



Temple Emanu El

Bulletin • November 2025/Cheshvan-Kislev 5786



Hello November

The Quiet Edition

The image features a cup of tea on a saucer, placed on a wooden surface next to a window. The window looks out onto a bright, hazy outdoor scene. To the left of the cup, a light-colored cloth is draped. Above the cup, a pattern of blue question marks is visible against a light background. A dark blue banner with white text is positioned below the question mark pattern.

JEWISH ODDS, ENDS & JOYS WITH RABBI MATT

Mar Cheshvan: The Month of Blessed Boredom

If you flip through a Jewish calendar this month, you'll notice something strange about the month of Cheshvan — nothing. No fasting or feasting, no shofar blasts or sukkah walls, no apples dipped in honey or dancing around with the Torah scrolls. Just... “Mar” Cheshvan.

Tradition calls it *mar* — “bitter” — because it's the only month with no Jewish holidays. For most Jews, that can feel a little bitter. After all, the whirlwind of holidays is over, and suddenly our calendars look suspiciously empty. But for rabbis? It's anything but bitter. After the marathon of Tishrei — Rosh Hashanah, Yom Kippur, Sukkot, and Simchat Torah — we finally get to breathe. If Tishrei is the spiritual triathlon, Cheshvan is the couch, a mug of tea, and a long nap. Around here, we call it *Ahhh-Cheshvan*.

Maybe that's the hidden gift of this quiet month. Pirkei Avot 4:3 teaches: “Do not dismiss any thing, for there is no thing that does not have its place.” Cheshvan's place in the Jewish year is the pause — the moment between the High Holy Days and the holidays when we catch our breath, absorb all we've experienced, and settle back into the rhythm of ordinary time and holiness.

After weeks of sound and celebration, we get to practice the quieter parts of Jewish life — gratitude, kindness, showing up for one another, and noticing the blessings that don't come with a holiday name.

And maybe it's no coincidence that Cheshvan leads us right toward Thanksgiving — the most Jewish of American holidays. It's basically Sukkot 2.0: a harvest festival filled with gratitude, food, and family (and slightly fewer *etrogim*).

So yes, Mar Cheshvan has no holidays but that doesn't mean it lacks holiness. Sometimes the most sacred thing you can do is stop, breathe, and appreciate the calm.

May this month be less *mar* and more *mellow*: a time for rest, reflection, and quiet gratitude before the next celebration — or the next plate of latkes — arrives.

NOTED *November* DATES

See flyers or TEE mail for event details

NOV
1

Roll the Dice Game Night - for ALL AGES

NOV
2/9/16/23

Intro to Mussar - Learn with Rabbi Matt
Pam's Porch (11/2 only)

NOV
7

Peace Love Shabbat - Tot Shabbat

NOV
9

Brotherhood Browns Watch Party
@ Burgers 2 Beer Solon

NOV
14

Shabbat Guest Speaker from Humble Design
+ TEEngiving (2nd Fridays Shabbat)

NOV
26

TEE Office + Preschool Closes at 12:30pm
thru November 30th

DEC
6

Spend Shabbat Including Everyone
@ We Rock the Spectrum

DEC
12

Save the Date: Shabbat + Dan Nichols + Dinner
@ Temple Israel Akron (No service @ TEE)

DEC
19

Save the Date: Eat Pray Latkes: Hanukkah Shabbat
with Candle Lighting + Chai Band + Dinner + Donuts

Celebrate Shabbat

FRIDAYS:

5:45 pm | In-person Shabbat Nosh | Sponsored by TEE Sisterhood

6:15 pm | In-person & Livestream Shabbat Service

For all streamed services & events, go to the homepage of our website (www.teecleve.org), click on "Participate" at the top & then "Stream." Then click on the image in the center of the page as the stream begins.

Talkin' Torah Zoom Info: Meeting ID: 846.5218.0544 | Passcode: TEETorah

Saturday, November 1

Parashat Lech-Lecha

Talkin' Torah with Rabbi Matt • 9:30 am

Friday, November 7

Peace Love (Tot) Shabbat • 5:30 pm (See flyer)
Shabbat Service • 6:15 pm

Saturday, November 8

Parashat Vayera

Talkin' Torah with Rabbi Matt • 9:30 am

Friday, November 14

Shabbat Service • 6:15 pm

Guest Speaker, Jen Arenschiold,

Development Manager at Humble Design
2nd Friday TEEn Shabbat + Potluck • 8:00 pm

Saturday, November 15

Parashat Chayei Sara

Talkin' Torah with Rabbi Matt • 9:30 am

Friday, November 21

Shabbat Service • 6:15 pm
Lay Led

Saturday, November 22

Parashat Toldot

Talkin' Torah • 9:30 am
Shabbat Service • 10:30am
Bat Mitzvah of Violet Hersh,
daughter of
Jackie & Jeremy Hersh



Friday, November 28

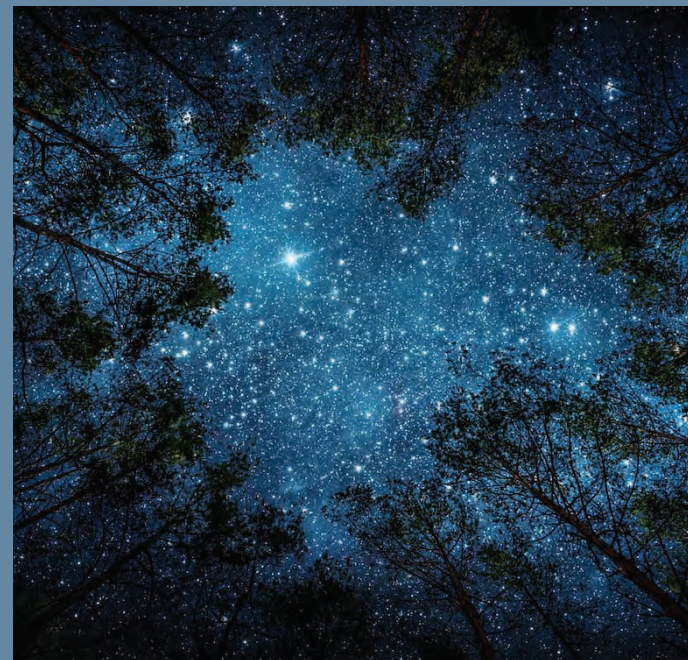
Shabbat Service • Virtual Only
An email with the link will be sent out

Saturday, November 29

Parashat Vayetzei

Talkin' Torah • Zoom ONLY • 9:30 am

slow
down &
breathe



**Temple Emanu El
invites families with
children ages 0-5 years**

PEACE LOVE SHABBAT

Stay + Play Tot Shabbat

FRIDAY, NOVEMBER 7

5:30 PM

@ TEMPLE EMANU EL



**SHABBAT SERVICE
& SNACKS**



CRAFT STATIONS



PARENTS SCHMOOZE

RSVP Requested to Ellie Gulling, egulling@teecleve.org

WEEK ENDING

NOVEMBER 7

✧Sonia K. Amster
✧Herbert Arstein
✧Barnett Baskin
✧Sol Berry
Frank Blumenthal
Libby Borodofsky
Salvatore Calco
✧Julian Cohen
Chris Colombi
Clara Davidson
✧Fran Davidson
Elsie Dery
Miriam Edelman
✧Marvin Evans
Joseph Fainstein
✧Bernard E. Fields
✧Ivan H. Fink
✧David Fisher
Louis Ginsburg
Anne Greenberg
Samuel Greenberg
Amy Lee Haffner
✧Arthur Hirsch
Max Joseph
Marc Katz
✧Stephen Kushnick
Jerome Landis
Sarah Landis
Pearl Levin
Wilda Levine
✧Stan A. Levitt
✧Barbara Lurie
✧Harvey M. Mandell
Gertrude Mann

✧Aaron Maron
✧Rae Pearl
✧Rose Plevin
✧Earl Priesand
✧Alexander Rajzman
✧Miriam Rajzman
✧Allan Shear
Amnon Shelas
Julius Silberger
✧Sarah Sobol
✧Rose Statter
✧Minnie Stein

WEEK ENDING

NOVEMBER 14

✧Bessie Allerhand
✧Sean M. Benner
Ruth Blumenthal
Margaret
Edmondson-Jones
✧Lewis J. Fine
Lois Harris
✧Miriam Hauser
Gloria Herzog
Albert Karabell
✧Helen Katowitz
Fay Bauer Landau
✧Rose Marks
Marvin Molecke
✧Estelle R.
Morgenstern
✧David Nadle
✧Mathilde Roth
Jerry Severin
Esther Schwartz
✧Raymond Union

WEEK ENDING

NOVEMBER 21

Dorothy Bakst
Susan Bauer
✧Dr. Clarence Bayles
Lilly Binstock
✧David Botnick
Ralph Cohen
✧Max Davis
Nat Edelman
✧Joseph Epstein
Herbert Fine
Esther Friedman
Rochelle Friedman
✧Simon Golubitsky
✧Adelle Greenbaum
✧Arthur Haims
Saul Hartman
✧Irving Hershberg
✧Marcy Horvitz
Percy Lightman
✧Clarence Marcuson
Joseph Miller
Mary Morganstern
✧Raymond A. Pearl
Barbara Press
William Resnick
✧Dora J. Robbins
✧Lillian Rubin Ronis
Fannie Rosenberg
Morris Rosenblum
✧Ida Esther Vision
✧Corrine Wallenstein
✧Anna Zeleznick

WEEK ENDING

NOVEMBER 28

VIRTUAL SERVICE ONLY

✧A. Raymond Abt
✧Gene J. Amster
Dorothy Arnold
✧Miriam Bloom
Dora Cohen
Minnie Cohen
Rebecca Fishman
✧Della H.
Goodman
✧Rabbi Alan Green
Tillie Gutterman
✧Tovah Hurwitz
✧Jerrold Kaplan
✧Harry Kline
Leo Kramer
Jerry Krevans
Hannah Miriam
Kronenberg
✧Richard Landis
Selma Lapine
✧Helen Likover
✧Henry Lippman
✧Louanne Mills
✧Mildred N. Morris
✧Herbert Pritzker
Renee Richman
✧Lillian C. Schachter
Harriett Scott
✧Jacob Siegal
✧Morton Small
Julian Solonitz
✧Thelma B. Sulzer

TEE BROTHERHOOD'S BROWNS WATCH PARTY RETURNS!

**Sunday, November 9 @ 1:00pm
vs. New York Jets**

\$20/person  Burgers 2 Beer

33003 Aurora Road, Solon

**Cost includes menu item, soft drink, tax + gratuity
Menu Selection from Lunch Duo Menu only after RSVP
Items not on menu + any other drinks are at your own expense**

**RSVP required by 11/8 to Len Gold
crete2us@gmail.com**

**Cost payable at the door by check to TEE Brotherhood
or Venmo @Len-Gold (1156)**

Dedications

As of 10/30/25

ADMINISTRATIVE

General Operating Fund

in memory of

Benjamin Haberman by Marilyn Zalben, Monica & James Schall, James Negrelli,
Anne Wojton & Clare Martin, Paul & Laurie McCormack, Ernest & Kay Salvino, Roz &
Farrel Levine, Barbara & James Lange, Phylis Ferrara, Edward & Susan St. Jean

Elaine Rembrandt by Rabbi Daniel Roberts

Judith Friedman by Randi & Todd Zeid

Armin Guggenheim by Maury Rose

Nina Rothman by Sharon Friedman and Lisa Vegas

for the yahrzeit of

Bertha Massing Tave by Barbara Spevack

Irving Zaner & Harv Baron by Brian Zaner

Gerald Zlotnik by Martha Zlotnik

in honor of

Rosh Hashanah services by the Zeid Family

L'shana Tovah wishes to

Ruth & David Hurwitz & Family by Claire Levovsky & Lois Morse

High Holy Day Campaign

for the yahrzeit of

Kenneth Shapiro by Jared & Kim Shapiro

CAPITAL

2024 Hineini Campaign Fund

in memory of

Nina Liston Rothman by Marcia & Marc Bakst

DISCRETIONARY

Rabbi Matt Cohen Discretionary Fund

in memory of

Benjamin Haberman by Jesse & Gina Haberman

Richard Katzman by Roberta Katzman and Audrey Katzman & Tim McParland

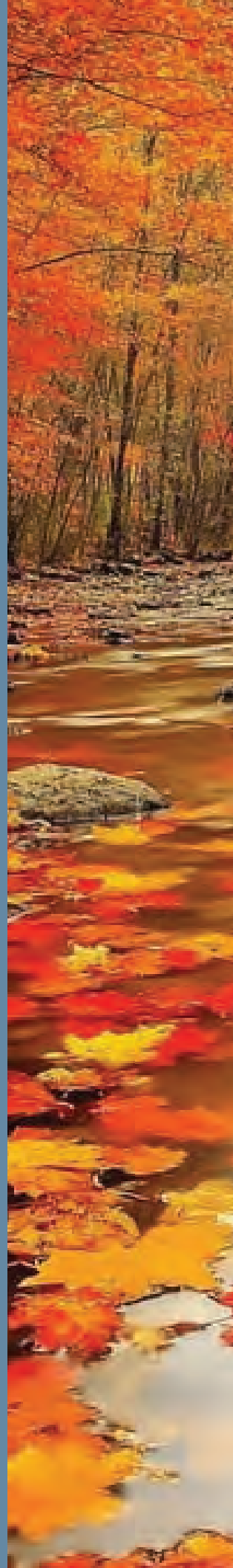
Ethan F. Roberts by Judith Roberts

Kenneth Vinocur and Nina Rothman by Lillian Schlachter

in appreciation of

Rabbi Matt by Judith Miller and Steve Brofman

Rabbi Matt for inspiring service & music for High Holy Days by Judith Roberts and David
& Robin Scott



Dedications Continued

Rabbi Matt for the stone setting of Larry Mattes by Tobi Mattes
Rabbi Matt for baby naming of Maya by Kevin & Jennifer Becker-Moss
Wonderful High Holy Days services & in gratitude for the return of the
living hostages by Lillian Schlachter

Renee Delafronconi Discretionary Fund

in appreciation of

Renee Delafronconi and Judi Roseman by Audrey Katzman
Temple Emanu El by Darryl & Jane Walter

in memory of

Stuart Jack Barmen by Maury Rose

EDUCATION

Bess & Walter Abt Children's Cultural Fund

for the yarhzeit of

Bess Abt by Suzanne Schneps

Blanche Raybin Fund

in memory of

Blanche Raybin by Nancy Raybin

Camp & Israel Scholarship Fund

in memory of

Jack & Tova Hurwitz by David & Ruth Hurwitz

Elaine Katz Rembrandt Drama Fund

in honor of

Rona Press' birthday by Rabbi Daniel Roberts

Siegel-Scoler GUCI Camp Scholarship Fund

in memory of

Gayle Kustin by Verna & Howard Siegel

Sophie Herman Religious School Fund

in memory of

Sally Krevsky by Jared & Kim Shapiro

FACILITIES, ENHANCEMENT & BEAUTIFICATION

Baskin, Fields & Goodman Fine Arts Fund

in memory of

Adele Fox-Davis by Eileen & Mike Kohn and Sheldon Baskin

**SLOW
DOWN
YOU'RE
DOING
FINE**

@theeverythingadvocate

*Good people
in my life.
Grateful feelings
in my heart.*

We are so grateful to all of you who make donations to our funds. Your donations support TEE programming throughout the year, help provide for local and national causes that are dear to our Jewish values, and assist members of our congregation who might require extra support. It is your continued care that sustains our missions and makes all the difference.

Thank You!



HUMBLE DESIGN
CLEVELAND

togetherness to end homelessness

Presented by
Temple Emanu El's
Advocacy Committee

Friday, November 14

5:45 pm • Shabbat Nosh

6:15 pm • Shabbat Service

Guest Speaker to Follow

**Jen Arenschield,
Development Manager
Humble Design Cleveland**

"Our goal is to help end homelessness,
one house at a time. We furnish homes
for people transitioning out of homeles-
sness into stable housing, creating dignity
through thoughtful design."



Temple Emanu El
**4545 Brainard Road
Orange Village, Ohio**





HAPPY TEENSGIVING!!



NOVEMBER 14

6:15 PM SERVICE @ TEE

POTLUCK DINNER AND EVENT AT
CONGREGATION MISHKAN OR
NOVEMBER 14
(AFTER TEE SERVICE)
7:30 PM-9:00 PM

WE WILL BE DOING A PASTA BAR, SALAD BAR, AND ICE CREAM BAR. PLEASE PLAN
ON BRINGING SOMETHING CORRESPONDING WITH THE FIRST LETTER OF YOUR
LAST NAME. SEE BELOW FOR DETAILS.

please RSVP here: <https://tinyurl.com/TEEnsRSVP>



SALAD BAR TOPPING
**LAST NAMES STARTING
WITH A-H**

PASTA BAR TOPPING
**LAST NAMES
STARTING WITH I-R**



ICE CREAM BAR TOPPING
**LAST NAMES
STARTING WITH S-Z**

Follow Us on Social Media



FOLLOW US ON INSTAGRAM

@TempleEmanuEICLE



FOLLOW US ON FACEBOOK

@TempleEmanuEICLE



Learn with Rabbi Matt
INTRO TO MUSSAR

November 2, 9, 16 & 23 @ 10am

Mussar is a Jewish spiritual study & practice that gives us the tools to live more meaningful & holy lives.

Milestones

Milestone birthdays are listed every 5 years beginning at age 25 & every year after age 90.
Anniversaries are listed every 5 years & every year after 50 years.

NOVEMBER MILESTONE BIRTHDAYS

11/2	Jennifer Hershey
11/8	Nancy Dunn
11/9	Carol Sesnowitz
11/10	Shaina Mancini
11/12	Carolyn Cutler
11/18	Sheldon Baskin
11/19	Michael Arch
11/20	Alyssa Blitzer
11/26	Judith Klotzman

NOVEMBER MILESTONE ANNIVERSARIES

11/22	Daniel & Betty Malmad
11/24	Michael & Karen Weinberger

Our Congregation Mourns

THE CONGREGATION MOURNS THE LOSS OF OUR MEMBERS:

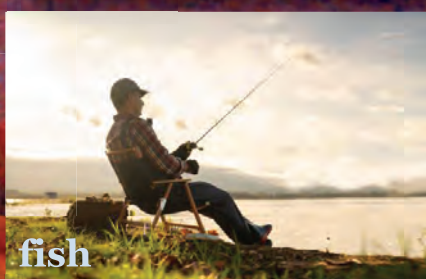
Stuart Jack Barmen
Nina Rothman

WE EXTEND OUR CONDOLENCES TO:

Randi & Eric Wallin
on the loss of her father,
Kenneth Vinocur

Diane Zucker
on the loss of her cousin,
Adelle Fox-Davis

“Sit in the quiet, even if it’s just long enough to feel your shoulders drop.
And in the quiet, you will find that peace will meet you right where you are,
not where you’re trying to be. *let there be peace, and let it be now.*”





My New Year's resolution is to focus on JOMO. Maybe yours should be, too

~Sheryl Berk (excerpts from Today.com, December 2024)

I have always been a “yes” woman: Yes, I will take on another work assignment on a crazy deadline. Yes, I will go to dinner with my husband’s fraternity brothers and their wives. Yes, I will join my girlfriends for a night out of birthday revelry. Sure, I can read your kid’s college essay (for the third time) and edit it. The result: I’m exhausted, resentful, cranky, and I have no time for myself.

This year I am vowing to change things, to focus on JOMO (the opposite of FOMO, it means the joy of missing out). I’m dedicating this year to purposeful (or even purposeless) me time. This means I will stop comparing myself to others (and their highly cultivated social media feeds), practice saying no, and give myself permission to power off my phone. I am going to free up my time and release my anxiety of always needing to be busy. It doesn’t make me less of an achiever; it doesn’t mean my life is unfulfilled or I am inadequate. It’s instead a commitment to caring how I spend my time and appreciating the small stuff I might have never noticed. It’s allotting hours to passion projects and seeing where they might lead. I can go to a reiki session or zone out on a park bench and people-watch — a solid 60 minutes of being completely off the grid. It’s OK to binge a show and not feel like a lazy, unproductive sloth for doing so. In fact, it’s more than OK.

JOMO isn’t selfish; it’s self-love. It’s going for a long walk instead of returning phone calls. It’s staying in bed when I have a cold instead of pushing through and feeling lousy. It’s setting boundaries and limiting my time with people who don’t respect them. It’s prioritizing what matters to me over what others want/need/demand. No regrets!

What I hope I get out of this year’s resolution is a reconnection to what makes me happy. I want to feel gratitude down to my bones and celebrate solitude — it’s where my inspiration stems from. I want to be free to let my mind wander wherever it chooses... When I become this person who says no, who puts me first, I am confident the people who matter to me will embrace it. Maybe they will even follow my lead and take this year to do more work on their own well-being? Life is short and it’s so easy to get swept up in daily drama and decision-making that we let hours, days, years slip through our fingers. Not me, not now. After I write this essay, I’m taking a little nap and unplugging. Yay me.”



WELCOME

TEE is so excited to introduce our new members!

As of 10/31/2025

Susie & Brett Regal (adult child)

Before retirement, Susie was a veterinarian and lab manager at University School. She enjoys games, walking, baking, travel, and crafting. Brett is an owner of a manufacturing company and enjoys woodworking, travel, inventing, cooking, and art.

Susie: susieregal@gmail.com

Brett: brettregal@icloud.com

Robin Stout & Haley Harlow (Ellie-2 years, Charlotte-3 months)

Robin is at home with the girls. Haley is a physician at University Hospitals.

Robin: stout.1800@gmail.com

Haley: haley.perlow@gmail.com

Mandy & Adam Miller (Ellie-5th grade, Harper-3rd grade, Reese-kindergarten, Liv-2.5 years)

Adam is the Vice-President of On-Air Talent Strategy for WKYC Studios/TEGNA Inc. Mandy is a Director at Progressive Insurance.

Adam: millerjadam@gmail.com

Mandy: mandymiller1027@gmail.com

Debbie & Larry Seifert (Noah-2 years, Adeline-2 months)

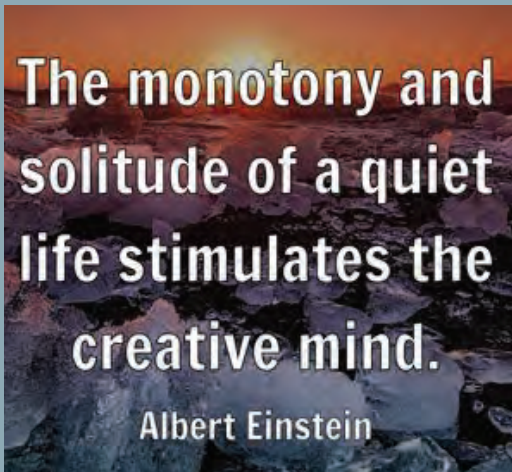
Debbie is a research assistant at Case Western Reserve University, and Larry is a financial analyst at Charter Communications. Larry enjoys Cleveland sports, and his aunt and uncle are our members, Amy & Michael Cantor.

Debbie: debbieseifert615@gmail.com

Larry: larry.j.seifert@gmail.com

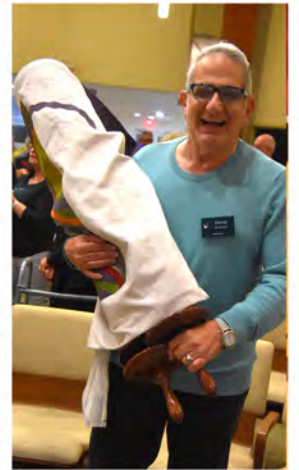


Today I am
grateful for



The monotony and
solitude of a quiet
life stimulates the
creative mind.

Albert Einstein



SEPT & OCT MEMORIES



**LIVNOT KEHILLAH:
HAKARAT HATOV**

**ALL CLEVELAND AREA FAMILIES
WITH CHILDREN BIRTH TO 6 YEARS
ARE INVITED TO**

SPEND SHABBAT

INCLUDING EVERYONE

@WE ROCK the Spectrum

**SATURDAY, DECEMBER 6
9:30 AM**

700 Beta Drive, Suite 300, Mayfield

Join Temple Emanu El Friends for indoor play
Admission + Snacks + Activities Included

RSVP by December 1st
www.tinyurl.com/TEEShoresRSVP

Temple Emanu El

4545 Brainard Road, Orange Village
Sponsored by Temple Emanu El and JEC Shores Grant



DAN NICHOLS

Join us for a Hanukkah Weekend Celebration
with singer/songwriter Dan Nichols!

DECEMBER 12

HANUKKAH SHABBAT SERVICE @ 6:30PM

with dinner at 5:30pm



Temple Israel Akron

91 Springside Dr.
Akron, OH.



**IMPORTANT: THERE IS
NO SERVICE AT TEE !**



RSVP for dinner here!