

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

OCTOBER 2018 • MONTHLY NEWSLETTER • TISHREI 5779/CHESHVAN 5779

UPCOMING EVENTS



ADULT EDUCATION SCHEDULE
See page 6 and 7 for details



Friday, October 5, 6:00pm
TOTS IN PJS
See page 3 for details



Friday, October 5, 7:15pm
KABBALAT SHABBAT SERVICE
"ASK THE RABBI"
See page 3 for details



Sunday, October 7, 10:30am
READINGS WITH THE RABBI
See page 7 for details



Friday, October 12, 6:15pm
SHABBAT KEHILLATIT & COMMUNITY DINNER
See page 3 for details



Sunday, October 14, 9:45am
SUNDAY MORNING TALK SHOW
See page 6 for details



Sundays, October 14, 28, 3:00pm
MARPEH
See page 6 for details



Friday, October 19, 6:15pm
KABBALAT SHABBAT SERVICE ZAMRU
See page 3 for details



Friday, October 19, 7:30pm
SPECIAL GUEST SPEAKER:
RABBI SANDMEL, ADL
See page 12 for details



Saturday, October 20, 10:30am
TOT SHABBAT
See page 3 for details



Saturday, October 20, 5:30pm
YOGA YOM SHABBAT
See page 7 for details



Sunday, October 21, 1:00pm
7 BRIDGES HIKING TOUR
See page 7 for details



Sunday, October 21, 6:45pm
MOVIE NIGHT
See page 5 for details



Wednesday, October 24, 7:00pm
MEN'S CLUB POKER
See page X for details



Friday, October 26, 6:15pm
KABBALAT SHABBAT SERVICE WITH CHOIR
See page 3 for details



Saturday, October 27, 12:45pm
LUNCH & LEARN
See page 3 for details

Where Am I On The Path?

By Rabbi Scott Meltzer

"The path is beautiful . . . the path is hard . . . the path is long . . . resting on the side of the path." These are the different perceptions of the path shared in Leah Greenberg's poem *Shirei Sof Haderekh* ("Poems at the End of the Path"). Thank you to Jennifer Meltzer for singing these words throughout these past High Holy Days.

Now the New Year and Day of Atonement for 5779 are in the rearview mirror, a few more milestones that we have all passed. Still hearing Greenberg's words and Jennifer's voice, reflecting on the passage of time -- the years past, and the journey on the path for the coming year.

This month we are also beginning the Wednesday morning class on "Judaism and Aging." Over the course of the next seven weeks, we will study texts from the tradition, reflect on our experiences, and share together all the ways in which we have experienced the beauty, the challenges and the length of the path of life -- all while resting for 90 minutes to study, think, share and breathe.

Often when we talk about aging we focus on what we have lost, what we can't do anymore and the sense of limited time. It is my hope, through these holidays and

the upcoming class, to help frame the conversation and, for each of us, our own awareness around Jewish values in aging -- much more than growing old and acknowledging the inevitable.

As we look over the path we have walked to reach this moment, we each have lived remarkable moments. We contain the sum total of all of our experiences, and we each know many ways to tell the story of our life until now. How we tell that story not only shapes other people's perceptions of who we are, how we tell the story also shapes our self-perception.

We are also, right now, in a unique place on the path. Where am I? Where am I relative to the people I love? Where am I in the context of all of humanity?

Looking further down the path, what do I see? What lays ahead on the path? What good things do I pray await me? How has my vision changed, so that now I see things in the path that I didn't see before?

These are some of the questions that I hope we will explore on Wednesday

Rabbi's Message continued on Page 8

COME BE A PART OF



SOCIAL ACTION!

Sunday, October 7, 12:00pm

First planning meeting of the New Year!

Contact: Rachel Millstone.
Social Action Chair: rdmillstone@gmail.com

**PLEASE JOIN US!
BRING YOUR NEW IDEAS!**

Sunday Morning **TALK SHOW**

October 14 at 10:00am

The November Ballot Measures Affecting San Diego and California

We have invited fellow Ohr Shalom congregant and expert **Jason Berkovitch** to provide a non-partisan and non-political summary. Jason is a Field Representative for Congressman Scott Peters and a former intern for Congresswoman Susan Davis.

Please join us for an enlightening discussion!





WORDS FROM THE PRESIDENT

Lynn Mendelsohn
President

Devoting Large Attention to the Very Small

In the Shabbat morning service *Psukei d'Zimrah*, we recite Psalm 90, attributed to Moses. The psalm contemplates mortality, and asks God to assist us in doing something worthwhile during our lifetimes. One line,

שְׁבַענוּ בְּבִקְרַת חֶסֶדְךָ וְנִרְנְנָה וְנִשְׂמְחָה בְּכָל־יְמֵינוּ
particularly strikes me. In Siddur Lev Shalem, its English translation reads:

At daybreak satisfy us with
Your love and kindness,
that we may sing with joy all
our days.

Although, on the surface, the psalm's first line evokes a lovely sunrise, I like to think of it as referring to the dawn of life, to childhood. "Fill the lives of our children with affection," it seems to ask, "Help us to nurture them well, so that they may become capable of happiness – to the point of song!" Reading Psalm 90 this way, we find a basic recipe for preparing children to pursue lives of fulfillment: Overwhelm them with love. Be fair and kind.

I bring up Psalm 90 because the field of Early Childhood Education (ECE), within a Jewish context, seems at present to be sensitive precisely to such a recipe. The Jewish Community Centers of North America have established, through an institute partially funded by the Bay Area's Jim Joseph Foundation, a "Sheva Center," which has put forward the Sheva Framework for ECE. The touchstone of the framework's seven (*sheva*) core elements is that a small child should be respected as the primary agent of her or his own development, a "constructive learner." The framework draws on the child-centered Reggio Emilia model of ECE and advocates multi-sensory environments to stimulate inquisitiveness.

Recognizing that "It takes a *Kehillah*" to bring up a child, the Sheva Framework's seven elements also focus on the importance of empowering ECE teachers and administrators to become change agents, engaging families as the school's

partners in educating little people, and teaching *Sh'mirat HaGuf*, care of the body. Another tenet focuses, of course, on instilling a love for Judaism and Israel.

To advance its ambition of developing creative, strong administrators, the Sheva Center offers a Leadership Institute for Early Childhood Professionals, bestowing career development fellowships upon JCC-based ECE educators nationwide. The Leadership Institute recently announced 31 new fellowships, one of which has gone to our own **Jennifer Meltzer**,



Jennifer Meltzer

who is Preschool Program Coordinator at the Nierman Preschool, Lawrence Family JCC. Over the coming three years, Jennifer will take part in week-long retreats throughout the U.S. and study programs in Israel and Reggio Emilia, Italy. The fellowship will provide opportunities for idea-sharing in each element of the Sheva Framework, and will offer the services of personal mentors and access to Sheva Center resources.

Mazal Tov to Jennifer from Ohr Shalom! I might add, selfishly, that our congregation most assuredly will benefit from her continued growth as an innovator in Early Childhood Education. Over the past years, Jennifer has been a guiding force behind many of our offerings to preschoolers. Most recently, she co-created, and serves as a primary deliverer, of two new programs for small children: *Tots in PJs*, a Friday evening (6:00pm) Shabbat experience for infants and toddlers, and *Tot Shabbat*, a Saturday morning (10-11:30am) "service" for parents, grandparents and children (aged birth to 5 years). Both programs are offered, once a month, from October through June. Please check for dates on page 3 of the *Davar*.



OCTOBER 2018
ISSUE NO. 353

DAVAR

OHR SHALOM SYNAGOGUE
2512 Third Ave., San Diego, CA 92103
office@ohrshalom.org
www.ohrshalom.org
(619) 231-1456

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Editor: Jane Zeer
Consultants: Joy Heitzmann, Mark Siprut,
Gillian Argoff-Treseder
Layout/Art: Andrea Luck

Scott Meltzer, Rabbi

Gillian Argoff-Treseder - Executive Director
Cheryl Katz - Principal

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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:

- October 5 for November issue
- November 5 for December 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, October 5 - 7:15pm (Kabbalat Shabbat Service "Ask the Rabbi")
 Friday, October 12 - 6:15pm (Kehillatit)
 Friday, October 19 - 6:15pm (Kabbalat Shabbat Service ZAMRU) & Guest Speaker from ADL
 Friday, October 26 - 6:15pm (Kabbalat Shabbat Service with Choir)

TOTS IN PJS

KABBALAT SHABBAT SERVICE

Friday, October 5, 6:00pm



Bring your infants & toddlers in their Pajamas to welcome Shabbat in song.



KABBALAT SHABBAT SERVICE "ASK THE RABBI"

Friday, October 5, 7:15pm

Your opportunity to ask the questions you have always wanted to.



Shabbat Kehillatit

Friday, October 12

Family-friendly service: 6:15pm
 Community Dinner: 7:15pm
 RSVP for dinner by October 8

<p><u>Members</u></p> <p>Adults: \$12 Children (5-12yrs): \$5</p>	<p><u>Non-members</u></p> <p>Adults: \$15 Children (5-12yrs): \$8</p>
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ZAMRU "Sing Out" Shabbat זמרו

Friday, October 19, 6:15pm

6:15pm - Kabbalat Shabbat Services

Join Yale Strom and Elizabeth Schwartz and celebrate Shabbat through vibrant, musical prayer.

7:30pm - Guest Speaker from ADL, Rabbi David Sandmel



Tot Shabbat

Saturday, October 20
 10:00am to 11:30am

Tots, parents and grandparents celebrating Shabbat morning together.
 (Newborns to 5-year-olds)



Kabbalat Shabbat Service

with the Ohr Shalom Choir

Friday, October 26, 6:15pm





SHABBAT LUNCH & LEARN

Saturday, October 27, 12:45pm

Come for Shabbat Service and stay for Lunch and Discussion.

PARSHIYOT AND CANDLELIGHTING

October 2018

PARSHAT BERESHIT

Fri. October 5 | 26 Tishrei  6:09pm

Sat. October 6 | 27 Tishrei

Torah: Genesis 1:1 - 6:8
 Haft: Isaiah 42:5 - 43:10

PARSHAT NOACH

Fri. October 12 | 3 Cheshvan  6:00pm

Sat. October 13 | 4 Cheshvan

Torah: Genesis 6:9 - 11:32
 Haft: Isaiah 54:1 - 55:5

PARSHAT LECH-LECHA

Fri. October 19 | 10 Cheshvan  5:52pm

Sat. October 20 | 11 Cheshvan

Torah: Genesis 12:1 - 17:27
 Haft: Isaiah 40:27 - 41:16

PARSHAT VAYERA

Fri. October 26 | 17 Cheshvan  5:44pm

Sat. October 27 | 18 Cheshvan

Torah: Genesis 18:1 - 22:24
 Haft: II Kings 4:1 - 4:37

Ohr Shalom's Choir!

Come join us on Mondays at 6:30pm

October 8
October 15
October 22
October 29



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





MEMBER CARE

Louise Chandler
Member Care Chair

WELCOME TO OUR NEW MEMBERS

David & Jeanne Argoff
 Eileen Bachrach
 Jane Becerra
 Rick & Lauren Dupuis
 Aaron & Julia Epstein
 Fran Forman
 Joyce Glazer
 David & Amy Kahan
 Joanne Kerr
 Gary Kornfeld & Theresa Dupuis
 Lloyd Kuritsky
 Oz & Shelly Lanaido
 Rachel Meisner
 Eddie Mendelsohn
 Deborah Pienknagura
 Troy Robinson & Rachel Gold
 Richard & Kim Schwab
 Seth & Judy Schwartz
 Peter & Elaine Shaw
 William & Elizabeth Tall
 Kenneth & Marianna Wank
 Dan & Cheri Weiss
 Marvin Yudkovitz & Judith Gaines

We are happy to have you as part of our Ohr Shalom family and look forward to meeting you in person.

There is so much going on at Ohr Shalom that you will be able to find your niche and become involved at your comfort level as well as to develop new friendships.

We are in the process of establishing new groups and connecting people with each other for new members as well as current members. Are you interested in photography, crafts, handwork, eating out, playing cards or mah jongg, woodworking, sports, singles, couples? Please let us know and we will do everything necessary to help you connect with each other and to establish a group. Contact our new Member Care chair Louise Chandler at membercare@ohrshalom.org.

Interest groups add so much enjoyment to being part of our community. These small groups provide an opportunity to get together with people who share your interest.

New Member Brunch

Sunday, October 21, 10:00am

WORDS FROM A 90-YEAR-OLD HOLOCAUST SURVIVOR

by Ruth Sax

On Saturday morning, Shabbat Shuvah, September 15th, **Ruth Sax** was called to the Torah as a Bat Mitzvah. Ohr Shalom doesn't ordinarily publish portions from Bat or Bar Mitzvah speeches, but this particular one overflowed with wisdom. Even those who heard it will be pleased to have it to contemplate and keep.

Here are *Ruth's 13 Rules to Live By*:



1. What happened to me as a child could happen again if we ignore history. Read, communicate, understand and ask questions, but be prepared for answers.
2. God created such a beautiful world, only some people make it so miserable. This is my quote and my gift to the world.
3. Speaking of the world, clean up after your mess. If you see something out of place, make a difference and pick it up. If you can't use something, your trash could be someone's treasure.
4. Love yourself. Be good to yourself. Don't settle for less.
5. Take the time to enjoy the good things. You never know when they will happen again. So enjoy.
6. A part of me is still in the camps. I have left my sadness and my negativity behind. I know where it is and it is not here, not now. I am happy because of you in my synagogue.
7. Sometimes I don't make sense. It's okay, I am allowed this at 90 and guess what, you can do this at any age. Maybe today it doesn't make sense but tomorrow it will.
8. Never give up on children. They are amazing and they deserve every chance in life.
9. Never go to bed mad. Chances are, had you made up before you went to bed, you would have an amazing morning and rest of your life.
10. I will always have one enemy and that is time. Time goes by so fast and there is not enough of it. Treasure your time.
11. Be appreciative of what you have. Want what you have, not have what you want. Two words go a long way: "Thank you."
12. Your best makeup is a smile.
13. Never Give up. Never give up hope. Hope is alive. We are alive and we are one. In the camps I said Shema daily. Just so you know, many others made fun of me while I prayed. I knew that my prayers would be answered; I just didn't think it would take 5 years.

For a copy of Ruth's full speech, email office@ohrshalom.org



Maise by Rocky

...Dr. Ramón Reid



THANK YOU TO TORAH COMMENTATOR EMERITUS, DR. ROCKY (RAMÓN) REID!

For *Parshat Nitzavim* – Shabbat, September 7/8, 2018, Rocky Reid's final "Maise by Rocky" appeared in the *Kol Ohr Shalom*. Ever our teacher, Rocky ended his Maise with these thoughts: "Fundamentally, Judaism demands the mind as much as the heart. One does not attain religious insight instantaneously; it is a process that takes time and effort. Now it is commitment time. How about a real Jewish commitment by you? How about devoting some part of your time every day to the studying of a Jewish subject?"

Thank you to Rocky for his weekly column in the *Kol Ohr Shalom*, distributed by the synagogue every Shabbat. For 25 years, Rocky researched, digested, and commented on the Torah portion, offering commentaries, recording deep insights, and sometimes adding clever quips.

Rocky announced his retirement from writing the Maise with these words:

*To everything, turn turn turn,
There is a season, turn turn turn,
And a purpose for everything under heaven.
A time to create maises
A time to stop writing maises
And time to thank all of you who endured
my weekly wee Torah talks for 25 years.
I have been blessed by all of you.*



If you have been reading "the Maise" in the *Kol*, you will agree that it is *Ohr Shalom* that has been blessed by Rocky's weekly Maise!

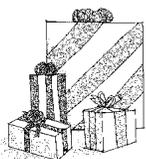
Rocky – we will miss your insights and your wit!

KIDS IN COLLEGE?

We want to be in contact with your kids in college.



Let us send them a Chanukah gift, hamantaschen and other tchotchkes during the year.



Please send us their email address and a physical address.
Send to
office@ohrshalom.org



MOVIE NIGHT

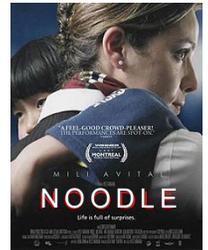
Al Shelden
VP Administration



NOODLE

Sunday October 21 at 6:45pm

It's time to again start our Sunday night movies. In keeping with the season's theme of new starts and thinking about what's really important, our first film will be the multiple award-winning Israeli film that has been described "as a touching comic-drama of two human beings accompanying each other on a remarkable journey that takes them both back to a meaningful life." Join us as we show *Noodle*, a 2007 film that has won many film festival awards world-wide and six (nominated for 10) Israeli Film Academy Awards (including Best Film, Best Director, Best Actress, Best Supporting Actress, Best Screenplay, Best Cinematography, and Best Music). *Noodle* tells a story that in some ways is even more relevant to American audiences today than it was 12 years ago.



Without spoiling the movie by telling too much, because it is better to let this excellent movie unfold in its own time frame, *Noodle* tells the story of Miri, a despondent Israeli flight attendant, and a six-year-old Chinese boy nicknamed Noodle (because that's all he will eat). Miri, a widow, exists from moment to moment, spending most days simply going through the motions. Miri lives with her sister Gila, who is currently wrestling with the troublesome prospect of ending her marriage to her husband Izzy. One day, upon returning home from work, Miri is recruited by the family's Chinese housekeeper to watch her young son as the housekeeper runs an important errand. When the housekeeper mysteriously fails to return, and a few days pass, Miri decides she has a mission in life – to find Noodle's mother and to reunite Noodle with her.

Even with its serious tone and subject, the movie is not a downer, rather it will leave you smiling and feeling good. One reviewer summed up the film this way: "This Israeli film about grief and loss takes the form of a crowd pleaser." Other reviewers agreed, noting that films like *Noodle* are rare, combining great stories and performances with enough "heart" to involve the audience emotionally. In short, as another reviewer stated, "It's the kind of film that reinforces all the good things about human nature, instead of those which make us shake our heads in disappointment." The movie is appropriate for older teens.



ADULT EDUCATION

Lita Kleger
Adult Education Chair

Sunday Morning **TALK SHOW**

October 14 at 10:00am

The November Ballot Measures Affecting San Diego and California

Elections aren't just about hiring lawmakers to write the laws that govern our state. Sometimes, we the voters are asked to weigh in on issues of the day. Some ballot measures ask us to consider consequential issues such as affordable housing funding, the price of gas and rent control. Sometimes the issues are a little more esoteric. How should paramedics spend their break time? Should state lawmakers be given the opportunity to eliminate daylight saving time? How much profit should dialysis clinics be able to make? Whatever the issues, we are fortunate to have the opportunity to exercise our right to vote.



Often, the pros and cons of ballot measures are not readily apparent. For that reason we have invited fellow Ohr Shalom congregant and expert **Jason Berkovitch** to provide a non-partisan and non-political summary during the November Sunday Morning Talk Show. Jason is a Field Representative for Congressman Scott Peters and a former intern for Congresswoman Susan Davis.

Please join us for an enlightening discussion!

You can find more information about the propositions here: elections.calmatters.org/2018/california-ballot-measures

Are you registered to vote in the November election? Have you moved since you last voted?

Your registration must be postmarked or submitted online by October 22. For online registration, go to registertovote.ca.gov or call (800) 345-8683 to receive a voter registration card by mail.

Come early for a continental breakfast starting at 9:45am

Sunday Morning **TALK SHOWS ARE BACK!**

We have planned monthly Talk Shows that will be thought-provoking, energizing and entertaining. Save the dates for the Talk Shows coming this fall. Programs start at 10:00am:

November 18. Pre-Chanukah Fair

See box on this page.



December 16. Righteous Among Nations

Mike Shaw collects commemorative medals, specializing in those that have been issued by Yad Vashem to non-Jews who protected Jewish people during the Holocaust. Mike has researched the stories behind the medals in his collection. His talk will focus on those stories.

Come early for a continental breakfast starting at 9:45am

SAVE THE DATE

Pre-Chanukah

Arts & Crafts Fair

Sunday, November 18

Ohr Shalom will showcase its abundance of talent through an **Arts & Crafts Fair** that will feature demonstrations, items for sale, Chanukah foods instruction, and presentations of ideas for celebrating the holiday, which will begin on December 1.



Look for more details in the November Davar!

If you are an artist or craftsperson who would like to display your work at the Fair, please email Lita Kleger (lita.kleger@gmail.com). Tell her about the type of art or craft you produce and the size of the display area you will need. Please also indicate whether you might be willing to give a demonstration, and whether you intend to sell your work.

Marphe

OHR SHALOM WELLNESS PROGRAM Yoga! Meditation! Nutrition! No fee!

Sundays 3:00-5:00pm

October 14 and 28

November 11 and 25

December 9 and 23

To qualify for *Marphe*, you must be:

- An adult woman of any age interested in exploring yoga, meditation, and nutrition through a Jewish lens, *and*
- A person for whom high-quality classes on those topics have been unavailable due to financial considerations.



Classes will be two hours long, the first hour devoted to yoga instruction and meditation and the second addressing nutrition.

A healthy Kosher snack will be served at the end of each session

On-site child care and yoga supplies will be provided free of charge!

Marphe is open to women throughout the entire San Diego Jewish community. Please tell your friends about the program.

To Register for *Marphe*, please contact the Ohr Shalom Synagogue office 619-231-1456 or office@ohrshalom.org or Alex Van Frank at alex@alexvyogi.com (limited to 15 participants)

Funds generously granted through



**REFLECTIONS ON THIS MOMENT
IN MY LIFE: JUDAISM & AGING**

with Rabbi Meltzer

1. **Judaism's Visions of Aging**
Wednesday, October 3, 10:30am-12:00pm
2. **My Young Vision of My Old Self**
Wednesday, October 10, 10:30am-12:00pm
3. **Blessings of Being Older**
Wednesday, October 17, 10:30am-12:00pm
4. **My Legacy**
Wednesday, October 24, 10:30am-12:00pm
5. **What Am I Afraid of?**
Wednesday, October 31, 10:30am-12:00pm
6. **What Do I Want to Do When I Grow Old?**
Wednesday, November 7, 10:30am-12:00pm
7. **Where Will I Go From Here?**
Wednesday, November 14, 10:30am-12:00pm



CLASSES WILL RESUME ON OCTOBER 9

TALMUD: Tuesdays at 4:00pm – NOTE New Time!
Each week we read excerpts from the Babylonian Talmud. Our studies have taken us from discussions about prayer, dream interpretation, injustice and the world and much more. You need never have studied Talmud before to join us, and all texts are provided in translation.

TANAKH: Tuesdays at 5:00pm – NOTE New Day and Time!
Please join us as we read together through the Prophet Amos. Be inspired by these nearly 3,000-year-old words calling us to create a world of justice for all.

YOGA YOM SHABBAT

with Rabbi, Sydni Adler

Saturdays, October 20, 5:00pm

Take a step back from the chaos of life to move and flow in a Shabbat-focused yoga practice. We'll explore different styles of yoga and meditation, focusing on different aspects of the divinity present in our own bodies at all times. All experiences are welcome.



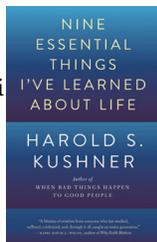
Please bring a towel or a yoga mat.

READINGS WITH THE RABBI

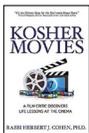
Sunday, October 7, 2018 at 10:30am

Nine Essential Things I've Learned About Life
by Rabbi Harold S. Kushner

In this compassionate and deeply personal work, Rabbi Kushner distills his experiences as a twenty-first-century rabbi into nine essential takeaways. Rabbi Kushner (author of *When Bad Things Happen to Good People*), offers readers a lifetime's worth of spiritual food for thought, pragmatic advice, and strength for trying times, he gives fresh, vital insight into belief, conscience, mercy, and more. Grounded in Kushner's readings of scripture, history, and popular culture, the book is practical, illuminating, and compulsory advice for living a good life.



UPCOMING READINGS WITH THE RABBI



Sunday, November 11, 2018 at 10:30am
Kosher Movies: A Film Critic Discovers Life Lessons at the Cinema
by Rabbi Herbert J. Cohen



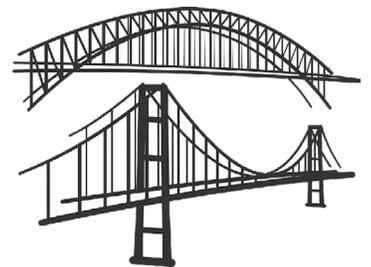
Sunday, January 13, 2019 at 10:30am
The Weight of Ink
by Rachel Kadish

Seven Bridges

Hike, Study and Sing

with Rabbi Meltzer

**Sunday, October 21,
1:00pm**



Hike begins and ends at Ohr Shalom Synagogue. Hike is about 6 miles and will take 2 to 3 hours. Some may choose to only participate in partial hike.
Please bring your own water.

Watch for more details in the eKol and Kol

Ohr Shalom is Now on AmazonSmile!



Support Ohr Shalom by starting your shopping at smile.amazon.com and selecting **Ohr Shalom Synagogue** as your charity.

RABBI'S MESSAGE CONT.

mornings, while studying stories and teachings from our ancestors that share their experiences and offer models and insights for us.

For those who will be joining me on Wednesday, I am very excited for our first class on Wednesday, October 3, at 10:30 AM. For those who cannot, or choose not to join me on Wednesday mornings, I am happy to share the texts -- stories and teachings -- that we will be discussing. If you would like to receive these materials, please send me an email, and each week, after we discuss them in class, I am happy to share them with you. Perhaps we will find other opportunities to study them and share insights after Daily Minyan, or sitting at Shabbat lunch, or perhaps we could meet for a cup of coffee.

Thank you for sharing the journey on the road with me. Thank you for sharing these past Holy Days with me. I look forward to much study, learning and sharing in the coming year, and years.

I hope to see you soon at Ohr Shalom, and to keep encountering each other on this beautiful, difficult, long, and at times restful path.

Dorothy Canter: Happy 99th Birthday on October 10!



From your California and New York children, grandchildren and great grandchildren, and all your friends at Ohr Shalom!



Remember to **re-register** your Ralphs Membership Rewards Card and you will be donating to Ohr Shalom.

If you are not already registered, please do so by going online to the website: www.ralphs.com.

You will need our **NPO #80745**.

For more information, call the Synagogue office at (619) 231-1456.

SISTERHOOD CORNER



Marda Rose
Sisterhood President

Thank you to everyone who accompanied us at the **Sisterhood Table** during the Shabbat Sukkot Kehillatit Dinner. Remember, you can always join us at the Sisterhood Table whenever there is a community dinner after Shabbat services.

Thanks also to everyone who has shared ideas about future events you'd like to do with us. We look forward to putting together a lot of great events for you this year. Please contact us at sisterhood@ohrshalom.org if you have an idea for a new event or would like to get more involved.

We are going to have our first "Happy Hour" on Thursday, October 11. See the box for more information.

On October 21, the gift shop will also be open during the Sunday Night Movie, *Noodle*. We hope to see you there.

Please remember to renew this year's membership to stay up to date on our events and notifications. You may contact the office or visit us on-line to join or renew. We appreciate your support.

SISTERHOOD HAPPY HOUR

Thursday, October 11, 5:00-6:00pm
in the Social Hall

Join us for a bite (wine, cheese, dessert & coffee) and some conversation at our first Happy Hour. Everyone is welcome – the timing is especially good for those who are waiting for a child at Hebrew School or those coming for minyan at 6:15pm. We look forward to spending some time with all of you!



We will also be selling items from our gift shop.

GIFT SHOP NEWS

You can check out some of our new "made in Israel" Judaica (e.g., shofars, jewelry, tallits) in our window display or by appointment in our gift shop. Please consider the Sisterhood Gift Shop for Judaica, holidays, and gifts. We will continue to make items more readily available on movie nights, and we are looking into other options to make purchasing items easier. Stay tuned.

Sisterhood Gift Shop

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.





ISRAEL DESK

Susie Meltzer
Israel Desk

Israel Bans Latest Smoking Threat: Juul

Last month I read in the *San Diego Union Tribune* about the most recent smoking craze called Juuls. As someone whose career in public health centered on smoking-related issues, I was alarmed to learn how this youth-oriented e-cigarette has quietly become the most popular new way to smoke, claiming nearly 70% of the booming market for electronic cigarettes. Since its Silicon Valley-based launch in 2015, the flash-drive sized vaping device has transformed the US market.

What factors have contributed to its success? Although its founder disputes it targets our youth, the Juul is this year's incarnation of the fidget spinner. A sleek little brick that looks like a USB flash drive, it flickers with colored light, puffs discreetly and is flavored like fruit or mint. It is the iPhone of smoking, and the kids are wild for it.



So imagine my delight and pride when I found a recent report in *The Jerusalem Post* announcing, "Israel Bans High Nicotine Juul E-Cigarettes." Prime Minister Benjamin Netanyahu, who also holds the post of health minister, signed the order that went into effect on September 3, 2018. Israel imposed a total ban throughout the country on Juul electronic cigarettes, which contain almost three times the recommended limit of nicotine. Import and sale of the Silicon Valley startup's products were being banned, according to a Ministry of Health statement, because they pose a "grave risk to public health."

The article explained that Juul products can currently be purchased by individuals of any age, even children, in almost three dozen stores in five cities, including Jerusalem, Tel Aviv and Ramat Gan, and not only at tobacconists but also at special "vape shops" that are opening and becoming popular. Because of their size and appearance, they can also be smoked anywhere and advertised without limits.

The Israeli move, the ministry's statement said, came in large measure from public pressure and was consistent with similar restrictions being instituted in Europe. The e-cigarette has been banned in Europe, but is rising in popularity in the United States. The FDA has made proposed limits, but to date no restrictions have been adopted.

Every day, 22 Israelis and 19,000 people around the world die from smoking-related illnesses. The smoking epidemic kills more than seven million people each year. The World Health Organization reports that 25.4 percent of Israelis 15 and older smoke tobacco; the global average is 21.9 percent. Officials in Israel are aware their record is not great.

Additional laws are also being implemented beyond the ban on Juul e-cigarettes. They are related to restricting smoking in public places, increasing tax on tobacco products and instituting other measures that have been successful in the United States to lower tobacco usage. Israel is clearly working hard to better protect the health of both smokers and nonsmokers.



YOUTH PROGRAMS

Jessica Lemoine
Youth Programs



KADIMA/JR. USY AND OHR SHALOM SYNAGOGUE YOUTH (OSYG)

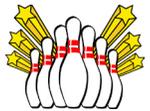
Welcomes all 4th-7th grade students (Kadima/Jr. USY) and 8th-12th grade students (OSYG) to monthly events and activities.

For monthly announcements and to sign up for activities, contact Jessica Lemoine:
by text: 860-416-2473;
by email: jessicasontag.lemoine@gmail.com.

We wish all our Kadima/Jr. USY and OSYG families a healthy, happy, sweet and safe New Year!

Ohr Shalom Kadima/Jr. USY Events – Grades 4-7 (Rabbi Sydni Adler)

Sunday, October 7, 1:00pm – Bowling
at Kearny Mesa Bowl



OSYG Events – Grades 8-12 (Jessica Lemoine)

Saturday, October 27, 7:30pm
– Teen Night at the JCC for
Hunchback of Notre Dame. Meet at
the JCC.



OUR DAILY MINYAN ENTERS THE TWENTY-FIRST CENTURY!

Thanks mainly to Simon Bielaz, Wolf Bielas and Aviva Angel, Ohr Shalom's Daily Minyan now operates a smartphone sign-up program using *WhatsApp*. Having joined a *WhatsApp* list called "Ohr Shalom Minyan 6:15 pm," minyan members simply enter a number on any day, indicating their intention to join that evening's minyan. Morris might be "1," and then Bill "2," etc.

Any minyan-goer who wants to move up into the present using *WhatsApp* should contact Ivan Mendelsohn (mend@n2.net).





SOCIAL ACTION

Rachel Millstone
Social Action Chair



For Whom Will You Call The Shefa Into The World This Year?

As I return to the board as Ohr Shalom's Social Action Chair, one special evening in particular stands out to me from the past ...

It was *Tikun Leyl Shavuot* five years ago. There were tasty dairy desserts, pizzas, and quiches. A haimish group nibbled on the food as Rabbi Meltzer taught about the notion of the Divine *Shefa* – the Divine flow of God's essence via "channels" connecting the spiritual world beyond to the physical world in which we live. Rabbi asked that we go around the table and answer the following questions as we began our study that evening together:

If the Shefa were a color and a temperature, what would it look like? What would it feel like? And, for whom would you call the Shefa into this world?

I can still remember the people's names for whom the *Shefa* was evoked that evening – some who I do not know at all, but feel I do, and some who have since left this world.

I like to believe it is through our practice of social action that we quite literally bring the divine *Shefa* through the physical channels of this world to bring healing and light to those in need.

Most recently, our partnership with the TAY Academy has been the focus

of our energies. The TAY – Transition Age Youth – Academy is drop-in center serving 14-25 year old homeless teens and young adults in a manner that is knowledgeable of, and sensitive to, the trauma occurring in their lives. There, from 11:00am-3:00pm four times a week within a building on Broadway in Golden Hill, they have access to food, showers, laundry facilities, support groups, and one-on-one coaching to develop a life plan.

Thanks to generous Ohr Shalom donors and matching funds from **the Lou Dunst Foundation**, we were able to help furnish 8 newly acquired studio units, known as TAY's "Quality Inn." Previously homeless young adults will move in and be able to stay from 12-18 months before moving out and onto their own life paths, allowing for 8 more to take their place and cycle through this transitional process.

Program Director Vanessa Arteaga



Vanessa Arteaga, Program Director, TAY Academy

was profoundly moved by the generous contribution from Ohr Shalom!

With sincere thanks to: Lynn and Ilan Awerbuch, Jackie Ander, Steven Bernstein, Vanina Bunton, Harvey and Lois Gelb, Eli and Susie Meltzer, Jeff and Julie Rubtchinsky, Kenneth Stone and Julia Ramirez-Stone, Harriet and Sheldon Wolpoff, Marvin Yudkowitz, Sara and Samy Zands, Fredy Bielaz and the Lou Dunst Foundation.

Ohr Shalom continues to partner with TAY to provide hot meals to the youth.

Please contact Marilyn Shelden to sign up:

Marilyn.shelden@gmail.com.

Please join us in our monthly social action efforts. I look forward to welcoming new faces and new voices with our "regulars" in the work of this year!

Our first Social Action Meeting of the new year is on **October 7 at 12:00 noon**.

Questions? Ideas? Please contact: Rachel Millstone, Social Action Chair at rdmillstone@gmail.com



Please remember to bring your non-perishable food items for the **Jewish Family Service Hand Up Pantry** whenever you come to synagogue. Look for the blue barrel in the Lobby.



Monetary donations to the **Social Action Fund** go a long way towards making our projects successful and robust. Consider allocating your next donation to this fund when you honor a loved one or mark a celebration!



We welcome you to participate in the **Ohr Shalom Social Action Committee**. Please contact the Chair, Rachel Millstone, at rdmillstone@gmail.com for more information, or with any questions you might have. We would love your input and welcome you whole-heartedly to this wonderful group in any way you feel you can participate! This is the year! Come join us!

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 or email Marilyn.shelden@gmail.com



SOCIAL ACTION CONT.

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.



Men's Club Poker Game

Wednesday, October 24 at 7:00pm
Contact Joe Hartman: (619) 851-2303.



OHR SHALOM TREE OF LIFE



Celebrate a special moment in your life!
Leaves are available for purchase.
Call the office for more information.
(619) 231-1456

RABBINIC INTERN



Sydni Adler
Rabbinic Intern

In Torah, we read of *ruah* as wind, breath or the spirit of God. As my yoga practice has evolved over the past few years, I have begun to picture yoga as more and more of a practice of identifying breath with the Divine presence that created and creates me continually. In the month of October, I will complete my first 200-hour yoga teacher training. With each day I complete of training, I begin to see more of how I can intertwine Judaism and yoga in my personal and professional life.

In an old story of a Hasidic rebbe on his deathbed, Rabbi Zusha fears that God will come to judge him not with the question, "Why weren't you more like Moses or King David?", but with the question, "Why weren't you more like Zusha?" Although Judaism is an incredibly communal religion,



there's a necessity for the personal, with the silent Amidah, opportunities for beautifying *mitzvot* with personally designed *tallitot* and Kiddush cups, and with rituals that speak to multiple learning styles. To know how to practice Judaism with our best selves, we must know ourselves well enough. For me, that's where yoga comes in.

Every time I practice yoga, I learn more about myself □ the limits of my patience, how flexibility can manifest in my life, and how to balance stubborn determination with concrete limitations. I marvel at what my body can and cannot do, and then, I am able to know better how to take the traits I learn about and bring them into the way I perform *mitzvot* in the world around me. By watching my breath (my *ruah*), I believe, I keep in touch with that Divine presence (also *ruah*). Just as in Jewish prayer and practice I try to balance the importance of intention (*kavannah*) with fixed rules (*kevah*), in yoga I try to be mindful of both the correct alignment of each pose and the stability of my breath and mindset. Through yoga I learn more about my body and soul work so that I can know the best ways that I, specifically, can work with my community to enact the Divine will. As I have found yoga to be one of those paths to *mitzvot* that I find to be personally helpful, I hope to share that passion of mine with you in both child and youth programming in the months to come.

Todah Rabah to the **Zeff Family**
for their generous sponsorship
of our Kehillatit Dinner in the Sukkah
on September 28th,
in loving memory of **Joyce Zeff**.

תודה רבה



RITUAL COMMITTEE

Shoshanah Feher Sternlieb
Ritual Chair

Thank You To OUR HIGH HOLY DAYS VOLUNTEERS

A warm THANK YOU to all our 5779 High Holy Days volunteers! Once again, our Holy Days at Ohr Shalom were enriched by those who lead services, leyned, shared D'verei Torah, organized family services and children's activities, blew shofar, and served as ushers and greeters, just to name a few. A big todah rabah also to those who worked behind the scenes to ensure that everything ran smoothly. Many thanks to our office staff, Rabbis Meltzer and Adler, our Board of Directors, and to our Ritual Committee for making it all possible. What a great way to start off the new year!

Look for the complete list of High Holy Days volunteers in the November Davar.



ONEG WITH RABBI DAVID SANDMEL, DIRECTOR OF INTERRELIGIOUS ENGAGEMENT AT THE ADL

Friday night, October 19, 7:30pm

Rabbi Sandmel has served as Director of Interreligious Engagement at the Anti-Defamation League since 2014. From 2003-2014, he held the Crown-Ryan Chair in Jewish Studies at the Catholic Theological Union in Chicago. He was the Judaic Scholar at the Institute for Christian & Jewish Studies in Baltimore, where he managed the project that produced



"Dabru Emet: A Jewish Statement on Christians and Christianity. He is an editor of *Christianity in Jewish Terms and Irreconcilable Differences? A Learning Resource for Jews and Christians*. His commentary on First Thessalonians appears in *The Jewish Annotated New Testament*. Rabbi Sandmel represents ADL, and is an officer of, the International Jewish Committee on Interreligious Consultations, a consortium of Jewish organizations that serves as the official dialogue partner of the Vatican and the World Council of Churches. Rabbi Sandmel earned his doctorate in Religious Studies at the University of Pennsylvania. He received his Rabbinic Ordination and Masters in Hebrew Literature from the Hebrew Union College-Jewish Institute of Religion in Cincinnati. He holds a B.A. in Jewish Studies from Ohio State University.



San Diego Repertory Theater
Thursday, October 18 at 8:00pm



Actually is a play that attempts to sort out love from sexual attraction. It's written by Anna Ziegler, playwright of *The Wanderers* (which many of us enjoyed at the Old Globe this past spring). Deeply-felt, funny and extraordinarily provocative, Anna

Ziegler's new play is an intricate and psychologically complex jigsaw puzzle. Crafted with compassion and profound insight, *Actually* leaves it to the audience to grapple with the gray area of truth, where there are three sides to every story. **Tickets cost \$44 each.**



Broadway San Diego at the Civic Theater
Tuesday, November 6 at 7:00pm



Wicked, the 2003 Broadway musical, is an alternative telling of *The Wizard of Oz*. Long before Dorothy arrives, there is another young woman, born with emerald-green skin—smart, fiery, misunderstood, and possessing an extraordinary talent. When she meets a bubbly blonde who is exceptionally popular, their initial rivalry turns into the unlikeliest of friendships...until the world decides to call one "good," and the other one "wicked." With music and lyrics by Stephen Schwartz, the original production of *Wicked* had a 15-year run on Broadway. **Tickets cost \$73 each.**

Lynn Mendelsohn is handling ticket purchases for Ohr Shalom on the Town. Her email address is mendasst@n2.net.



San Diego Symphony, **Bernstein and His World**, part of this year's international Bernstein@100 celebration. Featuring American-Israeli pianist **Orli Shaham** in a performance of Bernstein's *2nd Symphony*, the concert also includes Aaron Copeland's *Appalachian Spring*. Saturday, November 17, 8:00pm. **Tickets cost \$33 each.**



San Diego Symphony, **Vivaldi and Bach with Avi Avital**. Renowned Israeli mandolin artist Avital plays Bach concertos as you never have heard them before. The program also includes works by Vivaldi and Stravinsky. Saturday, December 8, 8:00pm. **Tickets cost \$33 each.**

Lynn Mendelsohn is handling ticket purchases for *Ohr Shalom on the Town*. Her email address is mendasst@n2.net.



RELIGIOUS SCHOOL

Cheryl Katz
Religious School Principal

Dear parents and students,

PARENTS! Would you please pass this "Davarticle" along to your Religious School student, or read it with them? I'm talking to them in this one!

Now that we have begun our new Jewish year of 5779, done our *teshuvah*, said "Sorry" from our hearts, righted all our wrongs, committed to being our best selves, and started Religious School... Whew. That was a lot of work! We got to start over in a new year back in our school and synagogue community, where we are all here to help each other learn and grow.

Chaverim, friends, I see Religious School as a place that should be happy and fun, where you will learn about being Jewish. I hope that you will see all the ways that Judaism gives you to share

your happy and sad times *together*, because we are all meant to celebrate and comfort each other *together*.

Students! I have questions for you. You can write down your answers and bring them to me, or find me and tell me in person at *shul* or Religious School what you think. You can ask your parents to email me your answer, but I really want to know what you think! Here are my questions:

What do **you** do to help friends celebrate when they are happy?

What do **you** do to help your friends when they feel sad?

I shared what's important to **me** about *kehillah*, community. What is important to **you** about being in a *kehillah*?



RELIGIOUS SCHOOL CHAIR

Rebecca Zipp
Religious School Chair

The Religious School welcomed the new year with tremendous energy! On Thursday, September 13, the Religious School opened its doors, and on Sunday, September 16, all the students – including Gan/Alef! – celebrated the High Holy Days with a delicious program:

Morah Steffi had the kids rolling challah dough,

Morah Vanina had them dipping a variety of apples into a plethora of different kinds of honey,

Morah Sue taught *tefilah*,

Morah Bracha blessed us with her musical talent, and

Morah Ronyt helped the children design beautiful *brachot* cards.

The children were safe, happy, and full! Todah rabah to our new principal, **Morah Cheryl**, for organizing a flawless morning.

I am looking forward to a rich, fulfilling, warm and educational year at Ohr Shalom's Religious School.



COMMUNITY EVENTS

CAMP MOUNTAIN CHAI'S 12TH ANNUAL **Women's Weekend** IN PARTNERSHIP WITH LAWRENCE FAMILY JCC

October 12-14, 2018

Experience inspiring musical Shabbat services, meaningful workshops, yoga, zumba, hiking, singing, dancing, schmoozing, relaxing, and Kosher food (plenty of it!).

For more information:

womensweekend@campmountainchai.com;
<https://www.facebook.com/groups/cmchw>



SHABBAT
SAN DIEGO

**October 25, 26,
and 27, 2018**

**Thursday, October 25th, 6:15pm
Community Mega Challa Bake.**

Challah Bakes will be held in five locations: Oceanside (Chabad); Coastal (JCC); Beth Jacob (women and girls only); East County (Tifereth Israel); and South County (Bonita). *Registration is required.*

**Friday and Saturday, October
26th and 27th**

Select your inspirational event.

Community and Private Home Shabbat dinners; Saturday Services, lunches, lectures, *Seu'dah Shlishit*.

**Saturday, October 27th
Lunch and Learn at Ohr Shalom
Synagogue at 12:45pm** following Shabbat Services.

**Unity Havdalah Concert and
Celebration with Israeli band
InJoy at 7:30pm.**

Registration is required.



FRIENDS OF THE IDF
ידידי צה"ל בארצות הברית

**Join Ohr
Shalom at the
FIDF Gala**

**November 10 at 6:45pm
at the Hilton Bayfront**

Ohr Shalom is sponsoring at least two tables at the **Friends of Israel Defense Forces (FIDF) Gala**: a table of 10 adults at \$200 per ticket, and a table of young adults (age 17 through college), at a price of \$54 per ticket.

If you want to join either Ohr Shalom group for this important event, please contact the synagogue office.

TODAH RABAH AND LIFE CYCLE EVENTS

Thank you for your generous donations in August and September

SYNAGOGUE FUND

In memory of Jacques Kucinski

Mina and Enrique Cohen

In memory of Sara Rosental

Tito and Stella Salzmans

Evelyn Sevel

Stephen and Janice Boner

Mark and Carol Brier

Nechama Bunton

In honor of Naomi Giuliani's

Bat Mitzvah

In memory of Ruth Salzmans

In memory of Ketty Kappeluto

Tito and Stella Salzmans

In memory of Lev Angel

Nechama Bunton

In memory of Michael Koppe

Aaron Rubenstein

In memory of Irving Rosenfeld

Jerry Horn

In memory of Harry Sevel

In memory of Herb Sevel

In memory of Ida Abrams

In memory of Sharlene Handler

Evelyn Sevel

In memory of Sophie Sax

Ruth Sax

In honor of Ruth Sax's Bat Mitzvah

Aviva Angel

Gregory and Sally Barclay

Lisa Barclay

Jose Alessandro R. Belleza

Bernard and Heidi Blotner

Jessica Bustamante

Edward and Shirley Callan

Melissa Collins

Rebecca and Regina Forman

Robert and Dorothy Jenkins

George and Susan Kaplan

Roxanne Schindler Katz

Daniel and Linda Kucinski

Andrew Lakind

Jack and Tina Lazard

Manuel and Judy Morales

Ronnie Morales

Eleanore Narevsky

Paul Overmyer and Alice Ward

Sallie Palash

Marina Plon

Raulf and Sharon Polichar

Shelly Rudd and Cornelius

Cunningham

Gertrud Scott

Sharna Shachar

Al and Marilyn Shelden

Marilyn Singer

Mark and Elaine Smith

Rene and Victoria Sportes

Bernard and Edith Stein

Kenneth and Julia Stone

Eleanor and Larry Veverka

Miklos and Maria Wallenfels

Daniel and Cheri Weiss

Jean Woods

Eva Zimmerman

Thomas Zyzk

SOCIAL ACTION FUND

In honor of Ruth Sax's

Bat Mitzvah

Rachel Millstone

Jane Zeer

TODAH RABAH TO OUR ONEG SPONSORS

Zalman and Nina Vitenson

TODAH RABAH TO OUR SHABBAT KIDDUSH SPONSORS

Ric and Alice Cupples

Ray and Marcia Sachs

Richard and Flor Emert

The Scheller Family

Todah Rabah to our

August/September Shabbat Service

Leaders, Torah and Haftarah

Readers, D'rashot and Minyan Leaders:

LeAnne Adams

Aviva Angel

Hillel Angel

Sue Brown

Nechama Bunton

Vanina Bunton

Louise Chandler

Alice Cupples

Asia Goudeau

Beto Hamui

Joe Hartman

Daniel Hoskins

George Kaplan

Cheryl Katz

Koba

Morris Lazard

Jessica Lemoine

Natan Lemoine

Yiftach Levy

Susanne Lisker

Eli Meltzer

Nadiv Meltzer

Ivan Mendelsohn

Rachel Millstone

Amy Morris

Bill Morris

Rocky Reid

Ruben Rosental

Brian Ross

Aaron Rubenstein

Ruth Sax

Brian Stennard

Sylvie Sternlieb

Ari Van Frank

Cheri Weiss

Dan Weiss

Jane Zeer

Mazal Tov to:

Ruth Sax on her Bat Mitzvah.



Our sincere appreciation and gratitude

for everyone's sympathy and support, as well as for the generous donations

made after the passing of our beloved daughter, Sara.

With love and thanks,

Ruben and Fanny Rosental

YAHREZITS

Elia Burakoff	David Burakoff's Mother	1-Oct/Tishrei 22
David Mendelsohn	Ivan Mendelsohn and Eddie Mendelsohn's Father	1-Oct/Tishrei 22
*Solomon Salzman	Gail Kalker's Father	1-Oct/Tishrei 22
Dorcas Escoffery	Yvonne Scarlett's Grandmother.....	2-Oct/Tishrei 23
Ida Rosenzweig	Sherry Berlin's Grandmother	2-Oct/Tishrei 23
Olga Meyers	Sara Zands' Sister	3-Oct/Tishrei 24
Moises Cielak	Jose Cielak's Brother.....	4-Oct/Tishrei 25
Miriam Shlesinger	Jonathan Geiger's Sister	4-Oct/Tishrei 25
*Sylvia Solof Cohen	Susan Kaplan's Mother	4-Oct/Tishrei 25
Tybie Capin	Lois Gelb's Mother.....	5-Oct/Tishrei 26
*Sheldon M. Golden	Remembered by George and Susan Kaplan.....	5-Oct/Tishrei 26
*Emilia Groszwirt	Gloria Talerman's Mother.....	5-Oct/Tishrei 26
Sol Harold Levitt	Risa Levitt Kohn's and Rayna Levitt's Father	6-Oct/Tishrei 27

Sophie Salzman	Gail Kalker's Mother	6-Oct/Tishrei 27
Fortunee Sportes	Rene Sportes' Mother.....	6-Oct/Tishrei 27
*Hildeen Estelle Weber	Roberta Greene's Mother	7-Oct/Tishrei 28
Jeannette Rubinstein	Aaron Rubinstein's Wife	9-Oct/Tishrei 30
Ana Chazan	Remembered by Celia Chazan	10-Oct/Cheshvan 1
*Arthur Schor	Renee Schor's Father.....	10-Oct/Cheshvan 1
Abraham Broudy	Alice Broudy Cupples' Grandfather	12-Oct/Cheshvan 3
*Ruth Sclar	Luis Maizel's Sister.....	12-Oct/Cheshvan 3
Laura B. Friedman	Evette Weiss' Mother.....	13-Oct/Cheshvan 4
Roberto Fux Fischer	Ivan Fux's Father.....	13-Oct/Cheshvan 4
*Bernard Greenberg	Laurie Slade's Uncle.....	13-Oct/Cheshvan 4
*Martha Hartman	Joe Hartman's Mother	13-Oct/Cheshvan 4
Robert Loevinger	Nancy Loevinger's Father.....	13-Oct/Cheshvan 4
*Albert Cohen	Eddy Cohen's Father, Remebered by Gertrude Cohen.....	14-Oct/Cheshvan 5
Benjamin Emert	Richard Emert's Father.....	14-Oct/Cheshvan 5
Abraham Yehoshua Rubinstein	Susanne Lisker's Grandfather	14-Oct/Cheshvan 5
Barney Shapiro	Melinda Shapiro's Father.....	14-Oct/Cheshvan 5
Dyna Soberon	Sara Zands' Aunt.....	14-Oct/Cheshvan 5
Joseph Center	Stephen Center's Father	15-Oct/Cheshvan 6
Rebeca Rubinstein	Aaron Rubinstein's Sister	15-Oct/Cheshvan 6
Adlyn Pick	Daniel Pick's Grandmother.....	17-Oct/Cheshvan 8
David Reitsky	Dorothy Canter's Brother and Marilyn Shelden's Uncle	17-Oct/Cheshvan 8
Milton Dickman	Jennifer Tuteur's Grandfather	18-Oct/Cheshvan 9
Albert Limenes	Sara Limenes' Husband	18-Oct/Cheshvan 9
Beverly Schmier	Remembered by Ohr Shalom.....	18-Oct/Cheshvan 9
*Sarah Wright	Donald Wright's Mother	18-Oct/Cheshvan 9
Menachem Cohen	Tricia Pummill's Grandfather	19-Oct/Cheshvan 10
Edward Israel Goldstein	Frankie Sorrentino's Father	19-Oct/Cheshvan 10
Ruth Rothenberg	Anita Nemoy's Aunt	19-Oct/Cheshvan 10
Fortunee Levy	Lillian Keller's Mother	20-Oct/Cheshvan 11
Siegfried Sax	Remembered by Ruth Sax	20-Oct/Cheshvan 11
Bella Braun	Sara Fainstein's Aunt.....	21-Oct/Cheshvan 12
Malka Gelb	Harvey Gelb's Mother.....	21-Oct/Cheshvan 12
Abraham Horstein	Harriet Wolpoff and Alma Geiger's Father	21-Oct/Cheshvan 12
*Lonnie Nessler	Remembered by Allyson Darroch.....	21-Oct/Cheshvan 12
Alegre Altalef	Remembered by Aaron Rubinstein.....	22-Oct/Cheshvan 13
Zena Mendelsohn	Ivan Mendelsohn and Eddie Mendelsohn's Mother.....	22-Oct/Cheshvan 13
*Roger Zouari	Vanina Bunton's Father	22-Oct/Cheshvan 13
Bernice Cohen	Anita Nemoy's Mother, Justina Nemoy's Grandmother	23-Oct/Cheshvan 14
*Arnold Okin	Michael Okin's Father.....	23-Oct/Cheshvan 14
Yetta Kogan	Ruth Cielak's Sister	24-Oct/Cheshvan 15
Bashe Mirl Rozen	Remembered by Fay Rozen.....	24-Oct/Cheshvan 15
Flo Semelmaker	Remembered by Ohr Shalom.....	24-Oct/Cheshvan 15
Jana Soffer	Fortune Milstein's Sister	24-Oct/Cheshvan 15
Jaya Cotic	Ana Levin's Mother.....	25-Oct/Cheshvan 16
*Igal Gordon	Sore Gordon's Husband.....	25-Oct/Cheshvan 16
*George Greenberg	Laurie Slade's Uncle.....	25-Oct/Cheshvan 16
Henry Levine	Lita Kleger's Father	25-Oct/Cheshvan 16
*Frances Spieler	Ruth Cielak's Aunt	25-Oct/Cheshvan 16
*David Birnbaum	Remembered by Ohr Shalom.....	26-Oct/Cheshvan 17
Elliot Epstein	Honey Mark's Brother.....	26-Oct/Cheshvan 17
Mindel Green	Remembered by Raisa Green.....	26-Oct/Cheshvan 17
Felipe Melnik	Remembered by Silvia Gold.....	26-Oct/Cheshvan 17
Esther Penner	Barbara Hartman's Mother	26-Oct/Cheshvan 17
*Manuel Shteremberg	David Shteremberg's and Sonia Zyman's Father.....	26-Oct/Cheshvan 17
*Benjamin A. Weisman	Remembered by Joe Rubin.....	26-Oct/Cheshvan 17
Jaya Finkler	Aaron Rubinstein's Grandmother	28-Oct/Cheshvan 19
*Rafael Galicot	Jose Galicot and Julio Galicot's Father	28-Oct/Cheshvan 19
Irene Shapiro	Jodie Graber's Grandmother	28-Oct/Cheshvan 19
Libe Szmuiłowicz	Remembered by Bertha Szmuiłowicz.....	28-Oct/Cheshvan 19
*Alex Goldstein	Ellen Statman's Father	29-Oct/Cheshvan 20
Sheldon Robbins	Harrison Robbins' Brother	29-Oct/Cheshvan 20
Meer Lipowsky	Diana Lipowsky's Husband, Salomon Lipowsky and Aida Veinbergs' Brother	30-Oct/Cheshvan 21

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



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CALENDAR OF EVENTS

OCTOBER 2018

Tishrei 5779/Cheshvan 5779

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

YOGA YOM SHABBAT
 with Rabbi Sydni Adler

Saturday
October 20, 5:30pm

See page 7 for details



Seven Bridges

Hike, Study and Sing
 with Rabbi Meltzer
Sunday, October 21, 1:00pm

See page 7 for details

Movie Night

Noodle

Sunday, October 21,
6:45pm

See page 5 for details



	<p>1 22 Tishrei Shemini Atzeret Office Closed Shemini Atzeret Morning Service with Yizkor 9:30am Tot Service 5:30pm Kid-friendly Dinner and Activities 5:30pm Simchat Torah Service and Celebration 6:30pm Adult Study Session 8:00pm</p>	<p>2 23 Tishrei Simchat Torah Simchat Torah Service 9:30am</p>	<p>3 24 Tishrei Adult Ed: Aging 10:30am Minyan 6:15pm</p>	<p>4 25 Tishrei Religious School 4:30pm Minyan 6:15pm</p>	<p>5 26 Tishrei Office Closes 2:00pm Tots in PJs 6:00pm Kabbalat Shabbat Service "Ask the Rabbi" 7:15pm 6:09pm</p>	<p>6 Parshat Bereshit Bar Mitzvah: Ari Van Frank Shabbat Service 9:30am 7:07pm</p>
<p>7 28 Tishrei Religious School 9:30am Readings with the Rabbi 10:30am Social Action Meeting 12:00pm Kadima/Jr. USY Event 1:00pm Minyan 6:15pm</p>	<p>8 29 Tishrei Minyan 6:15pm Choir Practice 6:30pm</p>	<p>9 30 Tishrei Rosh Chodesh Cheshvan Adult Ed: Talmud 4:00pm Adult Ed: TaNaKh 5:00pm Minyan 6:15pm</p>	<p>10 1 Cheshvan Rosh Chodesh Cheshvan Adult Ed: Aging 10:30am Minyan 6:15pm Board Meeting 7:00pm</p>	<p>11 2 Cheshvan Religious School 4:30pm Minyan 6:15pm</p>	<p>12 3 Cheshvan Office Closes 2:00pm Shabbat Kehillatit 6:15pm Community Dinner 7:15pm 6:00pm</p>	<p>13 4 Cheshvan Parshat Noach Learners Shacharit 9:30am Shabbat Torah Service 10:15am 7:35pm</p>
<p>14 5 Cheshvan Religious School 9:30am Sunday Morning Talk Show 10:00am Minyan 6:15pm</p>	<p>15 6 Cheshvan Minyan 6:15pm Choir Practice 6:30pm</p>	<p>16 7 Cheshvan Adult Ed: Talmud 4:00pm Adult Ed: TaNaKh 5:00pm Minyan 6:15pm 6:31pm</p>	<p>17 8 Cheshvan Adult Ed: Aging 10:30am Minyan 6:15pm</p>	<p>18 9 Cheshvan Religious School 4:30pm Minyan 6:15pm</p>	<p>19 10 Cheshvan Office Closes 2:00pm Kabbalat Shabbat Service ZAMRU 6:15pm Special Guest Speaker 7:30pm 5:52pm</p>	<p>20 11 Cheshvan Parshat Lech-Lecha Shabbat Service 9:30am Tot Shabbat 10:00am Yoga Yom Shabbat 5:30pm 5:51pm</p>
<p>21 12 Cheshvan Religious School 9:30am New Member Brunch 10:00am 7 Bridges Hiking Tour 1:00pm Minyan 6:15pm Movie Night 6:45pm</p>	<p>22 13 Cheshvan Minyan 6:15pm Choir Practice 6:30pm</p>	<p>23 14 Cheshvan Adult Ed: Talmud 4:00pm Adult Ed: TaNaKh 5:00pm Minyan 6:15pm</p>	<p>24 15 Cheshvan Adult Ed: Aging 10:30am Minyan 6:15pm Men's Club Poker 7:00pm</p>	<p>25 16 Cheshvan Shabbat San Diego Religious School 4:30pm Minyan 6:15pm Community Mega Challah Bakes 6:15pm</p>	<p>26 17 Cheshvan Shabbat San Diego Office Closes 2:00pm Kabbalat Shabbat Service with the Ohr Shalom Choir 6:15pm 5:44pm</p>	<p>27 18 Cheshvan Parshat Vayera Shabbat San Diego Shabbat Service 9:30am Lunch & Learn 12:45pm OSYG Event 7:30pm Shabbat San Diego Unity Havdalah Program 7:30pm 6:43pm</p>
<p>28 19 Cheshvan Religious School 9:30am Minyan 6:15pm</p>	<p>29 20 Cheshvan Minyan 6:15pm Choir Practice 6:30pm</p>	<p>30 21 Cheshvan Adult Ed: Talmud 4:00pm Adult Ed: TaNaKh 5:00pm Minyan 6:15pm</p>	<p>31 22 Cheshvan Adult Ed: Aging 10:30am Minyan 6:15pm</p>	<p>1 23 Cheshvan Religious School 4:30pm Minyan 6:15pm</p>	<p>2 24 Cheshvan Office Closes 2:00pm Tots in PJs 6:00pm Kabbalat Shabbat Service "Ask the Rabbi" 7:15pm 5:38pm</p>	<p>3 25 Cheshvan Parshat Yayei Sarah Shabbat Service 9:30am Jr Congregation 11:00am Lunch & learn 12:45pm 6:37pm</p>