

**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

JANUARY 2019 • MONTHLY NEWSLETTER • TEVET 5779/SHEVAT 5779

## UPCOMING EVENTS



**ADULT EDUCATION SCHEDULE**  
See page 6, 7 for details



Friday, January 4, 6:00pm  
**TOTS IN PJS**  
See page 3 for details



Friday, January 4, 7:15pm  
**KABBALAT SHABBAT SERVICE**  
**"ASK THE RABBI"**  
See page 3 for details



Saturday, January 5, 11:00am  
**JR. CONGREGATION**  
See page 3 for details



Saturday, January 5 & 19, 12:45pm  
**LUNCH & LEARN**  
See page 6 for details



Friday, January 11, 6:15pm  
**SHABBAT KEHILLATIT & COMMUNITY DINNER**  
See page 3 for details



Saturday, January 12, 9:30am  
**LEARNERS SHACHARIT**  
See page 3 for details



Saturday, January 12, 6:00pm  
**FAMILY MOVIE NIGHT**  
See page 7 for details



Saturday, January 19, 10:00am  
**TOT SHABBAT**  
See page 3 for details



Sunday, January 20, 5:00pm  
**WEST SIDE STORY SING-ALONG**  
See page 5 for details



Friday, January 25, 7:15pm  
**KABBALAT SHABBAT SERVICE**  
**WITH THE OHR SHALOM CHOIR**  
**"MEET THE BOARD"**  
See page 3 for details



Wednesday, January 30, 7:00pm  
**MEN'S CLUB POKER**  
See page 4 for details



**Jewish Disability  
Awareness  
& Inclusion Month  
February 2019**

See page 8 for Ohr Shalom's full schedule of events

## To Serve It and Protect It

By Rabbi Scott Meltzer

*"And the LORD God took the human being and placed it in the garden to serve it and to guard it."*

(GENESIS 2:15)

*"And God gave the earth to the children of Adam." (PSALMS 115:16)*

*"When in your war against a city you have to besiege it a long time in order to capture it, you must not destroy its trees, wielding the ax against them. You may eat of them, but you must not cut them down. Are trees of the field human to withdraw before you into the besieged city?"*

(DEUTERONOMY 20:19)

*"On the first of Shevat is the New Year's for the tree, according to Beit Shammai. Beit Hillel teaches on the fifteenth."*

(MISHNAH ROSH HASHANAH 1:1)

On Monday, January 21 we will observe Tu B'Shevat, the New Year of the trees. Every year we are reminded that the earth is ours to care for. As has been explained to us, we were placed in the garden of this world to serve it and to guard it. We are the servants and the guardians of the world around us.

Every year we celebrate this special

birthday, and every day we are reminded of how much damage we have done, and continue to do, to this world that is under our protection. How much we have failed, and continue to fail, to be stewards of this earth.

This year Tu B'Shevat coincides with Martin Luther King Day. In these past years, we have added to our awareness of the devastating effect we have had on the environment and the unsustainability of our consumption of fossil fuels and other resources, an incredible awareness of the various links between our man-made environmental disaster and the incredible economic injustices that rage around the planet.

All of the great destroyers of our world – fossil fuel consumption, deforestation, over farming and environmental hazardous farming, mining, urban sprawl, and many others – are inextricably linked to the economic inequality and injustice that we have created and allowed to rage across this planet.

Rabbi's Message continued on Page 4

**Saturday, January 12,  
6:00pm**

**FAMILY Movie Night!**  
Disney • PIXAR  
**INCREDIBLES 2**



See page 7 for details

**Tu B'Shvat  
Celebration at  
Coastal Roots  
Farm**

**Sunday, January 20,  
10:00am to 1:00pm**



COASTAL ROOTS FARM

See page 7 for details

**Sunday, January 20,  
5:00pm**

**WEST  
SIDE  
STORY**  
Sing-Along

See page 5 for details



## WORDS FROM THE PRESIDENT

**Lynn Mendelsohn**  
President

### Things You Might Want to Know About Our Immigration System

Before we retired, I spent 38 years with the Law Offices of Ivan Mendelsohn, a practice devoted entirely to immigration. Being there gave me an insider's understanding of that field, or at least part of it, since Ivan would take only family-based and business cases, working with people whom he says "we actually could help." We steered clear of deportation cases, and only got involved with asylum cases when we felt we could make a strong case.

Because issues of "migrants" are so much in the news, I thought I might provide a very brief primer on U.S. immigration:

1. U.S. antagonism toward foreigners is not new. Our immigration laws long have been intended to keep "aliens" out of this country, not to help them come in. Generally, a foreign national who wants to work in the U.S. – even for a day – must enter with a visa. To live here permanently, she will need a "permanent resident visa," a "green card." To obtain a short-term employment visa or a green card, an individual must provide extensive evidence that she fits into one of a small set of qualifying categories. Some ways of qualifying for a green card include demonstrating a close family relationship to a U.S. citizen over age 21, a U.S. job offer that requires high educational attainment, or the financial wherewithal to invest at least \$500,000 in a U.S. job-producing business. Applicants must undergo a long, and sometimes contentious, process through U.S. Citizenship and Immigration Services (USCIS), also possibly involving the Departments of State or Labor.
2. The great majority of the people in the world never will be able to qualify for any U.S. visa. Also, to obtain most temporary visas (with letter names A through W), a person must demonstrate, when he applies at his local U.S. Embassy or Consulate, strong ties to his home country and a clear intention of returning there. This is why your unmarried, sketchily employed Israeli friend

couldn't get a tourist (B2) visa to visit you for *Pesach!*

For most of the world, the United States remains the *Goldena Medina*. A foreign national without the necessary family ties, financial means, or job offer has only two options if he hopes to

come and stay: seek political asylum or "get-in-and-get-lost." Asylum is hard to obtain, since U.S. law requires that the applicant prove that he, as an individual, is a target for oppression in his home country. Therefore, millions of people, from every nation on earth, have opted to live in the U.S. without legal status. Think of this the next time the server at your favorite restaurant is a 20-something with a charming accent! Maybe he has a cultural exchange program (J1) visa, but probably not.

For the thousands of Latin American migrants pressing at our border in Tijuana, likely the only hope is a successful asylum application. I understand that officers at the U.S. Port-of-Entry have been using a sign-up system to schedule individual migrant interviews, fewer than 80 per day. If a migrant can present a convincing initial argument that he has "credible fear" of returning home, he will be detained pending a hearing before an Immigration Judge with the authority to approve or deny the asylum claim. Otherwise, he will be returned home. A successful asylum case usually establishes that the applicant is a member of an oppressed class – a religion or ethnic minority. The Trump administration eliminated victimhood – in circumstances of gang warfare or domestic violence – as a legitimate basis for an asylum claim, but a Federal judge recently overturned that. Nonetheless, most of those interviewed will be sent back to their home countries and many, discouraged by long waits and an abundance of asylum denials, likely will seek to remain in Mexico or wander back home.



JANUARY 2019  
ISSUE NO. 356

**DAVAR**

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

DAVAR PUBLISHED MONTHLY

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

#### OHR SHALOM BOARD OF DIRECTORS

President - LYNN MENDELSON  
VP Administration - AL SHELDEN  
VP Long Range Planning - RUBEN ROSENAL  
Secretary - ELIZABETH GREEN  
Treasurer - JOY HEITZMANN  
Imm. Past President - RAY SACHS

#### COMMITTEE CHAIRS

Adult Education - LITA KLEGER  
Building & Grounds/Security - RAULF POLICHAH  
Member Care - LOUISE CHANDLER  
Programs & Events - AVIVA ANGEL  
Religious School - REBECCA ZIPP  
Ritual - SHOSHANAH FEHER STERNLIEB  
Social Action - RACHEL MILLSTONE  
Youth Programs - JESSICA LEMOINE  
Member-at-Large - LEANNE ADAMS  
Member-at-Large - ALLYSON DARROCH  
Member-at-Large - JONATHAN GEIGER  
Member-at-Large - EVETTE WEISS  
Men's Club - JOE HARTMAN  
Sisterhood - MARDIA ROSE

*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](mailto:davar@ohrshalom.org)

#### Deadline:

- January 5 for February issue
- February 5 for March issue

#### Ohr Shalom's Publicity Liaison:

##### Jane Zeer

Attention Committee Chairs and Program Coordinators: Please contact Jane at [davar@ohrshalom.org](mailto:davar@ohrshalom.org) to coordinate publicity of upcoming events.

# OHR SHALOM SERVICE SCHEDULE

## KABBALAT SHABBAT SERVICE SCHEDULE

Friday, January 4 - 7:15pm (Kabbalat Shabbat Service "Ask the Rabbi")  
 Friday, January 11 - 6:15pm (Shabbat Kehillatit, New Member Dinner)  
 Friday, January 18 - 6:15pm (Kabbalat Shabbat Service)  
 Friday, January 25 - 7:15pm (Kabbalat Shabbat Service "Meet the Board")

### TOTS IN PJS

KABBALAT SHABBAT SERVICE

**Friday, January 4, 6:00pm**



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



### KABBALAT SHABBAT SERVICE "ASK THE RABBI"

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

**Friday, January 4, 7:15pm**

## Jr. Congregation



**Saturday, January 5, 11:00am**

An interactive, hands-on service for pre-B'nai Mitzvah kids (5-12). We'll sing, discuss, laugh, and find ways to make the Shabbat morning service accessible and enjoyable for each one of us.



### LUNCH & LEARN

**Saturday, January 5 and 19, 12:45pm**

Come for Shabbat services and stay for lunch and discussion.

## Shabbat Kehillatit



<p><b>Friday, January 11</b>                  Family-friendly service: 6:15pm                  Community Dinner: 7:15pm                  Please RSVP for dinner by January 7</p>	<p><u>Members</u>                  Adults: \$12                  Children (5-12yrs): \$5</p>	<p><u>Non-members</u>                  Adults: \$15                  Children (5-12yrs): \$8</p>
<p><b>Complimentary Shabbat dinner for New Members</b></p>		

### SHABBAT MORNING LEARNERS SHACHARIT

**Saturday January 12, 9:30am (Torah Service 10:15am)**

A new Shabbat morning experience. Become better acquainted with the morning service, its contents, organization, choreography and meaning. Discuss and practice modalities of Jewish spirituality as related to praying within the community.



## Tot Shabbat

**Saturday, January 19**  
**10:00am to 11:30am**

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



### "Meet the Board" Shabbat

**Friday night, January 25 at 7:15pm**

**Introducing Ohr Shalom's Board Members**

*Kabbalat Shabbat with the Ohr Shalom Choir followed by a dessert reception.*



## PARSHIYOT AND CANDLELIGHTING

**January 2019**

---

**PARSHAT VAERA**

Fri. January 4 | 28 Tevet  
 Sat. January 5 | 29 Tevet  
 Torah: Exodus 6:2 - 9:35  
 Haft: Ezekiel 28:25 - 29:21



4:38pm

---

**PARSHAT BO**

Fri. January 11 | 6 Shevat  
 Sat. January 12 | 7 Shevat  
 Torah: Exodus 10:1 - 13:16  
 Haft: Jeremiah 46:13 - 46:28



4:44pm

---

**PARSHAT BESHALACH**

Fri. January 18 | 12 Shevat  
 Sat. January 19 | 13 Shevat  
 Torah: Exodus 13:17 - 17:16  
 Haft: Judges 4:4 - 5:31



4:50pm

---

**PARSHAT YITRO**

Fri. January 25 | 19 Shevat  
 Sat. January 26 | 20 Shevat  
 Torah: Exodus 18:1 - 20:23  
 Haft: Isaiah 6:1 - 7:6; 9:5 - 9:6



4:57pm

## Ohr Shalom's Choir!

**Come join us on Mondays at 6:30pm**

**January 7**  
**January 14**  
**January 28**



### Shabbat Morning Babysitting

Reservations are strongly recommended.  
 E-mail your reservation to: [office@ohrshalom.org](mailto: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](http://www.facebook.com/ohrshalomsynagogue)**



## Aufruf Weekend and Wedding Shower for Rabbi Sydni Adler and Feivel Rubinstein

Please Join us at services on **Saturday morning, February 2** as we celebrate the aufruf of our rabbinic intern Sydni Adler and her fiance Feivel Rubenstein. Join us as well for a special Lunch & Learn after services.

Also, join us that evening,  
**Saturday, February 2, 7:00pm**  
for a  
**Wedding Shower and Party**  
with the couple

*Wine, Cheese, Desserts*



*NO GIFTS, PLEASE*

Please RSVP to the office (619) 231-1456 or office@ohrshalom.org



## World Wide Wrap: Women and Tefillin with Rabbi Sydni Adler

Please join us **Sunday morning, February 3 at 10:00am** as we participate in the **World Wide**

**Wrap** with synagogues around the world. Rabbi Adler will be teaching about the mitzvah and traditions of *tefillin*, and teaching how to fulfill the mitzvah. She will include teachings about the history and obligation of women to *tefillin*. Everybody is invited and encouraged to attend.

## RABBI'S MESSAGE CONT.

We are also gaining an increasing awareness of the unequal sharing of the consequences of Climate Change. The poorest are being the hardest hit by the consequences of the consumption of the wealthiest. Poverty, displaced persons, illness, and many others societal plagues are being exacerbated by Climate Change, and the poorest are the most adversely affected.

Environmental justice and economic justice are inseparable.

On Monday, January 21, observe Tu B'Shevat. Enjoy a meal of natural, whole foods. Tell stories and sing songs to connect and celebrate the blessings of this earth. Stand up to defend this earth. Write a letter. Make a donation. Change your pattern of consumption.

*"The earth and its fullness belong to the LORD, the world and all who dwell within it."* (PSALMS 24:1) Let this be the Tu B'Shevat, the MLK Day, when we accept our responsibility to protect and serve this world, all its inhabitants, and all it contains – on Monday, January 21 and every day.

[Editor's Note: See page 13 for Shira Reid Cohen's article on tikkun olam through the lens of the environment; page 17 for Rabbi Adler's article relating Tu B'Shevat and Earth Day; and page 15, for how you can participate in the annual Martin Luther King, Jr. Day of Service on January 21.]

## TWO KITCHEN MAVENS FOR OHR SHALOM

Our synagogue kitchen is a hub of food busy-ness, serving Shabbat lunch every week, producing monthly Kehillatit dinners, and putting out snacks, knoshes and meals for a constant stream of special events. Such an intensely active place needs at least one Fearless Leader to keep things organized – and sanitary. For many years, that person was Barbara Haislip, but Barbara has retired from our kitchen.

Ohr Shalom now has the good fortune of acquiring two newly certified Kitchen Managers.



In mid-November, **Marci Prag** and **Vanina Bunton** completed a long day of training at the Mission Valley offices of the San Diego Food and Beverage Association, successfully passing the exam to become California State Certified

Food Managers. Having done that, Vanina and Marci are at work on upgrading and standardizing Operations Policies for the kitchen. Their objective is to keep everything very clean, up to and beyond commercial standards. They want to make doubly sure that everyone who prepares food at Ohr Shalom is aware of Kashrut practices and understands how to prevent contamination by applying current standards of behavior and attire. Working with Rabbi Meltzer, our Kitchen Managers are upgrading policies to govern the handling of food that comes into the synagogue. They also are in the midst of an inventory of current equipment that will lead to a wish list of items whose purchase will make cooking at Ohr Shalom safer and more efficient.

The kitchen soon will be decorated with new signage and maintenance checklists. Watch the *Davar* in future months for announcements of opportunities for training in food handling and Kashrut practices, and for reports of new developments as Marci and Vanina pursue their kitchen project. Of course, they also will continue to cook the delicious meals for which they have become justifiably famous!

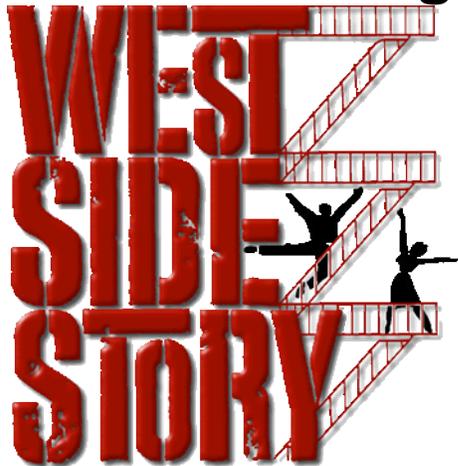
## Men's Club Poker Game

Wednesday, January 30 at 7:00pm  
Contact Joe Hartman: (619) 851-2303.



Sunday, January 20, 2019, 5:00pm

# Annual Movie Night *Sing-Along*



The tale, based on Shakespeare's Romeo and Juliet, of gang warfare in 1950's New York. Award-winning music, lyrics and dance by Leonard Bernstein, Stephen Sondheim and Jerome Robbins.

**Dinner to fit the event: American and Puerto Rican foods.**

Please RSVP. **Suggested donation \$5.** Call the Ohr Shalom office at 619-231-1456 or [office@ohrshalom.org](mailto:office@ohrshalom.org).

*That night. That night – won't be just any night!  
That night we'll get to all sing along.  
That night. That night – we'll croon with all our might,  
Even if we don't quite know the song!*



**Vique Chavez** will talk before the film on the connections between Martin Luther King Jr. Day and themes of *West Side Story*. Vique is a professor of Ethnic and Gender Studies at San Diego Mesa College.

**Co-Sponsored by the Ohr Shalom Sisterhood**

*Show up at 5 to hear the first notes  
Of Bernstein's jazzy ballet,  
And bring your appetite!*



*The plot's not light,  
But art and food will keep our hearts bright. That night!*



## YOUTH PROGRAMS

**Jessica Lemoine**  
Youth Programs



### **KADIMA/JR. USY AND OHR SHALOM YOUTH GROUP (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](mailto:jessicasontag.lemoine@gmail.com).

#### **OSYG and Kadima/Jr USY**

**January 25- 27. USY All Grades Regional Kinnus** at Camp Ramah in Ojai, CA. Watch for an email more details. Call Jessica Lemoine for information and to sign up to attend.



OSYG members hiking in Santa Rosa Plateau Ecological Reserve during weekend in Temecula.

#### **OSYG**

**Saturday, January 19, 7:30pm. Teen night at the JCC** with JCompany Youth Theater's production of *Newsies!* \$20

#### **Kadima/Jr USY**

**Sunday, January 13, 1:00pm.**

JCompany Youth Theater's production of *Newsies!* \$25 includes lunch after Hebrew school, transportation and ticket.





## ADULT EDUCATION

**Lita Kleger**  
Adult Education Chair

### MEDICAL ETHICS AND 21ST CENTURY JUDAISM *with Rabbi Meltzer*

Wednesdays, 10:00-11:30am Beginning Jan. 9

1. **Obligation to Heal** January 9
2. **Universal Health Care** January 16
3. **Suicide** January 23
4. **Breathing, Heart Beat & Brain Activity** January 30
5. **Organ Donation** February 6
6. **Fertility Treatments, Pregnancy & Abortion** Feb. 13
7. **How Do We Define Family?** February 20
8. **Making My Own Medical Decisions** February 27



### JEWISH AMERICAN LITERATURE COURSE

8 Tuesdays, January 22 – March 12,

**Note change of time: 11:00am-12:30pm**

**New Class!** *Instructor: Tricia Pummill*

Ohr Shalom Congregant and SDSU Professor **Tricia Pummill** will teach a course that will trace the Jewish experience in the United States through the fiction of our great America Jewish writers.

The syllabus will include short works by Emma Lazarus, Abraham Cahan, Isaac Bashevis Singer, Saul Bellow, Bernard Malamud and Bob Dylan, as well as plays and novels by such authors as Arthur Miller, Ira Levin and Philip Roth. Topics to be discussed will include, for example, the ways in which themes and story lines reflect Jewish values, culture and historical experiences, the role of Jewish humor in the texts, and issues of identity amid changing social attitudes.



Readings will be assigned according to the preference of the class members.

If you are interested in attending the course or would like more information, please contact Tricia at [tpummill@hotmail.com](mailto:tpummill@hotmail.com).

### NEW BIBLE CLASS AT OHR SHALOM!

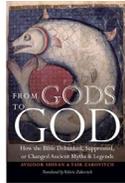
*with Rabbi Meltzer*

Wednesdays, 12:00-1:30pm Beginning January 9

Following Israeli scholars Avigdor Shinan and Yair Zakovitch, we will study and discuss various tales of the Tanakh in the historical, mythological context from which they come.

We will also look at classical rabbinic readings of these tales. Our conversation will be informed by Shinan and Zakovitch's book

***From Gods to God: How the Bible Debunked, Suppressed or Changed Ancient Myths & Legends.*** You are encouraged to obtain the book and come to class prepared according to the following schedule:



January 9 - "Introduction" & Chapter 1 "Eden's Winged Serpent"

January 16 - Chapter 2 "When Gods Seduced Women"

January 23 - Chapter 3 "Moses or God? Who Split the Sea of Reeds?"

January 30 - Chapter 4 "What is Manna?"

### LUNCH & LEARN

Saturdays, January 5, 19 and February 2, 12:45pm

Come for Shabbat services and stay for lunch and discussion.



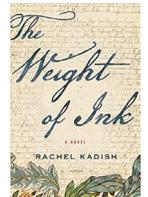
### READINGS WITH THE RABBI

Sunday, January 27, 10:30am

***The Weight of Ink***

*by Rachel Kadish*

Set in London of the 1660s and of the early twenty-first century, *The Weight of Ink* is the interwoven tale of two women of remarkable intellect: Ester Velasquez, an emigrant from Amsterdam who is permitted to scribe for a blind rabbi, just before the plague hits the city; and Helen Watt, an ailing historian with a love of Jewish history.



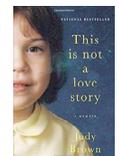
When Helen is summoned by a former student to view a cache of newly discovered seventeenth-century Jewish documents, she enlists the help of Aaron Levy, an American graduate student as impatient as he is charming, and embarks on one last project: to determine the identity of the documents' scribe, the elusive "Aleph."

Electrifying and ambitious, *The Weight of Ink* is about women separated by centuries—and the choices and sacrifices they must make in order to reconcile the life of the heart and mind.

Sunday, February 17, 10:30am

***This Is Not a Love Story***

*by Judy Brown*



A true story of autism within New York's Chasidic community.

**Tu B'Shevat Celebration at**



**Sunday, January 20th, 10:00am to 1:00pm**

441 Saxony Road, Encinitas

Get into the spirit of the “New Year for Trees” at Coastal Roots Farm’s Tu B’Shevat festival!

Activities will include tree planting, live music, food vendors – and Seven Learning Stations to correspond with the seven species of plants celebrated at Tu B’Shevat. The celebration includes a kids’ zone with special activities. The cost of admission is \$18 for adults and \$9 for children.

Ohr Shalom members will depart the synagogue at 10:00am and return at approximately 1:00pm. Please **RSVP by January 15th**, and indicate whether you would like to be a driver or a rider. Please also let us know whether you would like to plant a tree, since advance reservations are required for that activity.

**To RSVP, or for more information, please contact Lita at [lita.kleger@gmail.com](mailto:lita.kleger@gmail.com).**

*Founded in 2015, and managed by North County’s Leichtag Foundation, Coastal Roots Farm is a 20-acre nonprofit community farm and education center. Inspired by Jewish values and age-old agricultural practices, the farm engages in sustainable agriculture, grows organic crops, and shares its harvest with the larger community through pay-what-you-can farm stands, community engagement and outright donations to hunger relief organizations. The farm offers hands-on education through workshops, field trips, agricultural festivals and community events.*

To learn more about the farm, visit <https://coastalrootsfarm.org>.



**Inflexible? Anxious?**

**Do you find yourself distracted by comparing yourself to others? Focus on your insecurities? Not as strong as you’d like to be? Feeling frustrated and overwhelmed by life?**

**Sunday, January 13 & 27, 3:00-5:00pm**

**Marpheh**, meaning *healing or remedy* in Hebrew, is a program exclusively offered by Ohr Shalom, including yoga, meditations, lifestyle changes to reduce stress and help you imagine and live your best life.

The yoga being offered in Marpesh is more than a workout practice. Learn to tune into your body and differentiate the subtleties of your body’s wisdom, for example the difference between pressure and pain. Listening to the body will improve your health and support a better understanding of your own needs both on and off the mat. Also, learn to calm the mind chatter that can limit you. We aim to bring unity to life. **Are you ready to embrace this life while deeply honoring yourself and your path?**

These high-quality classes are offered free to women who are experiencing financial difficulties who wouldn’t otherwise be able to afford such an innovative program. For those who are not experiencing financial hardship the recommended minimum donation is \$15 per class. **Classes are held every 2nd and 4th Sunday, 3-5pm until June 2019.** It is highly recommended that you attend all the classes however, drop-in will also be available on first come first served basis.

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

*Honor yourself by showing up for yourself: mind, body, spirit*  
**-Alex van Frank**



**FAMILY MOVIE NIGHT**



**Saturday, January 12, 6:00pm**

Please join the young families of our synagogue for Family Movie Night. The evening will begin with Havdalah followed by a kid-friendly dinner and movie presentation. All ages welcome. Please RSVP to the office so we know how much food to prepare, [office@ohrshalom.org](mailto:office@ohrshalom.org)



“Everyone’s favorite family of superheroes is back in **Incredibles 2** – but this time Helen is in the spotlight, leaving Bob at home with Violet and Dash to navigate the day-to-day heroics of “normal” life. It’s a tough transition for everyone, made tougher by the fact that the family is still unaware of baby Jack-Jack’s emerging superpowers. When a new villain hatches a brilliant and dangerous plot, the family and Frozone must find a way to work together again—which is easier said than done, even when they’re all Incredible.”

*(From Wikipedia)*





# Jewish Disability Awareness & Inclusion Month February 2019



**Elana Naftalin-Kelman**

*Tikvah Director, Programs for Campers and Young Adults with Disabilities at Camp Ramah in Ojai*

**Friday Night, February 8**

**6:15pm Shabbat Kehillatit & "Regards from Camp Ramah"**

**Saturday Morning, February 9**

**9:30am Shabbat Morning Service – Guest Davar Torah**

**12:45pm Lunch & Learn – "Loving All Jews"**

**Sunday  
February 10, 6:45pm**

**Movie Night**

**Wonder**



**Dr. Suzanne Stolz**

*Assistant Professor of Special Education, School of Leadership and Education Sciences, University of San Diego*

**Sunday Morning, February 10**

**12:15-1:15pm "How We Think and Talk About Disabilities Within Our Schools"**



**Anastasia Bacigalupo**

*Disability Rights Attorney and Advocate*

**Friday Night, February 22**

**6:15-7:00pm Services**

**7:30-9:00pm "Disability, Aging & Stigma: A Discussion"**

**Saturday Morning, February 23**

**9:30am Shabbat Morning Service – Guest Davar Torah**

**12:45pm Lunch & Learn with Rabbi Meltzer**

**Saturday Evening, February 23**

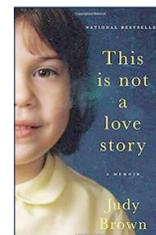
**7:00-9:00pm "How the Americans with Disabilities Act (ADA) Changed America: Disabilities, Legislation and Public Space"**

Panel: Including elected officials (TBD), discussing pending future legislation

**Sunday  
February 17, 10:30am**

**Readings with the Rabbi**

***This Is Not a Love Story*  
by Judy Brown**





## RITUAL COMMITTEE

**Shoshanah Feher Sternlieb**  
Ritual Chair



Next month, we will join Jewish communities across the country to raise awareness and foster inclusion of people with disabilities. **Jewish Disability Awareness and Inclusion Month (JDAIM)** was established in 2009 by the Jewish Special Education International Consortium and is observed each February. JDAIM's stated mission is: to unite Jewish communities worldwide to raise awareness and champion the rights of all Jews to be included and to participate in all aspects of Jewish life like anyone else.

*Why is Ritual Committee spearheading Ohr Shalom's JDAIM efforts?* So glad you asked! JDAIM inspired us to open a conversation about what it means to be disabled in a Jewish context and what we can do to make ritual accessible to all. There is a long, rich tradition in our history of emphasizing the importance of how we, as a *kahal*, treat those with unique vulnerabilities. In Leviticus 19:14, we are instructed not to curse the deaf nor place a stumbling block before the blind. How can we in modern times honor this age-old tradition? What is the current-day equivalent of making our community a place free of stumbling blocks?

Here at Ohr Shalom, we have already taken a number of steps towards expanding our accessibility. These include our platform lift providing access to the bimah, outside ramp, and mobility friendly social hall and restroom facilities. And yet, there is more that we can do.

We have planned an exciting month of programming aimed at fostering disability awareness. The events primarily occur over the course of two weekends in February. During the first weekend (**February 8-10**), **Elana Naftalin-Kelman**, the Tikvah Director at Camp Ramah, will join us on Friday and Saturday. Tikvah is the Camp Ramah program for campers and young adults with disabilities and also runs a camp for families that have kids with special needs. On Sunday, we're joined by **Dr. Suzanne**

**Stolz**, an Assistant Professor of Special Education at USD, who will talk to us about the language we use to talk and think about disability in our society. The evening will be capped with Movie Night, featuring *Wonder*, a true story film about a 5th grade boy with facial differences.

During the second weekend of programming (**February 22-24**) we welcome **Anastasia Bacigalupo**. Ms. Bacigalupo has been active in the field of Disability Rights for over 15 years. She is the founder of Trajectory Consultant Group and was, until recently, the director of the Disability Community Resource Center in Los Angeles. On Friday after services, she will be speaking on the subject of the stigma associated with aging and disability. Her interest is in making us aware that all of us are either people with current disabilities or will be developing disabilities as we age. She will also participate in Saturday services and will be part of an evening panel discussion about the significance of the American with Disabilities Act (ADA). We will be joined by elected officials discussing current issues and legislation around the ADA. Our own

**Jeanne Argoff** will discuss the history of the ADA and her role in it.

The Religious School will be involved in teaching about inclusion and awareness to our younger congregants. Their events include a special guest program for the younger kids, a speaker for the *madrichim*, and a screening for the older students of *Praying with Lior*, a documentary about a boy with Down Syndrome preparing for his Bar Mitzvah. February's Readings with the Rabbi features *This Is Not a Love Story*, a true story of autism within New York's Chasidic community.

In our attempt to make synagogue ritual accessible to as many people as possible, we will have plastic magnifiers available. We also hope to provide an American Sign Language interpreter for some events.

We are working with a number of local organizations in order to make this a vibrant program. The events are open to the community at large, so please invite whoever might be interested!

For specific events and times, see the information on the opposite page.

## Wheelchair/Disability Access



**Did You Know?** that we have a **wheelchair/disabled lift** in the hallway next to the Sanctuary that gives access to the bimah

for those who have an honor like an aliyah, or opening the ark? Access to this lift is from the Sanctuary, through the double doors on the right-hand side below the bimah.



If you are offered or request an honor during services – and you have difficulty reaching the bimah, please let the Rabbi, service leader, or the person handing out honors know in advance and they will help you use the lift to get up and down from the bimah.

# 2018 Ohr Shalom CHANUKAH PARTY



We began our Chanukah party with a beautiful lighting of our chanukiot and singing led by **Zeji**. After enjoying some yummy pizza and latkes, the children had a blast breaking open the lovely piñatas that **Sarita Zands** and **Ronnie Morales** generously donated. The festivities continued with fun Chanukah music and dancing led by **Brian Ross**. Thank you to all who contributed time and effort to our wonderful party!



Ohr Shalom  
**ON THE TOWN**  
 Spring 2019

**All new! Ohr Shalom on the Town, Spring 2019**

Here is the upcoming **On the Town** lineup:



**The Big Molinsky: Considering Joan Rivers**, presented by Nellie McKay, Lawrence Family Jewish Community Center, Garfield Theater, Thursday, February 21, 2019, at 8 pm. In this one-woman show, McKay portrays the inimitable Joan (whose actual surname was Molinsky). She also plays piano, sings, and spoofs Joan's show-biz friends. Group discount tickets will cost \$28.50 apiece.



Prokofiev's Classic **Peter and the Wolf**, San Diego Symphony, Sunday, March 31, 2 pm, Copley Symphony Hall. A new departure for On the Town, this is a family concert, but its wonderful music

will thrill everyone! Adult tickets will cost \$27 and kids, \$12.



**They Promised Her the Moon**, by Laurel Ollstein. Old Globe Theater, Tuesday, April 9, 7 pm. Based on the true story of Jerri Cobb, an extraordinary aviator and record-holding test pilot, the play explores

the subtle but powerful forces that kept women out of America's early space program. Contains strong language. Ticket price not yet set.

Lynn Mendelsohn will continue to handle ticket purchases for *Ohr Shalom on the Town*. Her email address is [mendasst@n2.net](mailto:mendasst@n2.net).

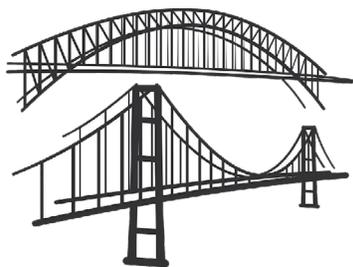
**Save The Date**

**Seven Bridges**

**Hike, Study and Sing**

with Rabbi Meltzer

**Sunday, March 3,  
1:00pm**



**SISTERHOOD CORNER**

**Marda Rose**  
 Sisterhood President

Thanks to everyone who came to our events this year and made purchases at the gift shop. We had a great 2018, and we are looking forward to seeing you at more events in the coming months.

**Sisterhood Table**

Our next Sisterhood Table will be during the Shabbat Kehillatit dinner on **Friday, January 11**. Join us at the table to enjoy dinner and conversation. We will have a Sisterhood table reserved for dinner following the service. Seating at the table is limited to women only so that we can bond with other Sisterhood members. Please RSVP to the office and mention that you would like to be seated at the Sisterhood table.



**Learn to Play Mahjongg**

(or hone your skills)

**January 23, 2019 at 7:00pm**

Join us for a fun-filled evening at Lita Kleger's house to learn and play mahjongg.



Please email Lita for the address:  
[lita.kleger@gmail.com](mailto:lita.kleger@gmail.com).

*Sisterhood membership not required for this event.*

**Save the Date!**

**Sisterhood is Going to the Movies!**

**February 10, 2019**

*Sisterhood is off to the movies in February!* Join us on February 10th for the **San Diego International Jewish Film Festival**. Specific details about the film and meeting time will be announced soon. We hope you can join us.



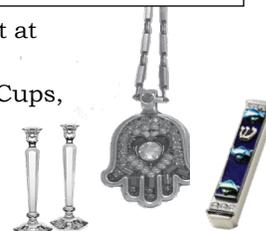
**Sisterhood Gift Shop**

**Looking for Sisterhood Member Volunteers** to help with opening the gift shop. If you are interested please contact [giftshop@ohrshalom.org](mailto:giftshop@ohrshalom.org).

*Gift Shop Hours* – By appointment at [giftshop@ohrshalom.org](mailto:giftshop@ohrshalom.org).

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

Visit our virtual shop at [ohrshalom.org/sisterhood](http://ohrshalom.org/sisterhood). Special Requests? Email us.





## SOCIAL ACTION

**Rachel Millstone**  
Social Action Chair



**“Maybe we are the pieces...”**

**Join Us in Tikkun Olam for Our Planet**

**What is “Social Action?”**

No, we don’t organize dances and social events exactly....

**So, what is “Social Action?”**

*Social Action is Tikkun Olam*



**From the words of children:**

*“There’s this part of Judaism I love. Tikkun Olam. It said that the world is broken into pieces and everyone has to find them and put them back together.”*

*“Really? I don’t know. Maybe we don’t have to find it. **Maybe we are the pieces.**”*

This month ushers in the Jewish New Year of the Trees, **Tu B'Shevat**, and with it, an opportunity to view the concept of *tikkun olam* through the lens of our own environment. **Shira Cohen**, passionate conservationist and activist, has committed to sharing monthly messages to guide us in ways to enlarge our vision of *tikkun olam*.

Her first column, illustrated by her husband, **Joshua E. Cohen**, appears on the opposite page. Thank you, Shira! We look forward to learning more in the months to come!

## TAY ACADEMY LUNCH PROJECT

Thank you to these cooks, shoppers and transporters who have been participating recently in providing food for the TAY Academy Lunch Project – sometimes every month, sometimes every other month, sometimes every once in a while. Their generosity is always appreciated by the TAY:

- Christine Eisenberg**
- Hudi Eschel (Embargo Grill)**
- Sue Fischbein**
- Lois Gelb**
- Sandy Hull**
- Susan Kaplan**
- Rachel Millstone**
- Sharon Polichar**
- Marcia Sachs**
- Elizabeth Schwartz**
- Marilyn Shelden**
- Elaine Smith**
- Jane Zeer**



## DECEMBER DINNER FOR SAFE PARKING GUESTS AT JFS

Thank you to the amazing women, men and children of Ohr Shalom Synagogue who stepped up to brighten the lives of so many people for the guests of the Safe Parking Program at JFS on Tuesday evening, December 11. Your acts of *tzedakah* (charity) and *gemilut hasadim* (acts of kindness) are sparks of holiness that light the path for others. You bring hope, happiness, healing, and warmth into many lives.



*Left to right: Raulf Polichar, Jeff Kleger, Debbie Suissa, Lita Kleger, Rachel Millstone, Nechama Bunton, Vanina Bunton, Rita Cohen, Jane Zeer, Amy Morris, Vique Chavez. Not pictured: Dan Weiss. Additional donors: Alan Berlin, Jennifer Tabak-Levy, Marilyn Singer. Project Coordinators: Rachel Millstone, Jane Zeer.*

## UPCOMING EVENTS AND DONATION OPPORTUNITIES

### • TAY Academy Lunch Project.

Participate in the ongoing project to deliver lunch to the TAY Academy: drop-in facility serving homeless teens and young adults. There are over 1,000 homeless teens living in America’s Finest City. Please help us partner with TAY! Contact Marilyn Shelden at [marilyn.shelden@gmail.com](mailto:marilyn.shelden@gmail.com) to join this dynamic group of volunteers.



• **Donate for the Homeless:** During the cold months of January and February, donate blankets/ sleeping bags, NEW socks and underwear for men and women, and NEW bras for women. Bring to the bins in the synagogue lobby.



**“CULTIVATE IT...GUARD IT.”**

by Shira Reid Cohen

We are all familiar with the concept of *tikkun olam*, the Jewish command to heal the world. For as long as I can remember, our synagogue and its members have been inspirational with projects that help other people, which is wonderful. But, *tikkun olam* extends beyond our fellow humans to include all life on Earth. From the beginning of the Torah, we are mandated stewards, instructed to care for Earth when God placed humans in the “Garden of Eden, to cultivate it and to guard it” (*B’reishit 2:15*).

In the beginning of October 2018, the UN Intergovernmental Panel on Climate Change released a study warning that we have only until 2030 to reverse the current climate trend. If we let the global temperatures raise another 0.5 degrees C (for a total of 1.5 degrees C), we will have what is called “runaway climate change,” which is when there is absolutely nothing that can be done to stop global warming (*CNN*). If this happens, we are not only talking about worldwide droughts, fires, increasing natural disasters and extinctions, but we will run out of oxygen! The methane that killed the dinosaurs in the KT extinction is trapped under the polar ice caps, which are melting at a faster and faster rate. If the methane is released, we have about 3 years until the oceans are completely dead. Half of our oxygen comes from the oceans. You do the math (*Racing Extinction*).

The WWF recently released a report stating that approximately 60% of wild vertebrate species (mammals, fish, birds, amphibians, and reptiles) have gone extinct between 1970 and 2014 – that’s only 45 years! (*The Guardian*). At this current rate of decline, 100% of wild vertebrate animals will be gone by 2026 – YEAR ZERO (*Sustainable Human*).

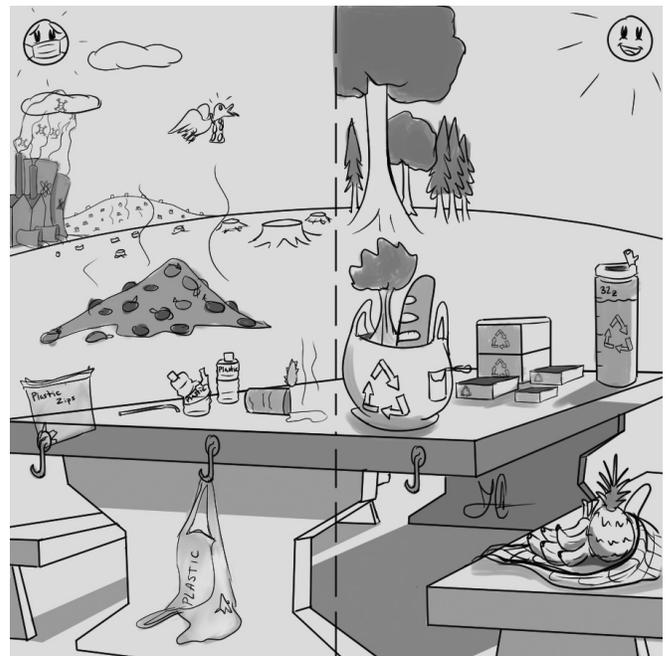
“It turns out that animal agriculture is not only the number one source of carbon emissions, it is also the number one source of land use on the planet... We are attacking wild animals on land, in the ocean, and in the air, and this leaves wild animals no room to survive.” (*Sustainable Human*).

And of course, North America is the highest consuming continent by far, with each person averaging more than 7 global hectares in consumption footprint, compared to most parts of Africa which average less than 1.75 global hectares per person (*The Guardian*).

Conservationists agree it is still possible to reverse the current trend in climate change if EVERYONE pitches in NOW. It’s easy, and this year I challenge you to

make **one easy change every month** that benefits the environment. Don’t worry, I’ll help! Make this a lifestyle change so it becomes habit and spread the message of *tikkun olam* for the Earth.

**Fact: 99% of what we buy is trashed in 6 months.**  
(Learn more at [www.storyofstuff.com](http://www.storyofstuff.com))



Joshua E. Cohen

**This month’s challenge:** Re-use! Instead of one-use plastic bottles and bags, use sturdy re-usable bottles, coffee mugs, and shopping bags! My favorite bags (Chico Bags) are ones made out of recycled plastic water bottles that clip onto my purse so I never forget! You can also get fabric produce/bulk item bags so you don’t need the silly plastic bags for your fruits and veggies! Reusable straws are a new fabulous trend. Going out to dinner? Bring your own take-out containers! You don’t have to go fancy, just an old (clean) jar will do! Bring your own cutlery to fast-food places. Use washable containers or fabric bags instead of plastic baggies for lunch. The possibilities of re-using are endless!

Join us in healing our planet. TOGETHER WE CAN!  
*Happy Tu B’Shevat!*



**Susie Meltzer**  
Israel Desk

## **AIPAC: Keeping the US-Israel Connection Strong**

The primary goal of AIPAC, The American Israel Public Affairs Committee, is to strengthen the relationship between the United States and Israel. For decades, AIPAC has been an extraordinary link to our elected officials in Washington to gain legislative backing on political and economic issues that are critical to Israel. Reinforcing these ties has benefitted both countries by furthering U.S. interests, including enhancing the security of each nation and promoting regional peace in the Middle East.



High on the list among American and Israeli shared objectives is fighting terrorism. When our Congress acts on legislation to support Israel's efforts against its enemies, it is always combined with AIPAC lobbying with members of Congress and mobilizing its members to contact their representatives. AIPAC knows how to do this well. Just this past October, our Congress adopted the Hezbollah International Financing Prevention Amendments Act, that seeks to cut off the flow of resources to the terrorist group. AIPAC lent a skilled hand for this outcome.

Beyond Washington, AIPAC's mission extends to many other places. AIPAC has worked region by region to empower their 100,000 diverse members to promote the U.S.-Israel relationship. They connect with members of all ages, religions, races and political parties within local communities nationwide to educate, inform and help sustain a strong connection between the United States and Israel.

The U.S.- Israel relationship is active in other forms. The Israeli and U.S. government connection, along with private entities, are also developing technologies not only to prevent terrorism and safeguard their citizens, but also partnering to

protect the environment by promoting new energy systems that will ensure long-term energy solutions. And energy security is a key interest of both the United States and Israel. The U.S.-Israel Energy Cooperation Program, funded annually by Congress and matched dollar-for-dollar by Israel, has set the stage for long-term strategic cooperation in the development of alternative fuels and new energy know-hows.

In addition, because of the strong friendship between them, the Israel Defense Forces (IDF) and the U.S. military share technologies and techniques that greatly benefit both nations. The United States and Israel have developed advanced systems and techniques for protecting the safety of innocent civilians in each country, starting with the Iron Dome at a cost of 1.4 billion US dollars and other systems since.

AIPAC is also making an important difference working to educate hundreds of college students on how to answer Israel's detractors and use political involvement to build support for Israel on campus and to stand-up against the BDS movement. AIPAC is working with Congress as well to develop legislation that can counter the international effort to boycott, divest and sanction Israeli businesses.

What's next for AIPAC? In November we elected over 90 new members of the House of Representatives and control there moved to the Democrats. To date, the majority of these newly elected officials have expressed strong support for Israel's security and her efforts to achieve peace with her neighbors. A good starting point. AIPAC will now work to ensure the critical relationship between the U.S. Congress and Israel stays inviolable and important.

Israel is America's most reliable friend and only democratic ally in the Middle East, one of the world's most volatile and important regions. We are fortunate to have AIPAC working to protect this important relationship.

Jewish National Fund

### **8<sup>th</sup> Annual Love of Israel Brunch**

**Sunday, January 20, 2019**  
**10:30am - 12:00pm**

**Hilton San Diego Bayfront**  
**1 Park Blvd**

**Guest Speaker: Bari Weiss, *The New York Times***  
Op-Ed Staff Editor & Writer

**Event Chairs: Karen & Dr. Robert Zeiger**

*Dietary Laws Observed*

**Tickets \$36.** RSVP at  
[jnf.org/SDBrunch2019](http://jnf.org/SDBrunch2019)



### **AIPAC San Diego Dinner**

**Sunday January 13, 2019**  
Marriott Marquis San Diego Marina  
333 W Harbor Dr

**5:30pm** - Registration & Reception  
**6:30pm** - Dinner & Program

**Registration: \$250 per person** at <http://events.aipac.org/SanDiegoDinner/>

*Dietary Laws Observed.*  
Contact the AIPAC office at (858) 626-2790 or email  
[sddinner@aipac.org](mailto:sddinner@aipac.org) for details.

## PARADISE FIRE MITZVAH PROJECT

by Hadaryah Levy

It all started when I asked my mom if one of my 13 mitzvah projects could be to get books for the victims of the Paradise Fire, specifically the students from Paradise High School, where our cousin Wendy has worked for over 20 years. Ima said books weren't the greatest option for those people since most of them had no place to put them. We decided instead to raise money and buy gift cards for things that Wendy can distribute directly to her students and former students for immediate delivery without going through any agencies that would possibly slow down the process.

I set a goal of \$500. My mom posted a note on Facebook describing the project, and emailed both our congregations (Ohr Shalom and Tifereth Israel) to spread the word. I was shocked to find that many people had gone out to get gift cards. We also received a donation from the Ohr Shalom social action committee, chaired by Rachel Millstone, of ten brand new warm fluffy blankets.

We drove to Foster City, just South of San Francisco, to spend Thanksgiving with Wendy and other relatives. We presented Wendy with a gift bag of all the gift cards that we collected and the ones I purchased with the monetary donations. Wendy was overwhelmed with gratitude and joy as the cards flowed out of the gift bag. Here are two stories of the families that were touched by our community.

One of her jobs as a teacher was to call at least 70 families to see if they were ok. One of the people she called said that she was struggling and was not going to be able to get through the end of month as she is dependent on government assistance. She had gone to the office and said that everything was gone in the fire and they said they could not help her. She had had her check for the month already and she would have to wait until the end of the month. Wendy told her about my mitzvah project and told her that she has no clue how much I would be bringing but that if she could just hold on until Thanksgiving, she would have something to give her. And she did....

I did not meet my goal of \$500...I surpassed it! I was able to give Wendy more than 50 gift cards totalling \$1,400. Thank you to all of you in this congregation who donated and helped touch the lives of those devastated by the Camp Fire in Paradise. The town is totally decimated and it will be years before they can rebuild and it will never be the same.

Wendy promised to send me stories of who received gift cards, if they would allow her to share. The first recipients of the gift cards are a former student of Wendy's, and her husband. They have 3 girls, 6 years old and younger. They had a beautiful house in Paradise and they both had jobs. ALL of that is gone. They are homeless and jobless. They were able to find a small apartment for rent that costs more money than their house, but they still don't have jobs and their girls don't have their schools and daycare. This family was truly touched to tears that Wendy was able to give them gift cards for basic needs and groceries. It put a smile on my face (and tears on my Ima's) to learn that a family has some things it needs because of me and all of you who helped.

Thank you so much for your support.



Hadaryah Levy

## COMMUNITY EVENTS



January 18-20, 2019

## Kol Tefilla 2.0

Shabbaton and Conference  
in Los Angeles, CA

A partnership between USCJ, Temple Beth Am,  
Peninsula Sinai Congregation, and others.

Featuring an Evening Concert with Nava Tehila & More.

Spend Shabbat Shira embracing the possibility of truly elevated prayer!

To register: [crm.uscj.org/civCRM/event/register?id=94&reset=1](http://crm.uscj.org/civCRM/event/register?id=94&reset=1)

Registration Fee: \$125.00

Amy and Bill Morris, who will be attending, request that other registered persons contact them regarding transportation, housing, etc., at [amymorris.sd@gmail.com](mailto:amymorris.sd@gmail.com).



## 11TH ANNUAL MARTIN LUTHER KING, JR. DAY OF SERVICE

Monday, January 21, 2019, 8:15am-12:00pm

**Make it a day on, not a day off!**

CLEAN-UP WORK AT BALBOA PARK

This San Diego tradition brings together hundreds of people of different faiths and cultural backgrounds in celebration of Martin Luther King, Jr's legacy.

### WHERE

West side of Balboa Park at the corner of Quince St. and Balboa Dr. Street parking is available on Balboa Drive and 6th Ave.

### WHAT

**8:15am** — Registration near the corner of Quince St. and Balboa Dr. (Participants under 18 must sign a waiver; youth under 16 must be accompanied by an adult.)

**9:15am** — Opening Ceremony

**9:30am** — Clean-up/Beautification. (Come dressed and prepared for physical work – work gloves, long-sleeved shirt, long pants, closed-toe work shoes – for clearing and hauling brush, mulching, and litter abatement. Tools will be provided.)

**11:30am** — Music, complimentary hot dogs and chips.

For more information: [www.fumcsd.org/10th-annual-mlk-day/](http://www.fumcsd.org/10th-annual-mlk-day/). In case of rain, call 619-297-4366, ext 500 for cancellation and re-scheduling information.

WIZO San Diego-Tijuana invite you to enjoy a



## Yiddish Theater

Wednesday, January 30, 7:00pm

We are going to laugh, play and sing. People that study Yiddish at school are going to remember and enjoy, and people that do not understand will learn to speak at the end of the play.

Ohr Shalom Synagogue

RSVP: (619) 279-4781 or (619) 482-0702

[wizosandiego@yahoo.com](mailto:wizosandiego@yahoo.com)

### Donations:

Adults \$10,

Youth up to 18 FREE



## RELIGIOUS SCHOOL CHAIR

**Rebecca Zipp**  
Religious School Chair

For the third consecutive year, the Religious School participated in Jewish Family Service of San Diego's **Embrace-A-Family** holiday program. The entire school "embraced" a family in need and purchased gifts on their holiday wish list. **Love** and **Matt Zubiller** very generously gave their time and effort to support this beautiful initiative. This year, we "embraced" a refugee family of four: mother, father, and two daughters. Love explained the family's experiences and current financial situation in an age-appropriate way to the students. Our entire community pitched in to fulfill the family's holiday wishes. The family will be awash in gift cards, new clothes, toys, and home décor – which Mark hand-delivered to JFS for the foreseeable future.



Matt Zubiller with the gifts for Embrace-A-Family

This project is such a wonderful way to teach our children the key Jewish values of *tikkun olam* and *tzedakah*, and I am so honored and humbled to be a part of a Jewish community that prioritizes these values. Thank you to everyone who participated. You have enriched your child and our community, and lent a hand a family in need.

I hope everyone had a joyous Chanukah and look forward to celebrating Tu B'Shevat with you all!

If you would like your student to be featured as student of the month, please contact me at [Rebecca.zipp@gmail.com](mailto:Rebecca.zipp@gmail.com)



## RELIGIOUS SCHOOL

**Cheryl Katz**  
Religious School Principal

As you read this, I am in Israel on the **Visions and Voices** seminar through the Davidson School of Education at Jewish Theological Seminary, where I am working toward my Masters of Jewish Education. I am carrying our community with me *ba'aretz* and I look forward to reflecting on my experiences with you when I return!

Teaching Israel is a topic almost as complicated and controversial as Israel herself, and certainly as our American-Jewish/Jewish-American relationship with her. I'm grateful for this opportunity to spend 10 days with other educators, from a variety of backgrounds, exploring our own present knowledge and assumptions that inform what we think and how we teach about Israel.

Teaching students about Israel is critically important, and this involves imparting some understanding of what is complex and what is controversial about Israel. Perhaps Jewish Americans wait too long before preparing our students for the reality that love of Israel is not universal in the world, nor necessarily unconditional for every individual. In any case, educating students with an eye toward one day resolving conflict in the Middle East will require educating students to a full, honest understanding about what happens in Israel, and an exploration of gray areas.

No teacher has all the answers. I absolutely don't. My goal as an educator is to bring students to a rounded sense of Jewish identity and place within synagogue, community and world. I want to foster a love and connection with Israel, and an ability to think critically about what they are told, and what is said, about Israel. I hope to inspire students, as we pray every Shabbat, "May we see the day when war and bloodshed cease." Peace comes through understanding.



## STUDENT-OF-THE-MONTH

**Student Name:** Benjamin Zipp  
**Religious School Class:** Gan/Alef  
**Religious School Teacher:** Morah Ronyt  
**Age:** 6  
**Sibling(s) if any:** Abraham (Bet)  
**Favorite Jewish Holiday:** Chanukah because you get presents

**Favorite Thing about Religious School:** making friends

**Favorite activities:** Shooting targets at California Adventure, riding Space Mountain at Disneyland

**Favorite foods:** spaghetti

**When I grow up I want to be:** to be a scientist

**If I had one wish I would wish:** for unlimited wishes



**Ohr Shalom**  
**Camp Ramah**  
Partnership Scholarships

We are very excited to announce a **brand new** Scholarship program to send two Ohr Shalom children to summer **Camp Ramah** in **Ojai**.

Two current 2nd, 3rd or 4th graders will be selected to receive this scholarship, which will include:

- \$1,000 in scholarship from Ohr Shalom
- \$700 in scholarship from One Happy Camper
- \$600 in scholarship from Camp Ramah.

All combined, this will reduce the cost of a 2-week session for the summer of 2019 from \$2,800 all the way down to \$500.

To be eligible for the Ohr Shalom – Camp Ramah Partnership Scholarship the child must be a current 2nd, 3rd or 4th grader who has never attended sleep away camp before.

*Children selected for this summer will also be eligible for a second summer scholarship for 2020.*

If you are interested in applying for your child, please send an email to [ramahscholarship@ohrshalom.org](mailto:ramahscholarship@ohrshalom.org) by **January 18, 2019**.



## RABBINIC INTERN

**Sydni Adler**  
Rabbinic Intern

### Tu B'Shevat – A Jewish Spin on Earth Day

Back in the year 200 CE, the Rabbis of the Mishnah established *Tu B'Shevat*, the 15th of the month of Sh'vat, as the beginning of the agricultural year – more precisely, the “New Year of the Trees.” In the modern age, it has become a sort of Jewish Earth Day, celebrated in different communities with hikes, sponsoring planting trees in Israel, and holding a seder grounded by spiritual analysis of different fruits and nuts. But other than acknowledging that trees are pretty, what does Judaism have to say about respecting the environment?

In the very first chapter of Torah, God tells us to fill the earth and rule it; God designates every plant to us and to the rest of the animals for food. And in the second chapter, God puts Adam – our representative of humankind – into the Garden of Eden to till it and to work it. From those first two stories of Torah, God assigns us not only to the job of taking food to eat, but of cultivating that greenery and making sure other creatures have access to it, as well. Much later in Torah, in Deuteronomy’s rules about war, God commands the people Israel never to destroy fruit trees when it besieges a town. Those fruit trees, the Torah pleads, are integral providers of food and life. Because of our unique abilities as human beings, the Torah teaches, we must give back as much as we take.

Besides ensuring that these animals have food, the Torah establishes guidelines for how to treat our companions on this earth. The book of Exodus implores us to return an enemy’s ox or donkey. If that enemy’s donkey has fallen down under its load, we must help our enemy unload



the animal so that she can stand up again. Frustration with other humans, or I’d like to think, hurriedness or any of life’s other distractions, must not be excuses for neglecting living creatures in need. Later in Torah, we learn that when we take the eggs or young birds from a bird’s nest, we must not kill the mother with them. And the reasoning

here, I think, is fascinating. *“You may take the young, but be sure to let the mother go, so that it may go well with you and you may have long life”* (DEUTERONOMY 22:6-7). We don’t have to be perfect with the way we treat each living being on our planet, but if we hold ourselves to some level of environmental decency, our actions have the ability to expand our lives and the lives of our descendants.

Yes, it’s wonderful to follow Torah for our fellow creatures’ sake, but even more selfishly, if we put a couple of reusable grocery bags in our trunk and remember to take them out when we go shopping, we contribute to a more stable climate for our children. If we reduce our meat consumption, or at least, pay attention to where we’re getting that meat from, we act as compassionate role models for those we share relationship with. In Judaism, we celebrate not just to praise the beautiful, but also to remind ourselves of the good for which we’re responsible. This year, on January 21 (the 15th of Sh’vat), enjoy a seder filled not only with dates, figs, and pomegranate seeds, but also with conversations about what you and your family can do to be even better stewards of the earth.

## COMMUNITY EVENTS

**MARK YOUR CALENDAR!**

twenty-ninth annual  
**INTERNATIONAL JEWISH FILM FESTIVAL**  
SAN DIEGO

FEBRUARY 7-17, 2019

11 DAYS OF FILMS FROM AROUND THE WORLD

**OPTIONS**  
THE WOMEN'S EVENT

**UJF Women's Options**, Jennifer Meltzer, Co-Chair  
February 24, 2019, 11:00am to 2:00pm

*The largest gathering of Jewish women in San Diego!*

A table will be reserved for Ohr Shalom members. Details and ticket information to be announced soon.

Sunday, February 10, 9:00am-12:30pm – At Ohr Shalom  
Thursday, February 15, 4:30-6:45pm – At Ohr Shalom

**LOVE YOUR HEART**

*“Join the Heart Health Movement” with a free blood pressure screening at sites across San Diego County and Mexico, celebrating eight years of Love Your Heart*

visit [LOVEYOURHEARTSD.ORG](http://LOVEYOURHEARTSD.ORG) to learn more

LIVE WELL SAN DIEGO  
LIVEWELLSD.ORG

**Israeli Art Exhibition and Sale**  
at Temple Adat Shalom

Thursday, February 21 – Sunday, February 24, 2019  
featuring original oil paintings, watercolors and lithographs by various Israeli artists

Co-sponsored by Ohr Shalom Synagogue. Ohr Shalom will share in the proceeds of the sale.

## TODAH RABAH AND LIFE CYCLE EVENTS

Thank you for your generous donations in November and December

### SYNAGOGUE FUND

Nick Akers  
Jesse Mendelsohn  
Catherine Spanbauer

**The Dunst Charitable Trust**  
Estelle Dunst Trust

**Schmier Family Trust**  
**Grounds Beautification**  
Beverly Schmier Trust

**In memory of Aharon ben Naftali**  
**In memory of Malka bat Shlomo**  
**Bonim**

**In memory of Naftali ben Aharon**  
**In memory of Aharon ben David**  
**In memory of Sara bat Mordechai**  
Aaron Rubinstein

**In memory of Guillermo Ramirez**  
Kenneth and Julia Ramirez-Stone

**In memory of Frances Goldstein**  
**In memory of Sidney Feldmar**  
Toni and Don Goldstein

**In memory of Stanley Joseph**  
**Wisinski**  
Esther and Edward Siegel

**In memory of Ruth Gottlieb**  
Rosalie Ulrich

**In memory of Hyman Wolpoff**  
**In memory of Jacqueline Horstein**  
Harriet and Sheldon Wolpoff

### RABBI'S DISCRETIONARY FUND

Tammy and David Gillies  
Aleyda and Aaron Hoskins  
Susie and Eli Meltzer  
Karen Rosen

**In Memory of Max Landau**  
**Speedy recovery for Dr. Lennie Fram**  
Karen Rund

### Mazal Tov to:

**Esther Siegel** on receiving a  
Second Place Prize in an Oasis  
Lifelong Learning essay contest.

### SOCIAL ACTION FUND

**JFS Safe parking**  
**Christmas Dinner**  
Marilyn Singer  
Susie and Eli Meltzer  
Rita Cohen  
Rebecca Iden

### USY SCHOLARSHIP

Susie and Eli Meltzer

### TODAH RABAH TO OUR SHABBAT ONEG SPONSOR

Aviva Angel

### TODAH RABAH TO OUR SHABBAT KIDDUSH SPONSORS

Eva Brzezinski and M. Frank Darbe  
Naomi and Al Eisman  
Rachel Millstone  
Ronnie Morales  
Sternlieb Family  
Nathan and Evette Weiss

### TODAH RABAH TO OUR CHANUKAH PARTY SPONSOR

Aviva Angel

*We apologize for any omissions.*

# SAVE THE DATE

## Lights of Ohr Shalom

**Sunday, April 7 at  
5:00pm**

### Oneg and Kiddush Sponsorship Opportunities

Share a simcha or commemorate a loved one's yahrzeit with your Ohr Shalom family by sponsoring an Oneg or Kiddush.

Friday Oneg or

Shabbat Morning Kiddush Sponsorship: \$90



### Todah Rabah

to our December Shabbat Service Leaders, Torah and Haftarah Readers, D'rashot and Minyan Leaders:

LeAnne Adams	Joe Hartman	Alan Morales
Hillel Angel	Daniel Hoskins	Alex Morales
Eddie Arriola	Alberto Hamui	Amy Morris
Ilan Awerbuch	Cheryl Katz	Bill Morris
Sue Brown	Krystal Kelly	Ruben Rosental
Nechama Bunton	Morris Lazard	Aaron Rubinstein
Vanina Bunton	Natan Lemoine	Esther Siegel
Louise Chandler	Ruth Levy	Brian Stennard
Rabbi Yonina Creditor	Susanne Lisker	Cantor Cheri Weiss
Jonathan Geiger	Eli Meltzer	Dan Weiss
Asia Goudeau	Ivan Mendelsohn	Marvin Yudkovitz
	Rachel Millstone	Jane Zeer

*Todah Rabah to our December Shabbat Kehillatit Dinner Volunteers:*

Marci Prag, Matt Razinsky, Vanina Bunton, Jim Lewis, and Miriam Bergman.

## Yahrzeits

*Abraham Gorinstein	Alan Gorinstein's Father .....	1-Jan/24 Tevet
Enrique Shteremberg	David Shteremberg and Sonia Zyman's Brother .....	2-Jan/25 Tevet
*Irving Greenberg	Laurie Slade's Uncle.....	3-Jan/26 Tevet
*Diane Rubin	Joe Rubin's Wife.....	3-Jan/26 Tevet
Raquel Bakcht	Remembered by Sara and Jaime Fainstein .....	4-Jan/27 Tevet
Kay Kaplan	Jason Kaplan's Mother .....	4-Jan/27 Tevet

# YAHREZITS

Neftali Rubinstein	Aaron Rubinstein's Father .....	4-Jan/27 Tevet
*Jacques Gabbai	Remembered by Albert Algazi .....	5-Jan/28 Tevet
Shirley Jacobs	David Jacobs' Wife .....	5-Jan/28 Tevet
Jack May	Sue Brown's Uncle .....	5-Jan/28 Tevet
*Sidney Semel	Bernie Semel's Father .....	5-Jan/28 Tevet
*Ida Greenberg	Laurie Slade's Grandmother .....	6-Jan/29 Tevet
Yaacov Jaim Szmuiłowicz	Remembered by Bertha Szmuiłowicz .....	6-Jan/29 Tevet
Josefa Arellano	Sonia Roberts' Mother .....	7-Jan/1 Shevat
*Thomas Zipp	Janice Zipp Cannizzaro and Elaine Smith's Grandfather .....	8-Jan/2 Shevat
Marks Tenen	Remembered by Joe Rubin .....	9-Jan/3 Shevat
Ester Lisker	Ruben Lisker's Grandmother .....	10-Jan/4 Shevat
Rivka Tishman	Lilian Deicas and Rosa Ratniewski's Grandmother, Remembered by Esther Tishman ..	10-Jan/4 Shevat
Edith Weiss	Nathan Weiss' Mother .....	10-Jan/4 Shevat
Fernanda Distel	Fanny Rosental's Mother .....	11-Jan/5 Shevat
Charles Sportes	Rene Sportes' Brother .....	11-Jan/5 Shevat
Arthur Weiss	Nathan Weiss' Father .....	11-Jan/5 Shevat
Roberto Behar Levy	Esther Modiano's Father .....	12-Jan/6 Shevat
Audrey Cupples	Remembered by Alice Broudy Cupples .....	12-Jan/6 Shevat
Ezequiel Fridman	Enrique Fridman's Father .....	12-Jan/6 Shevat
Roberta Schwartzman	Lara Pollock's Aunt .....	12-Jan/6 Shevat
Binyamin Salomonson	Yiftach Levy's Grandfather .....	13-Jan/7 Shevat
Bernice Stone	Ken Stone's Mother .....	13-Jan/7 Shevat
Aida Slovatzki	Miguel Slovatzki and Rafael Slovatzki's Mother .....	14-Jan/8 Shevat
Regina Becker Awerbuch	Ilan Awerbuch's Grandmother .....	15-Jan/9 Shevat
Oscar Burakoff	David Burakoff's Father .....	15-Jan/9 Shevat
Aaron Cohen	Tricia Pummill's Uncle .....	15-Jan/9 Shevat
*Isidor Weinstein	Ruth Cielak's Father .....	15-Jan/9 Shevat
Samuel Grossman	Sherry Berlin's Grandfather .....	16-Jan/10 Shevat
Saul Kaplan	Jason Kaplan's Father .....	16-Jan/10 Shevat
Helen Willis	Valerie Razinsky's Mother, Matthew Razinsky's Grandmother .....	16-Jan/10 Shevat
*Claire Algazi	Albert Algazi's Mother .....	17-Jan/11 Shevat
Lena Broudy	Alice Broudy Cupples' Great Grandmother .....	17-Jan/11 Shevat
Sarah Rubinstein	Aaron Rubinstein's Wife, Jaya Rubinstein's Mother .....	18-Jan/12 Shevat
Robert Stopnik	Roz Berman's Father .....	19-Jan/13 Shevat
Jaya Czarna Bielaz	Efrain Bielaz's Mother, Wolf Bielaz, Simon Bielaz, and Mina Cohen's Grandmother	20-Jan/14 Shevat
Louise Garry	Laura Sherman's Mother .....	20-Jan/14 Shevat
Stella Mostel	Linda Kucinski's Mother .....	20-Jan/14 Shevat
Sarah Tiano	Remembered by Jennifer Tuteur .....	20-Jan/14 Shevat
Rubin Recht	Lucy Goldman's Father .....	20-Jan/14 Shevat
Alice Wachterman	Susan Hagler's Mother .....	21-Jan/15 Shevat
Sarah Zinker	Samuel Galek's Mother .....	22-Jan/16 Shevat
Mary Langsam	Evie Sevel's Niece .....	22-Jan/16 Shevat
Helen Mendelsohn	Remembered by Ivan Mendelsohn .....	23-Jan/17 Shevat
*Marian Schultz	Marcia Sachs' Mother .....	23-Jan/17 Shevat
Calvin Green	Elizabeth Green's Uncle .....	23-Jan/17 Shevat
*Lillian B. Kaplan	George Kaplan's Mother .....	24-Jan/18 Shevat
*Sam Casuto	Morris Casuto's Father .....	24-Jan/18 Shevat
Aaron Finkler	Aaron Rubinstein's Grandfather .....	25-Jan/19 Shevat
Minnie Levin	Alice Broudy Cupples' Grandmother .....	25-Jan/19 Shevat
*Anita Schonbrun	George Kaplan's Sister .....	25-Jan/19 Shevat
*Maria Lachow	Lillian Lachow's Mother .....	25-Jan/19 Shevat
Paul Mark	Remembered by Honey Mark .....	27-Jan/21 Shevat
Gerald Rothenberg	Anita Nemoy's Uncle .....	27-Jan/21 Shevat
Everett Awerbuch	Ilan Awerbuch's Nephew .....	27-Jan/21 Shevat
Shimon Awerbuch	Ilan Awerbuch's Brother .....	28-Jan/22 Shevat
*Margaret Meltzer	Eli Meltzer's Mother .....	28-Jan/22 Shevat
Millard Sindler	Rita Cohen's Father .....	28-Jan/22 Shevat
*Florence Stillman	Sharon Polichar's Mother .....	28-Jan/22 Shevat
Rosa Zands	Samy Zands' Mother .....	29-Jan/23 Shevat
Daniel Abramovic	Faye Levy's Father .....	29-Jan/23 Shevat
*Gladys Sevel	Remembered by Evie Sevel .....	30-Jan/24 Shevat
Ben Kahan	Bill Retin's Grandfather .....	30-Jan/24 Shevat
*Henry Sachs	Ray Sachs' Father .....	31-Jan/25 Shevat
Ida Zaslav	Elsa Margolis' Mother .....	31-Jan/25 Shevat

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



**OHR SHALOM SYNAGOGUE**  
 2512 Third Avenue at Laurel  
 San Diego, CA 92103  
 (619) 231-1456

ADDRESS SERVICE REQUESTED

Non-Profit Org.  
 U.S. Postage  
**PAID**  
 Permit No. 1129  
 San Diego, CA

**CALENDAR OF EVENTS**

**JANUARY 2019**

Tevet 5779/Shevat 5779

**FAMILY**  
*Movie Night!*

**Saturday Night**  
**January 12, 6:00pm**

See page 7 for details



**Tu B'Shevat**  
**Celebration**

**Sunday**  
**January 20, 10:00am**

See page 7 for details



**WEST SIDE STORY**

**Sunday,**  
**January 20, 5:00pm**

**Sing-Along**

See page 5 for details

**"Meet the Board" Shabbat**  
**Friday, January 25, 7:15pm**

**Introducing Ohr Shalom's**  
**Board Members**

*Kabbalat Shabbat with the*  
*Ohr Shalom Choir followed by a*  
*dessert reception.*

	1 24 Tevet New Year's Day Office Closed No Minyan	2 25 Tevet Minyan 6:15pm	3 26 Tevet Minyan 6:15pm	4 27 Tevet Office Closes 2:00pm Tots in PJs 6:00pm Kabbalat Shabbat Service "Ask the Rabbi" 7:15pm 4:38pm	5 28 Tevet <b>Parshat Vaera</b> Shabbat Service 9:30am Jr Congregation 11:00am Lunch & Learn 12:45pm 5:39pm
6 29 Tevet Religious School 9:30am Minyan 6:15pm	7 1 Shevat <b>Rosh Chodesh Shevat</b> Minyan 6:15pm Choir Practice 6:30pm	8 2 Shevat Minyan 6:15pm	9 3 Shevat Adult Ed: Judiasm & Medical Ethics 10:00am Adult Ed: Bible Class 12:00pm Minyan 6:15pm	10 4 Shevat Religious School 4:30pm Minyan 6:15pm	11 5 Shevat Office Closes 2:00pm Shabbat Kehillatit 6:15pm Community Dinner 7:15pm New Member's Dinner 4:44pm
13 7 Shevat Religious School 9:30am Marpeh 3:00pm Minyan 6:15pm	14 8 Shevat Minyan 6:15pm Choir Practice 6:30pm	15 9 Shevat Minyan 6:15pm	16 10 Shevat Adult Ed: Judiasm & Medical Ethics 10:00am Adult Ed: Bible Class 12:00pm Minyan 6:15pm	17 11 Shevat Religious School 4:30pm Minyan 6:15pm	18 12 Shevat Office Closes 2:00pm Kabbalat Shabbat Service 6:15pm 4:50pm
20 14 Shevat No Religious School Tu B'Shevat Celebration at Coastal Roots Farm 10:00am West Side Story Sing-Along 5:00pm Minyan 6:15pm	21 15 Shevat <b>M.L. King Jr.'s Birthday</b> <b>Tu B'Shevat</b> Office Closed No Minyan	22 16 Shevat Adult Ed: Jewish American Literature Course 11:00am Minyan 6:15pm	23 17 Shevat Adult Ed: Judiasm & Medical Ethics 10:00am Adult Ed: Bible Class 12:00pm Minyan 6:15pm	24 18 Shevat Religious School 4:30pm Minyan 6:15pm	25 19 Tevet Office Closes 2:00pm Kabbalat Shabbat Service "Meet the Board" with the Ohr Shalom Choir 7:15pm 4:57pm
27 21 Shevat Religious School 9:30am Readings with the Rabbi 10:30am Marpeh 3:00pm Minyan 6:15pm	28 22 Shevat Minyan 6:15pm Choir Practice 6:30pm	29 23 Shevat Adult Ed: Jewish American Literature Course 11:00am Adult Ed: Talmud 4:30pm Minyan 6:15pm	30 24 Shevat Adult Ed: Judiasm & Medical Ethics 10:00am Adult Ed: Bible Class 12:00pm Minyan 6:15pm Men's Club Poker 7:00pm	31 25 Shevat Religious School 4:30pm Minyan 6:15pm	1 26 Shevat Office Closes 2:00pm Tots in PJs 6:00pm Kabbalat Shabbat Service "Ask the Rabbi" 7:15pm 5:03pm
	2 27 Shevat <b>Parshat Mishpatim</b> Shabbat Service 9:30am Jr Congregation 11:00am Lunch & Learn 12:45pm 6:04pm				