Feeling the Love

Temple is your partner in mental well-being

COVER STORY PP. 6-8
The turning of the secular year is always a time for reflection. For us as Jews, it’s a sort of second Rosh Hashanah: an opportunity to assess where we are on the landscape of our life’s journey — our hearts and spirits, the relationships most precious and challenging to us, our struggles and successes in God’s world. The Torah bonus of this season is that it also coincides with the beginning of the Book of Exodus, and with it the Exodus 3 episode of Moses at the burning bush. Moses, shepherding in the wilderness, comes upon an ordinary bush aflame with summons and possibility.

In that spirit, I’d like to share a few poems that I turn to to remind me of the invitation to revelation in our daily lives. Reminders that insight is available to us not only at the official times — the High Holy Days, Shabbat, a meditation retreat or the turn of the year — but in every moment. So as a new year’s present, here are three poems of illumination in the commonplace: from a ringing summons to our own potential, to the sweetness in a child’s eyes and a worrying parent’s heart, to the sacred gift of opportunity in each day. May this year of 2021 and the Torah that guides us hold revelations for us all.

Variation on a Theme by Rilke
by Denise Levertov

A certain day became a presence to me; there it was, confronting me — a sky, air, light: a being. And before it started to descend from the height of noon, it leaned over and struck my shoulder as if with the flat of a sword, granting me honor and a task. The day’s blow rang out, metallic — or was it I, a bell awakened, and what I heard was my whole self saying and singing what it knew: I can.

Eyes
by Yehuda Amichai

My oldest son’s eyes are like black figs For he was born at the end of summer. And my youngest son’s eyes are clear Like orange slices, for he was born in their season. And the eyes of my little daughter are round Like the first grapes. And all are sweet in my worry. And the eyes of the Lord roam the earth And my eyes are always looking round my house. God’s in the eye business and the fruit business I’m in the worry business.

You Reading This, Be Ready
by William Stafford

Starting here, what do you want to remember? How sunlight creeps along a shining floor? What scent of old wood hovers, what softened sound form outside fills the air? Will you ever bring a better gift for the world than the breathing respect that you carry wherever you go right now? Are you waiting for time to show you some better thoughts? When you turn around, starting here, lift this new glimpse that you found; carry into evening all that you want from this day. This interval you spent reading or hearing this, keep it for life — What can anyone give you greater than now, Starting here, right in this room, when you turn around?

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Back Cover: From the Archives
Temple Emanu-El continues its work in eliminating racism and promoting awareness and education throughout our congregation, our city and our world. We are sharing terms we’ll be studying in our Facing Our Truths small groups, as well as framing questions for the topics.

**Becoming an Antiracist Congregation**

Temple Emanu-El continues its work in eliminating racism and promoting awareness and education throughout our congregation, our city and our world. We are sharing terms we’ll be studying in our Facing Our Truths small groups, as well as framing questions for the topics.

**Implicit Bias:** Subconscious attitudes, perceptions and stereotypes that influence our understanding, actions, and behavior when interacting with various identities. Implicit bias lies below the surface, but may influence our behaviors.

**What are some examples of how implicit bias manifests itself in life?**

**When is a time you’ve encountered your own implicit bias?**

**What are some ways we can interrupt our bias as a daily practice?**

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**Tour & Taste with Muki & Eli**

**Sunday, January 31 at 10:30am on Zoom**

Join Temple friend Muki Jankelowitz, whom many have toured with on Temple trips to Israel, for an interactive graffiti tour and virtual visit to the Carmel Market in Tel Aviv. While you’re watching, snack on a market fave — homemade potato burekas — made by Temple member and chef Eli Cohn-Wein.

**Register at:** participate.tedallas.org/loveofisraelmuki

**Order burekas for pickup on Friday, Jan. 29:** participate.tedallas.org/burekapickup.

**Contact:** Rachel Tucker, rtucker@tedallas.org
BECOMING B’NAI MITZVAH

Jacob Alfia | Jan. 2
Son of Morgan and Adam Alfia
Highland Park Middle School
Tikkun Olam: VNA Meals on Wheels for Pets

Brady Karp | Jan. 2
Son of Lori and Jon Karp
Parkhill Junior High
Tikkun Olam: Sports equipment collection for athletes in need, Jewish Family Service

Ally Helen Burlbaw | Jan. 9
Daughter of Hillary and Carl Burlbaw
Parkhill Junior High
Tikkun Olam: Visiting Nurses Association Pet Care Program

Daniel Phillip Kashar | Jan. 16
Son of Jennifer and Mark Kashar
Parkhill Episcopal School
Tikkun Olam: Operation Kindness

Sadie Blies Manaster | Jan. 16
Daughter of Rax and Mika Manaster
The Hockaday School
Tikkun Olam: Family Getaway

NEW & RETURNING MEMBERS

Ashley Eskeneazi | Jan. 23
Daughter of Cynthia and Sammy Eskeneazi
Avery Creek Middle School
Tikkun Olam: Jewish Family Service

Elijah Lando | Jan. 23
Son of Julie Groves and Peter Lando
William B. Travis Vanguard Academy
Tikkun Olam: VNA Meals on Wheels for Pets

IN MEMORIAM

Dr. Arnold Bresky
Father of Gary Bresky
Royal H. Brin
Father of Janine Brin
Ralph Bubis
Father of Jan Watson and Barry Bubis
Alexey Chausovsky
Husband of Marya Chausovskaya
Tommy Christianson
Husband of Elisa Silverfield May
Louis John Kolvin Goldberg
Mother of Kenny Goldberg
Alvin Golman
Husband of Marilyn Golman and Brad Golman
Linda Ruth Greenberg
Mother of Kenny Silver
Arnold Klein
Father of Jeffrey B. Klein
Beverly Lunde
Wife of Sid Lunde
Mother of John Lunde and Kenneth Lunde
Sherry Rothschild Padilla
Sister of Barry Rothschild
Barbara Robin
Wife of Stan Robin
Mother of Andy Robin and Nancy Rothfader
Faith Cooperman Sender
Mother of Arnold Sender
Evelyn Stern
Wife of Charles Stern
Mother of Steven Stern, David Stern and Sandra Brakenridge
Robert Waldman
Anina Weinreb
Wife of Neil Weinreb
Mother of Amy Weinreb, David Weinreb and Mindy Weinreb
Sister of Luci Levin
Harry Wigder
Brother of Mark Wigder

BABY NAMINGS

Frida Estelle Cohn
Daughter of Massiel and Seth Cohn
Preston Levi Estrada
Son of Danieile and Mario Estrada
Hannah Goodman
Daughter of Lauren and Jeff Goodman

CONVERSION

Juan Carlos Martin

Temple Cares

GRIEF SUPPORT

Tuesdays, Jan. 12 and 26, 11:30am-1pm, via Zoom
Contact Meredith Pryzant at mpryzant@tedallas.org for more information about group and/or Zoom link.

PANDEMIC-RELATED ONGOING SUPPORT

Over the summer, Jewish Family Service hosted three learning and support opportunities for Temple members related to coping strategies for uncertain times. We are grateful that JFS continues to provide ongoing opportunities for group support on this topic. Specific information about the groups can be found at tedallas.org/community/mental-health-resources.

LET US KNOW

Temple clergy and staff are available to support members of our community dealing with mental and physical health issues. Please reach out to us if you or a friend or family member is dealing with COVID-19, depression, addiction, grief, cancer, chronic conditions, infertility, mobility issues, housing transition, job loss or other conditions.

NO BARRIERS

Finances should never be a barrier to participation in Temple life. Confidential financial assistance is available for most Temple events, tuition and dues.

To join our community in caring or let us know if you are in need of help, please contact Meredith Pryzant, Director of Member Support, at mpryzant@tedallas.org or 214.706.0000 ext. 122.
COMMUNITY

Shabbat Shalom

All services are online; access links will be given in the congregational email the Thursday prior to the service.

Yom Ha’atzmaut
Shemot
Exodus 1:1 - 6:1

Shabbat B’Yachad
Rabbi Amy Ross
Ian Simpson, Songleader

Shabbat
Rabbi Amy Ross
Ian Simpson, Songleader

6:15 PM
Rabbi David Stern
Rabbi Kimberly Herzog Cohen
Cantor Vicky Glikin
Cantor Leslie Niren

Saturday, January 9
9 AM
Tot Shabbat
Rabbi Amy Ross
Shelly Sender
Ian Simpson, Songleader

6:15 PM
Rabbi David Stern
Rabbi Kimberly Herzog Cohen
Cantor Vicky Glikin
Cantor Leslie Niren

B’shalach
Exodus 13:17 - 17:16

B’ha’alora
Exodus 6:2 - 9:35

Shabbat
Rabbi Amy Ross
Ian Simpson, Songleader

6:15 PM
Rabbi David Stern
Rabbi Kimberly Herzog Cohen
Cantor Vicky Glikin
Cantor Leslie Niren

Saturday, January 16
10:30 AM
Rabbi Daniel Utley
Hallie Weiner, Cantorial Intern

Temple Book Club
The Temple Book Club meets virtually on the first Monday of the month at 2 PM. To sign up and receive Zoom links, contact Anjelica Ruiz at aruiz@tedallas.org.

February 1: “The Atomic City Girls,” by Janet Beard
April 5: “Strangers and Cousins,” by Leah Hager Cohen
June 7: “Rachel’s Legacy,” by Julie Thomas

Can Spring Be Far Behind?
Tu BiSh’vat, named for the 15th day of the month of Shevat, celebrates the coming of spring, renewal and regrowth. Watch Temple news for ways that we’ll be celebrating and interpreting the day-long holiday beginning at sunset Jan. 27. For a take-home Tu BiSh’vat seder, a cookie recipe incorporating the foods of the holiday and more, see tedallas.org/prayer/tu-bshvat.
Contact: Alexandra Horn, ahorn@tedallas.org

TOT SHABBAT
Saturday, Jan. 9 at 9 AM
Zoom and Facebook
Join Rabbi Amy Ross, Shelly Sender and Ian Simpson for this Shabbat celebration filled with singing, dancing, laughter and prayer for families with young children up to age 6 and their siblings. Watch The Weekly on Thursdays for links to all Shabbat services.

YOGA EMANU-EL
Yoga Through a Jewish Lens
Join certified yoga instructor Debbi K. Levy for this weekly online live session on Facebook.

Tuesdays at 4 PM | Jan. 5, 12, 19, 26
Contact: Rachel Tucker, rtucker@tedallas.org

WRJ EVENTS
All events are online and Zoom links can be found at tesisterhood.org

Jan. 4 at 5:30 PM: Sister Social
Jan. 19 at 8 PM: Meditation with Roz Katz
Jan. 21 at 7 PM: Daughters of Abraham
Despite all the secular buzz about fresh starts, resolutions and clean slates, sometimes darkness comes. Shorter days, life’s curveballs and when-will-it-be-over years such as 2020 can throw off our balance.

The participants of the Mental Well-Being Working Group are Lori Gerard, Alyson L. Ray, Amy G. Roseman, Teresa Rosenfield, Phyllis Stoup and Fran Toubin, overseen by Vice President Scott Rosuck. Staff members are Rabbi Amy Ross and Meredith Pryzant. The work is ongoing to illuminate resources that are available to you in tough times. Through their expertise in the field, their Temple involvement over the years and their own experiences of how Temple comes through, they share their compassion and help shine the light on a brighter tomorrow.

Never Alone
We are shining the light on well-being, and erasing the stigma surrounding mental health

LORI GERARD
Former Caring Congregation co-chair, Sukkat Shalom and Conversation Project committees, Sh’ma Emanu-El group leader; volunteer for Jewish Family Service transitional housing project

ALYSON L. RAY
Former ECEC and Religious School Parent Association president and ECEC teacher, Adult Bat Mitzvah student, Greene Family Camp Ambassador, Board of Trustees; volunteer for mental well-being organizations

AMY G. ROSEMAN
Lifelong Temple member, volunteer for organizations promoting mental well-being, professional bone marrow donor recruiter

PHYLLIS STOUP
Former religious school teacher, day camp chair, Youth Activities Committee, Adult Education Committee, Board of Trustees; professional educator

FRAN TOUBIN
Membership and Nominating Committees, Past Annual Fund Co-Chair, Board of Trustees, co-chair, YL+E Committee

Not pictured: Teresa Rosenfield Contact: Meredith Pryzant, Director of Member Support, mpryzant@tedallas.org

Note: Temple involvement includes a range of past service and current roles.
You all have given to Temple in so many ways over the years. Why is this work so meaningful to you now?

AGR: Knowing my family’s history and my husband’s family history of mental health struggles, mental wellness is something that we spoke of often with our boys (now in college), just as we talked about asthma and a family history of heart disease. When my oldest son’s dearest friend from Greene Family Camp died suddenly and accidentally at the age of 16, he turned to a Temple rabbi to help him get through the myriad of unanswerable questions. Earlier this year, a dear family friend, our youngest son’s best friend, died by suicide. The urgency to Shine the Light on mental well-being became paramount once again. Sadly, we can provide purpose through our pain.

PS: Upon retirement 10 years ago, I wanted to get involved at Temple in a meaningful way…I brought some possibilities to Temple, and voila…the birth of Sukkat Shalom (Temple’s mental well-being initiative)! Mental well-being is the nugget at the base of every program planned for congregants by this group.

FT: Although I’ve enjoyed all my Temple involvement, being part of the mental health & well-being initiative feels like a sacred obligation and a personal, heartfelt commitment to our community.

Why is it important for Temple to focus on mental well-being this season?

LG: Unfortunately, there is a stigma associated with mental illness. The work that Temple will do in promoting mental well-being reminds us all that we are there for one another and not struggling alone. Just talking about it enables and encourages those dealing with mental illness, or even those experiencing unhappiness or depression, to reach out to others for help.

AGR: We are in a mental health crisis in the U.S. According to the CDC, the annual U.S. suicide rate increased 24 percent between 1999 and 2014, from 10.5 to 13.0 suicides per 100,000 people, the highest rate recorded in 28 years. The Temple community is not immune and together, we can get through this and can help one another at this dire time.

ALR: The pandemic has caused everyone to isolate and isolation is tough for anyone, for those with mental health issues and those who have not had the issues before.

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Psalms for a Pandemic

Thursdays in January
9-9:45am on Zoom

Brighten your winter mornings with the ancient, enduring words of the Psalms in this new online class with Rabbi Debra Robbins. Experience for yourself the power of these words that have brought solace, personal insights and communal connection to our people for thousands of years. Join us weekly or drop in when you can; no Hebrew knowledge is necessary. The experience will include varied translations, music, heart opening questions, a writing practice, shared silence and small group conversation.

January 7: Psalm 81 for Thursdays
January 14: Psalm 121 for Lifting our Sights
January 21: Psalm 133 for Coming Together
January 28: Psalm 1 for Tu BiSh’vat

Watch The Weekly email for Zoom links.

Questions? Contact Rachel Tucker at rtucker@tedallas.org.
One of our goals of Shine the Light is to remove the stigma associated with talking about mental well-being openly and honestly. What would you say to someone who was afraid to reach out to TE for help?

**AGR:** When dealing with a mental health challenge, we can feel isolated and overwhelmed, you are NOT alone. Let your support network in to help, share experiences and trusted resources: Temple staff and lay leaders have walked this path with other families and can help you. You are NOT alone.

**ALR:** Please don’t worry about judgment from others; a lot of people are suffering in silence, and that is so sad. You may not know what help you need, talking to someone with experience can lead you to a program that would be helpful to you or your family.

**PS:** When life throws us curves as it did for [husband] Phil and me, losing both of our mothers just 12 weeks apart, I had to find a way to move forward. My wonderful friend who had just lost her husband asked me to join her in participating in a grief support group at Temple. It was such a healing experience and helped me in a very positive way. Hearing others tell their stories made my journey easier, and it no longer felt unique.

**FT:** When these challenges impacted my own family several years ago, I turned to our clergy. I felt comfortable confiding in them, knowing and being reassured our discussions would be kept confidential. One conversation led to many, and I can’t stress what a difference they have made, from providing emotional and spiritual support, to connecting me with other families facing similar difficulties (with their permission, of course), to helping me truly understand that our family is not alone and how asking for help is a sign of strength, not weakness. Our rabbis and cantors are incredible, and my family and I continue to be grateful for their compassion and guidance.

What are the ways that you depend on Temple for your own positive mental well-being?

**ALR:** Using self-help practices such as Mussar, meditation and yoga.

How has Temple been a source of comfort during the pandemic?

**LG:** Temple has helped keep our sense of community intact, despite the physical barriers posed by the pandemic. Knowing that our clergy and professional staff are working hard to keep the spiritual flame “lit” during this pandemic has been a great source of relief to me as I’m sure it has for the rest of the Temple community.

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**TOP FIVE**

Here are five ideas from Temple to boost your mental well-being.

1. Take the Psalms for a Pandemic class taught by Rabbi Debra Robbins on Thursday mornings this month. See previous page.

2. Attend a Shabbat service on Friday night or Saturday morning, or attend the Daily Minyan on Sunday-Friday. Hear your favorite music and connect with other Temple members in breakout rooms or at a virtual oneg. Zoom links are provided in the Thursday edition of The Weekly.

3. Stretch and move at your own pace under the expert guidance of Debbi K. Levy in Yoga Through a Jewish Lens. See page 5.


5. Need resources to learn more about an issue you’re facing? Download a PDF at tedallas.org/_uploads/wellbeing.pdf
GIFTS OF MEMORY, HONOR AND GRATITUDE

Tributes for Sustaining Temple

OUR CONGREGATION

DORA ARONSON HELPING HANDS FUND
Distributions by Rabbi David Stern to individuals in need of financial assistance, particularly in dire situations.

Memory of Al R. Cohen
By Marilyn Friedland

Memory of Bill Cohen
By Attyce Cohen

Memory of Alvin Goman
By Irme Grossman
By May Sabel

Memory of Barbara Rubin
By Barbara Hurst
By Joel & Sister Steinberg

SUSAN SALOM CLERGY GOOD WORKS FUND
Distributions to charitable organizations, individuals in need or community causes by Temple’s clergy.

Memory of David Albert
By Steven & Lisa Lieberman
By Alan & Susan Klein
By Gary Kahn

Memory of Arthur Batvin
By Bessie Batvin

Memory of Elayne Brown
By Michael & Marcia Brown

Memory of Ralph Rubic
By Jan Watson

Memory of Lois Jean Kalin Goldberg
By Elise Power & David Becker
By Joe & Phyllis Sorner

Memory of Isaac Israel
By Solomon & Nancy Israel

Memory of Lucy Kissner
By Ette & Melvin H. Wiesberg

Memory of Arnold Klein
By Alan & Susan Klein
By Deborah Klein

Memory of Amalia Kohn
By Patricia & Jim Kohn

Memory of Beverly Lande
By Gary Kahn

Memory of Sherry Rothschild Padilla
By Joe & Phyllis Sorner
By Judy & Ronald Faust

Memory of Bob Plasken
By Courtney & Brian Johnson

Memory of David Albert
By Sheila Einhorn
By Batbara & Richard Toronto

Memory of Frank Belzacki Bell
By David & Betty Jo Bell

Memory of Alan L. Berger
By Helaine Itzchakten

Memory of Ellyn Cohn
By Helaine Itzchakten

Memory of Alvin Goman
By Helaine Itzchakten

Memory of Fannie Trachtenberg
By Helaine Itzchakten

Memory of Rose Trachtenberg Green
By Helaine Itzchakten

Memory of Marlene Rapport
By Seth & Sassuel Cahn

Memory of Menahem Schlatman
By Seth & Sassuel Cahn

Memory of Marlene Schlatman
By Seth & Sassuel Cahn

Memory of Beverly Lande
By Norma Steinberg

GENERAL

TEMPLE EMANU-EL CEMETERY ENDOWMENT FUND
Distribution from the Temple’s foundation to support the maintenance and improvement of the cemetery grounds.

Memory of Alvin Goman
By Kevin & Carla Libby

DOROTHY AND HENRY JACOBS ARCHIVES FUND
Support of special exhibits from our archives.

Memory of Donald J. Grosfeld
By Bonnie & Michael Grosfeld

Appreciation of Leah Beth & Harald Kohl
By Mark Perkins

RABBI GERALD J. KLEIN MEMORIAL CEMETERY FUND
Beautification and improvements of the Temple Emmanu-El Cemetery.

Memory of Michael Bierer
By Samuel Bierer & Joseph Pinson

RABBI GERALD J. KLEIN GARDEN FUND
Maintenance of the Klein Garden.

Memory of David Alan Vogel
By Peter Vogel & Marguerite Burts

Appreciation of Rabbi Kimberly Herzog Cohen
By Leslie & Alan Rose

ALEX F. WEISBERG LIBRARY FUND
Purchases of Judaic books, publications and entertainment media.

Memory of David Albert
By Arlene Libis

RABBI SHELDON ZIMMERMAN BUILDING ENDOWMENT FUND
Support for maintenance of Temple’s building.

Memory of Shoshana Gerhardt
By Norma Schlinger

TEMPLE EMANU-EL GENERAL OPERATING FUND
Support of Temple’s general programs and events.

Memory of David Albert
By The Beckerman Family
By Carol & John Levy

Appreciation of Cantor Vicky Gilkin
By Courtney & Brian Johnson

Appreciation of Rabbi Kimberly Herzog Cohen
By Seth & Sassuel Cahn

Appreciation of Rabbi Dan Utley
By Seth & Sassuel Cahn

Honor of Bob Plasken
By Seth & Sassuel Cahn

Honor of Sherry Rothschild Padilla
By Seth & Sassuel Cahn
TEMPLE EMANU-EL  
ANNUAL FUND

Spotlight on Paige and Marc Sachs

The Annual Fund is the highest fund-raising priority at Temple. The funds raised help make Temple the vibrant place that it is, and provide resources for unwavering help and support for you and your loved ones. As Temple looks ahead to its 150th anniversary, we take time to share stories with you of today’s Annual Fund leaders who are helping to assure a strong tomorrow.
Paige and Marc Sachs, 2020-2021 Co-Chairs

Tell us about your connection to Temple.
We have been members since the moment we moved to Dallas in 2008. We knew many friends that were already members and so happy with their experience. Since then we have been involved with Youth Learning + Engagement, the Annual Fund and the Board of Trustees.

Is there an experience over the past few months that Temple made more meaningful?
Temple continues to make many differences in our lives whether it is a baby naming, a mitzvah or continuing education. Most recently, it would have to be the virtual services during the High Holy Days. Leading up to it, we weren’t sure how it would work or feel. In the end, it was as impactful and meaningful as it has ever been. We really enjoyed it.

Thank you for your leadership in the Annual Fund. We’re so happy you accepted the role!

We said “yes” to the Annual Fund because we truly believe in Temple and its impact on not only our lives, but the entire community. Being involved has allowed us to do a deep dive into just how significant Temple’s programs and outreach can be.
Herbert Marcus, Sr., his sister Carrie Marcus, and her husband A.L. Neiman, founded Neiman Marcus in 1907. All were Temple Emanu-El members. They had built a successful sales promotion firm and had two investors and thus had $25,000 to invest into a business. Instead of taking a chance on an unknown “sugary soda pop business,” they elected to create a retail business. That soda pop business they passed on was Coca-Cola.

The first store opened on September 10, 1907. It was stocked with inventory from New York, most of which was not commonly found in Texas. They sold out within a few weeks.

A fire in 1914 destroyed the original Neiman Marcus store and all of its inventory. Neiman Marcus opened its now famous flagship store on Main and Ervay at the end of 1914.