

September 2021

Chai Times

Temple Beth Emet of Burbank

"The Temple With A Heart"

Mark H. Sobel, Rabbi Ira L. Goldstein, President

600 N. Buena Vista St. Burbank, CA 91505

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"And I saw in a Vision and it came to pass" (Book of Daniel 8:2)



In a few days it will be Rosh Hashanah, the start of a new year. Unfortunately, this year, like last year will still find us in the grip of an invisible and terrible virus. Actually, I think this Rosh Hashanah is sadder than last year. The psychologists say that when you have hopes that are dashed it is worse than when you don't have hopes at all. Last year at this time we didn't know how long the virus would last, if we would be prepared to defend our bodies against it and how many would we lose because of it. Two months ago, we thought we were protected and invulnerable to the virus, but now it's back worse than before. Don't misunderstand, vaccinations help protect but nothing is 100%.

So what do I recommend? Follow the directions we are given, Mask up, roll up (your sleeves), and speak up if you are feeling unwell.

I would like to add to that simple formula. Over the years I have studied about what we used to call mind over matter ideologies. The idea is a

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**Every Wednesday
at Noon**

<http://www.templebethemet.com/home/upcoming-events/zoom-weekly-events/>

TEMPLE BOARD MEETING

September 14, 2021 - 7:00 PM
at the Temple

SISTERHOOD MEETING

Sunday, October 3, 2021 - 10:00 AM
at the Temple

HIGH HOLIDAY SERVICES:

ROSH HASHANAH

Monday, September 6 - 8:00 PM
Tuesday September 7 - 10:00 AM

YOM KIPPUR

Wednesday September 15 - 8:00 PM
Thursday September 16 - 10:00 AM

Please be aware that we will be requiring proof of vaccination or a negative COVID test within three days of attendance. If there are circumstances that will prevent you from providing this information, please contact our office so we can discuss alternatives.

Parking information will be posted on our website as soon as finalized

Simcha Torah

Tuesday, September 28 - 7:00 PM
(Preceded by a brief Yizkor service at 6:45PM)

SUKKOT SHABBAT SERVICES

September 24, 2021 - 7:00 PM
In the Sukkah!



TEMPLE BETH EMET (HOUSE OF TRUTH) ORGANIZATION

Religious Leadership

Rabbi Mark H. Sobel
Music and Choir Director,
Robyn Kreisberg

Rabbi Emeritus William M. Kramer Z"L*
*His memory will always be a blessing to us.

2020/21 Officers and Directors

Officers

Ira L. Goldstein, *President*
Ken Watnick, *Vice President*
Eileen Martin, *Treasurer*
Melissa Potter, *Secretary*

Directors

Dan Gura
Mary Gura
Barbara Harmon
Herbert Murez
Theida Salazar

Sisterhood President

Marlene Dreyfuss

Morris Gold Religious School Faculty

Rabbi Mark Sobel, Education Director
Shirley Kirschenbaum K-3
Laura Goldstein Hebrew 4-5
Miranda Goldstein 4-5 Social Studies
Robyn Kreisberg Social Studies 6-8
Olivia Goldstein 6 Hebrew
Rabbi Mark 7-8 Hebrew, Bar/Bat
Mitzvah Class
Robyn Kreisberg, Music

Religious School Parents Association

Cherie Rye, President

Office Staff

Administrative Assistant,
Janelle Showalter

Committee Chairs

Education

David Goldstein

Ritual

Ira L. Goldstein

Coordinators and Volunteers

Adult Education

David Goldstein

Chai Times Editor

Ira L. Goldstein

Children's Hospital LA Toys

Shirley Abramson

Havurahs

Ruth Glick, (818) 780-9134

Library

Shirley Abramson

Marquee

Rabbi Mark Sobel

One Call

Diane Lewis-Goldstein

Reach Out

Rabbi Mark Sobel

Temple Beth Emet Office Hours

Monday - Friday - 10:00 AM to 2:00 PM

Saturday & Sunday - closed

The office is closed in observance of the following holidays:

*New Year's Day, President's Day,
First day of Pesach, Memorial Day,
Independence Day, Rosh Hashanah,
Yom Kippur, Thanksgiving*

Call the Temple office at (818) 843-4787 to
contact Temple Staff/Volunteers.

Your message will be forwarded to the
appropriate person.

CHAI TIMES

Chai Times is the free, monthly
newsletter of Temple Beth Emet
of Burbank available at
www.TempleBethEmet.com.

Mailed hardcopies are available
for an annual TBE donation
payable through the Office.

**Editable article submissions, photos
and feedback are encouraged and
due by the 15th of the month and
may be emailed to:**

**chaitimes@TempleBethEmet.com or
delivered to the Temple office.
Submissions will be published based
on space available, relevant content,
and at the discretion of the Editor,
Temple Officers and Directors.**

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If you have any suggestions or ideas
on how we can better serve our
members, please call the office or
email us at:

office@Templebethemet.com



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simple one. Your mind can help your body do miraculous things. In one of the courses I studied, the textbook told about a woman who had a large cancerous tumor in her lung. The doctors did not give her much time to live, but said, "Let's see you in a month", in the hopes the tumor would not keep growing so fast. The woman went home and closed her eyes and 'saw' little men and women with tiny pick-axes, picking away at the tumor. When she returned to the doctor one month later, the tumor was gone!

While this example is very dramatic, others have stories of 'miraculous' cures of visualizations. I know of many people who chant. What the chanting does is relax the body. A body at relax can heal itself better than one who is facing stresses and strains. An example of such meditation is the melody of the first sentence of the Shma'. Try doing it several times. I know it relaxes me. Further, put your mind into something you like to do.

Another simple way to handle stress is to write about what is bothering you on a blank sheet of paper. This kinetic exercise, the hand writing, is seen as moving the stressor out of your body and onto the paper. A therapist friend of mine has his patients then burn the paper with the stress list on it. The pressure giving stresser moves from your body to the paper and then to the air. Its weight seems to be much less as it goes from the solid to gaseous state.

We refer to Torah as a Tree of Life. One of my favorite activities as a child was to swing on a swing that was a tire suspended by a large rope from the branch of a huge tree. The memory of flying through the air still makes me smile.

I pray that these methods will help us to regain our hope that we will succeed and defeat the virus no matter how many victims it harms. I pray even more strongly that at High Holiday services we share our favorite method of reducing fear, anxiety and stress. This way we will fulfill the rallying cry of our people 'Am Yisroel Chai' (The people Israel Lives)!

B'ahava and Shanah Tova,

Rabbi Mark





PRESIDENT'S MESSAGE - September 2021

A couple of months ago here in Southern California we seemed to be humming along in our recovery from the COVID-19 pandemic. Restrictions, especially for those of us fully vaccinated, were relaxing. We were looking forward to High Holiday services that would be almost "normal."



But as the Yiddish proverb tells us, *mann traoch, Gott lauch*, man plans, God laughs. The Delta variant exploded on the scene and all of a sudden the number of cases started to rise, the rate of positive tests climbed, and the numbers were very quickly beginning to look like the bad old days. Some restrictions were reimposed. There was a renewed push for the unvaccinated to please get the vaccine. Here at Temple Beth Emet we shelved plans to reintroduce a regular *kiddish* and masks were again required indoors for everyone. We even had two *Bnei Mitzvot* where everyone was masked. The Board of Directors decided to protect the health of our congregants by requiring everyone attending High Holiday services to confirm their vaccination status or present a recent negative COVID-19 test.

The actions we have taken here in Southern California to deal with this Delta variant appear to be having the desired effect. The rate of positive tests peaked early last month and is steadily decreasing. Hospitalizations look like they may have peaked. Daily deaths remain elevated but the numbers seem to have topped out. If we all keep doing what we need to do, we may have seen the worst of this fourth wave.

Last year's High Holiday services were pre-recorded and edited, then uploaded to YouTube. It took a tremendous effort over many weeks, and the result was a High Holiday experience we were very proud of.

This year we will have services in our building with masking for all, and vaccine/testing requirements to assure the safety of our Temple family. It will be our second year of doing things a little differently, but it will be more normal and we can all be together again. That will feel good!

Religious school will open September 12 with in-person instruction, albeit with alterations to reduce contact between classes.

Bnei Mitzot, High Holiday services, religious school, and even resumed Sisterhood meetings -- we are reaching with caution and hope toward a future when we will be able to sit in Blum Hall together, have a nosh, and say, "Remember when we couldn't do this?"

Every year at this time I am honored to wish you *l'shanah tovah tikatevu*, a good and sweet year for all of us. This year, that wish comes with an extra measure of hope and confidence in the future of our congregation and our Temple community. Let us make it so.

-- IRA L. GOLDSTEIN, President



Yahrzeit Donations

Sadie Cohen remembered by Mr. & Mrs. Robert L. Cohen

Charles Manners remembered by Susie Manners

Sandra Ditter remembered by Ilene and Jeff Oseas

Remember the sick, recovering and bereaved with cards,
calls and visits.

Please say prayers of *Refuah Sh'leimah* for:

Fran Bourne Johnson

Bailey Harrison

Orven Schanzer has been ill for some time now, may
G-d grant him comfort and complete recovery.

Stuart Friedman has been ill. Let's join together in
prayer for his improved and continued good health.

We pray for Maya Lee & wish her good health

*Please call the Temple Office
at (818) 843-4787 if a
Temple Member is sick, recovering or
hospitalized.*



Havurah Happenings **Havurah Simcha L'Chaim**

Havurah Simcha L'Chaim members are mainly
retired people. If you would like to join, please
let me know. If you would like to be in a new
Havurah, please let me know and we can try to
get a new group started.

Please call me to discuss it.

Ruth Glick [818 780 9134](tel:8187809134)



Hello Temple Families,

We are excited that Religious School will resume for our children in-person on Sunday, September 12, 2021 at 9:00am. We will be meeting in-person! Students and teachers are required by LA County to wear masks indoors, but we are all excited to be able to have in-person classes once more.



Temple Beth Emet is also thrilled to welcome our new families and see our old friends again in the building! We are so excited to have you join us in September! Parents, if you are able, please stay after Rabbi's opening words for our first meeting of the Religious School Parents Association for the fall.

This past Sunday was a preparation day for our teachers. The teachers helped prepare the Temple itself, as well as their own classrooms, for the start of in-person learning. Because both our Religious School and our prior preschool shut down abruptly over a year ago due to the pandemic, our teachers were met with a building with parts that had not really been inhabited for months. Our teachers pitched in to help prepare parts of the building for our kids. Our Temple parents, kids and members are grateful to our teachers for going above and beyond, once more, to make our school space safe and orderly for our kids' return. They not only teach our children about what it takes to be a mensch, but they demonstrate it through their own kind actions in support of our kids and our community. Our teachers are truly the heart of Religious School at Temple Beth Emet. We are fortunate to have them as part of our Temple!

When you bring your child to class on September 12th, please take a moment to thank your child's teacher!

Looking forward to seeing everyone in person soon!

-- Cherie



Temple Beth Emet of Burbank
sisterhood

The Temple Beth Emet Sisterhood focus on serving the Temple and the community. Membership in Sisterhood means making a commitment to living Jewish. By being a member, you become an active link in the history of our people. You serve as a role model for Jewish values. Each member blossoms in their own individual way as they experience the camaraderie of Sisterhood and share in service to the Jewish community.



FROM THE SISTERHOOD PRESIDENT - Marlene Dreyfuss

The Sisterhood had its first meeting in a very long time. It was so good to see our old friends. We discussed participating in the Chanukah candle lighting in the Burbank Mall and decided we would bring jelly donuts. Susie Berman will check to see if we can do gift wrapping again at Barnes & Noble. We will also check if there will be Chanukah in the Foothills and if we can participate. The Sisterhood plans to clean the toys left after the closing of the pre-school and plan a parking lot sale. We will meet again on October 3rd and follow up with plans for fund raising for the Temple. We are happy to be back and have high hopes for the future. We invite everyone who was a member or who wants to be a member to come to our next meeting on the 3rd of October at 10 a.m. Looking forward to seeing you there.

This Is Your Personal Invitation to Join Temple Beth Emet's Sisterhood

Sisterhood is a group of friends who work together for our Temple, our children, and our community, in a very tangible way. Our President,

We meet the first Sunday of every month at 10:00 AM in Blum Hall. Please join us. Dues are only \$15 per year (commencing September of every year). Please fill out this form, cut it out and send it with your payment to: TBE Sisterhood, c/o TEMPLE BETH EMET, 600 N. Buena Vista Blvd., Burbank, CA 91505; or just leave it with the Temple Office.

NAME _____

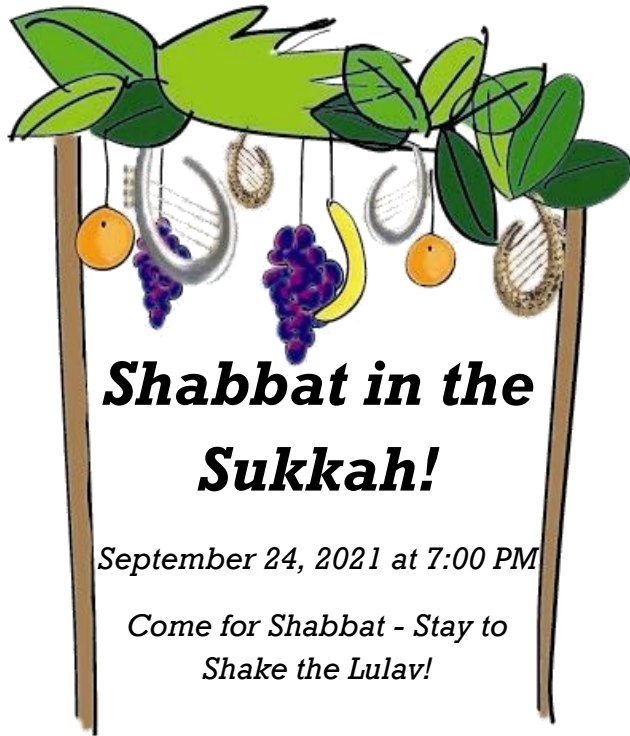
ADDRESS _____

PREFERRED PHONE _____

E-MAIL _____



THE HIGH HOLIDAYS CONTINUE AFTER YOM KIPPUR! - COME CELEBRATE!



SIMCHAT TORAH CELEBRATION!

Thursday, September 28, 2021

We complete the reading of our Torah and begin a new reading cycle. We'll march around the Temple singing and waiving flags, and unroll the scroll around the whole congregation.



SPEND THE EVENING AT TEMPLE BETH EMET

AS WE CONCLUDE THE HIGH HOLIDAY SEASON!

6:45 PM - Sukkot Yizkor service for those who need to say Kaddish.

7:00 PM - Simchat Torah Celebration begins!



ADULT EDUCATION 2021-2022

WE LIVED THERE, TOO!

"Funny you don't look Jewish!" "Oh Yeah. I had my _____ fixed!"

THE CARIBBEAN AND SOUTH AMERICA - November 9, 2021

From Tarshish to Salmon Kay

NORTH AFRICA AND EGYPT - December 14, 2021

Ptolemy to Elephantine

ETHIOPIA AND SUB SAHARAN AFRICA - January 11, 2022

Haile Salasse was one of ours?

CHINA AND JAPAN - February 8, 2022

A Tallis by any other name would still wrap nicely!

INDIA AND COCHIN - March 8, 2022

A madras imprint on my soul

All session 7:00PM at the Temple - No charge, donations appreciated.



Join Temple Beth Emet Pen Pal Program and make a new intergenerational friendship!

Temple Beth Emet has older members who are going through this tough time alone, and who may not have access to a community online. We also know there are many families with Religious school kids who would love to brighten someone's day and foster some new friendships.



If you and/or your child would like to join this program, or if you are a Senior interested in a pen pal, please contact Laura Goldstein at lauragoldstein25@gmail.com or call 818-468-1572.

Your contact information will remain confidential.



Shop at Ralphs? Register your reward card at ralphs.com and add TBE as your organization. We will receive a donation when you shop!



Sign up for AmazonSmile and TBE will receive a donation when you shop.

Go to: smile.amazon.com



SEPTEMBER Yahrzeits

NAME	REMEMBERED BY:	DATE:	NAME	REMEMBERED BY:	DATE:
At Temple September 3, 2021			At Temple September 17, 2021		
Alan Glick	Ruth Glick	September 2	Mildred Gold	Congregation	September 12
Gertrude Altman	Rabbi Mark & Mina Sobel	September 4	Michael Liebgot	Howard Liebgot	September 12
Armin Wolf	Congregation	September 4	James Mattis	Congregation	September 13
Joyce Feinsilber	Congregation	September 4	Martha Wertlieb	Jessica Wertlieb & Eric Ray	September 18
At Temple September 10, 2021			At Temple September 24, 2021		
Sam Bermack	Congregation	September 5	Jerry Engelberg	Congregation	September 19
Max Kapson	Bruce & Pat Bigley	September 6	Evelyn Lewis	Ira Goldstein & Diane Lewis-Goldstein	September 20
Morey Cohen	Robert & LaVerne Cohen	September 7	Joe Murez	Herbert Murez	September 21
Miriam Lazofsky	Gail Arce & Betty Canter	September 9	Miriam Pasternack	Peter & Tammy Golper	September 25
Lester Klein	Cheryl Mundon	September 10	At Temple October 1, 2021		
Lynnie Cannon	Howard Liebgot	September 11	Zina Lubow	Congregation	September 28
Sidney Friedman	Stuart & Bonnie Friedman	September 11			

CREATE A LASTING LEGACY

Planned Giving is a wonderful and loving way to ensure the legacy of Temple Beth Emet of Burbank and future generations. Planned Giving can be as simple as a bequest or a more complex financial arrangement which can provide many options and possible tax deductions for the donor.

Speak with your legal and financial advisors as to the best way to structure your wills and estate planning to include the Temple in your current and future plans.

Information on Planned Giving can also be found on our website at:

<http://www.templebethemet.com/social-action/donations/>





September Birthdays

Sasha DeVillier	September 2
Bruce Bigley	September 10
Chloe Lava	September 27
Ian Noureal	September 28
Chris DeVillier	September 29
Bonnie Friedman	September 30
Brian Sharaf	September 30

We do not have a record of any anniversaries this month.

Tribute Cards
















Tribute cards are always in order for happy or sad occasions. These cards are a wonderful way to remember or honor someone.

Did you know that you can get on an automatic mailing to those in need of well wishes by contacting the office?

A card will automatically be sent from you in your name to those in need of healing and an amount of \$18 (*Chai*) will be added to your bill each time a card is sent in your name.

Contact the Temple Office at: 818 843-4787

SEPTEMBER 2021 ELUL 5781/TISHREI 5782

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 12:00 - Lunch with the Rabbi on Zoom	2	3 7:00PM Shabbat Services	4
5	6 8:00 PM Rosh Hashanah Services 	7 10:00 AM Rosh Hashanah Services 	8 12:00 - Lunch with the Rabbi on Zoom	8	10 7:00PM Shabbat Services	11 
12 Religious School 9:00 AM - Noon Opening session	13	14 7:00PM Temple Board Meeting	15 12:00 - Lunch with the Rabbi on Zoom 8:00 PM Yom Kippur Services (Kol Nidre) 	16 10:00 AM Yom Kippur Services 2:30PM Yom Kippur Afternoon/Yizkor/ Neilah Services 	17 7:00PM Shabbat Services <div>Chai Times Submissions Due</div>	18
19 Religious School 9:00 AM - Noon	20	21  Sukkot i	22 12:00 - Lunch with the Rabbi on Zoom  Sukkot il	23  Sukkot ill	24 7:00PM Sukkot/Shabbat Services  Sukkot IV	25  Sukkot V
26 Religious School 9:00 AM - Noon 	27  Sukkot VII	28 7:00PM Simcha Torah Services (preceded by Yizkor) 	29	30	<div>Follow Us!  </div>	

Lunch With the Rabbi - Every Wednesday at Noon via Zoom. **Shabbat Services** - Every Friday at 7:00 PM.
Sunday, October 3 - 10:00 AM - Sisterhood Meeting. **Tuesday, October 5 - 7:00 PM** - Temple Board Meeting



Our memory care is accredited for two reasons. *You. And your family.*

Because having the confidence and peace of mind of accreditation is important. That's why The Heights at Burbank senior living community is accredited by CARF International—an independent organization that sets exceedingly high standards for care and safeguards. It's a lot like an accreditation for a hospital or college.

We think you'll find that our accreditation is only one of the many reasons to take a good look at The Heights.

***Call 818.732.8450 to schedule
your personalized tour.***

The Heights AT BURBANK



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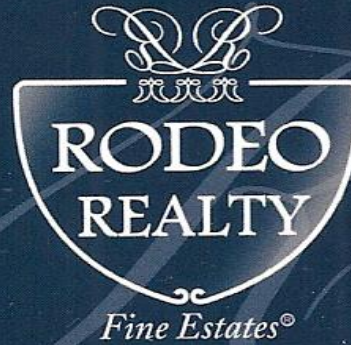


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TEMPLE BETH EMET
GIFT SHOP**

**TOP QUALITY TALLITS FOR
MEN, WOMEN,
BAR & BAT MITZVAH**

**All with matching bag and
kipot.**

All at reasonable prices.



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