



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

APRIL 2025 • MONTHLY NEWSLETTER • NISAN 5785

Antisemitism Throughout Our Community Register

Ohr Shalom Speaker Series
Sunday, April 6 at 10 a.m.
at Ohr Shalom

Sara Brown (PhD), AJC
and Karen Parry, Hillel of SD

Community Passover Seder RSVP

Sun., April 13 at 5:30pm
at Ohr Shalom
RSVP to the office by
Friday, April 4
Details on Page 4

OHR SHALOM WEEKEND RETREAT

Friday to Sunday Sign Up!
April 25-27
YMCA Camp Marston
Write-up on Page 2

Celebrate Israel: Yom HaAtzmaut Music Festival

Wednesday, April 30
6 to 8 p.m.
On the LfJCC Field
Registration Required
See Page 12 for Details

It's About the Parsley, Not Just About the Salt Water



Rabbi Scott Meltzer

Getting ready for Pesach... bringing in the containers of all of our Pesach gear...dishes, pots, pans, flatware, four children's worth of art projects...and the seder plates. We have a few.

Excited for the holiday that is almost upon us, and I find myself thinking about parsley. I am looking at the seder plate and it says: כַּרְפַּס (*karpas*), and right away my mind says: salt water, because of the tears we shed through centuries of slavery. Of course the word doesn't mean "salt water." In modern Hebrew, I believe it is most often used for "celery." At my seder table it is usually parsley. Neither celery nor parsley makes me cry. Nor do they remind me of tears or slavery. Explaining them away as "because it's Spring" doesn't do a whole lot for me either. Hmmp

And where does it say "Salt Water" on the seder plate? Where do you put the salt water? How come the salt water isn't the symbolic food on the plate?

More importantly, what about the *karpas*?

I decided to jump down that rabbit hole in search of the *karpas*. (Enjoy the pun?)

Turns out כַּרְפַּס is a hapax legomenon in the TaNaKh (Bible)—that means the word is only used once in the entire Bible. Its only appearance is in Esther 1:6. It seems to describe the fine quality of thread used to make the royal tapestries in the Palace of Achashverosh. It is probably a loan word from Persian meaning "fine linen."

Assuming that the weavers in Ancient Persia didn't make tapestries from celery-thread, my seder has not been much enhanced so far.

But the neat thing about digging and

burrowing down rabbit holes is sooner or later you are guaranteed to find some buried gem. So continuing on our כַּרְפַּס hunt...

In explaining the fancy (פָּסִים) cloak that Jacob gave to his favorite son Joseph, Rashi explains that פָּסִים means that it is from fancy fabric, like the כַּרְפַּס mentioned in Esther 1:6.

Pesach paydirt! Now we are getting somewhere. What's the connection? Often when we tell the story of slavery in Egypt, we begin with Joseph's brothers selling him into slavery. But the narrative of his brothers begins earlier, when they are jealous, because he is the favorite, because their dad gave Joseph this special coat.

So כַּרְפַּס reminds us of Joseph's coat, which is about favoritism and jealousy, leading to suffering and slavery. It is about our inability to be good to each other in our family, about how critical it is for us to be able to be together, to sit together, to dine together, to seder together.

CLASSES WITH RABBI MELTZER
Ohr Shalom Zoom Room

Daf Yomi

Wednesdays, 9:30 a.m.

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

Psalms

Wednesdays, 11 a.m.

The class is discussing Psalms, viewing them as sources of prayer and uncovering their meanings.

Readings with the Rabbi

Date & Time TBD

Subculture Culture: A Memoir in Six Scenes by Moshe Kasher



WORDS FROM THE PRESIDENT

Marvin Yudkovitz
President

Attend the 2025 Ohr Shalom Weekend Retreat, April 25–27

Are you looking for a weekend filled with time with friends and family? One where you can indulge in reflection and communion with nature? One with prayer, singing, study, and learning? How about an opportunity to get to know other Ohr Shalom congregants in a meaningful, shared experience? Or maybe enjoy tasty meals, including not having to cleanup! If you have answered yes to any of these questions, then you should be attending our weekend retreat. As we did last year, we will be attending the YMCA Camp Marston located near Julian.

What is planned and when should we arrive and depart? We begin the weekend with Friday night dinner (prepared by Ohr Shalom) and a joyous Kabbalat Shabbat service. Attendees are encouraged to arrive anytime after 4 p.m. to check in, get your lodge assignments, and if desired go for a hike or explore the grounds. (Some of us arrive even earlier in the day and

go for a hike before arriving at the camp.) If at all possible, attendees should be at the camp before the start of Shabbat, please. 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 an havdalah bonfire, fun skit, and singing. Sunday will consist of much of the same, before we say farewell before lunch. And 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!

What are sleeping arrangements? Sleeping arrangements will be in lodges which hold bunk beds, bathrooms, and a common room. See link for more details, photos, etc: <https://www.ymcasd.org/camps/camp-marston/group-retreats-and-family-camps-marston>

What ages should attend? Activities will be geared to the attendees. We are

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Bulletin: Please e-mail all submissions to: davar@ohrshalom.org
Deadlines: April 5 for May issue • May 5 for June issue

anticipating those attending will consist of families with children of all ages, as well as couples with no children, and individuals. This means—everyone! Games and study sessions will be age appropriate throughout the weekend. We are planning on activities that will encourage growth and development for all ages attending.

What is the cost? We want to make this event affordable for families and individuals who wish to attend, while hopefully recouping the fixed costs of Camp Marston and additional costs to Ohr Shalom. We have applied for some grants to help defray the costs of children attending and hope that we will be the recipient of one or more of these. The Board enthusiastically supports this retreat, and has approved some funding, so that we can make this affordable to families with children. Fortunately, Camp Marston has allowed for no charge to children under the age of 4.

Here are the **costs for the weekend per person** (note

the significantly reduced rate for children):

Adult (age 21 and over)—
\$250

Children over the age of 4—
\$100

Private Rooms: We will allow families and individuals to request a private room for an additional \$225. (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 Tuesday, April 15.](#) Complete the Google form located in this Davar (page 13) 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. If you're not sure—talk to anyone who attended last year and you'll be convinced.

Looking forward to seeing you at Camp Marston April 25–27.

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OHR SHALOM APRIL SHABBAT SERVICE SCHEDULE

Services are in person and on [Zoom](#)

Friday	April 4	6:15 p.m.	Kabbalat Shabbat with Choir
Saturday	April 5	9:30 a.m.	Shabbat Service
		12:30 p.m.	Lunch & Learn
Friday	April 11	6:15 p.m.	Kabbalat Shabbat Service
Saturday	April 12	9:30 a.m.	Shabbat Service
Friday	April 18	6:15 p.m.	Shabbat Pesach Service
Saturday	April 19	9:30 a.m.	Shabbat Pesach Service
Friday	April 25	6:15 p.m.	Kabbalat Shabbat Service
Saturday	April 26	9:30 a.m.	Shabbat Service

NO Shabbat Morning Babysitting Available



PARSHIYOT & CANDLE LIGHTING April 2025

PARSHAT VAYIKRA

Fri: April 5 | 6 Nisan
Candle Lighting: 6:53 p.m.
Sat: April 6 | 7 Nisan
First Torah: Leviticus 1:1-5:26
Haft: Isaiah 43:21-44:23

PARSHAT TZAV SHABBAT HAGADOL

Fri: April 11 | 13 Nisan
Candle Lighting: 6:58 p.m.
Sat: April 12 | 14 Nisan
First Torah: Leviticus 6:1-8:36
Haft: Malachi 3:4-24

PESACH DAY I

Sat: April 12 | 14 Nisan
Candle Lighting: 7:59 p.m.
Sun: April 13 | 15 Nisan
First Torah: Exodus 12:21-51
Second Torah: Numbers 28:16-25
Haft: Joshua 5:2-6:1; 6:27

PESACH DAY II

Mon: April 14 | 16 Nisan
First Torah: Leviticus 22:26-23:44
Second Torah: Numbers 28:16-25
Haft: Kings II 23:1-9; 23:21-25

SHABBAT PESACH (DAY VII)

Fri: April 19 | 21 Nisan
Candle Lighting: 7:03 p.m.
Sat: April 20 | 22 Nisan
First Torah: Exodus 13:17-15:26
Second Torah: Numbers 28:19-25
Haft: Samuel II 22:1-51

PARSHAT SHEMINI MEVARCHIM CHODESH

Fri: April 25 | 27 Nisan
Candle Lighting: 7:08 p.m.
Sat: April 26 | 28 Nisan
Torah: Leviticus 9:1-11:47
Haft: Samuel II 6:1-19

Pesach Service Schedule

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

Saturday, April 12 **Erev Pesach – First Seder**
Sunday, April 13
Pesach Morning Service.....9:30 a.m.
Community 2nd Seder at Ohr Shalom.....5:30 p.m.
Monday, April 14
Pesach Morning Service.....9:30 a.m.
Friday, April 18
Shabbat Pesach Service6:15 p.m.
Saturday, April 19
Shabbat Pesach Morning Service9:30 a.m.
Sunday, April 20
Pesach Morning Service with Yizkor.....9:30 a.m.
Pesach Candelighting Times
Saturday, April 12..... **7:59 p.m.**
Monday, April 14 **8:00 p.m. (Havdalah)**
Friday, April 18..... **7:03 p.m.**
Saturday, April 19..... **8:04 p.m.**
Sunday, April 20..... **8:04 p.m. (Havdalah)**



THANK YOU TO OUR VOLUNTEER HELP IN MARCH!

Jim Lewis, Ezra Shachar, and Debbie Suissa for office volunteering.
Marci Prag, Matthew Razinsky, and Melanie Rubin for preparing March's Shabbat Kehillatit Dinner.
Mark and Elaine Smith, Melanie Rubin, and Aaron Lipner for baking Hamantaschen.

THEME GAME
JEWISH HERITAGE CELEBRATION
WEDNESDAY, MAY 14 vs. ANGELS | 6:40 PM
A x S

Please visit padres.com/themegames to purchase tickets or contact Logan Washburn at (619) 795-5137 or lwashburn@padres.com with questions or to purchase a group of 10 or more tickets.

Field Pavilion	\$57
Terrace Pavillion	\$57
Right Field	\$44
Lower Resarved	
Upper Infield	\$36

May 14, '25

Get Tickets

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.

Passover 2025



Ohr Shalom Synagogue's
Community 2nd Night Seder
 Sunday, April 13 at 5:30 p.m.
 You are invited to join us for our traditional
 Second Seder, led by Rabbi Scott Meltzer

Members \$65 adults – \$40 children under 13
Non-members \$85 adults – \$45 children under 13
Children 4 & Under FREE

Call the Office: (619) 231-1456 | Email: office@ohrshalom.org
RSVP to the office by Monday, March 31



Mechirat Chametz
Selling Your Chametz

Every year our synagogue provides the opportunity to sell your *chametz* at Passover. What is this all about?

In Exodus 12:19 and 13:7 we are told that no *chametz* can be found in our homes during the week of Passover. We may not own it, we may not possess it. Originally this meant actually getting rid of all *chametz* (preferably by burning) but in recent centuries the practice has evolved into collecting all *chametz* into one place, isolating it (putting it into bags or boxes), sealing it and labeling it. It is then sold to a non-Jew for the duration of Passover.

After the *chametz* is sold, it is usually kept in one's home, in a place where it can be easily obtained to be transferred to the owner (the non-Jew who purchased it) should he or she decide to collect it.

Our rabbi (and the rabbis of other synagogues) act as agents in selling our *chametz* to a non-Jew. At the end of Passover our rabbi will repurchase the *chametz*, and ownership is returned to the original owners.

Mechirat Chametz (Selling Chametz)
 5785 / 2025

Please complete the information below to sell all of your *chametz* before Pesach and return to Ohr Shalom by **Monday, April 7**

Email: rabbi@ohrshalom.org

The Selling of Chametz

I hereby authorize Rabbi Scott A. Meltzer to serve as my agent in selling all of the *chametz* at the following address(es):

Signature

5785 Purim at Ohr Shalom Was Grand



Thank You for Making Purim Awesome!

Hamantaschen:

Mark and Elaine Smith, Melanie Rubin, Aaron Lipner, and Ariella Lipner

Erev Purim:

Shoshanah Sternlieb, Chair
 Jessica Lemoine, Melanie Rubin, Aviva Rosenberg, Rabbi Brianah Caplan,
 Milo Wolpoff, Aviva Wolpoff

Erev Purim Dinner:

Mari Prag and Matthew Razinsky

Megillah Readers:

Linda Mostel, Yuval Gal, Eli Meltzer, Koba, Marvin Yudkovitz, Rabbi Brianah Caplan, Phil Miller,
 Joe Hartman, Margolit Wollner, Davin Widgerow, Morris Lazard, LeAnne Adams

Purim Carnival:

Alison Black, Eileen Brener, Eti Chall, Springsong Cooper, Amy Epstein, Joy Heitzmann,
 Allison Madwatikins

Ohr Shalom Religious School Teachers:

Nadia Gumbayan, Natan Lapin, Jennifer Meltzer,
 Krisitn Rush, Yuval Gal

Ohr Shalom Madrichim:

Emma Cripps, Xavier Gumbayan, Daniel Hoskins, Hadarya Levy,
 Shira Levy, Yonatan Levy, Isabella Lipner, Yael Meltzer, Eliana Rose, Ariella van Frank, Aaron
 Vargas, Eliora Weissler, Micah Weissler, Aviva Wolpoff, Milo Wolpoff, Abraham Zipp

We apologize for any omissions.





by Susie Meltzer



The Colors of the Jewish People



Colors in Judaism have deep connections to people, places and events from the past to the present. When thinking about colors, it is apparent that they not only carry spiritual meaning, but also certain colors are symbolically significant, often associated with God, holiness, and His divine presence. Specific colors are often mentioned in text related to sacred and symbolic objects described in the Torah.

There are many examples of colors that appear from ancient times until today. The first one relates to Noah and the Flood. God designated the rainbow as the sign of His covenant to never again destroy the whole earth with water. In the story the Ark is illuminated with rainbow colors in the evening as a testament to the true meaning of the rainbow, a beautiful and colorful aspect of God's world.

There are some individual colors that evoke a deep feeling for Jews. Blue is one of them as a reminder of God's presence. Blue is a sacred color that represents air, the sky, the sea, and the covenant between God and all creation. Blue, particularly the indigo-colored dye called *T'chelet*, is

mentioned in the Torah for "a cord of blue" attached to the *tzitzit* (fringes) of a tallit. Modern-day research done by scientists, including President Herzog's grandfather, revealed a sea snail in the Mediterranean Sea as the source of *T'chelet*. It is one of the few biblical colors we can identify today with some reliability.

The colors given to the Israelites to build the *Mishkan* (Tabernacle) were blue, purple, and crimson. These colors were used also for priestly garments, as signs of royalty and sacrifice. In the ancient Middle East, purple was a symbol of prestige and royal power. Kings David and Solomon are often described in the Bible wearing clothing dyed with these combined extracts.

White represents purity, holiness, and righteousness. It is worn on Yom Kippur and is associated with angelic beings. White is also associated with joy and celebration, particularly on holidays and Shabbat. White can also be worn during mourning, as some Israelis wear white at funerals.

Since the 19th century, the combination of blue and white has symbolized the Jewish

people and together were rightly chosen for the Flag of Israel. That color combination is instantly recognized.

Since the October 7 massacre in Israel, certain colors have taken on an even stronger meaning and represent the ongoing heartbreak and loss. Yellow ribbons are seen on clothing to call for the return of the hostages in captivity. Yellow was chosen to remember those held by Hamas, because the color yellow itself is often associated with optimism, sunshine, and happiness—a fitting color to represent hope for the hostages' safe return.

To recognize the tragic deaths of the young redheaded Bibas children, Kfir and Ariel—kidnapped and murdered by Hamas—orange is being worn as another symbol of the current war. Israel designated an Orange Day, illuminating buildings and landmarks in orange to remember the family and all victims of Hamas terrorism.

Here at Ohr Shalom, yellow ribbon pins and dog-tag necklaces are often seen. Our Torah covers are now in white as a constant reminder of the hostages. The victims and their families remain in our hearts and in our prayers.



Extremist forces in Israel are trying to cast a narrow view of Judaism that delegitimizes the Conservative / Masorti movement and calls us a "fake" religion. We can't let them.

By voting **MERCAZ USA (Slate 17)** starting on March 10, we can stand up against extremism and for our core values of democracy, pluralism, and equal treatment.

Are you ready to vote? > www.mercazusa.org/votemercap2025/

- Who:** Jewish adults 18+ (by June 30, 2025) who live permanently in the U.S. and didn't vote in the last Knesset election.
- When:** Voting opened March 10 and ends May 4, 2025
- Where:** Visit votemercapusa.org or scan the QR code to vote and select slate 17, "MERCAZ USA."
- Why:** Promote the values of Conservative / Masorti Jews at the World Zionist Congress. Stand up against extremism and help direct millions in resources to critical projects in the U.S. and Israel.



OUR EXECUTIVE DIRECTOR

Gillian Argoff-Treseder **Meshuga–Meshuggenah–Mishegas**
Executive Director **Crazy–Crazy Person–Craziness**

The world is full of *mishegas* these days, and it's making me *meshuga*! It's true, the world is definitely a crazy place with a lot of chaos everywhere. While I try not to be a *meshuggenah*, at least not in public, some days are harder than others, so I try to find the silver lining or a positive thing to appreciate each day to keep me a bit more sane.

This article is going to be a bit of a bait and switch, sort of *meshuga* in itself. I don't want to write only about *mishegas*, you don't need me to point out the crazy. You will see in this Davar pages dedicated to the Lights of Ohr Shalom gala. I was definitely a little *meshugah* getting the little details ready for this wonderful event, but

thinking about Lights brings me to another Yiddish word: *mentshlekheyt*, kindness and decency. Lights is an event that couldn't happen without the incredible *mentshlekeyt* of our committee and our dedicated volunteers and donors—you can see page 16 for a full list of thank yous.

I am lucky. At least once a day I get to talk or interact with a mensch. It might be a member calling to sponsor Shabbat Kiddush in honor of an anniversary or in memory of a loved one, a volunteer helping in the office, or board members, and committee members giving their time and expertise to help our synagogue thrive.

This month, we will celebrate Pesach in our own homes and together at Ohr Shalom at our **Community Second Night Seder**. We all know that getting ready for Pesach is generally a big job, but just think about it for 100+ people—now that's *MESHUGA!* This is another event that could not happen without *mentshlekheyt*—the wonderful kindness and dedication of our volunteers Marci Prag, Matthew Razinsky, Maria Gomez Laurens, and of course Rene (not a volunteer, but he always deserves a shout out). The hours of planning, cooking, setting tables, managing the dining room, etc. are intense, and they do it with grace and love. Again, I am lucky and Ohr Shalom is blessed to have

Ohr Shalom Outdoor Adventurers Chavurah

*Tent Camping Weekend
at Agua Caliente
County Park*

Fri.–Sun., April 4–6

RSVP to Springsong Cooper:
springsongcooper@gmail.com

(323) 243-1161

such fabulous volunteers. I hope that on a day when you have to deal with some *mishegas* or a *meshuggenah* driver that cuts you off, there will be someone exuding *mentshlekeyt* to brighten your day as you all continue to brighten mine with your generosity and kindness.



HEALTH & WELLNESS CORNER: STRESS-AWARE AND MOVING MORE

Eva Brzezinski
Health Columnist

April is known for **Stress Awareness Month** and **Move More Month**, among other things.

What can we do to manage daily stress?

Mental health can positively or negatively impact your physical health and risk factors for heart disease and stroke, according to "Psychological Health, Well-Being, and the Mind-Heart-Body Connection," a scientific statement in the American Heart Association journal *Circulation*.

Stress may contribute to poor health behaviors linked to increased risk for heart disease and stroke, such as:

- Smoking
- Overeating

- Lack of physical activity
- Unhealthy diet
- Being overweight
- Not taking medications as prescribed

Stress can be caused by a wide range of factors, including:

- Work pressures
- Relationship problems
- Financial difficulties
- Health issues
- Life changes (e.g., moving, job loss, death of a loved one)
- Natural disasters
- Traumatic events

Management

There are many ways to manage stress effectively, including:

- **Exercise:** Regular physical activity can help reduce stress levels.
- **Relaxation techniques:** Yoga, meditation, and deep breathing exercises can help calm the mind and body.

• **Sleep:** Getting enough sleep is essential for stress management.

• **Healthy diet:** Eating a nutritious diet can help improve overall well-being and reduce stress.

• **Social support:** Talking to friends, family, or a therapist can help provide emotional support.

• **Time management:** Organizing and prioritizing tasks can help reduce stress caused by feeling overwhelmed.

• **Avoidance of unhealthy coping mechanisms:** Using alcohol, drugs, or smoking to cope with stress can worsen the problem in the long run.

One way to manage stress is through engaging in physical activity. Walking can be a good choice for many of us.

[Why is Walking the Most Popular Form of Exercise?](#)

Research has shown that walking at a lively pace **at least** 150 minutes a week can help you:

- Think better, feel better and sleep better.
- Reduce your risk of serious diseases like heart disease, stroke, diabetes and several types of cancer.
- Improve your blood pressure, blood sugar and blood cholesterol levels.
- Increase your energy and stamina.
- Improve your mental and emotional well-being and reduce risk of depression.
- Improve memory and reduce your risk of dementia.
- Boost bone strength and reduce your risk of osteoporosis.
- Prevent weight gain. If you want to lose and maintain weight off, your goal is 60 minutes daily.



RELIGIOUS SCHOOL

Maggy Dujowich
Religious School Principal

A Celebration of Freedom and Connection

Pesach, is not just a story we retell each year—it is a living tradition that invites us to see ourselves as if we, too, had been freed from Egypt. For children, this holiday is an opportunity to experience and internalize the core values of our Jewish identity: resilience, gratitude, and responsibility.

The Seder is designed to engage children at every turn. From the Four Questions (*Mah Nishtanah*) to the search for the Afikoman, the night is structured around their curiosity and participation. But beyond these beloved customs, Passover offers deeper lessons that shape a child's understanding of their place in the Jewish story.

Freedom and Responsibility Pesach teaches us that freedom is not just about escape from slavery—it is about what we do with that freedom. Children can begin to understand this through discussions about their own responsibilities in family, school, and community. Just as the Israelites had to trust and follow Moses, our children learn that freedom comes with choices and the duty to care for others.

Memory and Identity When we say, "In every generation,

each person must see themselves as if they personally left Egypt," we invite children to step into the story. This is more than imagination—it is a call to action. As they grow, children begin to recognize how their own experiences, struggles, and triumphs connect to the larger Jewish narrative. Encouraging them to ask their own questions and offer their own interpretations makes the Seder a space where they feel heard and valued.

Joy in Tradition Pesach is a time when our children see Judaism not just as something they inherit, but something they actively create. Singing *Dayenu* with full voices, making charoset with their own hands, and hearing the same stories told by parents and grandparents form a deep emotional bond with our traditions. These experiences make Judaism feel personal and alive, not just ancient history.

As we gather around the Seder table, we are not only recounting a story but ensuring that it continues. By helping our children find personal meaning in Pesach, we pass down more than tradition—we pass down a sense of belonging and purpose.

Chag Pesach Sameach!



YOUTH GROUP

Michelle Gurr-Barbour
USY Youth Director

Finding Freedom in Our Time



As Passover approaches, we gather around the Seder table to tell the story of our ancestors' journey from slavery to freedom. It's a story of resilience, courage, and faith—one that feels as relevant today as it did thousands of years ago.

For our youth, Passover is more than just matzah and four questions. It's an opportunity to explore what freedom means in their own lives. What holds them back? What are their personal Mitzrayim, the narrow places that keep them from being their best selves? And how can they move toward a place of growth and possibility?

At Ohr Shalom, we encourage our young people to see themselves in the story of the Exodus. Through interactive discussions, creative projects, and community service, we help them connect the themes of Passover to their own experiences. This year, we're focusing on the idea that true freedom isn't just about breaking free—it's about using that freedom to make the world better. Whether through acts of kindness, standing up for justice, or deepening their Jewish identity, our teens and children are finding meaningful ways to live out the lessons of this holiday.

As we dip our *karpas* into salt water and break the middle matzah, may we all take a moment to reflect: What does freedom mean to us this year? How can we, as a community, support one another on our own journeys from limitation to liberation?

Wishing you a *Chag Pesach Sameach*—may this season of renewal bring joy,

inspiration, and freedom in all its forms.

Join us for these exciting events!

Saturday, April 5, 7 to 9 p.m. (8th-12th)—Lounge Night in the new lounge! Help us paint the mural and put your mark on the space!

Sunday, April 6, 12 to 2 p.m. (all ages)- The Prince of Egypt! Join us for this favorite Passover movie! We will provide the snacks! Please send your child with a dairy lunch for this event. \$5 per person.

Laurel Street Beat

from Springsong Cooper-Weiner,
Religious School Committee Chair

Griffin: Kitah Gan-Aleph



Q: During Passover, we remember the 10 plagues. Which plague do you think is the worst?

A: The locusts.

Emme: Kitah Gan-Aleph

A: Boils, and today if people start to get bumps, we can make pharmacies closer to where they live so they don't have to drive so far to get medicine.



Jonah: Kitah Vav-Zayin



Q: What plagues do we have in the world today?

A: Bugs, like when I go backpacking and get swarmed. And pollution

because it's destroying the earth.



COMBATING ANTISEMITISM

Stephanie Wells
Guest Contributor

Kulanu at Ohr Shalom—This is Not a Time to Stand on the Sidelines

In today’s alarming rise of antisemitism, the need for unity and collective strength within the Jewish community has never been greater. We all see how incidents of antisemitism are at historic highs, with increasing violence, harassment, and hate speech targeting Jewish communities worldwide. From college campuses to social media and even government institutions, Jews are facing a surge in demonization, scapegoating, and physical threats. This global wave of Jew hate is fueled by misinformation, extremist ideologies, and political conflicts, making unity and proactive resistance more crucial than ever.

In this spirit, the ADL created **Kulanu**—a program for congregations like ours. **Kulanu**, which in Hebrew means “all of us,” is a nationwide movement that empowers congregations to stand against antisemitism and hate, providing speakers, training, and resources to turn awareness into action. When we bring together scholars, activists, faith leaders, and everyday voices, we create something more substantial than the sum of its parts—an unshakable defense against hate.

At Ohr Shalom, we are proud to be starting a **Kulanu** of our own. This program will give us the tools, knowledge, and network to deepen our understanding, amplify our voices, and effectively fight extremism.

The ADL’s **Kulanu** program offers a powerful platform

for members of Ohr Shalom to take a stand against global Jew hate by fostering solidarity, education, and activism. Joining Kulanu empowers individuals to be part of a proactive movement that amplifies Jewish voices, combats misinformation, and ensures that Jewish identity and safety remain protected. Through community engagement, advocacy initiatives, and strategic partnerships, **Kulanu** enables Jews from all backgrounds to unite in strength, reinforcing that we are never alone in this fight.

By joining **Kulanu**, the members of Ohr Shalom are strengthening their own community and contributing to the more significant American Jewish effort to combat antisemitism on a national and global scale. This is not a time to stand by—it is a time to take action, educate, advocate, and build bridges with allies who stand against hate. Kulanu provides the resources and collective power necessary to push back against the forces that seek to divide and harm the Jewish people. Together, we can shift the narrative, reclaim our security, and ensure that Jewish life in America and beyond continues to thrive with pride and resilience.

I hope to bring **Kulanu** programs to our temple in the coming months. If you want to be part of this movement, email me at stephanie068@hotmail.com, and I’ll add you to our list. Together, our voices are stronger.



SISTERHOOD

Eti Chall
Sisterhood Chair

Counting the Omer & Embracing Spiritual Growth

As spring unfolds and brings with it the renewal of the earth, we too embark on a profound period of spiritual renewal with the Omer count, which begins this April. This annual journey from Passover to Shavuot offers each of us an opportunity to reflect deeply on our personal growth and spiritual commitments.

The Significance of the Omer Count

The Omer marks the 49 days between the second night of Passover and the eve of Shavuot. Historically, this period commemorates the Israelites’ journey from Egypt to Mount Sinai, a time of physical and spiritual preparation before receiving the Torah. Today, it serves as a structured framework for introspection and refinement, with each day offering a new focus for personal development.

A Daily Practice of Reflection

Each day of the Omer, we are encouraged to meditate on various aspects of the sefirot—the Kabbalistic attributes of God that reflect inward qualities we strive to embody. This practice not only deepens our understanding of ourselves but also enhances our relationships with others and our connection to the Divine.

Join Our Community in Counting the Omer

This year, we invite you to join us in this meaningful count. Each week, we will explore a different aspect of the sefirot, focusing on how we can integrate these spiritual lessons into our daily lives:

**Omer Minyanim
Wednesdays
Led by Eti Chall**

Week 1: Chesed (Loving-kindness)

Week 2: Gevurah (Discipline and Strength)

Week 3: Tiferet (Harmony and Compassion)

Week 4: Netzach (Endurance)

Week 5: Hod (Humility)

Week 6: Yesod (Foundation)

Week 7: Malchut (Sovereignty and Leadership)

I use Simon Jacobson’s “Counting of the Omer” as a guideline. Its a lovely little book that has accompanied me for almost 30 years.

www.a.co/d/5rbMOIM

I will do a **weekly minyan minute on Wednesdays** during the Omer count to review the weekly sephira and discuss the focus of the week.

Sisterhood Rosh Chodesh Iyar Gathering

Mark your calendars for our next Rosh Chodesh gathering!

Sunday, May 4, from 10 a.m. to 12 p.m. at Ohr Shalom.

This event will focus on the themes of healing and renewal, reflecting the spirit of Iyar. It’s a wonderful opportunity to connect with the community and share in our collective spiritual journey.



ADULT EDUCATION

Evette Weiss
Adult Education

My Need to Share

Attending a Shivah minyan at Rabbi Meltzer's home touched my soul. I listened to Susie (the Rabbi's aunt and Karen's sister) share her story of baking Karen's Passover apple cake together and how the next generation wanted to join her in this year's Passover baking—sure to be a difficult time for them. Memories started flooding into my mind of making gefilte fish with my nana when I was a child. When I was a teenager, my mother and I took over the task. Daddy would order and pick up the fish-heads, bones, skin and fillets. Then mother and I turned it into the lightest, white fish balls imaginable. With my mother's untimely death,

my father and I continued the tradition making them together in his house using the same pots and recipe but it wasn't the same. It tasted just fine but it was just reminding us of all the people missing from our Seder table. It was costing us a small fortune and only three of us actually liked it. After two or three more years of our best efforts, we decided not to do it anymore. Our Seder meals now would begin with my clarified chicken soup with matzo balls and my chopped liver scooped onto a fresh green salad.

Rabbi's family is large and inclusive, very different from mine. I am now the eldest of my family with only one brother. There are no aunts

CSA Fruit & Veggie Boxes

\$30 per box, delivered on Sundays to Ohr Shalom
Text Kim at (619) 917-7540 to Order Yours Today!
Upcoming Dates: April 6, May 4, 18



or uncles and only one first cousin with whom we have no contact. My niece and nephews show no interest in our old family traditions.

Our mother was a fabulous, inventive cook always trying new recipes or creating her own. She was the master of easy, extremely tasty recipes that would feed a crowd. She was not a baker. Why would she be when there was Ebingers? She entertained frequently up until two weeks before she died. I got her recipe box to add to the collection of recipe cards she had sent to me over the years. But listening to Susie made me realize there was no one to pass them on to. Sadly, they would die with me.

At the Shivah minyan and in March's Davar, the Rabbi kept stressing the fact that Ohr Shalom is a community just as much as is his extended family. I feel the need to make Ohr Shalom my extended family—not just my Jewish community. I would like to share with you one of my mother's "keep it simple-stupid" recipes for meatballs and cabbage. It tastes just like stuffed cabbage, has only five ingredients and is easy and quick to assemble. It can be made for four servings (half the recipe) or large quantities (multiply amounts as needed). Pass the recipe on to others. Let it be part of my mother's legacy.

Recipe on page 11.

CROSSWORD PUZZLE (ANSWERS ON PAGE 11)



Rainforest

Across

1. Old-fashioned writing tool
4. Home to many animals
6. Guides ships at night
8. Hops around in Australia
11. Bird with colorful feathers
13. Land surrounded by water
14. Lives on the ocean floor
15. Smaller than a mountain
18. Highest natural point on earth
19. Majestic bird of prey
20. Flows to the sea

Down

2. Used for rain or shine
3. Floats in the ocean
5. Sandy shore by the sea
7. Green carpet in a garden
9. Bird known for its song
10. Large body of salt water
12. White and yellow flower
16. Fluffy shapes in the sky
17. Striped big cat

Ohr Shalom Recipes

LAURA FRIEDMAN'S MEATBALLS AND CABBAGE

Ingredients:

- 2 pounds ground beef
- 28 oz. Ketchup
- 2 liter bottle of good ginger ale (not diet), less 6 ounces
- 8-10 cloves garlic sliced
- 2-3 head cabbage sliced

Serves 8-10

In a large pot stir together ketchup and ginger ale. Bring to a simmer as you make the meatballs about walnut size or larger if you prefer. Drop them into the simmering liquid along with the garlic. Wash and slice the cabbage into strips. Add the cabbage to the pot in batches until it all fits in. Season with salt and pepper to taste. Cover and simmer 90 minutes. Cook uncovered 30 minutes longer.

Serve with a good crusty bread or over noodles. I make half the recipe and it makes us two dinners. I buy a one-liter bottle of ginger ale and Nathan drinks 3 ounces before the rest goes in the pot.

Please feel free to share your stories and recipes with our Ohr Shalom family in future Davars.

Join Marvin for a tour of *American Minimal* at the San Diego Museum of Art
Tuesday, April 29 at 3:30 p.m.

Contact Marvin to join the tour: **american minimal**
mayudkovitz@gmail.com
 (240) 506-3042



SOCIAL ACTION & SUSTAINABILITY

Stuart Weinshanker
 Social Action Chair

Preparing Playa Pacifica Park

As mentioned last month, Ohr Shalom groups are welcome and encouraged to serve at an upcoming JFS Safe Parking Birthday Party Dinner. So far, two have generously volunteered: the Men's Discussion Group for April 6 and Sisterhood for September 7. There are also opportunities to assemble hygiene kits, assemble new-sew blankets, etc. to distribute at dinner. Please email to learn more and to participate in this important program.

Yasher Koach, Todah Rabah to Melanie Rubin for leading the Ohr Shalom effort to adopt Playa Pacifica Park (more information below). This will require teams of 10-25 volunteers to clean the Park a minimum of 3 times per year.

Are you passionate about a specific community service project? Would you like to share it with the Congregation? Please reach out: socialaction@ohrshalom.org.

GRAND OPENING
kindness G'MACH Distribution Center

Sunday, April 6 from 1 to 3 p.m.
9372 Cabot Drive, San Diego, CA 92126

Love going to the beach but hate to see all the litter?

Join the Ohr Shalom Social Action & Sustainability Committee's Beach Clean Up event with I Love a Clean San Diego on Sunday, May 4 from 2 to 4 p.m. at our favorite spot for Shabbat and Tashlich—Playa Pacifica at Mission Bay. Ohr Shalom is proud to participate in ILACSD's Adopt-A-Beach, which requires us to hold at least 3 clean-ups a year, so there will be other opportunities if you can't make it on this date.

Plastic gloves and trash bags will be provided (or bring your own garden/dishwashing or other gloves and compostable bags to reduce our plastic waste). In addition to wearing a hat and sun protection, we suggest bringing a grabber/picker or old tongs. All ages welcome; a waiver will need to be signed at the event.

[RSVP here by April 23 \(https://forms.gle/EXfC9PNct9oNHQAx7\)](https://forms.gle/EXfC9PNct9oNHQAx7) so we know how many people to expect.

CROSSWORD ANSWERS

April Community Events

by Jane Zeer



JFest - The Whole Megillah The Jewish New Play Festival featuring "Chagall" by Yale Strom

Sunday, April 6 at 7:30 p.m.

The Old Globe



Don't miss Chagall, music and lyrics by Yale Strom, book by **Yale Strom** and Todd Salovey on Sunday, April 6! An evocative journey with Marc and Bella Chagall set to original music. The musical, featuring 15 klezmer-inspired songs, is a celebration of their love, creativity and blossoming artistic voices as they are forced to flee their homeland and settle in the United States. The cast includes Yale Strom and **Elizabeth Schwartz**. Tickets at www.theoldglobe.org.

County to modernize and expand Holocaust education. Melissa Mott, Executive Vice President of Education Strategy & Programs at the Simon Wiesenthal Center, is this year's keynote speaker. She will discuss the urgent need to preserve Holocaust memory in an era of rising antisemitism and historical distortion. The event is free, but advance registration is required at www.jewishinsandiego.org/yom-hashoah-community-holocaust-commemoration/

UCSD Holocaust Living History Workshop

Lou Dunst Memorial Lecture

Politics, Violence, Memory: The New Social Science of the Holocaust featuring **Jeffrey Kopstein**, professor and director of the Center for Jewish Studies, UC Irvine

Thursday, April 3, 5 to 6:30 p.m.

Virtual

Nearly 80 years after the Holocaust, the Nazi extermination effort against the world's Jews continues to serve as a moral lens through which we judge political action. In this lecture, Jeffrey Kopstein will discuss how social scientists have deepened our understanding of what is arguably the "index case" of violence in the modern world. Registration is required. www.library.ucsd.edu/news-events/hlh-series-24-25-continues/ (Event free.)

The Lawrence Family JCC

Various locations. Tickets or RSVP for events below at: www.lfjcc.org/about/upcoming_events.aspx

North County Lecture Series

Ancient Jewish Sources / New Meanings

with **Rabbi Stacia Deutsch**, award-winning author

Monday, April 7, 10:30 a.m.

The HIVE at Leitchtag Foundation, Eastside Hive
441 Saxony Road, Encinitas

Rabbi Deutsch began her writing career with the "Blast to the Past" children's book series. She weaves ancient rabbinic sources into her

stories. This presentation explores how these timeless teachings can inspire and shape contemporary themes in writing. (Event free.)

Mandelbaum Family Lecture Series

Robin C. Douglas

The Evolution of Fashion in Jewish History

Wednesday, April 23, 10:30 a.m.

Winn Room, Coronado Public Library,
640 Orange Avenue

Ever-changing traditions, cultures and locations—but always faithful to modesty—dictated Jewish fashions throughout history. Robin Douglas will explore the look, the meaning, the hows and whys of fascinating Jewish Fashion, from ancient times to today's high fashion and contemporary fashion designers. (Event free.)

Yom HaShoah

Community Holocaust Commemoration

Eighty Years Later: Bearing Witness, Building Legacy

Sunday, April 27, 1 p.m.

Lawrence Family JCC

We approach a time when there will no longer be Survivors to share their firsthand accounts. This year, San Diego Jewish community will come together for Yom HaShoah to remember the six million Jews murdered in the Holocaust and honor those who survived through a moving candle-lighting ceremony, prayers, songs, and reflections from local Survivors and their descendants. In addition, we will hear about the growing efforts across San Diego

Yom HaZikaron Day of Remembrance

Tuesday, April 29, 7 p.m.

On the field at the LfJCC

Yom HaZikaron, Israel's Day of Remembrance, is a time to honor and pay tribute to fallen soldiers and victims of terrorism. It is a time to remember those taken too soon, stand with grieving families and acknowledge the deep trauma that continues to shape daily life across the Jewish state. Communities remain displaced, loved ones remain in captivity and the nation continues to mourn. In the face of loss, the people of Israel rebuild. In the shadow of fear, they stand together. Join with them in tribute, solidarity and remembrance. Coordinated in part by Yiftach Levy. The event is free, but advance registration is required at www.jewishinsandiego.org/yom-hazikaron

Celebrate Israel: Yom HaAtzmaut Music Festival

Wednesday, April 30, 6 p.m.

On the field at the LfJCC

Don't miss San Diego's largest celebration of Israel's 77th Independence Day featuring top Israeli musicians and special guest performances by local artists. The Festival will be a full Israeli experience, including delicious food, interactive cultural activities and hands-on experiences for all ages. The event is free, but advance registration is required at www.jewishinsandiego.org/celebrate-israel-yom-haatzmaut-music-festival/



CHESED

Aviva Rosenberg
Chesed Committee Chair

A Time for Kindness

As we prepare to celebrate Passover, we reflect not only on the Exodus from Egypt but also on the core Jewish value of *chesed*, or loving-kindness. This holiday teaches us about liberation and compassion—values that are deeply connected.

Chesed is more than just simple kindness; it's about selflessly helping others, often without expecting anything in return. During Passover, we are reminded that just as God showed *chesed* in freeing the Israelites from slavery, we too are called to practice kindness toward those around us. Whether it's by giving to charity, welcoming guests to our Seder table, or helping those in need, we can embody *chesed* in meaningful ways.

The Passover Seder itself encourages us to share our stories and reflect on the experiences of others. By practicing *chesed*—through acts of generosity, hospitality, or support—we make the spirit of the holiday come alive, not just in our rituals but in our relationships with others.

This Passover, let's remember the lessons of kindness and compassion, using the holiday as a reminder to help those who may be struggling and to create a sense of community. Through *chesed*, we not only honor our past but help build a brighter future for all.

Chag Sameach!



RABBINIC INTERN

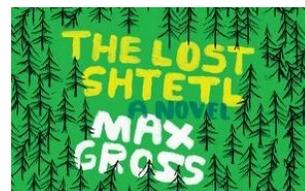
Brianah Caplan
Rabbinic Intern

Heading to The Lost Shtetl

Readings with the Other Rabbi is back! If you love great books and meaningful conversations, join us on Tuesday, April 15 at 7:30 p.m. on Zoom for our discussion.

This time, we'll be reading *The Lost Shtetl* by Max Gross, a novel that asks a fascinating question: What if an entire Jewish village had been forgotten by the world?

Kreskol, a tiny Polish shtetl, has lived in isolation for generations—unaware of the Holocaust, the rise and fall of the Soviet Union, or even modern technology. That all changes when an unexpected event forces its



existence into the open, setting off a humorous, poignant, and thought-provoking journey about Jewish identity, tradition, and the clash between past and present.

Here is the link to purchase the book on Amazon:
www.amazon.com/Lost-Shtetl-Novel-Max-Gross/dp/0062991124

Come join the conversation!

Get Ready!

2025 OHR SHALOM RETREAT

April 25-27 | Adults: \$250, Children & Teens, K-12th Grade: \$100
Children 0-4: Free, Private Family Room: +\$225



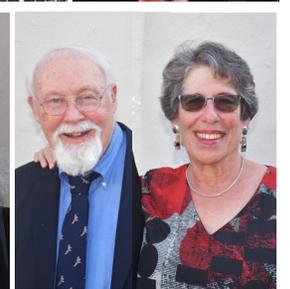
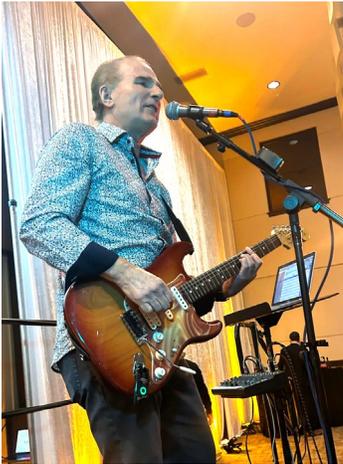
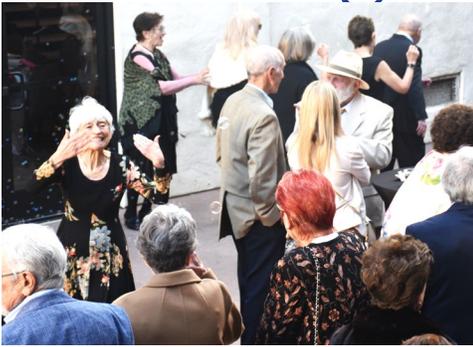
Sign Up by April 15!



20th Annual Lights of Ohr Shalom —



Celebrating 25+ Years in Bankers Hill



Toda Raba and Yasher Koach!

Our 20th Lights of Ohr Shalom Gala on Sunday, March 23rd was a great success. We celebrated 25+ years as a sacred and loving community by recognizing our 25+ year members with a commemorative pin and champagne toast. The food was delicious and the desserts were decadent. None of this could have happened without our dedicated committee members, fabulous caterer, auctioneer, and VERY GENEROUS donors.

Lights of Ohr Shalom Committee:

Ray Sachs, Chair
Maria Gomez Laurens, Joy Heitzmann, Lynn Mendelsohn, Marvin Yudkovitz, and Sarita Zands

Live Auction Item Donors:

Wolf & Brenda Bielas, Mina Cohen, Maria Gomez Laurens, Rabbi Scott & Jennifer Meltzer, Toshiba, and Lara Worm ~ owner, Bivouac Adventure Lodge

Decorating Committee and Office Volunteers:

Jeanne Argoff, Judy Gaines, Maria Gomez Laurens, Irma Martinez, Lynn Mendelsohn, Debbie Suissa, and Sarita Zands

Caterer:

Flavors by Esther ~ Esther and Salvador Modiano

Volunteer Bakers:

Laura Bashar and Maria Gomez Laurens

Volunteer Photographers:

Dean Laurens and Jim Lewis

Pipe and Drape donated by:

Julius and Excellent Entertainment International

Champagne Flutes donated by:

Samy and Sarita Zands

25+ Year Member Commemorative Pins donated by:

Beto and Debora Levy

Dancers Coordinated by Jessica Lemoine:

Jodi Stolove and Chloe Manavi

Live Music:

Steve Wolff ~ Wolff 1 Man Rock Band

Waitstaff:

Imagine Marketing and Consulting

Tribute Slideshow and Favorite Memories:

Eliezer Sherman and Joy Heitzmann

Ohr Shalom Staff:

Rabbi Scott Meltzer, Gillian Argoff-Treseder, Rene Beiza, Rabbi Brianah Caplan, Maggy Dujowich, and Eliezer Sherman

ASC Security Guards:

Eric Carranza and Karl Mandley

Lights of Ohr Shalom Donors:

Special thanks to

Ray & Marcia Sachs for matching the pledges made during the Paddle Raiser. Their generosity doubled the results of our efforts this year!

Joel Abramson and Carole Roth

LeAnne Adams

Marilyn Adler Lindberg

Jeanne Argoff

Alain and Barrett Avigdor

Ilan Awerbuch

Jason and Naima Bercovitch

Sherry Berlin

Wolf and Brenda Bielas

Janice and Stephen Boner

Gary and Sue Brown

Doreen Casuto

Eti and Jaysun Chall

Joy Heitzmann and Jack Cohen

Mina Cohen

Springson Cooper & Daniel Weiner

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Elizabeth Green & Morris Lazard

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Norman and Roberta Greene

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Jim Lewis

Allison Madwatkins & Walker Holland

Luis and Sally Maizel

Eli and Susie Meltzer

Rabbi Scott and Jennifer Meltzer

Ivan and Lynn Mendelsohn

Phil Miller and Julia Gleichman

Rachel Millstone

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Anita Nemoy

Justina Nemoy

Bob Pozen

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Shoshanah and Geoffrey Sternlieb

Debbie Suissa

Beth Vann

Samara Vaughan

Jonah Weinberg and Paul Jou

Evette and Nathan Weiss

Stephanie Wells

Davin Widgerow

Lou Rosen and Myla Wingard

Eileen Wingard

Steve and Susie Wolff

Margalit Wollner

Allison Wolpoff

Marvin Yudkovitz and Judy Gaines

Enrique and Eva Zagursky

Samy and Sarita Zands

Jane Zeer

Dan and Rebeca Zipp

We deeply apologize for any omissions



NOTES FROM AN ECO YENTA

Allyson Darroch
Davar Editor

Mr. Slivovitz is not an activist



Mr. Slivovitz is not an activist. He has never burned a government document in his possession or chained himself to anything to save the rainforest. He only recently found out where the rainforest was and why it's a Good Thing. The most radical thing he ever did was to leave one of those handouts about what happens to the animals whose skins are so prized for fashion on the kitchen table when his wife Sophie expressed an interest in having a mink coat. His cousin, Seymour, joined the Peace Corps, years ago (he's nice too), but even in his most Walter Mittyish dreams, Mr. S will never be a Rainbow Warrior on a Greenpeace ship sailing between a factory ship and a pod of Orca. The problem is he can't shake the feeling that his contribution to the environment by attempting to put trash and recycling in the correct bin isn't enough. He isn't a rich man; he can't

donate vast sums to worthy causes. He does give to a few causes and now is inundated with heartbreaking pleas for support from a multitude of groups. How does he choose? He found several useful websites that offered guidance such as <https://good2give.ngo/giving/donors/choosing-charities-to-donate-to/>.

It's a first small step, but then to quote Rabbi Tarfon, "It is not up to you to finish the task, but you are not free to avoid it." No, he isn't an activist, but now Sophie goes out with her Mah Jong group and surreptitiously stuffs anti-fur leaflets in the pockets of furs for sale in the local department stores resulting in some unfortunate interactions with salespeople. Some of his neighbors, in a friendly, competitive way, have started to sort their trash too. The lesson Mr. Slivovitz has learned is that your actions will have effects even if you don't see them. Keep on course, Mr. S., but choose wisely.

Sign Up to Serve at the JFS Safe Parking Birthday Dinner

Email: socialaction@ohrshalom.org

Join Ohr Shalom Social Action on May 7 to provide meals for unhoused San Diegans.

Ohr Shalom Men's Discussion Group

Our next meeting is on **Thursday, April 10 at 7:15 p.m. at Pure Project Taproom and Biergarten (2865 4th Ave., San Diego, CA 92103)**

These meetings are an opportunity for interested congregants to discuss meaningful issues in a caring, respectful, and open environment.

The April topic will be: *My Passover stories and rituals*

For more information, contact:

Bob McNeese: robertmcneese50@gmail.com
Bob (Yitzi) Houston: bayfruitandherb@gmail.com

Celebrate ISRAEL:
Yom HaAtzmaut Music Festival

April 30 6PM
Doors open 5PM

Registration Required
jewishinsandiego.regfox.com/yom-haatzmaut-2025

Lawrence Family JCC | JACOBS FAMILY CAMPUS

Jewish Federation of San Diego
Lawrence Family Jewish Community Center JACOBS FAMILY CAMPUS
IAC ISRAELI AMERICAN COUNCIL

This program is proudly supported by the Israel Engagement Fund: A JCC Association of North America Program Accelerator and the Ministry of Diaspora Affairs.

Ohr Shalom Synagogue Speaker Series

Moderated by Rabbi Scott Meltzer

Panel: Sunday, April 6
10 a.m. to 12 p.m.

Light refreshments will be served



I. Ethnic Studies: When Does "Liberated" Mean Oppressive?



II. What is Happening on our College and University Campuses?

Antisemitism Throughout Our Community

Register **HERE**



Sara E. Brown, PhD
Regional Director
AJC San Diego



Karen Parry
Executive Director
Hillel of San Diego



Thank You for Your Generous Donations in March

Ohr Shalom Synagogue Fund

Parviz and Nasrin Yeroushalmi
Olga and Ilya Dumer

In memory of Nissim Capelluto, Adi Salzmann, Jonas Salzmann, Anna Salzmann

Eriberto and Stella Salzmann

In memory of his beloved wife, Jayne Deibert

Jerry Deibert

In memory of Doris Glickman

Sheldon and Harriett Wolpoff

In memory of David Goldstein

Don and Toni Goldstein

In memory of Dotty Madwatkins

Al and Carol Madwatkins

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Jacob and Gayl Szmuiłowicz

Jennifer Tuteur

MAZAL TOV TO:

Charles J. Gumbayan on becoming Bar Mitzvah.

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

LeAnne Adams	Eli Meltzer
Jeanne Argoff	Susie Meltzer
Ilan Awerbuch	Ivan Mendelsohn
Sue Brown	Lynn Mendelsohn
Eti Chall	Phil Miller
Louise Chandler	Rachel Millstone
Elisheva Edelson	Rocky Reid
Lou Green	Ruben Rosental
CJ Gumbayan	Al Shelden
Joe Hartman	Brian Stannard
Koba	Jonah Weinberg
Morris Lazard	Davin Widgerow
Jessica Lemoine	Margalit Wollner
Natan Lemoine	Marvin Yudkovitz
Jennifer Meltzer	Jane Zeer

In memory of Bonnie and Mel Tabak

Barbara Haislip

Shabbat Kiddush Sponsors

Jeanne Argoff

Alice Cupples

Ruth Fastag

Gregorio and Melissa Galicot

Nadia and Jeff Gumbayan

Amy and Bill Morris

NISAN-IYAR YAHRZEITS AT OHR SHALOM

Joan Leslie Gross	Dale Gross' Mother.....	3 Nisan/01-Apr
Mane Katz de Schwarzblat	Dan Schwarzblat's Grandmother.....	3 Nisan/01-Apr
*Laura Casuto	Loren Casuto's Grandmother, Remembered by Doreen Casuto	4 Nisan/02-Apr
*Yuriy Glozman	Golda Slutskaya's Father	4 Nisan/02-Apr
Marcus Broudy	Alice Broudy Cupples' Great Uncle.....	5 Nisan/03-Apr
*Herbert Kay	Koba's Father.....	6 Nisan/04-Apr
Hayim Levine	Ana Galicot's Father	6 Nisan/04-Apr
*Ruth Okin	Michael Okin's Mother.....	6 Nisan/04-Apr
Tony Pascal	Jeanne Argoff's Uncle.....	6 Nisan/04-Apr
Yosef Govezensky	Bertha Szmuiłowicz's Father	7 Nisan/05-Apr
Moises Strimling	Yahel Yanofsky's Father	7 Nisan/05-Apr
Annette Greene	Richard Greene's Mother.....	8 Nisan/06-Apr
Ana Rosental	Ruben Rosental's Mother.....	8 Nisan/06-Apr
Theodore Schiffman	Judie Dresser's Father and Samantha Hardy's Grandfather.....	8 Nisan/06-Apr
Harold Haber	Ellen Haber's Father	9 Nisan/07-Apr
Shoshana Bielas Kababie	Efrain Bielas's Sister	9 Nisan/07-Apr

* Denotes a memorial plaque was purchased in memory of a loved one. Contact office@ohrshalom.org to order a memorial plaque.

NISAN-IYAR YAHRZEITS AT OHR SHALOM



*Joseph Schor	Renee Schor's Grandfather	9 Nisan/07-Apr
Sara Slutskaaya	Golda Slutskaaya's Grandmother	9 Nisan/07-Apr
Min R. Tarlov	Norman Greene's Aunt	9 Nisan/07-Apr
Raquel Grinberg	Ruben Rosental's Grandmother	10 Nisan/08-Apr
Norma Weinshanker	Stuart Weinshanker's Mother	10 Nisan/08-Apr
*Caroline Ornstein	Remembered by Sisterhood	11 Nisan/09-Apr
Rivkah Yehudit Sheehan	Remembered by Anita Nemoj and Justina Nemoj	11 Nisan/09-Apr
Gertrude Weinstein	Sheldon Wolpoff's Mother	11 Nisan/09-Apr
Henry Green	Barbara Haislip's Father	12 Nisan/10-Apr
*Rosa Antokolsky de Maya	Emma Bielaz's Mother and Wolf Bielas and Mina Cohen's Grandmother	13 Nisan/11-Apr
Mildred Green	Barbara Haislip's Mother	13 Nisan/11-Apr
*Ruth Ressler	Remembered by Vivien Ressler	13 Nisan/11-Apr
Graciela Kantorovich	Sara Zands' Sister-in-Law	14 Nisan/12-Apr
Jack Linsk	Amy Morris' Father	14 Nisan/12-Apr
Ruth Levitan	Marilyn Levitan's Gramdmother	15 Nisan/13-Apr
Isaac Veinbergs	Miguel Veinbergs' Father	15 Nisan/13-Apr
Matilda Green	Elizabeth Green's Grandmother	17 Nisan/15-Apr
Rose Slovis	Lisa Slovis Mandel's Grandmother	18 Nisan/16-Apr
Elsie Hirsch	Evelyn Schwimmer's Mother	19 Nisan/17-Apr
*Irving Krantz	Remembered by Richard Scholten	19 Nisan/17-Apr
Manuel Rechtman	Sara Fainstein's Uncle	19 Nisan/17-Apr
Samuel Cohen	Santiago Cohen's Father	20 Nisan/18-Apr
*Robert J. Kolkey	Debbie Reid's Father	20 Nisan/18-Apr
*Samuel Szmuilowicz	Bertha Szmuilowicz's Husband and Isaac Szmuilowicz and Eva Zagursky's Father	21 Nisan/19-Apr
*Samuel Wasserman	Jacquelin Ander's Father	21 Nisan/19-Apr
Abraham Berman	Remembered by Roz Berman	22 Nisan/20-Apr
Leizer Edelson	Elisheva Edelson's Father	22 Nisan/20-Apr
Jean-Claude Lemoine	Richard Lemoine's Father	22 Nisan/20-Apr
*Gert Thaler	Remembered by Ohr Shalom	22 Nisan/20-Apr
*Arthur Witz	Evelyn Sevel's Father	22 Nisan/20-Apr
Marcos Handelman-Wolman	Sara Fainstein's Brother	23 Nisan/21-Apr
Sharlene Chester	Evelyn Sevel's Sister	24 Nisan/22-Apr
Betty Feldmar	Toni Goldstein's Mother and Jennifer Meltzer's Grandmother	24 Nisan/22-Apr
David Sevel	Remembered by Evie Sevel	24 Nisan/22-Apr
Bellida Suissa	Deborah Suissa's Mother	24 Nisan/22-Apr
Jack Weinshanker	Stuart Weinshanker's Father	24 Nisan/22-Apr
Maurice Grossman	Sherry Berlin's Father	25 Nisan/23-Apr
*John Kluchin	Elaine Gottesman's Father	26 Nisan/24-Apr
Marcos Rosenthal	Simon Rosenthal's Father	26 Nisan/24-Apr
*Rosie Artenstein	Sara Artenstein's Daughter	27 Nisan/25-Apr
Berta Fainstein	Jaime Fainstein's Mother	27 Nisan/25-Apr
Moritz Grun	Elizabeth Green's Great Uncle	27 Nisan/25-Apr
Agnes Erzsebet Szekely	Elizabeth Green's Cousin	27 Nisan/25-Apr
Julianna Szekely	Elizabeth Green's Great Aunt	27 Nisan/25-Apr
Eva Weisz	Elizabeth Green's Cousin	27 Nisan/25-Apr
Iona Weisz	Elizabeth Green's Great Aunt	27 Nisan/25-Apr
Jakab Weisz	Elizabeth Green's Great Uncle	27 Nisan/25-Apr
Shelley Berman	Roz Berman's Husband	28 Nisan/26-Apr
Anne Jaffe	Janice Zipp Cannizzaro and Elaine Smith's Aunt	28 Nisan/26-Apr
Jaime Najmias	Sara Artenstein's Brother	28 Nisan/26-Apr
*Judith Silberg	Renee Schor's Mother	28 Nisan/26-Apr
Zev Deicas	Mauricio Deicas' Father	29 Nisan/27-Apr
Samuel Green	Remembered by Marda Rose	29 Nisan/27-Apr
*Kathryn Schor	Renee Schor's Grandmother	29 Nisan/27-Apr
Joseph Marcus Siprut	Mark Siprut's Father	29 Nisan/27-Apr
Richard H. Cupples	Alice Broudy Cupples' Father-in-Law	30 Nisan/28-Apr
*Alex Veinbergs	Sylvia Galicot's Father and Jacobo Veinbergs' Father	30 Nisan/28-Apr
Leon Greene	Richard Greene's Father	1 Iyar/29-Apr
*Ethel Edyce Wasserman	Jacquelin Ander's Mother	1 Iyar/29-Apr
Eva Fordham	Jeanne Argoff's Grandmother	2 Iyar/30-Apr
Dorothy Siegan	Susie Meltzer's Aunt	2 Iyar/30-Apr

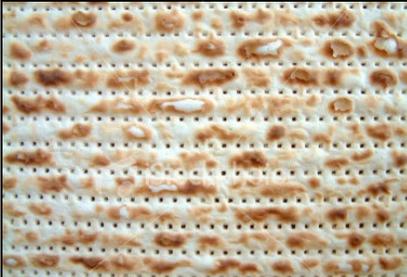
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CALENDAR OF EVENTS APRIL-MAY 2025 / NISAN-IYAR 5785

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 3 Nisan 6:15 p.m. - Minyan 7:00 p.m. - Meditation w/ Alex van Frank	2 4 Nisan 9:30 a.m. - Daf Yomi 6:15 p.m. - Minyan	3 5 Nisan 4:30 p.m. - Religious School 6:15 p.m. - Minyan 7:00 p.m. - Satan in Judaism	4 6 Nisan 12:00 p.m. - Slow Read 2:00 p.m. - Office Closes 6:15 p.m. - Kabbalat Shabbat Service with Choir 🕯️ 6:53 p.m.	5 7 Nisan Parshat Vayikra 9:30 a.m. - Shabbat Service 12:30 p.m. - Lunch & Learn 🕯️ 7:54 p.m.
6 8 Nisan 9:30 a.m. - Religious School 6:15 p.m. - Minyan 10:00 a.m. - Antisemitism Throughout Our Community: AJC, Hillel Speakers	7 9 Nisan 6:15 p.m. - Minyan 6:45 p.m. - Choir Practice	8 10 Nisan 6:15 p.m. - Minyan 7:00 p.m. - Meditation w/ Alex van Frank	9 11 Nisan 9:30 a.m. - Daf Yomi 11:00 a.m. - Psalms 6:15 p.m. - Minyan	10 12 Nisan FAST OF THE FIRST BORN No Religious School 6:15 p.m. - Minyan	11 13 Nisan 12:00 p.m. - Slow Read 2:00 p.m. - Office Closes 6:15 p.m. - Kabbalat Shabbat Service 🕯️ 6:58 p.m.	12 14 Nisan EREV PESACH Parshat Tzav Shabbat HaGadol 9:30 a.m. - Shabbat Service First Seder 🕯️ 7:59 p.m.
13 15 Nisan PESACH I 9:30 a.m. - Pesach Morning Service 5:30 p.m. - Community Seder	14 16 Nisan PESACH II Omer Day 1 Office Closed 9:30 a.m. Pesach Morning Service 🕯️ 8:00 p.m.	15 17 Nisan PESACH III Omer Day 2 6:15 p.m. - Minyan 7:00 p.m. - Meditation w/ Alex van Frank 7:30 p.m. - Readings with the Other Rabbi	16 18 Nisan PESACH IV Omer Day 3 9:30 a.m. - Daf Yomi 6:15 p.m. - Minyan	17 19 Nisan PESACH V Omer Day 4 No Religious School 6:15 p.m. - Minyan	18 20 Nisan PESACH VI Omer Day 5 2:00 p.m. - Office Closes 6:15 p.m. - Shabbat Pesach Service 🕯️ 7:03 p.m.	19 21 Nisan PESACH VII Omer Day 6 9:30 a.m. - Shabbat Pesach Service 🕯️ 8:04 p.m.
20 22 Nisan PESACH VIII Omer Day 7 9:30 a.m. - Pesach Morning Service with Yizkor 🕯️ 8:04 p.m.	21 23 Nisan Omer Day 8 6:15 p.m. - Minyan 6:45 p.m. - Choir Practice	22 24 Nisan Omer Day 9 6:15 p.m. - Minyan 7:00 p.m. - Meditation w/ Alex van Frank	23 25 Nisan Omer Day 10 9:30 a.m. - Daf Yomi 11:00 a.m. - Psalms 6:15 p.m. - Minyan	24 26 Nisan YOM HA SHOAH Omer Day 11 No Religious School 6:15 p.m. - Minyan 7:15 p.m. - Men's Discussion Group	25 27 Nisan Omer Day 12 2:00 p.m. - Office Closes 6:30 p.m. - Kabbalat Shabbat Service Weekend Retreat 🕯️ 7:08 p.m.	26 28 Nisan Parshat Shemini Mevarchim Chodesh Omer Day 13 9:30 a.m. - Shabbat Service Weekend Retreat 🕯️ 8:09 p.m.
27 29 Nisan Omer Day 14 No Religious School 6:15 p.m. - Minyan Weekend Retreat	28 30 Nisan ROSH CHODESH IYAR Omer Day 15 6:15 p.m. - Minyan 6:45 p.m. - Choir Practice	29 1 Iyar ROSH CHODESH IYAR Omer Day 16 6:15 p.m. - Minyan 7:00 p.m. - Meditation w/ Alex van Frank	30 2 Iyar YOM HAZIKARON Omer Day 17 9:30 a.m. - Daf Yomi 11:00 a.m. - Psalms 6:15 p.m. - Minyan	1 3 Iyar YOM HAATZMA'UT Omer Day 18 4:30 p.m. - Religious School 6:15 p.m. - Minyan	2 4 Iyar Omer Day 19 2:00 p.m. - Office Closes 6:15 p.m. - Kabbalat Shabbat Service "Ask the Rabbi" 🕯️ 7:13 p.m.	3 5 Iyar Parshat Tazria-Metzora Omer Day 20 9:30 a.m. - Shabbat Service 🕯️ 8:14 p.m.