



Ohr Shalom Synagogue is participating in **Shabbat San Diego** with 2 events! Please join us.

Shabbat Kehillatit

Friday, November 11, 6:15pm

See page 3 for details



Lunch & Learn



Saturday, November 12
Shabbat Service at 9:30am
followed by
Lunch and Learn at 12:00pm

Come for Shabbat services and stay for lunch & discussion

Kabbalat Shabbat with the Ohr Shalom Choir



Friday, November 18, 6:15pm



DAVAR MEGILLAH

NOVEMBER 2022 • MONTHLY NEWSLETTER • CHESHVAN 5783/KISLEV 5783

From Beginning to End I Will Rejoice with Song

By Rabbi Scott Meltzer

Once more with feeling. Oh, I could say it again: once more with feeling. From all of the preparation, to Rosh HaShanah, the intermediary days, Yom Kippur, celebrating in the Sukkah, Shemini Atzeret and Simchat Torah – what a beautiful, loving, joyful, challenging, growth-filled first month of the New Year!

Now, we begin to read the Book of Psalms. I've been planning it for a long time, and now it is upon us. We recite Psalms every morning, afternoon and evening – at least you do if you are davening every day!

But now we are reading, studying, discussing, and sometimes singing them – one at a time, beginning to end.

We begin with:

אשר־יהאיש אשר לא הלך בעצת
רשעים ובדרך חטאים לא עמד ובמושב
לצים לא ישב: כי אס־בתורת יהוה חפצו
ובתורתו יהגה יומם ולילה:

Happy is the one who has not followed the counsel of the wicked, or taken the path of sinners, or joined the company

of the insolent; rather, the teaching (Torah) of the LORD is their delight, and they study that teaching day and night. (Ps 1:1-2)

Thus it reminds us of our call to goodness and our call to Torah as our path to delight!

When we get to the end of the book, we will conclude with:

כל הנשמה תהלל יה הללויה:

Let everything that is breathing (has a soul) praise God! (Ps 150:7)

So a whole book, one that teaches, challenges, inspires and makes us joyful every day, will be celebrated and studied by us, song-by-song, chapter-by-chapter, and it will take us a long time to do it!

Join us. Come to study. Come to share joy, to enjoy. Come to be together. If you can't make, watch the recorded classes on YouTube and be part of our project that way.

As we move into and through 5783, let us do it with feeling, and let that feeling be enhanced by our study, our being together, our worship and our singing.

I hope to see you in class.

BLOOD DRIVE

Ohr Shalom Synagogue / Blood Mobile

Sunday, November 13
from 9:00am-2:30pm

We strongly encourage appointments.

sandiegobloodbank.org/donate (619) 400-8521



Did You Know...



Giving blood a single time can help save up to **three** lives?



Blood cannot be manufactured—it must be **voluntarily donated** by a human?



San Diego Blood Bank serves hospitals in Southern California, including trauma centers and neonatal intensive care units?



WORDS FROM THE PRESIDENT

Marvin Yudkovitz
President

WEEKLY SHABBAT SERVICES

In my August 2022 “Words from the President” I spoke about our daily minyan, and how you can increase your participation in this program, which is held every weekday evening, Sunday-Thursday.

This month, I want to share some thoughts about the weekly Shabbat service.

When was the last time you attended a Friday night service (in person or on Zoom)?

Shabbat begins on Friday evening, and ends Saturday night. This definition of a day, which corresponds with Genesis chapter 1, informs our understanding for all holidays as well. At Ohr Shalom, we observe Shabbat every Friday starting at 6:15pm with our Kabbalat Shabbat (Welcoming the Shabbat) service, which then leads to the actual Shabbat service. Usually the entire service is over by 7:30pm. Friday night service is filled with singing, joy, and celebration, generating a happy and peaceful attitude among most of the attendees. Most Friday evenings, we usher in Shabbat with award-winning and wonderful Zeji Ozeri playing guitar and singing, Jennifer Meltzer, or others. This service is typically led by Rabbi Meltzer, and/or Morris Lazard and other lay leaders.

Our Shabbat morning service begins at 9:30am (9:00am for a Bar or Bat Mitzvah). The vast majority of the service is lay led. The parts of the service include the opening prayers (known as *Birchat Hashachar* and *P’sukei D’zimrah*), Morning Prayer (*Shacharit*), then the focal point for the day – the Torah Service and Teaching (*Drash*), ending with the additional service known as *Musaf*. The service is usually over around 12:00-12:15pm, followed by what, for some, is the real focal point – Kiddush lunch, prepared by our wonderful



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OHR SHALOM SYNAGOGUE

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DAVAR

DAVAR PUBLISHED MONTHLY

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Rene Beiza. This is a great opportunity to sit and talk with friends.

There are plenty of opportunities for you to participate in the service. You can read Torah, lead a portion of the service, read a passage in English, open the doors of the Ark – there is a role for everyone who wants one. On Shabbat morning, children (even eager adults) can pass out chocolates before the Torah service! And perhaps what may interest you the most is simply enjoying the service, reflecting on your week, feeling spiritually fulfilled, and/or looking at our beautiful sanctuary and stained glass windows.

So how can you participate? First of all – show up. Both services are in person and in our Zoom Room. Of course we would much rather see you in person, but whenever that is not possible, definitely log onto Zoom. And if you want to be more involved – text/email Bill Morris (who graciously arranges all of the roles for the services every week) at (619) 871-6566/wcm18zba@gmail.com, or Rabbi Meltzer.

There is one more way to participate – sponsor a Friday night Oneg or Shabbat Kiddush lunch in honor of a birthday, a baby naming, wedding anniversary, or *aufruf* (upcoming marriage), or in memory of a loved one on their *yahrzeit* (anniversary of their death).

Have you noticed our new **Kehillatit Card**? You can now pre-purchase all the dinners or sponsor a table at one of our Friday night community dinners. Contact the office to get details.

Whatever you decide to do – please attend the Friday night and/or Saturday morning services, in person or on Zoom. You’ll be glad you did.

Scott Meltzer, Rabbi rabbi@ohrshalom.org

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OHR SHALOM BOARD OF DIRECTORS

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OHR SHALOM SERVICE SCHEDULE

SHABBAT SERVICE SCHEDULE in person and [Ohr Shalom Zoom Room](#)

Friday	November 4	6:15pm	Kabbalat Shabbat Service
Saturday	November 5	9:30am	Shabbat Service
Friday	November 11	6:15pm	Shabbat Kehillatit Service
Saturday	November 12	9:30am	Shabbat Service
Friday	November 18	6:15pm	Kabbalat Shabbat Service with the Choir
Saturday	November 19	9:30am	Shabbat Service
Friday	November 25	6:15pm	Kabbalat Shabbat Service
Saturday	November 26	9:30am	Shabbat Service

NO Shabbat Morning Babysitting until further notice.

Ohr Shalom Synagogue is participating in Shabbat San Diego with 2 events! Please join us.

Shabbat Kehillatit

Friday, November 11

Family-friendly service: **6:15pm**
 Community Dinner: **7:15pm**
 RSVP for dinner by November 7
 Please contact office

Members

Adults: \$15
 Children: \$8

Non-members

Adults: \$20
 Children: \$10

(5-12 years old. Children under 5 FREE)



SHABBAT
SAN DIEGO



Lunch & Learn

Saturday, November 12, Shabbat Service at 9:30am
 followed by **Lunch and Learn at 12:00pm**

Come for Shabbat services and stay for lunch & discussion.

Kabbalat Shabbat with the Ohr Shalom Choir



Friday, November 18, 6:15pm



Ohr Shalom Virtual Programming

[Ohr Shalom Zoom Room](#)

Zoom link for Shabbat services and most adult programs is (Passcode: myshul)

<https://us02web.zoom.us/j/83107501072>

Here is the information to join by phone: Phone number: 1 669 900 9128
 Meeting ID: 831 0750 1072
 Passcode: 632432

All in-person attendees MUST show ID, proof of vaccination or negative test.

MASKS ARE REQUIRED AT ALL TIMES.



PARSHIYOT & CANDLELIGHTING November 2022

PARSHAT LECH-LECHA

Fri: November 4 | 10 Cheshvan  5:36pm
 Sat: November 5 | 11 Cheshvan
 Torah: Genesis 12:1-17:27
 Haft: Isaiah 40:27-41:16

PARSHAT VAYERA

Fri: November 11 | 17 Cheshvan  4:31pm
 Sat: November 12 | 18 Cheshvan
 Torah: Genesis 18:1-22:24
 Haft: II Kings 4:1-37

PARSHAT CHAYEI SARA

Fri: November 18 | 24 Cheshvan  4:27pm
 Sat: November 19 | 25 Cheshvan
 Torah: Genesis 23:1-25:18
 Haft: I Kings 1:1-31

PARSHAT TOLDOT

Fri: November 25 | 1 Kislev  4:25pm
 Sat: November 26 | 2 Kislev
 Torah: Genesis 25:19-28:9
 Haft: Malachi 1:1-2:7

OHR SHALOM'S CHOIR!

Come join us on at 7:00pm at Ohr Shalom.

Monday, November 7
Monday, November 14
Monday, November 21
Monday, November 28



Listening Devices & Bimah Access Available

Ask security guard or Rene. Bimah accessible via lift, as needed.

We strive to host inclusive, accessible programs and services that enable all individuals, including individuals with disabilities, to engage fully. To request an accommodation or for inquiries about accessibility, please contact Gillian Argoff-Treseder.

COMMITTEE CHAIRS

Building & Grounds/Security - RAULF POLICHAR polichar@cox.net
 Chesed/Community Caring - AVIVA ROSENBERG chesed@ohrshalom.org
 Environmental Projects - ALLYSON DARROCH greenparrotgraphics@cox.net
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 Ritual - SHOSHANAH FEHER STERNLIEB ritual@ohrshalom.org

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 Member-at-Large - JONATHAN GEIGER jggeiger@earthlink.net
 Member-at-Large - EVETTE WEISS evetteweiss@aol.com
 Men's Club - JOE HARTMAN yusjoe1@gmail.com

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.



FROM OUR EXECUTIVE DIRECTOR

Gillian Argoff-Treseder
Executive Director

COMFORT IN THE CYCLE OF THE CALENDAR

It's November, and this month we are hosting another **Blood Drive** for the San Diego Blood Bank. Just last November, I ran the first Blood Drive at Ohr Shalom, and I am honored and humbled that we have been able to host this event quarterly since then.

Creating this new cycle in the Ohr Shalom calendar reminded me of the beauty and comfort that comes from the circle of life. The annual repetition of the Torah, holidays and rituals brings generations together through family celebrations and traditions. While observing the cycles of the seasons and life are not unique to Judaism, the way we embrace and celebrate our past can be special to each of us. Each year we get something new out of the weekly Torah portion and the lessons it teaches us. Every Yom Kippur during the *Al Chet*, I am reminded that our ancestors had enormous forethought in creating this prayer to ensure that we ask forgiveness for even the minor transgressions of everyday life. Through the *Al Chet* and other rituals and traditions, our lives continue to be connected to our past and our future as we strive to improve ourselves and our communities each year.

Being welcomed into such special traditions of Ohr Shalom as Kehillatit community dinners, Shabbat chocolates, and birthday songs in every language possible has brought me closer to all of you. Thank you for allowing me to create new traditions in our community through activities like the Blood Drive and Toys for Tots. I look forward to many more years of celebrating the calendar and life-cycle events with all of you.

New Chavurot (Friendship Circles) Forming

In January we will be launching new *Chavurot* at Ohr Shalom. Possible themes are: Neighborhood Circles, Adventures in New Restaurants, Board Gamers, Israeli Culture, Travelers, Jews of Color, Investors, New Parents.

Please let us know if any of these pique your interest (or recommend one that does), because the most important element to a Chavurah is you!

Email **Alex van Frank**, Membership Chair, at membership@ohrshalom.org to let us know that you are interested in becoming a part of a Chavurah being formed.



Ritual Committee Meeting

Monday, Nov. 14 after minyan

New Zoom Address will be sent closer to date

Please join us to lend your voice to our discussion of this year's High Holy Days services.

If you have any questions, please contact **Shoshanah Sternlieb**, Committee Chair at ritual@ohrshalom.org.



CHESED/COMMUNITY CARING

Aviva Ilanit Rosenberg
Chesed/Community Caring Chair

WHAT THE CHESED/COMMUNITY CARING COMMITTEE IS ALL ABOUT...

It was great seeing new faces during the High Holy Days. For those of you who may not be familiar with the Chesed /Community Caring Committee, I want to explain a little more about what it is and what we do. *Chesed* is the Hebrew word for kindness. It is also considered the basis of the interpersonal commandments.

The Committee spreads kindness to our wonderful Ohr Shalom members in many ways: by participating in a Meal Train for a family during Shiva, delivering Yahrzeit candles, calling members who may be vulnerable and sometimes lonely (this is one of my favorites – I love brightening someone's day!), assisting our members in celebrating happy events such as the birth of a new baby in the family, and moving into a new home.

Gemilut Chasadim! Acts of loving kindness!

A big thank you to: **Gillian Argoff-Treseder**, **Jeanne** and **David Argoff**, **Ivan** and **Lynn Mendelsohn**, **Marvin Yudkovitz** and **Judy Gaines**, and **Mina Cohen** for participating in the most recent meal train.

If you'd like to find out how you can participate, contact me at chesed@ohrshalom.org or at (619) 621-7212.

Are you interested in a Weekend Family Camp and/or Retreat?

We have two different concepts to consider and are looking to determine interest level:

Family Camp – combination of activities for adults and children; meals with adults and children, services.

Retreat – primarily adult opportunities and activities, services, more quiet activities

Potential location – *Camp Marston, located about 1.5 hours from Ohr Shalom.*

- If this was sometime in Spring, would you be interested in attending?
- If this was a combined Family Camp and Retreat, would that change your interest level? If so, which would you prefer?
- Would you be interested in serving on a committee to help plan the weekend activities?

Please provide responses directly to Gillian Argoff-Treseder at office@ohrshalom.org

Kol Nidre Appeal 5783

Todah Rabah to our generous congregants. You have come through with your Kol Nidre pledges despite another highly unusual holiday! With deep gratitude, Ohr Shalom has listed below the names of individuals and couples who submitted Kol Nidre pledges on – or almost on – Yom Kippur, or who, as *Guarantors*, are continuing their pledges.

If you do not see your name on the list below, it is not too late to submit your pledge – through the mail, in person, or via an email – to the Ohr Shalom office.

Also, it is not too late to become a *Guarantor* or a *Sustaining Member*. *Guarantors* are families or individual members who commit to a donation that will increase their gift by \$216 to the amount they pledged last year. The *Guarantor* agrees to remain at that pledge level for three years. *Guarantors* receive benefits: Their names are placed on leaves in the *Guarantor* Section of the Tree of Life in the synagogue lobby, and each is entitled to two tickets to an *Ohr Shalom on the Town* event (once those resume), complements of Ohr Shalom.

Sustaining Members pledge a more substantial sum, also over three years. They receive all sorts of excellent perks. If you aspire to either

Alain and Barrett Avigdor
Susan and Gary Brown
Alfred and Gail Bryman
Laura and Jose Castillo
Doreen Casuto
Loren and Robyn Casuto
Louise Chandler
Springsong Cooper and Daniel Weiner
Ruth Fastag
Todd Frank
Dana and Gordon Frumer
Erica Green
Joseph and Barbara Hartman
Koba
Jim Lewis
Luis and Sally Maizel
David and Lisa Mandel
Linda Mostel
Miriam Plotkin
Valerie Polichar
Henriette Pummill
Tricia Pummill
Rocky and Debbie Reid
Daniel Rubin
Joseph Rubin

Aaron Rubinstein
Yosef Santin
Darron and Merav Segall
Evelyn Sevel
Reina and David Shteremberg
Miguel and Miryam Slovatzki
Jared Solomon
Ellen Statman
Geoffrey and Shoshanah Sternlieb
Elizabeth Vann
Miguel and Rosie Veinbergs
Samuel and Miriam Waisbord
Jane Zeer
Dan and Rebecca Zipp

Jennifer Tuteur
Marvin Yudkovitz and Judy Gaines
Sonia* and Jose Zyman
Anonymous (4)

** Of Blessed Memory*

Todah Rabah to our Guarantors Members for their continued support:

Jeanne and David Argoff
Mina and Enrique Cohen
Allyson Darroch
Ana and José Galicot
Jodie and Matt Graber
Lillian Keller
Lloyd Kuritsky
Amy and Bill Morris
Valerie and Elias Razinsky
Anya and Aaron Rubin
Elaine and Peter Shaw
Elaine and Mark Smith
Cynthia Tatalovich
Harriet and Sheldon Wolpoff
Donald Wright and Julie Phillips
Ariella and Mark Zyman
Stella and Alex Zyman

Todah Rabah to our Sustaining Members for their continued support:

Morris Lazard and Elizabeth Green
Joy Heitzmann and Jack Cohen
Jessica and Richard Lemoine
Susie and Eli Meltzer
Lynn and Ivan Mendelsohn
Marcia and Ray Sachs
Marilyn* and Al Shelden

Todah Rabah to all our volunteers who helped make this year's High Holy Days special:

Torah/Service Leaders

LeAnne Adams
Ilan Awerbuch
Joshua Goldman
Joseph Hartman
Morris Lazard
Eli Meltzer
Jennifer Meltzer
Rachel Millstone
Raulf Polichar
Marvin Yudkovitz

Torah/Haftarah Readers

LeAnne Adams
Sue Brown
Joe Castiglione
Loren Casuto
Joe Hartman
Rebecca Iden
Morris Lazard
Hadarya Levy
Yonatan Levy

Anna Mai
Eli Meltzer
Susie Meltzer
Yael Meltzer
Ivan Mendelsohn
Rachel Millstone
Amy Morris
Bill Morris
Valerie Polichar
Naima Solomon
Brian Stannard
Allison Wolpoff
Jane Zeer

Drashot

Jonah Weinberg
Ivan Mendelsohn

Shofar Blowers

Joshua Goldman
Eli Meltzer
Raulf Polichar

Ozrim (Helpers)

Jeanne Argoff
David Argoff
Miriam Bergman
Eva Brzezinski
Allyson Darroch
Bradley Eisenberg
Jonathan Geiger
Joy Heitzmann
Jim Lewis
Allison Madwakins
Eli Meltzer
Susie Meltzer
Lynn Mendelsohn
Marcia Prag
Aviva Rosenberg
Marcia Sachs
Ray Sachs
Shoshanah Sternlieb
Brian Stannard
Evette Weiss

Nathan Weiss
Stephanie Wells
Allison Wolpoff
Aviva Wolpoff
Aaron Wolpoff
Marvin Yudkovitz

Special Thanks:

Shoshanah Feher Sternlieb, *Ritual Chair*
LeAnne Adams
Emily Curtis
Cantor Joseph Furmansky
Koba
Rabbi Shane Michaelson
Zeji Ozeri
Eileen Wingard
Donald Wright
Alex van Frank
Ohr Shalom Reopening Committee

We apologize for any omissions.



SOCIAL ACTION

Brad Eisenberg
Social Action Chair



THANKSGIVING TURKEYS FOR CHRISTIE'S PLACE



What's Thanksgiving without a Turkey?

As we have done in previous years, we are asking you to please donate to the Social Action Fund to help us purchase 25-50 turkeys for Christie's Place, an organization that serves women and children affected by HIV/AIDS. With your help, Christie's place is able to provide all of the fixings for a Thanksgiving feast to about 150 families in need.

Please send your monetary donation for this cause to the Ohr Shalom office by **Friday, November 18.**

We are suggesting donations of \$40 (\$16-20 buys one turkey), but any amount is helpful!



Thank You

for Your High Holy Days Food Donations!

Over the High Holy Days there was a small mountain of food brought to synagogue to feed the hungry. I hope everyone was able to bring at least as much as they would have eaten during Yom Kippur so that you did not profit from your fast.

Special thanks to the women of **Les Dames d'Escoffier International (LDEI), San Diego** for their very generous donation of food. They delivered approximately **120 bags** of food to Ohr Shalom! (See photo below.)

All donated food was delivered to the Jewish Family Service for their food programs. As a reminder, you can **always** bring non-perishable food (canned tuna or chicken and other canned foods, pasta, beans, rice, peanut butter and more) to the blue bins in the synagogue lobby.



The generous donations of food from our Ohr Shalom family and the women of Les Dames d'Escoffier International (LDEI), San Diego for Jewish Family Service food programs. The women of LDEI donated approximately 120 bags of food (all the blue plastic bags in the photo)



Once again, Ohr Shalom is hosting a Toy Drive for Toys for Tots

Please bring your **new, unwrapped** toys to the Toys for Tots donation barrel in the Ohr Shalom lobby by **Monday, December 12.**

The goal of the The U.S. Marine Corps Reserve **Toys for Tots** Program is to help less fortunate children in our community experience the joy of the holiday season; to play an active role in the development of one of our nation's most valuable resources – our children; to unite all members of our community in a common cause during the annual toy collection and distribution campaign; and to contribute to better communities in the future.

[Toys for Tots prefers not to accept realistic looking weapons and gifts with food.]

DONATION OPPORTUNITIES

Ongoing Food Drive for JFS. Whenever you come to Ohr Shalom, please remember to bring non-perishable foods to put in the big blue bins in our lobby.



TAY Academy. Serving at-risk youth ages 14-25. Contact socialaction@ohrshalom.org for information on how you can help.

VOLUNTEERS NEEDED FOR VITAL JEWISH FAMILY SERVICE PROGRAMS



Volunteers are essential to delivering critical services to thousands of our neighbors, and so many San Diegans are in need of kindness and compassion right now. As a JFS volunteer, you can deliver a meal, give a ride, distribute food and care packages, restock the Corner Market, mentor youth, welcome the stranger, make new friends, and more! Whether you're an individual, couple, or family, JFS offers opportunities to make a difference! Learn how at www.jfssd.org/volunteer.



ISRAEL DESK

Susie Meltzer
Israel Desk

SAN DIEGO'S TRIP TO ISRAEL: A MEMORABLE PEOPLE ENCOUNTER

Next May lucky Ohr Shalom travelers will head to Israel with **Rabbi Meltzer** on Jewish Federation of San Diego County's **CommUNITY Trip of a Lifetime**. Both first timers and multiple timers will see Israel through the lens of today's world. Traveling across Israel in small groups of 30-40, they will witness its immense natural beauty, complex religious groups, and amazing leaps in technology. Voicemail technology was developed in Israel. It is the only country in the world that has more trees today than it had 50 years ago and more museums per capita than anywhere else, including the world's only underwater one. Israel is known for its interesting topographical diversity, award-winning food, and tourist attractions. It is no surprise that about 3.6 million travelers visit the country annually.

Mostly I believe, when this San Diego group arrives, they will be immersed and moved by Israel's greatest asset: the people. *Am Yisrael Chai*. Israelis make Israel. Beyond its ancient history and its fascinating sights, it is a rare and extraordinary place, with a population that has existed for generations amidst war, conflict, and antisemitism. There are many reasons this is true.

Some reasons to admire the people of Israel have been expressed by the Black human rights Zionist activist Chloé Simone Valdary. Sharing why she loves Israel, she reminds us that Israel is a nation because she is a family, not because its inhabitants share similar traits, likes or dislikes. Every person there matters, every life must be accounted for. Israelis today are passionate. Its citizens come from around the world, bringing different languages, cultures, and religions. Tradition and modern life are intertwined there. Everyone is fiery about something. People care. Despite all the political contradictions and challenges they face, Israel is a nation that believes in the sanctity of life and strives to protect all life: their own, that of their friends and even their enemies. Israel reaches across their borders to the world to help people in need, no

matter who they are or what they believe in. That is who Israelis are.

Even more reasons to reflect on the hearts and unity of the people of Israel come from Keren Hajioff, a Lone Soldier (an immigrant or a volunteer serving in the Israeli Defense Force without having immediate family in Israel). Keren blogged that she loves Israel because she belongs to Israel and Israel belongs to her; because Israel is more than just a place. Israel's existence proves that anything is possible.

Israelis live in a unique place and time in a tough neighborhood and are regularly beset by a critical world. They persevere and thrive, despite like being in the desert where the sand is always shifting. They remain dedicated to Jewish laws and the moral compass of the Torah.

I wish the travelers of San Diego's commUNITY trip a lifetime experience that will be highlighted by the Israelis they encounter there. "*L'hitraot*".



Jewish Federation of San Diego County Trip to Israel May 4-11, 2023

Join other travelers from across the San Diego Jewish community for a dynamic, meaningful Israel travel experience with local clergy, leaders of all ages, and Jewish professionals and passionate volunteers. 5-star accommodations, with best of Israeli dining, VIP access, sightseeing opportunities curated by you - and much more!

For more information and to register,
<https://www.jewishinsandiego.org/israel2023>.

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

www.facebook.com/ohrshalomsynagogue



Did you know that Ohr Shalom Synagogue also has a Group page where any member of the group can post information or requests that would be of interest to the group. Search for "Ohr Shalom Synagogue" in the Facebook search bar and select the Group instead of the Synagogue's main page. Or go directly to:

www.facebook.com/groups/133659310306/. To see what's posted, or to be able to post to it, request to join the group.

Kids in College?

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



Let us send them a Chanukah gift, hamantaschen and other tchotchkes during the year. Please send their email address and a physical address to office@ohrshalom.org.



RELIGIOUS SCHOOL

Judith Eisenberg
Religious School Principal



Religious School is now in full swing, and we are having so much fun.

After initial introductions, especially to new faces, the learning has begun. Our youngest children are using all types of creative art supplies to make High Holy Days crafts. I was initially surprised at the request for bubble wrap, but delighted when I saw the finished product in our gan/aleph (K/1) class – a honeycomb!

Older students have spent some time learning about the High Holy Days. I personally enjoyed sitting in on the dalet/hay (4th/5th grades) class as we pretended to be the shofar. The teacher said “tekiah” and we all responded with the appropriate “aaaahhh ooooo” all the way through to the class favorite of “tekiah g’dolah” (or “big” as a few of them translated correctly).

Most exciting to me was watching the participation during class services. More than half of the students are volunteering to stand at the bimah and help lead. They are required to actually say the prayers, so this shows me how much many of them know confidently. I welcome any congregant to join our services on Thursdays at 6:15pm or Sundays at 11:30am, both in the sanctuary.

[*Editor’s Note:* This article was written at the end of September.]

CHANUKAH CORNER

Gift Bags for Chanukah



Help your friends and family have a cozy Chanukah! Send some light, love and fun. Watch for details in upcoming announcements.



Save the Date Ohr Shalom’s Annual **CHANUKAH PARTY**

Sunday, December 18, 5:15pm

LAUREL STREET BEAT

*from Love Zubiller,
Religious School Committee Chair*

There are a lot of interesting things to see and do in Israel. If you could travel there today, what would be the first stop on your journey?

Isaac V. (Kita Vav): The first place I would go to is the Western Wall because it is the place to be spiritually connected to God.



JoJo M. (Kita Gan): I would go to the *shuk* in Jerusalem and buy 88 grams worth of sugar cookies.



Vanina Bunton Religious School Scholarship

This year, the **Vanina Bunton Scholarship**, an Initiative of the **Lou Dunst Foundation**, will again offer financial assistance for students of the Ohr Shalom Religious School. Please contact Gillian Argoff-Treseder if you need assistance with Religious School fees for 2022-23.

TA'AM TORAH A TASTE OF TORAH



Program for 4-year-olds at Ohr Shalom
November 2022 - May 2023
Facilitated by Jennifer Meltzer

Sessions will include: music, movement, holiday preparation, art, stories, t'fillah and LOTS OF FUN!
We request a minimum of 4 children in order to run this class
This program is geared for the children, it is not a parent participatory program, although parental attendance is optional (**children must be potty-trained**)
For more information contact, Gillian (619) 231-1456

Sundays, 10:30-11:30am:
Nov 13 • Jan 29 • Feb 12 •
Mar 19 • April 2 • May 7

Cost:
\$20: Individual session
Must Register in Advance



YOUTH GROUP

Emily Curtis
USY Youth Director



USY EVENTS IN NOVEMBER:

Saturday, November 12th - San Diego-Wide Havdalah/Movie Night (3rd-6th grade) @6:00-9:00pm at Ohr Shalom: Come in your PJs and bring your own blanket, sleeping bag or other comfortable items. **\$25 per participant**

Sunday, November 20th - Jr./Sr. USY Escape Room (7th-12th grade) @6:30-8:00pm at *Brainy Actz*: 10211 Pacific Mesa Blvd Suite #409, San Diego, CA 92121. **\$35 per participant**

SD KADIMA MOVIE NIGHT
JOINT EVENT FOR GRADES 3-6
DINNER, MOVIE, & FUN

Saturday, November 12
6-9pm
\$25 per person

Parents! Drop off your kids and go out for date night!

RSVP to your Youth Director.
Beth Am, Beth El, Ner Tamid, Ohr Shalom, and Tifereth Israel

Location: Ohr Shalom
2512 3rd Ave.
San Diego, 92103
Masks will be required indoors.

JR. & SR. USY (7-12TH GRADE)

ESCAPE ROOM

SUNDAY, NOVEMBER 20TH
6:30PM - 8:00PM
BRAINY ACTZ
10211 PACIFIC MESA BLVD SUITE #409, 92121

**\$35 PER PERSON | MASKS OPTIONAL
SNACK PROVIDED**

FOR MORE INFORMATION OR WITH QUESTIONS EMAIL USY@OHRSHALOM.ORG

TODAH RABAH TO JASON BERCOVITCH

Many thanks to **Jason Bercovitch** for his very informative presentation on the California statewide propositions and local ballot measures we will be voting on in November. Jason gave us a non-partisan, unbiased discussion of each proposition, including who supports them and who opposes them.

Ohr Shalom member Jason Bercovitch works with Congressman Scott Peters, San Diego District 52.

REMEMBER TO VOTE!



Did you know Ohr Shalom has an Instagram page?

Simply search for:
Ohr Shalom Synagogue/ohrshalom
(on Instagram)



If you have an Instagram account, check out our page for pictures and posts of what's happening at the Synagogue.

Stay tuned for more content on our Instagram page. Many thanks to Aviva Rosenberg for keeping our Instagram page up to date.

Ohr Shalom is on AmazonSmile!

Support Ohr Shalom by starting your shopping at [smile.amazon.com](https://www.smile.amazon.com) and selecting **Ohr Shalom Synagogue** as your charity.





ENVIRONMENTAL PROJECTS

Allyson Darroch
Environmental Projects Chair

“I’LL TAKE ECO-KOSHER FOR \$20”

“A movement that attempts to marry the values embodied in Torah with an awareness of the challenging realities of our time.” By consuming plants and animals grown and raised organically, and fishes caught ethically and sustainably, we can eat in a way that truly honors our bodies and the fragile planet that sustains us. In this new millennium, I believe that these considerations are of paramount concern because they will help to determine the world we leave for our children and their children, giving new meaning to *l’dor v’dor* (“from generation to generation”).



Buzzer sounds: “What is Kosher?” “No, that is not the correct answer.”

Buzzer sounds again: “What is Eco-Kosher?”

Ohr Shalom is a member of Hazon (<https://hazon.org>), which is dedicated to addressing all areas of sustainability and has subsumed several organizations, including the Isabella Freedman Jewish Retreat Center, Elat Chayyim, and Teva Learning Center. Jewish Community Farming (www.jewishcommunityfarming.org) has outposts around the United States – our local Jewish Community farm is Coastal Roots Farm (<https://coastalrootsfarm.org>) in Encinitas – and is successfully putting Jewish values into practice while ethically producing delicious fruits and vegetables. They employ and teach traditional methods of farming that help sequester carbon and heal the Earth. By supporting the use of regenerative agricultural methods, we can literally reverse the environmental degradation that threatens the health and survival of the planet

So, sit back, have a cup of fair trade coffee, (<https://www.thegoodtrade.com/features/fair-trade-coffee-brands>) and a slice of organic, non-gmo sustainably produced (and kosher) halvah (<https://hebelco.com>) and take a look at a graphic and powerful demonstration of eco-kosher practice in the documentary film, “Kiss the Ground” (<https://kisstheground.com>). It’s on Netflix: <https://www.netflix.com/title/81321999>.

Yes, it's more of an effort, maybe even more expensive in the short term, but we are talking about upcoming generations not having to face some dystopian future when we can fix it. There is sweetness in that.

(Author’s note: See, it isn’t always about garbage!)

ADULT EDUCATION



Ongoing class, with Rabbi Meltzer

Psalms Mondays at noon

In the [Ohr Shalom Zoom Room](#)

Join together to read, study and sing Psalms. Come learn about the history and organization of this songbook in the middle of the Bible. We will study each Psalm as poetry and explore its ancient and contemporary liturgical uses.

Class members should bring a book of their own choosing that includes the Psalms in both Hebrew and English.

Contact the office to find out what Psalms the class will be reading that week.

The first few classes have already met and have been recorded! Feel free to jump in anytime. Rabbi Meltzer will record the classes and will update the reference materials as the course progresses.

Psalms Class - 10/24 recording: <https://youtu.be/VwjXCwW-lKg>

CLASSES with Rabbi Meltzer

[Ohr Shalom Zoom Room](#)

Daf Yomi • Wednesdays, 10:00am

This weekly class discusses the pages of Talmud most recently covered.

Slow Read Book Club

• *In-depth chapter discussions (ongoing)*

Friday at 11:00am (Nov 11) Resumes in January

Genius & Anxiety: How Jews Changed the World, 1847-1947

by Norman Lebrecht

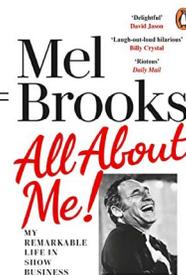
Readings with the Rabbi

• *Monthly Book Discussion*

Sunday, November 20, 10:30am

All About Me!: My Remarkable Life in Show Business

by Mel Brooks



Meditation

with Alex van Frank

Tuesday Evenings at 7:00-7:30pm

Alex van Frank, C-IAYT is holding a post-minyan meditation group.

- Lowering blood pressure • Less anxiety
- Lower stress levels • Deeper relaxation
- More feelings of well-being

Zoom:

<https://us02web.zoom.us/j/82805583843>

Meeting ID: 828 0558 3843



COMMUNITY EVENTS

FIRST ANNUAL book festival

NOVEMBER 6 - 12, 2022

at the Lawrence Family JCC

For more information and to register:

<https://www.lfjcc.org/cjc/bookfest.aspx>

The Center for Jewish Culture's newest program: the Book Festival, is a celebration of the written word and its impact on Jewish culture. Sessions will include:

Sunday, November 6, 7:30pm. *The Odd Couple* by Neil Simon, a play reading as part of the J Plays series, in collaboration with the Roustabouts Theatre Co.

Monday, November 7, noon. *The Antiphony of Love: The Call of the Scroll*. Jackie Gmach and Stephanie Johnstone Steinberg share their historical novel about a young Tunisian girl who is challenged by the events of the world around her.

Monday, November 7, 7:00pm. *Modern Kosher*, an evening with author Michael Gardiner as he showcases his food-forward, modern approach to the laws of kashrut.

Thursday, November 10, 7:00pm. Rebecca Soffer, author of *The Modern Loss Handbook*, holds an approachable conversation about eradicating the stigma and awkwardness around grief.

tapestry Reimagined

NOVEMBER 12 - 13, 2022

An Experiential Day of Jewish Learning.

**Saturday and Sunday, November 12-13
at the Lawrence Family JCC**

For more about this event and to register:

<https://www.lfjcc.org/cjc/tapestry.aspx>

This year's program will focus on a new model based on experiential learning, offering a series of workshop-based classes from comedy to meditation to arts & crafts, still with some of the traditional educational sessions you've come to love. The weekend kicks off on Saturday night with Community Havdalah, leading into keynote speaker Zack Bodner, author of *Why Do Jewish? A Manifesto for 21st Century Jewish Peoplehood*, setting the tone for a Sunday full of exciting, interactive, and engaging learning. You can sign up for one class from each of the 2 Sunday sessions: 11:00am-12:00pm and 12:10pm-1:10pm.

LIGHT: LITVAKdance and Yale Strom's Broken Consort

**Sunday, December 18, 7:00pm at the
at the Lawrence Family JCC**

For more about this event and to register:

https://www.lfjcc.org/cjc/arts_and_ideas.aspx

Yale Strom and Elyssa Dru Rosenberg create a new kind of winter production that honors the diverse histories and practices of our communities. Immediately following the performance of *Light*, Yale Strom and his all-star ensemble of musicians (including 3 guest musicians: Sara Caswell - violin, Amos Hoffman - oud and David Wallace - viola) will perform *Shimmering Lights*, a celebration of the holiday of lights from around the Jewish world.



Do you read the Davar online?

www.ohrshalom.org/davar

We know you read the Davar loyally every month but how many of you know you can access it online? If you read it online, there is no reason for us to mail it to you. **We can save trees, the environment and money!** Please email graphics2@ohrshalom.org or let Gillian know and we will take you off the Davar mailing list.



PUBLIC HEALTH CORNER



**November is the best time to
get your Flu Shot and updated
COVID-19 booster.**

GET YOURS NOW!



988 - Suicide and Crisis Lifeline

988 is the new three digit code to route callers to the National Suicide Prevention Lifeline for support 24 hours a day, 7 days a week. Please remember this number if you or someone you know is in crisis. There is no charge. Call or text 988, or chat at 988lifeline.org from anywhere in the country.

TODAH RABAH AND LIFE CYCLE EVENTS

Thank you for your generous donations in October:

SYNAGOGUE FUND

In loving memory of Marilyn Shelden
Barbara Haislip
Rosalie Ulrich
Margaret Reiter

In loving memory of Rifka bat Nefalti
In loving memory of Chana bat Avraham ha Cohen
Aaron Rubinstein

In loving memory of Raphael Galicot
In loving memory of Rebecca Bogan
Ana and Jose Galicot

In honor of Eileen Wingard, Kol Nidre
violinist extraordinaire
Myla and Lou Rosen

Thank you for all the vibrant programs
Jewish Federation of San Diego

RABBI'S DISCRETIONARY FUND

Stacy and Fred Van Goor

JDAIM FUND

In loving memory of Elsa Rosenvasser Feher
Natalie Schriger

TODAH RABAH TO OUR SHABBAT SPONSORS

Jeanne and David Argoff
Gillian Argoff-Treseder
Alice Broudy Cupples
Naomi Eisman
Mia Hamel

We apologize for any omissions.

Mazal Tov!
to **Mia Hamel** on the bat mitzvah of her daughter, **Maverick Hamel-Garcia**.

Todah Rabah
to **Marci Prag** and **Matthew Razinsky** for donating their time and talents to plan, shop, create, cook and serve the community a wonderful and delicious Kehillatit dinner.



Condolences
It is with deep sadness that we inform you of the passing of Ohr Shalom member, **Sara Limenes z'l**, beloved mother of **Lydia, Marco, Bela, and Joel Limenes**.

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



Todah Rabah to our October Shabbat Service Leaders, Torah and Haftarah Readers, D'rashot, Daily Minyan Minute, Minyan Leaders and office volunteers:

LeAnne Adams	Rebecca Iden	Rachel Millstone
Jeanne Argoff	Koba	Amy Morris
Ilan Awerbuch	Morris Lazard	Bill Morris
Sue Brown	Jessica Lemoine	Anita Nemoy
Joe Castiglione	Hadarya Levy	Aviva Rosenberg
Allyson Darroch	Eli Meltzer	Ruben Rosental
Elisheva Edelson	Susie Meltzer	Brian Stannard
Jonathan Geiger	Ivan Mendelsohn	Jonah Weinberg
Xavier Gumbayan	Lynn Mendelsohn	Margalit Wollner
Joe Hartman	Rabbi Shane Michaelson	Marvin Yudkovitz

YAHREZITS

James Swartz	Remembered by Ohr Shalom.....	1-Nov/7 Cheshvan
Harriette Hope Kay	Koba Kay's Mother.....	2-Nov/8 Cheshvan
Adlyn Pick	Daniel Pick's Grandmother.....	2-Nov/8 Cheshvan
David Reitsky	Remembered by Al Shelden.....	2-Nov/8 Cheshvan
Milton Dickman	Jennifer Tuteur's Grandfather.....	3-Nov/9 Cheshvan
Gizella Kluchin	Elaine Gottesman's Mother.....	3-Nov/9 Cheshvan
Beverly Schmier	Remembered by Ohr Shalom.....	3-Nov/9 Cheshvan
Joseph Argoff	David Argoff's Father.....	4-Nov/10 Cheshvan
Menachem Cohen	Tricia Pummill's Grandfather.....	4-Nov/10 Cheshvan
Edward Israel Goldstein	Frankie Sorrentino's Father.....	4-Nov/10 Cheshvan
Ruth Rothenberg	Anita Nemoy's Aunt.....	4-Nov/10 Cheshvan
Fortune Levy	Lillian Keller's Mother.....	5-Nov/11 Cheshvan
Bella Braun	Sara Fainstein's Aunt.....	6-Nov/12 Cheshvan
Abraham Horstein	Harriet Wolpoff and Alma Geiger's Father.....	6-Nov/12 Cheshvan
Zelig Louis Mandel	David Mandel's Great-Grandfather.....	6-Nov/12 Cheshvan
Lonnie Nesseler	Remembered by Allyson Darroch.....	6-Nov/12 Cheshvan
Alegre Altalef	Remembered by Aaron Rubinstein.....	7-Nov/13 Cheshvan
Aaron Moses Cohen	David Cohen's Father.....	7-Nov/13 Cheshvan

Yahrzeits

Zena Mendelsohn	Ivan Mendelsohn's Mother	7-Nov/13 Cheshvan
Aaron Starobin	Barrett Avigdor's Father	7-Nov/13 Cheshvan
*Roger Zouari	Remembered by the Bunton Family.....	7-Nov/13 Cheshvan
Bernice Cohen	Anita Nemoy's Mother and Justina Nemoy's Grandmother	8-Nov/14 Cheshvan
Louis Kaplan	Marilin Levitan's Grandfather.....	8-Nov/14 Cheshvan
*Arnold Okin	Michael Okin's Father	8-Nov/14 Cheshvan
*Lena Rosenfeld	Jerry Horn's Grandmother	8-Nov/14 Cheshvan
*Sarah Wright	Donald Wright's Mother.....	8-Nov/14 Cheshvan
Bashe Mirl Rozen	Remembered by Fay Rozen.....	9-Nov/15 Cheshvan
Flo Semelmaker	Remembered by Ohr Shalom.....	9-Nov/15 Cheshvan
*Igal Gordon	Sore Gordon's Husband.....	10-Nov/16 Cheshvan
*George Greenberg	Laurie Slade's Uncle.....	10-Nov/16 Cheshvan
Rose Pascal	Jeanne Argoff's Grandmother	10-Nov/16 Cheshvan
*David Birnbaum	Remembered by Ohr Shalom.....	11-Nov/17 Cheshvan
Mindel Green	Remembered by Raisa Green	11-Nov/17 Cheshvan
Felipe Melnik	Remembered by Silvia Gold	11-Nov/17 Cheshvan
Esther Penner	Barbara Hartman's Mother.....	11-Nov/17 Cheshvan
*Manuel Shteremberg	David Shteremberg's Father, Remembered by Jose Zyman	11-Nov/17 Cheshvan
Benjamin A. Weisman	Remembered by Joe Rubin.....	11-Nov/17 Cheshvan
Richard Gottfried	Remembered by Ivan and Lynn Mendelsohn	12-Nov/18 Cheshvan
Jaya Finkler	Aaron Rubinstein's Grandmother.....	13-Nov/19 Cheshvan
*Rafael Galicot	Jose Galicot and Julio Galicot's Father	13-Nov/19 Cheshvan
Sanford Aaron Rose	Steve Rose's Father	13-Nov/19 Cheshvan
Irene Shapiro	Jodie Graber's Grandmother	13-Nov/19 Cheshvan
Libe Szmuilowicz	Remembered by Bertha Szmuilowicz.....	13-Nov/19 Cheshvan
*Alex Goldstein	Ellen Statman's Father	13-Nov/19 Cheshvan
Meer Lipowsky	Diana Lipowsky's Husband and Salomon Lipowsky's Brother	14-Nov/20 Cheshvan
Michael Jacobs	Rabbi Meltzer's Uncle	15-Nov/21 Cheshvan
Linda Helen Levitt	Rayna Levitt's Mother	16-Nov/22 Cheshvan
Benyamin Yochanan	Avigayil and Solomon Yochanan's Son.....	16-Nov/22 Cheshvan
Charlotte Broudy Wilenken	Remembered by Alice Broudy Cupples	16-Nov/22 Cheshvan
Florencio Martinez	Irma Martinez Brother	18-Nov/24 Cheshvan
Levi Yochanan	Avigayil and Solomon Yochanan's Son.....	18-Nov/24 Cheshvan
Albert Boner	Steve Boner's Father.....	18-Nov/24 Cheshvan
Nathan Gordon	Esther Tishman's Great-Grandson.....	19-Nov/25 Cheshvan
Malka Rubinstein Broder	Aaron Rubinstein's Mother	19-Nov/25 Cheshvan
Miriam Shlesinger	Jonathan Geiger's Sister	19-Nov/25 Cheshvan
Iris Anderson	Yvonne Scarlett's Grandmother	19-Nov/25 Cheshvan
*Harrison Robbins	Remembered by Ohr Shalom.....	20-Nov/26 Cheshvan
Sarah Schnell	Sue Brown's Grandmother	20-Nov/26 Cheshvan
*Hattie Zisk	Remembered by Stan Heyman	20-Nov/26 Cheshvan
*Rebecca Bogan	Ana Galicot's Aunt.....	20-Nov/26 Cheshvan
Ron Berens	Zack Chayet's Uncle	21-Nov/27 Cheshvan
Aryeh Geiger	Jonathan Geiger's Brother	22-Nov/28 Cheshvan
Edward Seligman	Elaine Shaw's Father	23-Nov/29 Cheshvan
*Joyce Heyman	Stan Heyman's Wife.....	23-Nov/29 Cheshvan
Richard Chandler	Mark Chandler's Father	25-Nov/1 Kislev
Jordan Ressler	Jeffrey and Vivien Ressler's Son.....	28-Nov/4 Kislev
*Abraham Tishman	Esther Tishman's Husband, Lilian Decias and Rosa Ratniewski's Father.....	28-Nov/4 Kislev
Concepcion Zachs	Reina Shteremberg's Mother	28-Nov/4 Kislev
Miriam Zagursky	Enrique Zagursky's Mother	28-Nov/4 Kislev
Jorge Distel	Fanny Rosental's Father	29-Nov/5 Kislev
David Himelfarb	Steve Fox's Grandfather.....	30-Nov/6 Kislev
Lester Rosenzweig	Sherry Berlin's Uncle.....	30-Nov/6 Kislev
Linda Scher	Laura Castillo's Mother.....	30-Nov/6 Kislev

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



CALENDAR OF EVENTS

November 2022

Ceshvan/Kislev 5783

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><i>Ohr Shalom Synagogue is participating in Shabbat San Diego with 2 events! Please join us. November 11 & 12</i></p>		<p>1 7 Cheshvan 6:15pm - Minyan 7:00pm - Meditation with Alex van Frank</p>	<p>2 8 Cheshvan 10:00am - Adult Ed: Daf Yomi 6:15pm - Minyan</p>	<p>3 9 Cheshvan 4:30pm - Religious School 6:15pm - Minyan</p>	<p>4 10 Cheshvan 2:00pm - Office Closes 6:15pm - Kabbalat Shabbat Service</p> <p> 5:36pm</p>	<p>5 11 Cheshvan <i>Parshat Lech-Lecha</i> 9:30am - Shabbat Service</p> <p> 6:36pm</p>
<p>6 12 Cheshvan TURN CLOCKS BACK ONE HOUR 9:30am - Religious School 6:15pm - Minyan</p>	<p>7 13 Cheshvan 12:00pm - Adult Ed: Psalms with Rabbi Meltzer 6:15pm - Minyan 7:00pm - Choir Practice</p>	<p>8 14 Cheshvan 6:15pm - Minyan 7:00pm - Meditation with Alex van Frank</p>	<p>9 15 Cheshvan 10:00am - Adult Ed: Daf Yomi 6:15pm - Minyan</p>	<p>10 16 Cheshvan 4:30pm - Religious School 6:15pm - Minyan</p>	<p>11 17 Cheshvan Veterans' Day 11:00am - Slow Read Book Club  2:00pm - Office Closes 6:15pm - Kehillatit Shabbat Service & Dinner</p> <p> 4:31pm</p>	<p>12 18 Cheshvan <i>Parshat Vayera</i> 9:30am - Shabbat Service 12:00pm - Lunch & Learn 6:00pm - Kadima Movie Night</p> <p> 5:31pm</p>
<p>13 19 Cheshvan 9:00am - Blood Drive 9:30am - Religious School 10:30am - Ta'am Torah 6:15pm - Minyan</p>	<p>14 20 Cheshvan 12:00pm - Adult Ed: Psalms with Rabbi Meltzer 6:15pm - Minyan 6:30pm - Ritual Committee Meeting 7:00pm - Choir Practice</p>	<p>15 21 Cheshvan 6:15pm - Minyan 7:00pm - Meditation with Alex van Frank</p>	<p>16 22 Cheshvan 10:00am - Adult Ed: Daf Yomi 6:15pm - Minyan</p>	<p>17 23 Cheshvan 4:30pm - Religious School 6:15pm - Minyan</p>	<p>18 24 Cheshvan 2:00pm - Office Closes 6:15pm - Kabbalat Shabbat Service with the Ohr Shalom Choir</p> <p> 4:27pm</p>	<p>19 25 Cheshvan <i>Parshat Chayei Sara</i> Mevarchim Chodesh 9:30am - Shabbat Service</p> <p> 5:27pm</p>
<p>20 26 Cheshvan No Religious School 10:30am - Readings with the Rabbi 6:15pm - Minyan 6:30pm - USY Escape Room Event</p>	<p>21 27 Cheshvan 12:00pm - Adult Ed: Psalms with Rabbi Meltzer 6:15pm - Minyan 7:00pm - Choir Practice</p>	<p>22 28 Cheshvan 6:15pm - Minyan 7:00pm - Meditation with Alex van Frank</p>	<p>23 29 Cheshvan 10:00am - Adult Ed: Daf Yomi 6:15pm - Minyan</p>	<p>24 30 Cheshvan Rosh Chodesh Kislev Thanksgiving Day Office Closed No Minyan</p>	<p>25 1 Kislev Rosh Chodesh Kislev Office Closed 6:15pm - Kabbalat Shabbat Service</p> <p> 4:25pm</p>	<p>26 2 Kislev <i>Parshat Toldot</i> 9:30am - Shabbat Service</p> <p> 5:25pm</p>
<p>27 3 Kislev No Religious School 6:15pm - Minyan</p>	<p>28 4 Kislev 12:00pm - Adult Ed: Psalms with Rabbi Meltzer 6:15pm - Minyan 7:00pm - Choir Practice</p>	<p>29 5 Kislev 6:15pm - Minyan 7:00pm - Meditation with Alex van Frank</p>	<p>30 6 Kislev 10:00am - Adult Ed: Daf Yomi 6:15pm - Minyan</p>	<p>1 7 Kislev 4:30pm - Religious School 6:15pm - Minyan</p>	<p>2 8 Kislev 2:00pm - Office Closes 6:15pm - Kabbalat Shabbat Service "Ask the Rabbi"</p> <p> 4:24pm</p>	<p>3 9 Kislev <i>Parshat Vayetzei</i> 9:30am - Shabbat Service</p> <p> 5:24pm</p>
<p>4 10 Kislev 9:30am - Religious School 6:15pm - Minyan</p>	<p>5 11 Kislev 12:00pm - Adult Ed: Psalms with Rabbi Meltzer 6:15pm - Minyan 7:00pm - Choir Practice</p>	<p>6 12 Kislev 6:15pm - Minyan 7:00pm - Meditation with Alex van Frank</p>	<p>7 13 Kislev 10:00am - Adult Ed: Daf Yomi 6:15pm - Minyan</p>	<p>8 14 Kislev 4:30pm - Religious School 6:15pm - Minyan</p>	<p>9 15 Kislev 2:00pm - Office Closes 6:15pm - Kabbalat Shabbat Service</p> <p> 4:24pm</p>	<p>10 16 Kislev <i>Parshat Vayishlach</i> 9:30am - Shabbat Service 12:00pm - Lunch & Learn</p> <p> 5:25pm</p>