" activities - our 3rd year of great events!!!

**Catered Luncheon - \$10.00 per person
Reservations must be made
by Monday, September 11th
by calling the temple office (909)307-0400
or emailing cee@emanuelsb.org**



Mental Health Awareness

Who was Dorothea Dix?

Many of us know of horrors of 'insane asylums,' and know that most of them were closed around the US in the last century. What replaced those institutions is not much better, and we see some who are not able to take adequate care of themselves as homeless on our streets and in our jails and prisons.

But let's look back. Two hundred years ago there were some asylums, but many who suffered from mental illness were in back rooms of their relatives' houses or in houses of strangers paid to keep them, very often chained, beaten, naked, living appalling lives. It was into this world that a girl was born in New England who would insist that everyone should be treated kindly and that those with mental illness could be cured or helped.

Dorothea Dix came from an alcoholic family, had an abusive father, suffered from ill health her entire life (she lived 85 years), and may have suffered from depressions and mental health crises herself. And she changed the world for those who were deemed 'insane,' demanding and getting reforms from New Hampshire to Louisiana, west to Illinois, up into Canada, and across to Scotland, to Italy. Pope Pius IX said of her: "a woman and a Protestant had crossed the sea to call attention to these cruelly ill-treated members of his flock."

Besides organizing and directing all the Union nurses working during the Civil War, establishing two schools, one for girls, she worked her whole life to improve conditions in prisons, jails, and to create a humane system of institutions for those with mental illness who couldn't care for themselves.

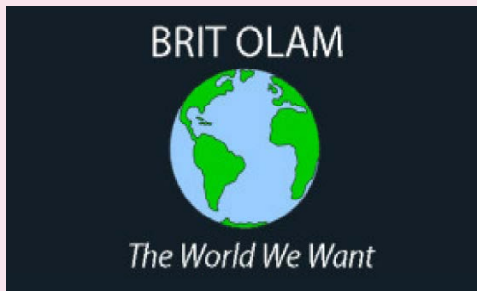
Now we have largely gotten rid of those institutions that we see as not adequately humane or respectful of civil rights. But to think about what prompted the most energetic and caring of reformers to create them, to see them as a great improvement at that time, encourages us to think critically about our own time.

Before the 1830's things were dreadful for those with serious mental illness. They were in chains and in jails, prisons. And now they are in jails and prisons and sleeping under overpasses and in doorways. Nearly 200 years later, Who is our Dorothea Dix?

Heidi Nimmo & Nancy Sidhu

Co-chairs,

Mental Health Awareness in Action



The Brit Olam: The World We Want covenant is a commitment by clergy, lay leaders and the membership of our congregation to engage in rapid response to hatred and bigotry, and to advocate for legislation in our state of California that advances Jewish values.

Let's begin together as we enter the month of Ellul and start our preparations for the New Year of 5778 and our High Holy Days. On that night the Shofar will be sounded not just to usher in the last month of the Jewish calendar year, the month of Ellul, and the High Holy Day season. It will usher in a new era in the life of our historic congregation as we move forward as participants in BRIT OLAM!!!

**Wednesday, August 23, 2017
7:00 pm
Congregation Emanu El**

The story is told that at Sinai, the Holy One gave us the Law, and said: Will you obey? Out of love, we said yes. And then for the next few thousand years, we've been studying Torah to try to comprehend what we agreed to.

More recently Congregation Emanu El has signed onto the Brit Olam from Reform CA and the Religious Action Center of Reform Judaism. First clergy and lay leaders made a commitment. Then our Board of Directors. And then at our Annual Congregational Meeting in May the members voted unanimously to join in the BRIT OLAM commitment.

Now the time has come for us to explore what this Brit Olam - the Covenant - might mean. We don't expect the study to go on for thousands of years (though we could be wrong about that). More likely we will reach understanding within our lifetimes.

Please join us as we learn and think together. The evening will include inspirational readings and high drama as well as spirited conversation and camaraderie.

*Cantor Jennifer Bern-Vogel
Leone Hyman
Nancy Sidhu*

Let's Take Better Care Of Our Temple Campus



The landscape of the Congregation Emanu El campus is in a state of neglect !

Only a short walk around the grounds next time you visit the Temple will reveal that weeds and native grasses are an eyesore, they have overtaken the original plantings, and are encroaching on city property.

Many trees require trimming or removal to spare the outside walls of the synagogue from damage.

A renewed effort at beautification is required as we are entering the High Holiday season, as we are recruiting a new Rabbi, and as we wish to make a positive first impression on potential new members.

It is OUR responsibility to match the beauty of the community around us.

It is important to maintain the exterior of the synagogue to the level we expect for our lovely interior.

Estimates have been obtained for weed abatement, grounds beautification, and maintenance. Regaining an attractive landscape comes at a price.

Your assistance through generous donations is essential.

If you are interested in assisting us in rejuvenating a landscape that matches our collective pride for our Temple building, please contact:

Leone and Brad Hyman
(leoneh@gmail.com)

Congregation Emanu El is once again proudly participating in the Stater Bros. Charities 10th Anniversary



To Benefit Inland Women Fighting Cancer!

(Yes, it IS the day AFTER Yom Kippur! But what better way to conclude the High Holy Days than to engage in a real Mitzvah!)

5k or 10k walk through Redlands

Join our "Team Shvitz'n"

Go to believeinlandempire.com to sign up and to get more information

Our Food Pantry is Bare!



Donations Are Desperately Needed

Please bring NON-PERISHABLE dry or canned foods to the temple.

In cooperation with the Cornerstone Church Food Pantry we provide food for the hungry and homeless of our communities

If you prefer, you may purchase Stater Bros. Scrip which will then be used by Cornerstone Church to purchase additional food.

Add A Leaf to Our Simcha Tree



Do you have a special occasion to commemorate?

Anniversary?

Bar/Bat Mitzvah?

Birthday?

Graduation?

Purchase a leaf on our beautiful Simcha Tree

to mark a special occasion and have it enshrined in our temple sanctuary.

Call the temple office to order your leaf today!

Transportation to Services Offered to Seniors



Over the last year the United Jewish Fund of the Inland Empire (UJFIE) has been established. It carries on the significant work carried on for decades by the San Bernardino United Jewish Welfare Fund and the Riverside Jewish Community Fund which over a period of time had become inoperative. The UJFIE now encompasses all of the communities of the Inland Empire.

The UJFIE is making funds available to provide transportation for seniors who would otherwise be unable to attend High Holy Day services at our synagogue. If you would like to avail yourself of this service please contact the temple office as soon as possible so that the necessary arrangements can be made

Questions for Each Day of Ellul

These questions were developed by Rabbi Rafael Grossman, director of pastoral care at Mount Sinai Hospital in New York City.

Ellul 1 - Wednesday - August 23, 2017

If you had to name three things you need to learn and three things you need to “unlearn” what would they be?

Ellul 2 - Thursday - August 24, 2017

The Days of Awe are about forgiveness – of ourselves, of others, of God. What are you holding onto that you cannot forgive yourself, others or God for in the past year? Why are you holding on to it? What would it take for you to release?

Ellul 3 - Friday - August 25, 2017

If you were to name the time when you “came of age”, when would it be? What happened? How does it feel now, looking back at it?

Ellul 4 - Saturday - August 26, 2017

Was there a time during the past year when you felt shame? What happened? How did you get over it?

Ellul 5 - Sunday - August 27, 2017

If you could do a “do-over” of one event that happened to you in the last year, what would it be? How would you change it?

Ellul 6 - Monday - August 28, 2017

Where do you draw your strength from when you are in a crisis? How do you find the ability to move beyond the crisis? What advice do you have for others in a crisis?

Ellul 7 - Tuesday - August 29, 2017

Who would you invite to your Bar/Bat Mitzvah / Sweet 16 or other end of childhood celebration from your adult life? Why?

Ellul 8 - Wednesday - August 30, 2017

If you had to name two people whom you miss, for whatever reason, who are they? What do you miss about them?

Ellul 9 - Thursday - August 31, 2017

What three pieces of advice did you learn this past year? Who can you share this wisdom with?

Ellul 10 - Friday - September 1, 2017

If you had to name three words that have significant meaning in your life, what would they be? Why?

Ellul 11 - Saturday - September 2, 2017

Nes Gadol: A Big Miracle. Was there a time in your life when you experienced that kind of feeling, of a miracle taking place? Or was there a time when now, looking back, you see that something in your experience was so unexpected or amazing, or indicative of the ‘hand of God.’?

Ellul 12 - Sunday - September 3, 2017

If you had to name the members of your “life-team” who would they be? How did these people get onto your team and how do they manage to stay on the team?

Ellul 13 - Monday - September 4, 2017

If you had to name three goals you have for the New Year, what would they be? How does what happened in the past year relate to these goals for you?

Ellul 14 - Tuesday - September 5, 2017

Name three things you discovered about yourself in the past year? What were they and how did you come to recognize them?

Ellul 15 - Wednesday - September 6, 2017

Rabbi David Ingber says that forgiveness is about “letting love win.” Can you name a time in the past year when you let love win? What happened?

Ellul 16 - Thursday - September 7, 2017

Is there a place in your life that you keep returning to? Where is it? Why do you go there? How has it changed over the years? How have *you* changed over the years?

Ellul 17 - Friday - September 8, 2017

If you had to name two ways in which life surprised you this year, what were they? What happened?

Ellul 18 - Saturday - September 9, 2017

Name three ways in which you hope to be different next year? How are you working to make these dreams come true?

Ellul 19 - Sunday - September 10, 2017

If you had to name three things you hope for in the New Year, what would they be? Why?

Ellul 20 - Monday - September 11, 2017

If you had to divide your life into “before” and “after”, what would be your dividing experience? What happened? How did everything change after?

Ellul 21 - Tuesday - September 12, 2017

If you could spend one more day with someone you miss, who would it be, and what would you do?

Ellul 22 - Wednesday - September 13, 2017

If you could go back to any place where you have once been, where would it be? Why is it so special to you?

Ellul 23 - Thursday - September 14, 2017

If you had to describe one thing you believed to be true, then learned it wasn't so true, what would it be? How did you find out the truth?

Ellul 24 - Friday - September 15, 2017

If you had to name an event that took place in the last year in your life that changed everything, what would it have been? What happened?

Ellul 25 - Saturday - September 16, 2017

If you had to name three things that you see as definitions of your culture, what would they be? Why?

Ellul 26 - Sunday - September 17, 2017

If you had to count your blessings, who or what would you count twice? Why?

Ellul 27 - Monday - September 18, 2017

If you could cast your sorrows out onto the water, what would you get rid of? Why?

Ellul 28 - Tuesday - September 19, 2017

If you had to name what your legacy will be for your kids, other family members, or the community, what would it be? How are you making that legacy happen?

Ellul 29 - Wednesday - September 20, 2017

If you could receive one text message from a loved one who has died, who would it be from and what would it say?

Happy Birthday!!! יום הולדת שמח

We rejoice with those whose birthdays occur in August and wish them a *Mazal Tov*:

1-August Griffin Tossetti (10 years old)
2-August Margie Orland
3-August Philip Snofsky
6-August Irving Warsaw
7-August Richard Nachman
7-August Hogan Fenster
8-August Heidi Nimmo
8-August Cindy Douglas
10-August Alexander Brown
10-August Kimberly Uffer
10-August Gabrielle Berman
11-August Jack Katzman
11-August Myriam Acevedo
11-August Korrynn Katzman
12-August Chelsea Ferguson
13-August Dip Sidhu
13-August Shelley Roth
13-August Tamara Verschell
13-August Jakob Paisner (14 years old)
14-August G. Bud Charlick
17-August Isabel Helfman
17-August Alan Helfman
17-August Ean Strickman
19-August Jeffrey Raynes
19-August Annie Swedlove
19-August Jocelyn Parvin (9 years old)
20-August Philip Gold
21-August Gerry Porter
21-August Jake Kurily
24-August Michelle Smith
24-August Nicole Smith
25-August Stephen Levine
26-August Donna Strain
27-August Donald Feldman
27-August Jay Donenfeld
28-August Rachel Beasley
28-August Arya Lalezarzadeh (14 years old)
28-August Jacob Longoni (10 years old)
30-August Penny Schwartz
30-August Richard Malacoff
31-August Susanne Pastushek
31-August Tronie Rifkin

Happy Anniversary!!!

We extend a hearty *Mazal Tov* to the following whose wedding anniversaries occur in the month of August:

3-August Zeeda & Roy Nierman
4-August Ina & Aaron Katz
5-August Janet & Fredric Rabinowitz
6-August Kathleen & Alan Helfman
9-August Cherrie & Ronald Lubey
17-August Judy & Morry Miller
18-August Judy & Martin Handleman
18-August Barbara & Michael Smith
18-August Kimberly Wolf-Morgan & David Morgan
20-August Shelley & Arnold Roth
21-August Troy & Beth Freimuth
22-August Roberta & Philip Gold
24-August Kathryn & Skip Gootel
26-August Joanne & Donald Singer
27-August Susan & Paul Shimoff
27-August Catherine & Clifford Hiller
31-August Jeanette & David Swedlove
31-August Martha & Richard Berman



**Mark a special milestone
such as a birthday or anniversary
or commemorate the Yahrzeit of a
loved one**

**by hosting/sponsoring
an Oneg Shabbat!**

**For information or to set a date call
Phyllis Sweet - (909)253-9150
or email her at
p18sweet@gmail.com**

We Gratefully Acknowledge

We gratefully acknowledge these contributions
to our various temple funds:

TEMPLE FUND

In observance of the Yahrzeits of...

Leonard Becker by Vickie and Steve Becker

Harry Reiter by Elaina and Marvin Reiter

Shirley Hosmann by Michele and Paul
Zipperstein

Harvey Hosmann by Michele and Paul
Zipperstein

Harry Handleman by Judy and Marty
Handleman

Kenneth Austin by Vickie and Steve Becker

Nettie Henkin by Marjorie and Jeffrey Henkin

Eve Klingman by Annette and Lawrence
Novack

Rose Barrad by Sheila and Bernie Barrad

Lucille Upin by Joanne and Donald Singer

M.Storm Webb by Linda and Gary Schwartz

Adeline Fenster by Laura and Jon Fenster

Tillie Becker by Vickie and Steve Becker

Frieda Amerman by Bonnie and Bernie Goler

Sally Meimar by Phyllis Newman

Nathan Zipperstein by Lori Zipperstein

Eleanore Zipperstein by Lori Zipperstein

Israel Mishkrovsky by Gloria Cutler

Jean Ann Osler by Judy and Marty Handleman

Eve Klingman by Mildred Hodes

Herman Berzosky by Mildred Hodes

Linda Prestidge by Shauna and Walt VanHorn

Ryan Clark by Shauna and Walt VanHorn

Marilyn Jaffe by Heidi and Michael Denhertog

Sheila Comer by Phyllis Satz

Edward Joseph by Thelma Press and family

Ruth Trainor by Kathleen and Daniel Trainor

Leo Schwartz by Linda and Gary Schwartz

Tanya Wixen by Francine Wixen

In memory of...

Shoshana Simon by Phyllis Newman

Charles Silverberg by Marsha and George
Hanover

In honor of ...

Margie Orland's milestone birthday by Sharon
and Richard Granowitz

For the recovery of ...

Michael Orland by Sharon and Richard
Granowitz

SISTERHOOD PULPIT FLOWER FUND

In observance of the Yahrzeits of...

Arlene Wolf by Geraldine Schwartz

Irving Donenfeld by Jay Donenfeld

Shirley Hosmann by Michele and Paul
Zipperstein

Howard Konowitch by Bonnie Konowitch

In honor of ...

Leslie Soltz's installation as Sisterhood
president by Leslie Levine

HOME OF ETERNITY CEMETERY FUND

In observance of the Yahrzeit of ...

Philip Miller by Judy and Morry Miller

Gertrude Loria by Judy and Morry Miller

In memory of ...

Nathan Zipperstein by Michelle and Paul
Zipperstein

Eleanore Zipperstein by Michelle and Paul
Zipperstein

Shoshanah Simon by Vickie and Steven
Becker, Joyce and Barry Eskin

Lawrence (Larry) Cornell by his brothers

RABBI HILLEL COHN DISCRETIONARY FUND

In honor of ...

Rabbi Cohn for leading Banning Discussion
Group by Sherman Gallas, Diane Stone

RABBI DARRYL CRYSTAL DISCRETIONARY FUND

In observance of the Yahrzeit of ...

Rachel Glogas by Ethel McAfee

Special Thanks



We extend our sincere appreciation to Dr. Emily and Craig Beasley who recently arranged for the temple's Social Hall and classroom chairs to be professionally cleaned so that they will be in tip-top shape for the coming High Holy Day season.

On occasions of joy or sorrow a contribution to
one of our temple funds is always appropriate.

Contribution can be made to the following funds:

Home of Eternity Cemetery Fund
Temple Fund
Rabbi Crystal Discretionary Fund
Rabbi Cohn Discretionary Fund
Cantor's Discretionary Fund
William Russler Memorial Archives Fund
Mortgage Reduction Fund
Sisterhood Pulpit Flower Fund
Rabbi Hillel & Rita Cohn Campership Fund
Lionel Heller Music Fund

Yahrzeits

The following Yahrzeits will be observed during the month of August: Those with a (★) are inscribed on the Wall of Perpetual Memorial:

August 5-6	August 12-13	August 19-20	August 26-27
Francisco Acevedo ★Sarah Alexander ★Harold Amerman ★Lena Anker Beverly Appelbaum ★Sylvia Becker ★Abrom Belovsky Enia Ciolko ★Mildred Cohen ★Selma Davidson ★Charles Edelman Rachel Einbinder ★Randal Earnstein ★Tom Feigenson Brenda Feltenberger ★Isaac Fremland Harriet Gimpel ★Estelle Gold ★Jack Golden ★Sonia Goodman Philip Gutin ★Fannie Haydis ★Frances Herzig ★Harry Hirsch ★Constance Hochstein June Hyman ★Samuel Kassel Leah Kovitz ★Martin Kronick Moses Lerner ★Henrietta Lubey Alex Luchans ★Ben Newberger ★Sol Parkin ★Travis Patriquin ★Saydee Philipson Harold Rothstein ★Bernard Rubel May Schaffer ★Max Schoenheim ★Selma Shutt Isadore Steinberg ★Grayce Tannenbaum Samuel Tietelbaum ★Bluma Weisser ★J. Leonard Weitzman Jack Wixen ★Nettie Woldenberg	Sally Adams ★Hermine Alexander Richard Altheimer ★Albert Bell Francelene Cohn ★Paige Cowan Sylvia Diner ★Sarah Finkleman ★Hyman Fox ★Ruth Greenwood Jon Hankin Helen Kohn ★Jerry Kravitz Elizabeth Lechhook Laura Levy Isaac Lewin Gertrude Lipsky Anne Lowenstein Dave Lubey Louis Lubinsky Jerry Lurie ★Steven Maltzman Barney Pasman Marielle Pastushek Linda Pyrtle ★Ida Silk ★Elias Simon ★Adelaide Snyder Bonnie Tonneson	★Martin Barrad ★Kurt Becker ★Mollie Binder ★Florence Allen Brill Anna Cohen ★Jack Cohen Myra Epstein Lynda Hankin ★David Hearsh Theresa Herbstrieth ★Rose Jaffe ★Beatrice Kay Micaela Lang ★Yetta Litwin ★Samuel Lubinsky ★Herbert Maltzman Fannie Marcus Morris Marcus ★Fred Miller ★Martha Rosen ★Mary Rushall Nathan Schwartz ★Isadore Shaller Dorothy Todd ★Harold Victor ★Fannie Walder ★Geraldine Weinstein ★Alex Weiss	★Isaac Albert ★Leah Blizin Shifra Blumen Penni Clark ★Morris Coleman ★Esther Edelman ★Minnie Einbinder ★Marguerite Feldheym Muriel Frankel Rachel Getzoff ★Samuel Goldstein ★Lenore Harris ★Rose Hearsh ★Aaron Jacobs ★Lester Kantor ★Rose Lampel ★Bertha Lavitt ★Al Lubey ★Sophie Nourok Harold Pike ★Bess Pollack ★Adele Rosenzweig ★Sonia Rovell ★Bertha Sacks Anne Schwartz ★Joseph Selznick Milton Stern ★Sol Sussman ★Sherwin Tilton ★Jack Trachtenberg ★Gertrude Weiss Elaine Wolfson Rose Young



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JILLIAN SNYDER - DIRECTOR OF EDUCATION & YOUTH -
JERRY RIPLEY - ORGANIST/CHOIR DIRECTOR

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Dr. Susan Damron - Secretary • Marvin Reiter - Treasurer • Stacy Knox - Financial Secretary
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Craig Beasley - Immediate Past President

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Leslie Soltz - President, Sisterhood

OFFICE HOURS - Monday-Thursday 9:00AM to 5:00 PM; Friday 9:00 AM-4:00 PM

THE BULLETIN - CONGREGATION EMANU EL

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