

THE BULLETIN

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

OCTOBER 2024

ELUL-TISHREI 5784-5785

VOLUME LIV - NUMBER 1

SHABBAT CELEBRATIONS

SECURITY PROVIDED AT ALL IN PERSON SHABBAT SERVICES UNTIL FURTHER NOTICE



Friday - October 4, 2024 - 6:30 p.m. Led by Cantor Bern-Vogel

Led by Cantor Bern-voger

Oneg Shabbat hosted by Sisterhood

Saturday - October 5, 2024

Tot Shabbat - 9:00 a.m. led by Cantor Bern-Vogel

Shabbat Morning Service - 10:00 a.m.

Led by Rabbi Hillel Cohn

Parashat Ha'azinu - פרשת האַוִינו - Deuteronomy 32:1-32:52

Haftarah - Hosea 14:2-10; Joel 2:15-2



Friday - - October 11, 2024 - 7:00 p.m. - EVE OF YOM KIPPUR - KOL NIDRE

Led by Rabbi Birnham and Cantor Bern-Vogel

Saturday - October 12, 2024 - 10:00 A.M.

YOM KIPPUR SERVICES

Led by Rabbi Birnham and Cantor Bern-Vogel



Friday - October 18, 2024 - 6:30 pm

Led by Paul and Michelle Zipperstein

Oneg Shabbat hosted by Kat Grossman in celebration of her birthday and in memory of her husband, Howard

Saturday - October 19, 2024

Shabbat Morning Service - 10:00 a.m. -

Led by Cantor Bern-Vogel

Exodus 33:12-34:26

Haftarah - Ezekiel 38:18-39:16

FOLLOWED BY "VOICES OF OCTOBER 7TH" SPEAKER, YAIR MOSES, KIBBUTZ NIR OZ SURVIVOR



Friday - October 25, 2024 - 6:00 p.m.

SIMCHAT TORAH AND CONSECRATION

Led by Cantor Bern-Vogel

Oneg Shabbat hosted by Sisterhood

Saturday - October 26, 2024

Shabbat Morning Service - 10:00 a.m.

Led by Cantor Bern-Vogel -

Parashat Bereshit - פרשת בָרָאשִית - Genesis 1:1-6:8

Haftarah - Isajah 42:5-43:10



Sukkot Concluding Service and Yizkor Memorial

Thursday, October 24, 2024, 10:00 a.m - In Person Led by Cantor Bern-Vogel



Cantorial Comments



P'tach Lanu Sha'ar! Open the Gates!

The month of *Elul* - the days of heightened spiritual awareness and preparation have drawn to a close. With *Selichot*, our liturgical and musical overture to the High Holy Days, we changed our

Torah covers to their festive whites, thanks to our SJL children and families. We thank Kerry Wolk who masterfully blew the shofar as the sun was setting before every Shabbat during Elul. And of course, we are grateful for our long-time resident shofar- blower extraordinaire, Michelle Anctil whose shofar will summon our hearts and souls to awaken from their lethargy during these Yamim Nora'im - The Days of Awe. We are told that 'the Gates' remain open for penitence and T'shuvah through Sukkot, even though we especially call on God to hear our prayers with the final closing of the Ark at Neila. We look forward to our concluding Festival of Sukkot and of course, Simchat Torah, when we unroll our beautiful Torah around the sanctuary for all to HOLD and BEHOLD. At this time, it is impossible not to acknowledge the horrific anniversary of last year's Simchat Torah in Israel on October 7, 2023 - but let us take strength from the resilience of the Nova Festival survivors, who say "We will dance again..."

EZRAT NAFSHEINU, M'KOR CHAYEINU
Our Soul - Sustainer, Source of Our Life The Gates of hope are ours to open...
Let healing come - let it come through deeds
Of Tzedakah and Chesed And let it come through us Through our hands and our love.
[Machzor Hanefesh]

Thank you to our veteran Torah chanters, Michelle Anctil, ,Lisa Wise-Wolk and Amanda Ramirez who jumped in almost at the 11th hour to help us begin Rosh Hashanah this year!

We are grateful for our talented and devoted choir: Michelle Anctil, Emily Croft, Sheri Maltzman, George Petite, Barb Smith, Lisa Wise-Wolk and Chel Zipperstein and also returning members of *Musica Viva Chorus*: Antoinette Everts, Katie Deen, Maurine Deen and Melodie Seccombe.

We are also fortunate to have as this year's High Holy Day choir director and organist, **Mr. Abraham Fabella.** Abe holds a Bachelor's Degree of Music Education from La Sierra University and a Master's in Music Composition from San Francisco Conservatory of Music as well as a Master's in Music from UC Riverside. He is also the Artistic Director of Riverside Lyric Opera and Director of Fabella Music Studio. He plays piano and organ, enjoys many styles of music and is currently the organist and choirmaster at All Saints Episcopal Church of Riverside.

SHANAH TOVAH U'METUKAH from our hearts to yours,

Cantor Jen, Ira and Iden Vogel

MEET OUR HIGH HOLY DAY RABBI Rabbi Shmuel Birnham, DD



Rabbi Shmuel grew up in the 50's in Huntington, NY. His parents, while Jewish from Queens, were atheists who were also anti-religious. At the age of 19, while backpacking in Yellowstone, Shmuel had a powerful spiritual experience that opened

the world of spirit for him. After graduating Dickinson College in Carlisle, PA, he worked in business for a few years in Chicago. In 1979 he headed for Israel via Europe. Enroute, he met Sara Rabinowitz whom he he married in September 1982.

In 1981, while living in Israel, Shmuel decided he wanted to learn the tradition and become a teacher of it. Returning to the US, he entered the Jewish Theological Seminary in NYC as a Rabbinical student. Once ordained, he served in Asheville, NC (1989-2000). His second congregation was in West Vancouver, BC, from which retired in 2016.

Rabbi Birnham was in the first Rabbinic Cohort of the Institute for Jewish Spirituality in 2000, and is still an active member. Additionally, he has been a part-time Prison Chaplain, and was trained as a Spiritual Director and a Jewish meditation teacher.

Rabbi Shmuel knows from personal experience this often hidden truth: Judaism can be a powerful spiritual path!

He and Sara have a son, David Shalom, a dog, Laila, and an RV, Asta.

Rabbi Shmuel and Sara are truly thrilled and honored to be joining you for these High Holy Days.

Presidential Perspectives



On behalf of our Temple Board of Directors, allow me to wish each of you a L'shanah tovah. As we begin our Days of Awe and spend these ten days repenting for our sins of the past year, allow me to ask for forgiveness from my friends and family for any wrong I

may have inflicted. May "God forgive me" and let us all call upon God's mercy for ourselves, our families, our nations, and for our beloved state of Israel.

G'mar c\Chatimah Tovah,

Greg Weissman

Treasurer's Report



As our High Holy Days begin, I encourage everyone to participate in the many other events during and after Rosh Hashanah and Yom Kippur. These events include Tashlich, Kever Avot, Sukkot and Simchat Torah.

I look forward to greeting all of you during this holiday season. Wishing all a very Happy New Year, L'shana Tova Tikateyvu.

Julie Strain jbstrain1130@gmail.com

"VOICES OF OCTOBER 7TH" on Saturday, October 19th following Shabbat Morning Services

PLEASE JOIN US TO BEAR WITNESS TO THE TESTIMONY OF KIBBUTZ NIR OZ SURVIVOR, YAIR MOSES

Yair's mother is a freed hostage and his father is still captive in gaza.

Yair is a young adult with a powerful story of his and others facing Hamas first-hand while hiding /protecting families on the kibbutzim or escaping the Nova festival. Listen to his testimony to the world.

Sisterhood Speaks



Hi! Hope you are all set for the month of October when the High Holy days are here and it feels like a hurricane of activities!

I can tell you right now that Sisterhood is all set. We will make your holiday feel like a vacation that is surrounded by the best food thanks to Kathy Trainor

and the Shul kitchen staff, the best music thanks to our Cantor Jennifer Bern-Vogel, and choir and least but not last our guest Rabbi, Rabbi Birnham.

The month of October is so filled with holiday events that it will fly by and before you know it, at the end of October on the 27th, Sisterhood will have their Paid Up Brunch. The brunch be filled with awards given for Life Membership, the Evelyn Sandler Award and honoring our newest Octogenrians.

I can tell you right now that the theme will be French cuisine, with a hug and kiss to our award winners. Our Rabbi Emeritus, Rabbi Cohn, will also be there to show us what Sisterhood did way back when they did not even have cell phones, HaHa. If you want to attend, please have your Sisterhood membership paid up and RSVP to Judy Filsinger or Julie Strain one week prior to the brunch.

I wish you a wonderful Shanah Tovah,

Deborah Schwartz Sisterhood President

Yom Kippur Food Drive



During Yom Kippur, please remember to bring NON-PERISHABLE dry or canned foods to the temple for distribtuion to the Cornerstone food pantry and Redlands Family Services.

If you prefer, you may purchase Stater Bros. scrip cards, which will then be used by Cornerstone.

Board of Directors

Thursday, October 17, 2024 7:00 pm All are welcome

Sisterhood Meeting Sunday, November 3, 2024 10:00 a.m. All are welcome

From Our School for Jewish Living

We have started the year by making new friends and reviewing the value Hakarat Hatov הַבְּרַת הַטּוֹב. This literally means "seeing the good" and refers to gratitude or appreciation. We talked about different times and ways we show appreciation for the good things and people around us. We are also working on learning the prayer/song Modeh/Modah Ani מּתֹדֶה אֲנִי Modeh מֹתְדָה אֲנִי means thankful - like in hakarat hatov הַבְּבַרַת הַטּוֹב saying "thank you" to God for another great day. This is traditionally a "wake up" tefilliah - said when you first wake up in the morning, we will practice it throughout the year. We have read Jewish literature and had great conversations invoking deep (elementary school) thought. We have created new art and decorations for our upcoming sukkah. We continue to have fun with Hebrew, taste new foods, and experience new things. Thank you to everyone who made our first day such a success.

Shanah Tovah, Miss Ilene & Miss Karyn



Saturday, October 5th TOT Shabbat 9:00 a.m. No SJL on Sunday, Oct 6th, so Please come on Shabbat morning.

Sunday, October 13th 10:00 a.m.

SJL Families & Friends

Decorate the Sukkah for families

Regular SJL classes for Students

Wednesday, Oct.16th - 5:30 p.m. Sukkot - Family Potluck in the Sukkah







Mental Health Awareness in Action

Olympics and Mental Health

Many of us watched this summer's Paris Olympics. We may have cheered at times, been moved by the stories of these top athletes, and felt much disappointment when our favorites didn't win. The Olympics are a global experience we share, even if we're rooting for different people.

And in recent years there has been more talk about the competitors' mental health, especially since gymnast Simone Biles withdrew from the Tokyo games in 2021. More quietly in the past, others withdrew or carried on while suffering from things like depression, nearly intolerable anxiety, eating disorders, and other issues. But they are talking about it more openly now. The stigma of mental issues is clearly lessening, partly because so many of us experienced depression during the early years of the COVID pandemic. And we talked about it.

According to the International Olympics Committee, many of their athletes acknowledge their problems and get treatment, and then continue on. Certainly, Simone Biles own achievements recently in Paris demonstrate fabulous recovery and true excellence.

Just a few moments' thinking can make clear how pressurized it is to be a top international athlete. The intensity of the training, expectations of coaches, family, one's country, one's own ego and identity. Talk about stress! Studies have shown that significant percentages of these athletes have problems, and not only with the games themselves, but also post-games struggles, and difficulties retiring from the sport after it has been their life's intense focus for much of their time on earth.

Yet the articles we've seen are about what individual athletes should do to get help. We wonder why the onus is always on the individual when mental health is the subject. What about the nature of the games themselves? What, more broadly, about the nature of society and our values?

Is winning and perfection really more important than just playing games together and enjoying the sport and camaraderie? Of course, it wouldn't make great entertainment, but maybe our collective mental health might be better served by all of us getting out and playing volleyball or tennis or cycling — winning and losing easily, rather than watching the stressful competition on screens.

We're into a new year this month. We might think about a little Tikkun Olam – less competition and stress, more relaxation and enjoyment, and all the values and events supporting that.

L'Shana Tova.

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

New Name To Be Inscribed on Wall of Perpetual Memorial



Dedication September 27, 2024

Please join us as we dedicate the following name on our Wall of Perpetual Memorial during Erev Shabbat services on September 27, 2024:

Edith Stelzer

IMPORTANT ADDITIONAL HIGH HOLY DAY SERVICE INFORMATION

- Please, to make it easier for our ushers, have your admission tickets out and ready to show when entering the synagogue.
- Non-members are welcome to join us for High Holy Days; tickets can be ordered through our office for a minimum donation of \$180. Tickets are good for ALL High Holy Days services. We do not want to turn anyone away; please contact the office if there is a financial issue.
- Our Yizkor Service is open to ALL, no tickets required.
- Member reciprocal tickets can be arranged through the office if you will be attending services out of the area.

ADDITIONAL SECURITY MEASURES WILL BE IN PLACE FOR ALL HIGH HOLY DAY SERVICES

Tashlich on the Afternoon of Rosh Hashanah

All are invited to participate in the Tashlich ceremony that is held on the afternoon of the 1st Day of Rosh Hashanah. *Tashlich* ("you shall cast out") is a tradition that developed in the Middle Ages. Our ancestors began the practice of walking to the banks of a river or some other body of water on the afternoon of Rosh Hashanah. There, with the recitation of prayers, they would empty their pockets and shake their clothing free of the sins they believed had accumulated there during the previous year. Often they would toss bread crumbs which symbolically represented the sins they wanted to cast off.

Tashlich will be held on Thursday, October 3rd at 4:00 pm at Congregation Emanu El. Rabbi Birnham and Cantor Bern-Vogel will lead this brief informal service which includes singing and activities. We encourage you to come dressed casually – preferably in white clothing. You can bring a few bread crumbs to cast into the water. This is a wonderful opportunity for families to join together in a time-honored Jewish tradition.



Kever Avot V'Imahot Service At Our Cemetery During the High Holy Days



It is a long-standing cherished tradition to visit the graves of loved ones during the High Holy Day period. This is known as *Kever Avot V'Imahot* (literally, the graves of the ancestors). At this service special memorial prayers are recited and the rabbi delivers a brief message that stresses the importance of honoring the memories of loved ones

Kever Avot will be held on Sunday, October 6th at 1:00 pm at our Home of Eternity Cemetery, 8th and Sierra Way, San Bernardino. While this service memorializes those buried or entombed at our historic cemetery, it is certainly appropriate for all to attend, even if their loved ones are buried elsewhere. At the end of the service those attending can go to the graves or crypts of loved ones for individual memorial prayers. Rabbi Cohn and Cantor Bern-Vogel will be there to share those prayers with you.



Sisterhood Break the Fast Saturday, October 12th following Yom Kippur Neilah Service

Join in Break the Fast immediately following Neilah services.

Sisterhood will be providing a light meal.

Erev Sukkot Service and "Bring Your Own" Picnic Dinner Wednesday, October 16th at 5:30 pm



Come shake your lulay!

EVERYONE IS INVITED!

Bring your own Sukkot "Picnic Under the Stars" dinner in the Sukkah

Kiddush provided by Sisterhood

Simchat Torah and
Consecration Service
on Friday, October 25, 2024
6:00 p.m.



Simchat Torah celebrates the conclusion of the reading of Deuteronomy and beginning of reading of Genesis. We will unroll an entire Torah scroll to see the inside.

EVERYONE is invited; family and friends, Jewish and non-Jewish, to come celebrate, see and learn about the Torah.



For seniors of the greater San Bernardino - Redlands - Highland - Banning - Mountains and surrounding communities

WE'RE BACKIII

After a "summer vacation" we're back and ready to start our 2024-2025 year with a Fabulous Lunch & Program Join us on

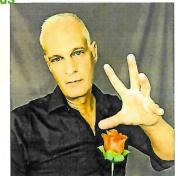
WEDNESDAY - OCTOBER 16th at 11:45 am

at Congregation Emanu El - 1495 Ford Street - Redlands

featuring

World renowned Escape Artist, Magician and Dynamic Speaker

DANIEL BAUER



Reservations for the delicious catered Luncheon must be made by Thursday, October 10th \$15.00 per person

by calling Temple (909)307-0400 or email: cee@emanuelsb.org



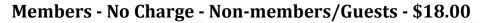
"SISTERHOOD ARCHIVES IN OCTOBER"



Paid-Up Membership Brunch Sunday - October 27th at 10:00 a.m.

Special Program Featuring Rabbi Emeritus Hillel Cohn sharing his 60+ year history with our Sisterhood bringing archival materials from over the years.

We will honor one of our Sisters with the Evelyn Sandler Award and bestow Life Membership in Sisterhood for her distinguished service and honoring our newest Octogenarians.









SISTERHOOD GIFT SHOP

We have High Holiday books for children and families to read together.



What is Rosh Hashana without shofars? Tekiah! This is the year to learn to blow your own shofar.

Rosh Hashana is also associated with apples and honey for a sweet new year. We have honey dishes and jars for your home. Don't forget Orange Blossom Honey scented lotions, soap, shampoos from Naked Bee for a deliciously clean, fresh day and year.



Please contact Lisa Wise-Wolk at 909-723-3238 or Barb Smith at 909-801-4436.

Happy Birthday!!!

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

1-October	Debbie Schwartz	15-October	Phyllis Newman
1-October	Francisco Acevedo	18-October	David Cohen
2-October	Violetta Vo-Schwartz (3 years old)	19-October	Zeeda Nierman
5-October	Ira Vogel	21-October	Emily Beasley
7-October	Davis Wilkie (7 years old)	25-October	Vickie Becker
8-October	Juniper Berry Booth (5 years old)	25-October	Monica Macedo-Caldero
9-October	Kat Grossman	26-October	Ann Sheppard
9-October	Claudette Guy	30-October	Philip Berger
10-October	Lillian Gaunt	31-October	Matthew Booth
14-October	Leslie Soltz		

Happy Anniversary!!!

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

1-October Deanna & Mark Levin 16-October Kristin & Matthew Booth 16-October Cheryl & Howard Sukenik 26-October Nancy & Dip Sidhu



We Gratefully Acknowledge

We gratefully acknowledge these contributions to our various temple funds:

TEMPLE FUND

In observance of the Yahrzeits of...

Lawrence Chudacoff by Annette and Lawrence Novack Jean (Tova) Teitelbaum by Leah and Marvin Etzioni Michael Orland by Margie Orland Milton Lefton by Lisa Lefton-Wilkie Irving Moss by Annette and Larry Novack

CHERRIE LUBEY SISTERHOOD FLOWER FUND

In observance of the Yahrzeits of...

Frank Soltz Leslie and William Soltz
Lenore Harris Leslie and William Soltz
Rose Lampel by Anita Lampel
Michael Orland by Margie Orland
Gertrude Altheimer by Nancy Darling

SISTERHOOD KITCHEN FUND

In observance of the Yahrzeits of...

Minnie Frank by Carole and Philip Wizer

David Frank by Carole and Philip Wizer

In appreciation of ... **Sisterhood** by Judy Filsinger

RABBI'S DISCRETIONARY FUND

In honor of...

Rabbi Hillel Cohn on the 73rd anniversary of his Bar Mitzvah and in appreciation for his support and friendship by Margie Orland



Yahrzeits

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

October 4-5	October 11-13	October 18-19	October 25-26
★Morris Carsman C Arline Cohen ★M ★Jennie Feldstein ★C David Ward Frank ★N ★Pauline Goldberg ★N Moses Goodz ★ ★Harold C. Harris ★H ★Milton Max Harris ★H ★Samuel Jarson ★H ★Philip Kassel ★Io Robert King ★Io ★Mary Klein ★H ★Rebekkah Mae Lehr ★M ★Mae Lubinsky ★Io ★Morris Magid ★I Hilda Mccraw ★Io ★Rose Miller ★R ★Stanley Mishook ★Dorothy Neumann ★Beatrice Moschel ★Dorothy Neumann ★Shirley C. Norian ★Io ★Sadie Price Christie Schaeppi Sam Schnitzer Je Edward Richard Schnitzer ★S ★Jenny Serlin ★S	Gertrude Altheimer Morris David Bogdanow Gershon Davis Nathan Ernstein Neal J Gilbert Helen Goldfeder H. George Gordon Andrew Greene Paul Benjamin Harris Harold Jaffrey Ida Kater Cecile Katz Herman Kritzer Milton Lefton Leslie Levine Lya Levy Myra Marashinsky Rose S. Miller Mildred Mintz Jacob Israel Mintz Rae Adelson Myers Jack M. Nelson Frank Nickerson Terrie Ramos Emmanuel Rosenfeld Joe Ruderman Sylvia L. Rush Harold Sweroloff Stephanie Wechsler Michael Weiss	Dctober 18-19 Dctober 18-19 Dctober 18-19 Dctober 18-19 Dctober 18-19 Dctober Bryce Baila Clayman Benjamin Doros Carl Goldstein Joseph Irom Anna Kallweit Jack Lehberg Armand Lehmann Samuel Levene Leslie Magerman Hyman Marcus Mira Bronia Marmor Myer Medoff Helen Mishook Hedwig Neuburger George Phillips Lily Pinsky Jon Robert Plaut Faythe Printz Leelah Raynes Arthur Robin Max J. Rosenblum Isidore Rundberg Dorothy Ann Saperstein Beverly Scher Jacob ∼Jacques∼ Sentob Margaret Sevcik Louis Sharelson Harry Sherman Maurice Soltz Alfred Steinman Heinrich Strauss Charles Tannenbaum Celia Wallach Teresa M Weiner Lillian Weinstein George Wixen Ethel Yaroslow	Freida Atlas Mina Barnett Abigail Caplan Beutler Mary Blumenthal Sara Ceizler Morris Clayman Benjamin Davidson Claude Erlanger Claire Feigenson Fred F.R. Gilbert Monia Golant Benjamin Henring Louis Kassel Hannah Katz Hyman Katz Simone Keir Sadie E. Lawrence Lucien A. Lehmann Jan Martynec Rose Marx Alexander McIntosh Rose Milgram Adele Ronson Nahm Sanford Jay Norian Sophie A Peters Beverly Protess Charles Reyman Mary Jane Salow Samuel Schatz Louis Secofsky Abraham Isaac Silverman Ann Goodman Stewart Foesa Tennenbaum Sylvia Wagner Joyce Wakefield Howard M. Waldman Dorothy Whitman Descygne Wise Lazarus Wolk Samuel Zelen



Cantor Jennifer Bern-Vogel Hillel Cohn, Rabbi Emeritus

General Inquiries: 909-307-0400 / cee@emanuelsb.org
Cantor Jennifer Bern-Vogel: cantorjenbv@emanuelsb.org

School for Jewish Living: sil@emanuelsb.org

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

Judy Filsinger, Temple Administrator: 909-307-0400 / templeadmin@emanuelsb.org

Our website: www.emanuelsb.org

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Steven Becker, Jeffrey Rosenfeld, Members-at-Large

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