



Dear Friends,

s winter arrives and the days grow shorter, the wonderful memories of all we shared these past few fall months will stay with us for a long time. Our Fall Festival kicked off our synagogue program with enthusiastic participants making crafts, playing games, and meeting new friends. Our **BEIT** courses and Thursday evening activities engaged hundreds of us in learning more about Judaism and our Jewish heritage.

We prepared for and celebrated the High Holy Day season with deep spirit and communal bonds. Our children and teens enjoyed discovering and connecting in our reimagined Jewish experiential school and youth programs. Shabbat gatherings were joyous. Our affiliate groups were active.

Beth El is This and so much more! Look through the pages of this Winter House Key for new and familiar services for Shabbat and holiday celebration. Choose to attend the variety of classes and cultural experiences we offer for adults, families, and teens in our **Beth El Is Thursday** program, **BEIT**. Participate with friends and peers in our different affinity groups.

We are publishing our House Key quarterly this year. This Program Guide includes Beth El events and activities for December 2019 through February 2020. From Hanukkah to Purim, we'll celebrate our Jewish identities, explore Jewish meanings, and continue to draw near to one another as a synagogue family. Look for more publicity and information about each particular program and event. As you read through these

pages now, we invite you to keep this guide for reference and to enter programs of interest into your personal calendar.

Many people and a variety of Jewish values comprise Congregation Beth El. That's why we've made a list. Beth El Is...Together, Torah, Tikkun Olam, Tefillah, Tziyonut, Tarbut, Thoughtful, Transformative, Thankful, and Tremendous! Beth El is This and so much more. The acronym for all we celebrate about our synagogue is BEIT, which means house. We hope you'll use this key to enter your house and engage in Jewish life with your synagogue family.

Our vision for Congregation Beth El reflects yours. To be a center of Jewish life in San Diego, pursuing excellence in our synagogue activities, innovation in our synagogue services and programs, and genuine bonds of care and connection in our synagogue family.

We are thankful for the devoted efforts of our synagogue staff and lay leadership which make this guide, and the programs we hope to enjoy, possible.

Welcome home!

Rabbi Ron Shulman Rabbi Avi Libman



Welcome Home,

Congregation Beth El is our spiritual home.
As a synagogue family, together we...
celebrate and learn,
rejoice and gather for many occasions,
care for one another, serve others and society.
In Hebrew, home or house is Bayit, BEIT for short.
As taught by Jewish tradition,
we divide our synagogue home into three areas.
We engage in Jewish life in three ways.



BEIT TefillahHouse of Prayer *Celebration*



BEIT Midrash
House of Study

Learning



BEIT Knesset
House of Assembly
Community

Ours is a large and beautiful home filled with many things. A warm and welcoming home for every soul. A home in which we celebrate, learn, and create community. A home in which we seek to live meaningful Jewish lives.

In this **House Key** of services, classes, and programs you'll find a variety of ways to participate with our synagogue family here in our home at Congregation Beth El.

Welcome home!



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Young Family Programming

SHABBAT PRAYER AND CELEBRATION

We call Shabbat a delight, a day to refresh and renew. At Congregation Beth El, on Shabbat we join together as a synagogue family to rejoice in the gift of our lives, to reflect on the week gone by, and to sense God's presence through our prayer and celebration.

You are welcome to join us each week for Shabbat prayer on Friday evenings at 6:15 pm and Saturday mornings at 9:30 am in the Stone Family Sanctuary. Rabbi Ron Shulman and Rabbi Avi Libman, Ba'al Tefillah David Lipsitz, and synagogue members lead us in warm, participatory services.

Friday Evenings

We welcome Shabbat each Friday at 6:15 pm taking leave of the busy routine of our week. We enjoy Kabbalat Shabbat with Hebrew prayer, song, and music. Our rabbis share insights of Jewish wisdom as we reflect on the week gone by. Following our service, we gather for friendship and refreshments at an Oneg Shabbat.

Each month we offer a variety of additional settings for celebrating Shabbat. We provide different opportunities for all of us, and for particular personal or family interests.

Young Family Shabbat

Fridays | December 6, January 3, February 7

5:45 pm | Service 6:15 pm | Dinner

A musical half hour of song and story for our youngest children and their families. We meet in the Stone Family Sanctuary for family-friendly prayer and activities before a dairy/pareve potluck Shabbat dinner. We will celebrate birthdays, friendship, and Shabbat together.

Oneg School Shabbat

Friday, February 28

() 6:15 pm | Hors d'oeuvres

Parents and children are welcome to join us for a new and fun Friday night program where we can schmooze, eat (a glass of wine for parents) and welcome Shabbat. This program is geared towards families with children in Grades 2 through 6.

Chai Shabbat

🧰 Fridays | December 27, January 24, February 28

() 6:30 pm

Chai 20s/30s celebrates Shabbat and community with an evening service and dinner on the fourth Friday evening of each month.

Shabbat Dinner and Table Talk

Jewish Grandparenting

Friday, January 24

7:00 pm | Dinner

8:00 pm | Discussion

An exploration of our role as grandparents in helping to inspire the youngest Jewish generation. Grandparents are sometimes called, "American Jewry's great untapped resource." After a lovely Shabbat dinner, let's talk together with our rabbis about how we can support one another and our extended families as our grandchildren grow into their Jewish identities.

S Dinner:

Adult I \$18

Children 5-12 I \$10

Children 4 and under I no charge

RSVP at cbe.org by January 17

Interfaith Relations

Friday, February 28

€ 6:15 pm | Kabbalat Shabbat

7:00 pm | Dinner

8:00 pm | Discussion

On this Shabbat evening, we welcome a few friends from the Congregational Church of La Jolla and their Senior Pastor Timothy Seery and the Rev. Paige Blair-Hubert from St. Peter's Episcopal Church in Del Mar. Our goal is to begin the slow work of creating an inter-faith learning opportunity for our congregations. Reverend Reinhard Krause, the Executive Director, Academy for Judaic, Christian, and Islamic Studies at UCLA, will travel to San Diego to help us understand the purpose and opportunity of developing meaningful interfaith relations.

Our guests will join us for our Erev Shabbat service and dinner. We look forward to welcoming them, getting to know them, and exploring how and what we may learn with and about one another.

Sinner:

Adult I \$18 Children 5-12 I \$10 Children 4 and under I no charge

RSVP at cbe.org by February 21



Shabbat Morning

Our Shabbat Morning Service begins each week at 9:30 am. We join together for prayer and reflection, Torah reading, and the exploration of Jewish wisdom for our lives. Each week our service embraces individuals and families who come to celebrate personal milestones. A Torah Study session precedes our Shabbat morning service at 9:00 am.

As Rabbi Shulman teaches, "Two things are all you really need to know in order to pray: who you are and what it is you feel today. In God's presence we stand and wonder and sway; taking from our lives and dreams the words we want to say."

As our style of communal prayer evolves, we strive to create innovative settings for personal prayer and meaning while honoring the liturgical rhythms and feel of Jewish tradition.

Family Services

🛗 Saturdays | December 14, January 11, February 8

() 10:30-11:15 am

Introduce your children to the joy of Shabbat morning services. This family-friendly service incorporates music and song, storytelling and Torah learning. A family service meets each month at 10:30 am and joins the Sanctuary service at its conclusion. Afterwards, we join as a whole community for a Kiddush luncheon, often followed by Huggim – Shabbat Activities.

Shabbat Morning Torah Study

Saturdays

() 9:00 am

Gather together before Shabbat morning services with our Rabbis to study the weekly Torah reading based on traditional commentary, contemporary issues, and insights that participants bring to the discussion.

BEIT Tefillah • House of Prayer • Celebration

10

Huggim - Shabbat Activities

🚞 Saturdays | December 14, January 11, February 8 (\) 9:00 am

Each month we offer guest speakers, recreational, and family activities to enhance and enjoy Shabbat together as a synagogue community.

Huggim – Shabbat Activities for December 14:

9:00 am | Torah Study

9:30 am | Shabbat Morning Service

10:30 am | Family Service

11:45 am | Shabbat Kiddush & Lunch

12:30 pm | Sports and games for parents and children on the Sports Court.

> Boardgames and playtime for preschool families in the Children's Shul

12:30 pm | Mending Broken Relationships with Gail Lipsitz

Mending Broken Relationships



A close reading of the Torah stories about the reunions and reconciliations of Jacob and Esau and Joseph and his brothers. A discussion relevant to relationships with siblings, parents, children, spouses, and friends. What can we learn from these Torah stories about how to reconcile, how to rebuild trust, and how to accept that some things can change with time and effort, while other things may not ever change.

Gail Josephson Lipsitz teaches literature classes at congregations and a senior center in Baltimore. She has a Master of Arts in Teaching English from Yale University and many years of experience teaching high school and college students and adults in Jewish and secular settings. She is the author of Practical Parenting: A Jewish Perspective, and is the proud mother of our Ba'al Tefillah, David.

Huggim - Shabbat Activities for January 11:

9:00 am | Torah Study

9:30 am | Shabbat Morning Service

10:30 am | Hineni! Experiencing Personal Prayer

10:30 am | Family Service

11:45 am | Shabbat Kiddush & Lunch

12:30 pm | Sports and games for parents and children on the Sports Court. Boardgames and playtime for preschool families in the Children's Shul

12:30 pm | Shabbat Shiur

Hineni!

Hineni! is a concise, accessible, and brief Shabbat experience designed to reclaim personal expression in prayer. Participate in a relaxed prayer setting that reflects Jewish tradition and contemporary life. Explore religious ideas and Jewish spirituality. Grow to engage meaningfully in synagogue services, guided by Rabbi Ron Shulman.

Shabbat Shiur

After lunch, join Rabbi Shulman for Torah Study and discussion as we complete the reading of Bereshit, the Book of Genesis, for this year.

Huggim - Shabbat Activities for February 8:

9:00 am | Torah Study

9:30 am | Shabbat Morning Service: Women's Connection Shabbat

10:30 am | Family Service

11:45 am | Shabbat Kiddush & Luncheon Celebrating Women's Connection Shabbat and this year's Woman of Valor, our Eshet Chayil

12:30 pm | Sports and games for parents and children on the Sports Court Boardgames and playtime for preschool families in the Children's Shul

Daily Minyan

Daily Minyan

Our Daily Minyan gathers every morning for prayer in the Beit Midrash. On Tuesdays, Wednesdays, and Fridays at 7:30 am, on Mondays and Thursdays at 7:20 am, and on Sundays at 9:00 am (on Rosh Hodesh, Intermediate Festival Days, Hanukkah, and Purim weekday morning services are held at 7:20 am). A study session and light breakfast follows Minyan on each weekday morning.

Minyan Study Sessions

Weekdays

Study of Jewish Law

Rabbi Avi Libman

Mondays

We use the Shulkhan Arukh as a beginning point for our conversation, which covers current questions and topics of interest.

Talmud Study Class

Rabbi Ron Shulman

Wednesdays

Come enjoy the steady and slow experience of studying the core text of Rabbinic Judaism, the Talmud. We learn what the Talmud is and how it informs Jewish life today. Though we study in English, references to Hebrew are useful as we make our way in discussing and understanding the texts we read.

Study of Texts and Topics

Tuesdays | Thursdays | Fridays

Minyan participants offer their insights and knowledge on many Jewish texts and topics and enjoy learning from each other.

Synagogue Honors

Celebrating Shabbat each week, and gathering for prayer every day, we enjoy marking special personal and family occasions by sharing them with our Congregation Beth El family.

Please contact the Rabbinic office at 858-452-1734:

- If you would like to receive a synagogue honor during a Shabbat or Daily Minyan service.
- If you would like to participate in Shabbat services by helping to lead our prayer or reading Torah or Haftarah, or serving as a Gabbai or Host.
- If you would like to learn or improve any of these skills.



HOLIDAY CELEBRATIONS

We observe the sacred occasions of the Jewish year each season. Our prayer services and events for each Jewish holiday feature their unique ritual symbols and commemorations. Throughout the

year, our observances include opportunities for all ages to share in the particular spirit, happiness and meaning of every holiday.

Hanukkah

December 23 thru 30, 2019

(First candle December 22nd)

On Hanukkah we celebrate Jewish religious identity, remember the miracles of faith, of our people's perseverance, and of life's daily wonders. Honoring the Maccabees and the conflict of ancient days, we celebrate the victory of spirit and Judaism's ideals. Our Hanukkiyot represent God's light of peace and goodness enduring for all time.

Pre-Hanukkah Celebration

Thursday, December 12, 2019

(\) 5:30 pm

🚣 Marcia Berneger

A Dreidel in Time: A New Spin on an Old Tale

A Hanukkah story session with the author for our children and their parents.

Devorah and Benjamin are excited to open their Hanukkah present, but it's only an ugly old dreidel. It's a big disappointment, until it transports them out of their hometown to join the Maccabees!



Author Marcia Berneger is a retired teacher who lives with her husband and three crazy dogs. She taught both first and second grade, as well

as special education. She currently teaches Torah school, in addition to her volunteer work in classrooms, libraries, and with various fundraisers. She lives in San Diego.



(\$\) 6:00 pm

Hanukkah Themed Dinner & Learning Activities Following a symbolic candle lighting and holiday songs we enjoy a festive Latke Dinner

(\) 6:30 pm

Hanukkah at Home:

Giving Our Children the Gift of Meaning Before enjoying Hanukkah this year, take this opportunity to join with Rabbi Shulman and discover meanings to teach our children from the story of Hanukkah.

(\) 6:30 pm

Hanukkah Crafts and Activities

Get in the Hanukkah mood with Olive Oil Tasting, Hanukkah crafts, cards to decorate for homebound seniors, a Festival of Lights Yoga session, and delicious donuts & Hanukkah treats.

Our Judaica Shop will be open and olive oil from We Olive, as well as the book A Dreidel in Time, will be available for purchase for your Hanukkah gifting needs.

Shabbat Hanukkah

Friday, December 27

(§ 6:15 pm | Kabbalat Shabbat 7:00 pm I Shabbat Oneg & Hanukkah Treats

🛗 Saturday, December 28

(9:00 am I Torah Study

9:30 am I Shabbat Services

11:45 am I Shabbat Kiddush & Luncheon featuring holiday themes, learning, and songs, followed by Hanukkah treats and time together as a synagogue family.

Tu B'Shevat

In the midst of winter, the Jewish calendar anticipates spring. Tu B'Shevat is our heritage's arbor day of hope and renewal. On the 15th day of the Hebrew month Shevat, February 10th this year, we honor the environment. We remind ourselves to care for the world we are blessed to inhabit. Our Jewish obligation is to care for the world, not to destroy, waste, or deplete our natural resources. Our role is to till the soil and reclaim the land. That's why on Tu B'Shevat we plant trees.

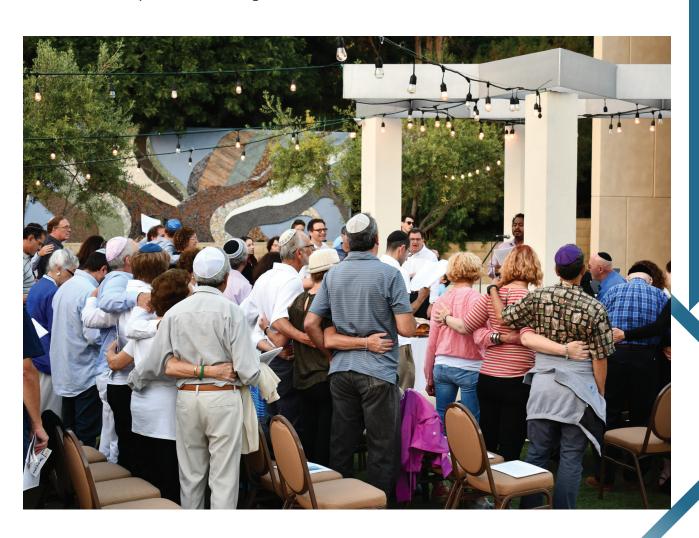
Leading up to Tu B'Shevat, on January 16-30, our community will create art from used, found, and sustainable objects while learning about

Tu B'Shevat at our BEIT course, Creating An Art Piece With Sustainable Objects. (page 18)

Our community will enjoy the symbolic foods of Tu B'Shevat at our Shabbat lunch on February 8 as we celebrate Women's Connection Shabbat. (page 25)

Our Viterbi Torah School students will celebrate Tu B'Shevat as part of their day on Sunday, February 9. (page 14)

Our young families will create delicious and healthy desserts using Tu B'Shevat's symbolic foods on Sunday, February 9. (page 23)



INSPIRING JEWISH JOURNEYS

As we move forward with our new Jewish learning program, we strive to support kids and youth to make friends and build their Jewish identities in all aspects of our school and synagogue programming. We do not believe social activities or educational programs should be separated. Rather, we want our children to connect with their Jewish identity, with each other, and be

intellectually stimulated in all they experience, whether enjoying a Lag B'omer bonfire, playing gaga, bringing Jewish texts to life, competing in a synagogue campus scavenger hunt, joining together for prayer and celebration or taking a field trip to Disneyland. We invite you and your family to join us on this exciting new endeavor for an inspiring Jewish journey.

Lifelong Jewish Learning

Viterbi Torah School K-8

This year we began a new approach to Jewish learning at Congregation Beth El. In formal and informal settings, our vision is to provide our students, and their families, with holistic Jewish experiences integrating engaging classroom time, the acquisition of Hebrew language skills, moments of prayer, exploration of what it means to be Jewish in our world today, and the celebration of Shabbat and our tradition's holidays.

This year we have introduced new programs including:

- Shabbat Swap (Gan-6th Grade)
 Each grade will lead a family service or a
 Shabbat dinner as an opportunity to put into practice what they learn in the classroom through an authentic prayer experience.
- Family Program (Gan-6th Grade)
 An alternative hands-on program in which parents will engage in Jewish learning alongside their children. This will take place during normal VTS Sunday hours.
- 7th and 8th Grade Excursions
 7th graders will learn about and visit "Jewish San
 Diego" and 8th graders will travel to Los Angeles.

Oneg School Shabbat

February 28

Parents and children are welcome to join us for a new and fun Friday night program where we can schmooze, eat (a glass of wine for parents) and welcome Shabbat. This program is geared towards families with children in Grades 2 through 6.

We offer these opportunities to provide you and your family with multiple paths of Jewish expression and engagement. Our Jewish Experiential Learning programs offer a range of authentic and relevant opportunities to discover and engage in Jewish living. We encourage you to join us in trying something new this year.

- 7th Grade Family B'nei Mitzvah
 Launch Program (parents only)
 December 7
- Family Program for Gan, Kindergarten
 December 8
- Hannukah Family Program and BEIT
 December 12
 Please join us for a special Hannukah program in which students and parents will celebrate the holiday together. Enjoy a Latke dinner, a storyteller, crafts and activities.

- Family Program for Dalet, 4th Grade December 15
- Senior USY San Diego-wide program 🛗 January 11

A community-wide event in collaboration with all Conservative synagogues throughout San Diego. Details and information on year-round Youth programming will be shared by email and on the website as they are confirmed.

■ B'nei Mitzvah Family Orientation, 6th Grade 🛗 January 12

- Kadima and Junior USY Kinnus at Camp Ramah (Grades 4-8)
 - January 24-26
- Family Program for Bet, 2nd Grade January 26
- Gan, Kindergarten and Aleph, 1st Grade Family Shabbat dinner January 31
- Oneg School Shabbat Program led by Hay, 5th Grade February 28



Beth El Teens & USY (Grades 9-12)

Beth El Teens participate together in a safe, fun, and Jewish environment. Teens can connect with their peers and have meaningful Jewish experiences. Our integrated educational and social programming prepares Jewish teens to be confident and thoughtful Jewish adults. Through Thursday Night Teens (TNT), the Madrich program, and United Synagogue Youth (USY), Grades 9-12 connect with peers and create experiences rooted in Jewish culture and values.

The wide array of programming available to Beth El Teens includes social justice programs, leadership development, holiday and Shabbat celebrations, and discussions of current and hot topics. Beth El Teens experience Judaism in the broader San Diego community through the Jewish Film Festival, collaborative events with other synagogues, and regional Youth group programming. The Madrich program offers opportunities for those interested in volunteering here at Beth El to assist in educating VTS students. Teens can also volunteer at local Jewish communal and organizational events.

Beth El Teens Shabbat Dinner

December 6

As a Teen community, we will come together to celebrate Shabbat with prayer, Shabbat dinner, and good company. This program will continue throughout the year as different members of our Beth El Teens community host us at their homes.

USY International Convention

December 22-26

Senior USY Kinnus (Grades 9-12)

Eebruary 14-16

Bar and Bat Mitzvah Program

Our children become Bar and Bat Mitzvah (Son or Daughter of the Commandments) at a formative time in their lives. As they become Jewish teenagers, this ceremony marks a transition for them from the learning and joys of their childhoods to the moral consciousness, religious privileges, and imperative of their responsibilities as maturing Jews.

At Congregation Beth El our Bar and Bat Mitzvah preparation program seeks to guide our students toward the development of ethical awareness as they master the synagogue skills and Jewish concepts for living and celebrating their lives. Bar and Bat Mitzvah celebrations take place within the context of each child's family, our synagogue community, and Shabbat Services. Bar and Bat Mitzvah is a joyous event for every student's family and our entire synagogue family.

All B'nei Mitzvah candidates at Congregation Beth El are enrolled in a formal program of Jewish education, a Jewish Day School, or some other form of Beth El-approved Religious and Hebrew instruction. 7th grade students meet on Shabbat mornings to enhance their prayer skills and attend Shabbat morning services. Before services, 7th grade students and their parents enjoy a Bar and Bat Mitzvah preparation class taught by Rabbis Shulman and Libman. Specific class dates will be made available prior to the first class. All class sessions will begin at 9:00 am.

For detailed information about celebrating your child's Bar or Bat Mitzvah at Congregation Beth El please call Rabbi Avi Libman.

BETH EL IS THURSDAY

Adult learning at Congregation Beth El welcomes everyone, aware that we each come to Jewish learning from our different personal backgrounds. For us, adult Jewish learning is about applying our intellectual and spiritual curiosities in order achieve new personal insights and Jewish literacy. For each of us to strive according to our own interests for deeper understanding about our Jewish identities, renewed religious or spiritual character, heightened ethical awareness, and a love of Judaism. As we each may desire, to be able to see the experiences of our lives through the lens of the Jewish People's story, ideas, and values.

Beth El Is Thursday, our BEIT Midrash program, offers courses that tell the Jewish story. Classes rotate throughout the year selected from a variety of subjects including Bible, Rabbinic Texts, Jewish Ethics and Values, Liturgy and Synagogue Skills, Celebrations and Observances, History and Modernity, Jewish Thought, Arts and Culture, and the Hebrew language. Throughout the year we welcome and learn with a variety of scholars and guest speakers.

We hope our courses intrigue, our teachers inspire, and our learning is meaningful.

BEIT is sponsored in loving memory of Paula & Jerry Mandell, devoted to Congregation Beth El and dedicated to Jewish scholarship.

Welcome to BEIT: Beth El Is Thursday

All are welcome to join us for our BEIT Midrash on Thursday evenings. On each Beth El is Thursday evening you'll choose from a variety of experiences and courses. Come for dinner at our BEIT Café, create your own schedule, do as much or as little as you like.

Sign-up to dine on a weekly themed menu at our BEIT Café, from 6:00 to 7:00 pm. You may register on-line for dinner \$8 in advance, \$10 at the door. From 7:30 to 7:45 pm enjoy coffee, conversation, and nosh during our BEIT Break.

BEIT learning experiences take place during two time slots. At 6:30 pm choose one from a number of experiences. At 7:45 pm attend the weekly BEIT feature: Rabbi Shulman's class, a guest lecture or presentation, or a special program.

Weekly schedules are available online and are emailed. Session locations are available at the BEIT Café each week.

BEIT Parent Programs

() 5:30 pm

Watch for periodic sessions with Rabbis Shulman and Libman in which we'll explore topics of Jewish interest for ourselves and our families. Parents will be able to learn with our rabbis, together with their children, and stay for dinner or other BEIT experiences as desired. Students will be welcome in study hall (6:15-8:30 pm) while their parents are learning.



BEIT Experience I: 6:30 pm

Rebellion, Rupture, Renewal: A Journey **Through Modern Jewish Literature**

A Rabbi Philip Graubart 🔚 January 16, 23, 30; February 6 What is the essence of Jewish identity? What are the challenges to living a fully realized Jewish life? How should modern Jews respond to intermarriage, assimilation, Israel, the Holocaust, alienation, anti-Semitism? We often look to sacred Jewish texts for responses to these existential questions, or to political writings, or even sometimes to rabbis. But in Modern Jewish Literature - a hidden and essential source of wisdom brilliant Jews have been producing a body of work for over two centuries responding to our deepest dilemmas. In this course, we'll study some of the most interesting and valuable works of Modern Jewish Literature, from Sholem Aleichem to Peretz to Philip Roth to Cynthia Ozick, Ayelet Tsabari and more. We'll study this exciting genre for its



Rabbi Philip Graubart served as our Senior Rabbi at Congregation Beth El for fifteen years. Most recently, he was a vice president at the Shalom

Hartman Institute, and director of Jewish life and learning at the San Diego Jewish Academy.

own sake, but also to develop a richer understanding

of the challenges of modern Jewish life.

Women Talking with Women

🚔 Renee Ravich and Sandra Block

🧰 Thursdays | December 5, February 6

(\) 6:30 pm

Explore what it means to be a Jewish woman today within relationships, community, and family—traditional and nontraditional—in a safe and supportive environment. We will provide text from various books and resources as discussion prompts. Women only, please.

Together and Apart: The Future of Jewish Peoplehood

📥 Dr. Ray Fink

🟢 January 9, 23, 30; February 6 Using the latest iEngage curriculum from the Shalom Hartman Institute in Jerusalem, we'll explore a new narrative regarding the significance of Israel for Jewish life. This narrative serves as a foundation for a new covenant between Israel and world Jewry, elevating the existing discourse from a crisis-based focus to one rooted in Jewish values and ideas.



Dr. Ray Fink is a Past President of Congregation Beth El, a respected physician in our community, and a member of the Board of Directors

of the Shalom Hartman Institute.

Freud, Adler, and Frankl: **Thinking About Existence**

Application Description
Dr. Oded Shezifi

🔛 January 9, 16, 23

Explore the insights of three great 20th Century psychologists, Sigmund Freud, Albert Adler, and Viktor Frankl, who influenced the way we understand human existence.



Dr. Oded Shezifi is a clinical psychologist who also teaches at UCSD-Extension. He is a play therapist supervisor and a certified Jewish

mindfulness teacher. Oded has served as a medic and aviation physiology instructor at the IAF and has worked as a clinician at Jewish Family Service where he supervised and taught clinical interns the History of Psychotherapy.

Creating An Art Piece with Sustainable Objects In Honor of Tu B'Shevat

🚔 Shana Lew & Helen Segal

January 16, 23, 30

The holiday of Tu B'shevat (Jewish Arbor Day) is the impetus for this art class. This holiday reminds us of our connection to the earth as well as our responsibility to the environment as caretakers. In this three part class, participants will have the fun and challenging opportunity to create a piece of art from used, found, and sustainable objects. The instructors will provide materials but participants are encouraged to bring in small pebbles, sea glass, or small found objects to include in their piece.



Shana Lew has a BA in Jewish Studies from UCLA and a MAED from the American Jewish University in Los Angeles. She is on the board

of the Woman's Philanthropy (UJF) as well as the Board of the Wheelchair Dancers Organization. Shana also spends time creating sustainable art for Jewish and Medical causes. Shana and her husband Bill are members of Congregation Beth El and they have two grown sons.



Helen Segal graduated summa cum laude in Fine Arts. She has been inspired by the vibrant colors and patterns used by artisans around

the world especially by how beautiful objects can be made from the most mundane of materials. She works in all media and her artistry extends from creating large architectural installations and murals to smaller idiosyncratic and imaginative pieces. Helen is the artist behind Congregation Beth El's Shoah memorial.

Creative Writing Workshop

A Dr. Sandra Block

January 9, 16, 23, 30

A writer is someone who writes. In this four-week workshop we will explore our creative writing skills with the use of Jewish poetry, stories from the Torah and inspiring verbal and visual prompts in timed writing sessions. Participants may choose to share their writing with others or not. All workshop feedback is respectful and, most importantly, non-critical. The workshop is modeled on the Amherst Writers And Artists model pioneered by Pat Schneider. For more information on the philosophy of this writing method please see amherstwriters.org



Sandra Block, Ph.D. is a clinical psychologist, a university instructor and a certified AWA workshop facilitator. She has led creative

writing workshops nationally for medical and mental health professionals, creative writing workshop leaders, women's groups in work and social service settings and for senior citizen groups. Her fiction and nonfiction writing has been published in the San Diego Union Tribune, and The Writers' Ink Anthology. Her nonfiction book, Spark Your Gambling Recovery, was published in 2018.

BEIT Midrash · House of Study · Learning

Appreciating Jewish Art:
Gutman, Rubin and the History of Tel Aviv

🚔 Guri Stark

🛗 January 9

In this session we will discuss two Israeli artists who were the pioneers of a new, distinctive Eretz Israel art style in the days prior to the foundation of Israel.



Guri Stark is a unique artist and musician trapped in the body of an engineer who has been painting in watercolors for over 30 years. Born

in Israel, Guri moved to the United States 32 years ago. With his distinctively strong and brilliant watercolors, Guri made a name for himself as an artist in Israel, Denver, Colorado, San Francisco, Los Angeles and San Diego.

Aging in the 21st Century

A Jon Schwartz

February 6

What can we do to enhance successful aging? What does it take to live happy and healthy in advanced age? What is the secret of a few regions in the world where there is a high concentration of people that live beyond 100? These questions and many others will be answered in a collaborative, informative and humorous discussion.



Jon Schwartz has a business
degree in Entrepreneurship from
Indiana University and a master's
degree in Gerontology from USC.

At USC, his emphasis was how to reduce admissions to institutionalized care facilities. From 2014-2017 Jon was a contributing writer for the San Diego Jewish Journal where his pieces consisted of a variety of aging issues. At the beginning of 2019, Jon took his decade plus experience in the field of aging and started a company, Partner in Aging.

Synagogue Skills & Song

📤 David Lipsitz

Begins January 9

and continues each week BEIT meets
Learn the melodies and meanings of the weekly
Friday evening Shabbat service, Kabbalat Shabbat.
Grow in your ability to participate with us and
enjoy synagogue prayer and community.

Hebrew Reading

📤 Robin Shulman

🛗 Begins January 9

and continues each week BEIT meets Learn basic Hebrew reading for synagogue services. Discover or rediscover your ability to read Hebrew and participate in synagogue prayer and community.

Intermediate Hebrew Reading & Conversation

A Orli Moses

Begins January 9

and continues each week BEIT meets Strengthen your Hebrew reading and conversation skills.

Torah Reading

And Dr. Ran Anbar

Begins January 9

and continues each week BEIT meets
Learn to read Torah or grow your Torah reading
skills. If you wish, read Torah on occasional Shabbat
mornings as member of our Torah reading squad.
We meet on a regular basis to teach Torah trope
to beginners, review trope with more experienced
readers, and practice upcoming Torah readings.

BEIT Tefillah: Ma'ariv Minyan

○ 7:30 pm | each week BEIT meets
 We gather in the BEIT Midrash for Ma'ariv,
 an evening prayer Minyan. Join us for a brief spiritual
 break between sessions followed by coffee,
 conversation, and nosh during our BEIT Break.

BEIT Experience II 7:45 pm

What's Trending?

A Rabbi Ron Shulman

🛗 January 9, 16, 23

Explore current concerns within the Jewish community. Each week we'll take a look at a #timely topic and study Jewish sources to guide our discussion. Our goal is to learn about Judaism, Jews in the larger world, and our personal connections to all of it. Join in for any session, or all three.

- January 9 | Religion#Are ancient texts still relevant?#Secular and Religious
- January 16 | Human Relations
 #Jewish Values and Political Community
 #Jews and Non-Jews
- January 23 | Jewish Identity
 #Post-Denominational Judaism
 #Our Jewish Identity SWOT Analysis

Here All Along: A Reintroduction to Judaism

Sarah Hurwitz

January 30

A renowned political speechwriter rediscovers Judaism, finding timely insights and profound spiritual connection in its ancient practices and ethical traditions.



From 2009 to 2017, Sarah Hurwitz served as a White House speechwriter, first for President Barack Obama and then as chief speech-

writer for First Lady Michelle Obama.



Insights from Biblical Archaeology

A Dr. Thomas Levy

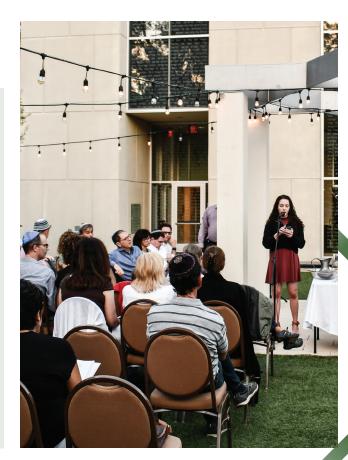
Ebruary 6

New archaeological finds intrigue us as research and discovery cast new light on Biblical lore and history. Join our good friend, Dr. Tom Levy, to learn about the latest finds and their meanings for our understanding of the Bible today.



Dr. Tom Levy is Distinguished Professor and holds the Norma Kershaw Chair in the Archaeology of Ancient Israel and Neighboring

Lands at the University of California, San Diego. He is a member of the Department of Anthropology and Judaic Studies Program, and leads the Cyberarchaeology research group at the Qualcomm Institute, California Center of Telecommunications and Information Technology.





Tikkun Olam

Volunteer at the Ronald McDonald House

- Sundays | December 1, 2019; February 23, 2020 Help prepare, cook, serve, and clean up a meal for 150+ guests. Ronald McDonald House provides a place to stay, meals, and necessities of home so families can focus on caring for their critically ill or injured child being treated at Rady Children's Hospital.
- () First Shift | 3:00-600 pm: prep and cook dinner Second Shift | 5:30-8:00 pm: set up, serve, and clean up dinner
- To signup, contact Sam Jacobs at Shabatai@gmail.com

Embrace-A-Family

Every year, the Embrace-a-Family Program, through Jewish Family Service, provides gifts and needed items for individuals and families in need across San Diego County. As a community, Beth El is participating in the Embrace-A-Family program. Help us brighten the holiday for a struggling local family who may not otherwise be able to celebrate. We have been given a wish list of items requested by this family. You may participate by making a financial contribution or by purchasing particular gifts from the family's wish list. Please see our Tikkun website for the complete wish list.

Tikkun Olam Open Forum

🛗 Sunday, January 5

(\sum 10:45 - 11:45 am

The Tikkun Olam/Social Action Committee at Congregation Beth El invites you to participate in our Open Forum committee meetings. We gather to discuss and plan our future social action projects. The Tikkun Olam Committee organizes small and large volunteer projects throughout the year. We strive to help those in need by sheltering the homeless, feeding the hungry, and providing for the underprivileged. Make a difference in your community. Tell us what you are passionate about. Beth El wants to participate in volunteer efforts that are important to you.

Rachel's Women's Shelter

Volunteers prepare and serve Sunday dinner once a month to the residents of Rachel's Women's Shelter. For more information about this project and other volunteer opportunities at Rachel's Women's Shelter, contact Dr. Ruth Covell at rcovell@ucsd.edu.

StandUp for Kids

Each month, volunteers deliver a hot dinner from a well-loved restaurant to StandUp for Kids, an organization serving homeless youth in San Diego. For more information and to volunteer, contact Tikkun@cbe.org.

Passover Food Drive

February 1- March 9

Donate food and holiday items to be included in packages for homebound seniors, in collaboration with the Foodmobile Program at Jewish Family Service. See cbe.org for a full list of items being collected this year. If you'd like to help assemble the Passover packages, contact Tikkun@cbe.org



Young Families

Cooking Class: 3-Part Series

(1) 12:00-2:00 pm

\$ \$12 per family per session

Young families will have a great time making delicious creations together during this 3-part cooking series. Kids will learn to be involved in the kitchen and the whole family will enjoy the results! Classes will be led by Zohar Cohen of Dream Delicacies.

🛗 January 12, 2020

Healthy Desserts - Who said the desserts can't be yummy and healthy? Come and learn how to make nutritious, tasty desserts with surprising ingredients that both kids and adults will love.

iii January 26, 2020

Calling all chocolate lovers to come and create magical desserts, that are easy and impressive!

Ebruary 9, 2020

Happy Birthday for the Trees! Celebrate Tu B'Shevat with a special dessert class featuring the holiday's symbolic foods.

- Young Family Shabbat on page 8
- Family Services at Shabbat Huggim on page 9
- Hanukkah Celebration on page 12
- Purim Celebration on page 27

Youth

Joining our Youth groups offers Beth El children and teens the chance to develop friendships and connections within the Jewish community and a safe space to socialize, learn, and explore their Jewish identity.

We offer Beth El children and teens an engaging and immersive social and educational experience to strengthen their foundational bonds to their tradition and community. We seek to build an immersive Jewish experience on our campus where kids will live, laugh, and learn in a rich Jewish environment.

Congregation Beth El's newly-formed Jewish Learning Department creates programs so that our Youth can develop strong bonds with their Jewish friends while understanding and connecting to their Jewish identity.

For more information on community and social programming for youth and teens, turn to page 14 to learn more about our integrated educational and social approach.



BEIT Knesset · House of Assembly · Community

Chai 20s/30s

Chai @ Beth El provides spiritual, cultural, and educational programming for adults in their 20s and 30s.

Chai Jews and Brews

- 🛗 Wednesday, December 11
- (1) 7:00 pm
- Kairoa Brewing Company, 4601 Park Avenue, University Heights Relax after a long day of work with a cold beer, your Chai friends, and a little bit of Torah. We'll be visiting the Kairoa Brewing Company in University Heights, a little slice of New Zealand in our own fair city.

Chai Shabbat

- 🧰 Fridays | December 27, January 24, February 28
- (1) 6:30 pm

Chai 20s/30s celebrates Shabbat with an evening service and dinner on the fourth Friday evening of each month. Check cbe.org for details on monthly themes, menus, and programs.

Chai Wine & Paint Night

- 🧰 Tuesday, January 7
- (\) 7:00 pm

Express your artistic side with your Chai friends on an evening to remember. The wine will be flowing as fluidly as your brushstrokes as you craft your masterpiece.

Members: \$10, Non-Members: \$20

Chai at the Jewish Film Festival

Sunday, February 23

Chai goes to the Movies! Join us as we view "Wolkebruch's Wondrous Journey Into the Arms of a Shiksa." This Swiss film hilariously examines the travails of a young Jewish man who horrifies his mother by dating the opposite of a nice Jewish girl. Interfaith dating is a deeply important issue to so many conservative Jews today. Rabbi Avi Libman will lead a follow up discussion about the movie at the next Chai Shabbat Dinner on Friday, February 28th.

Women's Connection

Torah Fund Campaign Kick-Off Brunch

- Sunday, December 8
- (1) 10:30 am-12:30 pm

Women and men are invited to kick off this year's Torah Fund Campaign with a theme of "Hesed -Loving Kindness."

Hear what is happening in our movement plus reflections from our guest speaker Rabbi Gary Ezra Oren, Executive Director of Hillel San Diego.

The Campaign helps preserve, promote, and perpetuate Conservative/Masorti Judaism, supporting the institutions of higher learning for our Rabbis, Hazzanim, and other professionals at: The Jewish Theological Seminary (New York), Ziegler School of Rabbinic Studies (Los Angeles), the Schechter Institute of Jewish Studies (Jerusalem), Seminario Rabinico Latinoamericano (Buenos Aires), and Zacharias Frankel College (Potsdam).

- (i) For information contact Renee Ravich at eravich@aol.com.
- For reservations and information about donating to the Campaign visit cbe.org
- (\$) \$25 in advance (by December 6)/\$30 at the door

Monthly Rosh Chodesh Gatherings

- 🧰 December 2, 23; January 27; February 24
- () 6:00-8:30 pm

Celebrate the new moon, new friends, and new spiritual connections. We begin with a dairy/ pareve potluck and end with a celebration under the stars! Over the past years more than 150 women of all ages have joined in sharing in large and small group discussion, education, Torah study, meditation, dance, prayer, presentations about international Jewish communities, and more. Special Guests and topics to be announced.

(i) For information contact Karen Bohrer at kbohrer@usa.net.

Festival Art Series

🛗 Sunday, January 12

(10:00 am-2:00 pm

Learn new art techniques and explore your creative side during our sixth Festival Art Series led by award-winning artists. In past years, we created various projects with Judaic themes including wire and bead "Trees of Life" during Sukkot with Hannah Anbar; paintings celebrating Sukkot and Hanukkah with Keri Goldsmid; Miriam's and Elijah's Cups for Pesah, Mezuzah covers, celebratory beads, and Taliit clips with Varda Levram-Ellisman; crafted books for Pesah and painted silk with Jacqueline Jacobs; and, glass Hamsas with Ilanit Shalev. This year we will create with these artists and/or others working with polymer clay, beads, acrylics, fabric painting, and more. Watch for more project details.

Come celebrate and learn with us—even if you do not want to do the art! All women are welcome.

\$ \$38 includes all art materials; \$20 to nosh and watch (\$42/\$22 at the door).

Women's Connection Shabbat

Saturday, February 8

9:00 am | Torah Study9:30 am | Service followed by Luncheon

Celebrate Beth El's vibrant community of women at our annual Women's Connection Shabbat. More than 60 women participate each year in leading prayers, reading Torah, chanting Haftarah, and sharing special readings and melodies. We also honor a Woman of Valor/Eshet Chayil for her contributions to the Beth El and Jewish communities. This is a special opportunity for our entire congregation to learn, rejoice, and celebrate the women of Beth El.

(i) For information and to participate and/or help with this event, visit the Women's Connection page at cbe.org or contact Terry Miller at terrydramateach@aol.com or Karen Bohrer at kbohrer@usa.net

Mah Jongg

iii Weekly | Mondays when the office is open

Noon-4:00 pm

Women of all ages continue Beth El's 60-plus year tradition of playing Mah Jongg. Enhance game skills and friendships.

Knit 'n' Nosh

iii Monthly | 2nd Thursdays when the office is open

(1:00-3:00 pm

Learn and perfect creative yarn knitting and crocheting skills while creating Tikkun projects including caps for premature babies, scarves for women facing breast cancer, and hats for Israeli soldiers. For information contact Joy Wasserman Polun at wassermanjoy3@gmail.com



Affinity Groups

Wise Aging: Living with Joy, Resilience, and Spirit

📤 Dr. Sandra Block

🧰 Wednesdays | December 4, January 8, February 5

(10:30 am - 12:00 pm

How can aging be a good thing? Aging all too often feels like drifting downhill to a place we don't want to go. But each year new doors open with opportunities, even while others close with loss. We have the power to prepare, to become stronger, more resilient, and navigate these challenges. Will we turn toward the opportunities, and find new joy and meaning in life? How can we make the most of this time, and develop into deeper, wiser people?

Community Hike

🧰 Sunday, January 19

(U) 9:00 am

Black Mountain, Rancho Penasquitos

Celebrate the start of the new year and clear out the winter cobwebs for a hike up Black Mountain. This moderate hike intersperses level dirt walking with steeper sections. Views from the summit can be breathtaking. RSVP to David@cbe.org for trailhead info.

Short Stories

🛗 Sundays | December 15, January 19, February 23

(1) 10:30 am- Noon

A lively and interactive monthly discussion of short stories. The stories are sent to participants one week in advance. Volunteer presenters from within the group rotate monthly.

(i) For more information, contact Linda Kozin at linda@kozin.net or Joy Wasserman Polun at wassermanjoy3@gmail.com.

No registration required.

Intro to Judaism

🚢 Rabbi Avi Libman

🛗 Thursdays | December 5, 12; January 9, 16, 23; February 6

Join in an educational journey for Jews and non-Jews interested in gaining knowledge of Jewish history, life, and culture. In this course, our topics include Jewish history, theology, and philosophy, as well as holidays and life-cycle events, practices, and rituals. This course is geared to anyone who wants to learn more about Judaism, in addition to those considering conversion.

Men's Club

Men Talking to Men

📥 Bernardo Bicas

🧰 December 19, January 23, February 20

(1) 6:20 pm

At each session participants select the topic. Men of all ages and backgrounds comprise this diverse and interesting group who come to share and listen in a safe space. New participants are always welcome. Men only, please.

World Wide Wrap

🧰 February 2

(\) 8:30 am

Men, women, girls and boys are invited! Learn how to put on Tefillin and discuss the history and mystery of wearing Tefillin.



Coming in March:



story. Enjoy Purim treats, libations, and holiday merriment.



SAVETHEDATE

MARCH SPRING SCHOLAR-IN-RESIDENCE

We're excited to welcome Dr. Shai Held to Congregation Beth El this spring. Rabbi Shai Held is a theologian, scholar, and educator and one of the most in demand Jewish teachers of his generation. He is President, Dean, and Chair in Jewish Thought at Hadar an institute of Jewish learning in New York City. Hadar empowers Jews to create and sustain vibrant, practicing, egalitarian communities of Torah, Avodah, and Hesed. Rabbi Held also directs the Center for Jewish Leadership and Ideas. Previously, he taught both theology and Halakhah at the Jewish Theological Seminary. He also served as Director of Education at Harvard Hillel. A 2011 recipient of the prestigious Covenant Award for excellence in Jewish education, Dr. Held holds a doctorate in religion from Harvard; his main academic interests are in modern Jewish and Christian thought, in biblical theology, and in the history of Zionism.





BEIT Programs by Date · Join Us

30

December

- 1 Volunteer at the Ronald McDonald House
- Women's Connection Monthly Rosh Chodesh Gathering
- **4** Wise Aging
- 5 BEIT Midrash
- **6** Young Family Shabbat
- 6 Beth El Teens Shabbat Dinner
- 7 VTS 7th Grade Family B'nei Mitzvah Launch Program (parents only)
- **8** VTS Family program for Gan, Kindergarten
- **8** Women's Connection Torah Fund Campaign Kick-Off Brunch
- **11** Chai Jews and Brews
- **12** BEIT Midrash
- **12** Hanukkah Celebration
- **14** <u>H</u>uggim Shabbat Activities
- **14** Mending Broken Relationships with Gail Lipsitz
- **14** Family Services
- VTS Family Program for Dalet, 4th Grade
- **15** Short Stories
- **19** Community Hike
- **19** Men Talking to Men
- **22*** USY International Convention (Jan. 22-26)
- **23*** <u>H</u>anukkah (Jan. 23-30)
- Women's Connection

 Monthly Rosh Chodesh Gathering
- **27** Chai Shabbat

January

- 3 Young Family Shabbat
- 5 Tikkun Olam Open Forum
- 7 Chai Wine & Paint Night
- **8** Wise Aging
- **9** BEIT Midrash
- **11** Huggim Shabbat Activities
- **11** Hineni Shabbat Service
- **11** Family Services
- **11** Senior USY San Diego-wide program
- 12 VTS 6th Grade, B'nei Mitzvah Family Orientation
- Young Families Cooking Class: Healthy Desserts
- **16** BEIT Midrash
- **19** Short Stories
- 23 BEIT Midrash
- 23 Men Talking to Men
- **24** Shabbat Dinner and Table Talk: Jewish Grandparenting
- **24** Chai Shabbat
- **24*** Kadima and Junior USY Kinnus at Camp Ramah (Grades 4-8) (Feb. 24-26)
- Young Family Cooking Class: Calling All Chocolate Lovers
- Women's ConnectionMonthly Rosh Chodesh Gathering
- **30** BEIT Midrash
- **31** Gan (Kindergarten) and Aleph (1st Grade) Family Shabbat dinner

^{*} Indicates start date.

Example 2 February

- Passover Food Drive Begins
- 2 World Wide Wrap
- 5 Wise Aging
- **6** BEIT Midrash
- **7** Young Family Shabbat
- 8 Huggim Shabbat Activities
- **8** Women's Connection Shabbat
- **8** Family Services
- 9 Young Families Cooking Class:
 Tu B'Shevat Treats
- **14*** Senior USY Kinnus (Grades 9-12) (Feb. 14-16)
- **18** Chai at the Jewish Film Festival
- 20 Men Talking to Men
- **23** Short Stories
- Women's ConnectionMonthly Rosh Chodesh Gathering
- 28 Oneg Shabbat for School Families
- 28 Shabbat Dinner and Table Talk: Interfaith Relations
- **28** Chai Shabbat

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^{*} Indicates start date.



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