**FAMILY ROSh HASHANAH**

**Celebration in the Park**

Monday, September 10
10:00 a.m.

(See Page 11)

**SUKKOT SERVICES**

**SUNDAY**
September 23 at 5:30 p.m.
**AND**
**MONDAY**
September 24 at 10:30 a.m.

**SIMCHAT TORAH SERVICES**

**EREV SIMCHAT TORAH SERVICE**
Sunday, September 30 ~ 5:30 p.m.

**SIMCHAT TORAH SERVICE**
Monday, October 1 ~ 10:30 a.m.
*Yizkor will be observed*

**SELICHOT PROGRAM & SERVICE**
Saturday, September 1
8:00 p.m.
Screening of "The Chosen People?"
discussion with Rabbi Moskowitz

10:00 p.m. Service
Led by Rabbi Moskowitz
and Cantor Hass
Tot Shabbat
Led by Cantor Hass
Friday, September 21 at 6:00 p.m.

Tot Shabbat is a fun, informal, child-centered Shabbat Service, designed especially for children, ages newborn to early elementary school age and their loved ones. Through songs, prayers, stories, and Torah time, children love this Service. Tot Shabbat Services will be followed by challah and grape juice as well as a FREE PIZZA DINNER after the Service!

Please RSVP by Tuesday, September 18 to Michelle at mdt@tilb.org

Get Well Wishes To...
Ruth Cooperman
Diane Fike
David Feldman
Leah Fudim
Darren Hammer

Joyce Lott
Barbara Miller
George Rosenthal
Nancy Speizer
Jeanne Strum

Kol Yisra‘el is a monthly newsletter published August - June by Temple Israel (a member of the Union for Reform Judaism). The deadline for submission of all material for the newsletter is the 10th of the preceding month prior to publication.

PROFESSIONAL STAFF
Rabbi Steven Moskowitz • Cantor Sara Hass • David York, Organist
Eric J. Shatzkin, Executive Director • Sharon Amster Brown, Educator

Our Mission Statement:
To actively engage in a journey of Jewish spiritual, educational and social growth.

Our Vision Statement
A vibrant, caring Reform congregation of living Judaism that embraces the rich legacy of Jewish thought, practice and spirituality.
Happy September! Can it really be September? I don’t know about you, but for me, summer did not saunter by in its usual fashion: it sprinted! So, we greet September … the month typically associated with school beginning and of course our High Holy Days! This year most of our local schools chose to begin in August, changing the rhythm and sounds of our summer. The kids are back in school so our streets, parks and beaches are returning to their sparse look on school days.

With the sun looking like it will continue to scorch throughout September, the weekends will continue to resemble carefree summer with the beaches packed, while the rest of us scramble for air conditioning! At a recent meeting, several of us were discussing this summer phenomenon: even those of us who no longer have to stick to a school schedule (in which summer provides us vacation time), we still cling to the idea of observing summer as a holiday.

During the summer many of us schedule our vacations, we tend to work shorter hours, and we often inquire of each other, “How is your summer going?” (Why doesn’t anyone ever ask, “how is your winter?”) September is that month that although it feels like summer, by virtue of the calendar, it is our transitional month into fall.

Labor Day is our traditional secular transition day from summer to fall. The day off (for many of us) gives us our last chance for a summer getaway or at least a day to catch our breath. Then most of us knuckle down to our fall. Our temple experiences a transition as our staff and clergy busily prepare for our High Holy Days and the beginning of Torah Center. Attending High Holy Day services during September is a great way to transition from the slow days of summer to the task filled days of fall. The services provide us with a break from our regular routine providing time to reflect on the past year and the year ahead.

Returning to our Temple home helps ground us. We gather to hear the familiar liturgy, the traditional (and new) melodies, inspiring sermons and soulful music. All of these have the power to transform us and help us make our transition into the new year. Enveloping ourselves in the services during these sacred days not only helps to ground us to our roots of Judaism, but also helps propel us forward. Our lives are not stagnant, we are always changing, growing and transitioning into something new. Our clergy helps us with this transition by providing pieces of the traditional past with new ideas and music to help inspire us.

We are all transitioning. Most of us know someone going through a major transition this September. It could be a child in your life who is starting a new grade or school; a recent graduate who is about to embark on a new career; a friend or relative who is moving to a new home; a recent retiree who is celebrating their transition while seeking a new pattern for their life; perhaps someone you hold dear is transitioning after a loss of a loved one. All of these transitions are quite profound and can be stressful.

Other transitions are more subtle: changing old habits for the better; seeking a healthier life style; adjusting to health issues present or past and so on. Your Gemilut Chasidim (nurturing act of kindness) for the month of September is to show your support or encouragement to someone who is going through a transition in his or her life. One idea is to use your talents (bake, create) to make them a simple gift and let them know you are thinking of them. Even a phone call or a quick note can make a difference as they work through their life transition.

Lastly I want to thank everyone for the encouragement and support you have all provided me, as I have transitioned this past year as your Temple Board President. It was a very busy, exciting, joyful and stretching year for me. I look forward to serving you once again this year. I want to especially thank our leadership team: Rabbi Moskowitz, Cantor Hass, Sharon Amster Brown, Eric Shatzkin; the entire Temple staff; and our outstanding board of directors. Your guidance, patience, dedication, intelligence and spirituality truly make Temple Israel, “the place to be.” I am very proud to be part of this exciting era.

Please continue to reach out to me, or any of the board members, if you have any questions, comments, ideas, or compliments throughout the upcoming year! The board tries to wear our name badges when we are in the building, so we are easy to find. Or of course you can always call us or email us. Looking forward to seeing you during the High Holy Days!

Happy September, Happy transitions!

**SEPTEMBER BOARD BITES**

“What has the Board been doing lately?”

- Gathered with the foundation Trustees for a retreat
- Final Approval of the new strategic plan
- Discussing how to improve annual congregational survey
- Planning for the new year ahead

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**PRESIDENT’S MESSAGE**

**TRANSITIONS**

*By Joyce Feldman, Temple President*

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Happy September, Happy transitions!
MEASAGE FROM CANTOR HASS

LET THE MUSIC AND SPIRIT OF THE HIGH HOLY DAYS WASH OVER...
By Cantor Sara Hass

Each year, I find myself faced with the same question, “How will this year’s High Holy Day experience be different from last years?” To be honest, some years I find myself so consumed with the act of creating the right atmosphere and choosing the right music, that I have to remind myself what this is all for. Why do we spend so much time putting ourselves through this 10-day period of reflection? In reality, it is a mere blip on the ever-frantic radar of our lives. And each year, the cycle repeats, but each year we have the chance to edit our entry into the book of life.

As I was preparing for this year’s services, I came across a reading in our prayer book Mishkan HaNefesh. Its author, Rabbi Laura Geller, officiated at my Bat Mitzvah over 20 years ago. Her words helped me to better understand the idea that we can and should “edit” the way we are remembered, and that nothing is set in stone. We have the power to become new again. This year, I hope to look at the High Holy Days as a time for learning, a time for reflection, and a time for change and renewal.

“Your book of life doesn’t begin today, on Rosh HaShanah. It began when you were born. Some of the chapters were written by other people: your parents, siblings, and teachers. Parts of your book were crafted out of experiences you had because of other people’s decisions: where you lived, what schools you went to, what your homes were like. But the message of Rosh HaShanah, the anniversary of the creation of the world, is that everything can be made new again, that much of your book is written every day – by the choices you make. The book is not written and sealed; you get to edit it, decide on the parts you want to emphasize and remember, and maybe even which parts you want to leave behind. Shanah tovah means both a good year, and a good change. Today you can change the rest of your life. It is never too late.” – Rabbi Laura Geller

Shanah Tovah U’metukah! May this year not only be good and full of blessings, but also change and renewal.

WELCOME NEW MEMBERS
Cory and Karen Briddle
Danny and Rebecca Buckley
Susan McKibben
Jack and Regina Rosenthal
Shirley Shmilowitz
Marcos and Pamela Weinstein

ADULT SHABBATON
Nes Gadol V’Katan
Miracles Great & Small
SAVE THE DATE - MORE INFO SOON!
November 30 - December 1
Ayres Hotel - Costa Mesa

TEMPLE ISRAEL SUPPORTS THE QFILM LBGTQ FILM FESTIVAL
THIS YEAR, OUR SPONSORED FILM IS...

EVERY ACT OF LIFE
SATURDAY
SEPTEMBER 8TH @ 10:30AM
THE ART THEATRE OF LONG BEACH
GET YOUR TICKETS!
QFILMSLONGBEACH.COM

LONG BEACH LGBTQ FILM FESTIVAL
25TH ANNIVERSARY
SEPTEMBER 6-9TH
The Art Theatre
Come Visit The TI Sisterhood Gift Shop
Take a look at our new selection of Michael Aram and Nambe giftware, plus get ready for Rosh HaShanah with apple plates and honey jars and a lot more!

SAVE THE DATE
Sunday, October 14 @ 12:30 p.m.
at Temple Israel

Medical Marijuana Education
Get Healthy, Not High
Learn everything you wanted to know about medical marijuana.

Guest Speaker
Holly Weber, RN, BA, LCSW

Using the solid research of Bonni Goldstein, MD and others, this presentation will highlight details of cannabis history. It will cover marijuana research that has been done throughout the globe.

The Endocannabinoid system present in your body will be explained. Demystifying the many "dangers" of using the plant will be covered. When cannabis should not be used and specific conditions for which research has demonstrated cannabis to be useful.

Many of you who have experienced the loss of a loved one and have had the assistance of the Caring Community know how comforting it was to have been supported by our wonderful volunteers. We are there to help serve at a Meal of Condolence, and we are there to help you in your homes with a Shiva Minyan.

If you experience the loss of a loved one, call the Temple, and the staff and clergy will guide you and provide assistance. A Caring Community Chair, with knowledge of caterers and best practices, will help you plan your bereavement event.

In addition, we provide many of the items necessary for a Shiva Minyan, such as paper goods, trash bags, disposable knives and forks, and even the traditional pitcher and basin for washing when coming from the cemetery.

The Caring Community at Temple Israel is, in truth, more than just a committee; it takes all of us to make a Kehillat Chesed. Have you considered volunteering yourself? If you would like to add your name to the list of people who will wear the khaki aprons in the mitzvah of providing assistance to the newly bereaved, please email Lidia Fahlk at L_fahlk7890@gmail.com

SHANA TOVA
All good wishes for health and happiness through the coming year
Temple Israel Sisterhood
TEMPLE ISRAEL NIGHT
at International City Theater
October 27 at 8p.m.
"A Splintered Soul"
by Temple Israel member, Alan Brooks

In the years that followed the end of WWII and the rescue of so many Jewish men, women and children held prisoner in concentration camps all over Europe, this compelling, critically acclaimed drama tells an unusual story of some of the survivors living in San Francisco in 1947, trying to put their lives back together. It raises important ethical and moral issues and it tells of people going from one world into another. This is a play worth preserving as a reminder to future generations, since this story is diluted or lost with the passage of time.

This play was written over a ten year period and is based loosely upon the stories of refugees Alan grew up with. It has been performed in NYC (off broadway), Chicago and Los Angeles (at the Odyssey) with excellent reviews. Alan and Rosecarrie Brooks joined Temple Israel in 1983.

Please join us for the performance and discussion with Rabbi Moskowitz, playwright, Alan Brooks, the cast and director afterwards.

A 20% discount for the October 27th performance ONLY is available with promo code Temple10 directly through ICT boxoffice (562) 436-4610.

The following books have gone astray and can't find their way back to the library. If you come across any of them, please bring them home.

Endless Light (150 AAR)
Seeing God (1150 AAR)
Minyan (175.01 SHA)
Talking to God (234 LEV)
Crash Course in Jewish History (710 SPI)
Jews in the Los Angeles Mosaic (777.1 JEW)
The Chosen (DVD CHO)
Making Trouble (DVD MAK)
Dovita’s Harp (F POT)
The Secret Servant (F SIL)
The Potter’s Four Sons (PB GOL)
Speak Up, Tommy! (PB GRE)
All the Lights in the Night (PB LEV)
Sammy Spider’s First Simchat Torah
Sammy Spider’s First Hanukkah
Sammy Spider’s First Sukkot (PB ROU)
Chanukah on the Prairie (PB SCH)
Morning is a Long Time Coming (YR GRE)
Lights, Camera, Rebecca! (PB GRE)

Thanks for your help.
MUSSAR STUDY GROUP
First Wednesday Every Month
at 10:30 a.m.
Facilitator: Trish Goldin

“Mussar is a system of introspective practices that can help you identify and break through the obstacles to your inherent holiness, using methods that are easy to integrate into daily life. The program laid out in this book focuses on 26 traits (middot)-such as loving-kindness, strength, generosity, compassion, honor, and equanimity—each of which takes center stage for a week of contemplation and exercises, in order to develop and refine that quality in yourself,” says Alan Morinis.

Our study group will get together once a month to study and share ideas on one trait using the Morinis book “Every Day, Holy Day” and other resources. We are thrilled to have Cantor Hass be our clergy liaison and hope to integrate music into our study. **Cost: none**
TI ARCHIVES TASK FORCE: WHAT DO YOU HAVE BURIED IN YOUR CLOSETS?
by Harriette Ellis

Those of us in the recently organized Temple Israel Archives Task Force hope you have documents, such as, old temple bulletins, letters from various chair people on temple activities, (or perhaps from the rabbi at the moment), old flyers of temple events, photos of special occasions, newspaper clippings (when our local newspapers actually recorded something we had going on!) —anything pertaining to our 94-year-old synagogue. Now you have the great opportunity to rid yourself of the "stuff" cluttering up all your storage space! What a mitzvah that would be! Our committee will be glad to take these treasures off your hands.

Give this some thought: In only six years—count ‘em—six—Temple Israel will be 100 years old. And for that reason (among others) our committee wants to prepare for the BIG EVENT, therefore bringing all the artifacts you may have forgotten about to the temple is not a moment too soon, say committee members Sheryl Stahl, Barbara Crane, Liz Sharzer, Joanne Ratner, Judi Lentzner and Harriette Ellis, Chair.

Those of our congregants who have something to offer can call Harriette Ellis and she will arrange to pick up whatever you have; or, if you can bring your items into the temple, just let Harriette know so that it can be properly stored right away.

Many temples across the country have already set upon this adventure, and their efforts have met with enthusiasm. Congregations, which have already reached a hundred years or more, are thankful that their archives are being stored and cared for. Our children and grandchildren and future congregants will be grateful for our desire to perpetuate beautiful Temple Israel in this manner.

We received a message from the managing editor and academic associate of the Jacob Rader Marcus Center of Hebrew Union College in Cincinnati in response to our enquiry about creating an Archives Committee for our soon to be 100-year-old temple and writing a definitive history of our congregation. Here is a portion of Dr. Dana Herman’s reply: “You are an inspiration! … We do have the papers of Rabbi [Wolli] Kaelter here, and he has some Temple Israel folders in his collection. What a mitzvah you are doing. It is so important to record your congregation’s history, and we are grateful for your efforts. I am glad to hear that there is a working committee, and you have the support of your board members.”

The Center has offered to help us, if we need any assistance on this "wonderful project," Herman reminded.

So we suggest you start now, before Rosh HaShanah, begin the new year, 5779, by going through those closets and drawers and put your items in a box, label it, call the temple to say you want to participate and are bringing in your special treasures for our T.I. Archives Task Force. Thank you.
Sukkot at Home is a unique program that gives us an opportunity for our Temple Israel family to share the joys of Sukkot in congregants’ sukkah.

BE A HOST: Please know that you are performing a Mitzvah by welcoming other congregants into your sukkah. All you have to do is host members of our congregational community for a meal in your sukkah, any meal, any number of people, your choice, and pick one or more of the dates provided. Temple Israel will provide to you a list of your guests and their contact information. Please indicate your willingness to host by completing and returning the bottom of this form to Temple Israel. Temple Israel will provide each host with a lulav and etrog set.

BE A GUEST: If you prefer to participate in this wonderful program by attending as a guest, please complete and return the bottom of this form to Temple Israel.

Please mail to: TEMPLE ISRAEL - 269 LOMA AVENUE • LONG BEACH, CA 90803

FOR HOSTS:
☐ Yes, I will open my home on September __________ for the Sukkot At Home Program from ___ p.m. to ___ p.m.

Please check the appropriate box:
☐ I can accommodate _____ guests in my home
☐ I would like to host families with children
☐ I would prefer adults only
☐ I have pets: ☐ dog ☐ cat ☐ other __________
	(this information is needed for matching hosts with guests)

FOR GUESTS:
☐ Yes, I would like to participate by attending as a guest in another congregant’s home

Our Family consists of ...

☐ _____ number of adults
☐ _____ number of children
☐ One or more of us is allergic to pets: ☐ dog ☐ cat ☐ other __________
	(this information is needed for matching guests to hosts)

FOR EVERYONE:

Name(s):________________________________________________________

Phone: __________________________ Email:________________________________

☐ I am able to offer a ride for _____ additional passengers. (in addition to me and my family)
☐ I will need a ride.

Please contact Charmaine at clw@tilb.org with any questions.
**HIGH HOLY DAYS SERVICES**

**Erev Rosh HaShanah: Sunday, September 9**
- 5:30 p.m. Teen Service
- 5:30 p.m. First Service (4:30 p.m. Pre-Service Oneg)
- 8:00 p.m. Second Service (Dessert Oneg following)

**Rosh HaShanah: Monday, September 10**
- 10:00 a.m. Service
- **Tashlich**: At The Beach at Belmont Pier (Ocean at 39th Place)
  - 3:30 p.m. Monday, September 10

**Kol Nidre: Tuesday, September 18**
- 5:30 p.m. First Service
- 8:30 p.m. Second Service

**Yom Kippur: Wednesday, September 19**
- 8:15 a.m. First Service
- 10:30 a.m. Morning Study Session
- 11:00 a.m. Second Service
- 11:00 a.m. Lay Led Service
- 1:15 p.m. Yom Kippur Forums
- 2:00 p.m. Family Service
- 3:30 p.m. YIZKOR SERVICE
- 4:15 p.m. Afternoon Service
- 6:00 p.m. N’ilah Service
- 7:00 p.m. Havdallah (Approximate time)
  - Followed by challah and cookies to break fast

**Yom Kippur Family Service**: 2:00 p.m.

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**CHILDREN’S SERVICES AND PROGRAMS**

**Rosh HaShanah: Monday, September 10**
- 10:00 a.m. – 1:30 p.m. Celebration in the Park
  - (At El Dorado Park)

**Yom Kippur: Wednesday, September 19**
- First Service
  - 8:15 a.m.– 10:30 a.m. Grades K-3
  - 9:15 a.m.– 10:30 a.m. Grades 4-6
- Second Service
  - 11:00 a.m.– 1:15 p.m. Grades K-3
  - 12:00 p.m.– 1:15 p.m. Grades 4-6

**Yom Kippur Family Service**: 2:00 p.m.

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**SIMCHAT TORAH SERVICES**

**EREV SIMCHAT TORAH SERVICE**
- Sunday, September 30 ~ 5:30 p.m.

**SIMCHAT TORAH SERVICE**
- Monday, October 1 ~ 10:30 a.m.
  - Yizkor will be observed

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**SELICHOT PROGRAM & SERVICE**

**Saturday, September 1**
- 8:00 p.m. Program and Oneg
- 10:00 p.m. Service

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**SUKKOT SERVICES**

**Sunday**
- September 23 ~ 5:30 p.m.
  - AND

**Monday**
- September 24 ~ 10:30 a.m.
WELCOME THE NEW YEAR AT TEMPLE ISRAEL’S

FAMILY ROSH HASHANAH

Celebration in the Park

MONDAY, SEPTEMBER 10 ~ 10:00 A.M.
Family-friendly Rosh HaShanah Service
Led by Sharon Amster Brown, Kendra Cogert and Johanna Brown

WILLOW GROVE PICNIC SITE
El Dorado Park - next to the duck pond
Cross Streets: Studebaker and Willow

JOIN OUR TZEDAKAH WALK!
Follow the Giant Apple around the Duck Pond - raising funds for 3 charities.

Music • Crafts • Apples & Honey and Much More!
YOU WON’T WANT TO MISS THIS ONE OF A KIND CELEBRATION!

COST:
All Children (12 and under): No Charge    Adult Member *Pre-Registration: $ 8.00
Adult Non-Member or Member not pre-registered: $12.00
* Pre-Registration refers to payment being received in the Temple Office by August 31

VOLUNTEERS NEEDED!
Contact Charmaine if you can help
(562)434-0996 • clw@tilb.org
Yahrzeit Observance
“Zecher Tzadik Livracha”
The memory of the righteous are a blessing

September 5-11
Herman Albert
Julius (Pete) Appel*
Mitchell Berman*
Berny Wertheim Bernstein*
Vera Bernstein*
Edith Blakey*
Gertrude Bort
Max Brill
Betty Brown*
Rita Chapin
San Dee Cohn
Jetty Cooperman*
Sarah Shumer Eiser
Marcia Federman*
Saul Fruchthandler
Sylvia Goldberg
Phyllis Gordon
Coleman Grosflam
Elmer Sydney Ham
Helen Harris
Mark Johnson
Sarah Kaelter*
Rose Kaufman
Israel Kleiner Weil*
Bernard Kull
Harvey Kull
Lawrence Labow
Scott Lane*
Jack Lasky*
Sidney Levy
Alvin Levy
Shirley Lichtig*
Louis Lipeles
Fernando Lopez
Nathan Miller*
Susan Morton
Anna Neuburger*
Laura Neumann
Hyman Parker
Everett Philips
Nathan Remes*
Fannie Remes*
Rose Rosen
Sarah Rosensweig
Victor Ross
Bessie Rotman
Selim Sassoon
Harry Schaefer
Morris Silverman*
Roselle Sommer*
Matthew H. Steinberg*
Aaron Suffin*
Rose Suffin*
Harold Warren*
Florence Weir
Julia Zornizer

September 12-18
Isaac Barsimantob
Soli Berger
Barbara Bernstein
Irving Bookstaber
Esther Hia Colbert*
Sam Cooper*
Ceal Davidson Kozoll*
Joseph Fares*
Donald Feerer
Seymour Feldman
Samuel Fine*
Morris Finkelstein
Maurice Fleishman*
Ida Sara Fleishman*
Louis Gale
Ida Goldhirsh
Carl J. Goldman*
Betty M. Goldstone*
Carl Gordon
Louis Hillinger*
Edward Hirshfield*
Jan Jiral
Paul Kearney
Victor Kessler
Tante Sarah Kozoll-Levine*
May Labow
Violet Ladin
Gilbert Laven
Jack Lieberman*
Lee Maddick
Norman Miller*
Sally Muslin
Bruno Neuburger*
Randy Newman
Evelyn Palmquist
Dolores Pilger*
Helen Rabin
Max Reinhaus*
Miriam S. Robbins*
Philip Rose*
Anna Sappell
Henry Schwartz
Sara Naran Segal
Daniel Shafton
 Lester Simon
Stephen Singer
Mark Speizer
Evelyn Wasserman*
Dorothy Wolberg

September 19-25
Lee Anderson
Esther Baileys
Hyman Beitscher
Jean Blakey*
Jack Blecher
Lillian Brown
Norman Cahn*
James J. Carbo*
Hillel Chasin*
Helen Cohn*
Helen Cohn Kreiger*
Carole Collins
Clifford Dahlin
Ruth Dunlop
Burt Faigen
Rebecca Feiler
Kate Fiero
Neil Gold
Sandra Goodman
Charles Hassenbusch*
Ann Horn
Andrea Joy Jacobson*
Woody Jaffe
Rhonda Janis
Sylvia Karabenick
Aladar Kelen
Noble Langille
Clarence Calvin Lewis*
Larry Malin
Dave Mathews
Ruth Miller
Imelda Morales*
Florence E. Olinsky*
Irene Ross*
Gerald Rotman
Sam Segal
Corrine Shukartsi

Benjamin Silverston
Sol Slavitt
Mayer Sommer*
Jay Sommers
Jay Spence
Marilyn Weinblatt
William Weir
Charles Wolfe
Lillian Wollin
Evelyn Yassim

September 26 - Oct. 2
Arthur Alban
Joshua Alpern
Lillie Barab
Max Boral*
Peggy Cohn*
Roslyn Dauer
Frank Decker
Martin Dicker
Janet Gonsohak
Michael Heim
Barry Karp
Gwendoline Kincaid
Becky S. Kozoll*
Miriam Kroll
Leo Leib
Ida Ruth Lichter*
Joseph Lipkin*
Isabel I. Lipman*
Morris Lubkin
Harry Oster
Sylvia Pessin
Charlotte Rabenn*
Judith Anne Raykoff
Paula Sacks
Fannie Schneider*
Flora Ruth Spellens*
Sara Ann Stern
Ronnie Stollar
Nathan Joseph Tall*
Corinne Van Boemel*
Wendy Warren*
Lauren Winkler

*These names are permanently inscribed on our memorial wall and will be read in perpetuity.

OUR CONDOLENCES TO...

Joe, Harriet, Jessica and Rachel Bennish
on the death of sister and aunt, Gracia Bennish

Linda, Rick, Sarah, and Melissa Burney
on the death of father and grandfather, Peter Reinisch
and on the death of uncle and great-uncle Claus Reinisch

Laura, Jeffrey, Megan and Max Engerman
on the death of father and grandfather, Jack Martin Freed

Denise, Aliya and Jeremy Wishner
on the death of mother and grandmother, Donna Jean Wall
PARTICIPATING IN
"FAST WITH A MUSLIM" PROGRAM
by Mark Dressner & Chana Ham-Rosebrock

Continuing to attend Torah School after 7th grade provides, among many other things, the opportunity to learn about different denominations of Judaism in 8th and 9th grades, and a variety of other religions. I have had the good fortune to chaperone most of these field trips over the last two years. As a parent I have learned a lot and have had some great experiences, including Shabbat at an Orthodox Synagogue in the Pico-Robertson district in LA, a wonderful meal and meeting with teenagers at the Sikh Center of Orange County, and an enlightening tour of the Islamic Institute of Orange County. My interactions with Jamaal Zaheen, Outreach Manager, from the Islamic Institute resulted in his gifting me a Quran and an invitation to the “Fast with a Muslim” program.

I posted an invitation on Facebook for fellow Temple Israel members to join me for the traditional Fast With A Muslim program, and was joined for the day by Chana Ham-Rosebrock. The program included fasting from dawn until sunset, attending the Ramadan 101 learning session at the Institute, and finally breaking fast with the Muslims.

The first day of Ramadan coincided with our annual Temple Israel membership meeting. As Temple Board Secretary I was responsible for taking minutes at the meeting. Yikes, I could not partake of the wonderful bagel and fruit brunch. For Muslims, fasting begins at the first hint of sunlight (not sunrise). On this day sunrise was 4:20 a.m. I set my alarm for 3:50 a.m., waking up to make myself a delicious meal of eggs, toast, fruit and (most importantly) 2 large mugs of coffee to get me through the day. Spiritually, I knew Chana was up across town doing the same thing. Compared to our 24 hour plus Yom Kippur fast this should have been a walk in the park.

Fasting for the 29-30 day month of Ramadan is one of the five pillars of Islam. The real challenge is that Muslim’s fast during daylight hours every day while going about their normal daily life working and socializing day after day, neither eating, drinking nor smoking during daylight hours. I just had to get through the annual meeting’s community brunch and note taking. Temptation was not as great as I’d eaten my very early meal about 6 hours before.

It being a Sunday, I did need to occupy my time to keep my mind off food. On Yom Kippur we’re busy at Temple during services and programming during break, so it is relatively easy to make it through.

Early evening, I picked up Chana and headed to the Islamic Institute. We were warmly greeted by many wonderful and open Muslims. We joined other people who were also there to learn. Chana and I sat with a Methodist woman originally from Mexico and her two amazing teens and with her church’s religious leadership. The next table over was the mayor of Anaheim. On the table were little bags of nuts, dates, and figs begging to be eaten but having to wait until sunset.

At the opening session we learned about the importance of fasting in terms of spiritual and moral improvement. (Exceptions are made from fasting as on Yom Kippur) One learns to resist temptation in order to remain morally and spiritually upright. Not only does one not eat but also abstains from sexual relations during sunlight hours. During this time one focuses on not speaking badly nor listening to bad things about others. You should not be looking at inappropriate images. By doing this for a month every year you are to become a more moral person throughout the year. This was my take home.

“Sundown” occurs while still light, but after the sun goes below the horizon. We broke our fast with a blessing, a date, and a sip of water – and then joined congregants in prayer in the mosque. Finally we were able to eat as the sun set. There was a wonderful Middle Eastern meal with special fruit filled pastries but, believe me, that first bite of date never tasted so good.

All said and done, it was wonderful to sit down with fellow Jews, Methodists and other Christians, and Muslims to celebrate that day’s end of the fast. It was such a meaningful and fun time together. If only the world could come together like this – learn from each other; celebrate each other; and chat, eat, and laugh together.

Oh, and a interesting note in case you were wondering, despite the daily fast, during Ramadan most Muslim’s actually gain weight, as daily they over indulge in delicious food and rich pastries each evening when breaking the fast.
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