



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.

Shabbat Kehillatit

Friday, May 15

Family-Friendly Service: 6:15pm
Community Dinner: 7:15pm

RSVP by Monday, May 11

MEN'S DISCUSSION GROUP

Wednesday, May 27

7:00pm

BALBOA PARK

THE SAN DIEGO
MUSEUM OF ART

**Cafes and Cabarets:
The Spectacular Art
of Toulouse-Lautrec**

**Sundays, May 31/July 26,
3:30pm**



Annual Congregational Meeting

Sunday, June 7, 4:30pm

Join us at **3:30pm** before the annual meeting for a talk on **Elephants with Dr. Fred Bercovitch, PhD.**



DAVAR MEGILLAH

MAY 2026 • MONTHLY NEWSLETTER • IYAR/SIVAN 5786

I Am I and You Are You, But Also, We Are We

Rabbi Scott Meltzer



We find ourselves counting the days between the freedom of Pesach and the Covenant and Torah of Shavuot, and I am

working on myself. Introspection, reflection, refocusing, redirection – the work of Elul and the Ten Days of Repentance, but in their Spring blossoming.

This Omer I am doing something I have never done before – I am beginning to listen to podcasts, a very different experience than listening to others talk about podcasts.

I am enjoying and learning a lot listening to “Unpacking Israeli History” with Dr. Noam Weissman. I highly recommend it.

A few weeks ago Dr. Weissman had Dr. Micah Goodman as a guest. Micah is a teacher with whom I have had the blessing of studying through many years at the Shalom Hartman Institute in Jerusalem. On the podcast, Micah discusses how very few outsiders understand the nature of Israeli character – a blending of classic communitarian thinking and liberal individualistic thinking. It is well worth spending an hour listening.

Sitting here between Pesach and Shavuot I am struck that this isn't a tension or a conflict, but rather two truths that are simultaneously

true. As I embrace my Judaism and Jewish identity, I am a unique human being, in the Divine Image, entered into the covenant as me. The same is true of each of you. And at the same time, my identity is inseparable from that of the Jewish community. I am only I, because I am part of this sacred, wonderful community. I may enter the covenant as an individual, but the covenant is made with the Jewish people, as a people.

The conversation on the podcast centers on Israel and the contemporary world; I am struck by how much this dual reality is ingrained in our Jewish experience.

About a month ago I celebrated and recalled, that as is true in every generation, I am obligated to see myself as if I personally walked out of Egypt. I. Me. My experience. Yet, I did not walk out solo, but rather as part of a great multitude. In a few weeks we will stand at the foot of the mountain. Each individual was present at the great moment when Torah was given and God's voice was heard. Every single Jew who would ever live stood there. Each person heard God's Torah, the words of Torah in their own, unique way. Each individual. At the same time, that moment is meaningless if each of us, all Jews. who stood there, did not stand together. The greatest individualistic moment ever is at the exact same time the greatest

Continued on page 12



WORDS FROM THE PRESIDENT

Marvin Yudkovitz
President

Introducing two new Ohr Shalom programs: The “OhrList” and the “Usher Mitzvah”

As introduced in the April issue of the Davar, as well as Congregation emails, we have two brand new exciting programs that have begun. Both of these require involvement of as many of you as possible, in order to achieve the positive feelings of inclusivity that we are hoping to achieve.

The “OhrList” is an Ohr Shalom only, online Business Directory. If you have a business that you want other congregants to know about (and hopefully use), this is your opportunity. This can range from all types of services: Legal, Medical, Handyman, Dog Walking, private singing lessons, babysitting – yes anything. You can add the business to the OhrList if you own it, or work at it. We have decided to make this only online. That will make it easiest for updating, as well as for all congregants to access the information.

A huge thanks goes out to **Marilyn Greene** who has volunteered to coordinate this program. So how do you add your business to the OhrList? Super easy. Send an email to Marilyn at businessdirectory@ohrshalom.org with the following information: Company name, Specific services offered, Website link, Other social media link, Ohr Shalom

congregant name, Preferred contact phone number, Preferred contact email address, and any other contact information.

Marilyn will then put your information into the spreadsheet which will appear on the Synagogue Website. You will be able to find it at: the **Programs tab** on the top of the Website. As we receive more information from congregants, Marilyn will be setting up tabs which will make it easier to locate different types of services. We also will be allowing congregants to put a check mark of acknowledgment on services that they’ve used. There will not be any other type of rating system.

I’m sure that as you’re reading this, you have recognized that this is a service totally set up for the benefit of congregants. There will be no advertising costs to being listed in, or to use the business directory. We are hoping that over time we will have a very robust listing of services available, so that when you need something, you can look in the **OhrList** and find it, helping a fellow congregant and yourself.

The second program that I want to tell you about is the Volunteer “**Usher Mitzvah**” program. This newly begun program is a simple, yet effective

method for accomplishing several purposes simultaneously. The Usher program is for Kabbalat Shabbat Friday night services, Saturday morning services, and all morning Chaggim (holiday) services. What we are asking Congregation members to do, is to sign up for one hour periods. The volunteer usher will stand (or sit in the dedicated chair) at the leather doors leading into the Sanctuary.

As I mentioned there are several **roles** for the usher. The first is as a greeter, welcoming congregants and visitors into the services. We are proud of being the most welcoming shul around. And this is another way to demonstrate that. The second is to ensure enhanced security in the Sanctuary space by carrying a walkie-talkie connected to our Security Guard, Eric Carranza and if needed (and safe to do so) closing the wooden doors. Once those doors are closed, the entire Sanctuary becomes a fully secure, shelter-in-place location. (Note that this Usher Mitzvah program is part of a larger, recently instituted enhanced security initiative, where all doors leading into the front of the Sanctuary are always locked from the outside, while services are being held).

Continued on page 9

DAVAR May 2026 | ISSUE NO. 444
OHR SHALOM SYNAGOGUE



2512 Third Avenue | San Diego, CA 92103 | (619) 231-1456
office@ohrshalom.org | www.ohrshalom.org

DAVAR PUBLISHED MONTHLY

Editor - ALLYSON DARROCH davar@ohrshalom.org

Consultant and Editor Emeritus - JANE ZEER

Consultants - JOY HEITZMANN, MARK SIPRUT

Graphic Designer - ANDREA LUCK graphics2@ohrshalom.org



Bulletin: Please e-mail all submissions to: davar@ohrshalom.org

Deadlines: May 5 for June edition • June 5 for July edition

OHR SHALOM STAFF

Scott Meltzer, Rabbi rabbi@ohrshalom.org

Gillian Argoff-Treseder - Executive Director office@ohrshalom.org

Brianah Caplan - Rabbinic Intern intern-rabbi@ohrshalom.org

Maggy Dujowich - Religious School Principal principal@ohrshalom.org

Michelle Gurr-Barbour - USY Youth Director usy@ohrshalom.org

Melanie Rubin - Membership Special Projects assistant@ohrshalom.org

Andrea Luck - Graphic Design graphics2@ohrshalom.org

Rene Beiza - Custodian

COMMITTEE CHAIRS

Adult Education - EVETTE WEISS evetteweis@aol.com

Building & Grounds - STEVE ROSE steverose@san.rr.com

Chesed/Community Caring - AVIVA ROSENBERG chesed@ohrshalom.org

Community Connect - JESSICA LEMOINE jessicasontag.lemoine@gmail.com

Development/Dor L'Dor - JONAH WEINBERG jonahbw@gmail.com

Membership - ALEX VAN FRANK membership@ohrshalom.org

Religious School - SPRINGSONG COOPER WEINER parent-rep@ohrshalom.org

OHR SHALOM BOARD OF DIRECTORS

President - MARVIN YUDKOVITZ president@ohrshalom.org

VP Administration - AL SHELDEN vpadmin@ohrshalom.org

VP Finance - RAY SACHS 3raymar@gmail.com

VP Long Range Planning - RUBEN ROSENAL planning@ohrshalom.org

Secretary - NAIMA SOLOMON secretary@ohrshalom.org

Treasurer - JOY HEITZMANN office@ohrshalom.org

Imm. Past President/Special Projects - LYNN MENDELSON mendelynn0511@gmail.com

Ritual - PHIL MILLER ritual@ohrshalom.org

Security - ALAIN AVIGDOR Z"l

Social Action & Sustainability - DAVIN WIDGEROW socialaction@ohrshalom.org

Special Programs - SHOSHANAH F. STERNLIEB shoshanahfs@gmail.com

Youth Programs - DAVID KOCHMAN d.kochman@gmail.com

Sisterhood President - ETI CHALL sisterhood@ohrshalom.org

Men's Club President - AARON LIPNER mensclub@ohrshalom.org

OHR SHALOM'S SHABBAT SERVICE SCHEDULE

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

Friday	May 1	6:15pm	Shabbat Service
Saturday	May 2	9:30am	Shabbat Morning Service
Friday	May 8	6:15pm	Kabbalat Shabbat Service
Saturday	May 9	9:30am	Shabbat Morning Service
		10:30am	Tot Shabbat with Jennifer Meltzer
Friday	May 15	6:15pm	Rabbi Caplan's Ordination Shabbat Shabbat Kehillatit Service/Dinner/ Religious School Graduation/ Teacher Appreciation
Saturday	May 16	9:30am	Shabbat Morning Service
		12:30pm	Lunch & Learn
Friday	May 22	6:15pm	Kabbalat Shabbat Service
Saturday	May 23	9:30am	Shabbat Morning Service
Friday	May 29	6:15pm	Kabbalat Shabbat Service
Saturday	May 30	9:30am	Shabbat Morning Service

NO Shabbat Morning Babysitting Available



PARSHIYOT & CANDLE LIGHTING May 2026

PARSHAT EMOR

15 Iyar - Candle Lighting: 7:12pm
Fri: May 1
Sat: May 2
Torah: Leviticus 21:1-24:23
Haft: Ezekiel 44:15-31

BEHAR-BECHUKOTAI

22 Iyar - Candle Lighting: 7:17pm
Fri: May 8
Sat: May 9
Torah: Leviticus 25:1-27:34
Haft: Jeremiah 16:19-17:14

MEVARCHIM CHODESH SIVAN PARSHAT BAMIDBAR

29 Iyar - Candle Lighting: 7:22pm
Fri: May 15
Sat: May 16
Torah: Numbers 1:1-4:20
Haft: I Samuel 20:18-42

SHAVUOT II

7 Sivan - Candle Lighting: 7:27pm
Fri: May 22
Sat: May 23
Torah: Deuteronomy 14:22-16:17;
Numbers 28:26-31
Haft: Habakkuk 2:20-3:19

PARSHAT NASO

14 Sivan - Candle Lighting: 7:32pm
Fri: May 29
Sat: May 30
Torah: Numbers 4:21-7:89
Haft: Judges 13:2-25



RABBI BRIANAH CAPLAN'S ORDINATION SHABBAT SHABBAT KEHILLATIT SERVICE AND COMMUNITY DINNER RELIGIOUS SCHOOL GRADUATION & TEACHER APPRECIATION

Friday, May 15

Family-friendly service: 6:15pm
Community Dinner: 7:15pm

MEMBERS*

Adults: \$20

Children: \$12

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

NON-MEMBERS*

Adults: \$30

Children: \$15

RSVP by Monday, May 11 Please contact office or scan QR Code.

Reservations after May 11 will pay nonmember price.



Help those with food insecurity - Bring a nonperishable item for the JFS Food Bank bins in the Ohr Shalom lobby!



Erev Shavuot: Thursday, May 21

Tikkun Leil Shavuot 7:30pm

Please join us for a night of study and receiving Torah.

Shavuot I: Friday May 22

Morning Shavuot Service 9:30am

Shavuot II: Saturday, May 23

Morning Shabbat Shavuot Service and Yizkor 9:30am



Ohr Shalom Choir

Ohr Shalom Choir Practice

Mondays, 6:45pm

Ohr Shalom and ZOOM

May 11, 18

OHR SHALOM ANNUAL RETREAT 2026





SECURITY

Alain Avigdor Z"L
Security Committee Chair

One Hour That Protects What We Cherish (updated)

At Ohr Shalom, we are proud of being a community rooted in warmth, connection, and mutual responsibility. In today’s world, maintaining that sense of safety and welcome requires all of us to play a part. One of the simplest yet most powerful ways to contribute is by volunteering as an usher during our religious services.

Ushers are not merely greeters. They are an essential part of our security posture. Their presence helps ensure that every person who walks through our doors is welcomed, supported, and accounted for. They help maintain situational awareness, assist our professional security guard, and provide an immediate line of communication should anything unusual arise. In moments when calm coordination matters most, ushers are often the first to notice, the first to respond, and the first to reassure.

This role does not require special training or prior experience. What it does require is one hour—just one hour of your time. If each member of our congregation

offered a single hour over the course of the year, we would not only meet but exceed our ushering needs for Shabbat, holidays, and special events. That one hour becomes an act of service, an expression of care, and a tangible investment in the safety of our spiritual home.

The sign-up sheet is available on the Ohr Shalom website, and choosing a shift is quick and easy. Go to Religious Life/Usher Sign-up. Your participation—whether once a year or once a month—directly strengthens our community’s resilience. Any questions or issues in signing-up, please contact Beth Flowers at 2BethFlowers@gmail.com. Beth has been an important part of our endeavor.

Security is not something done for us; it is something we build together. Thank you for stepping forward, for giving your hour, and for helping ensure that Ohr Shalom remains a place of peace, joy, and belonging for all who enter.



MEMBERSHIP

Alex van Frank
Membership Chair

**See our
new member list
on page 17!**

The Power of Hello: Living Our Values of Welcome

One of the first times I came to our synagogue it was being remodeled and services were held in the Beit Midrash. I was late, I had two small children under the age of five and I was raising them alone. Jeremy, my husband, had just been deployed to a very active rural place in Afghanistan for 13 months. That day I was so overwhelmed by life. My father had just died and I had a beloved 16 year old dog at home with a newly diagnosed brain tumor. Did I mention we had just moved here from overseas too?

Things were rough and I needed the comfort of prayer and community. I walked into the Beit Midrash and sat in the back with my flustered, exhausted, cranky self and children. It took us a few minutes to realize we were okay and we had arrived. As newly walking toddlers do, my youngest slipped off my lap and stood up by my knees. Just enough time for me to find the page we



were.....she ran! She had never bolted! She went to the first smiling, kindest, grandmother looking person. I was shocked, embarrassed and amazed. This wonderful woman swept her up in her arms. My daughter was enchanted! She had never gone to strangers and yet here we were. Harriet and Sheldon Wolpoff welcomed us with the biggest Hello from the eyes, the heart, and the soul. The whole mishpocha welcomed us at a time that I (we) were so needing connection.

This kind of hospitality isn’t just a nice gesture—it’s a mandate. The Torah commands us to welcome the

stranger 36 times, more than any other law. It is one of the few mitzvot that the Talmud says rewards us both today and in the world to come. Every friendship or neighborly bond we cherish began with an encounter between two strangers.

So do we always rise to the occasion? Do we all remember the “agony of the newcomer”—the nerves of being the new family in the neighborhood or the new face at services? A single warm greeting can be a total life-changer for someone feeling vulnerable like I did. Those first acts of welcome leave an indelible mark, and the care we show afterward builds a foundation that lasts lifetimes.

Let’s keep recommitting to making our community the warmest it can be, one “Hello” at a time. I invite you to talk to someone you don’t recognize and welcome them. Once a quarter we will be having a new member gathering—come and mingle. I’ll bring the ice breaker if you bring your Hello.



FROM OUR EXECUTIVE DIRECTOR

Gillian Argoff-Treseder
Executive Director

הַפְּרַת הַטוֹב - *HaKarat HaTov* - Recognizing the Good

Finding and recognizing the good in the world, in people and practicing gratitude feels trendy right now, but the concept of *HaKarat HaTov* is a core value of being Jewish. The daily prayers offer hundreds of opportunities to be thankful, but how many of us actually pray three times a day? I don't. Instead, I take little moments to stop and smell the roses, marvel in the vibrant colors of the flowers, listen to the birds talking to each other and my dogs talking back to them. It's also important to pause and appreciate ourselves, the wonder of our working bodies - aches, pains and all. (Thank you to Rabbi Caplan for reminding me of this at the Ohr Shalom Retreat during our Torah discussion group.)

Now, I will take this opportunity to show my gratitude to the wonderful people who have helped Ohr Shalom throughout this year to accomplish a beautiful Passover Seder, fun and restorative retreat and of course the Centennial Rededication and Lights of Ohr Shalom Gala all of which will have been a success at the time you read this article!

First, Marvin Yudkovitz and the Ohr Shalom Board of Directors, give tirelessly of their time to steward Ohr Shalom and continue to guide this congregation to be a thriving and loving community. Through their thoughtfulness and care, we are a thriving community and we are able to celebrate Pesach with over 100 people in attendance, come together at an annual retreat and commemorate 100 years of Jewish Life at Third and Laurel!

Going in order of our events, the Community Seder at Ohr Shalom on April 1, was enjoyable, educational

and the food was delicious. There is a tremendous amount of planning and work that goes into making a meaningful Seder for over 100 people. Marci Prag starts thinking about shopping, cleaning, and cooking in January. She lovingly puts her life on hold for a few weeks to prepare the Seder for Ohr Shalom. With Rabbi Meltzer's guidance, and the help of Matthew, Rene, Rene Jr, Maria Laurens, Melanie Rubin and Jeanne Argoff a beautiful ceremonial dinner was prepared. Of course, the Seder wouldn't be a Seder without a leader, thank you to Rabbi Brianah Caplan for sharing your insights and songs.

The Ohr Shalom Retreat at Camp Marston from April 24-26, although a bit rainy and a little chilly, was lots of fun. We brought Shabbat in together, sang, danced, studied, had a book club and discussions led by both Rabbi Meltzer and Rabbi Caplan, Ohrzennial activities, climbed the rock wall, practiced archery, played games, did art projects, enjoyed a talent show and ate too many s'mores and drank too much hot chocolate. A good time was had by all! Thank you to the Retreat Committee led by Becky Zipp and Rebecca Wollner and committee members Jason Bercovitch, Springsong Cooper and Juli Beck West for planning this entertaining, relaxing and lovely retreat.

Centennial Rededication and Lights of Ohr Shalom Gala chairperson Lynn Mendelsohn has spent countless hours thinking, crafting, organizing, planning and creating the Centennial Celebration of our synagogue home at Third and Laurel. She and Jeanne



Argoff (along with Raulf Polichar, Joy Heitzmann and Al Shelden) spent hours researching the history of the building and writing the beautiful stories in the commemorative tribute journal. Thank you as well to Koba and Joy for editing this publication. Our Host Committee Eli and Susie Meltzer provided guidance for the event. The Rededication Ceremony was planned by Lynn, Marvin, Rabbi Meltzer, Jason Bercovitch, Elisheva Edelson and Morris Lazard as a meaningful salute to our past and nod to our future. The Lights of Ohr Shalom Gala, our biggest fundraiser and party of the year would be nothing without the vision of Lynn and Maria. Together with Sarita and Samy Zands, Joy Heitzmann and Ray Sachs they turn our Social Hall into a beautiful gala space worthy of a Centennial Celebration! Thank you to Maria for securing our fabulous auction items and to Ray Sachs and Rabbi Meltzer for leading a very successful paddle raiser and auction.

Of course, none of this happens without the leadership of Rabbi Meltzer, Marvin Yudkovitz and Ohr Shalom staff, a huge TODAH RABAH to Melanie Rubin, Andrea Luck, Maggy Dujowich and Rene Beiza!

There are many people I know I have forgotten, please forgive me and know that I appreciate you and the time you give to our community.

HaKarat HaTov - there is so much good to recognize at Ohr Shalom!



SISTERHOOD

Eti Chall
Sisterhood Chair



One Hundred Years

One hundred years is a difficult thing to grasp.

It's easy to say it, to mark it, to celebrate it. But a century is not a single moment. It is the accumulation of countless ordinary days — people unlocking doors, setting up chairs, showing up for services, preparing meals, attending meetings, having conversations. Things that, on their own, might not seem especially significant, but over time become something lasting.

Our synagogue building has stood for one hundred years. That fact carries weight, not because of the structure itself, but because of what has been sustained within it.

A building does not remain simply because it was built well. It remains because people continue to care for it. Because they invest in it, maintain it, and return to it. Because they see it as something worth preserving.

In many ways, it reflects the same rhythm we move through each year in the Omer. During this time, we count days that don't necessarily stand out.



One follows the next, without much visible change. But the counting itself acknowledges that something is taking place — that time, even when it feels ordinary, is not empty.

That's how one hundred years happens.

Not through a single decision, but through continuity. Through people choosing, again and again, to stay connected to something larger than themselves.

This year, after our ceremony to mark the centennial, we will also gather for the Ohr Shalom Lights Gala. It is a moment that brings that continuity into focus — not only celebrating what has been built, but recognizing what

allows it to continue. An important fundraiser for our congregation and a fantastic event. So much work and love is poured into each detail in the planning process. I do hope to see you there!

This month, we celebrate another milestone within our community: the ordination of our beloved rabbinic intern, Rabbi Caplan.

Ordination marks a transition, but like everything else of value, it is the result of a process. It reflects the same underlying idea — that meaningful roles, like meaningful institutions, are shaped over time. Mazal Tov, Rabbi Caplan!

A building that stands for a century.

A community that continues to gather within it.

Individuals who grow into roles of leadership.

And then, at certain moments, we pause long enough to recognize it.

One hundred years is one of those moments.



Please complete our [membership form](#) or the OS website. Contact Eti, sisterhood@ohrshalom.org, if you are have any questions about joining the Ohr Shalom Sisterhood!

This Summer..... SAVE THE DATES

Shabbat at the Bay

Fridays, June 19 | July 17 | August 14

6:45pm | Kabbalat Shabbat Service

Come early and bring your own dairy/pareve dinner

PLAYA PACIFICA - MISSION BAY PARK Playa Pacifica Park in Mission Bay Park: 1-5 to Exit 22: Clairemont Drive/Mission Bay Drive. Drive west towards the bay. Turn left (south) on East Mission Bay Drive. Drive 0.2 miles and turn right into parking lot.

We will be near the blue-roofed gazebo.

(The Hilton Hotel is south of our gathering.)
Don't forget your folding chairs & blankets!

MEN'S DISCUSSION GROUP

Wednesday, May 27, 7:00pm

Topic: How have the recent wars involving Israel affected you?

This month's meeting will be at

Mazara Trattoria

2302 30th Street

San Diego, CA 92104



We have secured a private space in this restaurant where we will meet, and of course eat and drink if desired. Men can also feel free to arrive early and eat before the meeting begins, or order and have the food as the meeting starts or progresses. We are hoping to make this our "permanent" meeting location if it works out, so please come by and give it a try.



For more information contact:

Robert Houston
bayfruitandherb@gmail.com



MEN'S CLUB

Aaron Lipner
Men's Club President

Shalom from the Men's Club

Spring is here, and Men's Club is growing. Our March and April Happy Hours brought out new faces both times. It was great to take time out and get to know people in such a relaxed setting. If you have not made it out yet, we hope to see you at the next one.



Next up is our first big outdoor event:

THE 1ST ANNUAL MEN'S CLUB LAWN BOWLING

Sunday, May 17 | Noon to 3pm | Balboa Park

Open to all Ohr Shalom members 21+. Be part of this new tradition.

Lawn bowling is easy, casual, and a lot of fun. No experience needed. Come ready to roll with flat rubber-soled shoes or flip flops.

Park by the shul and walk over. We will meet at the San Diego Lawn Bowling Club on Balboa Drive near 6th & Prado.

Cost is \$25 per person
Pay via [PayPal](#) and write "Lawn Bowling" in the comments, or sign up and pay at the office,
Deadline: Friday May 8, Spots are limited

RABBI MELTZER THROWS OUT THE FIRST PITCH

Tuesday, May 26 | Petco Park | Before the Padres game

Ohr Shalom is celebrating 100 years! As part of it, Rabbi Meltzer will throw out the first pitch on May 26. Come be part of it. Tickets are available through the Federation.

MEMBERSHIP IS GROWING

We had a great wave of new sign-ups and let's keep the momentum going. If you have been thinking about joining, now is the time.

Sign up here: <https://forms.gle/e1oqajUwA9esogP48>

WHAT IS COMING UP

Del Mar races, golf, Fantasy Football, a summer BBQ, and more. The more people who join, the more we can strengthen our community.

Men's Club is open to all Ohr Shalom adult men. New or longtime, retired or raising kids. No commitment required. Just show up and give it a try.

תודה רבה

Email: mensclub@ohrshalom.org
Membership: <https://forms.gle/e1oqajUwA9esogP48>
WhatsApp: <https://chat.whatsapp.com/Bg6JqQtwdSk20IQFBx7gO6>
Federation Baseball tickets: <https://tinyurl.com/t89uua29>

PS RSVP for Lawn Bowling by May 8. We would love to see you there!



Usher Mitzvah

We have a new program at Ohr Shalom Synagogue to improve our already great security in these difficult times. We need volunteers to serve as ushers.

It's simple: We need just one person at a time (but couples are welcome) to stand at the leather doors to the sanctuary and greet those coming in. There are 1 hour periods to sign up for on Shabbat or holidays. This mitzvah is part of being a welcoming Synagogue but it also adds another layer of security.

- Friday night's schedule needs just one usher. The usher will begin at 6:15pm and serve until the conclusion of the service.
- Saturday and Chag ushers will be in one hour increments beginning at 9:30am. We also have slots for 10:30am and 11:30am.
- Ushers who sign up have three main duties:
 - Greeting individuals as they arrive for services
 - Carrying a walkie-talkie (for which they will be trained)
 - During an emergency, closing the wooden doors when it is safe
 - Optional: tell people the page number where we are in the service

A sign-up sheet is posted on the Synagogue website. You can see who has already volunteered and for which time slots and (hopefully) add your name to a convenient time for you. For more info, or to sign up for a slot, you can email Beth Flowers at usher1@ohrshalom.org.



Help keep Ohr Shalom safe. Volunteer today.

FAMILY TOT SHABBAT

with Jennifer Meltzer

2025-2026 / 5785-5786

10:30AM START

KID-FRIENDLY SERVICE

STORYTIME

LUNCH PROVIDED

MARCH 14

APRIL 11

MAY 9

JUNE 20

AUGUST 8

KIDS ARE WELCOME TO BRING THEIR MUSICAL INSTRUMENTS (NON ELECTRIC)



SOCIAL ACTION & SUSTAINABILITY

Davin Widgerow
Social Action Chair

***Omer-itorious* Mitzvot!**

The counting of the Omer, or Sefirat HaOmer, is a daily mitzvah Jews perform over the 49 days between the holidays of Pesach and Shavuot: in Leviticus/VaYikra 23:15-16, the Torah commands, “And you shall count for yourselves...seven complete sabbaths....” This act of counting is intended to parallel the period between the Exodus from Egypt celebrated at Pesach and the giving of the Torah at Mount Sinai celebrated on Shavuot.

On the surface, the Omer ritual consists merely of mechanically counting each day, one at a time, from the second night of Pesach until Shavuot. Like the Israelites who left Egypt and needed to prepare themselves physically and spiritually to accept the Torah at Mount Sinai, so too we work to transition ourselves from slavery to freedom, from baseness to holiness, and from ignorance to enlightenment. The sages focus on how the Omer counting is transitional: each day builds upon the previous one, creating a cumulative endeavor. As with all things Jewish, deeper analysis reveals hidden secrets and lessons, and the Omer has long been utilized as a structured process to develop spiritual growth and personal refinement.

A favorite teaching of mine comes from *Pirkei Avot* (4:2 [Ben Azzai]), which states as follows: “Run to do an easy mitzvah...since one mitzvah leads to another mitzvah... [and] since the reward for a mitzvah is another mitzvah.” I removed parallel references to sins, but the principle remains: performing a mitzvah is not an isolated event, it generates momentum, shaping behavior and character over time. Within the context of *Sefirat HaOmer*, this means that people who perform continuous mitzvot over the 49 days of the Omer can generate opportunities to perform even greater mitzvot and thereby elevate themselves personally and spiritually.

Thankfully, we have plenty of opportunities for folks to enhance their Omer-counting with regular mitzvot! Our JFS Safe Parking program is expanding to include

...serving families with children (see photos of congregants and a drawing of me from the kids), beach cleanups, food and clothing donation drives, opportunities to volunteer with the synagogue or local service organizations, and so much more! *Sefirat HaOmer* transforms the passage of time into a process of personal growth. From this one



mitzvah of counting days, we learn that each small mitzvah contributes to a deeper and more meaningful world and sense of self. As *Pirkei Avot* teaches, one mitzvah leads to another, and by doing good works, we not only count the days but elevate them, and prepare ourselves to receive the Torah once more.

FROM PRESIDENT (CONT.)

A third optional role, if needed (and possible for the usher on duty) is helping with page numbers as people enter the service. Of course, training will be provided for all of these roles.

Once you have decided to volunteer for a spot (and we are hoping everyone will decide to do this), how do you go about volunteering? The first step is to look at our Website, go to Religious Life tab, and then “Shabbat Usher Sign-up page”. There you will see two tabs: “[CLICK HERE TO VIEW THE MAY SCHEDULE](#)” and “[CLICK HERE TO SIGN UP TO USHER IN MAY](#)”.

Next check to see what dates and times are free and

determine when you want to usher. Complete the Sign up to Usher form and submit it. You will hear back that you are now registered.

I want to thank **Beth Flowers** for volunteering to coordinate this important program.

Also, thank you to our Synagogue Security Committee for developing this idea and the Board of Directors for approving it.

Through these two new programs, we can all make Ohr Shalom a community of sharing, caring congregants, welcoming, and safe. Sign up to help make these two programs a reality.

Ohr Shalom Business Directory (OhrList)

Introducing the **Ohr Shalom Member-to-Member Business Directory - OhrList!** It's an opportunity for Ohr Shalom congregants to let each other know about business services they can provide. It's a way for congregants to connect without the need for advertisements or schmoozing at the shul.

OhrList- it's your list! This is only for congregants; please no outside companies. If you're looking for a CPA, attorney, computer maven, dentist, contractor, elder care, pet sitter, etc. and would like to connect with a fellow member, take a look at the directory. There will be separate pages for licensed professionals, other home and personal services, and student provided services.

No likes, upvotes, or stars - but if you've satisfactorily used the services of a fellow congregant on the list, let the business directory know and we'll add a check mark of acknowledgment.

Ohr Shalom members - if you personally own, provide, or otherwise work at a business and would like others to know about it, please provide the information below to businessdirectory@ohrshalom.org.

OhrList will be a live GoogleSheet for view only and updated regularly.

Company name:

Specific service offered:

Website link:

Other social media link:

Ohr Shalom congregant name:

Preferred contact phone number:

Preferred contact email address:

Other contact information:

Please note: The Ohr Shalom Member Services Directory provides a listing of services for informational purposes only. Ohr Shalom does not endorse, guarantee, or take responsibility for the accuracy, reliability, or quality of the services provided by the listed entities. All listed parties are independent contractors/companies, and any engagement is solely between you and them. Ohr Shalom disclaims all liability for any damages arising from the use of this directory.



RABBINIC INTERN

Brianah Caplan
Rabbinic Intern

L'hitraot: Until We Meet Again

As I come to the end of my three years as a rabbinic intern at Ohr Shalom Synagogue, I find myself returning to a verse that has quietly accompanied me throughout this journey: "*Torah tzivah lanu Moshe, morashah kehillat Ya'akov*" — "Moses commanded us the Torah, an inheritance of the congregation of Jacob" (DEUTERONOMY 33:4).

We often read this verse as a statement about Torah itself — that it belongs to all of us, that it is our shared inheritance. But over these past three years, I've come to understand something deeper: Torah is not only something we receive. It is something we build together. It lives in community, in relationship, in the sacred space between people who are willing to learn, question, challenge, and grow alongside one another.

That is what you have given me.

When I arrived at Ohr Shalom, I came with learning, with passion, and with many questions about the kind of rabbi I hoped to become. What I did not yet have was the lived experience of being held by a community — of being trusted, supported, and encouraged not only in what I knew, but in what I was still discovering.

You gave me that gift.

You believed in me before I fully believed in myself. You invited me into your lives — into moments of joy and grief, celebration and uncertainty. You showed up to classes and conversations, not expecting perfection, but offering partnership. You allowed me to try, to stumble, to find my voice. And in doing so, you helped me understand that being a rabbi is not about having all the answers. It is about being in relationship — with Torah, with God, and most importantly, with people.

לְהִיטְרוֹת

Lehitraot

Goodbye for now

There is a teaching in Pirkei Avot: "*Aseh lecha rav, u'kneh lecha chaver*" — "Make for yourself a teacher, and acquire for yourself a friend." I came here expecting to find teachers. I leave knowing that I have also found friends, mentors, and a community that has shaped me in ways I will carry for the rest of my life.

Each Dvar Torah I shared, each song we sang together, each conversation — formal or informal — became part of my own unfolding as a rabbi. You were not just witnesses to that process; you were active participants in it. You helped me wrestle with Torah and with the world, and you reminded me, again and again, why this work matters.

If Torah is truly a morashah kehillat *Ya'akov* — an inheritance of the community — then I feel incredibly fortunate that part of my inheritance is you.

Thank you for your trust. Thank you for your openness. Thank you for your patience, your curiosity, and your willingness to walk alongside me during these formative years.

While this chapter is coming to a close, the impact of this community will remain with me always — in the rabbi I continue to become, and in the Torah I will continue to teach and learn.

With deep gratitude, and with blessings for all that lies ahead.



NOTES FROM AN ECO YENTA

Allyson Darroch
Davar Editor

Star Gazing



No doubt about it, the blackout drapes Sophie ordered from Amazon helped. In the Slivowitzs' bedrooms anyway but what about the neighborhood wildlife? One more eco worry.

Until her sister in Oregon posted a link to Countdown to International Dark Sky Week, April 13–20, 2026 (<https://idsw.darksky.org/>) she hadn't even known that Light pollution as she found out it was called, was a serious problem not just for wildlife, but humans as well. It fell into place when most of the neighbors had installed bright security lights in their yards and driveways lighting up the otherwise quiet street like a Mardi Gras float. Before she put up the blackout drapes, bright lights shone in the bedroom windows through the curtains giving everyone in the house several restless nights.

So, what is light pollution and why is it bad?

Light pollution is the excessive, misdirected, or inappropriate use of artificial light at night, creating unwanted brightness known as skyglow. It is a major problem because it wastes billions in energy annually, and disrupts human sleep cycles (suppressing melatonin). The more she read, Mrs. S realized there weren't enough blackout drapes in the world to fix it and complaining to the neighbors wasn't going to help much either but offering solutions could.

Unlike many other forms of pollution, light pollution is completely reversible. You can combat it at home and in your community by following these core principles from the National Parks Service



National Park Service (.gov)

- Light only what is needed:** Check your property and determine if specific exterior lights are serving a clear purpose.
- Target the beam:** Use fully shielded fixtures that focus light downward toward the ground rather than letting it escape toward the sky.
- Keep the intensity low:** Use the lowest wattage or lumen count necessary for safety and visibility.
- Use controls:** Install timers, dimmers, or motion sensors to ensure lights are only on when someone is active.
- Watch the color spectrum:** Use warm-toned or amber LEDs (3000 Kelvin or lower), as blue-rich white light scatters much more easily in the atmosphere and causes severe skyglow.

It wasn't just about a good nights' sleep, she said, everyone should have a chance to see the Milky Way.

CROSSWORD PUZZLE

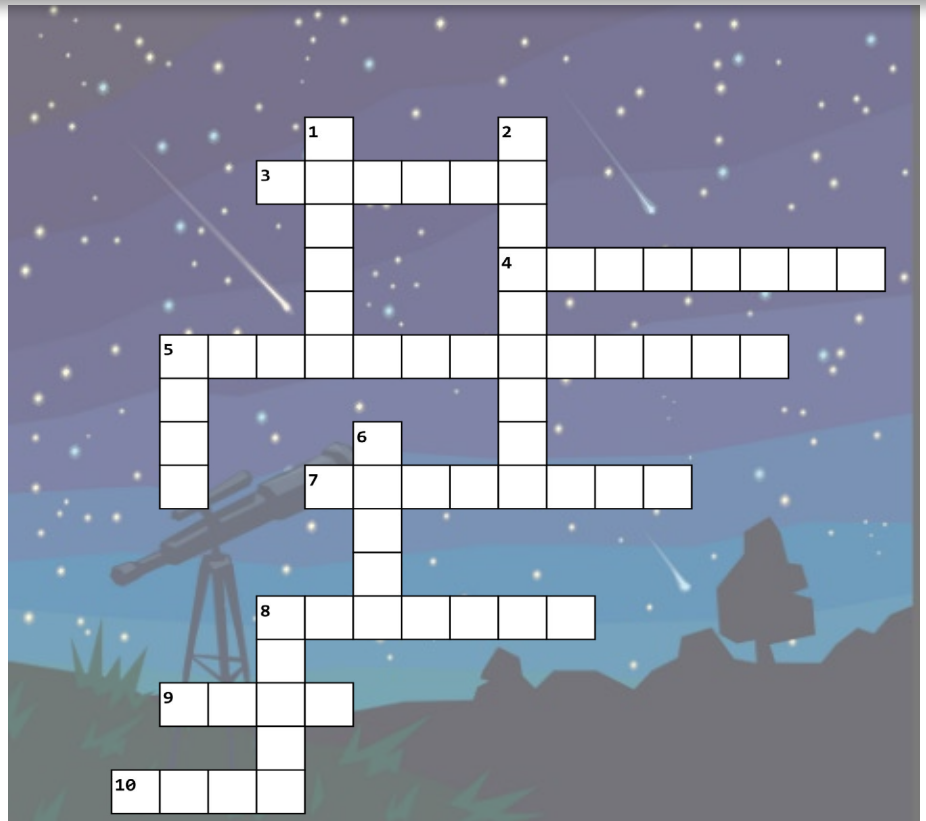
Across

- A group of stars and planets
- Zeus' strong and handsome son
- A star that looks like something
- The galaxy we live in
- Constellation that looks like a scorpion
- Ursa Major
- Leader of gods

Down

- A constellation that looks like a bull
- A group of made-up stories
- A sea animal with claws
- A constellation that looks like a lady
- Giant gas balls

Answers on Page 17





CALENDAR STORIES 2025-26

Lynn Mendelsohn

Imm. Past President/Special Projects

The facing page for May on Ohr Shalom’s calendar features dairy desserts for Shavuot, which this year will arrive on May 21st and 22nd. Among these recipes is Mitra Weissman’s Basque Cheesecake with Pomegranate Molasses.

Unlike most of the recipes that have been featured in this column, this one did not descend to Mitra from family. When submitting her recipe Mitra wrote:

I first tried Basque cheesecake while on our honeymoon in San Sebastián in Spain. I practically planned the whole trip around visiting the famous Basque cheesecake shop La Viña. I was in awe of the caramelized “crust” that forms even though it is technically crustless, and of the ultra-luxuriously-gooey center. It was divine.



I have been trying to recreate it ever since, and according to my husband I’ve pretty much got it. It’s my favorite dairy-on-dairy recipe for Shavuot. This year, I added a twist inspired by my Persian roots by drizzling homemade pomegranate molasses over a slice for a tart contrast. It’s well worth the extra step.



Rabbi Caplan Ordination Celebrations May 15-18



Ohr Shalom Celebrations:

Friday, May 15 - Shabbat Kehillatit - Graduation Shabbat for Rabbi Caplan and Ohr Shalom Religious School & Teacher Appreciation

Saturday, May 16 - Shabbat Kiddush and Lunch & Learn in honor of Rabbi Caplan's Ordination

Ziegler School of Rabbinic Studies Ordination

Monday, May 18, 5:00pm

Sinai Temple in Los Angeles (10400 Wilshire Blvd)

Use QR Code below or [RSVP link](#) (will be required for security purposes... so even if you have an RSVP through Ohr Shalom for logistic purposes, people will still have to RSVP through the AJU link.

If you are interested in carpooling to LA to attend the Ordination ceremony, please contact the office and let us know if you are willing to drive or if you would like a ride.

Please email Melanie, assistant@ohrshalom.org.



WORDS FROM THE RABBI (CONT.)

communal experience in our human story.

So are both true at the same time? That’s what Micah argues, and many believe. I would offer a different explanation, more in line with the tradition of the ultimate reality that Torah cannot be fully explained, contained or defined, and that God’s name is ineffable. I would suggest that the individualism and communitarianism that define the ethos and reality of Jews and the Jewish people are not separate ideas that exist at the same time in the same place, rather it is a failure of language that what we identify as a synthesis or as a dual reality, is actually a singular experience for which we do not have a word. For, how can we explain in one word what it means to be fully embodied and committed to life as an individual, and in all ways, concurrently inseparable from the community we share?

In one word?

Jewish.



Susie Meltzer
Israel Desk

An AI Robot “Made in Israel”

Israel continues to be one of the leaders of the world in technology and innovation. I read a New York Times article recently about how a widow named Jan, living in a remote corner of the State of Washington’s coast, found her life changed when given an artificial intelligence (AI) device to combat loneliness. I was captivated from my public health experience in behavior change and excited because *ElliQ*, the robot, was developed in Israel.



The remarkable story began with Dor Skuler, a telecom executive who founded a start-up “that would really help people,” he said. His company “Intuition Robotics” created *ElliQ*. This robot, designed to ease loneliness among the elderly, had skills to do this. Its behavior had been shaped by engineers trying to define what “human” meant, with algorithms to make it a roommate, a friend, a partner, creating a formula for emotional intelligence. His team went to nursing homes and interviewed geriatricians about the difficulties of aging. “Other places are building the body or the brain of AI. We’re building the heart. A robot with soul,” Skuler said.

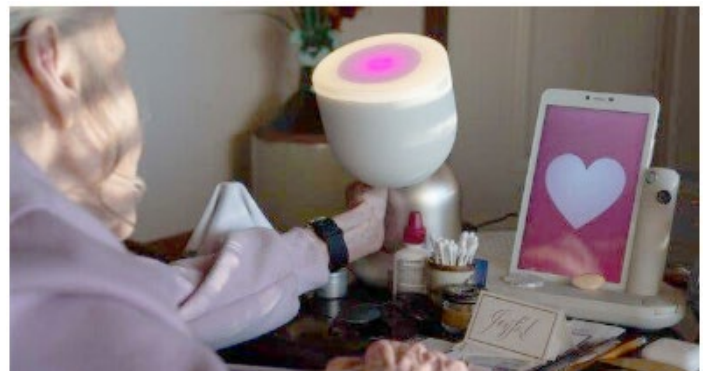
The article describes Jan’s story from the arrival of the robot *ElliQ*, given as part of a pilot program for seniors, and provided by a non-profit for free, covering the \$700 annual subscription cost. The robot was programmed, for starters, to read a room, calculate moods and then decide when to speak and what to say. Their relationship progressed through gradual conversations and time, like new friends. *ElliQ* memorized her daily routines, displayed videos on her screen, and played her favorite songs. Jan had someone to talk to, play cognitive games with, meditate with and travel around the world virtually with. Their communication evolved into more personal topics. Jan shared about *ElliQ* with her friends and family. About one year after the robot’s arrival, she saw her doctor and found her resting heart rate was lower and her cognitive test showed her memory had improved.

So far, Skuler and his colleagues have spent \$60 million trying, designing each evolution of the robot to be more social, more personalized. Now he also thinks *ElliQ* can be a teenage granddaughter: smart but slightly subservient, inclined toward gentle humor, doting, inquisitive and unfailingly optimistic.



Skuler with Guy Benadon, head of the robotics team at Intuition Robotics, in the lab at the company’s office in Ramat Gan.

A few thousand *ElliQ*s have been shipped to seniors across the United States to date, which means some of the first people living alongside artificially intelligent robots are octogenarians who came into a world without color television. The robots are available for purchase from the Israeli start-up “Intuition Robotics,” but so far, they have mostly been provided to older adults by nonprofits and state health departments as an experiment in combating loneliness. It is a rare and criticality-needed invention for seniors living alone everywhere.



ElliQ can offer a virtual hug.



ADULT EDUCATION

Evette Weiss
Adult Education

CLASSES WITH RABBI MELTZER

Daf Yomi

Wednesdays, 9:30am This weekly class discusses the pages of Talmud most recently covered.

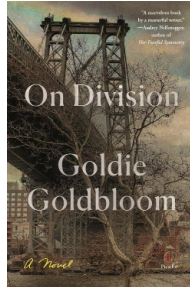


Reading with the Rabbi:

TBD

On Division by Goldie Goldbloom

Set in Brooklyn's Chasidic community, this powerful novel follows Surie, a grandmother whose life is shaken by a surprising pregnancy at 57. As she grapples with shame, secrecy, and change, she is drawn into a deeply personal journey of identity and self-discovery.



Slow Read Book Club:

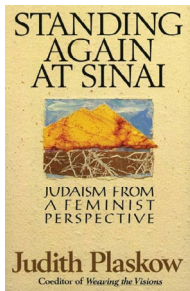
Fridays at 12:00pm on Zoom

Standing Again at Sinai: Judaism from a Feminist Perspective

by Judith Plaskow

May 8, June 5

A feminist critique of Judaism as a patriarchal tradition and an exploration of the increasing involvement of women in naming and shaping Jewish tradition.



OHR SHALOM WELLNESS

Meditation

with Alex van Frank

Tuesday Evenings, 7:00-7:30pm

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

Ask Alex about her Italy Yoga Retreat! Registration open NOW! Space very limited.

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

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

Meeting ID: 828 0558 3843



BALBOA PARK THE SAN DIEGO MUSEUM OF ART

Join Marvin Yudkovitz for a tour of a very exciting art exhibition,

Cafes and Cabarets: The Spectacular Art of Toulouse-Lautrec

**Sundays, May 31/July 26, 2026
3:30pm**

This San Diego Museum of Art exhibition features about 50 works by Henri Toulouse-Lautrec. Learn why Toulouse-Lautrec's work is considered groundbreaking, as he immortalized the cabaret culture of *Belle Époque Paris* and revolutionized the art of the poster. Join Marvin as we view how Toulouse-Lautrec left an unforgettable image of the spectacle, people, and performers of turn-of-the-century Paris.

Let Marvin know if you want to attend by sending an email to president@ohrshalom.org specifying the number of attendees.





RELIGIOUS SCHOOL

Maggy Dujowich
Religious School Principal



Celebrating Growth, Leadership, and New Beginnings

As we arrive at the end of another meaningful year at Ohr Shalom Religious School, we pause to reflect on all that we have experienced, learned, and become. This moment is filled with pride, gratitude, and a touch of emotion—as endings often are—but in Jewish tradition, every ending is also a beginning.

Throughout this school year, our students did much more than learn about holidays, prayers, Hebrew, and Israel. They built friendships, discovered their voices, and strengthened their connection to Jewish life and community. Our classrooms were filled with curiosity, laughter, and ruach—spirit that could be felt in every corner of our school. Each child, teacher, and family contributed to creating a space that is warm, welcoming, and alive with purpose.

A special milestone this time of year is the graduation of our 7th grade students. These young individuals have grown tremendously during their time at Ohr Shalom. They entered as learners and are now emerging as leaders. In many ways, their journey is just beginning. As they step forward, many will take on new roles as madrichim—guides and mentors for younger students. This transition reflects one of the most beautiful aspects of Jewish life: the passing of knowledge, values, and responsibility from one generation to the next. We are incredibly proud of our graduates and excited to see the impact they will make in the years ahead.

At the same time, we say goodbye to a group that has been deeply woven into the fabric of our school—our madrichim who are moving on to college. Their dedication, energy, and heart have shaped the experience of so many students. They have been role models, helpers, and leaders, offering not only their time but also their care and attention. They made our students feel seen, supported, and inspired. While it is never easy to say goodbye, we do so with immense gratitude and pride. In Jewish tradition, we say lehitraot—not goodbye, but “until we see each other again.” We know that wherever their journeys take them, they carry a part of Ohr Shalom with them, just as they will always remain a part of us.

As we close the year, we are reminded that success is not measured only by what we have learned, but by who we have become. Have we grown in kindness? Have we built confidence? Have we strengthened our sense of belonging and identity? If the answer is yes—even in small ways—then this year has been truly meaningful.

Looking ahead, we are filled with hope and excitement. Our returning students will continue to grow, our graduates will step into leadership, and our departing madrichim will embark on new adventures filled with opportunity and purpose.

May we all carry forward the light, the learning, and the connection that defined this year. And may we continue to strengthen one another as a community, wherever we go next.

Chazak, chazak, v’nitchazek — Be strong, be strong, and let us strengthen one another.



YOUTH GROUPS

Michelle Gurr-Barbour
USY Youth Director



Strawberries, Summer and What’s Ahead

As we head into the final stretch of the school year, there’s a lot of excitement building in our youth community, and even more looking ahead to summer and beyond!

Strawberry Picking



On **May 24th**, we’re teaming up with the broader San Diego USY community for a special **Orange County Strawberry Picking Trip** for all 8th – 12th graders. It’s a great chance to get outside, connect with friends across the region, and enjoy a fun (and delicious) day together. Keep an eye out for registration details coming soon!

In the meantime, one of the best ways to stay in the loop is by joining our youth WhatsApp group. It’s quickly becoming the hub for updates, conversations, and even brainstorming new program ideas; the current topic is summer plans. If you’re not in it yet, now’s the time to join!

Speaking of summer... I’d love to hear from you! Will you be around? Are there certain times that work best for you? Whether you’re hoping for chill hangouts, bigger events, or something totally new, your input helps shape what we plan. Feel free to reach out and let me know your availability and ideas at usy@ohrshalom.org.

We’re also beginning to think ahead to next year and are looking for teen leaders who want to help plan and bring programs to life. If you’re interested in stepping into a leadership role, sharing your ideas, or just being more involved, I’d love to connect- email, WhatsApp, text, whatever is easiest.

Looking forward to a fun and meaningful end to the year and an even better year ahead!



A TASTE OF TORAH

Program for 4-year-olds at Ohr Shalom with Jennifer Meltzer

May 3

Sundays
9:30-10:30am:
Cost: \$35
per child per class

Sessions will include: music, movement, holiday preparation, art, stories, t’fillah and LOTS OF FUN!

Contact office to register

Save the Date

Annual Congregational Meeting

Sunday, June 7, 4:30pm

Our **Annual Congregational Meeting** is a gathering for all members to connect, reflect on the past year, and look toward the future of Ohr Shalom Synagogue. During this time, we provide a clear overview of the Synagogue's financial health and share updates on our latest programs. It is your opportunity to stay informed, ask questions about the continued growth of our sacred home.

Join us at **3:30pm** before the annual meeting for a talk on **Elephants with Dr. Fred Bercovitch, PhD.** He is a wildlife conservation biologist and Executive Director of Save the Giraffes, an adjunct Professor at Kyoto University and at the University of the Free State, South Africa. He has studied baboons in Kenya, rhesus monkeys in Puerto Rico, giraffes in Zambia and South Africa, wild dogs in Zambia, elephants in Botswana, koalas in Australia, and snow monkeys in Japan, as well as cheetahs, Nile lechwe, giraffe, koalas, elephants, bushbabies, and California condors in captivity. He has published a number of scientific articles, as well as contributing to San Diego Zoo's *Zoornooz* magazine, *Mongabay* and *USA Today*.



Refreshments will be served

Ohr Shalom Legacy Society

Our **Legacy Society Committee** has a new Chairperson, **Jeanne Argoff**. Jeanne has been serving on the Committee for the past two years, and now assumes the committee leadership from **Jonah Weinberg**. A huge thanks goes out to Jonah for re-invigorating our program over the past four years. Thankfully Jonah will remain on the committee, along with **Lynn Mendelsohn, Jared Solomon, Marvin Yudkovitz**, and of course **Gillian Argoff-Treseder** and **Rabbi Meltzer**. If you are interested in learning how you can join the Legacy Society, please contact Jeanne or any of the committee members.

Create a Jewish Legacy



Daily Minyan Coordinator

We are pleased to announce that **Elizabeth Green** has volunteered to coordinate the Ohr Shalom Daily Minyan schedule, effective immediately.

A huge thank you goes out to **Jonah Weinberg** who has been the coordinator for the past four years.

I encourage all congregants to contact Elizabeth and sign up to help with leading minyan. If training is needed, that can be arranged.



Watch your mailbox for Board of Director's Ballot.

Return by June 3



Ohr Shalom Calendar 2026-2027

#	Item	Price
___	Line Greetings	\$25
___	2.25" x 2.25"	\$50
___	4.5" x 2.25"	\$75
___	Month Sponsor (10" x 0.75")	\$250
___	Calendar Sponsor	Call Office

Sponsorship and advertising opportunities.

Celebrate

- Rosh Hashanah • Chanukah • Birthdays
- Anniversaries • B'nai Mitzvot • Weddings
- Advertise your business

CROSSWORD ANSWERS

1t
 3g a l a x y
 u t
 r 4H e r c u l e s
 u o
 5c o n s t e l l a t i o n
 r o
 a g
 b 6v
 7m i l k y w a y
 r
 g
 8s c o r p i o
 t
 9b e a r
 r
 10z e u s

New Members' List

August 2025-April 2026

- Jenni Cohen
- Mendy Fisch
- Beth Flowers
- Max Holston
- Russell Kranz
- Arik Legman
- Melody Lewis & Ginn Gregorio
- Nevo Magnezi & Leah Schaperow
- Barbara Mandel
- Myles Marcus & Adina Grossman
- Ne'eman Melech
- Emily & Daniel Ostler
- Naen Ramos & Jason Brown
- Anna Romanskaya & Matthew McMahon
- Jay & Lydia Schlanger
- Shane Smith
- Catherine Spanbauer
- Olive Swanson
- Ruth Tobin
- Samarah Vaughan
- Victoria Wasserman
- Melanie Webb

LIFECYCLE EVENTS & THANK YOU

MAZAL TOV

LeAnne Adams on the birth of her first grandson, **Damien Lee Adams Herrmann.**

Rabbi Cantor Cheri Weiss and **Dan Weiss** on the birth of their first grandchild, **Owen Alexander Robbins.**

Thank You To Our Volunteer Help in April

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

Marci Prag and Matthew Razinsky, Shabbat Kehillatit Dinner

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

- | | |
|------------------|--------------------------|
| LeAnne Adams | Lynn Mendelsohn |
| Ilan Awerbuch | Phil Miller |
| Sue Brown | Rachel Millstone |
| Eti Chall | Rocky Reid |
| Allyson Darroch | Al Shelden |
| Elisheva Edelson | Marissa Street |
| Mendy Fisch | Jonah Weinberg |
| Lou Green | Springsong Cooper Weiner |
| Morris Lazard | Rabbi Cantor Cheri Weiss |
| Jessica Lemoine | Dan Weiss |
| Ruth Levy | Davin Widgerow |
| Rachel Lipowsky | Margalit Wollner |
| Jennifer Meltzer | Rebecca Wollner |
| Eli Meltzer | Marvin Yudkovitz |
| Susie Meltzer | Jane Zeer |
| Ivan Mendelsohn | |

Lifecycles and Thank You's Continued on Next Page

LIFECYCLE EVENTS & THANK YOU FOR YOUR GENEROUS DONATIONS IN APRIL

SYNAGOGUE FUND

Karen Blum
Janice and Stephen Boner
Toni and Allen Gruber
Harlene and David Rottenberg
Stuart Weinshanker

In memory of Alain Avigdor
Jodie Snyder

In memory of Ronald Eisenberg
Rachel Millstone
Ray and Marcia Sachs
Al Shelden
Mark and Elaine Smith

In memory of Betty Feldmar
Toni and Don Goldstein

In memory of Meyer Weisberg
Carol and Al Madwatkins

In memory of Judith Silberg
Eileen Wingard

In memory of Abe Horn
Jerry Horn

In memory of Marjorie Jane McCormick Peters
Eli and Susie Meltzer
Mark and Elaine Smith

In memory of Annette Greene
Marylin and Richard Greene

In memory of Jaqueline Ander
Mark and Elaine Smith

In memory of Leah Goldman
Sheldon and Harriet Wolpoff

In honor of Eli & Susie Meltzer's 50th Anniversary
Eileen Wingard

In honor of the Birth of Damien Lee Adams Herrmann
Susie and Eli Meltzer
Ray and Marcia Sachs
Eileen Wingard

TEACHER AND RELIGIOUS SCHOOL APPRECIATION

Ruth Tobin

SHABBAT SPONSORS

Alice Broudy Cupples
Jeanne Peters
Sylvia Galicot and Family
Richard and Marilyn Greene
Lynn and Ivan Mendelsohn

We apologize for any omissions.

CONDOLENCES

Barrett Avigdor, on the passing of her beloved husband, **Alain Avigdor Z"L**, father of **Harrison** and **Alexander Avigdor**.

Brad Eisenberg (Christine) on the passing of his father, **Ronald Eisenberg Z"L**, beloved husband of **Devora Safron**, father of **Deanne Melnicoff**, and **Adam Eisenberg**, and grandfather of **Jessica Tucker, Nathan Eisenberg** and **Samuel Eisenberg (Danielle Dornan)** and great-grandfather.

Aaron Zaidman (Esther) on the passing of his brother **Elias Zaidman Grinberg Z"L**.

IYAR/SIVAN YAHRZEITS AT OHR SHALOM



Bud Straling	Elizabeth Green's Grandfather	2-May/15 Iyar
*Stephen Blum	Remembered by Ohr Shalom.....	3-May/16 Iyar
Harry Forman	Remembered by Reyna Forman	3-May/16 Iyar
Myer Rabinovitch	Bonnie Mantel's Father.....	3-May/16 Iyar
*Luis Zachs	Reina Shteremberg's Brother	3-May/16 Iyar
Vicky Cohen	Eddy Cohen's Wife, Lina Cohen, David Cohen, Beto Cohen's Mother	4-May/17 Iyar
Carmen V. Gomez	Daniel Pick's Grandmother	4-May/17 Iyar
*Fela Groswirt	Miguel Veinbergs' Mother	5-May/18 Iyar
Cecilia Artenstein de Katz	Becky Margolis' Mother, Remembered by Sara Artenstein	6-May/19 Iyar
*Emma Bielaz	Freddy Bielaz's Wife, Wolf Bielaz', Simon Bielaz and Mina Cohen's Mother ..	6-May/19 Iyar
Arthur Mostel	Linda Mostel's Father	6-May/19 Iyar
*Alexander Capelluto	Stella Salzman's Nephew	7-May/20 Iyar
Arthur Karns	Remembered by Marda Rose	7-May/20 Iyar
Elene Solomon	Naima Solomon's Grandmother	7-May/20 Iyar
Meyer Weisberg	Carol Madwatkins' Father, Allison Madwatkins' Grandfather	7-May/20 Iyar
*Raquel Levy	Remembered by Eddy Cohen	8-May/21 Iyar
Robert Samuel Chall	Jayson Chall's Father	9-May/22 Iyar
Alan Vann	Lewis Vann's Father	9-May/22 Iyar
Jennie Goldberg	Susie Meltzer's Grandmother	10-May/23 Iyar
Manuel Waisbord	Daniel Waisbord's Father	10-May/23 Iyar
*Glenn Weinberg	Judy Gaines' Father	10-May/23 Iyar
Alberto Algazi	Michel Algazi's Father.....	11-May/24 Iyar
Jerry Hirsch	Remembered by Evelyn Schwimmer	11-May/24 Iyar
Edye Mayers	Sherry Berlin's Sister	11-May/24 Iyar
Joseph Razinsky	Elias Razinsky's Father, Matthew Razinsky's Grandfather	11-May/24 Iyar
Irving Soltz	Remembered by Roz Berman	11-May/24 Iyar

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



Isidor Spellman	Roberta Greene's Grandfather	11-May/24 Iyar
Marcia Vann	Lewis Vann's Mother	11-May/24 Iyar
Esther Berman Levy	Alberto Levy's Mother	12-May/25 Iyar
Guillermo Sod Novy	Rebeca Sod's Husband	12-May/25 Iyar
Dorothy Yudkovitz	Marvin Yudkovitz's Mother	13-May/26 Iyar
Jalla Zyman	Pepe Zyman's Mother	13-May/26 Iyar
Albert Goodman	Alice Broudy Cupples' Uncle	14-May/27 Iyar
*Morris Rossen	Janice Boner's Father	14-May/27 Iyar
Charles Widgerow	Davin Widgerow's Grandfather	14-May/27 Iyar
Joseph Zouari	Remembered by the Bunton Family	14-May/27 Iyar
Jose Chayet	Zack Chayet's Brother	15-May/28 Iyar
*Sam Ressler	Remembered by Vivien Ressler	15-May/28 Iyar
Zelda Berman	Remembered by Roz Berman	16-May/29 Iyar
*Helen Rosenfeld Horn	Jerry Horn's Mother	17-May/1 Sivan
Julio Slovatzki	Miguel Slovatzki's Father	17-May/1 Sivan
Roger Van Vloten	Alex van Frank's Father	17-May/1 Sivan
Rita Kublin	Remembered by Roz Berman	18-May/2 Sivan
Richard Schriger	Geoffrey Sternlieb's Father	18-May/2 Sivan
Joseph David Weissman	Rebecca Wollner's Grandfather	18-May/2 Sivan
*Hal Wingard	Eileen Wingard's Husband	18-May/2 Sivan
Dawn Escoffery	Yvonne Scarlett's Aunt	19-May/3 Sivan
Jennie Kohen	Marda Rose's Grandmother	19-May/3 Sivan
Elaine Mandel	Barbara Mandel's Sister	19-May/3 Sivan
Zel Camiel	Judi Gottschalk's Uncle	20-May/4 Sivan
Ofelia Palmer	Sara Zands' Mother	20-May/4 Sivan
*Rabbi Dr Nathaniel Pollack	Remembered by Ivan and Lynn Mendelsohn	20-May/4 Sivan
Boleslaw Ratniewski	Alfredo Ratniewski's Father	20-May/4 Sivan
*Corinne Bunton	Remembered by the Bunton Family	21-May/5 Sivan
Rose Bookbinder	Sue Brown's Grandmother	22-May/6 Sivan
*Szymon Brzezinski	Eva Brzezinski's Father	22-May/6 Sivan
Carole Eisenberg	Brad Eisenberg's Mother	22-May/6 Sivan
Gary Himelfarb	Steve Fox's Uncle	23-May/7 Sivan
Pablo Brener	Sara Fainstein's Cousin	24-May/8 Sivan
Gloria Giraldi	Bethann Giraldi's Mother	24-May/8 Sivan
Gertrude Grossman Myers	Sherry Berlin's Aunt	24-May/8 Sivan
Lois Roberts	Bill Morris' Sister	24-May/8 Sivan
Tonia Avigdor	Remembered by Barrett Avigdor	25-May/9 Sivan
Jakov Broudy	Alice Broudy Cupples' Great Grandfather	25-May/9 Sivan
Jenny Epstein	Mark Epstein's Mother	25-May/9 Sivan
Stella Green	Louis Green's Mother	26-May/10 Sivan
Adela Sack Renner	Fay Rozen's Mother	26-May/10 Sivan
Al Eisman	Naomi Ruth Eisman's Husband	27-May/11 Sivan
*Grace Sunny Polichar	Raulf Polichar's Sister	27-May/11 Sivan
Barbara Feiner	Amy Epstein's Mother	29-May/13 Sivan
Salomon Gurvich	Remembered by the Veinbergs Family	29-May/13 Sivan
*Joseph Wright	Donald Wright's Father	29-May/13 Sivan
Joseph Bernstein	Steven Bernstein's Father	30-May/14 Sivan
Newton Broudy	Alice Broudy Cupples' Great Uncle	30-May/14 Sivan
Morris Kuritsky	Lloyd Kuritsky's Father	30-May/14 Sivan
Irene Turner	Remembered by Roz Berman	30-May/14 Sivan
Lillian Zeidler	Janice Zipp Cannizzaro and Elaine Smith's Aunt	30-May/14 Sivan
William Kramer	Remembered by Cheri Weiss	31-May/15 Sivan
Fancine Lanar	Remembered by Marvin Yudkovitz	31-May/15 Sivan
Bess Maxwell	Alice Broudy Cupples' Grandmother	31-May/15 Sivan
*Joan Sourasky Salomón	Eva Brzezinski's Mother	31-May/15 Sivan

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




OHR SHALOM SYNAGOGUE
 2512 Third Avenue at Laurel
 San Diego, CA 92103
 (619) 231-1456

Non-Profit Org.
 U.S. Postage
PAID
 Permit No. 1129
 San Diego, CA

CALENDAR OF EVENTS

MAY-2026 / IYAR-SIVAN 5786

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Ohr Shalom Building Centennial Celebration May 3</p>	<p>Rabbi Brianah Caplan Ordination Shabbat Friday, May 15 and Saturday, May 16</p> 		<p>1 Pesach Sheni 14 Iyar Omer Day 29 2:00pm - Office Closes 6:15pm - Kabbalat Shabbat Service "ask the Rabbi" 7:12pm</p>	<p>2 Omer Day 30 Parshat Emor 15 Iyar 9:30am - Shabbat Service 8:13pm</p>		
	<p>3 Omer Day 31 16 Iyar 9:30am - Religious School (Last Day) 4:30pm - Building Centennial Rededication and Celebration</p>	<p>4 Omer Day 32 17 Iyar 6:15pm - Minyan 7:00pm - Lomdim BeYachad</p>	<p>5 Omer Day 33 Lag B'Omer 18 Iyar 6:15pm - Minyan 7:00pm - Meditation w/ Alex van Frank</p>	<p>6 Omer Day 34 19 Iyar 9:30am - Daf Yomi 6:15pm - Minyan</p>	<p>7 Omer Day 35 20 Iyar 6:15pm - Minyan</p>	<p>8 Omer Day 36 21 Iyar 12:00pm - Slow Read Book Club 2:00pm - Office Closes 6:15pm - Kabbalat Shabbat Service 7:17pm</p>
<p>10 Omer Day 38 Mother's Day 23 Iyar No Minyan</p>	<p>11 Omer Day 39 24 Iyar 6:15pm - Minyan 6:45pm - Choir Practice 7:00pm - Lomdim BeYachad</p>	<p>12 Omer Day 40 25 Iyar 6:15pm - Minyan 7:00pm - Meditation w/ Alex van Frank</p>	<p>13 Omer Day 41 26 Iyar 9:30am - Daf Yomi 6:15pm - Minyan</p>	<p>14 Omer Day 42 27 Iyar 6:15pm - Minyan</p>	<p>15 Omer Day 43 Yom Yerushalyim Rabbi Caplan Shabbat 28 Iyar 2:00pm - Office Closes 6:15pm - Shabbat Kehillatit Service with Graduation Dinner 7:22pm</p>	<p>16 Omer Day 44 Mevarchim Chodesh Parshat Bamidbar Rabbi Caplan Shabbat 29 Iyar 9:30am - Shabbat Service 12:30pm - Lunch & Learn 8:23pm</p>
<p>17 Omer Day 45 Rosh Chodesh Sivan 1 Sivan 12:00pm - Men's Club Lawn Bowling 6:15pm - Minyan</p>	<p>18 Omer Day 46 2 Sivan 5:30pm - Rabbi Caplan's Ordination in Los Angeles 6:15pm - Minyan 6:45pm - Choir Practice</p>	<p>19 Omer Day 47 3 Sivan 6:15pm - Minyan 7:00pm - Meditation w/ Alex van Frank</p>	<p>20 Omer Day 48 4 Sivan 9:30am - Daf Yomi 6:15pm - Minyan</p>	<p>21 Omer Day 49 Erev Shavuot 5 Sivan 7:30pm - Tikkun Leyl Shavuot 7:26pm</p>	<p>22 Shavuot 1 6 Sivan Office Closed 9:30am - Shavuot Morning Service 6:15pm - Shavuot Shabbat Service 7:27pm</p>	<p>23 Shavuot 2 7 Sivan 9:30am - Shabbat Shavuot Service with Yizkor Afternoon Bat Mitzvah: Ariela Lipner 8:28pm</p>
<p>24 8 Sivan 6:15pm - Minyan</p>	<p>25 Memorial Day 9 Sivan Office Closed No Minyan</p>	<p>26 10 Sivan 6:15pm - Minyan 6:30pm - Jewish Heritage Night Padre Game 7:00pm - Meditation w/ Alex van Frank</p>	<p>27 11 Sivan 9:30am - Daf Yomi 6:15pm - Minyan 7:00pm - Men's Discussion Group</p>	<p>28 12 Sivan 6:15pm - Minyan</p>	<p>29 13 Sivan 2:00pm - Office Closes 6:15pm - Kabbalat Shabbat Service 7:32pm</p>	<p>30 Parshat Naso 14 Sivan 9:30am - Shabbat Service 8:33pm</p>
<p>31 15 Sivan 6:15pm - Minyan</p>						