



# OHR SHALOM SYNAGOGUE STANDS WITH ISRAEL

**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 2024 • MONTHLY NEWSLETTER • SHEVAT 5784/ADAR I 5784

## All Are Welcome, All Have Access and a Place, All Are At Home

By Rabbi Scott Meltzer



It is February, that means it is again Jewish Disability Awareness Acceptance and Inclusion Month (JDAIM). This month is another

opportunity for us to be reflective, to learn a little, to see through a different prism, and, most importantly, make our community and our world a little more hospitable and habitable for those who have an extra challenge or two.

We as Jews have always made a place within our community for those with additional challenges and handicaps. The story of how Jacob acquired his lifelong disability of walking with a limp is an important part of our sacred history and how we became the people Israel (Genesis 32:32). In fact, that same story teaches us that Jacob, the patriarch for whom we are named Israel, is remembered not only through our name, but also through our dietary practices (Genesis 32:33). We still don't eat a specific part of the animal in memory and honor of how Jacob acquired that limp. It is the same Jacob who remains the patriarch, even though his eyesight has greatly diminished due to age (Genesis 48:10). In that story, at the same time that he is still the patriarch though he is losing his eyesight, part of the story is also his being taken advantage of because of his disability. Whatever else we learn from that story, we learn that our ancestors have been aware of the vulnerability of people with disabilities, and our need to be conscious of them and help them. As is says in the Torah (Leviticus 19:14): "You shall not curse a deaf person, nor shall you put an obstacle in front of a blind."

And the great leader of the Jewish people through the Exodus and Mount Sinai and the wandering in the desert, Moses, is identified as having a handicap related to speech (Exodus 4:10). Not only is Moses, who is "slow of speech," the leader of the Jewish people in four out of five books of the Torah, but it is Moses who is dubbed by the rabbis of the Talmud as "Moshe Rabbeinu" – Moses our teacher, the first and archetype of our rabbis. Our people have celebrated the teachings of our greatest teacher, who had a handicap related to his speaking ability. Remarkable.

And so this is who we are, and the nature of the community we are called upon to create. We are a people who are hard of hearing, poor or no eyesight, limping, stuttering and so many more disabilities.

This is the people who are called by the prophet Isaiah to make God's house into a place that "will be called a house of prayers for all peoples" (Isaiah 56:7). So there can't be stairs to get it, the lighting has to be good enough for people to see, the sound system has to make it audible for everybody, and we need to increase the accessibility for a myriad of other handicaps – those that we can see, and even those that are beyond our simple perception.

Every February, JDAIM, is an opportunity for us to take stock of how we are and the diverse community that makes us Ohr Shalom. It is our chance each year to look at what we need to do better. Who is still missing? Or can't enter our building? Or is ostracized when they get in? What more can we do to create the community such that everybody can be present, can

*Rabbi's Message continued on Page 5*

**Kabbalat Shabbat  
Service  
with the  
Ohr Shalom Choir  
Friday, February 9  
6:15pm**

**TOT SHABBAT  
with Jennifer Meltzer  
Saturday,  
February 10 - 10:30am**



**Friday, February 23  
6:00pm  
TOTS IN PJS**



**6:30pm  
FAMILY KABBALAT  
SHABBAT SERVICE**

See details on page 3

**Shabbat Kehillatit  
Friday, February 16**



See details on page 3



## WORDS FROM THE PRESIDENT

**Marvin Yudkovitz**  
President

### Attend the Weekend Retreat, March 15-17, 2024

Beginning on March 15, 2024, Ohr Shalom Synagogue will be holding its first Weekend Retreat in many years. This is a wonderful way to get to know other Ohr Shalom members (adults and children) in a relaxed, informal setting, have extra time for singing, study, play, talking to family and friends, making new friends, and reflection in nature. I am hoping that many of you will participate.

What happens during a Weekend Retreat? Beginning with a Friday night dinner (prepared by Ohr Shalom) and Shabbat service and ending before Sunday lunch, the weekend will consist of singing, praying, playing, talking, learning, relaxing, and informal discussions, and interactions. On Saturday, in addition to Shabbat services and study sessions/discussions, there will be activities for all age groups consisting of various craft activities, sports, hikes, games, and wildlife observation. The day will end with a Havdalah bonfire, fun skit, and singing. Sunday will consist of much of the same, before we say farewell before lunch. Perhaps, for some of you, you may plan to take advantage of what Julian and the surrounding area has available, for a stopover on the ride back home!

**Where will this occur?** YMCA Camp Marston is located outside of Julian, CA. The camp features opportunities for various activities including hiking, fishing, volleyball, soccer, and baseball, as well as wildlife observation. Sleeping arrangements will be in lodges which hold bunk beds, bathrooms, and a common room. Ohr Shalom has reserved three cabins, each holding four rooms. Each room has three sets of bunk beds (for a maximum of six people per room). See link for more details, photos, etc.: <https://www.ymcasd.org/camps/camp-marston/group-retreats-and-family-camps-marston>

**What are the ages and family configurations appropriate?** Activities will be geared to the attendees. We are anticipating those attending will consist of families with children of all ages, as well as couples with no children, and individuals. Games and study sessions will be age appropriate throughout the weekend. Many of the Religious School madrichim and teachers will be in attendance,

Scott Meltzer, Rabbi [rabbi@ohrshalom.org](mailto:rabbi@ohrshalom.org)

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# DAVAR

**OHR SHALOM SYNAGOGUE**

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**Bulletin:** Please e-mail all submissions to: [davar@ohrshalom.org](mailto:davar@ohrshalom.org)

**Deadlines:** February 5 for March issue • March 5 for April issue

participating in all activities and in the process obtaining training in a hands-on environment, thanks to a grant provided by the Jewish Federation of San Diego.

**Why should you attend?** A weekend retreat provides an opportunity for enriching existing relationships as well as developing new ones. This goes for the children as well as the adults in attendance. Going for walks or engaging with others during a discussion allows for time together which otherwise is difficult to arrange. Being at a retreat center such as Marston will allow for enhanced time for study and reflection for all attending, and increased time for games and play for all ages.

**What is the cost?** We want to make this event affordable for families and individuals who wish to attend, while recouping the fixed costs of Camp Marston and additional costs to Ohr Shalom. Fortunately, Camp Marston has allowed for no charge to children under the age of five, and Ohr Shalom will award all Religious School families a \$150. scholarship (if there is at least one parent accompanying the child).

Costs per person:

Adult - \$225

Teen - \$200

Child 5-12 - \$175

**Private Rooms:** We will allow families and individuals to request a private room for an additional \$250. (This will be determined at the RSVP cutoff date on a first request/first serve basis) - space permitting.

**What should you do if you want to attend?** Make a reservation by March 3rd. Complete the attached google [Retreat Registration form](#) or contact the office. Note that sleeping arrangements for individuals and couples are very limited. They will be available on a first come/first serve basis. Talk to other Ohr Shalom friends and encourage them to attend. Looking forward to seeing you at Camp Marston on March 15.

#### OHR SHALOM BOARD OF DIRECTORS

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# OHR SHALOM SERVICE SCHEDULE

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

Friday	February 2	6:15pm	Kabbalat Shabbat Service "Ask the Rabbi"
Saturday	February 3	9:30am	Shabbat Service
Friday	February 9	6:15pm	Kabbalat Shabbat Service with the Choir
Saturday	February 10	9:30am	Shabbat Service
		10:30am	Tot Shabbat with Jennifer Meltzer
Friday	February 16	6:15pm	Shabbat Kehillatit Service
Saturday	February 17	9:30am	Shabbat Service
			<b>Afternoon Bat Mitzvah: Golda Wells</b>
Friday	February 23	6:00pm	Tots in PJs
		6:30pm	Family Kabbalat Shabbat Service
Saturday	February 24	9:30am	Shabbat Service

NO Shabbat Morning Babysitting until further notice.



## Kabbalat Shabbat Service "Ask the Rabbi"

Friday, February 2 at 6:15pm

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



## Kabbalat Shabbat with the Ohr Shalom Choir

Friday, February 9, 6:15pm

## Shabbat Kehillatit

Friday, February 16

Family-friendly service: 6:15pm

Community Dinner: 7:15pm

RSVP for dinner by February 15

for Member Price. Please contact office.

### Members\*

Adults: \$18

Children: \$10

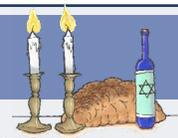
(3-13 years old. Children under 2 FREE)

### Non-Members\*

Adults: \$25

Children: \$12

(3-13 years old. Children under 2 FREE)



## Shabbat Morning Service & Lunch & Learn

Saturday, February 10, 17, & 24

Shabbat Service at 9:30am | Lunch & Learn at 12:30pm



Saturday, February 10 - 10:30am

## TOT SHABBAT with Jennifer Meltzer



Friday, February 23

6:00pm - TOTS IN PJS

Bring your infants and toddlers in their pajamas to welcome Shabbat in song.

6:30pm - FAMILY KABBALAT SHABBAT SERVICE

LED BY:  
ZEJI OZERI,  
RABBI & JENNIFER  
MELTZER

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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.



## PARSHIYOT & CANDLELIGHTING February 2024

### PARSHAT YITRO MEVARCHIM CHODESH

Fri: February 2 | 23 Shevat

Sat: February 3 | 24 Shevat

Torah: Exodus 18:1-20:23

Haft: Isaiah 6:1-7:6, 9:5-6



5:04pm

### PARSHAT MISHPATIM

Fri: February 9 | 30 Shevat

Sat: February 10 | 1 Adar I

Torah: Exodus 21:1-24:18; Numbers 28:9-15

Haft: Isaiah 66:1-24



5:10pm

### PARSHAT TERUMAH

Fri: February 16 | 7 Adar I

Sat: February 17 | 8 Adar I

Torah: Exodus 25:1-27:19

Haft: I Kings 5:26-6:13



5:16pm

### PARSHAT TETZAVEH

Fri: February 23 | 14 Adar I

Sat: February 24 | 15 Adar I

Torah: Exodus 27:20-30:10

Haft: Ezekiel 43:10-27



5:22pm

## Ohr Shalom Virtual Programming [Ohr Shalom Zoom Room](#)

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

[us02web.zoom.us/j/83107501072](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

### Ohr Shalom Zoom Room

Sundays through Thursday 6:05pm  
Daily Minyan Minute

Before each evening minyan, join us for a short reading by a congregant – a poem, quotation, song, insight into a Torah portion, etc. (does not need to be an original piece). To volunteer to do a reading, contact Jonah Weinberg at [jonahbw@gmail.com](mailto:jonahbw@gmail.com)

Sunday through Thursday 6:15pm  
Ohr Shalom Daily Minyan



## ADULT EDUCATION

Lynn Mendelsohn  
Adult Education Chair

### Where It All Happens: The Gates

When is sha'ar (gate) not a gate and when is rehov (street) not a street?

Lost in translation, or maybe found there?

יְשִׁיחוּ בִּי יוֹשְׁבֵי שַׁעַר וְנִגְיִנוֹת שׁוֹתֵי שֵׁכָר:

"Those who sit in the gate speak against me; and I am the song of the drunkards."

What is there to talk about at the gates?

Why is everyone there?

By looking closely at the Hebrew word Shaar\* we will re-live familiar and less familiar scenes in Biblical times. We will meet noblemen and simple folks, judges and officers, merchants and shoppers, prophets and hecklers and on some occasions, we could be part of a stoning crowd.



Ruth Levy

Language matters, and Biblical Hebrew teaches us a lot more than meaning of words. Be an investigative reporter following your friendly guide, **Ruth Levy**, as we explore together texts throughout the TaNaKh.

Oh, the places we'll go!

*\*Knowledge of Hebrew is NOT required to come on this trip. All presentations will be in English with ample explanations of Hebrew when necessary.*

**Thursdays, February 22nd and 29th  
March 7th and 14th, 7:00pm**

[Ohr Shalom Zoom Room](#)

### WE NEED YOU!

**Did you promise yourself you would get more involved in the community this year?**

Now is your chance. Volunteer for one of our Ohr Shalom committees to help shape the programs you want to see and help people in our community.

**Email one of our chair people today!**

- Chesed Community Care - Aviva Rosenberg - [chesed@ohrshalom.org](mailto:chesed@ohrshalom.org)
- Development/ Dor L'Dor - Jonah Weinberg - [jonahbw@gmail.com](mailto:jonahbw@gmail.com)
- Environmental Programs - Gillian Argoff-Treseder - [office@ohrshalom.org](mailto:office@ohrshalom.org)
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- Sisterhood - Eti Chall - [sisterhood@ohrshalom.org](mailto:sisterhood@ohrshalom.org)
- Social Action - Brad Eisenberg - [socialaction@ohrshalom.org](mailto:socialaction@ohrshalom.org)

### CLASSES with Rabbi Meltzer

[Ohr Shalom Zoom Room](#)

**Daf Yomi** - Wednesdays, 10:00am

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



**Psalms** - Wednesdays, 11:00am Resumes February 3

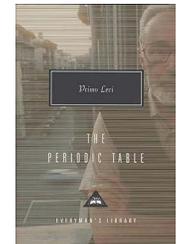
The class is discussing the Book of Psalms, usually one psalm per week, viewing them as sources of prayer, and discovering their various translations and interpretations.

**Slow Read Book Club**

- Fridays, 11:00am Resumes February 5

**The Periodic Table**  
by Primo Levi

*The Periodic Table* is largely a memoir of the years before and after Primo Levi's transportation from his native Italy to Auschwitz as an anti-Facist partisan and a Jew.



It recounts, in clear, precise, unflinching beautiful prose, the story of the Piedmontese Jewish community from which Levi came, of his years as a student and young chemist at the inception of the Second World War, and of his investigations into the nature of the material world. As such, it provides crucial links and backgrounds, both personal and intellectual, in the tremendous project of remembrance that is Levi's gift to posterity. But far from being a prologue to his experience of the Holocaust, Levi's masterpiece represents his most impassioned response to the events that engulfed him.

*The Periodic Table* celebrates the pleasures of love and friendship and the search for meaning, and stands as a monument to those things in us that are capable of resisting and enduring in the face of tyranny.

### SAVE THE DATE

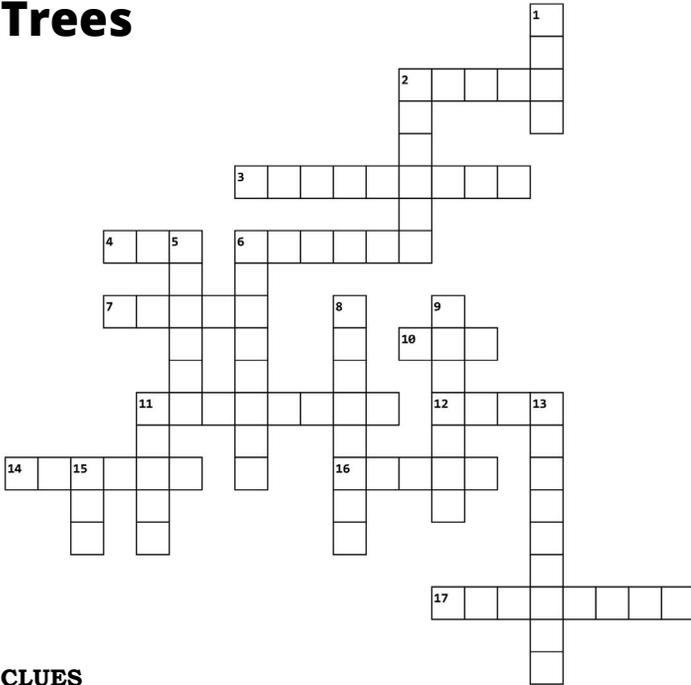
**Saturday,  
March 2 at 6:00pm**  
at Ohr Shalom.

**Family Havdalah  
Pajama Movie Night!**



## CROSSWORD PUZZLE

### Trees



#### CLUES

##### ACROSS

2. seed of 10 across
3. loses its leaves in winter
4. tree blood?
6. stored in trees, to help slow climate change
7. r would make this a dead group of trees
10. leaf symbol of the National Trust
11. banks and trees have this in common
12. tree for margaritas?
14. vital gas produced by trees
16. elephants and trees have this in common
17. Wood wide web

##### DOWN

1. fresh smell but missing you lots
2. traditional season for a change of color
5. u would be liked and admired
6. sweet horse?
8. the practice of looking after trees
9. baby tree
11. almost like being at the seaside
13. doesn't lose its leaves in winter
15. female sheep maybe?



Ohr Shalom on the Town will attend a concert:

## La Jolla Symphony: A Broken Hallelujah

Conducted by Steven Schick  
With guest percussion ensemble  
"red fish blue fish" and cellist Robert Bul  
Saturday, February 10, 7:30pm

Mandeville Auditorium, UCSD Campus

Program includes: *The Rite of Spring* by Igor Stravinsky  
*From Me Flows What You Call Time*,  
a suite for percussion by Toru Takemitsu

The La Jolla Symphony, and its Chorus, are local treasures. Founded in 1954, the symphony presents ground-breaking, traditional and contemporary music. It is composed of 230 volunteer musicians from all walks of life: doctors, lawyers, teachers, students and professionals – a diverse and talented group with a passion for making music together. In its violin section you will find Ohr Shalom's **Gary Brown!**

**Steven Schick** is Conductor Emeritus of the La Jolla Symphony, and a world-renowned percussionist. Alex Ross, music critic at *The New Yorker*, calls Mr. Schick "one of our supreme living virtuosos, not just of percussion but of any instrument." The UCSD-based "red fish blue fish" was founded by Mr. Schick in the early 2000s. It has toured widely and produced award-winning recordings for Mode Records.

Discounted group tickets for the concert cost **\$35 each**, for all age groups.

To attend, please contact Lynn Mendelsohn, **via email or text**, at mendelynn0511@gmail.com or 619-980-1801, by **Thursday, February 2nd**.



## RABBI'S ARTICLE CONT.

participate and will be valued?

Raising awareness, increasing acceptance, learning a lot, and growing together is exactly what we hope to accomplish this JDAIM.

I hope you will join us.



## RITUAL COMMITTEE

**Shoshanah Feher Sternlieb**  
Ritual Chair



# JDAIM

## February 2024

### Jewish Disability Awareness, Acceptance & Inclusion Month

February is here, which means it's once again JDAIM (Jewish Disability Awareness, Acceptance and Inclusion Month). For those grammar enthusiasts among you, you may be snickering that we forgot an A in JDAAIM. We didn't. It began as Jewish Disability Awareness and Inclusion Month and a few years ago added "Acceptance" to its name. However, because it was known as JDAIM, the creators didn't add the additional A. As Shelly Christensen, co-founder of JDAIM and current lead organizer, explains why acceptance was added, "Acceptance is not just a change in a name. It's a change in attitude and practice. Genuine acceptance is rooted in the inherent value of Judaism that we are all created in the Divine image. Acceptance is based on two key concepts. First, each one of us has something to contribute to our communities and our world, and second, our communities are not whole until all of us belong. We can only go so far if we focus only on awareness and inclusion. This year, let's join with communities all around the world to focus on genuine acceptance by making our synagogues and our organizations places where people know they belong!"

This year, we welcome **Paula Kaplan-Lefko, PhD**, to give a *drash* on Shabbat morning, February 17th. She will also join us for Kehillatit the evening prior. Paula is a biologist doing cancer work for a biotech company. She is the mother to two beautiful children, one of whom is severely disabled. One of our very own, she is the daughter of two Ohr Shalom congregants-- Susan Kaplan and George Kaplan (past president of Ohr Shalom). Paula currently attends Temple Etz Chaim in Thousand Oaks, where she is the Disability Representative on the Inclusion Committee.

The book we chose for this year's JDAIM Readings with the Rabbi is ***The Story of Beautiful Girl***, a novel by Rachel Simon. The novel is set in 1968 and portrays a young developmentally disabled white woman and an African American Deaf man. The story is about their relationship, spanning over 40 years, weaving its way through both institutionalization and the advent of de-institutionalization. Simon is also the author of *Riding the Bus with My Sister* which was made into a movie starring Rosie O'Donnell, Andie McDowell and directed by Anjelica Huston.

The movie we chose for Movie Night, ***CODA***, won the Academy Award for Best Film in 2022, as well Oscars for Best Supporting Actor and Best Adapted Screenplay. The movie follows the story of Ruby, the only hearing person in her home. The family runs a small business as fishermen. Ruby helps and translates for her family. When Ruby joins the school choir, she discovers that she has a talent for singing. She is thrown off balance because she is faced with the decision of whether to continue to sing or to support the family business. The movie is rated PG and is a great film to watch as a family.

Both the book and movie are wonderful and very engaging. They both afford us rich insights into deafness and Deaf culture. Please see the flyer on next page for details.

JDAIM events wouldn't be possible without our JDAIM committee. I thank Jeanne Argoff, Gillian Argoff-Treseder, Jennifer Meltzer, Jessica Lemoine, and Rachel Millstone for making this year and every year a terrific JDAIM experience! And, as always, any ideas you have for the future are welcome.

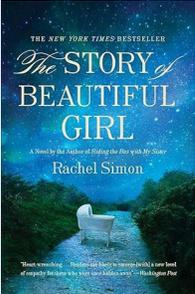


# JDAIM

## February 2024

### Jewish Disability Awareness, Acceptance & Inclusion Month

## Events Hosted by Ohr Shalom Synagogue

<b>Saturday, February 10</b>	12:30pm	<b>Shabbat JDAIM Lunch &amp; Learn</b>
<b>Thursday, February 15</b>  	7:00pm	<b>Readings with the Rabbi:</b> <b>The Story of Beautiful Girl</b> by Rachel Simon  The novel is set in 1968 and portrays Linnie, a young white woman with a developmental disability and Homan, an African American Deaf man. The story is about their relationship over 40 years, institutionalization, the advent of deinstitutionalization. Both live at the School for the Incurable and Feeble-minded, an institution where they have been left and forgotten. They escape and find refuge in the farmhouse of Martha, a retired schoolteacher and widow. But the couple is not alone-Linnie has just given birth to a baby girl. When the authorities catch up to them that same night, Homan escapes into the darkness, and Linnie is caught. But before she is forced back into the institution, she whispers to Martha: "Hide her." And so begins the 40-year epic journey of Linnie, Homan, Martha, and baby Julia-lives divided by seemingly insurmountable obstacles, yet knit tightly together.  Simon is also the author of <i>Riding the Bus with my Sister</i> , which was made into a movie starring Rosie O'Donnell, Andie McDowell and directed by Anjelica Huston.
<b>Saturday, February 17</b>  	9:30am	<b>Shabbat Morning Service &amp; JDAIM Drash</b> <b>Paula Kaplan-Lefko, PhD</b> , has a doctorate in Cancer Biology. She currently works as a director of regulatory affairs in the biotechnology industry, shepherding investigational products through the drug development process. She grew up at Congregation Beth Tefilah. Her parents, George and Susan Kaplan, are currently members of Ohr Shalom and have both served in leadership positions in the synagogue. George is a Past-President of Ohr Shalom. She and her husband, Paul Lefko, are raising their two children (ages 12 and 15) in Thousand Oaks. Their son has severe cerebral palsy.
<b>Saturday, February 17</b>	12:30pm	<b>Shabbat JDAIM Lunch &amp; Learn</b> with Paula Kaplan-Lefko, PhD
<b>Saturday, February 24</b>	12:30pm	<b>Shabbat JDAIM Lunch &amp; Learn</b>
<b>Sunday, February 26</b>  	7:00pm	<b>Movie Night: CODA</b> This film was an Oscar winner for Best Film, Best Supporting Actor and Best Adapted Screenplay in 2022. As a CODA (child of deaf adults), seventeen-year-old Ruby (Emilia Jones) is the sole hearing member of a deaf family. Her life revolves around acting as interpreter for her parents (Marlee Matlin, Troy Kotsur) and working on the family's struggling fishing boat every day before school with her father and older brother (Daniel Durant). But when Ruby joins her high school's choir club, she discovers a gift for singing and soon finds herself drawn to her duet partner Miles (Ferdia Walsh-Peel). Encouraged by her enthusiastic, tough-love choirmaster (Eugenio Derbez) to apply to a prestigious music school, Ruby finds herself torn between the obligations she feels to her family and the pursuit of her own dreams.



## FROM OUR EXECUTIVE DIRECTOR

**Gillian Argoff-Treseder**  
Executive Director

### Balabusta

Balabusta (pronounced ba-la-BUST-ah) is the Yiddish term for “homemaker,” denoting a woman who is exceptionally skilled at cooking and maintaining her home.

Why would I pick such an antiquated word/concept for this month’s article? I chose this word because my father would use it as a beautiful compliment to me. Knowing that I work and have always worked a rigorous schedule, when he would come over for dinner and I had prepared some of his favorites, (especially cookies or pie) he would say, “ooo, you’re such a balabusta” or “when did you become such a balabusta.” He would always say it with so much love in his voice and a twinkle in his eye.

Both my Bubbe (my father’s mother) and my Grandma (my mother’s mother), truly were the epitome of the word balabusta, but of course, they each did it their own way. You couldn’t show up at my Bubbe’s house without sitting down to a hot bowl of soup with kneidlach and kreplach, followed by brisket. Then, just when your button was about to pop from your pants, out came our favorite apple pie, strudel, and cookies. All of which she had made herself in anticipation of our visit. My Grandma was different, but the same. She made the best mac and cheese and always had a freezer full of ice cream and a refrigerator full of Jell-O ready to be topped with Cool Whip that my Grandfather and I would just eat by the spoonful when she wasn’t looking.

In this very busy modern world with the kids going in all directions and work pulling me and my husband away from the house, I try to sprinkle a little bit of those balabusta characteristics into each day. I wake up a little earlier than needed to make lunch for my kids or stay up a little later to bake the egg white bites my husband likes for breakfast. I know they don’t need me to do these things for them anymore, they are all quite capable people, but that’s my balabusta way of showing love to my family.

### Ohr Shalom’s Choir

*With Elisheva Edelson*

The Ohr Shalom Choir is always looking for new members. You never sang in a choir before? Don’t worry! There are no auditions, and you don’t need to know how to read music or Hebrew. We will help you! If you’re interested, come join us at 7:00pm on the following Mondays in February:

- Monday, February 5**
- Monday, February 12**
- Monday, February 26**

Please contact [elishevaedelson@gmail.com](mailto:elishevaedelson@gmail.com)



## NOTES FROM AN ECO YENTA

**Allyson Darroch**

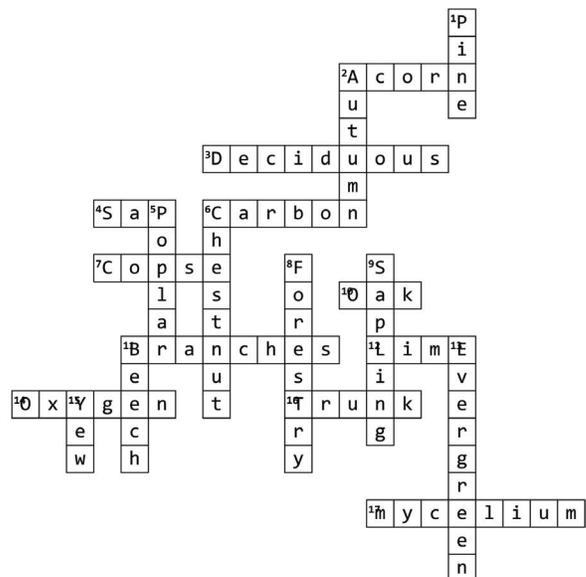
### Used Dental Floss

During the middle of the 20th century Borscht Belt humor went mainstream. One memorable schtick addressed the legendary thriftiness of (heavily stereotyped) Jewish mothers. It was a conversation about a number of common household items that should never be just thrown away but repurposed instead. Nice heavy paper, string, paper bags, plastic bags, jars, bottles, tin foil, and dental floss. All kinds of stuff designed for single use but could be useful at least one more time. In less enlightened times it was just funny; but now, think about it. Repurposing is defined as taking an item that has served its original purpose and finding a new use for it without necessarily breaking it down into raw materials. In other words, when we use things twice, not necessarily for the same purpose is one less time a thing ends up in the trash.

Some examples: A plastic grocery bag in your suitcase keeps the dirty clothes from the clean ones, or one in your gym bag. Pots, pans and chipped china can be reused for planters and borders in the garden. Calendars and agendas can easily be transformed into scratch paper. Plastic containers, when properly washed, are perfect for leftovers or pet dishes. Why buy pet waste rolls when used storage and sandwich bags, or the plastic wrapping from packages all make excellent pet waste containers.

While waiting for companies and policymakers to tackle the waste issue, we can do our bit in our own homes. Upcycling can be fun, save money, and inspire others, creating ripples of change. Wondering about dental floss? No, do not launder and reuse but it’s as useful as duct tape. In 1997, a nurse vacationing in the Bahamas saved a friend’s life by tying off the severed blood vessels of his arm with dental floss after a shark attack. It’s also good for sewing on buttons or hanging pictures. In the garden, suspend tomato vines, or climbing vine vegetable plants like string beans and peas. Upcycle, so your mother should be happy.

## CROSSWORD ANSWERS





## RABBINIC INTERN

**Brianah Caplan**  
Rabbinic Intern

Often, when I am very focused on a meticulous sugya of Talmud in rabbinical school, I like to finish each Beit Midrash session by learning a short piece of Pirkei Avot – to remind myself of why I am doing this holy work – even when I am bogged down by lengthy passages of Halakhah.

Just the other day, after several hours of learning, I stumbled upon a phrase that shook me to my core. It was one I had heard before, but seemed so important and moving right now:

הִלֵּל אוֹמֵר, אֶל תִּפְרָשׁ מִן הַצְּבוּר

*“Hillel said: Do not separate yourself from the community”*  
(Pirkei Avot 2:4).

It has been trying times for the Jewish people. As an aspiring rabbi, part of my job will be not only to lead a community of my own, but to ensure the strength of the community within each of its members. For many of us, adversity brings us together – we are reminded of the beauty of each other *especially* during hardship. But for many others, the current war has caused them to grow distant from their Jewish family. If you are reading this and finding yourself in the latter category, consider this a personal invitation to come be with us on a Shabbat evening or a Shabbat morning, or maybe just logging on to weeknight minyan via Zoom. In truth, I understand why some folks might feel this way. It is certainly not easy to show up when there is such a stark rise in antisemitism, and when being outwardly Jewish may spark some unease within our hearts.

But I am brought back to what Hillel is saying here in Pirkei Avot – even when it feels hard, we must not separate ourselves from community. After all, it is the resilience of the Jewish People that has allowed us not only to survive, but to thrive and flourish for so many thousands of years. As our hearts are in the east during such a difficult moment, we must also allow our hearts to be here, too.

Hillel’s words are certainly quite appropriate now, but carry a timeless message nonetheless, urging us to recognize the inherent strength that lies within our communal bonds, especially during challenging times. In our interconnectedness, we discover a wellspring of compassion, understanding, and shared strength. When we face adversity, our community stands as a sanctuary where we can find solace, share our burden, and draw strength from one another. Each member is a pillar, and together we form a resilient foundation.

Sending prayers of love and healing to all those in Israel and Gaza who are in this great moment of upheaval and pain. May we soon see a time where all of the hostages are safely returned home, and all people can live safely within their beloved homeland. Bimhera v’yameinu – speedily and in our days.



## CHESED/COMMUNITY CARING

**Aviva Ilanit Rosenberg**  
Chesed/Community Caring Chair

Hello Everyone!

As the Chesed Committee continues the journey to make a positive impact in our community, there are many incredible opportunities for you to get involved and contribute.

Be a Chesed Committee volunteer. You will be able to make a difference and even make another member’s day. Be a part of impactful phone calls and projects that make a positive difference in the lives of those in our congregation who may need a little help. Build connections, connect with members who live alone.

Do you have a favorite kugel or savory dish to make? Jump on the meal train! Chesed welcomes all volunteers of any age! What matters the most is your passion and dedication to making a difference.

Call me or email me or come say hi to me at the next Shabbat Kehillatit Dinner, I’d be happy to give you more information and answer any questions about the Chesed Committee. Aviva Rosenberg 619 621 7212  
[chesed@ohrshalom.org](mailto:chesed@ohrshalom.org)



**Emergency Blood Drive to Benefit  
Magen David Adom**

**Sunday, February 4th, 9:00 a.m. - 2:00 p.m. at  
Ohr Shalom Synagogue.**

In this time war in Israel there are many opportunities to offer support. Giving blood is quick and easy way to offer the gift of a life-saving necessity. All donations will be earmarked for use in Israel. When needed, the blood will be sent to Israel to help keep up with their needs during this crisis.

Giving is easy and an act of *chesed* (an act of loving kindness).



The bloodmobile will be parked at St. Paul's Community Center parking lot. Please arrive well hydrated.

**Ready to make an appointment? Scan QR code.**





## SOCIAL ACTION

**Brad Eisenberg**  
Social Action Chair

*By Stephanie Wells*

With tremendous pride, I am thrilled to highlight the incredible ways our community has rallied behind the TAY Drop-In Center, dedicated to serving homeless youth in San Diego. Numerous congregants have extended their support in various forms, offering clothing and washer/dryers. A particularly noteworthy contribution came from a community member who fulfilled a long-standing dream of the TAY center by updating the furniture in their youth lounge. Meeting this generous congregant at the center last month was truly enlightening, shedding light on the crucial functions the youth perform using the furniture.

Acknowledging the dangers of sleeping on the streets, these homeless youth find sanctuary at the center during the day. Recognizing this need, our congregant generously funded the purchase of recliner chairs and other essential furniture items, significantly improving upon the previous hard chairs and single couch. The joy and comfort these additions brought to the youth are immeasurable.

In addition to this commendable initiative, my mother and I contributed by providing thirty \$15 Starbucks cards for the center to distribute as holiday gifts to the homeless youth. I believe the simple pleasure of walking into Starbucks and placing an order must have been a meaningful and uplifting experience for them during the holiday season.

While our collective impact has been mighty, there is still much left to accomplish. TAY still requires furniture for its outdoor space to alleviate crowding and serve even more homeless youth. They also need sleeping bags, backpacks, funding for academic programs, among other essentials. I am confident that our community can continue to make a lasting impact in getting these kids off the streets. Considering that over 50% of homeless adults began as homeless youth, let's kick off 2024 with a commitment to Tikkun Olam right here in San Diego by supporting the TAY Academy in helping homeless youth.

### SOCIAL ACTION MEETING

**Sunday, February 4 at 9:30am**

RSVP to [socialaction@ohshalom.org](mailto:socialaction@ohshalom.org)

**Thank you for your**



**donations!**

### Ongoing Food Drive for JFS



Drive-thru distribution and home-delivered meals programs are counting on your support to meet the urgent needs of our community. Please remember to bring non-perishable foods to donate whenever you come to Ohr Shalom. Big blue bins are in the lobby.

If you are financially able, please continue to help by giving online at <https://www.jfssd.org>.

### TAY ACADEMY

Hunger, poverty and youth homelessness are on the rise for many youth and their families today. TAY helps meet these basic needs for youth. They provide safe places to live and long-term solutions through shelter, foster homes, community centers and housing. Through prevention, early intervention and treatment, we also help youth before they need higher levels of care or become homeless.

Please feel free to email Stephanie at [stephanie068@hotmail.com](mailto:stephanie068@hotmail.com) or Brad at [socialaction@ohshalom.org](mailto:socialaction@ohshalom.org) if you want to be a part of this movement, to share some ideas or want to donate.



### Your Involvement requested in developing the 2024-2026 Ohr Shalom Board of Directors

Voting for the new Ohr Shalom Synagogue Officers and Board members (July 2024 - June 2026 term) will occur sometime during the month of May.

Prior to this vote, several activities must occur.

1. First is the selection of the Nominating Committee. Thus far, the Nominating Committee consists of three Board Members: Lynn Mendelsohn, Chair; Joy Heitzmann; and Springsong Cooper Weiner. If you are interested in being considered for serving on this important Committee, please contact me before **February 28**.
2. Next, the Nominating Committee will prepare the slate of Officers and other Board Members. If you are interested in being considered for one of these positions, please contact a member of the Nominating Committee or me by **March 15**.
3. Finally, the Synagogue membership will vote in May on the slate presented (as well as any members who have properly petitioned to have their names added to the slate per the ByLaws rules).

Please consider participating in one of these important roles.

Marvin Yudkovitz  
[president@ohshalom.org](mailto:president@ohshalom.org)  
240 506-3042

## COMMUNITY EVENTS

Find the links to register for these events at  
<https://www.lfjcc.org/seniors/home.aspx>

### Treasures of the Jewish Music Collection The Music of Theodore Bikel

**Thursday, February 22 | 2:00 - 3:30pm**  
Astor Judaica Library, Lawrence Family JCC

Join **Eileen Wingard** for an afternoon of showcasing the music of Theodore Bikel from the Library's Music Collection. In collaboration with the Astor Judaica Library, San Diego Center for Jewish Culture and JCC's Senior & Adult Dept. RSVP one week prior to event.

### Drumming Up Joy & Gratitude

**Monday, February 26, 2024 | 1:00pm - 2:00pm**  
Lawrence Family JCC

Increase joy, strengthen your immune system, and generate gratitude during this drumming workshop with Galit Shezifi. Beginners welcome; instruments will be provided or bring your own.  
Price: \$20 | JCC Member: \$15

### JEWISH POETS – JEWISH VOICES

**Tuesday, March 5 | 7:00 - 8:30pm**  
Astor Judaica Library, Lawrence Family JCC

The program will feature: Ohr Shalom member **Jim Lewis**; Phyllis Schwartz, writer of children's poetry; and the poetry of Gloria Gervitz, Mexican-Jewish recipient of the Pablo Neruda prize. The readings will be followed by an open mic. Price: Free.

### 34TH ANNUAL SAN DIEGO INTERNATIONAL JEWISH FILM FESTIVAL

**January 31 - February 11**  
Garfield Theatre, Lawrence Family JCC

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

The largest, world-class Jewish cultural event in San Diego celebrates film, connection, and Jewish culture. Featuring such films as: *Remembering Gene Wilder*. In-person and virtual screenings. Enjoy community gatherings and live discussions! Price: \$18 per film | JCC Member: \$15 per film.

### UCSD Jewish Studies Department: Is Betty Friedan Still Relevant? Revisiting The Feminine Mystique

**Thursday, February 29 | 4:00 – 6:00pm**  
UCSD Faculty Club

Lecture by Professor Rachel Shteir, De Paul University, and author of *Betty Friedan: Magnificent Disrupter* (Yale University Press/Yale Jewish Lives), recently named one of The Best Books of 2023 by *The New Yorker* magazine.

Betty Friedan was an American feminist, writer, activist and co-founder of the National Organization for Women. A leading figure in the women's movement in the United States, her 1963 book *The Feminine Mystique* is often credited with sparking the second wave of American feminism in the 20th century. More information and link to register:  
<https://jewishstudies.ucsd.edu/events/index.html>. Price: Free.



## YOUTH GROUP

**Michelle Gurr-Barbour**  
USY Youth Director



### Backstage Manager

One of my favorite parts about working with youth is guiding them through leadership opportunities. When it comes to programs that the teens dream up, design, and facilitate, my role is to play backstage manager to make sure that they have everything they need, when they need it. They provide their supply lists and I ensure everything is ready so that they can be successful. In all honesty, they are doing the bulk of the work in these situations. The hardest part is always the problem solving during the event and if there is one thing you can always count on, it's that things not going to go according to plan.

In these situations, I find it difficult to not jump into action and solve the problem. It's my nature and I hate to see them struggle. However, if I know anything from all my years of teaching, it is the struggle that results in the learning. While I will always be there if they get stuck, I respect their opportunity to work through things on their own.

Why focus on this, you ask? Well, the USY Board and I are excited to announce we are working on a Shabbaton for our 6th through 8th grade Jr. USYers! We are working with USCJ on a grant opportunity to subsidize the cost for this event, so that it isn't a barrier for anyone to attend. On a side note, please don't ever let cost be a barrier for attendance. Please reach out; that's what I'm here for! But back to our Jr. USY Shabbaton, this program will be completely planned and executed by our USY Board members, and they are already excited for this event. Please save the date; April 12th-13th, 2024!

Once again, thank you for the chance to work with your children and I look forward to seeing them at the following events!

## USY February Events

**February 4th:**  
Program for K-4th and 5th-7th

**February 10th:**  
Karaoke 8th-12th

\*Please email [usy@ohrshalom.org](mailto:usy@ohrshalom.org) for more information and to be added to our weekly newsletter. Michelle Gurr-Barbour, USY Youth Director [usy@ohrshalom.org](mailto:usy@ohrshalom.org)



## RELIGIOUS SCHOOL

**Maggy Dujowich**  
Religious School Principal



### Shining a Spotlight on a Remarkable Group of People

This month, I am delighted to shine a spotlight on our exceptional staff, a truly remarkable group of individuals. Among their myriad qualities, one stands out—their ability to make me look great! (I'm only half-joking!)

Allow me to delve into the specifics. In the Vav/Zayin class, we have the wonderful Jennifer Meltzer. While she is an expert in the world of toddlers, this marks her first venture into working with children of this age. It has indeed been a challenging yet rewarding experience. Jennifer has brought fresh perspectives and ideas to the school, encouraging the children to think outside the box and embrace their true colors. Beyond her role as a teacher, she also contributes to our services and music programs.

Moving on to the Gimel/Dalet/Hey class, we have the incredible David. This is his inaugural year at Ohr Shalom, and his approach to helping children think critically and analyze the Sidur is nothing short of amazing. Students eagerly anticipate conversations with him, and his dynamic and engaging teaching style keeps them on their toes, consistently striving for improvement. What sets David apart is his unwavering willingness to assist, even beyond school hours and with matters extending beyond our institution. Thank you, David, for being an integral part of our school community.

Nadia, our Alef/Bet class teacher, has been a stalwart presence at Ohr Shalom for several years. Overcoming various challenges, she has emerged as an incredible educator, patient and rich in knowledge. The children adore her, exhibiting enthusiasm in their eagerness to learn. Nadia continually explores new ways to enhance the learning experience, and her dedication to seeing the children thrive is truly inspiring.

Welcoming Kristin as our Gan teacher has been a delightful experience. In her first year at a religious school, she has excelled in preparedness and enthusiasm. Her energy is contagious, and we are thrilled to have her as part of our team.

Noam, our shinshin, is truly indescribable. Nice, funny, energetic, and patient—she embodies all these qualities and more. A valuable addition to our school, Noam has seamlessly connected with both the little ones and our teens, always striving for improvement and contemplating ways to enhance her contribution.

Last but certainly not least, our Madrichim—the backbone of our institution. Working with these responsible and helpful individuals is a privilege. They go above and beyond, even donning the chef's hat occasionally!

In conclusion, we consider ourselves incredibly fortunate to have such an outstanding team. Their dedication provides a unique and enriching educational experience for all the children at our school, nurturing them to become better Jewish individuals. A heartfelt thank you to the parents for your unwavering support. You bring your children each week and assist us in too many ways to count.

### LAUREL STREET BEAT

*from Springsong Weiner Cooper  
Religious School Committee Chair*

**Question: During the Tu B'Shevat Seder we eat different fruits and nuts and smell fragrant plants.**

**Ben (Kitah Vav)**

**First Cup:** we start with fruits and nuts with a hard outside and an edible inside. If we just looked at the fruits and nuts from the outside, we might not know that something tasty lies inside.



Q: When have you "judged a book by its cover" only to realize that you were mistaken?

A: I didn't want to play tennis and then I tried it and it was fun.

**Second Cup:** next we eat fruits with pits (seeds) at their center -- reminding us that although they are inedible and we discard them, they are the beginning of life, growing into tasty fruits.

Q: What is something you have done or created that started out small and became bigger or more important over time?

A: I do a broadcast at school and we talk about values and that helps a lot of people be better people. Once we did a kindness challenge, where we asked kids to pledge to do something kind and then they put it on a link and our goal was to make a chain with the links that would go all the way around the school.

**Dalia (Kitah Aleph)**

**Third Cup:** Fruits that are entirely edible remind us the wholeness of the world, where nothing is wasted.

Q: When do you feel truly whole and happy?

A: When I'm with my family and my dog.

**Fourth Cup:** Last, we turn to something that is not physical, smells and has essence, such as cinnamon or rosemary.



Q: What helps you remember and appreciate what you cannot see?

A: My peace sign that my grandma carved and painted for me -- it helps me feel calm and that I can achieve what I want to do.

*\*Questions are from PJ Library's "A Tu B'Shevat Seder"*

## TA'AM TORAH

### A TASTE OF TORAH



Program for 4-year-olds at Ohr Shalom  
**Introduction to Religious School**  
 with Jennifer Meltzer

**Sundays 10:30-11:30am:**

- February 4 • March 3
- April 14 • May 19

**Cost: \$25: Individual session**



**Susie Meltzer**  
Israel Desk

## Israel's War Effort Strengthened by Soldiers With Disabilities

February is Jewish Disabilities, Awareness, Acceptance, and Inclusion Month. The following excerpt is from an article published in January by Tazpit Press Service (TPS), an international Israeli news agency. It describes an extraordinary group of young IDF soldiers with various disabilities and neurodiversity who are actively contributing to Israel's war effort against Hamas through their dedicated service in the Special in Uniform (SIU) program. This revolutionary project of the IDF associated with the Jewish National Fund-USA, provides training and skills to integrate young people with mild physical and mental disabilities such as Downs Syndrome, cerebral palsy and autism into Israel's military and Israeli society. The program includes Israeli Bedouins, Druze and Arabs. Approximately 1,000 SIU soldiers from communities across Israel are serving at 45 bases in all branches of the IDF.



Photos by Dani Rife/Special in Uniform

The bustling Emergency Logistics Center at the IDF Home Front Command Base in Ramle serves as the epicenter of activity where SUI soldiers tirelessly unload trucks, organize supplies and meticulously prepare equipment destined for units across the country. Soldiers in one area pack uniforms, helmets and winter socks while others sort food, water, hygienic items and other things soldiers need. Delivery trucks outside take everything to the units on the front.

For example, Paz, a 20-year-old soldier with severe visual impairment and other disabilities, fills crates with sleeping bags, and represents just one of the astonishing scenes that unfold daily in the Emergency Logistics Center. He proudly confirms that his vision loss does not limit his determination and he will not let disability stand in his way. Amidst the flurry of activity, another soldier Ilai, who is on the autism spectrum, works persistently to fulfill the nation's call for support. He knows how critical things are on the front and wants to contribute all he can to his country and fellow citizens. These two young men exemplify the program's ethos and the unwavering spirit driving these soldiers.

Company Commander Ran Mamman explained the pivotal role of the Ramle Base and the special soldiers. Ramle is one of the largest logistics bases in the country, receiving requests from unit commanders on the front and dispatching equipment to military units deployed around the country. When asked about the SUI soldiers, Mamman emphasized, "Their enthusiasm, diligence, and resilience contribute to a unique, positive atmosphere. With their



The SIU soldiers answer Israel's call for support.

dedication, we've efficiently provided equipment to soldiers on the front lines."

Celine Leeds, Executive Director of Jewish National Fund-USA, which supports the SIU program, emphasizes the integral role these soldiers play. "For every soldier on the front, we need two soldiers back home at Logistics ensuring their needs are met," she says. "SIU's soldiers are instrumental in the war effort, bringing pride to Israel and the IDF." They are a great example of how the disabled are playing a critical role in the Gaza War.

# Save the Date

Synagogue Silver Wedding\* Anniversary  
and 19th Annual



# Lights of Ohr Shalom

Honoring the Two Jens –  
Jennifer Meltzer and Jennifer Tuteur

Sunday, May 19, 2024, 5:00pm  
Ohr Shalom Social Hall



\*The symbolic Adat Ami-Beth Tefilah Shtetl wedding  
celebrated their merger and the birth of Ohr Shalom!

## Lights of Ohr Shalom Tribute Journal

I would like to place a greeting or ad in the journal

- GOLD Fancy Full Page ..... \$1800
- SILVER Fancy Full Page ..... \$1500
- FULL PAGE ..... \$1000
- HALF PAGE ..... \$600
- QUARTER PAGE (2" x 3.50") ..... \$350
- EIGHTH PAGE (2" x 1.65") ..... \$200
- CONGRATULATIONS (Name Listing) ..... \$100

**Lights of Ohr Shalom** and its **Tribute Journal** are **Ohr Shalom's primary annual fundraising effort.**

**Please** place a greeting for Jennifer Meltzer & Jennifer Tuteur or advertise your business. Thank you for your contribution! You can order your ad by emailing content to Andrea at [graphics2@ohrshalom.org](mailto:graphics2@ohrshalom.org) or call (619) 231-1456 by Friday, April 26 to place your greeting or advertisement.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ Email: \_\_\_\_\_

Would you like to see a proof?  Yes  No

Check Enclosed OR  Bill my Credit Card #: \_\_\_\_\_

Exp: \_\_\_\_\_ Security Code: \_\_\_\_\_



**Eva Brzezinski**  
Ohr Shalom Board Member

## American Heart Month

It's February – American Heart Month – a time when the nation spotlights heart disease, the No. 1 killer of Americans.



President Lyndon B. Johnson, among the millions of people in the country who'd had heart attacks, issued the first proclamation in 1964. Since then, U.S. presidents have annually declared February American Heart Month.

Throughout the month, the American Heart Association's "Heart to Heart: Why Losing One Woman Is Too Many" campaign will raise awareness about how 1 in 3 women are diagnosed with heart disease annually.

The first Friday of American Heart Month, Feb. 2, is also National Wear Red Day as part of the AHA's Go Red for Women initiative. Coast to coast, landmarks, news anchors and neighborhoods go red to raise awareness and support for the fight against heart disease.

This year, the federally designated event is even more important due to the impact of the coronavirus on the public's heart health, including potential harmful effects on the heart and vascular system, according to recent research.

During American Heart Month, the AHA and other organizations reinforce the importance of heart health, the need for more research and efforts to ensure that millions of people live longer and healthier.

In most cases, heart disease is preventable when people adopt a healthy lifestyle, which includes not smoking, maintaining a healthy weight, controlling blood sugar and cholesterol, treating high blood pressure, getting at least 150 minutes of moderate-intensity physical activity a week and getting regular checkups.

### How to Promote Heart Health

Improving heart health involves making conscious choices to reduce risk factors and adopt heart-healthy habits. Here are some ways to promote heart health during Heart Month and beyond:

- **Eat a Balanced Diet:** Consume a diet rich in fruits, vegetables, whole grains, lean proteins, and low-fat dairy products. Limit saturated and trans fats, sodium, and added sugars.
- **Exercise Regularly:** Engage in physical activity for at least 150 minutes per week. Activities like walking, cycling, and swimming can help improve cardiovascular fitness. For weight loss maintenance the recommendation for physical activity is 60 minutes 5 – 7 days per week.
- **Quit Smoking:** If you smoke, seek support to quit smoking. Smoking is a major risk factor for heart disease.
- **Manage Stress:** Practice stress-reduction techniques such as mindfulness, meditation, or yoga to reduce the impact of stress on your heart.
- **Monitor Blood Pressure:** Check your blood pressure regularly and work with your healthcare provider to manage it within a healthy range.
- **Control Cholesterol:** Maintain healthy cholesterol levels by following a heart-healthy diet and, if necessary, taking prescribed medications.
- **Maintain a Healthy Weight:** Achieve and maintain a healthy weight through a combination of balanced eating and regular physical activity.
- **Limit Alcohol Consumption:** If you drink alcohol, do so in moderation. Excessive alcohol consumption can contribute to heart problems.
- **Get Adequate Sleep:** Aim for 7-9 hours of quality sleep per night to support heart health.

## CSA BOXES

**Sundays, 11:45am-12:15pm**

Community Supported Agriculture (CSA) boxes from Rodney Kawano Farms will be delivered to Ohr Shalom twice a month on Sundays from 11:45am-12:15pm.

**How to Order:** Boxes cost \$30 payable by Venmo (use the QR code included here) or cash upon pickup. The boxes must be ordered by 5:00pm on Fridays for Sunday delivery by texting Kim, Rodney's sister, at 619-917-7540. Tell her you are from Ohr Shalom and how many boxes you are ordering.

Please make sure to pick up your box(es) promptly! Let's make this our own successful farm-to-table program feeding the Ohr Shalom community.

February: 4 & 25

*Call Evette with any questions (619-299-1938/619-885-4000 text).*



**venmo**



## SISTERHOOD CORNER

**Eti Chall**  
Sisterhood President

Dear Community,

As we enter the month of February, the quality and expression of love is on my mind. We are all responsible for one another, look out for each other. This theme has a special place in our hearts, as love is a guiding force that transcends all boundaries and brings with it Tikkun Olam. As the war in Israel continues and our hearts are heavy with emotion, we continue choosing to live in love.

In this month's column, I want to explore how love is expressed in our daily lives. Love, after all, is not just an emotion to be celebrated on a single day in February but a profound force that should permeate our existence every day.

**1. Acts of Kindness:**

Love is expressed through the simplest acts of kindness. It's in the smile you share with a stranger, the door held open for someone, giving tzedakah or the comforting words of Chesed offered to a friend in need. These gestures are the threads that weave the fabric of love into our daily interactions and Jewish community life.

**2. Compassion and Empathy:**

To love is to have compassion and empathy for others. It's the ability to understand and share in the joys and sorrows of those around us. When we lend a listening ear, offer a shoulder to lean on, or extend a helping hand, we embody the essence of love.

**3. Gratitude:**

Love is expressed through gratitude for the blessings in our lives. Each day, take a moment to reflect on the love you have received and the love you can give. Expressing thankfulness for the love that surrounds us fosters a sense of contentment (Nachat) and connection.

**4. Family and Friends:**

Our daily interactions with family and friends are a canvas on which we paint the colors of love. Whether it's spending quality time together, sharing meals, or offering a comforting hug, these moments of togetherness are love in action.

**5. Acts of Service:**

Love is often expressed through acts of service. It's the parent who wakes up early to prepare breakfast for their children, the friend who helps you move, or the volunteer who dedicates their time to a cause. These selfless acts are a testament to the depth of love within us.

**6. Self-Care:**

Loving ourselves is a crucial aspect of expressing love in daily life. By taking care of our physical, emotional, and spiritual well-being, we not only nourish ourselves but also have more love to share with others.

**7. Forgiveness:**

Love is forgiveness and letting go of grudges. When we forgive, we release the negative emotions that can weigh us down and create space for love and healing.

As members of Ohr Shalom, we have a unique opportunity to embody and spread love within our community and beyond. Our community is built on the foundation of support, understanding, and unity—all manifestations of love. And fun. We love to have fun together. We can continue to express love in our daily lives by being there for one another, lending a helping hand, and fostering an environment of warmth and acceptance.

Love is a lifelong journey. As you go about your daily routines, be mindful of the countless opportunities to express love. Our actions are a reflection of the love that fills our hearts.

Wishing you all a February filled with love and the joy of spreading it to those around you.

With warmth and love,  
Am Israel Chai,  
Eti Chall,

President, Ohr Shalom Sisterhood

### JOINING SISTERHOOD

If you are interested in joining Ohr Shalom's Sisterhood, please contact Eti, [sisterhood@ohrshalom.org](mailto:sisterhood@ohrshalom.org), or Gillian, [office@ohrshalom.org](mailto:office@ohrshalom.org) or 619-231-1456.

### SISTERHOOD VOLUNTEERS

If you enjoyed the Sisterhood Challah Prep session and would like to see additional Ohr Shalom Sisterhood programs, please let Eti know that you would like to help plan or present a program. Do you have experience working in or running a gift shop? The Sisterhood gift shop (located on the second floor) will be reopening in the future and volunteers will be needed. Please contact Eti at [sisterhood@ohrshalom.org](mailto:sisterhood@ohrshalom.org) or text/call her at 619-772-5001 to let her know how you can help.

### Check out the Ohr Shalom Instagram Page!

Search: ohrshalom.

We have photos from different events, and information about upcoming events.



If you have any content to share, contact Aviva Rosenberg at [chesed@ohrshalom.org](mailto:chesed@ohrshalom.org).

## Men's Club Meeting

Wednesday, February 21 at 7:00pm

All Ohr Shalom men invited.  
Bring your programming ideas.  
RSVP to [yusjoe1@gmail.com](mailto:yusjoe1@gmail.com)

## Ohr Shalom is starting an Environmental Programs Committee.

Would you like to see Ohr Shalom become "greener"? Do you have some ideas as to how we can achieve that? Perhaps you know a little about new and varied efforts we can undertake at our synagogue to help our planet and help all of us with that goal as part of Tikkun Olam? If you can answer yes to any of these questions, we want you to be a part of this brand new undertaking, continuing the work so ably done by Allyson Darroch.

Please contact Gillian Argoff-Treseder at [office@ohrshalom.org](mailto:office@ohrshalom.org) or Marvin Yudkovitz at [president@ohrshalom.org](mailto:president@ohrshalom.org) to find out more.



# OHR SHALOM Weekend Retreat

**SAVE THE DATE**  
**MARCH 15-17**

YMCA Camp Marston Julian, CA

All congregants, all ages, families with children, welcome!  
Activities will be geared to all ages that are attending.

### ACTIVITIES

- Friday night dinner services
- Saturday morning services
- Discussions, activities, games
- Saturday night Havdalah and bonfire
- Sunday morning services
- Games, activities, lunch

## COMMUNITY EVENT



JOIN US ON OUR MISSION TO

# MEXICO CITY

Vibrant and Intoxicating. Jewish Mexico City.

February 20-25, 2024

Mexico City's vibrant tapestry of ancient cultures and rich Jewish history, from historic synagogues, ancient Aztec Empire, and mouthwatering cuisine, promises an unforgettable adventure celebrating the dynamic interplay of traditions and the city's bustling energy. Let's unite in Mexico City.

Co-chaired by Carlos and Esther Michan

Contact: Dana Koenig | 858.221.5110 | [danak@jewishinsandiego.org](mailto:danak@jewishinsandiego.org)



# TODAH RABAH AND LIFE CYCLE EVENTS

## Thank you for your generous donations in January:

**SYNAGOGUE FUND**

Micha Blum  
Melissa Caldwell Collins  
Ruth Fastag

**In memory of Devorah Piha**  
Judy Gottschalk

**In memory of Sam Madwatkins**  
Al and Carol Madwatkins

**In memory of Shlomo Naftali Ben Aharon**  
**In memory of Sarah bat Mordecai**  
**In memory of Aharon ben David**  
Aaron Rubinstein

**In memory of Louise Joy Schiff**  
**In memory of Rose Schiff**  
**In memory of Betty Markin**  
Eileen Wingard

**In honor of MLK Day**  
Becky and Daniel Zipp

**Thank you for warm welcome**  
Rochelle and Steven Katz

**Thank you Elisheva for Leading Minyan**  
Rocky and Debbie Reid

**RABBI'S DISCRETIONARY FUND**

**Thank you for wedding**  
Ilan and Zoe Bielas

**Israel Mission**  
Peter and Elaine Shaw

**ADULT EDUCATION**

Morris Lazard and Elizabeth Green

**TODAH RABAH TO OUR SHABBAT SPONSORS**

Anonymous  
Jeanne Argoff  
Gillian Argoff-Treseder  
Rebecca Iden & Cody Schneider  
Alice Broudy Cupples

*We apologize for any omissions*

**MAZAL TOV**

**Alex Murillo and Merrick Alpert** on the Bar Mitzvah of their son, **Mateo Alpert.**

*Or*

**David and Naomi Searle** on the birth and Bris of their son **Benjamin Simon Searle** and to big sisters **Ariella** and **Adira Searle.**

**CONDOLENCES**

**Naomi Ruth Eisman** on the passing of her beloved daughter, **Devorah Piha z'l.**

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

LeAnne Adams Ilan Awerbuch Sue Brown Joe Castiglione Allyson Darroch Elisheva Edelson Jonathan Geiger Lou Green Joe Hartman Koba Ross Kanter Morris Lazard Jessica Lemoine Hadarya Levy Jennifer Tabak-Levy Shira Levy Yiftach Levy Yonatan Levy	Eli Meltzer Jennifer Meltzer Susie Meltzer Yael Meltzer Ivan Mendelsohn Lynn Mendelsohn Philip Miller Rachel Millstone Amy Morris Rocky Reid Ruben Rosental Brian Stannard Jonah Weinberg Springsong Cooper Weiner Margalit Wollner Marvin Yudkovitz Jane Zeer
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**Todah Rabah** to Marci Prag, Matthew Razinsky, Rene Beiza and Jim Lewis for a delicious Kehillatit dinner.

**Office volunteer:** Jim Lewis.

# YAHARZEITS

Everett Awerbuch	Ilan Awerbuch's Nephew.....	1-Feb/22 Shevat
Shimon Awerbuch	Ilan Awerbuch's Brother.....	1-Feb/22 Shevat
*Margaret Meltzer	Eli Meltzer's Mother .....	1-Feb/22 Shevat
Millard Sindler	Rita Cohen's Father .....	1-Feb/22 Shevat
Maurice Shemtov	Michal Hamui's Father .....	2-Feb/23 Shevat
*Florence Stillman	Sharon Polichar's Mother .....	2-Feb/23 Shevat
Rosa Zands	Samy Zands' Mother .....	2-Feb/23 Shevat
Daniel Abramovic	Faye Levy's Father .....	3-Feb/24 Shevat
*Gladys Sevel	Remembered by Evie Sevel .....	3-Feb/24 Shevat
*Vanina Bunton	Jeremiah, Noah, Shoshannah and Nechama Bunton's Mother .....	4-Feb/25 Shevat
*Henry Sachs	Ray Sachs' Father .....	4-Feb/25 Shevat

*Bernard Stillman	Sharon Polichar's Father .....	6-Feb/27 Shevat
Dorothy Zipp	Janice Zipp Cannizzaro and Aunt Elaine Smith's Aunt.....	6-Feb/27 Shevat
Bernice Green	Elizabeth Green's Grandmother .....	7-Feb/28 Shevat
Becky Reznik	Remembered by Ohr Shalom.....	7-Feb/28 Shevat
Jose Goldwasser	Emilia Goldwasser's Husband .....	8-Feb/29 Shevat
*Adi Salzman	Tito Salzman's Father .....	8-Feb/29 Shevat
*Rose Schiff	Eileen Wingard's Mother .....	8-Feb/29 Shevat
*Howard Schultz	Marcia Sachs' Father.....	8-Feb/29 Shevat
Jacobo Berditchevsky	Remembered by Jaime and Sara Fainstein.....	9-Feb/30 Shevat
Hadassah Gottesman	Remembered by Elaine Gottesman.....	9-Feb/30 Shevat
Abbie Kantorovich	Samy Zands' Nephew .....	9-Feb/30 Shevat
Cyril Levy	Avigayil Levy-Yochanan's Grandfather .....	9-Feb/30 Shevat
Faye Rose	Elaine Smith and Janice Zipp Cannizzaro's Aunt .....	9-Feb/30 Shevat
Bea Burke	Beth Vann's Grandmother .....	10-Feb/1 Adar I
Salomon Levy	Alberto Levy and Beatriz Levy-Israel's Father.....	10-Feb/1 Adar I
Robert J. Lyons	Lynn Mendelsohn's Father.....	10-Feb/1 Adar I
*George Roadburg	Harlene Rottenberg's Father and Stephanie Wells' Grandfather.....	11-Feb/2 Adar I
Harry Kanter	Miriam Plotkin's Father .....	12-Feb/3 Adar I
Chaya Levine	Ana Galicot's Mother .....	12-Feb/3 Adar I
Robert Avigdor	Alain Avigdor's Father.....	13-Feb/4 Adar I
Aaron Ben Naftali	Aaron Rubinstein's Grandfather .....	13-Feb/4 Adar I
Naum Gitler	Sarah Fainstein's Uncle .....	13-Feb/4 Adar I
*Randy Rafish	Remembered by Rabbi Scott and Jennifer Meltzer .....	13-Feb/4 Adar I
*Dora Rubin	Fanny Hanono's Mother.....	13-Feb/4 Adar I
Ken Turest	Vicki Turest's Husband .....	14-Feb/5 Adar I
Blumah Drabin	Ilan Awerbuch's Grandmother .....	15-Feb/6 Adar I
Peretz Drabin	Ilan Awerbuch's Grandfather.....	15-Feb/6 Adar I
*Betty Markin	Eileen Wingard's Aunt.....	15-Feb/6 Adar I
Esther Siprut	Mark Siprut's Mother.....	15-Feb/6 Adar I
Rudolph Tuteur	Jennifer Tuteur's Grandfather .....	15-Feb/6 Adar I
Gregorio Bogan	Ana Galicot's Uncle .....	16-Feb/7 Adar I
*Sylvia Cysner	Remembered by Ohr Shalom.....	16-Feb/7 Adar I
Jenne Meltzer	Rabbi Scott Meltzer and Brett Meltzer's Grandmother.....	17-Feb/8 Adar I
Norman Schwab	Richard Schwab's Father .....	17-Feb/8 Adar I
Walter Stern	Remembered by Ohr Shalom.....	17-Feb/8 Adar I
*Gerry Forman	Reyna Forman's Husband.....	18-Feb/9 Adar I
*Jacob Meltzer	Eli Meltzer's Father.....	18-Feb/9 Adar I
*Jorge Rosental	Ruben and Fanny Rosental's Son.....	19-Feb/10 Adar I
*Morris Casuto	Doreen Casuto's Husband and Loren Casuto's Father .....	20-Feb/11 Adar I
Ernest Green	Elizabeth Green's Grandfather .....	20-Feb/11 Adar I
*Isaac Cohen	Rashel Galicot's Father .....	21-Feb/12 Adar I
Malvina Rosenberg	Ruth Fastag's Grandmother.....	22-Feb/13 Adar I
Victoria Mizrahi	Remembered by Aaron Rubinstein .....	23-Feb/14 Adar I
Anna Salzman	Tito Salzman's Grandmother .....	23-Feb/14 Adar I
Jonas Salzman	Tito Salzman's Grandfather.....	23-Feb/14 Adar I
Stephen Adams	David Adams' Father.....	24-Feb/15 Adar I
Melvin Goldberg	Karen Rund and Susie Meltzer's Uncle.....	24-Feb/15 Adar I
William (Bill) Schechter	Janet Tiger's Father .....	24-Feb/15 Adar I
Cecilia Deitz	Fela Barnett's Grandmother.....	25-Feb/16 Adar I
Doris Glickman	Alma Geiger and Harriet Wolpoff's Aunt.....	25-Feb/16 Adar I
Pauline Jaret Schechter	Janet Tiger's Mother.....	26-Feb/17 Adar I
Lisa Clerici	Evelyn Schwimmer's Daughter.....	27-Feb/18 Adar I
Agatha Ehrenfried	Judi Gottschalk's Mother .....	27-Feb/18 Adar I
Fila Rechtman	Sara Fainstein's Aunt .....	27-Feb/18 Adar I
Bernice Tiger	Stan Tiger's Mother.....	27-Feb/18 Adar I
*Hy Zipp	Elaine Smith and Janice Zipp Cannizzaro's Father .....	27-Feb/18 Adar I
Esther Zouari	Remembered by the Bunton Family.....	27-Feb/18 Adar I
*Sheine Masha Goldberg	Esther Tishman's Mother and Lilian Deicas & Rosa Ratniewski's Grandmother ...	28-Feb/19 Adar I
Szali Grun	Elizabeth Green's Great Grandmother.....	28-Feb/19 Adar I
Manuel Levi	Elena Waisbord's Son .....	28-Feb/19 Adar I
*Isaac Zachs	Reina Shteremberg's Father .....	28-Feb/19 Adar I
Leonora Cohn	Jennifer Tuteur's Grandmother.....	29-Feb/20 Adar I
*John Nobel	Melissa Galicot's Father.....	29-Feb/20 Adar I

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



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**CALENDAR OF EVENTS FEBRUARY 2024**

**Shevat 5784/Adar I 5784**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><b>JDaim</b> February 2024 Jewish Disability Awareness, Acceptance &amp; Inclusion Month</p> <p>See details on pages 6-7</p>		<p><b>Ruth Levy Class: Where It All Happens: The Gates</b></p> <p>When is sha'ar (gate) not a gate and when is rehov (street) not a street?</p> <p><b>Thursdays, February 22nd and 29th</b></p> <p><b>March 7th and 14th, 7:00pm</b></p>		<p><b>1 22 Shevat</b></p> <p>4:30pm - Religious School 6:15pm - Minyan</p>	<p><b>2 23 Shevat</b></p> <p>11:00am - Slow Read Book Club 2:00pm - Office Closes 6:15pm - Kabbalat Shabbat Service "Ask the Rabbi"</p> <p> 5:04pm</p>	<p><b>3 24 Shevat</b></p> <p><b>Parshat Yitro</b> Mevarchim Chodesh</p> <p>9:30am - Shabbat Service</p> <p> 6:05pm</p>
<p><b>4 25 Shevat</b></p> <p>9:00am - Blood Drive 9:30am - Religious School 9:30am - Social Action Meeting 10:30am - Ta'am Torah 6:15pm - Minyan</p>	<p><b>5 26 Shevat</b></p> <p>6:15pm - Minyan 7:00pm - Choir Practice</p>	<p><b>6 27 Shevat</b></p> <p>6:15pm - Minyan 5:00pm - Purim Shpiel Rehearsal 7:00pm - Meditation with Alex van Frank</p>	<p><b>7 28 Shevat</b></p> <p>10:00am - Adult Ed: Daf Yomi 11:00am - Adult Ed: Psalms 6:15pm - Minyan</p>	<p><b>8 29 Shevat</b></p> <p>4:30pm - Religious School 6:15pm - Minyan</p>	<p><b>9 30 Shevat</b></p> <p><b>Rosh Chodesh Adar I</b></p> <p>11:00am - Slow Read Book Club 2:00pm - Office Closes 6:15pm - Kabbalat Shabbat Service with The Choir</p> <p> 5:10pm</p>	<p><b>10 1 Adar I</b></p> <p><b>Parshat Mishpatim</b> <b>Rosh Chodesh Adar I</b></p> <p>9:30am - Shabbat Service 10:30am - Tot Shabbat 12:30pm - Lunch &amp; Learn</p> <p> 6:11pm</p>
<p><b>11 2 Adar I</b></p> <p><b>World Wide Wrap</b></p> <p>9:30am - Religious School 6:15pm - Minyan</p>	<p><b>12 3 Adar I</b></p> <p>6:15pm - Minyan 7:00pm - Choir Practice</p>	<p><b>13 4 Adar I</b></p> <p>5:00pm - Purim Shpiel Rehearsal 6:15pm - Minyan 7:00pm - Meditation with Alex van Frank</p>	<p><b>14 5 Adar I</b></p> <p>10:00am - Adult Ed: Daf Yomi 11:00am - Adult Ed: Psalms 6:15pm - Minyan</p>	<p><b>15 6 Adar I</b></p> <p>4:30pm - Religious School 6:15pm - Minyan 7:00pm - Readings with the Rabbi</p> <p></p>	<p><b>16 7 Adar I</b></p> <p>11:00am - Slow Read Book Club 2:00pm - Office Closes 6:15pm - Kehillatit Service with Community Dinner</p> <p> 5:16pm</p>	<p><b>17 8 Adar I</b></p> <p><b>Parsha Terumah</b> Shabbat Service</p> <p>12:30pm - Lunch &amp; Learn</p> <p><b>Afternoon Bat Mitzvah: Golda Wells</b></p> <p> 6:18pm</p>
<p><b>18 9 Adar I</b></p> <p>No Religious School 6:15pm - Minyan</p>	<p><b>19 10 Adar I</b></p> <p><b>Presidents Day</b></p> <p>No Minyan No Choir Practice</p>	<p><b>20 11 Adar I</b></p> <p>5:00pm - Purim Shpiel Rehearsal 6:15pm - Minyan 7:00pm - Meditation with Alex van Frank</p>	<p><b>21 12 Adar I</b></p> <p>10:00am - Adult Ed: Daf Yomi 11:00am - Adult Ed: Psalms 6:15pm - Minyan 7:00pm - Men's Club Meeting</p>	<p><b>22 13 Adar I</b></p> <p>4:30pm - Religious School 6:15pm - Minyan 7:00pm - Ruth Levy Class</p>	<p><b>23 14 Adar I</b></p> <p>11:00am - Slow Read Book Club 2:00pm - Office Closes 6:00pm - Tots in Pjs 6:30pm - Family Kabbalat Service</p> <p> 5:22pm</p>	<p><b>24 15 Adar I</b></p> <p><b>Parshat Tetzaveh</b></p> <p>9:30am - Shabbat Service 12:30pm - Lunch &amp; Learn</p> <p> 6:24pm</p>
<p><b>25 16 Adar I</b></p> <p>9:30am - Religious School 6:15pm - Minyan 7:00pm - Movie Night</p> <p></p>	<p><b>26 17 Adar I</b></p> <p>6:15pm - Minyan 7:00pm - Choir Practice</p>	<p><b>27 18 Adar I</b></p> <p>5:00pm - Purim Shpiel Rehearsal 6:15pm - Minyan 7:00pm - Meditation with Alex van Frank</p>	<p><b>28 19 Adar I</b></p> <p>10:00am - Adult Ed: Daf Yomi 11:00am - Adult Ed: Psalms 6:15pm - Minyan</p>	<p><b>29 20 Adar I</b></p> <p>4:30pm - Religious School 6:15pm - Minyan 7:00pm - Ruth Levy Class</p>	<p><b>1 21 Adar I</b></p> <p>11:00am - Slow Read Book Club 2:00pm - Office Closes 6:15pm - Kabbalat Shabbat Service "Ask the Rabbi"</p> <p> 5:28pm</p>	<p><b>2 22 Adar I</b></p> <p><b>Parshat Ki Tisa</b></p> <p>9:30am - Shabbat Service 6:00pm - Movie PJ Night</p> <p> 6:29pm</p>
<p><b>3 23 Adar I</b></p> <p>9:30am - Religious School 10:30am - Ta'am Torah 6:15pm - Minyan</p>	<p><b>4 24 Adar I</b></p> <p>6:15pm - Minyan 7:00pm - Choir Practice</p>	<p><b>5 25 Adar I</b></p> <p>5:00pm - Purim Shpiel Rehearsal 6:15pm - Minyan 7:00pm - Meditation with Alex van Frank</p>	<p><b>6 26 Adar I</b></p> <p>10:00am - Adult Ed: Daf Yomi 11:00am - Adult Ed: Psalms 6:15pm - Minyan</p>	<p><b>7 27 Adar I</b></p> <p>4:30pm - Religious School 6:15pm - Minyan 7:00pm - Ruth Levy Class</p>	<p><b>8 28 Adar I</b></p> <p>11:00am - Slow Read Book Club 2:00pm - Office Closes 6:15pm - Kabbalat Shabbat with Choir</p> <p> 5:33pm</p>	<p><b>9 29 Adar I</b></p> <p><b>Parshat Vayakhel</b> <b>Shabbat Shekalim</b></p> <p>Mevarchim Chodesh</p> <p>9:30am - Shabbat Service 12:30pm - Lunch &amp; Learn</p> <p> 6:35pm</p>