



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

JULY 2025 • MONTHLY NEWSLETTER • TAMUZ/AV 5785



Pride Shabbat

Friday, July 18th | 6:15pm
Come as you are. Celebrate in community. End your week with song, meaning, and love. **At Congregation Beth Israel.**

The J Pride Festival

Saturday, July 19th | 2:00pm
An afternoon of pure joy for all ages. Enjoy live music, colorful crafts, games, art stations and community tie dye. Bring your kids. Bring your friends. Bring your full, fabulous self. **At JCC.**

The Big Gay Brunch

Sunday, July 20th | 10:00am
A lively and loving close to the weekend. Think bagels, breakfast, bright conversation, and community. **At Temple Emanu-El.**

REGISTRATION REQUIRED FOR ALL EVENTS
<https://www.lfjcc.org/PRIDE>

Ohr Shalom is a Community Partner

Remembering Old Friends and Bats in Austin



Rabbi Scott Meltzer

I am writing this from a coffee shop in Austin, Texas. What a wonderful trip this has been. We are in Austin for the Bat Mitzvah of Zoe, granddaughter

of Samy and Sarita Zands. Samy and Sarita are forever members of Ohr Shalom, and Beth Tefillah before that. Zoe's dad, their son Jan, and I have been friends since 1979 - after spending the day wine tasting, my math isn't good enough to figure out exactly how long that is, but I am confident it is more than 45 years.

As I sit here, sipping my drink, sitting next to Jennifer, my mind is a blur with many thoughts ... as I tried to stay focused on my watch so we head to the airport in time to make our flight.

First, I am extremely thankful for a world in which it is possible to be present for the simchah of people who are very dear to us. I am often reminded of how great the effort that people are willing to make to be present at the sad days of people we care about - a very important value that I highly encourage. But it is also extremely important to be present for the celebrations, too. Jan

and I go back nearly forever - he was at my Bar Mitzvah and I was at his (which was at Beth Tefillah, I might add). It is a great honor to be there when his daughter was called to the Torah: a whole lot of history, a whole lot of joy and a whole lot of love.

Second, it was a blessing to be present with Sarita and Samy for the Bat Mitzvah of their granddaughter. We have shared so much: first since they are the parents of one of my dearest childhood friends; and, for the past twenty-two years, as beloved congregants. I spent the weekend teasing Sarita that she used to introduce me as "my son," and now she introduced me as "my rabbi." I kinda think that may be a demotion of sorts! But what an incredible time we had celebrating as part of the family.

Jennifer and I also managed to spend wonderful time together exploring Austin, and doing the things that we really like to do: minor league baseball, wine-tasting and getting to know a new city.

Finally, we managed to visit San Antonio and the Alamo. I visited forty years ago when I was a child, and Jennifer had never been. I love the Alamo. It

continued on page 9



Membership renewals will arrive in your mailbox soon. Please return promptly. Todah Rabah.

4th of July Hot Dogs!

at Ohr Shalom after Kabbalat Shabbat Service

Friday, July 4, 7:30pm

Please register so we know how much to buy.



Shabbat at the Bay:

July 11 & August 15 at 6:45 pm

At Playa Pacifica, Mission Bay





WORDS FROM THE PRESIDENT

Marvin Yudkovitz
President

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A Summary of Our 2025 Annual Synagogue Meeting

Did you attend our Annual Meeting of Ohr Shalom Synagogue on June 22nd? I hope you did, but if you missed it, here's a recap of what we discussed. Note, I have also added a few additional details, so all should read this!

After I opened the meeting we heard inspiring words from Rabbi Meltzer related to Israeli hostages and the Torah portion of Korach and the issue of leadership.

Executive Board members who were not able to be in attendance were introduced: Ruben Rosental, Lynn Mendelsohn, Al Shelden, and Shoshanah Feher Sternlieb. Members were encouraged to look closely at the entire exterior of the building as well as Sanctuary walls for all of the wonderful repairs and painting recently completed. Some additional work on plumbing and interior walls is still needed.

Our Treasurer, Joy Heitzmann gave a report of our FY25 budget as of May 31 (FY ends June 30).

Our financial status is secure. We anticipate more income than expenses for the year, thanks in large part to the generosity of our congregation fundraising at the Lights event. The Board recently approved the FY26 budget. A closely related issue is that effective June 1st, we have entered a new six year lease with the Museum Charter School (about 40% of our

annual income). Joy mentioned the importance of continuing to increase the amount of dues we receive from the members, so that we are not so reliant on fundraising.

Next, Ray Sachs, VP Finance reported on the very successful Lights of Ohr Shalom event this year, and plans are underway for next year's event. He also discussed the Building's 100 year re-dedication ceremony to occur on May 3, 2026, being coordinated by Lynn, who is looking for committee members for this large undertaking.

In Lynn's absence, the 5786 calendar's feature of desserts was discussed, with congregants encouraged to send in recipes as soon as possible.

Next, our Executive Director Gillian Argoff-Treseder, named and thanked the Synagogue staff of Rene Beiza, Eric Carranza, Elie Sherman and volunteers Debbie Suissa, Ezra Shachar, Melanie Rubin, Jeanne Argoff, and Jim Lewis. She then introduced Maggy Dujowich, our Religious School Principal who discussed the very successful past year involving students, madrichim and shinshin; and Michelle Gurr-Barbour our Youth Director who discussed our Youth programming and awards of the past year. Allyson Darroch was thanked for her role as Davar Editor.

Marvin provided brief reports for

Board Members who could not be present. This included the wonderful April retreat at Camp Marston, Social Action and Sustainability program (Stuart Weinshanker, Chair) of feeding families at the JFS Safe Parking with increasing involvement of various Ohr Shalom groups and simplifying the disposal of waste at our Shabbat meals, the two part Antisemitism program with presentations by Hillel Director at one, and SD Police Department and ADL Regional Director at another, thanks to a grant from the USCJ. Our Adult Education Chair, Evette Weiss was not able to attend, but wanted everyone to be aware of another special program by Dr. Richard Lederer, this time he joins musical comedian Bill Shipper to team up to deliver a delightful double dose of wordplay in music and song. Join the Ohr Shalom community for "DANCES WITH WORDS" on Tuesday, July 22 at 7 pm. There is no charge for the event. Marvin also discussed in their absence: need for volunteers for the Chesed program (Aviva Rosenberg chair); and the Hebrew literacy class conducted by Sue Brown. Also encouraging members to join or start Chavurot (Alex van Frank, Membership Chair).

Board Secretary Naima Solomon introduced Board Members:

Sisterhood President Eti Chall discussed the very successful monthly Rosh Chodesh programs and Challah

OHR SHALOM STAFF

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OHR SHALOM'S JULY SHABBAT SERVICE SCHEDULE

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

Friday	July 4	6:15pm	Kabbalat Shabbat with "Ask the Rabbi"
Saturday	July 5	9:30am	Shabbat Morning Service
Friday	July 11	6:45pm	Shabbat at the Bay
Saturday	July 12	9:30am	Shabbat Morning Service
		10:30am	Tot Shabbat
		12:30pm	Lunch & Learn
Friday	July 18	6:15pm	Pride Shabbat at Beth Israel (RSVP req'd) No Kabbalat Shabbat at Ohr Shalom
Saturday	July 19	9:30am	Pride Shabbat Morning Service
Friday	July 25	6:15pm	Kabbalat Shabbat Service
Saturday	July 26	9:30am	Shabbat Morning Service

NO Shabbat Morning Babysitting Available



PARSHIYOT & CANDLE LIGHTING July 2025

PARSHAT CHUKAT

Fri: July 4 | 8 Tamuz
Candle Lighting: 7:42pm
Sat: July 5 | 9 Tamuz
Torah: Numbers 19:1-22:1
Haft: Judges 11:1-33

PARSHAT BALAK

Fri: July 11 | 15 Tamuz
Candle Lighting: 7:40pm
Sat: July 12 | 16 Tamuz
Torah: Numbers 22:2-25:9
Haft: Micah 5:6-6:8

PARSHAT PINCHAS

Fri: July 18 | 22 Tamuz
Candle Lighting: 7:37pm
Sat: July 19 | 23 Tamuz
Torah: Numbers 25:10-30:01
Haft: Jeremiah 1:1-2:3

PARSHAT MATOT-MASEI

Fri: July 25 | 29 Tamuz
Candle Lighting: 7:33pm
Sat: July 26 | 1 Av
Torah: Numbers 30:2-36:13
Haft: Jeremiah 2:4-28; Jeremiah 4:1-2;
Isaiah 66:1; Isaiah 66:23-24; Isaiah 66:23

Shabbat at the Bay:

July 11 & August 15 at 6:45 pm



bake. She encouraged congregants to join the Sisterhood. Religious School Chair, Springsong Cooper Weiner discussed her goal of arranging a committee of parents for each grade next year. Security chair, Alain Avigdor discussed the committee's actions and plans for greater written information for congregants. He also discussed importance of awareness and readiness. Legacy Chair Jonah Weinberg encouraged members to include Ohr Shalom in their will, contact him if interested in discussing further. Ritual Chair, Phil Miller discussed the successful Tikkun Leyl Shavuot program. He reported that High Holiday planning is upcoming and an initiative to assist members with linking up for Sukkot are ideas for this year. Steve Rose, Building Chair asked members to notify him if they notice any issues. Jessica Lemoine, Community Connect Chair discussed the various ways members can contribute to the well-being of others both within Ohr Shalom and outside.

She encouraged contacting her.

Marvin introduced volunteers assisting with program coordination:

Adopt a Beach, Melanie Rubin discussed past two events at Playa Pacifica and plans for one more so that we are awarded a certificate. One of the two Men's Discussion Group coordinators, Bob McNeese discussed the group and encouraged interested men to attend future sessions. New YALA (20's and 30's adults) coordinator, Juli Beck West discussed past events and upcoming Shabbat at the Bay. Maria Laurens discussed plans underway for a trip to Mexico City. Specifics to be sent out with the August Davar. Marvin discussed plans underway for another seven part Leadership Development program. Those interested in participating should contact Rabbi Meltzer or Marvin. Also reported on upcoming two part class at the Synagogue on growing and caring for bonsai plants: 10:00am on June 29 and July 13,

to be conducted by congregant Bob Houston.

Questions from the floor asked about trying to encourage greater participation/membership from individuals who live within two mile radius of the building and holding more classes in person. These will be discussed with the appropriate Board members, who were not present at the meeting. Potential July 4 celebration discussed and we decided on hot dogs. Allyson Darroch encouraged congregants to consider joining the Ohr Shalom Choir.

I want to thank two board members who are leaving their positions: Stuart Weinshaker and Allison Wolpoff. Both have contributed significantly during the one year each has been on the Board. We are working on identifying individuals who will take on these positions.

Attendees enjoyed the fruit, guacamole, chips, cheeses, and cookies and pastries provided.



FROM OUR EXECUTIVE DIRECTOR

Gillian Argoff-Treseder
Executive Director

Tsuris - Troubles, Distress or Difficulties

Tsuris (troubles, distress) is part of the generational trauma of being Jewish. I used to use the term *tsuris* almost flippantly but now the troubles and distress run deep and keep me up at night. I'm writing this shortly after the beginning of Operation Rising Lion and the direct U.S. involvement on June 21, so *tsuris* is an understatement of what I am feeling right now.

To my non-Jewish friends I describe *tsuris* as the feeling in the pit of your stomach when you are anxious and afraid. For me, it has always had a physical component as well as the sense of distress. This uneasy feeling in my gut and the weight I feel on my shoulders and my soul has not really left since October 7th, and has only intensified as I read about the tragic missile strike on the apartment building in Jerusalem

over the previous weekend, the very tragic attack on public servants in Minnesota, and the ramifications of the US intervention in Iran. My heart is breaking in so many different directions.

Since I can't solve the cause of the *tsuris* above, I must choose to focus on other things, tzedakah, checking on family and friends, meditation, and the minor everyday causes of *tsuris* that I can work on (like the ants in my kitchen). These little mitzvot and distractions of everyday life help me deal with the bigger worries of what is happening in the world.

As we create the programs and classes at Ohr Shalom, we hope that these opportunities to come together to learn, pray, express creativity, and laugh will provide you with some relief from the *tsuris* in your life. Here

is a list of some of the opportunities coming up this month:

- 1) Hot Dog Shabbat - July 4 after Service
- 2) Two part Bonsai Class - June 29 and July 13 at 10:00am
- 3) Shabbat at the Bay - July 11 6:45pm
- 4) Meditation with Alex van Frank returns - July 15 7:00pm
- 5) Community Pride Kabbalat Shabbat - Congregation Beth Israel - July 18 6:15pm
- 6) Dances with Words: Dr. Richard Lederer returns with Bill Shipper - July 22 7:00pm

I hope to see you often over the course of this month. I also give free hugs, another great way to alleviate *tsuris*!

SERIES ON BONSAI TREES CONTINUES

Sunday, July 13, 10:00am*
at Ohr Shalom

- Instructions how to grow & shape trees
- Choosing materials
- Supplies list
- **Planting session**



*Welcome to attend even if you weren't at the June 29 workshop

Led by Ohr Shalom Member Bob Houston
(for Adult Education)

House of Israel

House of Israel in Balboa Park was established in 1948 and is entirely volunteer run. Like the other International Cottages, the HOI is open on Saturdays and Sundays from 11:00am to 4:00pm to welcome visitors from around the world and share Israel's amazing story and serve delicious Bourekas!

We have 2 shifts: 10:30am-1:30pm and 1:30pm-4:30pm

Sign up for a shift here :<https://signup.com/client/invitation2/secure/1236208376080/false?popup=true#/invitation>



SISTERHOOD

Eti Chall
Sisterhood Chair

Resilience, Hope, and the Heart of Jewish Time

Dear Ohr Shalom Community,

As we enter the month of **Av**, we step into a time in the Jewish calendar that asks us to hold a wide range of emotions: grief and gratitude, sorrow and hope, heartbreak and the slow, steady pull toward renewal. This duality is one of the most profound aspects of our tradition—we are never asked to feel only one thing at a time. We are invited to hold both the brokenness of the world and our capacity to help repair it.

Tammuz and **Av** are months that take us into the depths. We reflect on the historical losses of our people: the breaching of Jerusalem’s walls, the destruction of the Temples, the scattering of communities. But these aren’t just moments of the past. They resonate with our personal and collective struggles today, the moments when something sacred feels damaged or distant.

And yet, Judaism never leaves us in despair. Our calendar, like our spirit,

is cyclical. Always moving, always evolving. **Tisha B’Av**, the darkest day of mourning, is followed just six days later by **Tu B’Av**, the day of love and renewal. Even in the shadow of loss, we are reminded that *life continues*. That healing begins. That joy reemerges. This is the rhythm of resilience.

The Israeli national anthem, *Hatikvah*, reminds us:

“Od lo avda tikvateinu” —And still. And yet. Our hope has not been lost.

The hope of two thousand years—to live in freedom, with dignity, in our land. It’s not just a political aspiration. It’s spiritual. It’s emotional. It’s the essence of who we are as a people: rooted in memory, fueled by vision.

This summer, as our **Sisterhood Rosh Chodesh gatherings pause**, I invite you to explore gentle practices that foster resilience:

• **Mark the new moon at home** with a candle, a moment of stillness, or a few words in a journal.

• **Name what feels broken**, but also what remains whole.

• **Look for small signs of joy**, even in difficult moments.

• **Call someone** who lifts your spirit—or let them know they can call you.

• **Breathe deeply** and remember: the breath itself is a form of prayer.

We are not alone in our hope. And we don’t have to pretend things are perfect to celebrate what is good.

This is the wisdom of our calendar. This is the strength of Sisterhood. Even as we rest and reset, the sacred rhythm continues, and so does our connection.

Wishing you a month of reflection, resilience, and hope that stretches forward—with both feet planted, grounded in the now.

With warmth and blessings,

Eti Chall

President, Ohr Shalom Sisterhood



SECURITY

Alain Avigdor
Security Committee Chair

Over the past three weeks, we’ve witnessed two disturbing anti-Semitic incidents in our country. It’s natural to feel shaken, even fearful. Know this: your safety and peace of mind are our highest priority. As Chair of the Security Committee, I want to share how we’re working behind the scenes—and how you can help us keep our sanctuary secure.

What We’re Doing

• **Coordinating with SCN (Secure Community Network):** We’re plugged into SCN’s real-time alerts, best practices, and nationwide threat assessments. That means we get vetted security advisories the moment they’re available, and we adapt our plans accordingly.

• **Local law-enforcement partnership:** On Shavuot, the San Diego Police Department doubled down on our presence—stationed officers at every

entry point and patrolling the parking lot. Their visible support provided extra reassurance for all of us.

• **Ongoing assessment & training:** Our team is conducting walk-throughs, testing alarms, and updating emergency plans so we stay one step ahead.

How You Can Stay Safe

1. **Remain aware:** If something feels off—an unrecognized person, an unattended package, unusual photos, or comments—please tell an usher or any committee member right away.

2. **Use SCN website:** At <https://www.securecommunitynetwork.org> you can report incidents instantly.

3. **Buddy system:** Whenever possible, come to services or events with a friend. There’s strength (and safety) in numbers.

4. **Know your exits:** Familiarize yourself with all doorways and stairwells as soon as you arrive—just like you would at a concert or sports arena.

We Need You—No Experience Required!

Our Security Committee thrives on diversity of backgrounds. Whether you are tech-savvy, you love organizing, you’ve got a calm presence under pressure—or you simply care deeply about our community—you have something to offer.

Thank you for entrusting us with your safety. Together, we stand stronger.

Stay engaged, stay alert—and let’s continue building the most welcoming, secure spiritual home in San Diego.

B’Shalom and strength,

Alain Avigdor
Chair, Security Committee



RELIGIOUS SCHOOL

Maggy Dujowich
Religious School Principal

Reflecting with Gratitude and Looking Ahead with Joy

I hope you and your family are enjoying a joyful, restful summer, hopefully with a little Hebrew practice sprinkled in!

As I take a moment to reflect on the incredible year we've just completed, I am filled with gratitude. It's been a year of growth, connection, learning, and celebration. Most of all, I feel truly blessed to be part of a community that values Jewish education, and to work alongside a dedicated staff who share a mission of helping our children not only learn about Judaism, but love it.

To every parent and caregiver: thank you. Thank you for trusting us with something so precious; your children's Jewish journey. Your partnership and support are the heartbeat of our school, and we are honored



to walk this path with your family.

Looking ahead, the calendar for next year is ready and can be accessed by scanning the QR code next to the picture of our wonderful new ShinShin, Libi. She's warm, energetic, and passionate, and we can't wait for you to meet her. We're thrilled to welcome her into our school and into the Ohr Shalom family.

As we enjoy the blessings of summer, let us continue to keep Israel in our hearts and prayers. May we stand united with our brothers and sisters, praying for their safety, strength, and peace. In our homes, classrooms, and community, we remain committed to nurturing a deep love for Israel in the next generation.

Wishing you all a summer filled with sunshine, laughter, and moments of Jewish joy. We can't wait to learn and grow together again soon!



YOUTH GROUPS

Michelle Gurr-Barbour
USY Youth Director

A Year of Excellence and Opportunities Ahead!

As we wrap up another incredible year in the Ohr Shalom youth department, we are thrilled to share that our USY chapter was recognized with **Program of Excellence** awards for two of our standout events: our mural painting experience and our Hanukkah party! These events not only showcased the creativity and enthusiasm of our teens but also brought our community together in meaningful, joyful ways. Kol hakavod to everyone who participated and helped make these programs such a success.

Looking ahead, we are excited to launch the 2025–2026 USY Board application process in mid-July. If you're a rising 9th–12th grader and are looking for a way to get more involved, build leadership skills, and make a real impact in our youth community, this is your chance! Serving on the board is not only fun and rewarding—it's also a



fantastic opportunity to gain experience in event planning, teamwork, and communication. These are skills that look great on college applications and resumes, and more importantly, they help you grow into confident, capable leaders.

Whether you're passionate about planning events, leading prayers, welcoming new members, or just want to get more involved, there's a place for you on our board. We want this to be a year of strong teen leadership, and we hope you'll consider stepping up and taking part.

If you have any questions about the board or what it's like to be involved, please don't hesitate to reach out to Michelle at usy@ohrshalom.org. We can't wait to see what next year brings—and with your energy and ideas, it's sure to be amazing!

Wishing everyone a restful summer filled with fun, inspiration, and excitement for what's ahead!

from Springsong Cooper-Weiner,
Religious School Committee Chair

Support the JFS Backpack Drive with Ohr Shalom!

Join Ohr Shalom's Religious School families in supporting the Jewish Family Service (JFS) Annual Backpack Drive! As we prepare our own children for the new school year, let's also help ensure that children served by JFS start the year off ready to learn.



How You Can Help:

- Pack a full backpack; or
- Donate individual school supplies (we'll assemble the backpacks for you!)

Donation Deadline: July 28 - please drop off all donations at Ohr Shalom by this date.

Prefer to support the drive without shopping? You can make a financial contribution through the synagogue or contact Springsong Cooper directly at:

springsongcooper@gmail.com

(323) 243-1161

Together, we can make a difference for local students in need!

Sign Up Here for Religious School:

<https://www.cognitofrms.com/OhrShalom1/20252026ReligiousSchoolRegistrationForm>



Scan to Join Religious School:



SCHOOL CALENDAR 25/26



NOTES FROM AN ECO YENTA

Allyson Darroch
Davar Editor

Oh Let's Go Thrifting!

It was the Prospective New Members Brunch. An important event in the calendar of the Slivowitzes' small synagogue. New arrivals are "shul shopping" before the holidays. A favorable impression of current members seated next to them could make all the difference. Sophie had dug deep into her closet looking for the right thing to wear, that morning. Something that says friendly, welcoming but not weird. She found a dress older but still quite good and still fit even.

She was seated next to a well dressed woman, recently relocated from New York. The lady, once they had taken their seats shrieked excitedly That's A VINTAGE DONNA KARAN!!! How wonderful! Wherever did you find it? Sophie, never a clothes horse was

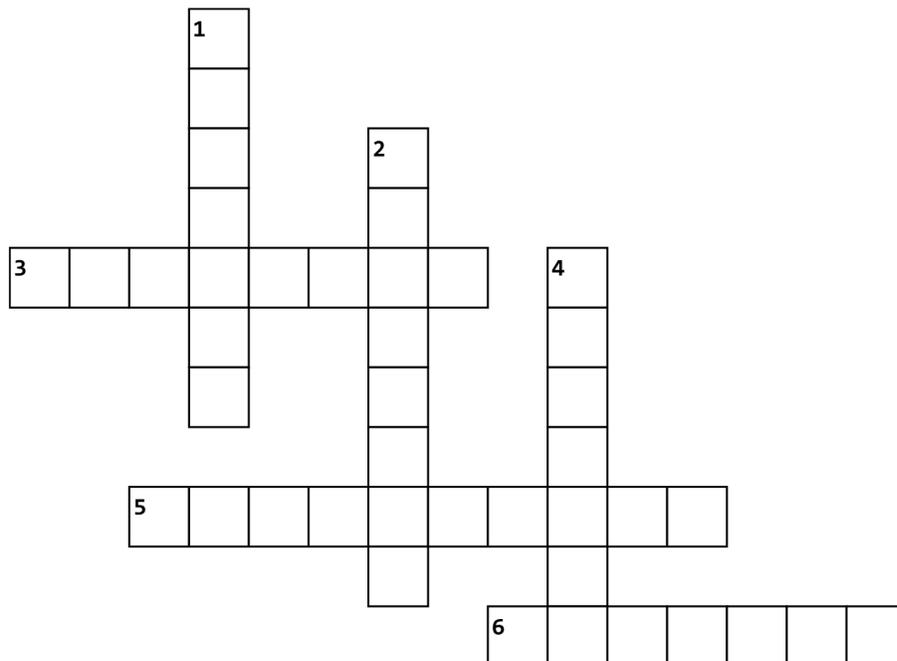
bewildered and too embarrassed to say "I dug it out of the back of my closet" came up with "Oh I don't know some little shop." Her seatmate was undeterred. "Oh I just love thrifting, please, you must share your secret. Now completely unsettled, Soph thinks to herself in comforting Yiddish "vas ist thrifting?" Her tablemate continued. You know, in the city I had wonderful luck but here I haven't been able to find anything. Unable to change the subject Soph stalled (lied really) and said, "I don't recall the name but I'm sure I can find it when I get home." That evening she googled "thrifting". "Social media and increased eco-consciousness have been huge linchpins in the growing popularity of thrifting. "Thrifting is now touted as a means of sustainable fashion and offering exclusive, one-of-

a-kind finds that cannot be achieved with fast fashion. It has also raised the cultural bar to make thrifting a default not only for budgeting but also for being a vehicle for personal expression and ethical consumerism. Sophie read this thinking, AmVets? Goodwill? Yes but not quite. Further research revealed a treasure trove of "thrifting" vintage or new, eclectic or comfortable and all affordable. (<https://dosd.com/p/san-diego-thrift-shops>)

Not just bargains but environmentally considerate. She texted the lady from New York to arrange a thrifting expedition. At some point, she will admit it was just something in her closet, on Yom Kippur, maybe. Meanwhile, she wondered if her new friend played mahjong.

CROSSWORD PUZZLE (ANSWERS ON PAGE 8)

- | | |
|---|---|
| <p>Across</p> <p>3. People often give away their used items to the thrift store.</p> <p>5. Something used before by someone else.</p> <p>6. Thrift stores help reduce waste by doing this with items.</p> | <p>Down</p> <p>1. A good deal or low price—something thrift stores are known for</p> <p>2. The main type of item found in thrift stores—shirts, pants, etc.</p> <p>4. You can often find stylish old items in a thrift store.</p> |
|---|---|





SOCIAL ACTION & SUSTAINABILITY

Stuart Weinshanker
Social Action Chair



Ohr Shalom Social Action & Sustainability Club removed litter from Playa Pacifica before Shabbat at the Bay Kabbalat Service..

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

Community Jewish High welcomes Jewish students in grades 8-12.

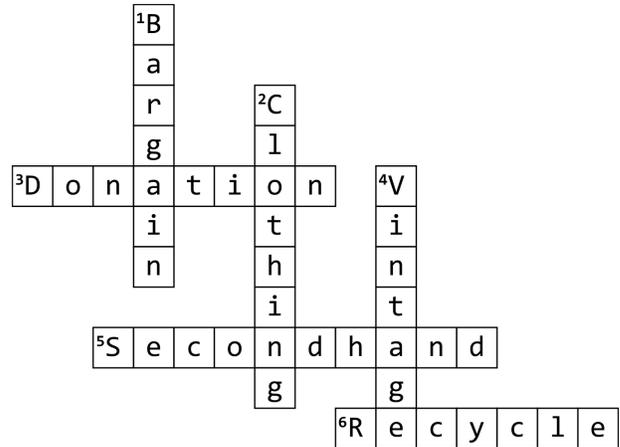
We strive to create a community of Jewish teens who learn together and who learn about one another—who will forge connections that will extend beyond the confines of our classrooms.

Our Tuesday evening gatherings include sharing a meal in an informal setting and classes that offer a “little something for everyone.” They include hands-on learning, intellectually stimulating debates, exploring how to answer our most difficult questions and dilemmas and some guidance in life-skills, such as choosing the right college and how to maintain Jewish connections on campus.

For more information visit Community Jewish High’s website at <https://www.cjhsd.org/>, contact Beth Klareich at 619 697-6001 ext. 108. or email her at beth.cjhsd@gmail.com.



CROSSWORD ANSWERS



SUMMER MOVIE NIGHT

Date and movie To be determined





CHESED

Aviva Rosenberg
Chesed Committee Chair

Thank You for Supporting Our Meal Trains

I want to extend my heartfelt gratitude to all of you who participated in the recent meal trains. Your generosity, warmth, and willingness to support fellow congregants during times of need have been truly inspiring.

Whether you cooked a homemade meal, arranged a thoughtful delivery, or simply offered a kind word, your contributions made a meaningful

difference to the families we served. In moments of illness, recovery, or personal challenge, the simple act of receiving a meal is more than nourishment, it's a tangible reminder that no one in our community is alone.

These recent meal trains were a beautiful reflection of the chesed (loving-kindness) that lies at the heart of our congregation. Thank you for

embodying the values we hold dear, and for showing up with compassion and care.

If you'd like to be added to our list of volunteers for future opportunities, please don't hesitate to reach out—we'd love to have you join us.

With gratitude,
The Chesed Committee

RABBI'S ARTICLE (cont.)

is, for me, a great example of a place and a moment in history that people have heard of, but about which most people know next to nothing. People "remember the Alamo" but very few know who was fighting whom or why. Visiting the Alamo is a great wake-up call that we all need to return to the books, and forever be students of history.

Oh yeah, we also took a "Duck Tour," travelling on a bus, no a boat, no a bus, no ... an amphibious craft (look it up).

I hope that everybody is able to enjoy their summer, to reconnect with old friends and families, to celebrate joyous days, and to continually be learning. I also encourage you to ask me, and Jennifer, what we have been reading.

If you are really curious about what we have been doing in Austin these last few days, I encourage you to look at the pictures and a few thoughts on my blog at: <https://rebmeltz.weebly.com/>.

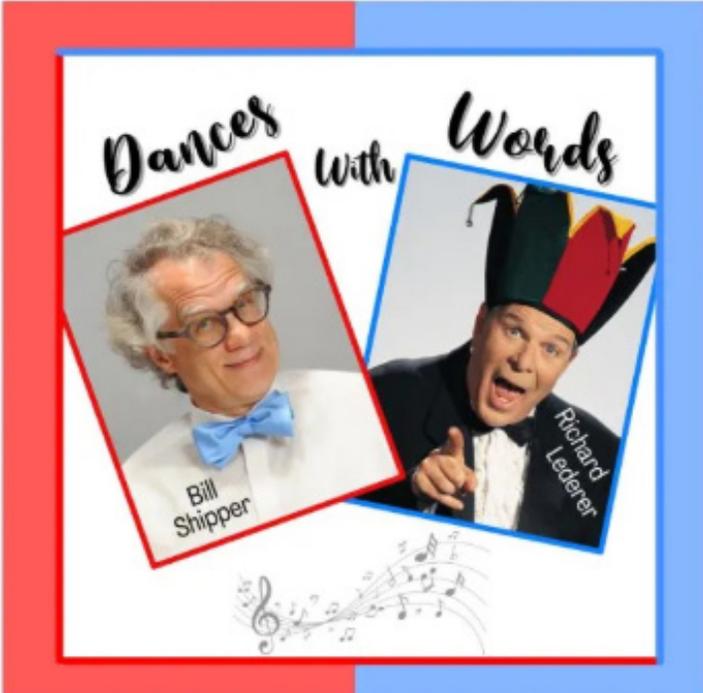
Have a wonderful summer.



RABBINIC INTERN

Brianah Caplan
Rabbinic Intern

We welcome Rabbi Caplan home from Israel!



Dances with Words

FREE CONCERT AT OHR SHALOM

RSVP REQUIRED

Tuesday, July 22 at 7:00pm

Union-Tribune language columnist **Richard Lederer** and musical comedian **Bill Shipper** team up to deliver a delightful double dose of wordplay in music and song. These two verbivores present memorable musicality, rhythmic rhymes, tons of tonality, and heaps of hilarity, all with gracious grammar and alluring alliteration.

Celebrating the wonderful world of the English language with topics such as musical idioms, wordplay, and limericks, **DANCES WITH WORDS** is truly learning dressed up to have fun.



by Susie Meltzer

This Had to Be Done

Excerpt from Times of Israel by Yossi Klein Halevi, American-Israeli at the Shalom Hartman Institute

Power is not the answer to all problems. But neither is restraint. If you have the power to prevent the world's biggest exporter of terrorism from developing nuclear immunity yet fail to use it, then disarm, embrace pacifism, and prepare to suffer the consequences. To those who blame President Trump for abandoning the JCPOA, Barack Obama's deal with Iran, consider this: Had the JCPOA still been in effect, its "sunset clause," allowing Iran to produce advanced centrifuges capable of enriching uranium to weapons grade level in a matter of weeks, would be coming into effect around now. At the same time, the JCPOA would have permitted Iran to continue developing nuclear warheads and delivery systems.

Had the economic sanctions ended, Iran would have benefited from a massive infusion of funds, making them a nuclear Iran and virtually unstoppable. For the last 40 years, the Iranian regime has consistently expressed to the world its intention to destroy the Jewish state, yet the international community took those threats and actions in stride, including the UN. The moral burden for the current crisis is not on Israel but the world.

Israel's strike on Iran is the culmination of the war of the radical Islamist war against Israel's existence that began on October 7, the Israeli-Iranian war. For the last 18 months, we have been fighting Iran's proxies. Now, finally, and inevitably, we have taken the war to its source.

The banners hung along Tel Aviv's highway – "Thank you, Mr. President" – speak for most Israelis. As for Prime Minister Netanyahu, he deserves our gratitude for his decades-long courageous campaign against a

nuclear Iran and now bringing that effort to fruition. That historic achievement doesn't absolve him of failing to accept any responsibility for October 7. History will judge him as both savior and destroyer.

Gratitude also belongs to the two spiritual fathers of Israel's Iran doctrine. Menachem Begin, whose attack against Saddam Hussein's nuclear reactor established the doctrine that Israel's enemies cannot be allowed to attain nuclear capability, and Yitzhak Rabin, who after signing the Oslo Accords with Yasser Arafat, explained his rationale for seeking an agreement with the Palestinians: Israel was surrounded by two rings of threat, the "inner ring" – the enemies along our borders, Palestinians, Jordanians and Syrians, didn't pose an existential threat to Israel. The real threat was the "outer ring" – Iran. Rabin predicted that a showdown with a nuclear Iran was inevitable.

For the Jewish people, this is a time for courage and resolve. Whatever one's opinion on the Gaza war, there should be no disagreement among us about the imperative of preventing the nuclear capability of a regime obsessed with the destruction of Israel. In 2007, Michael Oren and I wrote an essay in *The New Republic* warning against a nuclear Iran. We ended with these words: "A Jewish state that allows itself to be threatened with nuclear weapons – by a country that denies the genocide against Europe's six million Jews while threatening Israel's six million Jews – will forfeit its right to speak in the name of Jewish history."

Today, I am as proud as I've ever been of the Jewish state and grateful to our truest ally, America.

MEN'S DISCUSSION GROUP NOTICE

From: Robert McNeese
<robertmneese50@gmail.com>

The next Men's Club Discussion Group will be **Thursday, July 17th at 7:00pm**

Pure Project at 2865 5th Ave.
Topic: "What would you do or suggest to improve the Jewish community in San Diego?"



CLASSES

[Ohr Shalom Zoom Room](#)

Daf Yomi

Wednesdays, 9:30am

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

Psalms

Will resume August 20

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

Slow Read Book Club

Fridays, 12:00pm Lay led

[Maps and Legends](#), by Michael Chabon

Readings with the Rabbi

Off for July/August

PRIDE SHABBAT FRI JULY 18 6:15PM

Opening the weekend, with a Shabbat service, rooted in Jewish tradition, this inclusive service welcomes all. Come as you are. Celebrate in community. End your week with song, meaning, and love.

At  BETH ISRAEL
SAN DIEGO

SAT JULY 19 2PM **THE FESTIVAL**

Enjoy live music, colorful crafts, games, art stations and community tie dye. Delicious eats from food trucks will include kosher options. Bring your kids. Bring your friends.

BRING YOUR FULL, FABULOUS SELF. **At JCC**

BIG GAY BRUNCH SUN JULY 20 10AM

Closing the weekend, with this lively and loving brunch gathering! Think bagels, breakfast, bright conversation and community. Whether you are an early riser or rolling in late, there will be a seat for you at the table. **At Temple Emanu-El**



JULY 18-20 WEEKEND

VISIT LFJCC.ORG/PRIDE FOR DETAILS & REGISTRATION
REGISTRATION REQUIRED FOR ALL EVENTS FOR SECURITY PURPOSES.

JUNE HAPPENINGS AT OHR SHALOM

Annual Meeting 2025



Adult Education: Bonsai Series



Choir Concert in Honor of Ana Galicot

Celebrating 10 years of Ohr Shalom Choir

Monday, August 11. 6:30pm

RSVP to the office



Ohr Shalom Calendar 2025-2026 (5786)

A Gallery of Dessert Recipes for a Totally Sweet Year

The 100th birthday of our beautiful building merits a year devoted to the enjoyment of good things. And how might a Jewish community like Ohr Shalom contemplate a year of celebrating? By focusing on food of course! Our 5786 calendar will spread the joy of the building's birthday congregation-wide with 13 months-worth of fabulous dessert recipes.

Please send ads or greetings to Gillian in the Ohr Shalom office (office@ohrshalom.org)

Happy Birthday
(Name Here!)
June 8

**Line Greetings
\$25**

2.25" x 2.25" \$75

4.5" x 2.25" \$100

**Month Sponsor
10" x .75" \$300**

#	Item	Price
___	Line Greetings	\$25
___	2.25" x 2.25"	\$75
___	4.5" x 2.25"	\$100
___	Month Sponsor (10" x 0.75")	\$300
___	Calendar Sponsor	Call Office

Purchase an Ad for the Ohr Shalom Annual Calendar. Reach 300+ member families.

Celebrate...

- Rosh Hashanah
- Chanukah
- Birthdays
- Anniversaries
- B'nai Mitzvah
- Weddings

**Advertise
your
business**

Memorial Plaques



**Memorial Plaques must
be ordered by JULY 31**

to be installed on our Memorial Board by *Selichot* on
Saturday, September 13, 2025

Each bronze engraved remembrance plaque is available for \$360.

Please complete the order form in the eKol and send it to office@ohrshalom.org

THANK YOU FOR YOUR GENEROUS DONATIONS IN JUNE

SYNAGOGUE FUND

Eriberto and Stella Salzman
Allen and Toni-Diane Gruber
Beth Flowers

In memory of Hal Wingard
Eileen Wingard

In memory of Abe Horn
In memory of Helen Horn
Jerry Horn

In honor of the Lemoine family
Rebecca Iden

Thank you
Jeffrey Zucker

In memory of Rita Zemach
Marilyn and Richard Greene

In memory of Karen Rund
Stephen and Janice Boner

In memory of Marion Weisberg
Al and Carol Madwadkins

RABBI'S DISCRETIONARY FUND

Gabbai Fund Distribution
Jewish Community Foundation

Camp Scholarship
Ray and Marcia Sachs

SHABBAT SPONSORS

Sylvia, Orly, Lizette, Jan & Rashel
Galicot, and Karen Galicot Gross
& Dale Gross

Irma Martinez

Raulf and Sharon Polichar

Joel and Tamar Weissler

We apologize for any omissions.

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

Jeanne Argoff	Lynn Mendelsohn
Ilan Awerbuch	Phil Miller
Sue Brown	Rachel Millstone
Eti Chall	Amy Morris
Elisheva Edelson	Rocky Reid
Hudi Eshel	Nanette Sable
Lou Green	Al Shelden
Joe Hartman	Brian Stannard
Koba	Jonah Weinberg
Morris Lazard	Springsong
Jessica Lemoine	Cooper Weiner
Natan Lemoine	Davin Widgerow
Melody Lewis	Margalit Wollner
Jennifer Meltzer	Rebecca Wollner
Eli Meltzer	Marvin Yudkovitz
Susie Meltzer	Jane Zeer
Ivan Mendelsohn	

Condolences To:

Amy (Mark) Epstein, Matt Feiner, and David Feiner on the passing of their beloved mother, **Barbara Feiner Z"L**, grandmother to Zachary and Jacob.

Thank You To Our Volunteer Help in June:

Jim Lewis, Ezra Shachar, and Debbie Suissa, office volunteering.



Membership renewals will arrive in your mailbox soon. Please return promptly.

Today Rabah.

TAMUZ-AV YAHRZEITS AT OHR SHALOM



Elsa Margolis	Mauricio Margolis' Mother.....	5 Tamuz/01-Jul
Sylvia Sternlieb	Geoffrey Sternlieb's Mother.....	5 Tamuz/01-Jul
*Pearl Strauss	Jackie Ander's Sister.....	5 Tamuz/01-Jul
Silvia Waisbord	Daniel Waisbord's Mother.....	5 Tamuz/01-Jul
Clyde Escoffery	Yvonne Scarlett's Grandfather.....	6 Tamuz/02-Jul
Kyle E. Murray	Yvonne Scarlett's Nephew.....	6 Tamuz/02-Jul
Sonja Cohn	Becky Zipp's Grandmother.....	7 Tamuz/03-Jul
Loretta Ehrenwerth	Janice Zipp Cannizzaro and Elaine Smith's Aunt.....	7 Tamuz/03-Jul
Julio Galicot	Sylvia Galicot's Husband, Jan Galicot, Orly Galicot, Lizette Galicot and Karen Galicot Gross' Father, Jose Galicot's Brother.....	7 Tamuz/03-Jul
*Leo Safir	Doreen Casuto's Father and Loren Casuto's Grandfather.....	7 Tamuz/03-Jul
Marina Cuenca	Cristy Veinbergs' Mother.....	9 Tamuz/05-Jul

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

TAMUZ-AV YAHREZITS AT OHR SHALOM



Tauba Dresser	Samantha Hardy's Grandmother	9	Tamuz/05-Jul
Jessica Nudelstejer	Julie Miller's Daughter	9	Tamuz/05-Jul
Frank Robinson	Norman Greene's Uncle.....	9	Tamuz/05-Jul
Julian Davidson	Joel Davidson's Father, Melanie Davidson's Grandfather and Rebecca Zipp's Grandfather.....	10	Tamuz/06-Jul
Gerald Lazard	Morris Lazard's Father	10	Tamuz/06-Jul
*Dorothy Levin Broudy	Alice Cupples' Mother.....	10	Tamuz/06-Jul
Helen Mintzer	Jennifer Tabak-Levy's Grandmother	10	Tamuz/06-Jul
Michele Janene Cardoso	Brian Stannard's Mother	11	Tamuz/07-Jul
Anna Razinsky	Elias Razinsky's Mother and Matthew Razinsky's Grandmother	11	Tamuz/07-Jul
Moises Smeke	Remembered by Vida Sportes, Miryam Sloatizki & Reyna Forman	11	Tamuz/07-Jul
Gyorgy Weisz	Elizabeth Green's Cousin.....	11	Tamuz/07-Jul
Rifka Artenstein	Remembered by Sara Artenstein.....	12	Tamuz/08-Jul
*Alan Berlin	Sherry Berlin's Husband	12	Tamuz/08-Jul
Fila Brauer	Sandra Finkelberg's Mother	12	Tamuz/08-Jul
Eszter Daniel	Elizabeth Green's Great-Grandmother.....	12	Tamuz/08-Jul
William Lewis	Jim Lewis' Grandfather	12	Tamuz/08-Jul
Hanna Tuteur	Jennifer Tuteur's Grandmother	12	Tamuz/08-Jul
Liliane Algazi	Michel Algazi's Mother.....	13	Tamuz/09-Jul
Sam Slipock	Love Zubiller's Grandfather.....	13	Tamuz/09-Jul
Albert Tell	Claire Wilson's Father	13	Tamuz/09-Jul
Jeff Schwimmer	Evelyn Schwimmer's Husband.....	14	Tamuz/10-Jul
*Florence Slade	Laurie Slade's Mother.....	14	Tamuz/10-Jul
*Arthur Weber	Roberta Greene's Father.....	14	Tamuz/10-Jul
Francis Rottenberg	David Rottenberg's Father	15	Tamuz/11-Jul
Laia Bernstein	Steven Bernstein's Mother	16	Tamuz/12-Jul
Irving Canter	Remembered by Al Shelden	16	Tamuz/12-Jul
Edith Fox	Steve Fox's Grandmother.....	16	Tamuz/12-Jul
Bettie Morris	Bill Morris' Mother	16	Tamuz/12-Jul
Jack Warsh	Joel Warsh's Father	16	Tamuz/12-Jul
*Moises Halio	Miryam Sloatizki, Vida Sportes and Reyna Forman's Father	17	Tamuz/13-Jul
Rebecca Helfand	Sara Artenstein's Sister.....	18	Tamuz/14-Jul
Mollie Mollov	Linda Mostel's Great Aunt	18	Tamuz/14-Jul
Alisa Rottenberg	Harlene and David Rottenberg's Daughter and Stephanie Wells' Sister.....	18	Tamuz/14-Jul
Marion Weisberg	Carol Madwatkins' Mother	20	Tamuz/16-Jul
*Alter Moises Klein Rubinstein	Iliana Bielaz's Father	21	Tamuz/17-Jul
*Wolf Bielaz	Efrain Bielaz's Father, Simon Bielaz, Wolf Bielas, and Mina Cohen's Grandfather.....	22	Tamuz/18-Jul
Rosalind Castiglione	Joe Castiglione's Mother	22	Tamuz/18-Jul
Bettye Kaplan	Marilyn Levitan's Grandmother.....	22	Tamuz/18-Jul
*Leticia Singer	Ricardo Singer's Mother.....	22	Tamuz/18-Jul
Rita Rose	Marda Rose's Mother	23	Tamuz/19-Jul
Jose Zagursky	Enrique Zagursky's Father	23	Tamuz/19-Jul
Lilly Hecht	Ruth Fastag's Mother.....	24	Tamuz/20-Jul
*Leibi Lipowsky	Salomon Lipowsky's Father	24	Tamuz/20-Jul
Karen Astrachan	Anita Nemoy's Sister, Justina Nemoy's Aunt.....	26	Tamuz/22-Jul
Margot Fischer	Fanny Rosental's Aunt.....	26	Tamuz/22-Jul
*Samuel Slade	Laurie Slade's Father	26	Tamuz/22-Jul
*Sarah Reservitz	Jackie Ander's Sister	27	Tamuz/23-Jul
Gussie Stein	Jane Zeer's Aunt.....	27	Tamuz/23-Jul
Susana Waisbord	Remembered by Esther Tishman.....	27	Tamuz/23-Jul
*Lia Goldberg Schneeweiss	Lina Gorinstein's Mother	28	Tamuz/24-Jul
David Goldberg	Susie Meltzer's Grandfather	29	Tamuz/25-Jul
*Esther Krantz	Remembered by Richard Scholten	1	Av/26-Jul
Rose Menachem	Dean Laurens' Grandmother	1	Av/26-Jul
Jack Epstein	Mark Epstein's Father.....	2	Av/27-Jul
Jane Himelfarb	Steve Fox's Aunt.....	2	Av/27-Jul
Becky Azuz	Vida Sportes, Miryam Sloatizki and Reyna Forman's Cousin	3	Av/28-Jul
Mollie Ehrenwerth	Janice Zipp Cannizzaro and Elaine Smith's Grandmother	3	Av/28-Jul
Isabel Kuriansky De Cybula	Rebeca Sod's Mother	3	Av/28-Jul
Josef Greiner	Remembered by	4	Av/29-Jul
Clara Magrisso	Sara Artenstein's Mother.....	5	Av/30-Jul
Saul Gold	Jose Gold's Father	6	Av/31-Jul
Laskar Schwartz	Elizabeth Schwartz's Father.....	6	Av/31-Jul

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



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CALENDAR OF EVENTS JULY–AUGUST 2025 / TAMUZ–AV 5785

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 5 Tamuz 6:15pm - Minyan	2 6 Tamuz 9:30am - Daf Yomi 6:15pm - Minyan	3 7 Tamuz 6:15pm - Minyan	4 8 Tamuz 4TH OF JULY Office Closed 6:15pm - Kabbalat Shabbat Service "Ask the Rabbi" followed by Hot Dogs 7:42 p.m.	5 9 Tamuz Parshat Chukat 9:30am - Shabbat Service 8:42 p.m.
6 10 Tamuz 6:15pm - Minyan	7 11 Tamuz 6:15pm - Minyan	8 12 Tamuz 6:15pm - Minyan	9 13 Tamuz 9:30am - Daf Yomi 6:15pm - Minyan	10 14 Tamuz 6:15pm - Minyan	11 15 Tamuz 12:00pm - Slow Read (Lay Led) 2:00pm - Office Closes 6:45pm - Shabbat at the Bay 7:40 p.m.	12 16 Tamuz Parshat Balak 9:30am - Shabbat Service 10:30am - Tot Shabbat 12:30pm - Lunch & Learn 8:40 p.m.
13 17 Tamuz Fast of Tamuz 6:15pm - Minyan 10:00am - Adult Ed. Bonsai Trees Part 2	14 18 Tamuz 6:15pm - Minyan	15 19 Tamuz 6:15pm - Minyan 7:00pm - Meditation w/ Alex van Frank	16 20 Tamuz 9:30am - Daf Yomi 6:15pm - Minyan	17 21 Tamuz 6:15pm - Minyan 7:15pm - Men's Discussion Group	18 22 Tamuz 12:00pm - Slow Read (Lay Led) 2:00pm - Office Closes 6:45pm - Pride Shabbat at Beth Israel 7:37 p.m.	19 23 Tamuz Parshat Pinchas Mevarchim Chodesh 9:30am - Shabbat Service Bar Mitzvah: Eitan Segall 8:37 p.m.
20 24 Tamuz 6:15pm - Minyan	21 25 Tamuz 6:15pm - Minyan	22 26 Tamuz 6:15pm - Minyan 7:00pm - Dances with Words	23 27 Tamuz 9:30am - Daf Yomi 6:15pm - Minyan	24 28 Tamuz 6:15pm - Minyan	25 29 Tamuz 12:00pm - Slow Read (Lay Led) 2:00pm - Office Closes 6:15pm - Kabbalat Shabbat Service 7:33 p.m.	26 1 Av Parshat Matot-Masai Rosh Chodesh Av 9:30am - Shabbat Service 8:37 p.m.
27 2 Av 6:15pm - Minyan	28 3 Av 6:15pm - Minyan	29 4 Av 6:15pm - Minyan 7:00pm - Meditation w/ Alex van Frank	30 5 Av 9:30am - Daf Yomi 6:15pm - Minyan	31 6 Av 6:15pm - Minyan	1 7 Av 12:00pm - Slow Read (Lay Led) 2:00pm - Office Closes 6:15pm - Kabbalat Shabbat Service with "Ask the Rabbi" 7:28 p.m.	2 8 Av Parshat Devarim Shabbat Chazon Erev Tisha B'Av 9:30am - Shabbat Service 8:00pm - Tisha B'Av Service 8:28 p.m.
3 9 Av TISHA B'AV 6:15 p.m. - Minyan						