

Temple Beth Sholom Presents:

Our Voices – A Monthly Newsletter

August 2022 – Av/Elul 5782 | Issue 30 | A Jewish Center for Life, Learning, and Connections

Important Contacts

Rabbi Sharon Sobel – rabbisobel@tbsoc.com
Mike Winston, President – winston.mike@gmail.com
Ruth Irving, Executive Director – riving@tbsoc.com

Services | Shabbat Evening Services will be streamed and offered in-person at 6:00 p.m. outdoors unless otherwise noted

Torah Study | Saturdays in-person or virtual at 9:15 a.m.

Join Us for Our Upcoming Events!

8/3 @ 7:00 p.m. | Rabbi Sobel's Meet & Greet Coffee and Dessert – Join Rabbi Sobel for a nosh and a chat so she can better get to know our congregation. Register at <https://tbsoc.com/hello-rabbi/>

8/5 @ 4:00 p.m. | Open House Picnic and Shabbat – This will be a wonderful opportunity for new members and prospective members to meet our new rabbi as well as get to know our membership committee and temple community. Dinners from Parties by Panache will be available for purchase at <https://tbsoc.com/> Services will follow at 6:00 p.m.

8/9 @ 8:00 a.m. | Rabbi Sobel's Monthly Meet & Greet Breakfast – Join Rabbi Sobel for a nosh and a chat so she can better get to know our congregation. Register at <https://tbsoc.com/hello-rabbi/>

8/11 @ 7:15 p.m. | Adult Education Series: The Poetry of *Mishkan Ha-nefesh* – Our first class is called “The Call of the Shofar: What does the shofar mean for us in 2022?” Study with Rabbi Sobel as we prepare emotionally and spiritually for Rosh Hashanah and Yom Kippur.

8/18 @ 12:00 p.m. | Rabbi Sobel's Monthly Meet & Greet Lunch – Join Rabbi Sobel for a nosh and a chat so she can better get to know our congregation. Register at <https://tbsoc.com/hello-rabbi/>

8/18 @ 7:15 p.m. | Adult Education Series: The Poetry of *Mishkan Ha-nefesh* – Our second class is called “*U'netaneh Tokef*: Who Shall Live and Who Shall Die?”. Study with Rabbi Sobel as we prepare emotionally and spiritually for Rosh Hashanah and Yom Kippur.

8/25 @ 6:30 p.m. | Brotherhood Poker Night – Held in the Social Hall the 4th Thursday of each month. Contact Lew Seigler (misterlew@gmail.com) with questions and to sign up.

8/25 @ 7:15 p.m. | Adult Education Series: The Poetry of *Mishkan Ha-nefesh* – Our third and final class of this series is called “Yizkor: The role of memory in shaping our lives and actions.” Study with Rabbi Sobel as we prepare emotionally and spiritually for Rosh Hashanah and Yom Kippur.

8/27 @ 5:30 p.m. | Annual Backyard Bash – Say Aloha to summer and enjoy an afternoon of beer tasting and BBQ with your TBS friends! Childcare will be available. Watch for more info in the weekly Shavu'on or call the office.

Worship at TBS

Walking Toward the Center: Preparing for the *Yamim Nora'im*

Rabbi Sharon Sobel



We're still deep in the middle of summer. People are traveling, children are participating in summer camps or relaxing, we're enjoying backyard get-togethers with family and friends. The High Holy Days seem so far away. In reality, however, the *Yamim Nora'im*, the Days of Awe, will be here sooner than we think. For our sacred time to be filled with meaning and intent, there's much to prepare in advance. Cantor Thompson and I are already meeting to work on cues and services. The Worship Committee, Ruth Irving, and the office have been planning all the necessary details. Rise Kirbo and Jeff Merkow are organizing TBS's annual "Echoes of Elul"

blog, and beginning August 11th, I will be teaching a three-session course to help us prepare for the upcoming Days of Awe. (Please see page 8 for details.)

Over the past eight years, I've developed a pre-High Holy Day ritual: I find a labyrinth nearby in a serene setting and take my time to walk in quiet contemplation toward its center. I find the intentionality of the experience powerful and meaningful. For me, it is one of the things I do to help focus on the nature of the upcoming Days of Awe. Head to <https://labyrinthlocator.com/> for a link to some beautiful labyrinths to explore in Orange County.

Labyrinths are not like mazes: once you begin to walk, the path always leads to the center. There is no correct way to walk. The goal of walking the labyrinth is to help one find a sense of calm, meaning and peace in one's life. By walking the labyrinth with purpose, keeping focused on the path, being intentional about staying centered on one's body, and being open to the experience of the labyrinth itself, we are told that "walking the labyrinth helps to understand thoughts and feelings, soothes and calms one's spirit." It has been said that walking the labyrinth can even help one solve a problem. It's also simply a fun, enjoyable and calming experience.

At the end of August, we'll enter the Hebrew month of Elul (it begins the evening of August 27th), the month immediately preceding our *Yamim Nora'im* – Days of Awe. The labyrinth is like Elul. We enter Elul deliberately, hoping to find purpose and meaning to our lives. We reflect on the year that is ending. We try to be intentional about staying focused on the path of renewal and *t'shuvah* – repentance. We are hopeful that the experience of this time of introspection, soul-searching and reflection will not just "soothe and calm our spirit," but will lead us to spiritual fulfillment. We hope that when we reach the "center"–the High Holy Days themselves–we emerge from this time renewed, refreshed, and recommitted to our Jewish community, to God, and to the best of ourselves and families.

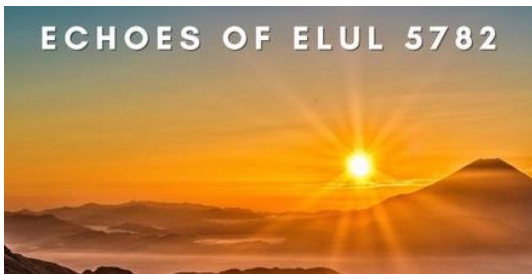
We hope your journey toward the High Holy Days will be meaningful, whole, and sweet.

Rabbi Sharon L. Sobel

Echoes of Elul

Rise Kirbo and Jeff Merkow, Echoes Coordinators

“I know if I exercise a muscle, it will grow stronger. This year I will exercise my faith.”



Welcome to the upcoming month of Elul, which begins the evening of August 27th and ends September 25th. Elul is a time that is set aside for introspection and self-reflection. It is meant to help establish the tone for the High Holy Days, give us the opportunity to take personal stock, review our past year, and move forward with repentance and forgiveness. In our busy and fast-paced world, we don't always take the time for this internal inventory. Judaism provides this for us during Elul. What's happened in

the past year? What challenges have I faced? What has changed? What would I have done differently if I could? What am I grateful for? How do I navigate hard times? How do I celebrate life's gifts?

This year, we are bringing back our popular blog called “Echoes of Elul” where congregants share memories, stories, and insights. All forms of media are accepted: writing, music, poetry, or art. This year, we will provide a form on the TBS website with prompts and submission details to help jumpstart and streamline the Echoes of Elul process. All ages are encouraged to contribute. Families, siblings, chavurah groups, and friends may choose to work together. No experience necessary!

Postings of the “Echoes” will arrive in your email and on the TBS website, to review and contemplate, during the 29 days of Elul. These shared stories can bring inspiration and connection, help open our hearts and minds, and unite our temple community. Please help us breathe life into this important program by submitting an Echo to share. Join us as we embark on our journey through the Echoes of Elul. Please visit the TBS website at <https://tbsoc.com/elul-5782/> for more details and the submission form.

Executive Messages

Mike Winston, TBS President



I hope that everyone is having a great summer and getting to spend some time outside with our amazing weather. My family and I have spent several days at the beach and took a trip with Mimi's family down to Mexico—the tacos are AMAZING!! This trip got me thinking about making choices about how we spend our time, or more importantly with whom we spend our time. As I went through our play dates, trips, and run-ins, I realized that just about each of them stem from our TBS community. Whether it be a beach day with a set of friends we met when Ethan and Izzy were in TBS's preschool, trying to find a date for our next Chavurah event, or going to the NAMM show with Mitch Cohen and ogling guitars, we realize who is important in our lives—who is part of our greater family. It is our TBS community. This is why TBS and its future is so important to me.

Now, I will be honest, there was a level of obligation I felt as the TBS President to go to events throughout the last year that I would not have naturally chosen to go to. For each of these events, I left TBS happier and more fulfilled than I came. Part of this was the excellent programming, but a lot of it was the interactions I had with not only my current friends but also new people I met or had a chance to have a conversation with. This obligation that I have as a volunteer has added experiences and happiness to my life that I otherwise would not have had. And for that I am grateful.

Brotherhood

Community – Fellowship – Action – Service

Sylvan Swartz, Brotherhood Director of Membership

Brotherhood and Sisterhood sponsored the July 1st welcome Shabbat Dinner at TBS for Rabbi Sobel. It was a roaring success with approximately 150 attendees joining in on a holiday weekend. Brotherhood and Sisterhood both worked hard that night and before to put this great event together. And I would be remiss if I did not thank the many who contributed towards the dinner. It was greatly appreciated.

There were still a couple of scholarships available from Brotherhood for students graduating high school and going on with their education regardless of what form that higher education might be as of this writing. The deadline was July 15th, but it has been extended.

There is a myriad of small events for congregants to meet Rabbi Sobel this summer and into the fall. The Brotherhood hopes to have their own as well. In the meantime, planning is going on for the next 12 months for us. We hope to be announcing such events as Monday, Thursday and possibly even Sunday football games with the guys of the Temple. We also hope to be putting on a Beer Tasting Dinner and/or Wine Tasting Dinner this coming year. We hope to get directly to the men of TBS's hearts.

We are always welcoming more men to join us. Our monthly poker game, ordinarily held on the 4th Thursday of each month, is becoming a bigger and bigger hit for the men of TBS. Join us this month on **August 25th at 6:30 p.m.** in the TBS Social Hall. We may even be putting on a poker tournament if we get the volunteers to help. Please call Lew Siegler for info.

This past year Lisa and Todd Litman put on several hikes for Brotherhood and Sisterhood, and most were very well attended and appreciated. We hope to put a bike group together and if you or someone you know has interest, please contact me. We are looking forward to a bigger and better year than ever and highly encourage any TBS men to join in at least some of the activities. Our dues are modest, but they do a great deal of good, especially with Temple youth.

Until next time. Enjoy your summer!

Sisterhood



We started July 4th weekend by planning and attending the TBS kickoff summer Shabbat BBQ to welcome Rabbi Sobel. Sisterhood not only bagged up all the meals being cooked by Brotherhood but handled dessert as well. A big thank you to all our Sisterhood members who were there to help and celebrate.

Unfortunately, due to family emergencies and illnesses our planning meeting had to be postponed and ultimately cancelled. Our August meeting has been rescheduled to August 10th so watch your emails for the Evite.

Our Youth

Early Childhood Center

Tamara Levin, Director of Early Childhood Education



Every summer my friends and I attended sleepaway camp. We spent three weeks residing in army green tents covered in graffiti. At night, after an evening of bonfires, s'mores, and guitars strumming the notes of "The House of the Rising Sun," we climbed exhausted into our sleeping bags hoping that we would not be blasted awake by enthusiastic madrichim with yet another middle of the night madcap venture. After every meal, we belted out *Birkat Hamazon* with thunderous banging on the tables and every Shabbat we celebrated with challah, singing, and Israeli dancing. Camp creates lifelong memories.

While our preschoolers will not be attending sleepaway camp for many years to come, we strive to create special memories at TBS Camp Katan. The children, amongst other amazing activities, blast each other with water pumps, cavort in water shooting in the air from splash pads, stand in amazement as giant bubbles envelop their entire bodies, wade in foam four feet high, and participate in team games with an eye to good sportsmanship, resilience collaborative thinking, cooperation, and memory-making fun. They practice engineering skills by building dams with canals running through sand tunnels and sit patiently while their faces are painted with elaborate care.

Camp transports children out of their daily routines and classroom environment. It fosters opportunities to explore unique activities that teach not only a multitude of new skills, but how to interact with different peers outside the social norms often found in the classroom. There is a unique quality to the freedom experienced during summer camp that forms the building blocks of positive emotions. Our preschoolers are experiencing their first taste of this memory-making adventure.

Something to Kvell About – Recognizing our Teens and Young Adults

Monica Engel, Social Action Member



Happy Birthday, Jacob Griffin! Hopefully, this coincidental article will brighten your day and create more birthday gifts. Twenty years ago, you embarked on your Temple Beth Sholom journey in the preschool and moved on to BSTY and OCTY and your Bar Mitzvah and Confirmation. You were a madrichim all through High School and it's obvious that TBS has had a great influence on your choice of friends, your values, and perspective on life.

Moving on to high school, it's no surprise that you were a member of the Associated Student Body and still managed to play football, basketball, and track. Your next step probably doesn't leave you much time to do some of our favorite activities: watching and playing sports, playing with your dog, and trivia. As a junior this fall at the University of Arizona, we know your studies of psychology to deal with your personal anxiety will ultimately enable you to fulfill your goal of becoming a therapist and helping others. Your family, friends, and community are so proud of your progress. We can't wait to hear all about your trip to study in London in the Spring at Saint Mary's Twickenham! It is guaranteed to open the door to travels throughout Europe on weekends and holiday breaks. Hopefully, when the time is right, you will return to TBS as a guest speaker and a role model for those suffering with anxiety.

Committee Updates

Education

Steffanie Belasco, VP of Education

August is always an exciting time as summer comes to a close and we look forward to starting school again. Camp Katan kept our littlest ones engaged and our families united thanks to a vibrant program this year. As many of you know, Camp Sholom took a pause this summer. It was a difficult decision but necessary.

Religious School registration is in progress and teacher training is scheduled for August. Preschool teachers will also have training organized by our Preschool Director, Tamara Levin.

The Adult Education Committee is planning a diverse offering for this coming year. Rabbi Sobel will be teaching a 3-part class in preparing us for the High Holy Days on August 11, 18, and 25 from 7:15-8:30 p.m. at TBS. Please register on the TBS website and contact the office by August 5th if you need childcare.

It's an honor to serve on the Board another year as your VP of Education.

Membership/FWYC

Mary Gonzalez, VP of Membership



The Membership and Families with Young Children Committees are in the full swing of summer! Please join us for our **Open House Shabbat Picnic on August 5th at 4:00 p.m.** Services will follow at 6:00 p.m. This will be a wonderful opportunity for new members and prospective members to meet Rabbi Sobel as well as get to know our membership committee and temple community. Dinners from Parties by Panache will be available for purchase (\$17.50/pp) at tbsoc.com, or you can pack your own picnic. We encourage you to join us, invite friends, and welcome the newest members of TBS!

Be on the lookout for more information on the annual **Backyard Bash on August 27th**, and the **Chavurot Shabbat Service on September 9th**. If you would like to get involved in our “fun-raisers” please reach out Arielle Ohls at 562-316-7030 or Mary Gonzalez at 714-292-4957. We meet the first Tuesday of each month and are looking for fresh ideas!

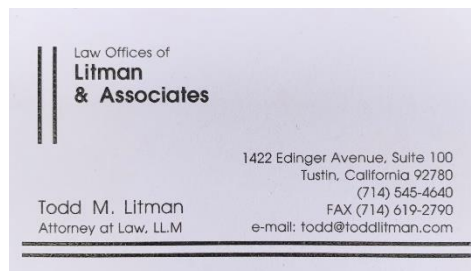
Chavurot

Shani Boone, Chavurot Chair, Membership Committee Member, and TBS Secretary

Our program is up and running! Joining a Chavurot is not a one-time event; they are ever changing. If you have questions or would like to join a chavurah, please call or text Shani at 714-343-1135 or shaniboone2@sbcglobal.net.

Thank You to Our Sponsors!

This newsletter is made possible entirely from donations and sponsorships. If you would like to contribute toward its continued development and distribution, please contact Ruth Aptaker (ruth.aptaker@gmail.com) or the TBS office.



We are also grateful for the generous donations of Patti Widdicombe, the Weissberg Family, the Cohen Family, the Engel Family, Sandy Fainbarg, and our TBS Brotherhood.

Social Action

Education - Direct Service – Advocacy - Collections

Social Action Committee

Social Action is gearing up for the fall. If you are interested in joining us in our work, please contact the office. We meet the first Monday of the month at 7:00 p.m. via Zoom.

Mitzvah Meals is Reorganizing!

Mitzvah Meals Team

Mitzvah Meals is taking a break to reinvent and refresh this legacy program. If you are interested in becoming a part of the new and improved Mitzvah Meals, please keep an eye out for correspondence and contact info in upcoming newsletters.

Mitzvah of the Month

Monica Engel, Social Action Member

The MOTM for August is back to school necessities: backpacks and lunch boxes to the variety of pens, pencils, crayons, notebooks, etc. I purchased notebooks at Ralphs for \$0.79. Your generosity is always appreciated by the recipients and reflects the efforts, caring, and generosity of TBS members to uplift the needy. If you are unable to shop, please send a donation check to TBS, with MOTM in the memo line and I can shop for you.

Do You Have an Hour a Month to Bring Happiness to Seniors?

Alan Shebroe, Worship Volunteer

We are still taking volunteers to lead Shabbat services for Bubbe & Zayde's Place. Their website can be found at <https://bubbeandzaydesplace.com>. The commitment would be for as many months as you can offer, one hour per month. Each set of readers does a different version of the service, depending on their ability and preference. There is no set format. Some do it entirely in English, others mix the Hebrew and English. If you are interested in joining this legacy TBS mitzvah program or have questions, please contact me at alan53@earthlink.net / 626.664.8384.

Adult Education

Angela Holmes, Adult Ed Chair

Rabbi Sobel's Adult HHD Education Series

August 11, 18, 25 (Thursdays) from 7:15-8:30 p.m.

Rabbi Sobel will teach a three-session pre-High Holy Day Adult Ed course: "The Poetry of *Mishkan Ha-nefesh*, Our High Holy Day Machzor." We'll study the beautiful prayers, readings, and poetry in our High Holy Day machzor to help us prepare emotionally and spiritually for Rosh Hashanah and Yom Kippur. (Each session stands on its own, so you may choose to attend all three sessions or any one of the three). Please see the TBS website for registration link. Registration ends August 9th.

August 11th | The Call of the Shofar: What does the shofar mean for us in 2022?

August 18th | *U'netaneh Tokef*: Who Shall Live and Who Shall Die? Do we really believe this theology?

August 25th | Yizkor: The role of memory in shaping our lives and actions.

Learn Hebrew: Sponsored by the Union for Reform Judaism



**UNION for
REFORM
JUDAISM**

**Building Communities.
Reimagining Jewish Life.**

Get started with the *aleph-bet*! Familiarity with Hebrew can be a key to feeling at home in the Jewish community. Learn the shapes and sounds of the Hebrew alphabet with a warm and supportive educator to guide you and a group of classmates through practicing together. Recognize and understand common Hebrew words and phrases that are often heard in synagogues and in Jewish prayer. Perfect for any adult who would like to learn Hebrew, this course assumes no prior Hebrew experience.

This course has been developed specifically for online learning and is taught by experienced educators. Live sessions meet weekly over video conferencing. Participants are given access to online course materials and a link to purchase a workbook. Tuition is \$225. Four different sets of dates to choose from. Head to

<https://reformjudaism.org/learning/judaism-classes/Learn-to-read-hebrew> for dates and to register.

Don't Miss Out!

Rabbi Sharon Sobel's Monthly Meet & Greet

Rabbi Sobel will host several Meet & Greet with our members to get to know our congregation personally. We hope you consider coming to one of these events to have a chance to welcome Rabbi Sobel into our community, get to know her, and talk about our future together. All events are held at TBS. Please register at <https://tbsoc.com/hello-rabbi/>. If you would like to host an event, please contact Linda Weissberg at 714-306-4777.

Breakfasts – Join Us at @ 8:00 a.m.

Tuesday, August 9
Tuesday, September 13
Tuesday, October 11 (in the Sukkah)
Tuesday, November 1
Tuesday, December 6

Lunches – Join Us @ Noon

Thursday, August 18
Thursday, September 29
Thursday, October 20
Thursday, November 17
Thursday, December 15

Coffee & Dessert – Join Us @ 7:00 p.m.

August 3
October 12