



Congregation
Emanu El

THE BULLETIN

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



“MODERN SERVICES FOR CHALLENGING TIMES”

Fridays • March 27, April 3, 10, 17, 24 • 6:30pm

Shabbat Services via Facebook Live <https://www.facebook.com/emanuelredlands>

Saturday, April 4 • 10:00am

Shabbat Services via Facebook Live • <https://www.facebook.com/emanuelredlands>

Saturday, April 18 • 10:00am

Torah Study Via Zoom On your mobile device: <https://zoom.us/j/5019876154>

Or call in: 1-669-900-6833 Meeting ID: 501 987 6154

Yom HaShoah • April 20 • 6:30pm

Services via Facebook Live • <https://www.facebook.com/emanuelredlands>

Instructions on how to use Facebook Live and Zoom on our web page, <https://www.emanuelsb.org>

CONNECT WITH CONGREGATION EMANU EL

We're creating even more opportunities to connect electronically and stay healthy!
Get more information by visiting <https://www.emanuelsb.org> or calling the office.

More information to come!

Sign up for weekly emails or call the office to find out about our plans for Passover, Yom HaShoah, Yom HaAtzmaut, Yom HaZikaron, and other opportunities to connect!

Rabbinic Reflections



Spring has sprung and Passover is almost upon us. I am so grateful for this beautiful time of year. Our weather has warmed up, sunshine is more prevalent and the plants and animals are beginning to prepare for our longer warmer days. What a beautiful time of year. With the joy of Purim behind us we prepare for our festival of freedom. The Kabbalah, our mystical texts teach us that the ritual foods of the seder plate correspond to the 10 sefirot of the Tree of Life. The Matzah; corresponds to wisdom, understanding, and knowledge. This symbol teaches us to have the innermost awareness connection with God, oneness of the Jewish people. The Zeroa (shank bone), represents God's outstretched arm, or lovingkindness in kabbalah. We must remember that God's outstretched arm is reaching for us to redeem us.

Haroset; represents *netzach* or victory and eternity. This symbol is God's assurance that we will succeed on our journey towards freedom. The *hazeret* (green lettuce on sephardic seder plate) represents *yesod* foundation. That is our peoples eternal connection with God in all moments of life pleasant and painful. *Karpas* (Parsley) represents *hod* thanksgiving. We must remember to have gratitude for all goodness in our lives, especially freedom from slavery. *Beitzah* (egg) represents *gevurah* or strength. This inspires us to remember the strength we have gained from commitment to Judaism and from awe of God. Finally *Maror* (Bitter Herb) in the center represents *tiferet*, balance and harmony. In this beautiful teaching from kabbalah we are reminded that our seder plate represents a complete spiritual relationship between the Jewish people and God. This is a journey that gives us energy, strength, awareness, connection, vigor, gratitude and balance. May this Spring bring each of us. Emanu El, the reminder that God accompanies us on this sacred journey towards freedom. Happy Passover, Happy Liberation!

Rabbi Lindy Reznick

Cantorial Comments

V'yotzienu Adonai mi-mitzrayim b'yad Hazakah...

...and the Lord took us out of Egypt with a mighty hand, and with an outstretched arm, and with a great revelation, and with signs and wonders." [Deut 26:8]



Dear Friends:

And we thought ten plagues were enough...dayenu...! Writing this message during the last couple of weeks of March, it's hard to know what the state of affairs will be in April with our world changing from day to day. What we do know for sure is that sadly, we will *not* be together at one table for our Community Seder this year or in the sanctuary to commemorate *Yom Hashoah*, in order to safeguard everyone's safety and well-being, as we remain sequestered in our respective homes.

This is, indeed, an unprecedented time for all of us causing fear, anxiety and uncertainty. But as so often throughout history during times of adversity, creativity leads to new ways of being and thinking. We have been forced to stop our busy lives and really experience the art of becoming a 'human BE-ing' not just 'human DO-ing.' We are discovering different ways to connect with one another: so grateful for the phone and technology [thank you, Stuart!] allowing us to stay connected, support one another with the gift of presence, strength and hope as we grow in our comfort zones learning and praying [thank you, Rabbi!] together via Zoom, etc.

Life as we knew it will never be the same... lessons will surely be learned from this 'time of the Coronavirus', sadly with inevitable loss of life. This is not, however, the first time in history that a society has fallen on hard times, and there have been worse. We have seen that people often become their best selves in times of adversity.

Every year at the Passover Seder we sing: ***Ma Nishtana halaila hazeh?*** What makes this Pesach night different from all others?? These words will surely ring truer this year than at other times in our lives. This year we can really feel as our ancestors did, as they huddled inside their homes, with the doorposts clearly marked, staying safe from the plagues surrounding them...

We pray with all our hearts that when we ask the same question next year, may we all be together holding hands, sitting closely together and sharing hugs as never before!

Bashana Ha'ba'a B'rushashalayim!

- Next year in Jerusalem -

[or in the very least, Redlands!]

With passionate prayers of health & strength for all of us,

Cantor Jennifer Bern-Vogel

Presidential Perspectives

99 44/100% Pure.



Remember when Ivory Soap seemed like the only thing we needed in order to stay clean and healthy? As I write this article, I can't help but think of that. These are scary days, perhaps the scariest in a generation. Today we face a microscopic foe, one that can't be reasoned with or understood or tolerated. It's led each of us to stay home a lot more than we otherwise would. So, how can you feel connected in the age of COVID-19? How can we join together in religious celebration when we're afraid to be in the same room as each other? It's a scary question.

As you might guess, I'm a fan of things with more than one "S" in them. I'll offer you three things that I think will help us all get through this crisis:

Be SMART. This isn't the time to panic. It's not the time to stock up for a 40-day flood, nor is it the time to dash off on an ill-thought-out cruise overseas. Use your common sense. Think about your actions and do what you need to. Don't fall victim to herd mentality. Just listen, learn, and do the things that will actually help yourself and your neighbors.

Be SAFE. Take the steps you need in order to get past this crisis. Wash your hands very often. Touch your face very little. Wipe things down. Don't be afraid to wipe something down in someone else's house, or in a store. It's not rude, it's safe. My lovely wife reminds me that we should all be clean and safe all the time, not just in a crisis. Of course, she's right.

Be STEADFAST. Steadfastness is hard. Having been raised in the north, I think of steadfastness as walking in a straight line during a blizzard. It's making sure you keep your goal in mind and keep moving toward it. For all of us, the goal right now is getting past these early, fear-filled days and moving toward a future where we're all a little healthier.

There's one more "S" to consider: **Be SOCIAL.** Luckily, in 2020, staying at home doesn't have to mean being isolated. Reach out to friends using FaceTime or Skype or WhatsApp. Use social media to hang out. Remember to flex those social connections. It's always been our Jewish community that's held us together, even in the face of much greater threats than we see now.

I look forward to the days when we can once again greet each other with firm handshakes and consensual hugs. Until then, hit me up on Facebook!

Shalom,

Stuart Sweet

Sisterhood Speaks



The world's events have been cancelled. Luckily, we are able to still talk to one another and "see" each other via the phone/ internet. Please take some time to reconnect with someone. Reach out if you, or someone you know, is in need.

As we enter spring, and the season of Passover, we face new challenges as to how can we "CELEBRATE" this holiday. It appears that we are amidst our own new age plagues. I would implore you to find the good. Figure out a way to make your seder happen, and to make it meaningful and joyful. Perhaps a zoom meeting seder with family and friends, or facetime. I know that some of you are working at home, some of us are essential workers and working A LOT, and some of us have lost jobs.

We are all in this together, and again, if you are in need, or know of someone struggling PLEASE reach out. We can be creative in ways that can help.

Next year in Jerusalem....or at least in person!

With hope that this will all "Passover" soon,

Karyn Lehmann

President, Sisterhood
sisterhood@emanuelsb.org

Treasurer's Report



Dear CEE Congregants,

I hope that you are reading this column in good health! It is a new and uncharted territory we are in today. A virus that has put fear in the heart of all humans on the planet! It has brought us together while keeping us apart!

Thank you to our clergy, staff, and dedicated Board members in delivering the services we need in this worrisome time. Please know that we are all here for each other. We may not be able to hug one another for a little while longer, but virtual hugs are being sent to all of you!

With warm wishes for good health!

Shalom!

Kathy Rosenfeld

From Our Director of Education & Youth



Passover is one of the most important Jewish festivals of the year, and its high point is the Seder. During this interactive meal, we are commanded to tell our children the story of the exodus from Egypt, how God lead the Israelites out from slavery in Egypt to freedom and how they walked through the dessert 40 years with Moses leading them to get to the promised land and live there free.

The Seder is a ritual meal that typically takes place in the home. Several symbolic foods are laid out on the table, of which the most important is the matzah, the unleavened bread, that the Israelites baked before escaping Egypt and didn't have time to wait for the dough to rise.

During the Seder we read the Haggadah, a book that tells the story of the redemption from Egypt. During the years, some traditions have been added to the Seder. A few of them were to keep the children engaged. One of them is the singing of the four questions: "Ma Nishtana?" that traditionally is sang by the youngest child in the family. <https://www.myjewishlearning.com/article/the-four-questions/>

Another one is the Afikoman, which is a Matzah broken in half, one half is covered with a napkin and put aside. At this moment parents can hide the Afikoman and let the children look for it later in the Seder and the finder gets a prize.

There are other different ways to engage your kids in the Seder: make your own Haggadah, create the Elijah cup and also make craft of the 10 plagues and put them on the Seder table.

Wishing you a happy Passover and a wonderful springtime,
Chag Pesach Sameach

Marcela Lavi

Director of Education & Youth

sjl@emanuelsb.org



Mental Health Awareness in Action

In these extraordinary times the mental health of each of us is challenged by isolation and disruption of routine. Some of us have lost our source of income. All of us have lost physical contact with fellow congregants and all manner of associations.

ANXIETY CAN EASILY TAKE OVER

Here are ten (a minyan) suggestions for taking care of your mental health while sheltered at home.

- What you are feeling is legitimate. Don't hesitate to share your state of mind with another.
- Keep to your usual schedule. Especially keep up with your grooming routine. Dress nicely and comfortably. Even though you aren't going to see anyone, it will benefit you to look good for yourself.
- Take a noise break. For an hour a day, disconnect phones, pads and computers. Silence the TV. Lie down on a comfortable surface and take inventory of how your body feels and what it senses.
- Go outside. Move or stay in place for a minute or an hour. Pay special attention to what you see and hear.
- If you can't go outside, dress appropriately and bring outside air into your dwelling space.
- Sit still for three minutes to contemplate specific things for which you are grateful. You may want to write them down or recite them aloud.
- Call someone. Extraverts and introverts all want to hear from you.
- When finishing a shower indulge yourself with an extra 30 seconds to just breathe while feeling the water flow over you.
- Experiment with practicing guided imagery and positive affirmations from highly respected Health Journeys.
- Copy and paste the following in your browser. free.healthjourneys.com

We will get through this together.

BE WELL IN BODY MIND AND SPIRIT!!

Heidi Nimmo and Nancy Sidhu,

Co-Chairs, Mental Health Awareness In Action (MHAIA)

In Memoriam

זכרונם לברכה

We note with sorrow the recent death of

Irving Hiller

He is survived by his son Clifford Hiller, daughter in law Catherine Hiller, his daughters Janice and Diana Hiller, and his grandson Benjamin Hiller.

May the memories of the righteous
be for a blessing

Congregation Emanu El Proposed Slate of Officers and Board of Directors

to be voted on at the Annual Meeting of the Membership May 21, 2020 at 7:00 pm

Slate of Officers and Board of Directors

Any member of the congregation with more than one year of membership in good standing may submit his or her name for congregational leadership. If you would like to submit your name, please contact the temple office.

Proposed slate of Officers and Board of Directors to be voted on at the annual meeting:

President: Stuart Sweet

First Vice President: Dr. Susan Damron

Chief Financial Officer: Kathy Rosenfeld

Secretary: Michael Reiter

Immediate Past President: Greg Weissman

Board of Directors (Term ending 2021)

Jay Donenfeld

Scott Wilkie

Board of Directors (Term ending 2022)

Graham Ohayon

Rachael Raynes

Rhian Beutler

Board of Directors (Term ending 2023)

Michael Paisner

Tim Plueger

Leslie Soltz

Happy Birthday!!! יום הולדת שמח

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

2-April	Ellen Weiss	23-April	Mark Strain
2-April	Joel Feinstein	23-April	Robin Uffer
2-April	Hannah Brown (10 years old)	23-April	Stacy Knox
2-April	Annette Cohen	23-April	Micah Knox
4-April	Asher Sheppard	23-April	Ethan Knox
6-April	Michael Zipperstein	25-April	Alexandra Blumen
8-April	Gregory Spears	25-April	Shavit Fine
9-April	Ruben Blumen	25-April	Yaron Fine
19-April	Jon Fenster	26-April	Violet Brown (8 years old)
20-April	Shaina Knox	29-April	Sylvia Joseph



Grow a Leaf on Our Simcha Tree

Do you have a special occasion to commemorate?
Anniversary? Bar/Bat Mitzvah? Birthday? Graduation?
Celebrate it with the entire
Congregation Emanu El community!
Purchase a leaf on our beautiful
Simcha Tree for your special occasion.
Call the temple office to order your leaf today!

Happy Anniversary!!!

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

10-April	Debra & Philip Holder	11-April	Stacy & James Knox
----------	-----------------------	----------	--------------------

We Gratefully Acknowledge

**WE ARE VERY SORRY, BUT DUE TO THE CURRENT SITUATION,
ALL DONATIONS WILL BE ACKNOWLEDGED IN A FUTURE BULLETIN**

Yahrzeits

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

April 3-4	April 10-11	April 17-18	April 24-25
✧Philip Abrams ✧Shirley Alan ✧Morton Aronoff Anne Cushing ✧Court Darrow ✧Morris Davis Harry Donenfeld ✧Morris Earnstein ✧Daniel Freeman ✧Janet Frierman ✧Frank Gimpel ✧Shirley Gold Stella Greene Laura Handleman ✧Leonard Harris ✧Josephine Helman Marian Konowitch ✧Harry Kristal ✧Rose Langer ✧Rae Magid ✧George Malacoff ✧Mildred Meyer ✧Rose Newman Gloria Nimmer ✧Patsy Nourok ✧Rose Nourok ✧Merrill Parlas ✧Fannie Rosenbaum ✧Lee Roshwald Anselmo San Gabino Robert Schaffer Jennie Schwartz ✧Minnie Sperber Donald Stuckey Ben Weissman ✧Aron Wixen ✧Harry Zaritsky	Elsie Baskin Eli Bender Lottie Buncher ✧Fred Buse Leah Donenfeld ✧Bessie Drumlevitz ✧Samuel Finkler Maurice Frisch ✧Jerry Granowitz ✧Myrtle Jacobson ✧Joseph Jarcho Alfred Jugle Ira Kaner ✧Sophia Laskin ✧Andree Lehmann Larry Liebers ✧Eleanor Meisinger ✧Herman Miller ✧George Peters ✧Sam Rabenstock ✧Sol Robbins ✧Leah Rosen Elizabeth Rosenfeld Jules Selvin ✧Barnet Shvemar ✧Percy Snyder ✧Louis Stahlberg Samuel Strelzoff Richard Trainor Alfred Weinberg ✧Roberta Weinstein Anna Wilcox ✧Jeffrey Wixen	Jeanette Amdursky ✧Nathan Arbeitsman Evelyn Baker ✧Manny Berz ✧Louis Blumenthal ✧Ida Brill ✧Hyme Budd Lottie Buncher Alma Charlick ✧Harry Cole ✧Fay Davidson Muriel Faber Gerd Fassbeck Harry Forman ✧Martha Frankel David Gerber ✧William Gilbert ✧Jack Harrison ✧Ella Hearsh ✧Mildred Hodes Randi Hoffman ✧Ida Hollander ✧Reba Isenberg Desi Javor ✧Stella Kelber Louis Kovitz ✧Leslie Lapides ✧Edward Lawrence Louis Lechhook Ben Lerner ✧Dora Libman ✧Celia Miller ✧Mozelle Mitchell ✧Doris Moss ✧Margaret Neisen Israel Newman Harold Odoroff Allen Price Paula Retamar Arthur Robinson ✧Rose Roth ✧Reba Rubin Zelda Secofsky John Sherwood Irving Stillerman Pauline Sussman Fay Tuchband ✧Harry Weintraub ✧Stanley Wolenski	✧Reba Bell ✧Leo Berger Meye Bloom ✧Sadie Borsuk Allie Braverman ✧Abe Burstin ✧Bertha Buse ✧Mitchell Chudacoff ✧Yetta Cohen Terry Ehrlich ✧Morris Ellison ✧Doris Erlanger ✧Fritzie Feit Phillip Frisch Beatrice Gibbs ✧Marion Granish Max Greenburg Eliyahu Griver ✧Harold Harris Charles Herman Herbert Isenberg Jacob Isenberg Barney Jacobs Corinne Kaicener ✧Rosalia Kaufman ✧Loyal Keir ✧Morton Klein Miriam Kovitz ✧Hyman Lapides ✧Morris Levy Solomon Lipsky ✧Kerry Magid Mark O'Dell Greta Pick Jack Rabinowitz ✧Bess Rubinstein ✧Michael Schon ✧Ruth Schwartz ✧Sophie Silberman Earline Stept ✧Harry Teitelbaum Rachel Tucker ✧Saul Weinberg Max Wohlberg ✧Charles Woldenberg ✧Evelyn Wolk ✧Julius Zelman, M.D.



1495 Ford Street - Redlands CA 92373

(909)307-0400

www. emanuelsb. org email:cee@emanuelsb. org

LINDY REZNICK - RABBI - (909) 307-0400 ext 1000 - rabbireznick@emanuelsb. org

JENNIFER BERN-VOGEL - CANTOR - (909) 307-0400 ext 1001 - cantorjenbv@gmail. com

HILLEL COHN - RABBI EMERITUS - rabbihcohn1@cs. com

JUDY FILSINGER - ADMINISTRATOR - (909) 307-0400 ext 1002 - templeadmin@emanuelsb. org

MARCELA LAVI - DIRECTOR OF EDUCATION & YOUTH -

JERRY RIPLEY - ORGANIST/CHOIR DIRECTOR

EXECUTIVE COMMITTEE

Stuart Sweet - President • Dr. Susan Damron - 1st Vice President

Michael Reiter - Secretary • Kathy Rosenfeld - Chief Financial Officer

Members-At-Large: Steven Becker, Marvin Reiter, Justin Swant

Greg Weissman - Immediate Past President

Karyn Lehmann - President, Sisterhood

DIRECTORS

Steven Becker • Harriet Briant • Rhian Beutler • Jay Donenfeld

Graham Ohayon • Rachael Raynes • Julie Strain • Scott Wilkie

Member of Union for Reform Judaism (URJ)

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

THE BULLETIN - CONGREGATION EMANU EL

Published monthly by Congregation Emanu El, 1495 Ford Street, Redlands CA 92373.

POSTMASTER: Send address changes to Congregation Emanu El, 1495 Ford Street, Redlands CA 92373