



Congregation
Emanu El

THE BULLETIN

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

JULY 2020

TAMMUZ-AV 5780

VOLUME XLIX - NUMBER 10



Our building is *closed*, but our hearts are *open*!
All services are held virtually. Visit <https://emanuelsb.org> for more information.

Friday, July 3, 6:30pm

Erev Shabbat Service with Rabbi Reznick and Cantor Bern-Vogel

Friday, July 10, 6:30pm

SHABBAT B'YACHAD with Rabbi Reznick and Rick & Addie Lupert

Saturday, July 11, 10:00am

Torah Study with Rabbi Reznick (Zoom only)

Friday, July 17, 6:30pm

Erev Shabbat Service with Rabbi Reznick and Cantor Bern-Vogel

Friday, July 24, 6:30pm

Shabbat K'tsat, a special, shorter summer service

Saturday, July 25, 10:00am

Special Shabbat Service with Rabbi Reznick, Rabbi Sandra Lawson,
and Cantor Jennifer Bern-Vogel

Friday, July 31, 6:30pm

Shabbat K'tsat, a special, shorter summer service



SATURDAY, JULY 25 • 10AM

The Diverse World We Live In

In this special Saturday morning service, we will discuss the challenges that black, indigenous, and people of color still experience. Our special guest will be Rabbi Sandra Lawson, who became the first openly gay, female, black rabbi in the world in 2018. We invite the entire community to a day of introspection and growth.

Rabbi Sandra Lawson, Associate Chaplain for Jewish Life at Elon University

Rabbinic Reflections



Summer is here, and so is time to wind down, unplug and relax. In a normal year many of us flee to beat the heat, driving up to the mountains, down to the beach or catch a plane to anywhere. This year will be different for most of us. Whether we are still isolating at home to keep ourselves or family members safe, or we are cautiously beginning to re-appear in our public normal haunts, this summer is different.

Our world has erupted, not only due to the coronavirus pandemic, but also as people take to the streets fighting for racial justice. This is a four-hundred-year-old fight, calling out those in charge, begging for safety and a simple right to exist without fear. Let us join together and speak out against racism, educate ourselves on our own biases, raise the voices of Jews of color and those who struggle for the everyday right to exist.

This summer the Cantor and I will be working hard on planning the High Holidays for 2020, which will be unique no matter what. While we will continue to offer exciting programming, July is usually a quieter month. It is the perfect time to pick up a book like How to be an Anti-Racist by Ibram X. Kendi and learn more about the fight that led many to the streets.

Join us on Zoom on July 1st for the first communal conversation about High Holidays 2020. We want to hear from you so that as we craft we keep in mind your desires for this new Jewish year. We are wishing you and yours and safe, healthy, and fun summer of 2020!

Rabbi Lindy Reznick

Cantorial Comments



Reflections & Projections...

“In the dark times will there be singing?” Bertolt Brecht once wrote. The answer, then and now, is a resonant and exuberant yes.

Singing is therapeutic, a timeless comfort. Oliver Sacks argued that it brings order and memory back to scrambled minds, and other social scientists have observed that blending voices together encourages empathy and offsets loneliness.

Community rather than virtuosity is the point—the imperfect harmony of self-expression in self-exile. *[from an article by Bob Morris, Townandcountrymag, 4.21.2020]*

Dear Friends: We are working on it! As we make our way through the upcoming weeks, Rabbi Reznick and I continue to attend workshops and webinars with our professional organizations to gather ideas and support for providing services and High Holy Day experiences that will be memorable in new and exciting ways. We hope that many of you will join us on July 1st [via zoom, of course] to share “Reflections and Projections” – an opportunity to voice your favorite and most meaningful parts of the High Holy Days. We are all learning and growing together, along with our choir director, Jerry Ripley and members of our choir, we are hoping to incorporate a few of our favorite pieces of music.

Once in awhile, the elders told – suddenly there falls upon us
With storm and tempest, with fear and trembling – a new language –
Unknown. A language of a kingdom, a language of an eon –
Language of a star.

And our self [ani] the one that is never seen,
And which cannot be touched, moves forth – expanding.
[Rivka Miriam, Jerusalem]

Cantor Jennifer Bern-Vogel

Presidential Perspectives

Don't read this article.



Don't read this article. Don't listen to me. Anything I write would be the words of a privileged white male, who despite my best efforts will never truly understand what it is like to be a black person, an indigenous person, a person of color. I will never truly understand the struggles of women, or queer people, or anyone whose gender isn't my own. Don't read what I'm writing. Spend your time more wisely.

Instead, take about, oh, eight minutes and forty-six seconds, and listen to a point of view from someone who doesn't look like you or sound like you. Listen to the words of hate that come from people who feel threatened by race or by class. Listen to the pleas of the great plurality of nonwhite, nonmale, nonprivileged human beings who deserve to have a voice

and who, all too often, are crushed under the knee of others. Dare to be swept up in the movement that has come to define this moment in time.

Still here? You were warned.

So far, 2020 has been a slam against the wall for so many people. There has been so much fear and so much suffering, and far, far too much dying. Our fear has morphed daily in ways we could not have imagined. The solitude can be deafening, the quiet all-consuming. And yet when we look for connections, we are accosted on all sides by blowhards of every stripe, seeking to redefine our reality for their own political convenience. If there were two words for 2020, it's hard to think of two better ones than, "what now?"

But don't let your 2020 be defined by two words, at least not those two. Instead, I'll suggest four words: "we're in this together." We are ALL in this together. We cling to each other any way we can, waving through windows and embracing through Zoom. We share the little victories of the day and we learn how an attack on one of us, no matter how brutal or unfair, is a blow to all of us. We find meaning and connection and we realize that for all our differences, we share so much.

Our most sacred of phrases says, "Hear, O Israel! The Lord is our God and the Lord is One!" We cling to the *Shema*, but it's only one of our most important axioms. Another comes to mind, full of promise and more relevant than ever: *E Pluribus Unum*. Out of many, come one. Unity from diversity. Together, we will make the world better for the moment when we can re-enter it. When that moment comes, allow me the honor of being the first person to hold out my arms and welcome you. Until then, stay safe and healthy.

Shalom,

Stuart Sweet

Treasurer's Report



Dear CEE Congregants,
Shalom!

Welcome to a new fiscal year for Congregation Emanu El! July marks the beginning of our calendar year. Here's to a great year to come!

The annual dues packet will be in your mailbox shortly. The Board of Directors has voted not to have an automatic increase to dues for the 2020/2021 calendar year. But that does not mean the costs of running the temple have decreased! If at all possible, we are asking each congregant to voluntarily increase your dues by 1%, 2%, 3% or more.

This year you will need to mail in your annual dues commitment with a stamped letter included in the dues packet. Please respond as promptly as possible and please be as generous as possible.

Judy Filsinger is working tirelessly to get our dues statements out to you all. Once that task is completed, she and I will work on finalizing the financial statements. As in the past, I will publish the year end income and expense statement in the Temple Topics in either August or September. Meanwhile – if you have any questions or concerns about our budget or our current finances, please call or text me at 704-756-7427 or send me an e-mail address at kathy.rosenfeld@gmail.com.

With warm wishes for good health!

Kathy Rosenfeld

Sisterhood Speaks



Shalom friends, family and greater community,

What a time to be living in. Our challenges of daily living have been amplified with the echoes of tyranny and injustice. Our basic tenets of normalcy have been challenged on many levels. Every day a new atrocity is brought to the forefront of our conscious.

And yet we endure.

Parents are now working and teaching, juggling priorities and schedules.

And yet we endure.

Teachers are now needing to reinvent the “classroom” while possibly juggling a family of their own, worried about the future of schools, and the most vulnerable of their students.

And yet we endure.

Friends worry about sick friends that they cannot visit, hug, cook for or bring flowers to...

And yet we endure.

Watching the world burn, seeing the injustice sprawled in front of us more every day, wondering if there will ever be a return to normalcy...

Now is not a time to be silent.

Now is a time to rise up and make our voices heard!

VOTE.

Volunteer.

Help to make this world a better place!

Tikkin Olum. Has never meant more!

Treat people with kindness, and above all: be kind to yourself!

The world can be a better place. It won't be easy, but nothing worthwhile ever is.

In Sisterhood

Karyn Lehmann

President, Sisterhood, sisterhood@emanuelsb.org

From Our Director of Education & Youth



In response to the spread of coronavirus, schools and summer camps across the nation transitioned to online learning.

As a parent, I understand the difficulty of finding activities for our kids, especially ones that they enjoy. At times, using screens and online activities seems to be a good solution. But even in these challenging times of social distancing, we can still find offline activities to do at home such as cooking together, family game nights, science projects, arts and crafts, and gardening.

With my family, for example, we had a Karaoke night, we had so much fun and so much laughter. Where else could I let myself sing, believing I am a famous singer and still feel loved?

We can also do outdoor activities while continuing to follow all the social distancing regulations, for instance, going out for walks, biking, and hiking.

We are living in a new, and not easy, reality. Until we get back to our regular lives, we should find what makes us and our families happy and gives us a stable routine.

I gathered some online resources for offline activities. While they are online, it is only for the ideas.

Please read them and then unplug.

<https://www.education.com/activity/offline-games/>

<https://pjlibrary.org/beyond-books/pjblog/september-2017/15-unplugged-ideas-for-shabbat>

<https://www.5minutesformom.com/114111/50-unplugged-activities-kids/>

Enjoy your unplugged family time,

Marcela Lavi

Director of Education & Youth, sjl@emanuelsb.org

Board of Directors Meeting
Thursday, July 16, 7:00pm
via Zoom
All are welcome

Sisterhood Board Meeting
All Meetings Postponed
Until Further Notice



Mental Health Awareness in Action
Maintaining Our Children's
Mental Health Balance

These past few months have been trying for all of us – here in Southern California, in the U.S., all over the world. We have been confronted by a dangerous new, often deadly, virus that is highly contagious; we have seen our jobs and our businesses threatened or lost; we have radically changed our patterns of living. Mental health professionals have seen their practices diminish under our stay-at-home rules. But they are bracing for a large influx of people needing counseling and therapies.

The kinds of stresses, and even trauma, that have affected many of us are different from anything we're used to. For example, our health care workers. The intense workload under strange new conditions has deeply affected intensive care medical workers. They have had to watch their patients fail under their care without having successful treatments. All covered up in protective masks and gowns, they have attempted to comfort dying patients since family members cannot enter the wards. They are fearful of getting COVID-19 and passing it to their families. And often, though essential, they are threatened with layoffs.

For another example, everywhere loneliness is intensified. Isolation has never been good for people's mental and physical health, and yet these months we have had to isolate, some of us utterly alone. All the human ways of social mixing and enjoying support from family and friendships have been curtailed. Or, if indulged in, they carry great risk.

Anxiety and depression have been the most obvious results, worsening any underlying mental issues we may have, or for some, experiencing totally new mental distress and behaviors, even PTSD-like trauma.

All our mental health professionals as well as our county and state departments of mental and behavioral health are acutely aware of our needs at this time. Some of our health care providers also are planning to offer increased care.

This is time for us to reach out to them, to accept their offers of care online or by phone. This is the time to overcome our reluctance, to recognize

when we could use some help, and put forth extra effort to obtain it. Nothing is like it used to be.

If you are in crisis, call the National Suicide Prevention Lifeline at 1-800-273-8255 or text "EMM" to 741741, or contact SAMHSA'S Disaster Distress Line at 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor.

Other resources:

San Bernardino County Department of Behavioral Medicine – 888-743-1478 and 909-386-8256
Christian Counseling Service (not for Christians only) – 909-793-1078

For Kaiser Permanente members, contact your primary doctor or call the appointment line

Heidi Nimmo and Nancy Sidhu,
Co-Chairs, Mental Health Awareness In Action (MHAIA)

SISTERHOOD GIFT SHOP

Stay tuned for our COVID CLEARANCE SALE on a FUTURE DATE TO BE DETERMINED

As you have been sheltering to stay safer at home we KNOW you all have been MAKING a LIST of ALL the ITEMS you can't wait to purchase from our gift shop.

SHABBAT: Kiddush cups, Candlesticks, candles, Challah covers, Havdallah candles, Havdallah sets (spice box, cup & candle holder) Equali-TEA to sip.

Poli-TEA-cal packets including RBG to get you through the elections

TU' BISH VAT: TREE OF LIFE Jewelry, Vases and Home wall decoration and Seeds to plant with your family. His- Tea- ry to enrich your days.

PURIM: Colorful, Fun, Soft and Loud Groggers, Toys, Jewelry, roll on perfume, and musical Ar-TEA- ists to hear.

BOOKS and CARDS for learning, understanding and COUNTING the OMER

AND MUCH MORE!!

Look forward to seeing you again, soon!

Happy Birthday!!! יום הולדת שמח

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

1-July	Drew Holder	9-July	Charlotte Rifkin	17-July	Graham Ohayon
2-July	Ina Katz	9-July	William Soltz	18-July	Adeline Swedlove
3-July	Marilyn Raphael	9-July	Arient Ayden (15 years old)		(18 years old)
4-July	Samuel Bauer (8 years old)	12-July	Barbara Smith	20-July	Kathleen Rosenfeld
4-July	Jeffrey Lewis	13-July	Tonya Brooks	23-July	Marissa Klein
4-July	Lisa Wise-Wolk	14-July	Richard Granowitz	23-July	Stephen Lehmann
5-July	Beverly Dolberg	14-July	Jared Shimoff	23-July	Mark Schnitzer
5-July	Paula Kaye	15-July	Elizabeth Tungka-Feinstein	25-July	Dorene Cohen
5-July	Kerry Wolk	15-July	Mark Levin	25-July	Laurence Lerner
6-July	Arielle Abramovitz-Daniel	16-July	Carissa Edgar	25-July	Katherine Paisner
	(4 years old)	16-July	Clifford Hiller	28-July	Mark Robinson
6-July	James Ramirez (1 year old)	17-July	Michele Ferguson	29-July	Michael Douglas

Happy Anniversary!!!

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

3-July	Emily & Justin Swant	7-July	Walt & Shauna Van Horn
4-July	Marilyn & Lawrence Raphael	11-July	Joya & Allen Eirew
4-July	Marjorie & Jeffrey Henkin	14-July	Roberta & Robert Klein
7-July	Lisa Delorme & Michael Reiter	18-July	Amanda & Fernando Ramirez

We Gratefully Acknowledge

We gratefully acknowledge these contributions to our various temple funds:

TEMPLE FUND

In observance of the Yahrzeits of...

Mary Stefanoski by Celia Norian

Nicholas Stefanoski by Celia Norian

Nathan Zipperstein by Michele and Paul Zipperstein

Dorothy McGuire by Vickie and Steve Becker

Frieda Amerman by Bonnie and Bernie Goler

Sandra Lubell by Jeffrey Lubell

Harry Osler by Judy and Marty Handleman

Lila Klemtnr by Renee and Michael Kress

Linda Prestridge by Shauna and Walt Van Horn

George Peters by Shauna and Walt Van Horn

Kathleen Rogers by Paula Kaye

Samuel Kushner by Lester Kushner

Harry Handleman by Judy and Marty Handleman

Jean Ann Osler by Judy and Marty Handleman

Gabriela Katz by Lia and Mark Robinson

Freda Fredason by Marilyn and Larry Raphael

Sally Meimar by Michael Gregory

Rose Barrad by Sheila and Bernie Barrad

Tillie Becker by Vickie and Steve Becker

Leonard Becker by Vickie and Steve Becker

Dr. Kenneth Austin by Vickie and Steve Becker

In memory of ...

Sydelle Wolk Davis by Shauna and Walt Van Horn

Leone Hyman by Roberta and Phil Gold

Leone Hyman by Jeanne and Jeffrey Raynes

Leone Hyman by Lester Kushner

Leone Hyman by Solaman Cooperson

In Recognition of Outstanding Leadership of

Stuart Sweet by Jeanne and Jeffrey Raynes

In Honor of Graduation of

Daveed Morgan by Leslie and William Soltz

CHERRIE LUBEY FLOWER FUND

In observance for the yahrzeit of ...

Shirley Hosmann by Michele and Paul Zipperstein

Eleanore Zipperstein by Michele and Paul Zipperstein

Lise Rundberg by Monique Coleman

Mae Cohen by Monique Coleman

Frank Coleman by Monique Coleman

William Coleman by Monique Coleman

Mark Myers by Roberta and Phil Gold

RABBI LINDY REZNICK DISCRETIONARY FUND

In appreciation of...

Rabbi Reznick by Christine Chatterton

CANTOR JENNIFER BERN-VOGEL DISCRETIONARY FUND

In observance for the yahrzeit of ...

Irving Donenfeld by Jay Donenfeld

RABBI HILLEL AND RITA COHN CAMBERSHIP FUND

In observance for the yahrzeit of ...

Howard Konowitch by Bonnie Konowitch

MORTGAGE REDUCTION FUND

For honor of his strength and perseverance...

Orville Spears by Margy Spears

In memory of ...

Cantor Gregory Yaroslow by Shelley and Joseph Bodnar

Don Feldman by Shelley and Joseph Bodnar

In observance for the yahrzeit of ...

Ida Fohrman by Jeanne and Jeffrey Raynes

Yahrzeits

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

July 3-4	July 10-11	July 17-18	July 24-25	July 31- August 6
★Bernice Berenbaum ★Sarah Berenbaum Rebecca Cohen ★Rabbi Franklin Cohn ★Leonard Falk Libby Frug ★Israel Gerstein ★Sara Gottlieb Harry Handleman Sophie Harris ★Brock Heitman ★Irene Howard ★Sidney Kaufman ★Gustave Levenson ★Sally Meimar Stella Pro ★Nathan Quadow ★Norman Rabenstock ★Harry Reiter ★Joseph Russler ★Seymour Schweitzer Stephen Secofsky ★Charles Silverberg ★Mary Skadron Lucille Upin ★M. Storm Webb Reba Zeller ★Eleanore Zipperstein	★Bessie Abramson Bertha Atlas ★Kenneth Austin Alex Becker ★Tillie Becker ★Juilan Bern ★Samuel Bernstein ★Herman Berzosky ★Jay Bogost ★Miriam Cohn ★Albert Dickman ★Hyman Einbinder Meyer Gershman Benjamin Golant ★Harry Gold ★Fred Goldstein Teresa Greenfield Arnold Gurevitch Aida Herzog ★Bertram Kaufman Rose Klein ★Eve Klingman Howard Konowitch ★Simon Kristal ★Nancy Kushner ★Isadore Lewis ★Eliot Moss Soltana Ohayon Jean Ann Osler Louise Richmond ★Sara Robin ★Morris Rovell ★Henrietta Rowelsky Haskell Silver Sol Simcoe Abraham Simlak ★Joanne Stein ★Jack Steinberg ★Warren Stept ★Herbert Uffer ★Terry Unger Stanley Widman	★Walter Becker ★Maurice Birnkrant ★Harry Braviroff ★Shirley Burkett Sheila Comer ★Adeline Fenster ★David Goodman ★Ellen Gruber Sidney Heyman ★Milton Karen ★Sarah Katzman ★Helen Lewis Sue Lurie ★Florence Michael ★Alan Michael Ada Rifkin ★William Rodman ★Barney Rosenbloom ★Leo Schwartz Ruth Snofsky ★Marie Unickel ★Abraham Wilkin	★Jack Aronoff ★Helen Berk ★Judith Braviroff Hilda Brownson ★Louis Cohen ★Bella Cohen ★Leo Cutler ★Mollie David Annabelle Davidson ★Nelson Feit Rose Gilbert Rachel Glogas ★Betty Jacobs ★Marilyn Jaffe ★Celia Jaffrey ★Dorothy Johnson Edward Joseph Al Joseph ★Lena Lebeck ★Samuel Levenson ★Gertrude Loria ★Anna Markowitz James Marmor ★Edward Metz ★Abe Meyer ★Rena Meyer ★Alex Newman ★Naomi Newman Irv Robbins ★Fannie Sabin ★Sadie Schlein ★Sally Seeman ★Dorothy Shane ★Jacob Silberman ★Gyrtrude Stept Norman Stough Ruth Trainor ★Tanya Wixen ★Balfour Wixen ★David Zaritsky ★Ethel Zelen ★Sol Zelony	★Morris Abrams Francisco Acevedo ★Sarah Alexander ★Harold Amerman Beverly Appelbaum ★Rose Bader ★Abrom Belovsky ★Clare Cherry ★Charles Edelman Gloria Effron Dorothy Eirew ★Randal Earnstein Brenda Feltenberger ★Isaac Fremland ★Estelle Gerry ★Fannie Haydis ★Harry Hirsch June Hyman Roberta Jure Frieda Kahn Leah Kovitz Samuel Levine ★Lena Lewis ★Henrietta Lubey Alex Luchans ★Julius Mendelsohn ★Ben Newberger ★Bessie Novack ★Travis Patriquin ★Joe Philipson Carol Pohja ★Sarah Reiter ★Sadye Roth ★Bernard Rubel May Schaffer ★Selma Shutt ★Herman Sperber Samuel Teitelbaum ★Bluma Weisser ★J. Leonard Weitzman Benjamin Wise ★Nettie Woldenberg



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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