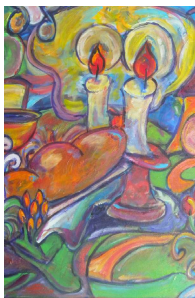




SHABBAT CELEBRATIONS

All services scheduled to be In Person; Zoom services to be determined pending tech support
SECURITY PROVIDED AT ALL IN PERSON SHABBAT SERVICES UNTIL FURTHER NOTICE



Friday - November 3, 2023 - 6:30 p.m.

Led by Rabbi Hillel Cohn and Chel Zipperstein

Rabbi Cohn will speak on Blessings We Take For Granted

Oneg Shabbat hosted by Margy Spears and Kathy Trainor in celebration of their same day birthday

Saturday - November 4, 2023

Torah Study - 9:15 a.m.

Shabbat Morning Service - 10:00 a.m.

Led by Rabbi Hillel Cohn

Parashat Vayera - פרשת וַיֵּרָא - Genesis 18:1-22:24

Haftarah - II Kings 4:1-37



Friday - November 10, 2023 - 6:30 p.m.

Led by Cantor Bern-Vogel and featuring our Choir

Special Speaker: Steve Becker will share his thoughts about Service to our Country

Oneg Shabbat hosted by Kathy and Dan Trainor and Lisa Wise-Wolk and Kerry Wolk in observance of Veterans Day and in memory of a Special Day

Saturday - November 11, 2023

Tot Shabbat - 9:00 a.m.

Shabbat Morning Service - 10:00 a.m.

Led by Cantor Bern-Vogel

Parashat Chayei Sara - פרשת חַיֵּי שָׂרָה - Genesis 23:1-25:18

Haftarah - I Kings 1:1-31



Friday - November 17, 2023 -

...Family Gratitude Shabbat Dinner - 5:00 p.m.

...Shabbat Evening Service - 6:30 p.m.

Led by Cantor Bern-Vogel

Oneg Shabbat hosted by Ethel McAfee in memory of her husband, Tom McAfee

Saturday - November 18, 2023

Torah Study - 9:15 a.m.

Shabbat Morning Service - 10:00 a.m.

Led by Cantor Bern-Vogel

Parashat Toldot - פרשת תולדות - Genesis 25:19-28:9

Haftarah - Malachi 1:1-2:7



Friday - November 24, 2023 - 6:30 p.m.

Led by Cantor Bern-Vogel

"Home for Thanksgiving" with our former students and Aleah Lang on violin

Oneg Shabbat hosted by Jay Donenfeld in memory of his wife, Judge Christy Donenfeld

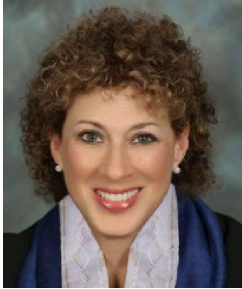
Saturday - November 25

Parashat Vayetzei - פרשת וַיַּצֵּא - Genesis 28:10-32:3

Haftarah - Hosea 12:13-14:10

Cantorial Comments

Finding Gratitude amidst Grief



Last month, exactly fifty years after the surprise attack of the Yom Kippur War in 1973, in the early morning hours of October 7th, Israel was attacked on the joyous festival of Simchat Torah in the bloodiest massacre of its modern existence. Two hundred fifty beautiful young people celebrating at a music festival were murdered or kidnapped by Hamas. Mothers, children, babies, Holocaust survivors - torn from their homes and their beds in Kibbutz Be'eri.

The Middle East has always been a complex hotbed of tension with occasional eruptions, but these recent heinous acts by Hamas have brought indescribable, unbearable grief and suffering. After the initial shock and horror, especially for those of us with family and friends in Israel, we feel helpless, broken and angry. Angry at being helpless and angry that humans can be so full of hate that they are capable of carrying out such atrocities.

As I'm writing this in October it is impossible to know what the situation will look like when we will receive the November bulletin. We continue to pray for peace and some kind of speedy resolution. Congregation Emanu El also took action, collecting boxes of socks, thermal underwear, flashlights and more for cargo planes heading to Israel. With the assistance of Jewish Federations across the country, we are sending money to charities like the *Magen David Adom* Ambulance Fund and will continue to have updates as to what the needs will be. We are wearing blue ribbons as a sign that the hostages are kept close to our hearts and light a third Shabbat candle until they are all home or accounted for.

Empathy burnout is common when individuals spend so much of their emotional strength relating deeply to the problems and stress of others that they forget to care for themselves. We have to remember to take care of ourselves, to be able to turn off the TV or stop reading news reports. It takes effort to remind myself that I can be of no use to anyone else if I allow myself to be consumed by the horrors and grief.

Viktor Frankel, Holocaust survivor and author of *Man's Search for Meaning*, frequently quoted the Talmudic scholar, Hillel, "In a place where there are no humans, one must strive to be human."

We have to model more than ever, what it means to be human, to love, to listen and to learn from one another. To that end, we have some beautiful events coming up this month: the choir will be joining us for our annual Veterans Day Erev Shabbat Service with speaker Steven Becker; Family Shabbat Dinner sponsored by Debbie Schwartz and our SJL families; and our Friday Thanksgiving Shabbat will have special surprises including our favorite young violinist, Aleah Lang!

*Wishing everyone a peaceful Thanksgiving,
Cantor Jennifer Bern-Vogel*

Debbie Gutfreund, OCD and trauma therapist, writes: *Just for today I'm going to see the opportunity instead of the obstacle. Just for today I am going to recognize the kindness instead of the apathy, the light instead of the dark, the love instead of the hate, the beauty instead of the chaos, the blessing instead of the lack. Just for today, I want to say thank You. For the rising sun and the autumn leaves. For the shelter, the water and the food. For my arms, my legs, my eyes, my heart and for every breath You grant me. For the gift of my children. For the Torah and all the myriad blessings it brings into my life. For all this and for so much more...*



Saturday, November 10th

9:00 a.m. - 9:45 a.m.

**Special Shabbat Service for Tots and
SJL Students**

**Join Cantor Bern-Vogel for Shabbat
morning services.**

Presidential Perspectives



There are so many good things happening at the Temple. Our School for Jewish Living has 16 students ranging from our youngest in Kitanim to our 10 year olds. The students are enjoying their classes as well as meeting each other socially. Our SJL parents have been extremely supportive of the program. We thank Ilene Mino, who has led SJL for the past two years, and Amanda Ramirez (Schwartz) who has been a leader of the parents and a representative from the Board of Directors.

The Boruchin project has been completed and is a beautiful addition to the Temple campus. We will give all of you opportunities to contribute to this project in December by sponsoring signage, planters, trash cans, and a few other final touches. I hope you will participate in this project and join us in the Spring for a grand opening.

We have had pre-service dinners and hope to schedule more. We want you to come to services and programs. As we all know, when food is offered we show up! Do you have other ideas for us to try? We want Emanu El to be a social place as well as a place of worship.

I hope your Thanksgiving is a pleasant one with family, good food, and an abundance of joy.

B'Shalom,

Paul Zipperstein

Treasurer's Report



You may notice some changes in our office. Eric Beasley, our office administrator, who began working for us on a "temporary" basis almost two years ago has found employment in his field of study. We are very happy for Eric and wish him well in his new career. We are now currently working on finding a replacement for this position. Our goal is to have a new administrator in the position by the end of November. In the interim, I will be handling the Administrator duties with assistance from Kathy Trainor and other volunteers. I appreciate Kathy's and others willingness to help out on such short notice.

November is the month of gratitude and thanksgiving. There are several events that focus on giving thanks and appreciation for our blessings. There will be the Redlands Area Interfaith Thanksgiving Celebration on November 12th and our Shabbat Dinner on the 17th.

We are once again sponsoring a turkey drive to provide turkeys to families in need. Please contact the temple office to make a donation.

I am grateful for our congregation and our members; I am proud to volunteer and be a part of this synagogue. I am blessed with a wonderful family that brings me love and joy.

I wish everyone a very happy Thanksgiving.

Julie Strain

jbstrain1130@gmail.com

Board of Directors
Thursday, November 16th
7:00 pm
All are welcome

Sisterhood Board Meeting
Wednesday, November 5, 2023
10:00 a.m.



From Our School for Jewish Living

K'tanim and SJL are off to a great start. Our students are making friends, learning prayers, singing songs and having fun. This month we are focusing on hakarat hatov- the Jewish value of recognizing the good in our lives and showing how grateful we are. Our *Essential Questions* to think about were, "What benefit is there in recognizing the good around us?" and "What are good questions to ask?" We created **Thank You** notes to show our thanks to: Sisterhood for a new story rug, the Knox family for the awesome gaga pit update, and the Schwartz/Ramirez family for hosting a community Sunday School morning. Each of these gifts brought us joy, and the students had fun creating their note cards. Next month we will explore the practice of hachnasat orchim - being a good host and guest.

Miss Ilene and Miss Karyn



Sisterhood Speaks



It seems hard to believe that we are moving into the winter months. We have celebrated through the many holidays of Fall and enjoyed them all! We shook our Lulav and had meaningful moments in the Sukkah, and before you know it, it will be Thanksgiving!

We also enjoyed the Sisterhood paid up brunch with new member and guest speaker Kristen Booth who works with the National Council of Jewish Women. A tremendous thank you to Kathy Trainor for arranging the logistics for the brunch, and all the sisters that helped out. It was a lovely spread, and a wonderful time together to learn about the NCJW.

It is never too late to join Sisterhood! Without you, we are one member short!

Our book club has been meeting via zoom and in October discussed "Banyan Moon" by Thao Thai. Members rotate choosing books and leading discussions; participation is open to everyone! This is a wonderful way to learn and share. Contact Leslie Soltz to be added to the list.

The gift shop is having an early Hanukkah sale starting November 19th

Things you can do to support Sisterhood (and by extension the greater temple community)

1. Host an Oneg; contact the office or Kathy Trainor to participate in this mitzvah.
2. Donate to the flower fund.
3. Volunteer your time and/or expertise.
4. Participate in an event, or event planning.
5. Participate in a fundraiser, or help facilitate one!
6. Join Sisterhood.
7. Shop in our gift shop.

Sisterhood will hold our November board meeting Sunday November 5th at the temple at 10am. Please join us!

Karyn

Sisterhood President

Host an Oneg
Shabbat

**Oneg Shabbat
Hosts Needed for
January and
February**

**Contact Kathy Trainor at
kdtrainor@msn.com or
909-659-3518**



Mental Health Awareness in Action

Brain and Gut

Do we have any idea how complex a human is? We are body, including all our organs and our all-important brain. We are emotional, social, spiritual beings. And we have within us living microbes that are intimately involved in our well-being. And it is those not-human parts of us that science has been studying increasingly in recent years.

Including one scientist, Calliope Hologue at Johns Hopkins School of Public Health who is investigating our gut microbiome and its affect on our mental health. She was interviewed on National Public Radio this summer.

Those tiny living things in our intestines make chemicals, vitamins, and serotonin for our bodies and brains. They influence our metabolism and the workings of our immune systems. And it seems there's a connection also to our mental state. The complexities of that connection are just beginning to be explored. Dr. Hologue is focusing now on investigating possible links between the gut microbes and autism. Others have been experimenting on rats – making them depressed when given the microbiome from rats who are depressed. (Maybe you didn't know that rats could be depressed. We didn't.)

A lot of careful, long term studies will need to be conducted going forward. But it is already clear that what living creatures we have in our gut – and we each have a somewhat different set – influence a whole array of body functions, including our brains and our feelings, our emotions. Don't most of us know about butterflies in our stomachs in times of stress? We know there's some connection.

And we are just beginning to deal with the old chicken-and-egg problem. Do mental states cause changes in our gut microbiome? Or do those little critters bring about our mental condition? The thinking now is that it goes both ways. And then there's the exciting probability of using them to help alleviate some problems. If we can make some rats depressed by changing their biome, can we eliminate depression or other mental illness with favorable microbes?

Let's keep tuned in – these explorations have a long way to go. Dr. Hologue isn't waiting for all the answers, though – she's eating some healthy probiotics every day.

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



All are invited to attend the Redlands Area Interfaith Council 14th Annual Thanksgiving Celebration

"We Are Family"

**An inspiring service bringing together
the diverse faith community of Redlands
and adjoining communities to prepare
for Thanksgiving.**

**Sunday
November 12, 2023
4:00 pm**

**hosted by
Trinity Episcopal Church
419 S. 4th Street
Redlands**

**Clergy and choir members of various
religious institutions
(including Congregation Emanu El)
will be participating**



**Thank you to everyone
who brought donations
to support Israel
and the IDF.**

**It was very much
appreciated!**



*Congregation Emanu El
Friday
November 17, 2023*

*5:00 p.m. Dinner &
Celebration
with our school children*

6:30 p.m. Shabbat Services

"Give Thanks to God"

*Join our School for
Jewish Living students
as we celebrate
Shabbat with songs
and prayers while
enjoying dinner
together*

*Followed by Oneg Shabbat
Sponsored by Sisterhood*

ALL ARE WELCOME!

No Charge

*RSVP to temple office by November 13th
CCE@emanuelsb.org or 909-307-0400*

SENIORS for SENIORS

For seniors of the greater San Bernardino-Redlands-Banning-Mountain and surrounding Jewish communities

JOIN US FOR ANOTHER ENJOYABLE LUNCHEON & A UNIQUE AND MEMORABLE PROGRAM

WEDNESDAY - NOVEMBER 15th - 11:45 AM
at Congregation Emanu El Social Hall - 1495 Ford Street - Redlands



NICOLO MASERATI

Mentalist - Mind Reader

Nicolo Maserati will amaze us with his close-up mentalism. Not only are Nicolo's mentalism and mind-reading abilities top-notch, he is also known for his charm and sense of humor. He will delight us with his extraordinary abilities.

Luncheon - \$15.00 per person

Reservations need to be made by Friday, November 10th by calling the temple office (909-307-0400) or

emailing: cee@emanuelsb.org

INVITE YOUR FRIENDS TO JOIN YOU!!!

SISTERHOOD GIFT SHOP

**SUNDAY NOVEMBER 19TH - 10AM TO 1PM DURING AND AFTER SJL
PRE-HANUKKAH GIFT SHOP SALE**



Need a new family Hanukiah and candles from S'fat Isreal and Jewish companies in the USA?

Small toys and family games? Gifts for friends and family?
Mom and Dad? Fun socks?

As I write this, ISRAEL was attacked by militant inhumane terrorists and we are at WAR. I am getting urgent pleas from our Israeli vendors to order their products now in order to help keep the economy there going during this unprecedented time.

For us to do so, we need you, ALL OUR CONGREGANTS and friends, to clear our shelves of products produced in Israel that we still have on hand so we can order more inventory from our dedicated vendeos during this most devastating and difficult time for our Jewish state.

Please consider doing so now and not later. Our congregation Stands with Israel.

We hope you do as well.

Am Israel Chai.

As always, we are open by appointment for your convenience.



SAVE THESE DECEMBER DATES



December 7th
Light-Up the Night at
Ed Hales Park
Downtown Redlands

December 10th
HANUKKAH
LATKE LUNCH
Sponsored by Sisterhood



More details coming in December bulletin



CONGREGATION EMANU EL – FUNDRAISING WITH SCRIP PROGRAM SCRIP IS PERFECT FOR HOLIDAY GIFTS!

RaiseRight: Simply the right way to fundraise.

Raise funds by buying gift cards from RaiseRight to pay for your everyday shopping and spending year-round. Groceries, dining out, home improvement, and everything in between. It's the most convenient and effective way to fundraise because earning becomes part of your everyday life. Plus, gift cards are great for helping you to set and keep a weekly budget. It's never been easier to create opportunities for what matters most to you. No extra money spent. No extra time wasted.

How it works:

- Buy gift cards at full value from 750+ brands. Pick from eGift cards and physical gift cards.
- Earn up to 20% on every gift card you buy.
- Use gift cards at full value for your everyday purchases.
- Watch your fundraising account grow throughout the year, thanks to the brands that give back to support your community!



Turn everyday shopping
into fundraising dollars

 **RaiseRight.**
Formerly ShopWithScrip

Get started today!

Create a free fundraising account on the RaiseRight mobile app or at [RaiseRight.com](https://www.RaiseRight.com).

Congregation Emanu El - Our Enrollment code is [477F26554739](https://www.RaiseRight.com).

Have questions? Contact: Julie Strain at scrip@emanuelsb.org.

Happy Birthday!!! יום הולדת שמח

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

1-November	Paul Shimoff	19-November	Marylou Hanover
2-November	Sharon Lang	22-November	Leah Zipperstein
5-November	Calum Becker-Kurily (7 years old)	24-November	Cyril Kaicener
8-November	Margy Spears	24-November	Luisa Cohen (14 years old)
8-November	Kathy Trainor	26-November	Lynn Mathews
11-November	Michael Martinez	229-November	Shelley Bodnar
14-November	Michelle Anctil	30-November	Julianne Strain
14-November	Fredric Rabinowitz		



Grow a Leaf on Our Simcha Tree

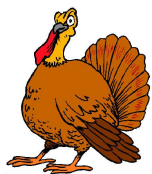
**Do you have a special occasion to commemorate?
Anniversary? Bar/Bat Mitzvah? Birthday?
Graduation?**

**Celebrate it with the entire
Congregation Emanu El community!
Purchase a leaf on our beautiful wall.**

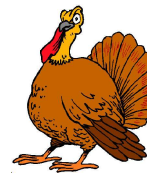
Happy Anniversary!!!

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

26-November Vickie & Steve Becker
27-November DJ & Jeffrey Raynes



Let's Talk Turkey! It's Turkey Donation Time Again! We Need Your Help



For many years, our Congregation has partnered with local non-profit agencies in providing turkey dinner for families in need during the holiday season.

This year we are trying to supply 72 turkeys (that's quadruple chai!).

Donations of \$25 per turkey can be made to meet this need and provide turkeys to families through our Annual Turkey Fund Drive.

Donations are now being gratefully accepted in the temple office.

We Gratefully Acknowledge

We gratefully acknowledge these contributions to our various temple funds:

TEMPLE FUND

In observance of the Yahrzeits of...

Rae Adelson Meyers by Roberta and Phil Gold

Terrie Ramos by Tim Plueger

Leslie Levine by Charles Levine

Helen Mishook by Anita Lampel

Anna and David Fisher by Norman Hanover

1st Lt. David Bernstein KIA Iraq by Vickie and Steve Becker

SPC Jacob Fletcher KIA Iraq by Vickie and Steve Becker

Martin Phillip Lebowitz by Nancy Lebowitz Justice

Lillian Rhein by Linda and Peter Rhein

In memory of...

Stanley Roshwald by Vickie and Steve Becker

Jerry Ripley by Ann and Asher Sheppard

In appreciation of...

High Holy Day Services by Rachel Strout

CHERRIE LUBEY SISTERHOOD FLOWER FUND

In observance of the Yahrzeits of...

Isidore Rundberg by the Monique Coleman

In honor of...

100th birthday of Ellen Isaak by Monique Coleman

CEMETERY FUND

In memory of...

Waldman and Cohen family members by Kathy Waldman Cohen

CANTOR'S DISCRETIONARY FUND

In memory of...

173rd Airborne Brigade Paratroopers and 10th Group Special Forces Green Berets KIA Iraq and Afghanistan by Vickie and Steve Becker

RABBI HILLEL AND RITA COHN CAMBERSHIP FUND

In appreciation of...

Rabbi Hillel Cohn visiting the grave of Richard Simon by Bonnie Konowitch

MORTGAGE REDUCTION FUND

In memory of...

Bernard Zeldin by Joyce and Barry Eskin

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

Contribution can be made to the following funds:

Temple Fund
Mortgage Reduction Fund
School For Jewish Living Fund
Home of Eternity Cemetery Fund
Cantor Bern-Vogel Discretionary Fund
Temple Security Fund
Landscape Fund
William Russler Memorial Archives Fund
Leone Hyman B'rit Olam Fund
Lionel Heller Music Fund
Gloria Cutler Meal of Condolence Fund
*Cherrie Lubey Sisterhood Pulpit Flower Fund
*Rabbi Hillel & Rita Cohn Campership Fund
*Sisterhood Funds - donations payable to Sisterhood

Yahrzeits

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

November 3-4	November 10-11	November 17-18	November 24-25
★Yetta Abrams ★Joseph Allen ★Gabriel Brill ★Burton Brin ★Samuel Feldstein ★Stephen Ginsberg ★Rachel Glovinsky Paul E Gustafson ★Rebecca Helfman ★David Hoffman ★Sam Joseph ★Rose Karen Edith Keller ★Harriet E. Levine ★Louise S. Levine ★Adeline Libman ★Lilyan Liss ★Lillian Rhein ★Rebecca Rogers Fredrick S Rosenfeld Elmer Scharf ★Edward J. Seeman ★Bertha Silverman ★Harold F. Simon ★Leona Soltz ★Herman Stelzer ★Sidney Vines Irvin Yaff	★Edith Abramson ★William Becker Margaret Bender ★Samuel Brill ★Diane Doros ★SPC Jacob Fletcher Marie Miller ★Sophie Goldberg ★Anna Harris Michael Hosmann Douglas Hosmann ★Martha Kaplan ★Abraham Kavovit ★Harry Kramer ★Celia Kustin Martin Lebowitz ★Lena Levenson ★Lillian Levine ★Herbert Lubell ★Aaron Miller ★Celia Mishkin ★Burt A. Orland Jerome Pasternak ★Nat Pinsky ★Flora Sentob ★Sue W. Simon ★Louis Stein	★Henry Binder ★Samuel H. Birnkrant ★Sarah Blumenthal ★Lillian Brill ★Arnon Michael Dotan ★Lily Burstin Drantch ★Leonard E. Eckstein ★David Ellman ★Benjamin Feit ★Barney Finkleman ★Rudolph Greenhood ★A1C Keir Damon Johnson ★Jack Lampel ★Nat Levin Thomas McAfee ★Lillian Meyer ★Nathan Mishkin Horace Nahm Alex Rudd Evelyn Schnitzer Edna Schnitzer ★Irving Schwimmer Rebecca Steinberg	★Sara Ansill ★H. Ted Bial ★Rose Burstin ★Judge Christy Donenfeld ★Rose Doros ★Jack H. Fremland ★Israel Gold ★Joseph B. Gottlieb ★Louis Greenberg ★Malvina Guttman ★Max Hanover ★Johanna Harris ★Louis Helfman ★Kortney Johnson ★Robert Kaplan ★Regina Kleinman ★Dorothy Levy ★Lena Marcus Bert Medoff Loretta Nave Emile Ohayon Eddy Patay ★Edward Philipson ★Abbot Robbins ★Max Rosen Sgt. David Roten Jr. ★Lise Rundberg Robert Allen Soltz ★Hyman Weisser ★Caroline Wolfenson Max Yaffe

Cantor Jennifer Bern-Vogel
Hillel Cohn, Rabbi Emeritus

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Rabbi Hillel Cohn: 909-771-6178 / rabbihcohn1@cs.com

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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