



Kol Yisra'e THE VOICE OF TEMPLE ISRAEL

SEPTEMBER 2018 • Elul / Tishrei 5779



FAMILY ROSH HASHANAH COLOTION The Park

Monday, September 10 10:00 a.m.

(See Page 11)



SUKKOT SERVICES



September 23 at 5:30 p.m.

AND

MONDAY

September 24 at 10:30 a.m.

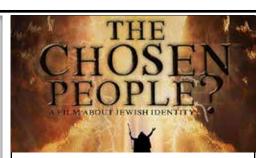


SIMCHAT TORAH SERVICES

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

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Pilger Lecture /Sustaining Members

Sponsors



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 <u>mdt@tilb.org</u>

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.

SHABBAT SERVICES

Friday, September 7

7:00 p.m. Family Shabbat Service

Saturday, September 8

8:45 a.m. Torah Study

10:30 a.m. Shabbat Morning Service

Friday, September 14

6:00 p.m. Shabbat HaNefesh

Saturday, September 15

8:45 a.m. Torah Study

10:30 a.m. Shabbat Morning Service

Friday, September 21

6:00 p.m. Tot Shabbat with Cantor Hass **7:00 p.m.** Shabbat Evening Service

Saturday, September 22

8:45 a.m. Torah Study

10:30 a.m. Shabbat Morning Service

Friday, September 28

7:00 p.m. Got Shabbat? Service

Saturday, September 29

8:45 a.m. Torah Study

10:30 a.m. Shabbat Morning Service



BOARD OF DIRECTORS 2018 - 2019

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PRESIDENT'S MESSAGE



TRANSITIONS

By Joyce Feldman, Temple President



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





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

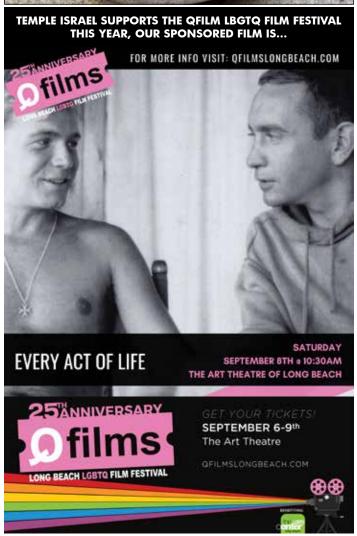
Cory and Karen Briddle
Danny and Rebecca Buckley
Susan McKibben
Jack and Regina Rosenthal
Shirley Shmilowitz
Marcos and Pamela Weinstein

Nes Gadol V'Katan Miracles Great & Small

SAVE THE DATE - MORE INFO SOON! November 30 - December 1

Ayres Hotel - Costa Mesa







SISTERHOOD / CARING COMMUNITY



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.

SHANA T Ó VA

ALL GOOD WISHES
FOR HEALTH AND HAPPINESS
THROUGH THE COMING YEAR

Templo Coracl Sisterhood





JOIN US DON THE APRON AND PERFORM A MITZVAH!

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*





NEWS FROM THE LIBRARY -MISSING BOOKS

by Joan Leb

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)

Davita'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.



TEMPLE ISRAEL NIGHT

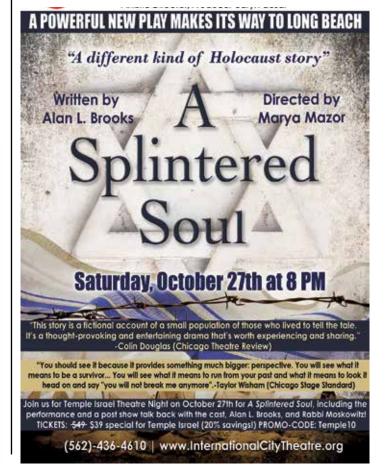
at International City Theater October 27 at 8p.m.

"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.



ANDI TEMPLE ISRAEL'S 9-12 GRADE YOUTH GROUP

ANDI had a productive summer planning all of our events for the upcoming year. Over the summer several of our teens attended Jewish summer programs. We would like to share with you a few of their experiences.



This summer, I attended URJ Camp Newman for eight weeks. Part of what makes camp so special is experiencing Judaism in different ways with people that are from all over the world. Whether it's during a Shabbat service with tallitot over the campers' heads or learning all about Israel with our Israeli counselors, we are surrounded by Judaism in the best ways. The people

also help make Judaism alive at camp. Just knowing you are surrounded by Jews is so comforting and makes me feel safe. I can't wait to go back to camp next summer! - Johanna Brown



This past year my home away from home was destroyed in the Santa Rosa fires leaving me nearly hopeless about my future camp experience. URJ Camp Newman this summer gave me a very different feeling and very new. It was at the Cal Maritime Academy. Although the location change was just as amazing, almost everything I had loved to do was in someway there.

Everyday was special, because some days I would find myself spending time playing frisbee, attempting to master the ukulele, or just relaxing under a tree. - *Brandon Brown*



Camp has changed me. I have met people who I never would have met. I've learned to understand Judaism in a way I never would have before. Camp holds a special place in my heart, and I will always remember it.

- Trevor Davis Dressner



I was not exactly sure what to expect when I signed up for Mitzvah Corps Pacific Northwest. Now, being back home for three weeks, I spend most of my time wishing I was back in Seattle. Something about being in a city and exploring a new place while helping those who live in it, made connecting with others much more

natural. We were all there because we wanted to learn about

an important issue, the immigration process and the refugee crisis. Our common interest to help others and learn about this relevant problem made it so easy for all of us to become friends. In the two weeks I was in Seattle, I made closer connections with people than I ever have in that short amount of time. I believe this is because when we accomplish great things, our bonds grow stronger with those we do it with. We became closer while working to make sure refugee children living in the Seattle area were as happy and carefree as possible. I think that all of us understood the power of the human connection, and how truly amazing just talking to a child or even a peer could be. I was let into a community of people that I now consider family. I will always be forever grateful for this experience. - Sasha Pullman

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**



Mavel Tov to Laurie & Robert Raykoff on the birth of their grandaughter, Lea Hailey Minevich born on August 23, 2018 weighing 7 lbs. 15 oz. and 19.5 inches long.



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.



- 1 Howard and Elaine Davis 67 years Adolfo Guzman-Lopez and Lysa Saltzman - 16 years Dean Gawryn and Charmaine Weiner - 16 years
- 2 Gene and Ann Lentzner 67 years
 Paul Siegel and Deborah Kindler 14 years
 Nico and Elisa Turien 23 years
 Adam and Roshelle Winkler 11 years
- 3 Alan and Robin Lilien 29 years

 Matt Simmons and Melissa Rosenthal 12 years
- 4 Geoff and Sandy Carr 58 years
 Mark and Deborah Goldfarb 36 years
- 5 David and Ellen Friedman 36 years Philip and Stephanie Gonshak - 12 years Sanford and Francine Levy - 58 years
- **6** David and Shari Alpern 20 years Scott and Melissa Newman - 9 years
- 7 Jeff and Andrea Salisbury 15 years Edgar Zwieback and Mona Panitz - 21 years
- 9 Darwin and Debra Barrad 41 years
 Neil and Laura Chasin 29 years
 Cliff and Laurie Gerstman 28 years
- 11 Howard and Ava Weiss 42 years
- 12 Hayim and Joy Zadaca 25 years
- 13 Ian Desberg and Gwen Schwimmer 10 years
- 16 David S. and Carla Palmer 29 years
- 17 Jonathan and Lynne Kass 29 years
- 18 Jack and Susanne Cameron 47 years
- 20 Bryant and Selma Lee- 16 years Wendy and Luis Santana - 26 years
- 21 David and Mindy Raslevich 10 years
- 22 Gordon and Judi Lentzner 44 years
- 23 Harry and Eva Lowenstein 34 years
- 24 Michael Rosen and Deborah Lewis 35 years
- 27 Mitch and Monica Berro 16 years
 Ruth Cooperman and Michael Tate 32 years
- 28 John and Joanne Lopez 27 years
- **29** David and Pam Rima 17 years
- 30 Bud and JoAnn Adams 23 years





SEPTEMBER 23rd - 29th

Please return the form below to the Temple Office by September 6th

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

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

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



SELICHOT

PROGRAM & SERVICE

SATURDAY, SEPTEMBER 1

8:00 p.m. Program and Oneg

10:00 p.m. Service

SUKKOT SERVICES

SUNDAY September 23 ~ 5:30 p.m.

AND

MONDAY

September 24 ~ 10:30 a.m.



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.

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



WELCOME THE NEW YEAR AT TEMPLE ISRAEL'S



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 blessin



Herman Albert Julius (Pete) Appel* Mitchell Berman*

Berny Wertheim Bernstein*

Vera Bernstein* Edith Blakev* Gertrude Bort Max Brill Betty Brown* Rita Chapin San Dee Cohn Jetty Cooperman* Sarah Shumer Eiser Marcia Federman* Saul Fruchthendler 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 Goldhirsch

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

Stephen Singer

Lester Simon

Mark Speizer Evelyn Wasserman* Dorothy Wolberg

September 19-25

Lee Anderson Esther Baileys Hyman Beitscher Jean Blakey* **Jack Blecher** L.illian Brown Norman Cahn* James J. Carbo* Hillel Chasin* Helen Cohn*

Helen Cohn Kreiger* Carole Collins Clifford Dahlin Ruth Dunlop Burt Faigen Rebecca Feiler Kate Fierro Neil Gold Sandra Goodman

Charles Hassenbusch*

Ann Horn

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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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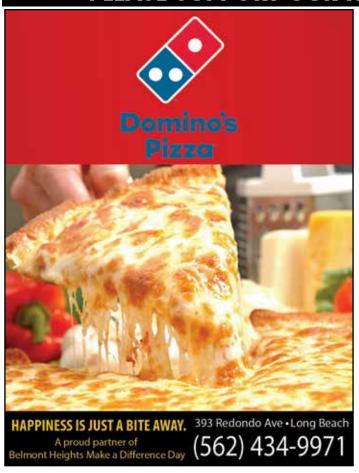
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