

PARKING LOT: St. Paul's Community Care Center parking lot may **ONLY** be used **during services on Fridays and Saturdays and at no other time**. The entrance is on Third Ave. between Maple and Nutmeg Streets.



DAVAR MEGILLAH

JULY 2018 • MONTHLY NEWSLETTER • TAMUZ 5778/AV 5778

UPCOMING EVENTS



ADULT EDUCATION SCHEDULE
See page 5 for details



Sunday July 1, 8, 15, 10:00am
ADULT ED: JUDAISM AND SELF-CARE



Sunday July 1, 8, 15, 29 11:30am
ADULT ED: LEARNING TO LEYN HAFTARAH
See page 5 for details



Friday, July 6, 7:15pm
KABBALAT SHABBAT SERVICE "ASK THE RABBINIC INTERN"



Saturday, July 7 and July 21, 12:45pm
ZIMMUN AND ZEMIROT ("SINGING")



Saturday, July 8, 7:00pm
OHR SHALOM ON THE TOWN GOES TO "SPAMALOT"



Friday, July 13, 6:45pm
SHABBAT AT THE BAY
See page 3 for details



Saturday, July 14, 28, 12:45pm
LUNCH & LEARN
See page 3 for details



Saturday, July 21, 8:30pm
TISHA B'AV
See page 3 for details



Sunday, July 22, 10:00am
TISHA B'AV SHACHARIT SERVICE
See page 3 for details



Wednesday, July 25, 7:00pm
MEN'S CLUB POKER



Sunday, July 29, 10:00am
ADULT ED: PRAYER WRITING WORKSHOP
See page 5 for details



Saturday, July 29, 7:00pm
OHR SHALOM ON THE TOWN GOES TO "A FUNNY THING HAPPENED ON THE WAY TO THE FORUM"



Enjoy articles by **Lynn Mendelsohn**, our new President (page 2), and

Cheryl Katz, our new Religious School Principal (page 8).



Summertime and Looking at Our Own Mortality

By Rabbi Scott Meltzer

Death is a topic that many of us are reticent to engage. Some people choose to live life in denial of, or at least ignoring, the reality of our own mortality.

Our tradition teaches us otherwise. Acknowledging our mortality is part of celebrating, cherishing and sanctifying our life. We are created from the dust of the earth, and to dust we are all destined to return.

This is not a tragedy. It is a condition of being alive. Fighting against our mortality, as distinct from fighting to maintain our health and lengthen our days, is ultimately a futile battle that we will lose.

There are a number of serious issues around death that I struggle to find the appropriate time to broach. The High Holy Days are often the time when more of the congregation is listening to me than any other moment during the year. Especially at Yom Kippur, the reality of our mortality is directly relevant.

I have two specific issues I would like to offer for everybody's consideration that are really about what happens when we die.

I also want to acknowledge that we

have just recently observed the first yahrtzeit for my father, Ron Meltzer ב"ר, and standing over his grave at Home of Peace, I decided to make this my summer message.

The two issues I want to discuss are purchasing one's own burial plot and why Jewish bodies should not be cremated.

The first is very easy. If you are able to purchase your own burial plot and even pay for the other costs surrounding burial while you are still alive, you give a wonderful, loving gift to those who care for you the most.

When a Jew dies, the tradition teaches that the body should be interred in the earth as soon as possible. Just as the soul immediately begins its journey to the world beyond, the body too should immediately begin its journey back to the earth. Also, it helps us to be cognizant that the body is not the person, but rather the container for the soul, and when those two are together, that is the person we know and love.

When a person has not taken care
Rabbi's Message continued on Page 8



Tisha B'Av – 5778

Saturday, July 21 at 8:30pm

Goodman Chapel

Tifereth Israel Synagogue

6660 Cowles Mountain Blvd.
San Diego, CA 92119

Ohr Shalom Synagogue and Tifereth Israel Synagogue will once again unite for **Tisha B'Av** services. (See page 3 for details)

Tisha B'Av Shacharit Service

Sunday, July 22 at 10:00am

Ohr Shalom Synagogue

Please join us for a quick service, with space for you to share reflections and writings that bring you into the mood and ideas of the day.

(See page 3 for details)



WORDS FROM THE PRESIDENT

Lynn Mendelsohn
President

Taking a First Few Steps

“Beginnings are such delicate things,” wrote Frank Herbert in his 1965 novel *Dune*. The delicacy derives, I believe, from the fact that a beginning is an empty set, a thing composed only of potential. One’s reaction is “Come on. Let’s go. Let’s make something happen!”

I have begun my Presidency at Ohr Shalom by making a new Board of Directors happen, and, thanks to the congregation’s responses to the recent ballot, that Board is taking on the synagogue’s business as of July first. Please look at the Board roster on page 2 of this *Davar*. Several members are returning from previous years, including Joy Heitzmann and Ruben Rosental, who are Ohr Shalom institutions. Some, such as Elizabeth Green, Secretary, Aviva Angel, Chair of Programming and Events,

and Member-at-Large Allyson Darroch, are Board members for the first time.

Regardless of previous service, every person on the Board has committed to thinking and working hard, and jumping with both feet into the effort of making the next two years at Ohr Shalom memorable. We intend to offer events and learning opportunities galore, starting during the summer with classes with Rabbi Adler, a Friday night service with a novel format, an August Shofar-Blowing Academy (open to all ages and genders), and outings with Ohr Shalom on the Town. In the fall, Rabbi Melzer will lead a 7-week set of classes on the topic of Aging; Adult Ed’s Sunday Morning Talk Shows will return with programs on topics such as Environmental Responsibility;

President’s column continued on Page 4

OHR SHALOM’S GOT A BRAND NEW BOARD!

Starting July first, a new Board will be governing our synagogue. We will welcome Board members who haven’t served previously and some who have. In either case, we are looking forward to the new energy and fresh ideas they will bring with them.

We welcome to the Board of Directors for the first time:

Aviva Angel, *Chair, Programming & Events*. Aviva already has worked on events at Ohr Shalom, volunteering for the Purim Carnival and preparing that scrumptious cholent for the Fiddler sing-along.

Elizabeth Green, *Secretary*. A long-time member and minyan-attende, Elizabeth takes on the key job of monitoring and recording Board happenings.

Allyson Darroch, *Member-at-Large*. Also a familiar face at Ohr Shalom, and a member of the Choir, Allyson will take some time to select her particular interests and commitments on the Board.

Returning Board members will be:

Louise Chandler, *Chair, Membership Care*. Louise, whose past services to Ohr Shalom include a Sisterhood presidency, will take charge of New Member happenings and of events that promote community.

Rachel Millstone, *Chair, Social Action*. Rachel once again will lead our super-busy Social Action Committee, reprising a role she filled so excellently a few years ago.

As Presidents of Sisterhood and the Men’s Club, respectively, **Marda Rose** and **Joe Hartman** will sit on the Board, elected by their own constituencies.

Sadly, we say goodbye to **Brad Eisenberg**, who has done a great job as Social Action Chair. Brad is leaving the Board to pursue an avocation as a long-distance hiker and climber.

Truly, we are fortunate to be served by such outstanding people who, we know, will work tirelessly and selflessly to benefit us all.



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DAVAR

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Cheryl Katz - Principal

OHR SHALOM BOARD OF DIRECTORS

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This newsletter is a publication distributed free of charge to members of Ohr Shalom Synagogue. We regret any omissions and would appreciate being notified in order to amend any involuntary error.

Bulletin Deadlines

Readers are welcome to submit articles, photos, event notices to the Davar. Please e-mail all submissions to: davar@ohrshalom.org

Deadline:

- July 5 for August issue
- August 5 for September issue

Ohr Shalom’s Publicity Liaison:

Jane Zeer

Attention Committee Chairs and Program Coordinators: Please contact Jane at janezeer@cox.net to coordinate publicity of upcoming events.

OHR SHALOM SERVICE SCHEDULE

KABBALAT SHABBAT SERVICE SCHEDULE

Friday, July 6 - 7:15pm (Kabbalat Shabbat Service, "Ask the Rabbinic Intern")
 Friday, July 13 - 6:45pm (Shabbat at the Bay)
 Friday, July 20 - 6:15pm (Kabbalat Shabbat Service)
 Friday, July 27 - 6:15pm (Kabbalat Shabbat Service)

Shabbat at the Bay

Fridays: July 13 | August 17

Come early and bring your own dairy/pareve dinner

6:45pm - Kabbalat Shabbat Services

PLAYA PACIFICA - MISSION BAY PARK

Playa Pacifica Park in Mission Bay Park: I-5 to Exit 22: Clairemont Drive / Mission Bay Drive. Drive west towards the bay. Turn left (south) on East Mission Bay Drive. Drive 0.2 miles and turn right into parking lot. We will be near the blue-roofed gazebo. (The Hilton Hotel is south of our gathering.) *Don't forget your folding chairs & blankets!*



ZIMMUN AND ZEMIROT ("SINGING")



Saturdays, July 7, July 21 at 12:45pm

After Shabbat lunch, we'll sing *Birkat HaMazon* to begin an afternoon of song and celebration.

We'll sing *zemirot* (songs) from the traditional bentcher and learn some new ones from Rabbi Adler and fellow community members.

If you have any Jewish songs or *niggunim* (melodies) to share, please be sure to bring them along!

LUNCH & LEARN WITH RABBI SYDNI ADLER



Saturdays, July 14, July 28 at 12:45pm

Come for Shabbat services and stay for lunch and discussion.



Tisha B'Av – 5778

Saturday, July 21 at 8:30pm

Goodman Chapel, Tifereth Israel Synagogue
 6660 Cowles Mountain Blvd., San Diego, CA 92119

Ohr Shalom Synagogue and Tifereth Israel Synagogue will once again unite for *Tisha B'Av* services.

Tisha B'Av, the ninth of the Hebrew month of Av, is a day of national mourning that commemorates the destruction of the First and Second Jerusalem Temples as well as other sad days in Jewish history.

The evening will begin with a service, which will be followed by the reading of the book of *Eicha* (Lamentations), and a study session.

All are welcome.

Tisha B'Av Shacharit Service

Sunday, July 22 at 10:00am

Ohr Shalom Synagogue

Please join us in a small space for spiritual centering on this most tragic day of the year. We'll have a quick service, with space for you to share reflections and writings that bring you into the mood and ideas of the day. Please contact Rabbi Adler (rabbiadler@ohrshalom.org) to take part in the service.

PARSHIYOT AND CANDLELIGHTING July 2018



PARSHAT PINCHAS

Fri. July 6 | 24 Tamuz 7:42pm
 Sat: July 7 | 25 Tamuz
 Torah: Numbers 25:10 - 30:1
 Haft: Jeremiah 1-2:3



PARSHAT MATOT-MASEI

Fri. July 13 | 1 Av 7:40pm
 Sat: July 14 | 2 Av
 Torah: Numbers 30:2 - 36:13
 Haft: Jeremiah 2:4 - 28; 3:4, 4:1-2



PARSHAT DEVARIM

Fri. July 20 | 8 Av 7:36pm
 Sat: July 21 | 9 Av
 Torah: Deuteronomy 1:1 - 3:22
 Haft: Isaiah 1:1 - 1:27



PARSHAT VAETCHANAN

Fri. July 27 | 15 Av 7:32pm
 Sat: July 28 | 16 Av
 Torah: Deuteronomy 3:23 - 7:11
 Haft: Isaiah 40:1 - 40:26



Ohr Shalom's Choir!

Come join us on Mondays at 6:30pm

**July 2
 July 9
 July 16
 July 23
 July 30**



Shabbat Morning Babysitting



Reservations are strongly recommended.
 E-mail your reservation to: office@ohrshalom.org.

FOLLOW US ON FACEBOOK

for the weekly e-Kol, details of upcoming events and pictures of past events.



Go to: www.facebook.com/ohrshalomsynagogue

Ohr Shalom ON THE TOWN Summer

On the Town has two summer outings planned for late July and early September.

A Funny Thing Happened on the Way to the Forum

Sunday afternoon, July 29 at 2:00pm

A Funny Thing Happened on the Way to the Forum, the classic musical satire of Rome under the Empire, by Stephen Sondheim, Burt Shevelove and Larry Gelbart. At the North Coast Repertory Theater, Solana Beach. Group rate tickets will be **\$37**.



1812 Tchaikovsky Spectacular

Sunday evening, September 2 at 7:30pm

The San Diego Symphony will present the last Bayside concert of its summer season, the *1812 Tchaikovsky Spectacular*, led by Associate Conductor Sameer Patel and accompanied by booming cannons and fireworks. A discounted seat at a 4 person table in "Cabaret Section 2" will cost **\$40**.



(Notice of change: This concert replaces *Hooray for Hollywood*, previously announced for August 11th, as that concert, unfortunately, was scheduled to begin too early for an evening following Shabbat.)

Interested in taking in one or both of the above? Please tell Lynn Mendelsohn (mendasst@n2.net); phone/text: (619) 980-1801 **as soon as you can**.

WORDS FROM THE PRESIDENT (CONT.)

Social Action projects will re-boot; and we will welcome new members through events arranged by our Membership Care Chairperson, Louise Chandler. The daily minyan will continue, as will educational programs to enhance congregants' skills at leading, and participating in, Shabbat and High Holiday services.

Our intention is to find an Ohr Shalom involvement that suits everyone. Thus, if you would like to take part in a particular program or event – A games night? A rummage sale or crafts show? A High Holiday *tefillah* class? A bus trip to a museum in LA? A yoga course? Classes on a topic related to Judaism or to living an ethical life? – please let us know. Send me an email (mendasst@n2.net) or text me (619-980-1801), or get in touch with the Board member whose portfolio most closely relates to your idea.

I have nothing but energetic optimism about Ohr Shalom, its members and its mission. With your good will and best wishes – and your interest and assistance – we can do a lot together over the coming two years, and perhaps, as a bonus, make new friends, cultivate new interests, and grow even closer as a community.

Men's Club Poker Game

Wednesday, July 25 at 7:00pm
Contact Joe Hartman: (619) 851-2303.



RABBINIC INTERN

Sydni Adler
Rabbinic Intern

Summer of Self-Care

Seeing that the maintenance of the body in a healthy and sound condition is a God-chosen way, for it is impossible that one should understand or know anything of the divine knowledge concerning the Creator when he is sick, it is necessary for a man to distance himself from things which destroy the body, and accustom himself in things which are healthful and life-imparting. – Mishneh Torah – RAMBAM

The Rambam (Maimonides), the 12th-century rabbi, commentator, and doctor, spends a lengthy chapter of his tome on Jewish law speaking about the specific ways in which Jews are obligated to eat, sleep, drink, and exercise. For the Rambam, as we cannot learn to perform rituals properly with a distracted or unhealthy mind and body, Self-Care is just as crucial as any other *mitzvah*. The Rambam is not alone among our rabbinic role models. In *Pirkei Avot*, Rabbi Elazar ben Azariah teaches, "If there is no flour, there is no Torah; if there is no Torah, there is no flour..." (3:17). The Rabbis of old understand that we are embodied creatures, who require concrete, worldly sustenance to survive. If we are not surviving and thriving, we are not capable of performing *mitzvot*. And of course, Torah can and must feed back into that successful living.

Throughout my Sunday teaching this summer, I want to explore with you what Jewish text and tradition, both ancient and modern, have to say about our physical, mental and spiritual health. Together, we will learn about how Rabbis responded to companions who were suffering, both with physical and mental illness. We'll read stories of Biblical figures whose brains did not seem to work like others around them. We will hear just some of the Talmud's Self-Care suggestions, from not drinking water that has been left out all night (in fear of demons) to not fasting on Yom Kippur when we are sick, even if we really want to. We'll play with our breath through some yoga, meditation, and as always, singing. Even if you are not able to learn and to step a little out of your comfort zone with us on a Sunday morning this summer, I would love to hear how you incorporate Judaism into your modes of staying and becoming healthy.

JULY SCHEDULE OF SERVICES WITH RABBINIC INTERN SYDNI ADLER

Friday, July 6, 7:15pm
Kabbalat Shabbat service
"Ask the Rabbinic Intern"

Sat., July 7, 9:30am
Shabbat morning service,
Zimmun & Zemirots, 12:45pm

Friday, July 13, 6:45pm
Kabbalat Shabbat service
"Shabbat at the Bay"

Sat., July 14, 9:30am
Shabbat morning service,
Lunch & Learn, 12:45pm

Friday, July 20, 6:15pm
Kabbalat Shabbat Service

Sat., July 21, 9:30am
Shabbat morning service,
Zimmun & Zemirots 12:45pm

Friday, July 27, 6:15pm
Kabbalat Shabbat service

Sat., July 28, 9:30am
Shabbat morning service,
Lunch & Learn, 12:45pm



ADULT EDUCATION

Lita Kleger
Adult Education Chair

Classes this summer are taught by Rabbinic Intern Sydni Adler (rabbiadler@ohrshalom.org) on Sunday mornings.

JUDAISM AND SELF-CARE

July 1, July 8, July 15 at 10:00am

Maimonides, a famed medieval rabbi and doctor, teaches that it is impossible to learn anything about God when one is sick. Judaism is an embodied religion – we cannot ignore how we are feeling if we want to gain access to the Divine. Together, we'll explore what Jewish text and practice can teach us about the importance of maintaining our health – physical, mental and spiritual. Beyond theoretical discussion, we'll experience and brainstorm techniques that we can personally bring into our lives towards better health.



PRAYER WRITING WORKSHOP

July 29 at 10:00am

With this antiquated prayer book of ours, what do we say to God or ourselves at a child's high school graduation, in preparation for a job interview, or in celebration of a promotion? What do we say when we don't connect with the words on a certain page at all? In our prayer writing workshop, we take some time to explore a methodology for reading the words of the siddur, and then we'll dive into writing our own prayers. Bring your own creativity, as well as any literature you might want to incorporate into your personal prayers!



LEARNING TO LEYN HAFTARAH

July 1, 8, 15, 29, August 12 at 11:30am

Learn the melodies necessary to chant Haftarah in front of our community. Unlike when chanting Torah, when you chant Haftarah on Shabbat or holy days, you will see all of the punctuation, vowels, and trope markings, in a font that is very easy to read! No Torah leyning experience is necessary, but please come with a strong ability to read vocalized Hebrew. Please contact Rabbi Adler (rabbiadler@ohrshalom.org) to let her know you're excited to join the class!



YOGA YOM RISHON

August 12 at 10:00am

Celebrate a new month (Rosh Chodesh Elul!) with a morning of yoga practice! We'll rest, recharge and also challenge ourselves a bit in preparation for a month that is traditionally set aside for passionate learning and preparation for the High Holy Day season.



COMING IN OCTOBER!

Program on Aging with Rabbi Meltzer

Seven classes on Wednesday mornings,
starting October 10th



Ohr Shalom Tour

ISRAEL – 70 Years of Craft & Design
at the Mingei Museum in Balboa Park

Sunday, August 5 at 10:00am

In recognition and celebration of the 70-year anniversary of the founding of Israel, Mingei International Museum and Balboa Park's House of Israel collaborated on a retrospective exhibition highlighting the nation's diverse and lively craft and design.



ISRAEL – 70 Years of Craft & Design celebrates the art and innovation of the nation's diverse people through a rich range of objects of daily use. Over 100 objects—including Yemenite jewelry, Bedouin textiles, contemporary garments, sustainable and industrial design, adornment incorporating ancient materials, furniture and ceramics—illustrate the special fusion of European and Arab influences embodied in Israel's modern craft and design. Coinciding with global recognition of Israel's 70 years of statehood, this project is the Museum's first opportunity in its 40-year history to feature the innovative work of Israel's designers and artists.

Please join us for this opportunity. We will meet at 9:45am outside the museum located at Plaza de Panama in Balboa Park. The special discounted admission rate is **\$5.00** per person.

After the tour, please also join us for lunch at the vegan fast food restaurant, Evolution, 2965 Fifth Avenue.

Please RSVP as the museum will provide our group with a docent for every 10 attendees. Contact Lita at lita.kleger@gmail.com, (703) 627-2847.

JEWISH COMMUNITY DAY

AT PETCO PARK

SUNDAY, AUGUST 12 VS PHILLIES | 12:40PM

For Tickets, Contact Gillian at
office@ohrshalom.org or call (619) 231-1456

RITUAL COMMITTEE

Shoshanah Feher Sternlieb
Ritual Chair

The Joy of Shabbat

by Yvonne Scarlett



"Remember the Sabbath Day, to keep it holy. Six days you shall labor and do all your work; but the seventh day is a Sabbath unto the Lord your God..." – Exodus 20:8-11

Amidst the frenetic pace of daily life in New Jersey, there, in the back of my mind, were the plans and preparations needed for the upcoming Shabbat meal. I have the fondest and sweetest memories of celebrating Shabbat when I lived in New Jersey. We were three families who lived within a 4-mile radius of each other, covering Piscataway and Plainfield. Our tradition was to celebrate Shabbat in a different home each week. The women would be busy in the kitchen, the children setting the table and helping with other Shabbat preparations, while the men got an early start in discussing the Parshah.

What made a 25-hour weekly ritual/observance of an ancient custom so special? One would think that the planning, house cleaning and other preparations would be a chore, rather than a release from the usual stressors of the work-week. To the contrary, Shabbat created a pause, a demarcation from the ordinary weekday. There was anticipation of a celebration, something extraordinary. By marking time with Shabbat, we create space akin to a mini-vacation, with concerns placed on hold until after sundown on Saturday. We stop watching the clock, and live as if we have all the time in the world to luxuriate, and to dine like royalty.

Two of my weekly rituals in preparing for Shabbat were, first, to change out towels and linens from the previous week – this also ensured that my boys cleaned their rooms, and second, to have fresh flowers in several rooms and on the dining table – store bought or picked from my garden – to make the space festive and elegant.

For me, Shabbat was truly a welcomed break from work, in which my pagers (before mobile phones became ubiquitous), laptops and computers were powered down, Nintendos were put away, televisions turned off, and we sat at a well-dressed table for a very delicious and unhurried meal.

As we gathered around the Shabbat candles, gently waving our hands over and around the small shimmering flames, covering our eyes from the distractions of the world, we became lost in the moments of spiritual connection – we conversed with Hashem and welcomed the Shabbat bride. As if by a touch of magic – with blessings chanted over wine and bread, and children blessed, an overarching feeling of peace and calm filled the home.

What a beautiful gift we've been given – this gift of Shabbat. Whether you consider yourself to be religious, observant or not, Shabbat is the perfect opportunity to unplug from our pervasive electronic devices, take a break from texting and tweeting, to pause from our work, and cultivate meaningful connections with those around us as we break bread, converse and laugh.

SISTERHOOD CORNER



Marda Rose
Sisterhood President

SISTERHOOD MEMBERSHIP RENEWAL

Sisterhood membership of \$36 is due for the 2018-19 year. It is my hope that each of you will renew your membership this year. You can contact me by email at sisterhood@ohrshalom.org to connect. I hope to hear from you.

Thank you to those who have paid, we appreciate your support. If you would like to join Sisterhood and stay up-to-date on events and news please send payment to the synagogue office. Check should be made payable to "Ohr Shalom Sisterhood."

Questions? Please email: Sisterhood@Ohrshalom.org

SISTERHOOD GIFT SHOP NEWS

Looking for Sisterhood Member Volunteers to help with opening the gift shop. If you are interested please contact giftshop@ohrshalom.org.

Gift Shop Hours – By appointment at giftshop@ohrshalom.org.

Jewelry, Candlesticks, Kiddush Cups, Mezuzot, Scrolls, and More!

Visit our virtual shop at ohrshalom.org/sisterhood.
Special Requests? Email us.



The continued observation of Shabbat is proof that we are better for carving out time to recharge and unwind, for providing rest for body and mind, and for creating a more cohesive society fostered on love, understanding and peace.

How can we make space for Shabbat in our lives if this has not been our habit? In the spirit of Shabbat, it may be as simple as lighting Shabbat candles, or inviting some of your favorite people for a Friday evening end of work-week meal, to share the good things experienced during the week.

It is reputed that Ahad Ha'am, a Hebrew essayist known as the founder of cultural Zionism, once said, "More than the Jews have kept Shabbat, Shabbat has kept the Jews."

May Shabbat be a time of rest and reflection, a time to connect with family and friends, a time to invite someone new to our table, so that they too may experience and enjoy this gift. May Shabbat continue to keep us.



ISRAEL DESK

Susie Meltzer
Israel Desk

The Israel Defense Force Is a Force

Whenever you read of Israel's accomplishments, the news is often about their successful biotech industry and water conservation systems, not the Israel Defense Force (IDF). Guess what? The IDF, Israel's military, has been a significant trendsetter from its creation. When Israel declared independence on May 14, 1948, the very first order given by David Ben-Gurion was the formation of the IDF.

Sadly the same IDF has fought many wars since then, defending Israel against its neighbors. I remember vividly the many threats Israel has confronted for its existence – in 1956, 1967, 1973 and 1982 – and many battles since then, each costing precious lives. How has Israel been able to protect itself against its enemies and, at the same time, been able to achieve what Israel has that has contributed to improve our world?

Let's take a closer look at the IDF. First, since its establishment, both men and women have been required to serve, three years for men and two years for women. Also, military service at 18 has become a rite of passage, the equivalent to going to university. And the IDF is a melting pot, an army of all the people, from rich and poor homes, religious and secular backgrounds, smart and slow, disabled and healthy, courageous and hesitant.

Being part of the IDF is a critical pivotal point in a young person's life. This military creates a thinking, responsible

citizen ready to assume an adult role in society. Remember, the IDF is an army of all of tiny Israel. By necessity and design, it IS Israel. Each family has a son, a daughter, grandchild or relative who serves, creating a tight network.



IDF Swearing In Ceremony in Jerusalem

Secondly, the IDF is an army that is responsible for every one of his members. That is why Israel will release hundreds of terrorists to get back one soldier. According to our tradition, saving one life is equated to saving the whole world. This concept is deeply embedded in the IDF mission.

Thirdly, the IDF embodies other Jewish values including a sense of humanity and a code of honor, which is part of the IDF's DNA. These are founding blocks of the Israeli military, evident in the respect the IDF enjoys both within Israel and around the world.

Lastly, the IDF will continue to protect Israel by providing the safety net. Its success has enabled Israel to flourish, to grow and succeed in spite of all they have endured. The IDF allows Israelis to live their daily lives in their hostile neighborhood.



MOVIE NIGHT

Al Shelden
Past President/Administration



The Band's Visit

Sunday, July 29 at 6:45pm

It's summertime and the livin' is easy. No, we're not showing *Porgy and Bess* as the July movie. Rather, we are showing a dramedy with a message. The 2007 Israeli movie *The Band's Visit* is now a 13-time Tony-nominated and 10-time Tony-winning Broadway musical based on the original movie.



The movie begins, "Once – not long ago – a small Egyptian police band arrived in Israel. Not many remember this... It wasn't that important." The Egyptian band is the Alexandria Ceremonial Police Orchestra. They are to play at the opening of a new Arab Cultural Center. They get off the bus and the director crosses the street to ask for directions to the Cultural Center. The first person he sees to ask for directions looks at him as if he were from a galaxy far far away. "Here, there is no Arab culture," she says. "Also, no Israeli culture. Here, there is no culture at all." They have gotten off the bus at the wrong place and the next bus doesn't come until tomorrow.

The story of their day and night in the "wrong" place with the "wrong" people, ensues. As the NY Times said in its review, "There, amid the dust and the wind, the Egyptians meet a handful of curious (and agonizingly bored) Israelis who, with degrees of easy and grudging hospitality, offer them shelter, food, distraction, engagement, a few nips of booze, some shaky turns around a roller-skating rink and curious, fleeting companionship. Amid the awkward conversations (spoken in lightly halting and fluid English), the even more uncomfortable silences, bits of music and some nicely executed physical comedy, the Egyptians and the Israelis circle one another warily. Love doesn't exactly bloom in this desert, but a sense of unarticulated longing does."

Roger Ebert, in his 5 out of 5 stars review of *The Band's Visit*, said the movie does not provide what one expects from the set-up, rather it "has provided something more valuable: An interlude involving two 'enemies,' Arabs and Israelis, that shows them both as only ordinary people with ordinary hopes, lives and disappointments. It has also shown us two souls with rare beauty."

The film is in Hebrew, Arabic and some English, with English subtitles. It is suitable for teenagers who like subtitles.



RELIGIOUS SCHOOL

Cheryl Katz
Religious School Principal

I'm not in any danger of forgetting what it's like to be a student. Over the past 7 years, I have been a classroom Hebrew school teacher and B'nai Mitzvah tutor, where I make certain that I understand what each student brings with them into the classroom and into their lessons. What helps each student learn? What challenges their learning? What do they love and what would they like to avoid? What language do they speak (sometimes literally, but mostly metaphorically)? Knowing what makes a student tick is essential to helping them learn, no matter what the subject matter is.

This year, I've also renewed my lease on student-hood. Spring 2018 was my first semester as a Masters of Jewish Education candidate, and beyond what I have learned about how other people learn, some of my most meaningful learning was played out on my own experience of being the student and needing to present myself with information and materials in the way that made them most accessible to me.

Being the driver of my own learning has been a humbling task, one that has changed over the many academic years of my life, and ultimately the most important learning I have done, and continue to do.

I think this is integral to any student in any educational setting, but never so critical as it is in our synagogues and religious schools. Often Jewish education is parsed as an obligatory rite of passage, passed down from parent to child (I've overheard many iterations of the following: "My parents made me do this, and so now it is your turn, kid," though never at Ohr Shalom!). But if we create passionate learners, masters of their own journey, then Jewish education becomes a series of doors that our students can't wait to open.

I want students to question, to explore, and ultimately to LOVE Judaism. I want them to search history and find reflections of themselves. I want to see them reach out to find community, and know the place they fill now, and what they will grow to become.

With all of these reflections on learning in mind, it's my honor to become the Religious School principal at Ohr Shalom. I'm privileged to share in our collective responsibility to teach the mitzvot to our children, and I'm very much looking forward to all that our students will teach us as well.

Please don't hesitate to reach out to me – I look forward to getting to know everyone!
principal@ohrshalom.org.

RUTH SAX HONORED AS A WOMAN OF VALOR

Morris Lazard, Rabbi Meltzer, Ivan Mendelsohn and others from Ohr Shalom were in attendance at the Lyceum Theater on June 7th as the San Jewish Arts Festival honored Ohr Shalom member **Ruth Sax** at its 9th Annual *Women of Valor* event. Six actresses presented quotations relating the biography and personal philosophy of each of six honorees.



Ruth's story, describing her childhood in Czechoslovakia, her years as a teenager in Nazi concentration camps, her life in the US, and her commitment to "never forget," was told by Catalina Maynard.

RABBI'S MESSAGE CONT.

to purchase their own plot and pay for other funeral expenses, the immediate family must go through this process – in the hours immediately following a loved one's death. It is not uncommon for family members to visit the cemetery to choose and purchase the plot, the very same day that a loved one has died.

Also, it means in the midst of their mourning, loved ones must pay for the incredible expenses related to burial.

Taking care of these needs ahead of time saves your family from this additional trauma. It means that when you die, the major decisions are already made and paid for, so your family can focus on mourning.

I cannot emphasize enough how loving a gift this is for your loved ones, and the earlier you take care of this the easier – emotionally and financially – it is to do. For anybody who would like to discuss this more fully, please call me and let's arrange a time to sit and meet. You can also call Am Israel Mortuary, who would be happy to help make the arrangements.

The second issue I would like to discuss is cremation. I appreciate that some people feel very strongly about this topic, and I would encourage you, please, to engage me and your loved ones in the conversation. Since death is an emotionally difficult topic of conversation for many people, this is a conversation in which people do not engage until somebody has died, leaving directions to have their body cremated. Obviously, this is too late to engage in a meaningful conversation.

Broadly, Judaism does not permit cremation since it is viewed as an act of violence, even desecration, against the body, and therefore forbidden. Also, since the Holocaust, it is even more clear that Jewish bodies need to be treated with great respect and not burned.

Again, I acknowledge that this topic brings up strong reactions in some people, and I would encourage you, if you have strong feelings and questions, to engage those closest to you, and please call me and let's sit down and have a meaningful conversation.

I would encourage you to spend time every day reflecting on the wondrous gift of life, including its finitude, and allow that reflection and acknowledgment to help guide you to a life in which every year, every day, every hour, even every moment is sacred. In such a life, there is a place to talk about and even to plan for, our own deaths.

May you have a beautiful, meaningful, reflective summer.



LOCAL CHARITY

Andrea Luck
Graphic Designer & Administrative Assistant

San Diego Jewish Gift Closet (The G'mach) Helps Those in Need

The San Diego G'mach, also known as The Jewish Gift Closet, has been in operation since June of 2009. Helene Bortz decided to start this 501(c)3 charity when she saw there was a need in the Jewish Community for helping people in unfortunate circumstances. Along with Myrice Goldberg, these amazing women have kept this organization going and have helped over 2000 Jewish clients in San Diego County.

The warehouse, located in Mira Mesa, collects clothing, toys, food, kitchen items, toiletries and gifts, which are free to

G'mach is an acronym for Gemilut Chasadim or "Deeds of loving-kindness"

anybody in need. Along with the warehouse, G'mach has helped people who have nowhere else to turn – clients on disability who don't receive enough to pay

the rent and others who are retired on a fixed income who need help buying food or paying a phone bill. Many single parents need help with baby equipment, car repairs and unexpected expenses. People have had their jobs outsourced and then their unemployment insurance ran out. Families need assistance for a lifecycle event like a *brit milah* or a burial. The Jewish Gift Closet is there to assist.

The warehouse has a room dedicated to formal events. Wedding dresses, tuxedos, dressy shoes, children's Shabbat clothing and accessories are all available for Shabbat, a wedding or a bar/bat mitzvah.

G'mach fills all these needs and also teaches youth groups about *tzedakah*. With initial grants from the Leichtag Foundation, UJF, The Good People Fund and private donations from the local Jewish community, G'mach has served thousands of Jewish people and continues to add programs for those in need.

Twice a year the "G'mach Family" gets together for their annual Chanukah party and a BBQ at the beach. Children and adults have fun and make new friends. These events are highly anticipated and open to all G'mach recipients and volunteers.

The San Diego Community G'mach is run entirely by volunteers, and no one takes a salary. Donations of cash and gift cards are always needed and appreciated. Donation envelopes for the G'mach are available in the Ohr Shalom lobby. Please take one and donate if you'd like to help this wonderful charity continue to assist the Jewish Community.

The G'mach is in need of volunteers who can commit to a regular, consistent schedule and who would be happy to unpack and sort donations and assist people coming to drop off or shop for items in the warehouse, or to help mentoring. The Jewish Gift Closet is open Mondays and Thursdays from 10:00am-2:00pm, as well as the first Sunday of the month from 11:00am-2:00pm

You can visit their website at sandieoggmach.com, or contact them at "The Jewish Gift Closet," 8811 Production Avenue, San Diego, CA 92121, or call Helene Bortz or Myrice Golderg at (858) 549-1877.



SOCIAL ACTION

Rachel Millstone
Social Action Chair



Please remember to bring non-perishable food for the Jewish Family Service *Hand Up* Youth Food Pantry whenever you come to Ohr Shalom. Look for the blue barrel in the Lobby.



Please contact Rachel Millstone at rdmillstone@gmail.com if you have a social action project you'd like our help accomplishing or to be put on the Friends of Social Action email list.



Monetary donations to "Social Action Fund" to be used for special projects are always appreciated.

CORRECTION TO VOLUNTEER LIST FOR DREAMS FOR CHANGE DINNER:



Apologies to **Anita Nemoy**, whose name was accidentally left off of the list of volunteers in the June Davar. Sorry Anita!

TAY Academy Lunch Project

The at-risk, homeless youth who spend up to several hours a day at the TAY (Transition Age Youth) Academy experience food insecurity daily. The TAY is very appreciative of the help our Congregants and local restaurants give them by providing lunch for their clients on an ongoing basis. If you can help by providing a meal for 18 (home-made or store bought), please contact Marilyn Shelden at 619-368-2047.



Todah Rabah for their ongoing support



The Embargo Grill and Souplantation

Located at 3960 West Point Loma Blvd. in the Midway Towne Center

The Embargo Grill features the distinctive and delicious tastes of the Caribbean. For a 10% discount, mention that you're from Ohr Shalom Synagogue!

Souplantation features salads, soups and more.

These restaurants have each been generously donating meals one day a month to the TAY. Please take the opportunity to go in to thank and support our partners in this very important mission. Let them know you're from Ohr Shalom.

TODAH RABAH AND LIFE CYCLE EVENTS

Thank you for your generous donations in May and June

SYNAGOGUE FUND

In memory of Israel ben Schlomo Bonim

In memory of Jaya Sara Broder
Aaron Rubinstein

In memory of Herb Sevel
In memory of David Sevel
In memory of Sharlene Chester
Evelyn Sevel

In memory of Pearl Strauss
In memory of Melvin Ander
Jacquelin Ander

In memory of Nathan Artenstein
Sarah Artenstein

In memory of Joan Sourasky Salomón
Michah and Joseph Lancman

In memory of Emma Bielaz
David and Esther Mizrahi

RABBI'S DISCRETIONARY FUND

In honor of Rabbi Meltzer
Sarah Artenstein

In honor of Daniel Martinico's Bris
Stewart Rubenstein

In memory of David Hersh
Karen Rund

SOCIAL ACTION FUND

In honor of Cheri Weiss
becoming a Cantor
Rachel Millstone

In honor of Ruth Sax
Ilan Awerbuch and Lynn Pollack

TODAH RABAH TO OUR ONEG SPONSORS:

Sarah Artenstein
David and Miriam Burakoff
The Bielaz Family
Bobby and Norman Greene
Laurie Slade
Paul Wapner

TODAH RABAH TO OUR SHABBAT KIDDUSH SPONSORS:

Aviva Angel
Richard Sholten
Ric and Alice Cupples
William and Rochelle Kramer
Raulf and Sharon Polichar
Yvonne Scarlett

Mazal Tov to:



Cantor Cheri Weiss on her Ordination from the Academy for Jewish Religion (AJRCA).

Todah Rabah to:

Cantor Cheri Weiss and Dan Weiss for hosting a Shabbat Dinner for our community.



Todah Rabah to our June Shabbat Service Leaders, Torah and Haftarah Readers, D'rashot and Minyan Leaders:

LeAnne Adams
Ilan Awerbuch
Vanina Bunton
Hudi Eshel
Joe Hartman
Cheryl Katz
Koba!
Morris Lazard

Jessica Lemoine
Yiftach Levy
Jennifer Tabak-Levy
Susanne Lisker
Eli Meltzer
Shayna Meltzer
Ivan Mendelsohn
Rachel Millstone
Bill Morris

Rocky Reid
Ruben Rosental
Brian Ross
Ruth Shapiro
Naima Solomon Bercovitch
Ari Van Frank
Cheri Weiss
Jane Zeer

Todah Rabah to Rocky Reid for his weekly *Maise* in the Kol.

Todah Rabah to our Shabbat Kehillatit Dinner volunteers: Marci Prag, Matt Razinsky, Aviva Angel, and Vanina Bunton; And Miriam Bergman for setting the tables.

Condolences to:



Anita Goldstein, Strul, Leonardo, Gregorio Goldstein and Carolina Behar on the passing of **Meyer Izigson**, beloved brother and uncle.

May their memory be for a blessing to all those who knew him and loved him.

Memorial Plaques

Memorial plaques **must be ordered by July 12, 2018** to be installed on our Memorial Board and dedicated during our Selichot service on September 1, 2018.

Each bronze engraved remembrance plaque is available for **\$360**.

Please call or email the office for more information, (619) 231-1456, office@ohrshalom.org.



Have you mailed back your:

- **Membership Renewal Form**
- **Religious School Registration**

Rebecca Helfand	Sarah Artenstein's Sister	1-Jul/Tamuz 18
Ida Limenes	Remembered by Sara Limenes	1-Jul/Tamuz 18
*Alter Moises Klein Rubinstein	Iliana Bielaz's Father	4-Jul/Tamuz 21
Wolf Bielaz	Wolf Bielaz' Grandfather.....	5-Jul/Tamuz 22
Zeev Bielaz	Efrain Bielaz's Father	5-Jul/Tamuz 22
Mildred Mark	Remembered by Honey Mark.....	5-Jul/Tamuz 22
Jose Zagursky	Enrique Zagursky's Father	6-Jul/Tamuz 23
*Leibi Lipowsky	Aida Veinbergs and Salomon Lipowsky's Father	7-Jul/Tamuz 24
Jorge Taratuta	Nora Taratuta's Husband	7-Jul/Tamuz 24
Carlos Wellman	Gerry Wellman's Father.....	8-Jul/Tamuz 25
Margot Fischer	Fanny Rosental's Aunt.....	9-Jul/Tamuz 26
Eva Marek	Andres Marek's Mother	9-Jul/Tamuz 26
Jaya Sara Broder	Aaron Rubinstein's Grandmother	10-Jul/Tamuz 27
Gussie Stein	Jane Zeer's Aunt.....	10-Jul/Tamuz 27
Susana Waisbord	Remembered by Esther Tishman	10-Jul/Tamuz 27
Lia Goldberg Schneeweiss	Lina Gorinstein's Mother.....	11-Jul/Tamuz 28
David Goldberg	Karen Rund and Susie Meltzer's Grandfather	12-Jul/Tamuz 29
Jane Fine	Remembered by Gail Kalker	13-Jul/Av 1
*Esther Krantz	Remembered by Richard Scholten.....	13-Jul/Av 1
*Rebecca Cohen	Gail Kalker's Grandmother	14-Jul/Av 1
Jane Himelfarb	Steve Fox's Aunt.....	14-Jul/Av 1
Becky Azuz	Vida Sportes, Miryam Slovatizki and Reyna Forman's Cousin	15-Jul/Av 2
Mollie Ehrenwerth	Janice Zipp Cannizzaro and Elaine Smith's Grandmother	15-Jul/Av 2
Isabel Kuriansky De Cybula	Rebeca Sod's Mother	15-Jul/Av 3
Josef Greiner	Remembered by Ohr Shalom Synagogue.....	16-Jul/Av 4
Clara Magrisso	Sarah Artenstein's Mother	17-Jul/Av 5
Edith Schiff	David Jacob's Sister	17-Jul/Av 5
Saul Gold	Silvia Gold's Husband	18-Jul/Av 6
Laskar Schwartz	Elizabeth Schwartz's Father	18-Jul/Av 6
*William Abrams	Evie Sevel's Uncle	19-Jul/Av 7
Emma Esther Lellouche	Vanina Bunton's Grandmother	19-Jul/Av 7
Gilbert S. Berman	Remembered by Roz Berman	20-Jul/Av 8
*Jane D. Young	Allyson Darroch's Mother	20-Jul/Av 8
Charles Kohen	Marda Rose's Grandfather	20-Jul/Av 8
Joshua Morris	Bill Morris' Father.....	20-Jul/Av 8
Bertha Spector	Keira Margolius' Grandmother.....	20-Jul/Av 8
Rachel Deicas	Mauricio Deicas' Mother	22-Jul/Av 10
Eulin Earl Francis	Yvonne Scarlett's Father	22-Jul/Av 10
Greti Peferfreund	Andres Marek's Aunt	22-Jul/Av 10
Elizabeth Rubin	Joe Rubin's Mother.....	22-Jul/Av 10
Raquel Rostenberg	Ari Rostenberg's Mother.....	23-Jul/Av 11
*Ruth Salzman	Tito Salzman's Mother	23-Jul/Av 11
Eugene Agostino II	Christine Eisenberg's Brother.....	24-Jul/Av 12
Agustin Cuenca	Cristy Veinbergs' Father	24-Jul/Av 12
Paul Bergman	Miriam Jane Bergman's Father	25-Jul/Av 13
*Teodoro Constantiner	Remembered by the Goldstein Family	25-Jul/Av 13
*Freda Kucinski	Robert Kucinski and Jacques Kucinski's Mother	25-Jul/Av 13
*Monica Veinbergs	Remembered by the Galicot and Veinbergs Families	26-Jul/Av 14
*Ezekiel Burger	Susie and Eli Meltzer's Grandson	27-Jul/Av 15
Keila Nusinovich	Remembered by Nora Taratuta	28-Jul/Av 16
Haim Hersh Rozen	Remembered by Fay Rozen.....	28-Jul/Av 16
Sidney Stein	Jane Zeer's Uncle.....	28-Jul/Av 16
Jean Weeks	Laurel Corona's Mother	28-Jul/Av 16
*Charlotte Rubin	Maxine Weseley's Mother.....	29-Jul/Av 17
Judy Geiger	Remembered by Jonathan Geiger	30-Jul/Av 18
Steffi Lauer	Remembered by Ohr Shalom.....	30-Jul/Av 18
Sam Ehrenwerth	Janice Zipp Cannizzaro and Elaine Smith's Grandfather	31-Jul/Av 19
Zelig Chaim Grinberg	Ruben Rosental's Grandfather	31-Jul/Av 19

** denotes a memorial plaque was purchased in memory of a loved one*



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 (619) 231-1456

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CALENDAR OF EVENTS

July 2018

Tamuz/Av 5778

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY



Friday, July 6 at 7:15pm
 Kabbalat Shabbat service
 "Ask the Rabbinic Intern"
Sunday Classes with Rabbi Adler
 See page 5 for details



Shabbat at the Bay

Friday, July 13 at 6:45pm
 Come early and bring your own
 dairy/pareve dinner
 See page 3 for more details
 and future dates.

Movie Night

The Band's Visit
Sunday, July 29
6:45pm
 See page 7 for details



1 18 Tamuz Fast of Tamuz Adult Ed: Judiasm & Self-Care 10:00am Adult Ed: Learning to Leyn Haftarah 11:30am Minyan 6:15pm	2 19 Tamuz Minyan 6:15pm Choir Practice 6:30pm	3 20 Tamuz Minyan 6:15pm	4 21 Tamuz Independence Day Office Closed No Minyan	5 22 Tamuz Minyan 6:15pm	6 23 Tamuz Office Closes 2:00pm Kabbalat Shabbat Service "Ask the Rabbinic Intern" 7:15pm 7:42pm	7 24 Tamuz Parshat Pinchas Shabbat Service 9:30am Zimmun & Zemirot 12:45pm 8:41pm
8 25 Tamuz Adult Ed: Judiasm & Self-Care 10:00am Adult Ed: Learning to Leyn Haftarah 11:30am Minyan 6:15pm	9 26 Tamuz Minyan 6:15pm Choir Practice 6:30pm	10 27 Tamuz Minyan 6:15pm	11 28 Tamuz Minyan 6:15pm	12 29 Tamuz Minyan 6:15pm	13 1 Av Rosh Chodesh Av Office Closes 2:00pm Shabbat at the Bay 6:45pm 7:40pm	14 2 Av Parshat Matot-Masei Shabbat Service 9:30am Lunch & Learn 12:45pm 8:39pm
15 3 Av Adult Ed: Judiasm & Self-Care 10:00am Adult Ed: Learning to Leyn Haftarah 11:30am Minyan 6:15pm	16 4 Av Minyan 6:15pm Choir Practice 6:30pm	17 5 Av Minyan 6:15pm	18 6 Av Minyan 6:15pm Board Meeting 6:45pm	19 7 Av Minyan 6:15pm	20 8 Av Office Closes 2:00pm Kabbalat Shabbat Service 6:15pm 7:36pm	21 9 Av Parshat Devarim Erev Tisha B'Av Shabbat Chazon Shabbat Service 9:30am Zimmun & Zemirot 12:45pm Tisha B'Av Service 8:30pm 8:35pm
22 10 Av Tisha B'Av Tisha B'av Shacharit Service 10:00am Minyan 6:15pm	23 11 Av Minyan 6:15pm Choir Practice 6:30pm	24 12 Av Minyan 6:15pm	25 13 Av Minyan 6:15pm Mens Club Poker 7:00pm	26 14 Av Minyan 6:15pm	27 15 Av Tu B'Av Office Closes 2:00pm Kabbalat Shabbat Service 6:15pm 7:32pm	28 16 Av Parshat Vaetchanan Shabbat Nachamu Shabbat Service 9:30am Lunch & Learn 12:45pm 8:31pm
29 17 Av Adult Ed: Prayer Writing Workshop 10:00am Adult Ed: Learning to Leyn Haftarah 11:30am Minyan 6:15pm Movie Night 6:45pm	30 18 Av Minyan 6:15pm Choir Practice 6:30pm	31 19 Av Minyan 6:15pm	1 20 Av Minyan 6:15pm	2 21 Av Minyan 6:15pm	3 22 Av Office Closes 2:00pm Kabbalat Shabbat Service 6:15pm 7:25pm	4 23 Av Parshat Eikev Shabbat Service 9:30am 8:25pm