

Safety procedures have changed. Masks are required only for unvaccinated individuals. SHABBAT CELEBRATIONS



Friday - May 6, 2022 - 6:30 pm - In Person and Zoom Led by Rabbi Reznick

Saturday - May 7, 2022 Parashat Kedoshim - פרשת קדשים - Leviticus 19:1-20:27 Haftarah - Amos 9:7-15



*Friday - May 13, 2022 - 6:30 pm - In Person and Zoom* Led by Rabbi Reznick and Cantor Bern-Vogel

Saturday - May 14, 2022 TORAH STUDY AT 9:00 - <u>ZOOM ONLY</u> Led by Rabbi Reznick, Cantor Bern-Vogel and Cantor Juval Porat Isaiah Davidson, son of Rabbi Reznick, will be called to the Torah as a Bar Mitzvah Parashat Emor - פרשת אַמוֹר - Ezekiel 44:15-31 Haftarah - II Kings 7:3-20



*Friday - May 20 2022 - 6:30 pm - In Person and Zoom* Led by Rabbi Reznick

Saturday - May 21, 2022 -Parashat Behar - פרשת בְּהָר - Leviticus 25:1-26:2 Haftarah - Jeremiah 32:6-27



Friday - May 27, 2022 - 6:30 pm - ZOOM ONLY Led by Rabbi Reznick and Cantor Bern-Vogel Saturday - May 28, 2022 Parashat Bamidbar - פרשת בְמָדְבָּר - Numbers 1:1-4:20 Haftarah - I Samuel 20:18-42

### Learn about this week's Torah Portion

Want more information about the Torah portion for the week? The Union For Reform Judaism publishes a weekly guide available at <u>https://reformjudaism.org/learning/torah-study</u>. *If you're reading this online, click on the web address to be taken there now.* 

# **Rabbinic Reflections**



We are in a period of sacred counting, when we count seven weeks from the second night of Passover until Shavuot. This special time period in Jewish history begs us to be mindful of our daily existence. It calls to us to make each day count, and be one which is not wasted. Along with the 7 weeks, each week has a theme given to it from Jewish mystical tradition. The sephirot, a mystical map of qualities are used to inspire each weeks learnings. As I write this we are still in week one of the Omer. This weeks theme is decision. We read in Exodus "Moses asked , Who am I that I should go? And God said, I will be with you. (Ex. 3:11-12)

This week, and this text remind us that it is often ourselves that stand in our own way. It is our responses and our fear that get in the way of us making life affirming decisions. How many times has your fear held you back? How often have you been able to dream big without letting your own limitations get in the way. The first week of the Omer reminds us to think outside our own limitations. What amazing things might you accomplish if you were able to step away from your own self sabotage?

As we head into Spring Emanu El I want to invite you to re-imagine yourself and your life. What are those dreams that you would never let yourself work towards. Maybe you've always wanted to plan a trip to Greece, or you imagined yourself climbing Mt. Kilamanjaro. Whatever your dream is, I invite you to today or this week plan out a few things you can do to walk towards that dream. Maybe you will find, like Moses that God is walking alongside you, cheering you on, as you create your dream.

## **Cantorial Comments**



### BENTCH-marks!! Simchas!!

The month of May is full of benchmarks! It is a time of graduations, special anniversaries, bar mitzvahs and more. It is a blessing to reach this day.

In Jewish tradition, the

Birkat Hamazon, our grace after meals, is often referred to as 'bentching' which comes from the Latin, BENEDICERE, or benediction. So, I borrow from a friend who once cleverly coined a phrase; these are 'bentch-marks' – occasions to celebrate!

Shabbat morning, May 14<sup>th</sup>, our congregation will celebrate the son of Rabbi Reznick, Isaiah [Izzy] Davidson, who has been preparing for many months to lead us in worship, and chant and teach from the Torah. It has truly been a privilege to work with Izzy and watch him grow and blossom into such a thoughtful and delightful young man. Mazel tov, Izzy!

After two years of waiting to celebrate the 25<sup>th</sup> anniversary [now 27<sup>th</sup>] of my Ordination from Hebrew Union College [1995], my classmates and I will finally be reuniting in person in New York! The festivities include luncheons, meetings and the official processional on May 5<sup>th</sup>.

Another "Bentch-mark' I personally look forward to will be a celebration with old friends and former congregants from my childhood synagogue in Cedar Rapids, Iowa, to celebrating the 100th anniversary and life-long friendships.

May God bless us and protect us!

May God deal kindly and graciously with us! May God bestow divine favor upon us and grant us peace!

[Bamidbar 6:22-24]

Cantor Jennifer Bern-Vogel

Rabbi Lindy Reznick

### **Treasurer's Report**



Shalom!

I hope that you all have had an opportunity to review our Temple's 2022/2023 budget, which was presented to the Congregation in our April Bulletin. As always, I am available to answer questions you may have regarding how

the budget was derived. As you are likely aware, we are in a financially challenging time of transition within our Temple. This budget represents the collective efforts of our finance committee as well as our Board at navigating this important time in our Temple's history

Our Congregation will continue to face financial hardships as the new leadership of the Temple directs the fundraising and cost cutting measures to ensure the continuation of our organization. Please assist them with fundraising activities and volunteer to get to know other members and feel a part of the membership.

I will be stepping down as your CFO in a few short weeks. Thank you for the honor of serving the Congregation in this role. Julie Strain will be the newly appointed CFO and will be taking over my role. She will continue communication with you, through this column, in the June Bulletin.

As I reflect back on my tenure as the CFO of our synagogue, I hope that my efforts over the years have made us a more transparent and fiscally responsible organization. It has been my honor to have held that responsibility. My hope and prayer going forward is that these financially challenging times will bring us together, stronger and more resilient. Regardless of our history, this cannot be a time of division or regret. As we navigate our future, in defining our role in the community and our obligation to each other, may we find a common sense of purpose and meaning in what our Temple home is really about. That purpose and our sense of community should be more valuable than our bank balance, which will undoubtedly grow as our community comes together with renewed resolve. May it be God's will!

Kathy Rosenfeld 704-756-7427 Kathy.rosenfeld@gmail.com

# From Our Director of Education & Youth



It is hard to believe but the SJL year is coming to an end. It is a bittersweet feeling, looking forward to the summer break and remembering all that we have learned and done at SJL.

Last year we returned to learning in person; it was a success, as we learned while keeping safe. Students studied

learned while keeping safe. Students studied about Jewish values, holidays, prayers and Hebrew.

I am grateful for our teachers, Keeana Sbar, Shira Griffith and JonPaul Cohen for their important and meaningful work. I am also thankful to our wonderful students who showed up and were enthusiastic to learn and to their families for supporting the school.

A huge thank you goes to Rabbi Reznick, who supports the school, taught prayers, holiday rituals and Jewish values, in a most engaging way.

In the coming month we will have our two last meetings and the last day of school will be on May  $15^{th}$ .

Lastly, I thank the entire Emanu El community for trusting me in leading the School for Jewish Learning in the past two years. It was an honor and a wonderful experience.

I wish you all a cool, fun and relaxing summer break.

L'Shalom,

Marcela Lavi

Director of Education & Youth, sjl@emanuelsb.org

**Temple Annual Meeting** 

Thursday, May19, 7:00pm

Sisterhood Board Meeting May 15th at 10:00 a.m.



### Mental Health Awareness in Action Loneliness

For part of his life, John Cacioppo was known as Dr. Loneliness. Not that he was always lonely, but because he studied loneliness and created a new field of scientific study, social neuroscience. At the University of Chicago, he founded the Center for Cognitive and Social Neuroscience. As our Surgeon General, Dr. Vivek Murthy, says, Cacioppo and his team "transformed the modern-day understanding of loneliness......found that the human need for social connection is..... a biological and social imperative rooted in thousands of years of human evolution."

And loneliness is our signal to get connected. Like hunger is our signal to eat, thirst to drink, and pain to immediately get our hand out of the fire. All those feelings we don't like – they are our friends, alerting us to what we truly need. And loneliness tells us to be together with family, friends, acquaintances.

Loneliness tells us something else important. Our health is in danger. Going deeper, Dr. Steven Cole at UCLA School of Medicine is looking at what happens on the cellular level to our immune system and our genes when we are ruptured from people we love. For 20 years, Dr. Cole "has been identifying immune-related genes that, in his words, 'listen for loneliness.'" It seems that when we are seriously lonely, the genes of our white blood cells alter genetically in ways that cause more inflammation, and that can cause all kinds of health problems.

We're not geneticists or neuroscientists, and don't fully understand the complex changes that can bring about disease, but the message is clear. Our emotional and physical health are intimately intertwined. Most of us have had recent experience of how isolation and rupturing of our customary social relations have caused widespread depression and anxiety, and so we are not surprised to read these details.

And the message is, especially for this Mental Health Awareness Month: Connect. Connect with our people, even if we don't see them personally, connect, talk together from the heart, go deep and honest. If we can see them, touch, look into each other's eyes. If we don't have people now, go out of our way to find new people and create connections. And if we don't have such people at all, go outside, connect with all the breathing creatures around us, large and small. Connect with the breathing trees and flowers. Even the sky and sun and moon, the breeze, can help us feel supported, alive and well.

(The first quote is from *Together* by Dr. Vivek Murthy, p. 29, the second from an LA Times Op-Ed by Florence Williams in the Sunday, Feb. 6, 2022 edition.)

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

# **Sisterhood Speaks**

I am pleased to tell you that Sisterhood, aided by Lorraine and her assistants, put on a lovely Seder at Congregation Emanu El on April 16. More than 50 people attended. We are tentatively making plans for a Casino Night next Fall. This has always been popular, and we are looking forward to gambling with all our friends again. Watch for the details! Karyn Lehmann is going to put her artistic talents at our disposal to craft a one-of-a-kind Congregation Emanu El recipe book. Are you thinking of your favorite recipe to share with us? We want to know how we can plan programs that interest our members, therefore we will institute a series of intimate teas to honor our members and solicit ideas that will be relevant to you. We hope to start in June. The board of Sisterhood joins with me in hoping this issue of the bulletin finds everyone happy and healthy.

I hope to see you all at a Sisterhood or Congregation Emanu El event soon

Leslie Soltz Interim President, Sisterhood

### May is Mental Health Awareness Month

"What mental health needs is more sunlight, more candor, and more unashamed conversation" - Glenn Close, Actress and Founder of Bring Change 2 Mind



### Bar Mitzvah בר מצוה



Isaiah Davidson May 14, 2022

Izzy loves basketball, sports cards, as well as the greatest show ever, The Office. He attends valley preparatory school and loves school there. He especially loves the creative writing classes, as he is an aspiring author with a passion for philosophy, writing, and creativity. He is in the middle of writing multiple dystopian novels as well as poem compilation books. He is passionate about travel and nature and hopes to travel the world while honing his craft as he grows up. Izzy participates in the Redlands YMCA Circus and will be performing at shows for the first three weekends in May. His many pets are also always at the forefront of his vision, as well as his little baby chickens. He is thrilled to invite you to his upcoming bar mitzvah, and hopes you can all come celebrate this momentous day with him.

Congregation Emanu El Proposed Slate of Officers and Board of Directors to be voted on at the Annual Meeting of the Membership In Person and on Zoom May 19, 2022 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: Paul Zipperstein 1st Vice President: Greg Weissman 2nd Vice President: Karyn Lehmann Chief Financial Officer: Julie Strain Secretary: Leslie Soltz Immediate Past President - Michael Reiter

Board of Directors (Term ending 2023)

Michael Paisner Dr. Elizabeth Raskin Marvin Reiter (complete term vacated by Tim Plueger)

Board of Directors (Term ending 2024)

Dr. Sharon Lang Dr. Tonya Brooks Adelyn Durazzo

Board of Directors (Term ending 2025)

Margie Orland Kathy Rosenfeld Daniel Schwartz Scott Wilkie



Rachel B. Gross is an assistant professor and holds the John and Marcia Goldman Chair in American Jewish Studies in the Department of Jewish Studies at San Francisco State University. She is a religious studies scholar who studies 20th and 21st century American Jews. Her book, *Beyond the Synagogue: Jewish Nostalgia as Religious Practice,* is a 2021 National Jewish Book Award finalist in American Jewish Studies and received an Honorable Mention for the 2021 Saul Viener Book Prize, given by the American Jewish Historical Society.She is currently working on a religious biography of the 20th century immigration writer Mary Antin.

# MONDAY - MAY 9, 2022 - 6:00 pm (Pacific) via Zoom

# **TO REGISTER**

https://csusb.zoom.us/webinar/register/WN\_x21g-9u\_QxCpy5e8CKQn3g

(Once you sign up you will receive an email confirmation with the Zoom link)

Congregation Emanu El Food & Wine Ecstasy Fundraiser June 25, 2022

Join us for an exciting evening with David Cohen, Food Critic MC for the evening & Martha Green, Auctioneer Extraordinaire

For Live Auction

Evening will include wine tastings Along with Lot 22 Olive Oil Co. , Cheeses from Cheese Cave & more... Culinary delights served throughout the evening Live Auction Offerings High Tea, Yacht Cruise by the Knox Family 2 Dinners created by David Cohen Dessert of the Month & more...

Please contact Margie Orland at (909) 556-2110 if you can donate a Silent or Live Auction offering We will need helping hands on the 25th for setup at the temple, as well.

> Please look for your invitation in mid-May We look forward to your support and sharing A wonderful evening with YOU!!

# SISTERHOOD **GIFT SHOP**

HAPPY SHAVUOT

May Flowers? Mayflowers? Pilgrim ship Mayflower? Oh May? Oh Mom Oh mv OMER!!!!!!!!!!!!

FOR MOM ON HER SPECIAL DAY!!! Come to look. Let your fingers play.

Come to IN PERSON services and you'll see FLOWERS

Stop into the Gift Shop To see what Pops (into your eyes).

Counting the OMER through MAY Keeps us reflecting until Shavuot Day.

YOUR gift shop has wonderful items for your Mom, Sisters and Daughters that are Moms, your friends that are Moms!!!

7 weeks, 7 principles to Spiritual Awareness Decide, Discern, Choose, Hope, Imagine, Courage and Pray A bit of time for you to reflect each day. Yes, Shavuot is coming our way

Omer: A Counting by Rabbi Karyn Kedar Inspirational cards/book or BOOK & CARD Combo Packs

Please contact Lisa Wise-Wolk with any questions. 909-723-3238

# **OUR SCRIP PROGRAM NEEDS YOUR SUPPORT USE SCRIP - IT'S EASY TO GET STARTED**

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(951) 317-2003





**CVS** 

We keep a variety of Scrip on-hand at the temple - including grocery stores (Albertson's, Von's Stater Bros. and now Sprouts), gas cards (Arco, Shell), major fast food restaurant chains (Chipolte, Del Taco, El Pollo Loco, Chili's, and Red Robin to name a few, and your favorite coffee shop (Starbuck's, Coffee Bean &

DON'T FORGET - USE SCRIP

CHIPOTLE

Local retailer PAWS also participates in our program! (Thank you to the Lehmann family!)

**Our Local Retailers:** Stater's PAWS (Owned by Lehmann Family, Thank you!) Harkin's Theater Movie Tickets



Congregation Emanu El

Coordinator: Julie Strain

# CUNGREGATION EMANI Blood D rive. Sunday, May 15 • 12 - 4 **Congregation Emanu El Parking Lot** 1495 Ford Street, Redlands Step up IE BLOOC

# Questions? Contact Francesca Sweet francescasweet@hotmail.com

your part!

AVEA

# Happy Birthday!!! יום הולדת שמח

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

1-May	Sidra Knox	9-May Jerry Mathews	28-Ma
3-May	Michael Smith	12-May Roberta Gold	29-Ma
3-May	Jeffrey Rosenfeld	12-May Daniel Trainor	30-Ma
7-May	Michael Reiter	12-May Peytra Becker-Kurily	30-Ma
8-May	Alyssa Harris (9 years old)	14-May Bradley Hyman	30-Ma
•	Shirley Pyrtle	20-May Gary Fagan	31-Ma
•	Damon Needelman	23-May Mara Winick	31-Ma
		2	

28-May Grace Harris
29-May Aleah Lang (13 years old)
30-May Elizabeth Raskin
30-May Nancy Haynes
30-May Noah Raynes (13 years old)
31-May Richard Kramer
31-May Sheri Maltzman



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 wall.

# Happy Anniversary!!!

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

3-May	Denise & Mark Schnitzer
8-May	Dorene & David Cohen
9-May	Myriam & Francisco
	Acevedo

- 20-May Carol & Mark Uffer 22-May Shelley & Joseph Bodnar 25-May Caroline Daravi & Fariborz Lalezarzadeh
- 26-May Karen & Stephen Levine 28-May Sheila & Bernie Barrad

### We Gratefully Acknowledge

We gratefully acknowledge these contributions to our various temple funds:

### **TEMPLE FUND**

In observance of the Yahrzeits of... George Peters by Shauna and Walter Van Horn Darell Prestidge by Shauna and Walter Van Horn Manny Berz by Norman Hanover Marlene Becker Goldblum by Linda and Peter Rhein Harry Teitelbaum Press by The Etzioni Family Leo Berger by Dr. Philip Berger Abraham Glogas by Ethel McAfee

*In Memory of...* **Liz Sprague** by Vickie and Steve Becker

*In support of Congregation Emanu El...* By Laurence Lerner

**CHERRIE LUBEY SISTERHOOD FLOWER FUND** *In observance of the Yahrzeits of...*  **Elka Ellison** by Amy Ellison **Leah Rosen** by Zeeda and Roy Nierman

### **CEMETERY FUND**

*In observance of the Yahrzeits of...* **Mildred Rose Hodes** by Esther and Jay Hodes **Doris Moss** by Sonia Moss **Morris Ellison** by Amy Ellison

### MORTGAGE REDUCTION FUND

For the Recovery of... Marty Handleman by Joyce and Barry Eskin

#### **CANTOR BERN-VOGEL'S DISCRETIONARY FUND** *In observance of the Yahrzeits of...*

Leah Donenfeld by Jay Donenfeld Harry Donenfeld by Jay Donenfeld

# **Yahrzeits**

The following Yahrzeits will be observed during the month of May: Those with a ( $\Rightarrow$ ) are inscribed on the Wall of Perpetual Memorial:

May 6-7	May 13-14	May 20-21	May 27-28
May 6-7 Sarah Berman	May 13-14 Belle Cohen ★ Mendel David Shereley Davis ★Howard Doros ★Frances Dryer ★Ethel Finkelstein ★Anna Gale Allan Golant ★Meyer Horwitz Eleanor Isenberg Bernard Israel ★Carrie Newberger ★Gertrude Orland	May 20-21	May 27-28 Catherine Arnold Ruth Beasley ⇒Florence Berzosky ⇒Krana Brill ⇒Kevin Brill Charlotte Cramer Merchant Cushing Kathryn Fannin Donald Feldman Oletta Furnash ⇒Eugene Goodman ⇒Joseph Goodz ⇒Moses Gottlieb ⇒Nathan Jacobs
<ul> <li>★Louis Shvemar</li> <li>★Jack Skadron</li> <li>★Sydney Snyder</li> <li>★Nathan Wechsler</li> </ul>		Paula Virshup ★Sam Wallenstein Raymond Weiner ★Rose Weinstein	<ul> <li>☆Gertrude Seffers</li> <li>☆Gertrude Simon</li> <li>☆Fanny Sperber Nicholas Stefanoski Simon Tishkoff</li> <li>☆Sam Weinberg</li> <li>☆Leona Wing Margaret Wizer</li> </ul>



### Rabbi Lindy Reznick • Cantor Jennifer Bern-Vogel

### $Marcela\,Lavi, Director\,of\,Education\,and\,Youth\bullet Jerry\,Ripley, Organist/Choir\,Director$

Rabbi Hillel Cohn, Rabbi Emeritus

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### Member, Union for Reform Judaism (URJ)

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