

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

FEBRUARY 2019 • MONTHLY NEWSLETTER • SHEVAT/ADAR I 5779

UPCOMING EVENTS



ADULT EDUCATION SCHEDULE
See page 8 & 9 for details



Friday, February 1, 6:00pm
TOTS IN PJS
See page 3 for details



Friday, February 1, 7:15pm
ASK THE RABBI
See page 3 for details



Saturday, February 2, 9, 23, 12:45pm
LUNCH & LEARN
See page 8 for details



Saturday, February 2, 7:00pm
RABBI ADLER'S WEDDING SHOWER



Sunday, February 3, 10:00am
WORLD WIDE WRAP



Friday, February 8, 6:15pm
SHABBAT KEHILLATIT & COMMUNITY DINNER
See page 3 for details



Sunday, February 10, 9:00am
Thursday, February 14, 4:30pm
FREE BLOOD PRESSURE SCREENING
See page 11 for details



Sunday, February 10, 12:15pm
"HOW WE THINK AND TALK ABOUT DISABILITIES IN OUR SCHOOLS"
See page 7 for details



Sunday, February 10, 6:45pm
MOVIE NIGHT
See page 13 for details



Monday, February 11, 7:00pm
SISTERHOOD AT THE MOVIES
See page 12 for details



Saturday, February 16, 10:00am
TOT SHABBAT
See page 3 for details



Sunday, February 17, 10:30am
READINGS WITH THE RABBI
See page 8 for details



Sunday, February 17, 12:00pm
DEMENTIA ESCAPE ROOM
See page 7 for details



Friday, February 22, 6:15pm
KABBALAT SHABBAT SERVICE ZAMRU
See page 3 for details



Friday, February 22, 7:30pm
DISABILITY, AGING & STIGMA
See page 7 for details



Saturday, February 23, 7:00pm
DISABILITY DISCUSSION PANEL
See page 7 for details



Wednesday, February 27, 7:00pm
MEN'S CLUB POKER
See page 13 for details

כִּי בֵּיתִי בֵּית־תְּפִלָּה יִקְרָא לְכָל־הָעַמִּים:

"For My house will be called a house of prayer for all people"
— Is 56:7

By Rabbi Scott Meltzer

In the future, as promised by the prophet Isaiah, God will invite all people up to God's Holy Mountain, and, God declares through the prophet: "My house will be called a house of prayer for all people."

February is **Jewish Disability Awareness and Inclusion Month (JDAIM)**. As I think about God's invitation for all people to gather at the top of Mount Zion, Jerusalem, I worry, how will everybody get up there? It doesn't say that just the mountain climbers, or the physically fit, will be included. Will there be plenty of benches for those who must rest as they climb up to Jerusalem? Will there be a moving sidewalk for the mobility challenged? Guides for the blind? Special hearing devices so those with difficulty hearing will be able to hear God's voice? Will God's word go forth from Jerusalem slow enough for those who need additional time to comprehend the message?

In fairness, the grandiose vision of God's Torah coming forth from Zion, and God's word from Jerusalem (Isaiah 2) overflows with the promise of miracles, that even the high places will be made low, i.e., accessible.

Here at Ohr Shalom, still awaiting the realization of Isaiah's vision, we can't

wait for the miracles to make our space, our services, our programs, accessible. Disability awareness and inclusion are not the product of miracles, but hard work and planning.

For months, thanks to Shoshanah Sternlieb, a member of our Board of Directors and the chair of our Ritual Committee, we have been working diligently to create a full palette of programs in observance of Jewish Disability Awareness and Inclusion Month. These programs are intended to stimulate and to educate all of us, but, even more so, to affect change in our synagogue, our community and our world to bring us closer to the fulfillment of Isaiah's vision.

We work very hard to make sure that this awareness and ethos permeate all that we do. All forms of ritual, educational programming, youth programming, social events, are planned with an awareness of those with disabilities and making the opportunities we create accessible to as wide a swath of the community as possible.

In a few months, at our community second seder in observance of

Rabbi's Message continued on Page 4



February is
Jewish Disability Awareness & Inclusion Month

Ohr Shalom Synagogue
has planned special events,
discussions and guest speakers

See page 7 for schedule



ZAMRU "SING OUT" SHABBAT

Friday, February 22, 6:15pm

See page 3 for details



WORDS FROM THE PRESIDENT

Lynn Mendelsohn
President

The Most Famous Disabled Jewish Person in the World

In 1949, 4-year-old **Itzhak Perlman** came down with polio and permanently lost the use of his legs. He was the only child of Shoshanah and Chaim Perlman, Zionists from Poland who had immigrated separately to British-controlled Palestine in the mid-1930's. They met, courted, and married in Tel Aviv. After Israel became a state in 1948, displaced Jews entered the country from everywhere. By 1951, the population of Israel had doubled, causing unprecedented social, economic and public health problems.

As neither of the Perlmans had much education, they worked for low wages as a seamstress and a barber. This, and the crowded circumstances that prevailed, meant that the family lived in a single room, cooked from a hotplate and shared a bathroom. Conditions where large numbers live in close proximity are ideal for the spread of disease, and the poliomyelitis epidemic in Israel from mid-1949 through 1951 was among the worst ever, anywhere: 14.5 cases per 10,000 persons. Fully 85% of its victims were under 5 years old. Ten percent died and 30% were permanently disabled.

The Perlmans spent their evenings listening to music on the radio. Young Itzhak so loved the sound of the violin that, when he was 3½, his father bought him a used miniature one for \$6. While Perlman was convalescing from polio, he practiced enthusiastically and, at 5, gained entry to the Tel Aviv Academy of Music. Almost immediately he was recognized as a prodigy. Between the ages of 7 and 10, Perlman was a regular with the Broadcasting Orchestra of Israel.

Famously, Perlman's Big Break came in 1958 with his appearance on the *Ed Sullivan Show* on American television. Probably at the urging of violinists Yehudi Menuhin and Jascha Heifetz, CBS-TV brought him to New York for two appearances. This led to a scholarship to the Juilliard School of Music.

Now aged 73, Perlman has achieved every honor possible for a violinist: He has played with all the world's great orchestras, has won 16 Grammy

Awards and 4 Emmys, and has received the Grammy Lifetime Achievement Award, the U.S. Medal of Liberty, the Kennedy Center Honors Medal and the U.S. Presidential Medal of Freedom. Israel has given him its Genesis Prize.



Young Itzhak Perlman with Ed Sullivan

In 2018, the PBS series *American Masters* presented *Itzhak*, Alison Chernick's documentary about Perlman. The film is a loose collection of vignettes gathered by an interviewer and a camera operator who followed him about for months. *Itzhak* highlights the engagement of Perlman, and his American-born wife Toby, in pro-social projects that benefit the disabled and the musically gifted. For 25 years, they have operated The Perlman Music Program at Juilliard, which offers collegueship and a summer camp program to fine young string musicians. Perlman used the \$1 million stipend that accompanied his 2016 Genesis Prize to fund programs in North America and Israel that promote the engagement of persons with disabilities in Jewish life.

While *Itzhak* celebrates Perlman's humor, love of family and extraordinary musical mastery, it puts on-screen, for all to see, the day-to-day indignities he endures because of his heavy leg braces and dependence on a wheelchair. We watch Perlman undergoing a thorough frisking by an airport TSA officer; we wince as, with an immense heave, he hurls his backside into a classroom chair; we wait patiently with him as a man shovels away a patch of sidewalk snow so that he can risk traversing it. In conversation, Perlman bemoans the fact that his disability still defines him. "Judge me by what I do," he says, "but don't judge me by what I can't do."

Itzhak is a moving tale of the triumph of great-heartedness over adversity. It currently is streaming on Amazon Prime. When you watch, keep a box of tissues nearby.



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DAVAR

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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:

- February 5 for March issue
- March 5 for April issue

Ohr Shalom's Publicity Liaison:

Jane Zeer

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

OHR SHALOM SERVICE SCHEDULE

KABBALAT SHABBAT SERVICE SCHEDULE

Friday, February 1 - 7:15pm (Kabbalat Shabbat Service "Ask the Rabbi")
 Friday, February 8 - 6:15pm (Shabbat Kehillatit)
 Friday, February 15 - 6:15pm (Kabbalat Shabbat Service)
 Friday, February 22 - 6:15pm (Kabbalat Shabbat Service ZAMRU)



TOTS IN PJ'S KABBALAT SHABBAT SERVICE

Friday, February 1 at 6:00pm

Bring your infants and toddlers in their **PAJAMAS** to welcome Shabbat in song,



KABBALAT SHABBAT SERVICE "ASK THE RABBI"

Friday, February 1, 7:15pm

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



LUNCH & LEARN

Saturdays, 12:45pm, February 2, 9, 23

Come for Shabbat services and stay for lunch and discussion

Shabbat Kehillatit



Friday, February 8

Family-friendly service: 6:15pm
 Community Dinner: 7:15pm
 RSVP for dinner by February 4

Members

Adults: \$12
 Children (5-12yrs): \$5

Non-members

Adults: \$15
 Children (5-12yrs): \$8

Guest Speaker at service: *Elana Naftalin-Kelman "Regards from Camp Ramah"*

Learners Shacharit Saturday, February 9, 9:30am

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, February 16 at 10:00am

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



ZAMRU "SING OUT" SHABBAT

Friday, February 22, 6:15pm

6:15pm - Kabbalat Shabbat Services

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

PARSHIYOT & CANDLELIGHTING February 2019

PARSHAT MISHPATIM

Fri: February 1 | 26 Shevat  5:03pm

Sat: February 2 | 27 Shevat

Torah: Exodus 21:1 - 24:18

Haft: Jeremiah 34:8 - 34:22; 33:25 - 33:26

PARSHAT TERUMAH

Fri: February 8 | 3 Adar I  5:10pm

Sat: February 9 | 4 Adar I

Torah: Exodus 25:1 - 27:19

Haft: I Kings 5:26 - 6:13

PARSHAT TETZAVEH

Fri: February 15 | 10 Adar I  5:16pm

Sat: February 16 | 11 Adar I

Torah: Exodus 27:20 - 30:10

Haft: Ezekiel 43:10 - 43:27

PARSHAT KI TISA

Fri: February 22 | 17 Adar I  5:22pm

Sat: February 23 | 18 Adar I

Torah: Exodus 30:11 - 34:35

Haft: I Kings 18:1 - 18:39

Ohr Shalom's Choir!

Studies show that choral singers rate their satisfaction with life higher than the public does, and also, that singing decreases anxiety and depression.

Our Ohr Shalom Choir is fun and refreshing, and we hope you join us! Everyone is invited - Ohr Shalom members, friends and relatives!

**Come join us
 on Mondays at
 6:30pm. You'll be
 happy you did!**



**February Dates:
 February 4
 February 11
 February 25**

Shabbat Morning Babysitting



Babysitting available. Reservations are strongly recommended.

E-mail your reservation to:
office@ohrshalom.org.

COMMUNITY EVENTS



29TH ANNUAL INTERNATIONAL SAN DIEGO JEWISH FILM FESTIVAL

February 7 – 17, 2019

The 29th Annual International Jewish Film Festival will present a variety of comedies, dramas and documentaries. Movies will be shown at theaters in Clairemont, San Marcos and the Museum of Photographic Arts in Balboa Park, as well as the Lawrence Family Jewish Community Center.



See the full schedule of films at www.sdcjc.org/sdjff.

You can purchase tickets online or by calling the JCC Box Office at (858) 362-1348.

Israeli Art Exhibition and Sale at Temple Adat Shalom

15905 Pomerado Rd, Poway

Thursday, February 21 through Sunday, February 24

1500 pieces of art featuring original oil paintings, watercolors and lithographs are being flown in from Israel from Safrai Gallery.

Preview: Thursday, February 21st from 7:00 to 10:00pm, featuring the work of 100 Israeli artists. Attendees will have the first opportunity to pick out the pieces they would like to have. Wine and hors d'ouerves, and music.

Friday, February 22nd from 9:00am to 2:00pm.

Saturday night, February 23rd everyone can enjoy sweet treats while they view all the art work on display.

\$10 for entry on Friday day and Saturday night.

Last chance: Sunday February 24th from 10am to 4:00pm.

All food served is Kosher. Co-sponsored by Temple Adat Shalom and Ohr Shalom Synagogue.

Ohr Shalom will share in the proceeds of the sale.

For more information, contact the Temple Adat Shalom office at 858.451.1200 or info@adatshalom.com.



MEMBER CARE



Louise Chandler
Member Care Chair

Ohr Shalom is more than a group of people who have chosen to affiliate with a congregation. We are a family, a community, a heritage. We come together to pray, to learn, to celebrate, to meet, to care, to grow, to share and, of course, to eat. The variety of activities that are congregation centered for children, youth and adults is nearly unlimited. No matter what your interests are, most likely you will find something at Ohr Shalom for you.

During the next few months people from our member care group will be calling and/or emailing everyone in the congregation to chat. We want to make sure you know we care about you and to give you the opportunity to make another personal contact. We want you to have the opportunity to give us input about what we can do for you to enrich your participation in our Ohr Shalom family.

We look forward to speaking with you.

RABBI'S MESSAGE CONT.

Pesach, we will sing: "Let all who are hungry come and eat." If we do not create an accessible pathway to allow the hungry to access what we are offering, then our words are *livatelah* – wasted, valueless.

Please join us this month for our monthly programs that will highlight JDAIM month, like **Movie Night** and **Readings with the Rabbi**, and especially the myriad of programs that have been created specifically for JDAIM. We have a number of guests – scholars and activists – who will be joining us to share with us, teach us and inspire us. I hope you will be here.

Finally, I can't help pointing out the name that God's house will be called in the Isaiah quotation above: "My house will be called *Beit Tefillah* (house of prayer) for all people." For those who remember with love, it is an opportunity to recall one of our antecedent congregations – Beth Tefilah.



Rabbi Scott and Jennifer Meltzer cordially invite the members of Ohr Shalom when our daughter,

Maital Meltzer

is called to the Torah as a Bat Mitzvah.

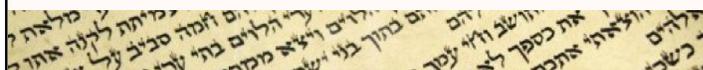
Parshat Pekudei

March 9, 2019, 9:00am

Kiddush Luncheon to follow.

Please RSVP to

MaitalBatMitzvah2019@gmail.com
with the names of every person attending.





RABBINIC INTERN

Sydni Adler
Rabbinic Intern

A Sign Upon Your Hand, A Symbol Between Your Eyes



On the morning of February 3, the children and adults of Ohr Shalom will have the opportunity to explore the hows and whys of that weird contraption with black boxes and leather straps that we call *tefillin*. Wrapping *tefillin* has always been one of my favorite Jewish rituals because of the concrete relationship it has with both text and Jewish life. The *V'ahavta*, one of the texts nestled within the black boxes of *tefillin*, asks us to love God with all of our hearts, souls, and everything else. Let these words be upon your heart, the *V'ahavta* pleads, and teach these words to your children everywhere you go. And then, the *V'ahavta* continues, bind all of these words as a sign upon your hand and between your eyes.

While I can't say that my concentration has ever been near perfect, I can say that it's hard not to concentrate a little harder with leather straps tied around my arm and rested upon my head. If I see someone else wearing *tefillin* when I'm not expecting it, I'm always a little surprised. *Tefillin* aren't the most natural-looking or feeling objects to place on a body. There's a little tug on the skin (which I like to envision as a mini-hug from God) and a little extra weight for the wearer; there's often a jolt of bewilderment for the observer. It's just jarring enough to bring our minds back to the reality of our Jewishness, even just for a few minutes, on either a planned or unexpected morning.

When I wear *tefillin*, the little indents from them stay on my arm for a good half hour afterwards, reminding me that I should keep my attention on *mitzvot* and my Jewish identity throughout the day, not just during my morning prayers or when I'm in a synagogue. These indents, as well as the *tefillin* themselves, look strange enough to inspire a child to take notice and to ask questions – they act as sparks for us to teach our children. As arm *tefillin* rest parallel to the heart, and head *tefillin* rest between the eyes, they act as that tangible symbol spoken of in the *V'ahavta*.

While many reasons exist for delving into the *mitzvah* of *tefillin*, the political charge of *tefillin* repels many of us from the practice. On February 3, I'd love to learn with you about why and how you, too, can and should embrace the life-changing *mitzvah* of wrapping *tefillin*. We'll learn the texts inside the *tefillin*, the history of the seemingly gendered nature of *tefillin*, and straightforward techniques for taking on the *mitzvah*. And if you already wrap, I'd love to hear your stories about how you came to start and why you keep doing it.

The scrolls inside our *tefillin* contain passages about remembering what God has done for us and remembering what we are obligated to do for God. In the Talmud's Tractate Berakhot, the Rabbis ask what is written in God's *tefillin*, and we learn that God's *tefillin* teach of how wonderful the children of Israel – the Jewish people – are and why it is worthwhile to support us. When we wear our *tefillin*, then, we are diving deeper into equal relationship with the Divine. When we tack on the *mitzvah* of putting on *tefillin*, we are reciprocating God's acknowledgement of us with acknowledgement of God.

Please join us for the **World Wide Wrap** on Sunday morning, February 3 at 10:00am.

"50 GOOD THINGS" PROJECT FOR RABBI MELTZER'S SIGNIFICANT BIRTHDAY

Rabbi Scott Meltzer's birthday is coming up on April 10th. While, of course, every birthday celebrated by our rabbi is special, let's just say that some few of his birthdays – such as the one coming up in 2019 – might be a bit more significant than the others!

How can Ohr Shalom – a congregation composed of perhaps 700 individuals – celebrate the Rabbi's special birthday in way that engages everybody? Our suggestion is the **"50 Good Things" Project:**



Everyone at Ohr Shalom is asked to do 50 Good Things in Rabbi Meltzer's honor, and then report about them to the Ohr Shalom office so that he can learn about our generosity and creativity.

The "50 Good Things" you do in Rabbi Meltzer's honor can be donations of money or needed items to a charity, or perhaps you might choose to perform acts that require investments of spirit or time. They can be things you are able to accomplish by April 10th or that you pledge to complete during this year. The only requirement is that you do 50 somethings that are good. You might give \$50 (or 50 cents, or \$50,000) to a worthy charitable organization, or donate 50 cans of soup to the JFS Food Pantry, or attend Shabbat services or daily minyan 50 times, or learn 50 new Hebrew words, or spend 50 hours volunteering at a soup kitchen, or write a 50-word letter to a friend with whom you have been out of touch, or pick up 50 pieces of sidewalk trash. Your 50 Good Things can be as mundane or as "out there" as you like. And kids can participate too!

If you prefer to have a partner, or spouse, or small group, join you in accomplishing your 50 Good Things, that will be fine, but in that case try to do something large or difficult.

Once you have selected your own particular 50 Good Things, please tell the Ohr Shalom office. If the project can be described easily in just a few sentences, then send an email to Gillian at office@ohrshalom.org. You also might decide to write a short essay to explain why you selected the 50 Good Things that comprise your project. Or you might submit a drawing or a collage or a photograph. Please try to keep written statements and artwork to a page sized 8 1/2 by 11 inches.

Reports of all of our 50 Good Things projects will be collected into a book that will be presented to Rabbi Meltzer at *Lights of Ohr Shalom* on April 7th.

If each of us succeeds in doing 50 Good Things, then 35,000 virtuous acts will be launched into our community. Not a bad way to wish Rabbi Meltzer a Happy Birthday and show him how grateful we are to have him!



RITUAL COMMITTEE

Shoshanah Feher Sternlieb
Ritual Chair

Be Happy, It's Adars!

This year is a Jewish leap year, an opportunity to celebrate and be happy for two months of Adar (Adar I and Adar II). That means that we have two opportunities to celebrate Purim — what could be more fun?

Our monthly Jewish calendar is calculated according to the phases of the moon; however, our yearly calendar is calculated with the solar cycle. So, inherently, the lunar and solar calendars fall out of sync. There is approximately an 11-day difference between the 12 lunar months and the solar year. If we kept to a strict lunar calendar, we would be celebrating the Jewish holidays during “off” seasons. In order to keep Pesach in the spring, Rosh Hashanah in the fall, Chanukah in the winter, etc., we adjust the calendar accordingly. To ensure that the months align themselves into the correct season, we add an extra month to the calendar. (We do this 7 times in nineteen years.) The added month is called Adar I and is inserted before the month of Adar (called Adar II in leap years).

In the years that have two months of Adar, we get to celebrate Purim twice, each on the 14th of Adar. The Purim that we associate with reading the *megillah*, dressing up, carnival, etc. is celebrated in the second Adar month. During the first Adar we celebrate *Purim Katan* (little Purim). Although both Purims are to be celebrated, they're done so slightly differently. For those congregations that celebrate Purim Katan, the *megillah* is not read, *matanot la'evyonim* (gifts sent to the poor) is not mandated, and some prayers aren't recited (*al ha'nissim* and *tachanun*). But an important way in which both Purims are celebrated is a feeling of joy and festivity. In other words, Be Happy, It's Adar I **and** II!

Calling for *Megillah* Readers

The traditional full reading of the *Megillah* will happen following the Purim celebration on Wednesday evening, March 20. If you are interested in reading a portion of the *Megillah* in Hebrew, please contact Rabbi Meltzer at rabbi@ohrshalom.org to let him know.




PURIM CARNIVAL

Sunday, March 17,
11:00am
at the JCC, La Jolla



Purim Celebration and Megillah Reading

Wednesday, March 20



Save the Date

14th Annual
Lights of Ohr Shalom
Sunday, April 7, 2019, 5 pm
Ohr Shalom Social Hall

Fun. Hamish. Delicious.

Honorees:
**Vanina Bunton
Joe Hartman
Morris Lazard**

Suggested ticket price \$150*

*minimum of \$60

VOLUNTEERS NEEDED



Ohr Shalom Synagogue Participates in Open House San Diego 2019

Sunday, March 24 from
10:00am to 4:00pm



For the second year, Ohr Shalom Synagogue will be one of the architectural sites visited by the general public as an invited participant in **OH! San Diego 2019**.

If you are interested in being a volunteer docent or greeter, please contact the Ohr Shalom office.

More information on the event to come.



Jewish Disability Awareness & Inclusion Month at Ohr Shalom Synagogue



Elana Naftalin-Kelman

Director of special needs programming at Camp Ramah, 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

Saturday, February 9, 12:45pm
Lunch & Learn – “Loving All Jews”



Dr. Suzanne Stolz

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

Sunday Morning, February 10, 12:15pm
“How We Think and Talk About Disabilities Within Our Schools”



Dementia Escape Room™

An interactive sensory experience of living in the world of dementia

Sunday, February 17 12:00-2:00pm
Ohr Shalom Social Hall
RSVP Required. Call the Ohr Shalom Office (619) 231-1456 or office@ohrshalom.org



Anastasia Bacigalupo

Disability Rights Attorney and Advocate

Friday Night, February 22, 6:15pm 
Kabbalat Shabbat Service ZAMRU

Friday Night, February 22, 7:30pm
“Disability, Aging & Stigma: A Discussion”

Saturday Morning, February 23, 9:30am 
Shabbat Morning Service – Guest Davar Torah

Saturday, February 23, 12:45pm with Rabbi Meltzer
Lunch & Learn – “The Talmudic Rabbis and Disability”

Saturday Evening, February 23, 7:00pm
“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 10, 6:45pm

Movie Night

Wonder

See Page 13



Sunday

February 17, 10:30am

Readings with The Rabbi

This Is Not a Love Story
by Judy Brown

See Page 8



 **ASL Interpreting services**

Thank you to Deaf Community Services of San Diego for providing free ASL interpreting services.



ADULT EDUCATION

Lita Kleger
Adult Education Chair

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

Wednesdays, 10:00am



Week 5: Organ Donation February 6

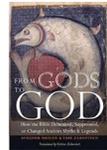
Week 6: Fertility Treatments, Pregnancy & Abortion February 13

Week 7: How Do We Define Family? February 20

Week 8: Making My Own Medical Decisions February 27

FROM GODS TO GOD: A NEW WAY OF LOOKING AT THE TANAKH *with Rabbi Meltzer*

Wednesdays, 12:00pm



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:

February 6 - Chapter 5. "The Hero Who Stopped the Sun"

February 13 - Chapter 6. "The Wandering Gate of Heaven"

February 20 - Chapter 7. "Seeing and Weeping: Managing the Story of a Divine Defeat"

February 27 - Chapter 8. "Where Were Rachel and Jacob Buried?"



LUNCH & LEARN

Saturdays, 12:45pm
February 2, 9, 23

Come for Shabbat services and stay for lunch and discussion

JEWISH AMERICAN LITERATURE COURSE

Instructor: *Tricia Pummill*

Tuesdays, 11:00am

Postponed Until Further Notice



Seven Bridges Walk

Sunday, March 3 at 1:00pm

Walk Leader: *Rabbi Scott Meltzer*

Please join us for a walk through San Diego, visiting **7 historic bridges** around Bankers Hill, Hillcrest and Balboa Park. We'll walk through the streets of these neighborhoods. As we explore each bridge we will share a brief Jewish teaching, apropos of that bridge, and sing a "Bridge Song."

Invite all your friends. Children are welcome to participate, but must come with a responsible adult.

Please wear comfortable walking shoes. Please bring a water bottle and any snacks you would like for the walk.

Distance: **5.6 miles**

Walk Difficulty: **easy, mostly flat**

Approximate walk duration for entire walk: **3 hours***

**We will cross three bridges in the first mile. Those interested in a shorter walk can turn around and return to Ohr Shalom at that point. Also, for those who would like to participate but feel that a 5.6 mile walk is beyond their, or their children's, abilities, participants can leave the group and walk or Lyft/Uber back to the synagogue anytime.*

For more information about the walk and a video by Rabbi Meltzer, see

ohrshalom.org/programs/7-bridges-walk



READINGS WITH THE RABBI

Sunday, February 17, 10:30am

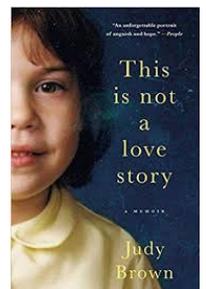
This Is Not a Love Story

by *Judy Brown*

[From Amazon review] In this tender and hilarious memoir of an ultraorthodox girlhood, Judy Brown reveals a closed world, a loving family, a troubled brother, and the lore and faith that have sustained the Jewish people for generations.

But what happens when a young woman in this community starts asking questions: Why isn't she supposed to talk to gentiles? Why should a nice girl never wear denim? And if God performed all those miracles in the desert, why can't God cure her brother of his strange and frightening affliction?

With warmth, honesty and razor-sharp humor, Judy Brown tells the story of a family whose faith and fierce love for each other pulls them through their darkest time.



Marpeh FOR THE NEW YEAR

by Alex van Frank,
C-IAYT



Tikkun Olam in the new year is looking a lot like yoga and meditation here at Ohr Shalom. You may have seen the announcements for MARPEH (Hebrew for repairing or healing), which began in September. Under my direction (I am a Certified Yoga Therapist through the International Association of Yoga Therapy), MARPEH is dedicated to empowering participants with tools to better listen to their bodies, find inner calm and find joy in community, all through a Jewish perspective.

These aren't your typical yoga classes. This is therapy-centered yoga. Participants don't need to be flexible – "If you can breathe you can DO yoga." MARPEH practices are individually tailored to each participant's unique body, whereas a yoga class is much more general in its approach and function. The yoga therapy that is being offered will increase awareness, flexibility and strength, improve energy, and introduce the subtleties of bodily awareness and functionality.

Different styles of meditation and breath work are taught so that you can find the one best suited for your needs. Meditation assists in calming the mind and has been scientifically proven to lower heart rate, improve mental focus and assist in emotional regulation. Practiced regularly, meditation can help improve mood and increase relaxation.

The goal of the program is empowerment through connection. If we are able to connect to our bodies on a deeper level and within a safe space, with other like-minded people, then that allows us the freedom to see and make new choices. The yoga being offered is more introspective and slower. The purpose of taking things a little slower is to fully engage your focus and to witness the mind as it moves through movement. A self study.

Typically, a program like this could cost thousands of dollars, but through the generous funding of Jewish Women's Foundation of San Diego, MARPEH is being offered at no cost to qualifying low-income Jewish women in the community and for a suggested donation of \$15 for others in the community. To apply for MARPEH or further

Marpeh

Meditation

Movement

Sundays
February 10 & 24,
3:00pm

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?

High-quality classes offered free to women who wouldn't otherwise be able to afford such an innovative program.

Classes are held every 2nd and 4th Sunday, 3-5pm until July 2019.

To register, please contact the Ohr Shalom Synagogue Office
(619) 231-1456 or
office@ohrshalom.org

Funds generously granted through

Jewish Women's FOUNDATION
OF SAN DIEGO
A FUND OF THE JEWISH COMMUNITY FOUNDATION

information, contact the Ohr Shalom office at (619) 231-1456 or office@ohrshalom.org.

What do you think of the yoga classes? "They strike a nice balance between challenge and comfort — we learn positions rooted in technique, and we do so in a safe, compassionate space."

How does it make your mind, & body feel? During and after each class I experience increased serenity and malleability — states I usually try to achieve.

Have you noticed a difference in life outside class? Yes; I sense greater calm within, especially in the 48 hours following a class.

COMMUNITY EVENT

OPTIONS

THE WOMEN'S EVENT

February 24, 11:30am
 Hilton La Jolla
 Torrey Pines

The Collective Power of Kindness
Featuring Orly Wahba

Educator, activist, author of *Kindness Boomerang: How to Save the World (and Yourself)*. Orly will give us the tools we need to spread kindness and foster positivity.

Co-chair Jennifer Meltzer

\$50 Couvert, Dietary Laws Observed

Register: jewishinsandiego.org/options and request the "Ohr Shalom" Table

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

KITCHEN NEWS



The New Sign on the Kitchen Door

Under its new management regime (see the January 2019 *Davar*), our synagogue kitchen continues to improve in appearance and efficiency. On December 28th, a dedicated crew from a company named “A Chef’s Touch Restaurant Detailing” completed a thorough, 5-hour deep cleaning. Since then, Managers Marci Prag and Vanina Bunton have been finalizing new operations policies and procedures. A visible outcome of their hard work is the new red sign on the kitchen door:

KOSHER KITCHEN
 AUTHORIZED PERSONNEL
 NO CHILDREN

By limiting kitchen access, Vanina and Marci intend to keep everything there as clean as possible, adhere to the highest standards of Kashrut and avoid any possibility of contamination during food preparation.

In February, Marci and Vanina will offer classes in Food Handling – drawing upon materials from the San Diego County Department of Environmental Health – to individuals at Ohr Shalom who routinely use the kitchen. Lasting roughly 2½ hours, these lessons will focus on core aspects of Ohr Shalom’s kitchen operations policies: proper attire, hand washing, work surface preparation, use of kitchen equipment, cooking temperatures, handling of food prior to serving, food storage, trash disposal and kitchen maintenance and clean-up.

February’s Food Handler training, plus lessons from Rabbi Meltzer on working in a Kosher kitchen, will be offered at various times. If you are invited to Food Handler training, please select a convenient session and participate!

And, with it all, Marci and Vanina continue to prepare delicious meals for Kehillatit and special events!

Follow us on Facebook for the weekly e-Kol, details of upcoming events and pictures of past events.



Go to: www.facebook.com/ohrshalomsynagogue

RELIGIOUS SCHOOL CHAIR



Rebecca Zipp
 Religious School Chair

STUDENT-OF-THE-MONTH



Student Name: Gael C.
Religious School Class: Gan/Alef
Religious School Teacher: Ronyt
Age: 5
Sibling(s) if any: Leo
Favorite Jewish Holiday: Chanukah
Favorite Thing about Religious School: reading books

Favorite activities: doing art projects, playing with Legos

Favorite foods: French baguette

When I grow up I want to be: I don’t know yet

If I had one wish I would wish: to go to Legoland



Religious School Tu B’shvat



ISRAEL DESK

Susie Meltzer
Israel Desk



Shalva: Supporting Israelis with Disabilities and Empowering Their Families

Israel is a world leader in many arenas, among them in providing care for the disabled. I recently located online a listing of 42 organizations in Israel that deliver services and support for children and adults with disabilities, ranging from hearing, sight, developmental, learning and other physical disabilities. And Shalva is one of the largest and most successful on that list.

Shalva was founded in Israel in 1990 by a young American rabbi and his wife struggling without resources to care for their disabled child. It started as an afternoon daycare in their home to give relief to a handful of parents of children with special needs. Today Shalva aids thousands of people with disabilities and their families from all segments of Israeli society. They offer services at no cost, creating a therapeutic environment that allows children with disabilities to thrive and grow while empowering their families to enjoy a normal routine.

Recently Israel hosted an international gathering at Shalva to honor persons with disabilities. Prime Minister Netanyahu delivered a passionate address concerning the disabled. He said that the concept that all human beings are created in the image of God was sprouted in Israel and that same basic Jewish idea promoted the birth and the growth of our civilization. He then called what Shalva is doing a beacon to the entire world.

Their programs include a broad range of services such as leading-edge therapies, social and recreational activities, employment training, daycare opportunities and independent living where possible. And Shalva continues to lead with the main objective set down from the beginning: to provide respite and support for the family. The success of these programs has received government and cultural recognition, inspiring grassroots changes in public policy



and social inclusion.

Their newest achievement is the Shalva National Center, which opened last year in Jerusalem. It offers facilities and services never before available in Israel. Ohr Shalom President Lynn Mendelssohn had the opportunity to visit this remarkable facility with her family. She was emotionally moved as she watched children with a wide range of disabilities dancing and enjoying themselves. She saw how Shalva provides both a wonderful place for disabled kids to spend their days and also great services to the parents. She said Shalva, with its Tikkun Olam programming, has changed the lives of so many families for the better.

To learn more about Shalva and how you can help, go to their website at www.shalva.org/new/.

COMMUNITY EVENT



Free Blood Pressure Screenings At Ohr Shalom Synagogue

Sunday, February 10, 9:00am-12:30pm
Thursday, February 14, 4:30-6:45pm



“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 to learn more



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. Or by email: jessicasontag.lemoine@gmail.com.



SISTERHOOD CORNER

Marda Rose
Sisterhood President

Thanks to our members who have helped make our events so much fun.

Sisterhood will attend the Jewish Film Festival on **Monday, February 11** (see box below). You do not have to be a member of Sisterhood to join us for a film.

Please come sit with us at the Sisterhood table during dinner after Kehillatit services on **Friday February 8**.

Sisterhood is Going to the Movies!

Monday, February 11

Clairemont Reading Cinemas
4705 Clairemont Drive

5:30pm - Meet for dinner at Bombay Coast (next door to theater)

Or **6:45pm** - Meet in front of the theater (movie starts at 7:00pm)

We will attend the San Diego International Jewish Film Festival to see *The Cakemaker*. (For movie info, see www.sdcjc.org/sdijff/current/.)

Purchase your tickets ahead of time at <https://my.lfjcc.org/7261> or at the door. Anyone can join us for the movie and/or a bite to eat before. (You do not need to be a Sisterhood member.)

Please contact Marda via email (marda.c.rose@gmail.com) to let her know if you will be meeting us for dinner before the movie or coming to the movie only.



Sisterhood Gift Shop

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

Jewelry, Candlesticks, Kiddush Cups, Mezuzot, Scrolls, phone cases, holiday products and More!

Visit our virtual shop at ohrshalom.org/sisterhood.

Special Requests? Email us giftshop@ohrshalom.org



SISTERHOOD

Susanne Lisker
Past President

This month I'm writing about a woman who cared a great deal about the well-being of others, especially children. **Henrietta Szold** was born on December 21, 1860 in Baltimore. She was the daughter of Sophie and Rabbi Benjamin Szold, who taught her Hebrew, the Bible, Talmud and Jewish history. She had an incredible intellect, a nearly perfect memory, and was fluent in Hebrew, German and French, and had a working knowledge of Yiddish.

When Russian immigrants began streaming into Baltimore, she decided to help them, although she worried that being a woman she might not be able to do so. In 1898, she rented a room to teach them English and basics of American life, a program which was eventually incorporated into the regular school system.

In 1909 she visited Palestine for the first time. Back in Baltimore, she thought about the Jews suffering from malaria and trachoma and the lack of hygienic standards in Palestine. On February 24, 1912, Purim, she gathered a group of women and spoke about the need to send nurses and doctors to Palestine. That organization was given the name Hadassah, the Hebrew name of Queen Esther. Hadassah became the largest Jewish woman's organization in the world and the largest of all Zionist groups in the United States. Henrietta was the first president, remaining in that post until 1926.

In 1920, she returned to Palestine to supervise the Zionist Medical Unit sent by Hadassah, planning to return to America. However, she stayed in Palestine, where she spent the rest of her life.

Hadassah began with a nursing service in 1918, and then sending



Henrietta Szold

a medical unit. At this juncture, four out of ten newborns didn't survive. She had problems with the unit - forty five doctors resigned and seventeen nurses went on

strike during her first week. However, she was able to direct them quickly and soon she had a well-run network of welfare stations.

The network provided health services both to Arabs and Jews. They taught them preventative medicine at home and in schools. In 1934, she spoke at the cornerstone laying of the Hadassah Hospital on Mount Scopus in Jerusalem.

Henrietta never married although she always regretted it. She said she wanted to have children, many children.

As she turned 70, she began organizing a Central Bureau for social work in Palestine, concentrating on the youth, particularly young offenders. At this time, Hitler was getting more powerful. She went to the London Conference on German Jews and began organizing the settling of German youngsters among the kibbutzim in Palestine. She founded the Youth Aliyah, which, between 1933 and 1945, located 30,000 orphans and unaccompanied youngsters who might otherwise have been killed. The program succeeded largely because of her talents as a manager. She remained vigorous until the end, sitting on hot buses for hours in order to greet each new arrival personally and escort them to their new homes.

Henrietta died on February 13, 1945 in Jerusalem. She was a true example of the *Eshet Chayil*.

Ohr Shalom ON THE TOWN

Sign on now! Ohr Shalom On the Town is about to see...



The Big Molinsky: Considering Joan Rivers, with Nellie McKay
Lawrence Family Jewish Community Center,
Garfield Theater

Thursday, February 21, 2019, 8:00pm.

Joan Alexandra Molinsky, known to us as Joan Rivers, was an acerbic and often controversial comedienne. In her one-woman show, Nellie McKay channels the inimitable Joan. She also plays piano, sings, and spoofs Joan's show-biz friends.

Group discounted tickets cost \$28.50 each.

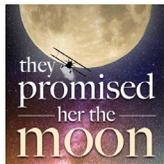
"I wish I had a twin, so I could know what I'd look like without plastic surgery."

Later this spring, On the Town will attend:



Prokofiev's Classic **Peter and the Wolf**, San Diego Symphony, Sunday, March 31, 2:00pm, 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, 7:00pm. 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 \$35.50.

Lynn Mendelsohn continues to handle ticket purchases for *Ohr Shalom on the Town*. Her NEW email address is mendelynn0511@gmail.com or text (619) 980-1801.

MEN'S CLUB POKER

Wednesday, February 27 at 7:00pm

Contact Joe Hartman: (619) 851-2303



MOVIE NIGHT



Al Shelden
VP Administration



Sunday Night, February 10 at 6:45pm

As part of Ohr Shalom's recognition of Jewish Disability Awareness & Inclusion Month in February, this month's movie deals with how a 10-year-old with a severe deformity and his family cope with his entering a public school for the first time. This is not a movie to miss because you think it will be too "hard" to see, but rather it is a movie to savor and think about. Join us as we show:



WONDER

The movie stars Julia Roberts and Owen Wilson as the parents who try to support and help their son Augie who was born with Treacher Collins syndrome. (Treacher Collins syndrome affects the development of bones and other tissues of the face. The signs and symptoms of this disorder vary greatly, ranging from almost unnoticeable to severe. People with the syndrome often have eyes that slant downward, eyes that do not line up with each other, sparse eyelashes, and a notch in the lower eyelids. Some affected individuals have additional eye abnormalities that can lead to vision loss. This condition is also characterized by absent, small, or unusually formed ears. The syndrome usually does not affect intelligence.)

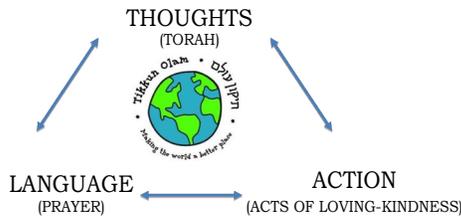
Augie, who has gone through 27 surgeries since he was born, usually wears an astronaut helmet to hide the scars from his surgeries and his remaining disfigurement. He is a Star Wars fanatic and science whiz. When he goes outside without his helmet, he always gets stared at and often ridiculed. Having been home-schooled through the fourth grade, his parents decide it is now time for him to venture out into the real world and enroll him in the fifth grade at a private school in his Brooklyn neighborhood. The situation is tough not only for Augie, but also for his teenage sister, who has spent an outwardly "normal" life. In reality, she feels that she has always played second fiddle in her parents' eyes, and has often been invisible, because they have focused almost totally on Augie's issues. The movie is told from the perspective of Augie, his sister and kids in the school who meet him.

The 2017 movie is based on R. J. Palacio's 2012 best seller. The Huffington Post reviewer said: "Wonder is a wondrous sight to behold because of the depth of its story, the talent involved (especially by the young actors), and the emotional message it challenges the audience with in scene after scene. This is a movie the whole family can watch, enjoy and from which they can learn. You have to see it. It is one of the best movies of the year – and in my opinion maybe the best of all."



SOCIAL ACTION

Rachel Millstone
Social Action Chair



On three things the world stands:
 On Torah,
 On Avodah (divine service),
 And on Gemilut Chasadim (acts of loving-kindness).
 - Pirke Avot 1:2

By profession, I work in the field of *new teacher development* at the University of California, San Diego. In the first introduction to teaching and learning course my students take, I invite them to explore the relationship between *thought, language and action*. We examine these three categories over a series of readings. I ask my students to consider their own perspectives on the culturally and linguistically diverse students they will teach in local San Diego inner city schools. They must honestly examine the thoughts they have about students from low socioeconomic backgrounds. They are asked to pay particular attention to the language they use to describe such students. Do they use words like “culturally deprived” and “at-risk”? Do they have thought-associations that smack of the pejorative – “low ability” and “challenged”? What kind of meaning do these words hold? Finally, I ask my aspiring teachers to think about how their *language* and *thoughts* synergistically possess the potential to influence their *interactions* with inner city school youth.

To live in this world meaningfully and with compassion means that we are compelled to do exactly what I ask my new teachers to do: examine our *thoughts*, our *language*, our *actions*. How we act, react, and interact with others profoundly affects the world as a whole, relationship by relationship by relationship...

According to Jewish tradition, the entire world is also said to maintain balance by resting upon three things: on Torah, on *Avodah* (divine service), and on *Gemilut Chasadim* (deeds of loving-kindness). For each of us, in our own individual quests to become our better selves, we need to examine how we contribute to these larger pillars that support the world in its entirety.

Success and balance in all three is crucial for harmony and stability. First, Torah is our guide to thought – it helps us understand our purpose and obligations, and strengthens our resolve to use thought in exercising our will for good. Second, our Sages taught that our prayer should be spoken. Language. Words bring thoughts into concrete

Continued on page 15

CHRISTMAS DINNER FOR SAFE PARKING PROGRAM GUESTS AT JFS

Thanks to the fun group who stepped out on a cold December 25th to prepare and serve dinner, and brighten the lives of almost 90 men and women at the **Safe Parking Program Christmas Dinner!**



L to R: Rachel Millstone, LeAnne Adams, Marion Adams, Jannis Berger, Mina Cohen, Enrique Cohen, Amy Kahan, Lynn Mendelsohn, Ethan Kahan, David Kahan, Suzanne Jacobs, Miriam Plotkin, Ivan Mendelsohn, Ruth Levy.
Additional Donors (not pictured): Nechama Bunton, Vanina Bunton, Samy and Sarita Zands, Amy and Bill Morris, Vique Chavez, Koba, Jane Zeer, Alan Berlin.

And, a very special thank you to **Ruth Hendricks**, from **The Huddle Restaurant**, whose timely organization, assistance, and expert catering talents made the dinner possible! When Ruth learned what Ohr Shalom was doing for the individuals of the JFS Safe Parking Program for Christmas, she was eager to assist us with her restaurant staff at The Huddle on extremely short notice! (See box on opposite page about the February Food Drive to honor Ruth’s organization, **Special Delivery San Diego.**)

UPCOMING EVENTS AND DONATION OPPORTUNITIES

- Participate in the ongoing weekly hot lunch meals 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 to join this dynamic group of volunteers.
- Donate blankets/sleeping bags; NEW socks/underwear for men; and NEW bras, underwear, socks for women. Bring to the synagogue lobby bins.
- Participate in our collective *matanot la-eyyonim* collection of nonperishable dry and canned goods for Special Delivery San Diego (see list in box).

Ideas for projects, or to get involved, please contact **Rachel Millstone**, Social Action Chair at rdmillstone@gmail.com

FEBRUARY FOOD DRIVE FOR SPECIAL DELIVERY SAN DIEGO



Ruth Hendricks,
Founder and Executive Director,
Special Delivery San Diego

4021 Goldfinch Street
San Diego, CA 92103

As we prepare for the mitzvah of *matanot la-evyonim* (gifts to those in need) for Purim next month (March 20th), we will be honoring

Ruth Hendricks' organization, **Special Delivery San Diego**. (Special Delivery San Diego is a 501(c)(3) non-profit organization.) This non-profit relies exclusively on **volunteers** to cook and deliver fresh, homemade, nutritious meals to upwards of 130 medically homebound individuals living with AIDS, cancer and other critical illnesses through the San Diego community.

Throughout the month of February, we will **collect non-perishable dry goods and canned foods** to help stock the pantry she runs for those in need through Special Delivery San Diego. Please help us by bringing the following to the bins in the synagogue lobby (no glass, please):

- | | | |
|-------------------|----------------|-------------|
| Canned vegetables | Mac and cheese | Soups |
| Canned beans | Snack packs | Cereals |
| Canned tuna | Pasta | Rice |
| Canned fruit | Dried beans | Pasta sauce |
| | Peanut butter | |

Continued from previous page

reality. And third, we are required to “see” other human beings and to act. At its highest level, *tzedakah* requires us to “understand” another human being. Who is this person? What do they lack/need? How can I help this person fulfill their role? Then we need to act.

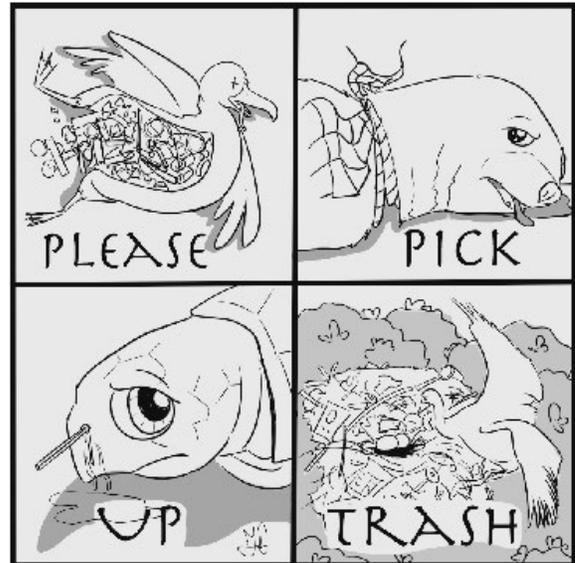
Ohr Shalom Synagogue invites you to directly impact all three of these pillars through the many services we offer to our community – from Shabbat services to classes, to social events, to **social action** events.

As Social Action Chair, I personally invite you to join us in specifically supporting the *Pillar of Gemilut Chasadim* (Acts of Loving-Kindness) in whatever way you can. Too many of us think of *tzedakah* as “charity.” In fact, *tzedakah* is “righteousness” – doing the right thing. So whether you have money to share, or time to give, you are an important part in raising the pillar of *Gemilut Chasadim*, and in transforming our world into a more compassionate and beautiful place. No act is too small.

When you honor a loved one, consider assigning your donation to the **Ohr Shalom Social Action Fund**, designated specifically for social action purposes, such as the one in which we just engaged: a Christmas Dinner for almost 90 men and women living in their cars! Thank you to **Rita Cohen, Rebecca Iden, Susie and Eli Meltzer**, and **Marilyn Singer**, who chose to do just that!

“Three pieces a day...”

by Shira Cohen



Joshua E. Cohen

Fact: About 80% of the debris in the Great Pacific Garbage Patch comes from land-based activities in North America and Asia. (National Geographic)

Challenge: Pick up trash! Wherever you go outdoors, there is trash on the ground, in the plants, everywhere! Instead of walking past it, pick it up. You can bring a small bag with you if you're going on a hike or to the beach so you don't have to carry the trash in your hand. Start small and give yourself a goal: 3 pieces a day. When that becomes too easy, increase the number of pieces. Join a clean-up group in your neighborhood or favorite nature spot (park, beach, canyon, etc.). If there isn't a clean-up group already, start your own. Bring reusable gloves, like garden gloves, instead of adding to the trash pile with disposable gloves. Big to small, every piece helps! Always try to leave nature better than you found it. Join us in healing our planet. Together we can.

P.S. Stay tuned for **Ohr Shalom's Beach Clean-up Day**, date TBD.

TODAH RABAH AND LIFE CYCLE EVENTS

Thank you for your generous donations in January:

SYNAGOGUE FUND

**In memory of Minnie Witz
In honor of Ruth Sax**
Evelyn Sevel

Thank you
Marlene Siegel

In memory of Ruth Sax
Jose Alessandro R. Belleza
George and Susan Kaplan
Lynn and Ivan Mendelsohn
Eriberto and Stella Salzmänn
Al and Marilyn Shelden
Mark and Elaine Smith
Dan and Cantor Cheri Weiss
Eileen Wingard
David and Marcia Wollner

**In memory of
Marie and Robert Lyons
In memory of Helen Mendelsohn**
Ivan and Lynn Mendelsohn

**Toni & Don Goldstein 50th
Anniversary**
Susie and Eli Meltzer
Mel and Bonnie Taybak

**In memory of Aaron Cohen
In memory of Sidney Semel**
Bernie Semel and Patricia Pummill

In memory of Rowland Pummill
Ray and Marcia Sachs
Mark and Elaine Smith

In honor of Jennifer Meltzer
Rebecca Iden

**In honor of George and Susan
Kaplan's Granddaughter's
Bat Mitzvah**
Mark and Elaine Smith

RABBI'S DISCRETIONARY FUND

**In honor of
Adam Rubtchinsky's Bris**
Stuart Rubenstein
Ira and Diane Rubtchinsky
Maxine Weseley and R. Kanarvogel
**Appreciation for
Officiating Ceremony**
Debbie Meltzer and Taz Niemand

SOCIAL ACTION FUND

**In memory of Ruth Sax
In honor of
Adam Rubtchinsky's Bris
In memory of Rowland Pummill**
Rachel Millstone

RELIGIOUS SCHOOL TEACHERS

Sheldon and Harriet Wolpoff

TODAH RABAH TO OUR ONEG SPONSORS:

Daniel Pick
Morris and Doreen Casuto
Zalman and Nina Vitenson

TODAH RABAH TO OUR SHABBAT KIDDUSH SPONSORS:

Richard and Alice Cupples
Al and Naomi Eisman
Bill and Amy Morris
Raulf and Sharon Polichar
Ray and Marcia Sachs
Rebecca Iden and Cody Schneider
Nathan and Evette Weiss

Condolences to:

Sandra Scheller and Family
for the passing of her beloved
Mother, **Ruth Sax**.

Tricia Pummill for the passing
of her beloved Father,
Rowland Pummill.

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



Mazal Tov to:

Jeff and Julie Rubtchinsky
on the birth of their son, **Adam**.

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

LeAnne Adams
Hillel Angel
Sue Brown
Vanina Bunton
Louise Chandler
Rabbi Yonina Creditor
Hudi Eshel
Jonathan Geiger
Joe Hartman
Daniel Hoskins

Cheryl Katz
Morris Lazard
Tzitta Levy
Susanne Lisker
Eli Meltzer
Jennifer Meltzer
Maital Meltzer
Ivan Mendelsohn
Rachel Millstone

Amy Morris
Bill Morris
Justina Nemoj
Rocky Reid
Ruben Rosental
Brian Ross
Aaron Rubinstein
Brian Stannard
Cantor Cheri Weiss
Dan Weiss

Todah Rabah to our January Shabbat Kehillatit Dinner Volunteers:
Vanina Bunton, Jim Lewis, Marci Prag, Matt Razinsky and Miriam Bergman.

Share a simcha

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

Standard Friday
Oneg Sponsorship:
\$90 Shabbat Morning
Kiddush Sponsorship:
\$120



YAHARZEITS

*Bernard Stillman	Sharon Polichar's Father	2-Feb/27 Shevat
Dorothy Zipp	Janice Zipp Cannizzaro and Elaine Smith's Aunt	2-Feb/27 Shevat
Bernice Green	Elizabeth Green's Grandmother	3-Feb/28 Shevat
Ada Podolsky	Sara Limenes' Sister	3-Feb/28 Shevat
*Adi Salzmänn	Tito Salzmänn's Father	4-Feb/29 Shevat
*Rose Schiff	Eileen Wingard's Mother	4-Feb/29 Shevat

YAHARZEITS

*Howard Schultz	Marcia Sachs' Father.....	4-Feb/29 Shevat
Jacobo Berditchevsky	Remembered by Jaime and Sara Fainstein	5-Feb/30 Shevat
Abbie Kantorovich	Samy Zands' Nephew	5-Feb/30 Shevat
Cyril Levy	Avigayil Levy-Yochanan's Grandfather.....	5-Feb/30 Shevat
Faye Rose	Janice Zipp Cannizzaro and Elaine Smith's Aunt.....	5-Feb/30 Shevat
Len Fine	Remembered by Gail Kalker	6-Feb/1 Adar-I
Salomon Levy	Alberto Levy and Beatriz Levy-Israel's Father.....	6-Feb/1 Adar-I
Robert Lyons	Lynn Mendelsohn's Father	6-Feb/1 Adar-I
*George Roadburg	Harlene Rottenberg's Father	7-Feb/2 Adar-I
Harry Kanter	Miriam Plotkin's Father	8-Feb/3 Adar-I
Chaya Levine	Ana Galicot's Mother	8-Feb/3 Adar-I
Aaron Ben Naftali	Aaron Rubinstein's Grandfather	9-Feb/4 Adar-I
Moshe Berman	Raisa Green's Father	9-Feb/4 Adar-I
Naum Gitler	Sarah Fainstein's Uncle.....	9-Feb/4 Adar-I
Erna Goldschmied	Sandy Scheller's Grandmother	9-Feb/4 Adar-I
*Randy Rafish	Remembered by Rabbi Scott and Jennifer Meltzer.....	9-Feb/4 Adar-I
*Dora Rubin	Fanny Hanono's Mother	9-Feb/4 Adar-I
Blumah Drabin	Ilan Awerbuch's Grandmother	11-Feb/6 Adar-I
Peretz Drabin	Ilan Awerbuch's Grandfather	11-Feb/6 Adar-I
*Betty Markin	Eileen Wingard's Aunt	11-Feb/6 Adar-I
Esther Siprut	Mark Siprut's Mother	11-Feb/6 Adar-I
Rudolph Tuteur	Jennifer Tuteur's Grandfather.....	11-Feb/6 Adar-I
Gregorio Bogan	Ana Galicot's Uncle	12-Feb/7 Adar-I
*Sylvia Cysner	Remembered by Raulf and Sharon Polichar.....	12-Feb/7 Adar-I
Morrey Friedman	Remembered by Martin Shoman.....	12-Feb/7 Adar-I
Milos Marek	Andres Marek's Father	12-Feb/7 Adar-I
Jenne Meltzer	Rabbi Scott Meltzer and Brett Meltzer's Grandmother	13-Feb/8 Adar-I
Norman Schwab	Richard Schwab's Father	13-Feb/8 Adar-I
Walter Stern	Remembered by Debbie Reid	13-Feb/8 Adar-I
*Gerry Forman	Reyna Forman's Husband.....	14-Feb/9 Adar-I
*Jacob Meltzer	Eli Meltzer's Father.....	14-Feb/9 Adar-I
Sam Pakin	Elka Kucinski's Father	14-Feb/9 Adar-I
Macey Capin	Lois Gelb's Father	15-Feb/10 Adar-I
*Jorge Rosental	Ruben and Fanny Rosental's Son.....	15-Feb/10 Adar-I
Ernest Green	Elizabeth Green's Grandfather	16-Feb/11 Adar-I
*Isaac Cohen	Rashel Galicot's Father	17-Feb/12 Adar-I
Michael Elkin	Jared Quient's Stepfather.....	17-Feb/12 Adar-I
Ariel Andrade	Lucia Domville's Father	18-Feb/13 Adar-I
Malvina Rosenberg	Lilly Hecht's Mother	18-Feb/13 Adar-I
Victoria Mizrahi	Remembered by Aaron Rubinstein.....	19-Feb/14 Adar-I
*Gussie Rubin	Remembered by David Jacobs	19-Feb/14 Adar-I
Anna Salzmann	Tito Salzmann's Grandmother	19-Feb/14 Adar-I
Jonas Salzmann	Tito Salzmann's Grandfather.....	19-Feb/14 Adar-I
Melvin Goldberg	Karen Rund and Susie Melter's Uncle	20-Feb/15 Adar-I
Doris Glickman	Alma Geiger and Harriet Wolpoff's Aunt.....	21-Feb/16 Adar-I
Lisa Clerici	Evelyn Schwimmer's Daughter	23-Feb/18 Adar-I
Mira Milstein	Enrique Milstein's Mother	23-Feb/18 Adar-I
Bernice Tiger	Stan Tiger's Mother	23-Feb/18 Adar-I
*Hy Zipp	Janice Zipp Cannizzaro and Elaine Smith's Father.....	23-Feb/18 Adar-I
Esther Zouari	Vanina Bunton's Grandmother	23-Feb/18 Adar-I
*Sheine Masha Goldberg	Esther Tishman's Mother, Lilian Deicas and Rosa Ratniewski's Grandmother	24-Feb/19 Adar-I
Szali Grun	Elizabeth Green's Great Grandmother	24-Feb/19 Adar-I
*Isaac Zachs	Reina Shteremberg's Father	24-Feb/19 Adar-I
Leonora Cohn	Jennifer Tuteur's Grandmother.....	25-Feb/20 Adar-I
Samuel Goldberg	Esther Tishman's Brother	26-Feb/21 Adar-I
Juliet Green	Remembered by Elizabeth Green	26-Feb/21 Adar-I
*Hyman Joseph Kaplan	George Kaplan's Father	27-Feb/22 Adar-I
Leonardo Kobisher	Aida Kobisher's Father	28-Feb/23 Adar-I
Bernie Moss	Remembered by Gillian Moss	28-Feb/23 Adar-I
Blanche Sherman	Larry Sherman's Mother.....	28-Feb/23 Adar-I

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



CALENDAR OF EVENTS

February 2019

Shevat/Adar I 5779

								FRIDAY	SATURDAY																									
<p>Jewish Disability Awareness & Inclusion Month at Ohr Shalom Synagogue</p> <p><i>See page 7 for schedule of special events, discussions and guest speakers</i></p>		<p>Free Blood Pressure Screenings At Ohr Shalom</p> <p>Sunday, February 10, 9:00am-12:30pm Thursday, February 14, 4:30-6:45pm</p> <p><i>See page 11 for details</i></p>		<p>LOVE YOUR HEART</p>				<p>1 26 Shevat</p> <p>Office Closes 2:00pm Tots in PJs 6:00pm Kabbalat Shabbat Service "Ask the Rabbi" 7:15pm</p> <p>5:03pm</p>	<p>2 27 Shevat</p> <p>Parshat Mishpatim Shabbat Service/Aufruf 9:30am Lunch & Learn 12:45pm Rabbi Adler's Wedding Shower 7:00pm</p> <p>6:04pm</p>																									
3 28 Shevat	4 29 Shevat	5 30 Shevat	6 1 Adar I	7 2 Adar I	8 3 Adar I	9 4 Adar I	10 5 Adar I	11 6 Adar I	12 7 Adar I	13 8 Adar I	14 9 Adar I	15 10 Adar I	16 11 Adar I	17 12 Adar I	18 13 Adar I	19 14 Adar I	20 15 Adar I	21 16 Adar I	22 17 Adar I	23 18 Adar I	24 19 Adar I	25 20 Adar I	26 21 Adar I	27 22 Adar I	28 23 Adar I	1 24 Adar I	2 25 Adar I	3 26 Adar I	4 27 Adar I	5 28 Adar I	6 29 Adar I	7 30 Adar I	8 1 Adar II	9 2 Adar II
<p>Religious School 9:30am World Wide Wrap 10:00am Minyan 6:15pm</p>	<p>Minyan 6:15pm Choir Practice 6:30pm</p>	<p>Rosh Chodesh Adar I Minyan 6:15pm</p>	<p>Rosh Chodesh Adar I Adult Ed: Judiasm & Medical Ethics 10:00am Adult Ed: From Gods to God: TaNaKh Class 12:00pm Minyan 6:15pm</p>	<p>Religious School 4:30pm Minyan 6:15pm</p>	<p>Office Closes 2:00pm Shabbat Kehillat Service Guest Speaker: Elana Naftalin-Kelman 6:15pm Community Dinner 7:15pm</p> <p>5:10pm</p>	<p>Parshat Terumah Learners Shacharit 9:30am Shabbat Torah Service 10:15am Lunch & Learn 12:45pm Guest Speaker: Elana Naftalin-Kelman</p> <p>6:11pm</p>	<p>Blood Pressure Screening 9:00am Religious School 9:30am Guest Speaker: Dr. Suzanne Stolz 12:15pm Marpeh 3:00pm Minyan 6:15pm Movie Night 6:45pm</p>	<p>Minyan 6:15pm Choir Practice 6:30pm Sisterhood at the Movies 7:00pm</p>	<p>Minyan 6:15pm</p>	<p>Adult Ed: Judiasm & Medical Ethics 10:00am Adult Ed: From Gods to God: TaNaKh Class 12:00pm Minyan 6:15pm</p>	<p>Religious School 4:30pm Blood Pressure Screening 4:30pm Minyan 6:15pm</p>	<p>Office Closes 2:00pm Kabbalat Shabbat Service 6:15pm</p> <p>5:16pm</p>	<p>Parshat Tetzaveh Shabbat Service 9:30am Tot Shabbat 10:00am</p> <p>6:17pm</p>	<p>No Religious School Readings with the Rabbi 10:30am Dementia Escape Room 12:00pm Minyan 6:15pm</p>	<p>Presidents Day Office Closed No Minyan</p>	<p>Purim Katan Minyan 6:15pm</p>	<p>Adult Ed: Judiasm & Medical Ethics 10:00am Adult Ed: From Gods to God: TaNaKh Class 12:00pm Minyan 6:15pm Board Meeting 6:45pm</p>	<p>Religious School 4:30pm Minyan 6:15pm</p>	<p>Office Closes 2:00pm Kabbalat Shabbat Service ZAMRU 6:15pm Guest Speaker: Anastasia Bacigalupo 7:30pm</p> <p>5:22pm</p>	<p>Parshat Ki Tisa Shabbat Service 9:30am Lunch & Learn 12:45pm Disability Discussion Panel 7:00pm</p> <p>6:23pm</p>	<p>Religious School 9:30am Community Event: Options 11:30am Marpeh 3:00pm Minyan 6:15pm</p>	<p>Minyan 6:15pm Choir Practice 6:30pm</p>	<p>Minyan 6:15pm</p>	<p>Adult Ed: Judiasm & Medical Ethics 10:00am Adult Ed: From Gods to God: TaNaKh Class 12:00pm Minyan 6:15pm Men's Club Poker 7:00pm</p>	<p>Religious School 4:30pm Minyan 6:15pm</p>	<p>Office Closes 2:00pm Tots in PJs 6:00pm Kabbalat Shabbat Service "Ask the Rabbi" 7:15pm</p> <p>5:28pm</p>	<p>Parshat Vayakhei Shabbat <i>Shekalim</i> Shabbat Service 9:30am Jr. Congregation 11:00am Lunch & Learn 12:45pm</p> <p>6:29pm</p>	<p>Religious School 9:30am 7 Bridges Walk 1:00pm Minyan 6:15pm</p>	<p>Minyan 6:15pm Choir Practice 6:30pm</p>	<p>Minyan 6:15pm</p>	<p>Adult Ed: From Gods to God: TaNaKh Class 12:00pm Minyan 6:15pm</p>	<p>Rosh Chodesh Adar II Religious School 4:30pm Minyan 6:15pm</p>	<p>Office Closes 2:00pm Kabbalat Shabbat Service 6:15pm</p> <p>5:33pm</p>	<p>Parshat Pekudei Bat Mitzvah: Maital Meltzer Shabbat Service 9:00am</p> <p>6:34pm</p>