



OHR SHALOM SYNAGOGUE STANDS WITH ISRAEL



PARKING LOT: St. Paul's Community Care Center parking lot may **ONLY** be used **during services on Friday after 6:00pm and Saturday morning.** The entrance is on Third

Avenue between Maple and Nutmeg Streets.

PARKING IS NOW AVAILABLE across the street from Ohr Shalom on Third at the old US Bank lot. Now owned by St. Paul's, they have very graciously agreed to let us park there **after 5:00pm on Fridays and on Saturday mornings.**

MEN'S DISCUSSION GROUP

**Thursday, July 16
7:00pm**



Pride Shabbat at the Bay

with Dor Hadash

Friday, July 10, 6:45pm



Pride Shabbat

at Congregation Beth Israel
9001 Towne Centre Drive
San Diego, CA 92122

Friday, July 17, 6:15pm

**Check your
mailbox for
your 26-2027
renewal
Notice.**



DAVAR MEGILLAH

JULY 2026 • MONTHLY NEWSLETTER • TAMUZ/AV 5786

צא ולמד - Go and Learn

Rabbi Scott Meltzer



Looking out my window, it is clear. Summer is here. Even if you are not a student enrolled in school, or a teacher teaching those

students, I hope that summer gives you the opportunity to get away from your "regular" routine, perhaps even to travel.

We are a traveling people ... a wandering people. Our story begins when God tells Abram to go travel ... to a land that God will show him. We travel to Egypt and back again. Truthfully, Jewish history is filled with lots of travel – some by choice, some by necessity. Either way, we are a traveling lot.

In multiple places, the Talmud charges us with צא ולמד (*tzei ulmad*), "Go and learn." Recognizing that we have to get out on the road to expand our horizons.

Our tradition teaches that traveling affords the opportunity to not only visit other places, but to learn a great deal. The Babylonian Talmud is replete with tales of Rabbis traveling between the Land of Israel and Babylon, in both directions. They even visit Rome.

Traveling breaks routine. It gets us out of our comfort zone. It allows us new encounters – new people, new places, new customs, new languages, new ideas.

If you have studied any Zohar,

you know that the entire work is predicated on travel.

This past Spring I was fortunate to do some traveling, including attending a number of conferences. These conferences allowed me to break my normal routine and engage in other places, with other people, engaged in related but different activities.

I attended a remarkable couple of day conferences in Sacramento learning about the important legislation that is in the works in our State Government, including a bill to limit harassing activities within one-hundred feet of religious institutions, and bills allocating funds to assist those who are experiencing radical drops in public assistance from the Federal Government. I also felt that it was especially important to be there this year to thank our State Legislature for the passage of AB715 last year. AB715 is legislation aimed at protecting Jewish students, faculty and staff from inappropriate and biased education and educational materials in K-12 Public Schools. It is groundbreaking legislation that is being used as a model for legislation in many other states, and even in DC for national legislation.

That conference will be happening again this coming May. I hope to be able to attend and I would love for

Continued on page 5



WORDS FROM THE PRESIDENT

Marvin Yudkovitz
President

July 2026 Begins a New Two Year Cycle of Ohr Shalom Synagogue Board of Directors Positions

Thanks to the Synagogue membership, we have a newly voted-in Board of Directors for the period of 2026-28. Although I'm sure most everyone understands what the roles of the Board are, I want to mention a few of them. I believe this will help everyone appreciate the responsibilities accepted by those who have volunteered to lead the Synagogue, as well provide a framework as to how the business of our congregation is conducted.

Board Roles (all in conjunction with staff led by Rabbi Meltzer, Gillian Argoff-Treseder, Maggy Dujowich, Michelle Gurr-Barbour, and Rene Beiza):

Executive Board – This is a group of current (and past) Board members who provide advice to the President. Typically, the Executive Board meets one week prior to the entire Board meeting.

Fiduciary – the Board approves the annual budget, significant expenditures, and investments. These are accomplished through the applicable Board positions (Treasurer, VP Finance) and related committees. The Board also approves significant contracts (e.g. Staff, Museum School, building painting, etc).

Staffing – Oversee and approve staffing, salaries, etc.

Program Development – Identify and conduct new programs; coordinate with staff members on program development and implementation.

Short and Long Term Planning – Developing goals for the Synagogue including building, staffing, programming, and overall direction.

The Executive Board and entire Board each meet around ten times per year.

The majority of our Board members for 2026-2028 remains the same from the previous two years. But there are a few significant differences.

New Members:

Secretary: The incoming Secretary is Linda Mostel. Linda returns to the Board after a few years hiatus. See page 8 of this Davar for Linda's self-introduction. Linda replaces Naima Solomon who has been the secretary for the past two years. Naima now takes the position of Chairperson, Administration.

Ohrzennials: This is a new position to the Board, recognizing the fantastic development work of Juli Beck West and Rebecca Wollner starting and quickly expanding the program. The Ohrzennials are our next generation

of leaders! Membership of this group is for those aged 20 to early 40's. Rebecca returns to the Board after a few years hiatus. See page 8 of this Davar for Rebecca's self-introduction.

Security: Becky Zipp has volunteered to fill this vacant position, following the untimely passing of Alain Avigdor z"l. Since this occurred after the ballots were mailed to the congregation, Becky was appointed following a vote by the Board members. Becky also returns after several years hiatus. See page 8 of this Davar for Becky's self-introduction.

Two members who we thank for their years of volunteering will be leaving the Board:

Jonah Weinberg

Jonah has been serving on the Board and leading our Development/Dor L'Dor Committee since July 2023. During the past three years, he has led our efforts in informing the Congregation about leaving long term gifts to the Synagogue. Through the efforts of Jonah and the other committee members, we have revitalized and expanded our membership in the Legacy Society. We have also been able to obtain financial

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OHR SHALOM STAFF

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Ohr Shalom Legacy Society - JEANNE ARGOFF

OHR SHALOM'S SHABBAT SERVICE SCHEDULE

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

Friday	July 3	6:15pm	Shabbat Service "Ask the Rabbi"
Saturday	July 4	9:30am	Shabbat Morning Service
			Board Installation Shabbat
Friday	July 10	6:45pm	Pride Shabbat at the Bay with Dor Hadash
Saturday	July 11	9:30am	Shabbat Morning Service
Friday	July 17	6:15pm	Pride Shabbat at
			Congregation Beth Israel
Saturday	July 18	9:30am	Shabbat Morning Service
Friday	July 24	6:15pm	Kabbalat Shabbat Service
Saturday	July 25	9:30am	Shabbat Morning Service
Friday	July 31	6:15pm	Kabbalat Shabbat Service
Saturday	August 1	9:30am	Shabbat Morning Service

NO Shabbat Morning Babysitting Available

Ask the
Rabbi



Synagogue

Friday, July 3, 6:15pm

The Questions You've Always Wanted to Ask



Back by popular demand.....

HOT DOG KABBALAT SHABBAT!! after Shabbat service



Board Installation Shabbat

Saturday, July 4, 9:30am



Tisha B'Av

A Time to Mourn

Tisha B'Av: A Day of Mourning and Hope

Wednesday, July 22, 8:00pm

at Tifereth Israel Synagogue

It has long been our tradition to observe this evening together with our friends from Tifereth Israel Synagogue, and they warmly welcome anyone who would like to join. The evening will include Ma'ariv, the chanting of Eicha (The Book of Lamentations), and additional readings and reflections appropriate to the day.

Please note that, in addition to fasting, it is customary on Tisha B'Av to refrain from wearing leather shoes.

To learn more about Tisha B'Av, visit the Tifereth Israel website at tissd.org.



6660 Cowles Mountain Boulevard
San Diego, California 92119 • 619-697-6001
tissd.org



PARSHIYOT & CANDLE LIGHTING



July 2026

PARSHAT PINCHAS

18 Tamuz - Candle Lighting: 7:42pm

Fri: July 3

Sat: July 4

Torah: Numbers 25:10-30:1

Haft: Jeremiah 1:1-2:3

MEVARCHIM CHODESH

PARSHAT MATOT-MASEI

25 Tamuz - Candle Lighting: 7:41pm

Fri: July 10

Sat: July 11

Torah: Numbers 30:2-36:13

Haft: Jeremiah 2:4-28, 3:4, 4:1-2

SHABBAT CHAZON

PARSHAT DEVARIM

3 Av - Candle Lighting: 7:38pm

Fri: July 17

Sat: July 18

Torah: Deuteronomy 1:1-3:22

Haft: Isaiah 1:1-27

SHABBAT NACHAMU

PARSHAT VAETCHANAN

10 Av - Candle Lighting: 7:34pm

Fri: July 24

Sat: July 25

Torah: Deuteronomy 3:23-7:11

Haft: Isaiah 40:1-26

PARSHAT EIKEV

18 Av - Candle Lighting: 7:29pm

Fri: July 31

Sat: August 1

Torah: Deuteronomy 7:12-11:25

Haft: Isaiah 49:14-51:3



Pride Shabbat at the Bay

with Dor Hadash

Friday, July 10, 6:45pm

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!

BEACH CLEANUP

Friday, July 10, 4:00-6:00pm

at Playa Pacifica at Mission Bay!

RSVP to Melanie at assistant@ohrshalom.



CALENDAR STORIES 2025-26

Lynn Mendelsohn

Imm. Past President/Special Projects

The page facing July in the Ohr Shalom Calendar for 2025-26 gives us desserts made with lemons. Elaine Smith adapted a Lemon Bundt Cake recipe using Meyer Lemons as an accommodation to her own hyperactive tree. And professional chef Giselle Wellman contributed a recipe for classic Lemon Bars.

The back story for Marci Prag's submission, a recipe for Gluten-Free Lemon Bars, takes us to New England, to the house in Framingham, Massachusetts, 20 miles west of Boston, where Marci grew up. From Marci's earliest recollection, preparing and sharing baked goods, always were expressions of love. Marci's own mother, Cynthia, was beset by chronic illness, so the bakers in the family were her mother's mother, her Bubby, and her father's Aunt Evelyn. Evelyn, who never visited without bringing baked goods, specialized in lemon bars and pecan and lemon meringue pie. The lemon bars were intended for Marci, who always found the combination of shortbread and sweet lemon irresistible. Bubby, from Russia, was the challah lady.



The Prag home in Framingham

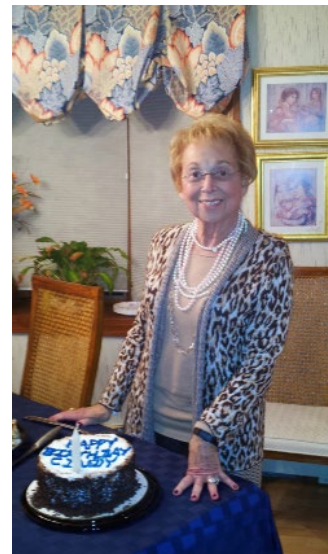
Marci's extended collection of relatives resided in close proximity among the suburbs west of Boston. Although Marci's in-house family consisted only of her parents, herself and her younger brother Jeffrey, her grandparents, uncles, aunts and cousins were nearby. And all the eating, for every holiday, birthday, and let's-get-together-day, took place at Marci's house. She remembers Passover seders with 50 participants, summer cookouts, and huge parties for Chanukah. Marci's father Larry, a widower who now is nearly 83, still lives in the house where all of that celebration happened. Though in relatively good health, he no longer throws parties. He does, however, continue the Prag family tradition of loving through baked goods, purchasing and delivering weekly challah and sweet delights to his granddaughter Kayla – whose house is

across the street from a bake shop!

It is easy to relate Marci's personal history to her generous contribution of time, talent, concern and great cuisine as In-House Chef for the fortunate congregants of Ohr Shalom. Marci, who works unusual hours for a travel support agency, began volunteering, along with her husband and Able Assistant Matt, in the Ohr Shalom kitchen during the Salomon and Rachel Lipowsky years. Later, coming under Barbara Haislip's tutelage, Marci worked with Vanina to master kashrut and acquire the skills necessary to estimate and purchase for a crowd, and to cook in quantity. Now, says Marci:

Cooking for the synagogue has become a Thing with me. I love seeing the smiles on all the faces. I love it that, on those Friday nights when I cook, people have a place to go to share Shabbat dinner. And inclusion is important to me. Whatever special dietary requirement a person might have, I adjust for it. If necessary, I substitute pumpkin seeds for nuts, I pay attention to gluten, and I make certain that my meals include something nourishing that is vegan. At Ohr Shalom, cooking is my hug to everybody!

Aunt Evelyn couldn't have said it better.



Marci's mom with an ice cream birthday cake



Marci's folks in costume for a Halloween party at the house



Ohr Shalom Choir

**Ohr Shalom
Choir
Practice**

No Practice in July



**Check out the Ohr Shalom
Instagram Page!**

Search: ohrshalom.

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

If you have any content to share, contact Aviva Rosenberg at chesed@ohrshalom.org.



FROM OUR EXECUTIVE DIRECTOR

Gillian Argoff-Treseder
Executive Director

A Bissel, a Little Nosh

A bisseel, a nosh, a little bite, a nibble of food. It's July and I should write to you about the importance of renewing your membership in a timely manner so the office can prepare for High Holy Days, but I'll nudge you about that in my weekly emails. But, right now, I'm inspired by picnics, Shabbat at the Bay dinners, and summer mid-afternoon get-togethers where everyone brings their favorite things to nosh on while they kibbitz with friends and family.

I love appetizers and finger foods. Easy to eat and you get to try a bunch of different things and eat with your hands in polite company. We often serve "a nosh" at our Adult Education or other afternoon lecture events at Ohr Shalom. Enough to keep your tummy from rumbling like Winnie the Pooh during our programs.



I love trading recipes with friends and getting lost on recipe websites and Pinterest. Marci and I have a great time discussing recipes for our Shabbat Kehillatit dinners. Of course I love to nosh on chips with guacamole, salsa, hummus or baba ganoush, or cheese and crackers. I'm also a big fan of veggies and fruit, but that's not interesting and there are no recipes involved. Here are a few of my favorite summer nibbles and picnic salads.

Dates with Mascarpone and Pecans

Those are all the ingredients!

- Cut the dates almost in half (like a hot dog bun)
- Put a little scoop of mascarpone inside
- Top with a pecan (candied are better)

Healthy Pesto

I use this on pasta, baked potatoes, fish and sometimes as a dip for veggies

- 16 oz container of cottage cheese (any kind is fine nonfat, 2%, 4%)

- 8 oz Fresh Basil Leaves
- Fresh Spinach - as much as you can stuff in the blender
- 1 clove garlic
- 1/8 cup mozzarella or parmesan cheese
- Splash of olive oil
- Salt and pepper to taste

Throw everything into the blender until smooth. I like to add a little pasta water or a bit of veggie bouillon in a little water for flavor and consistency. I encourage you to play with the ingredients to get the version that works for you and your family. We like it really smooth and not too thick. I always add extra black pepper to my bowl.

It's also wonderful as a cold pasta salad with some cherry tomatoes, mini mozzarella balls, and extra fresh basil leaves. Always a hit at potlucks.

Quinoa, Black Bean and Roasted Corn Salad (serve cold)

- 2 cups quinoa cooked in veggie broth
- 1 can black beans drained
- 2 ears of corn roasted and cut from cob (you can use 1 can of corn instead)
- 1 red pepper diced
- 1 orange pepper diced
- 1 pint small cherry tomatoes

Dressing:

- 1/4 cup olive oil
- 1/2 cup red wine vinegar
- 1 clove of garlic
- Juice of one lime
- Salt and pepper to taste
- Pinch of cayenne

Mix all ingredients in a bowl. Make dressing and add to the bowl and mix well.

בתיאבון ~ B'Teyavon ~ Bon Appetite

WORDS FROM THE RABBI (CONT.)

you to consider coming with me.

I also was able to attend a conference in DC with the American Jewish Committee. The AJC reopened their San Diego office and has been doing very important work on behalf of the Jewish community. It was important for me to attend, to learn, and to lobby on a national level. That the conference coincided with a Padres series against the Nationals

was an added perk. Perhaps I, and you, will be able to attend the AJC conference next year as well.

So, get out. Get outside. Get out of your comfort zone. If you are able to travel far enough away to experience new places, people, language and customs ... go. However far you are able to go ... go. And wherever you go ... go and learn.

Have a wonderful summer. צא ולמד (tzei ulmad).



SISTERHOOD

Eti Chall
Sisterhood Chair



Before and After: Tamuz, Av, and the Work of Repair

I have been deeply moved by Rachel Goldberg-Polin's book, *When We See You Again*. In it, she gives language to something many of us know but struggle to name: the divide between the "Before" and the "After." For her, the Before was life before October 7th. On that terrible day, her son Hersh was wounded and kidnapped from the Nova festival. Everything that followed became the After. Most lives contain such dividing lines. There is life before the event, and life after it. The calendar keeps turning, but something essential has shifted. The world is still there, but it no longer feels whole.

In the Jewish calendar, the months of Tamuz and Av contain reminders of the Before and After within our shared lineage. On the seventeenth of Tamuz, the walls of Jerusalem were breached. On Tisha B'Av, we mourn the destruction of the Temple. It is one of the most painful "Before and After" moments in Jewish history. What had once been familiar and sacred was broken. And yet Jewish life did not end there. It changed, scattered and adapted. Prayer took the place of sacrifice. We diaspora Jews are part of the After.

I often think about Kintsugi, the Japanese art of repairing broken pottery with tree sap glue, gold or silver. The crack is not hidden. It remains visible, part of the object's history. The vessel becomes unique, precious and beautiful. Tikkun Olam, world "repair", reminds me of the meticulous methods of Kintsugi. It takes time, effort and love. On 17 Tamuz, the vessel started cracking. On Tish'a B'Av something broke, changed forever. We come back to it yearly. Examining the cracks. Applying the glue, waiting to dry, sanding, tracing with Gold. Tikkun Olam.

My world fractured when my father died one Shabbat in January 2021. Abruptly, unexpectedly. One moment he was making plans with my brother to ride bikes with him and the 4 grandkids he adored. And on his way to shower, he stopped being in this world. His heart stopped. And he was gone.

I was born two weeks before his twenty sixth birthday. He made a big deal of my birthdays. I was his first born- he loved me so much, showered me with adoration. One of my most treasured possessions is a voicemail he left me

on my birthday, the summer before he passed away. Sometimes I listen to it and am carried, for a moment, back into the Before. Back to when I could call him for advice, tell him my ideas, hear his voice answer mine. Back to when I had a father.

The fracture in my family has its unique Kintsugi. Pieces come together slowly, as memory settles like glue into the cracks. Family gatherings, photographs, habits, expressions, and shared history fill it. His laughter and predictable responses, WWMD (what would Moshe Domb Do)? The loss has not changed, but its edges have softened. What was broken has been held, honored, and carried forward. The Before is gone. The After is here. And still, within the fracture, something precious endures.

To next year in Jerusalem.

Events in July:

Introducing the **Sisterhood Quilt Project** and **Rosh Chodesh Av** for more details on Quilt Project, join us on the sisterhood WhatsApp group or join our email list.



Wednesday, July 29, 5-7:00pm,
Sisterhood **Tu B'Av Happy Hour** ar
Extraordinary Desserts

Sisterhood
Ohr Shalom Synagogue



Please complete our [membership form](#) on the OS website. Contact Eti, sisterhood@ohrshalom.org, if you have any questions.
To join Sisterhood WhatsApp groups, contact Eti.

Ohr Shalom Calendar 2026-2027

#	Item	Price
—	Line Greetings	\$36
—	2.25" x 2.25"	\$75
—	4.5" x 2.25"	\$100
—	Month Sponsor (10" x 0.75")	\$300
—	Calendar Sponsor	Call Office

Sponsorship and advertising opportunities.

Contact office@ohrshalom.org

Celebrate

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



MEN'S CLUB

Aaron Lipner
Men's Club President

Shalom from the Men's Club

Summers in San Diego are the best. There's plenty to do, from golf to BBQ to a day at the horse races, and even football training camp is around the corner. Here's what Men's Club has coming up.



Men's Discussion Group

The Men's Discussion Group meets the third Thursday of every month. It's a relaxed place to talk, share ideas, and get to know each other through interesting discussion topics. See Bob Houston or myself with any questions.

Fantasy Football

We're starting a Men's Club Fantasy Football league this fall. It's open to all the men, and to teens bar mitzvah age and up if we have room. The draft party is in late August, so get your team in before then. We'll start with 12 teams and add a second division if enough guys want in. Either way, don't wait.



Never played? No problem. Autodraft handles the hard part, so all you need is a team name. We're also looking for a commissioner to set the rules, buy-in, and prizes. If that sounds like you, email mensclub@ohrshalom.org.

Day at the Races

We're planning a Men's Club day at the Del Mar races this summer. We're working out the date now and will share it soon. Keep an eye out.



Looking Ahead

We're also planning a summer BBQ for July or August. More on that next time. Let me know if you have a special recipe you want to make.

Men's Club is open to all Ohr Shalom adult men, whether you're new to the Synagogue or have been here for years. Come as you are, no commitment needed.

One last thing. We have a lot of ideas, but ideas don't run themselves. Men's Club grows when guys show up and pitch in. If something here sounds good, come out. If you have an idea, send it. This is your club, and it gets better the more you put in.

To join and stay in the loop, fill out the membership form. Email us at mensclub@ohrshalom.org for more information. Join the WhatsApp group using the link or QR code to the right.



Looking forward to seeing you soon.

FROM PRESIDENT (CONT.)

incentives for meeting goals, which have been added to our Legacy account with the Jewish Community Foundation. Jonah will remain on the Legacy committee. Jeanne Argoff has assumed the role of Legacy Program Chairperson.

Jonah has also been coordinating and overseeing the daily minyan schedule since 2022. This has been an ongoing, monthly effort that he has expertly managed, helping us to know who is leading the daily minyan. Elizabeth Green has assumed the role of daily minyan coordinator.

Al Shelden

For nearly 50 years, Al has been a significant leader in our Synagogues.

Al and Marilyn z"l and their two daughters, were members of Beth Tefilah for almost 20 years, prior to the 1999 "marriage" with Adat Ami which formed Ohr Shalom Synagogue. During that time Al served as Men's Club President for several years, as well as Synagogue President from 1985-1988.

After the formation of Ohr Shalom, Al served in an advisory capacity to the Board. He was appointed, by the Board, as President of Ohr Shalom in 2009. He served as President until 2012, leading the Synagogue through the major

building renovation, which lasted over 12 months.

Since 2012 Al has been serving on the Board and Executive Board as Immediate Past President and Vice President for Administration. As well as coordinator for Movie nights.

Al leaves his position on the Board, but will remain on the Executive Board for the present time, continuing to provide his valuable input and advice, helping to train the next group of Synagogue leaders.

Please thank the Board members for their time and efforts when you see them. Being a member of the Board requires a commitment of time, energy, and decision making.

Join a committee and support the working of the Congregation. And as I've said in the past, I guarantee you will get back more than you give if you do.

Consider seeking a position on the Board when openings exist, or two years from now when there is a call for applications.

If you want to know more about what any of the board members are working on, or how you can get involved, contact them. Their names and email addresses are located on the bottom of page 2.

Our New Boardmembers



Linda Mostel has been a part of Adat Ami/ Ohr Shalom since 1993. She began helping out with young families and created the High Holy Day Shul program we still enjoy today. She was the religious school liaison and then revitalized Sisterhood for over a decade. Linda's passion for helping others is evident in her daily life as a school nurse. She is always willing to help when someone needs help at synagogue.



Rebecca Wollner is a librarian and the technology coordinator at Design Institute of San Diego. She likes to read, cross stitch, and snuggle with her cat Artemis. Rebecca is excited to represent the Ohrzennials!



Becky Zipp and her family have been members of Ohr Shalom since 2013. She previously served on the Ohr Shalom Board of Directors from 2016-19 as Religious School Chair. She earned her undergraduate degree at the University of Pennsylvania and her law degree from New York University.

MEN'S DISCUSSION GROUP

Thursday, July 16, 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)



OHR SHALOM



LIGHT UP THE CATHEDRAL

You are invited to join LGBTQ Faith Leaders and Faithful as we gather together, in person, to celebrate our faith and thrive. Join Dean Penny Bridges, LGBTQ Faith Leaders and Allied Faith Leaders for an Interfaith Pride Celebration at St. Paul's Episcopal Cathedral. After the service, the Cathedral will be lit in rainbow colors.



When: Wednesday, July 15, 7:00pm

**Where: St. Paul's Episcopal Cathedral
(2728 6th Avenue, enter on 5th Avenue side)**



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

Todah Rabah.





NOTES FROM AN ECO YENTA

Allyson Darroch
Davar Editor

Why Bother? Compassion Fade and Happy Talk

Sophie Slivowitz's sister-in-law is one of those Green People. As she put it, you feel good about yourself but it's very depressing, other than blending into the lawn, what does the green child have to look forward to? Well, it depends on who you ask. Sophie, an optimist by nature replied "When people take action things can change. Oh right," her sister-in-law said, "go and wave a sign around by Amazon's offices, let me know how it turns out." "Funny you should mention that," said Sophie. "That organization you told me about, Green America, had a campaign urging Amazon, Telecoms, and Comcast to adopt 100% renewable energy and it looks like they won."

Thanks to the support of hundreds of thousands of people taking action, these enormous energy users have shifted to solar, wind, and battery storage:

- **Amazon:** agreed to commit to 100% renewable energy and reached that goal in 2023 up from 0% renewables in 2012.
- **Telecom Sector:** the largest communications companies in the US achieved renewable

commitments from all three major carriers – AT&T, Verizon, and T-Mobile (all of which had been using less than 2% renewables):

- **AT&T** reached 21% renewable energy use.
- **Verizon** reached 50% renewable energy use and committed to 100% by 2030.
- **T-Mobile** achieved 100% renewable energy use.
- **Comcast** (which also owns NBC Universal) to double its clean energy usage to 25% of its total energy.

These companies collectively use as much energy as an entire US state so their purchase of renewable energy is the largest corporate commitment to solar and wind in history. Not a complete solution, but an example of what can change if enough people care enough to make a noise. Her sister-in-law was surprised. "Soph, I've never heard you talk like that." Sophie, a bit red-faced, said, "well you know just because you can't do it by yourself doesn't mean it can't be done."

CROSSWORD PUZZLE

Across

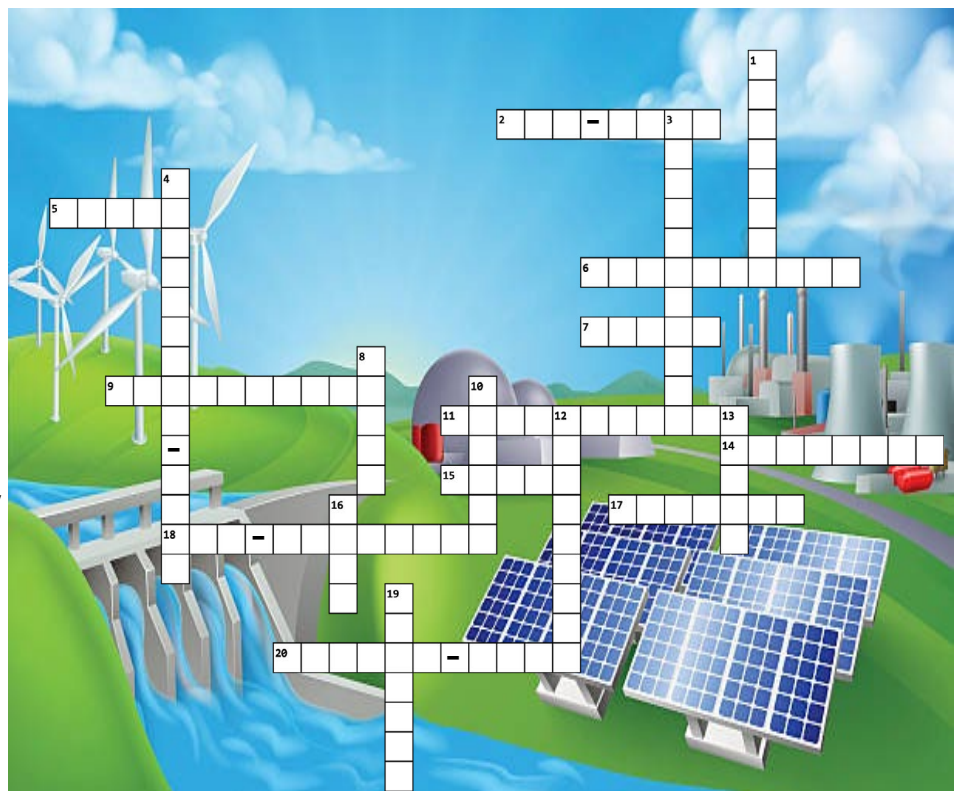
- Renewable energy that is cost-effective
- Energy generated by flowing water
- The effectiveness of energy use
- Energy from the sun
- Energy derived from the Earth's heat
- The natural world affected by energy choices
- Energy that is constantly replenished
- Environmentally friendly energy
- Renewable energy helps reduce _____ change
- Energy that benefits the environment
- Energy with no methane and fossil fuel emissions

Down

- A renewable energy
- Energy that can be replenished naturally
- Energy that doesn't produce pollutants
- Non-polluting energy source
- Power derived from renewable sources
- Energy that is naturally replenished
- Energy generated by ocean waves
- Energy derived from air or turbines
- Energy from organic materials like plants and animals

Answers on Page 15

Renewable energy





MEMBERSHIP

Alex van Frank
Membership Chair

Loud Chaotic World, Quiet Mind

I've hosted a continuous Tuesday at 7:00pm meditation available on Zoom for over 6 years. A lot of members both near and far have accessed these classes when they've needed some peace, focus, community, and guidance.



What has made my offering different from what you can get at a paid meditation class? I do this for free and for reasons of tikkun olam. In a better world we would all be better at self-regulating and balancing our peace, health, and outer world. In the world we currently live in, I've noticed that a little more peace and community has helped me and others who have come to my class.

My class is a half-hour long every week. In that time, we kibbitz and go through a little guided meditation, then to wrap it all up we compare notes of how it went. To be witnessed and seen in our process of mediation is so helpful for everyone. Getting curious about what is happening in your inner world is helpful in figuring out how to better respond to the outer chaotic world.

The most important thing to remember about meditation is that it is a practice, not a one and done. Each moment

and each week we all begin again to coming back to the practice. It is really wonderful to see familiar faces in class and the occasional meditator. There is no judgment, only appreciation for the times that we can all come together.

I hope you will give our little meditation class a try because meditating together is very powerful and (dare I say) it can help shift things in a good direction.

Some key benefits

Mental & Cognitive Benefits

- **Reduces Stress & Anxiety:** Lowers physiological markers of stress (like cortisol and heart rate) and helps transition the nervous system from "fight-or-flight" to "rest-and-digest".
- **Enhances Focus:** Trains the mind to ignore distractions, increasing your attention span and overall productivity.
- **Improves Emotional Regulation:**

Physical Benefits

- **Better Sleep:** Calms an overactive mind, making it easier to fall asleep and improving overall sleep quality.
- **Cardiovascular Health:** Can significantly lower resting heart rate and blood pressure.
- **Pain Tolerance:** Alters how the brain processes pain signals, which can aid in managing chronic conditions like fibromyalgia or irritable bowel syndrome.

CELEBRATING HOI'S 78TH BIRTHDAY

House of Israel

ANNUAL LAWN PROGRAM

2 AUGUST 2026

12-4PM

Summer in Tel Aviv

You cannot miss this:
AN INCREDIBLE SHUK!
REAL AROMA ICE CAFE!
AMAZING FOOD!
LIVE MUSIC!
AND SO MUCH MORE!

International Cottages Lawn **Balboa Park**

Ohr Shalom needs **18** ushers per month.



SIGN-UP TO USHER: email usher1@OhrShalom.org
Text, phone or WhatsApp: 505-205-3848



SOCIAL ACTION & SUSTAINABILITY

Davin Widgerow
Social Action & Sustainability Chair

Tamuz, Av, Elul: Summer Months of Memory and Motivation

Most years, June, July, and August coincide with the Hebrew months of Tamuz, Av, and Elul, a three-month summertime season of memory and motivation. Tamuz and Av contain painful reminders of dark moments in Jewish history, while Elul calls us to yearn for and achieve spiritual elevation.



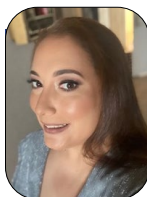
The month of Tamuz, and specifically the 17th of Tamuz, marks the first of the “Three Weeks” commemorating a series of tragedies suffered by the Jewish people, including the shattering of the first set of Tablets of the Covenant by Moses at Sinai, and the breaching of Jerusalem’s walls by the conquering Babylonians in around 586 BCE.

Mourning intensifies through the month of Av, culminating in Tisha B’Av, the most tragic day of the Jewish calendar. On Tisha B’Av, the Israelite spies returned from Canaan with a slanderous report, dooming their generation to wander 40 years in the desert. Both the First and Second Temples were destroyed on Tisha B’Av. The last stronghold against the Roman occupation, Betar, fell on Tisha B’Av, and the Jews were expelled from England on Tisha B’Av

in 1290 and from Spain on Tisha B’Av in 1492. World War I began on Tisha B’Av. The month of Av is a hard time, saturated with memory and loss.

Finally, Elul dawns. Elul, the month leading into the High Holy Days, is a time when the promise of personal growth redeems the cold memories of Tamuz and Av. Elul is a season of introspection and healing, of restoring faith in ourselves and in others, of others in us, of us in God, and of God in us. Teshuva—repentance, tefillah—prayer, and tzedakah—charity, all provide us with tools to become better individuals, better community members, better Jews, and better humans. In so doing, we strive to avoid the dark calamities of Tamuz and Av, and replace them with a future filled with Elul’s golden summertime promise.

Let’s prepare for these months of memory and motivation by reconnecting with good work and tzedakah! Please participate in a JFS Safe Parking dinner, **donate to the Social Action Fund**, help out at a **beach cleanup** at “Giv’at Ohr Shalom,” commit to placing all your compostable trash in the **green bins at Kiddush**, and **volunteer to participate** in Shabbat services or weekly minyan. These are some great ways to make your summer both fun and fulfilling!



CHESED

Aviva Rosenberg
Chesed Committee Chair

Chesed in Action: Freezer Meals for the Community

This June, the Chesed Committee came together to prepare homemade baked cheese ziti to freeze and keep on hand for members of our congregation in times of need.



Volunteers assembled and baked trays with care, ensuring that nourishing, ready-to-heat meals will be available for families during moments such as illness or recovery.

While simple in concept, this effort reflects chesed, practical support offered with warmth and intention. The lasagna represents our community’s commitment to showing up for one another in meaningful ways.

Thank you to everyone who participated and look forward to continuing this important work in the months ahead.

BEACH CLEANUP DATES

Friday, July 10, 2026, 4:00-6:00pm

Sunday, October 25, 2026, 2:00-4:00pm

Sunday, January 24, 2027, 2:00-4:00pm

Sunday, March 14, 2027, 2:00-4:00pm

Join the Ohr Shalom Social Action Committee in cleaning up our officially adopted site, Playa Pacifica at Mission Bay!

Wear a hat and sunscreen, and bring a grabber (or long BBQ tongs). Disposable gloves and trash bags provided, courtesy of our partnership with **I Love A Clean San Diego**.

For a more sustainable clean up experience, bring your own washable gloves and compostable trash bags.

All ages welcome.

Playa Pacifica at Mission Bay, 2195 East Mission Bay



RSVP to Melanie at
assistant@ohrshalom.org.



Susie Meltzer
Israel Desk

Israel Celebrates Yom Yerushalayim

Each year on **Yom Yerushalayim, Jerusalem Day**, Israel celebrates one of the most extraordinary moments in their modern history: the reunification of Jerusalem. It began in 1948 during the War of Independence when Jerusalem was divided. West Jerusalem came under Israeli control, while East Jerusalem, including the Old City and the Western Wall, was seized by Jordan. Jews were denied access to their holiest sites again until the Six-Day War in 1967. During combat in that conflict, Israeli paratroopers entered the Old City and re-established the entire city of Jerusalem to be under Jewish control for the first time since the destruction of the Second Temple in 70 CE. The following year the day was declared a minor holiday and in March of 1998, the Knesset passed the Jerusalem Day Law, elevating Yom Yerushalayim to an official national holiday.

This year, the holiday was observed on May 14th, marked by patriotic, state, and religious ceremonies. The day is most famous for the *Rikud Degalim*, Dance of Flags, a massive parade in which tens of thousands of people, largely consisting of religious Zionists and young adults, march through the streets of Jerusalem to the Western Wall bearing Israeli flags. Attendees to the event included the Jerusalem Mayor, Chief Rabbis, cabinet ministers, and members of the Knesset. Prime Minister Benjamin Netanyahu praised the occasion in celebratory speeches.

Another key event that day brought together from 15 countries approximately 30 senior members of the international diplomatic community. Their program highlighted Jerusalem's role as Israel's capital and as a



growing center for diplomacy, governance, innovation and research.

The centerpiece of the event came from Panama's Ambassador to Israel, Ezra Cohen. He shared his personal story of his father Moshe's involvement in Jerusalem during the War of Independence that highlighted the city's historical significance.

In 1948, Moshe Cohen fought in Jerusalem's Jewish Quarter during the War of Independence, where he was captured by the Jordanian Legion. The ambassador, visibly moved, reflected on returning to Jerusalem, not as a soldier, but as a diplomat representing Panama. He stood near the ancient city walls where his father had once fought.

"There is no better day to say that I feel privileged to continue my family's legacy, not with weapons, but with diplomacy," Ambassador Cohen said. "Happy Jerusalem Day to all, and may blessings flow from Jerusalem to the entire world."

Although Jerusalem Day is celebrated primarily in Israel, this year I enjoyed our choir singing about Jerusalem on Shabbat. I also attended an event, hosted by Eileen Wingard at the Lawrence Family JCC's Astor Library, listening to a collection of extraordinary songs of Jerusalem from many famous vocalists.

The holiday of Yom Yerushalayim sustains the ancient and modern history of the city of Jerusalem that remains the epicenter of our Jewish past, religion, and national identity. For Israelis, the day affirms Jerusalem as the undivided, eternal capital of the modern State of Israel.



Israelis took part in the annual Jerusalem Day flag march in the capital, May 14, 2026



Panama's ambassador to Israel, Ezra Cohen, spoke at a diplomacy event in Jerusalem



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.

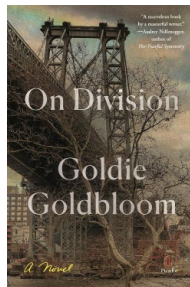


Readings with the Rabbi:

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.



ATTENTION BOOK HOARDERS



Ohr Shalom is starting its own give and take library to be located upstairs in the teen lounge.

We are seeking donations of books you would be proud to lend to a friend. All topics and genres in good condition are welcome.

Questions??
Contact Evette Weiss
evetteweiss@aol.com



Please do not use this as a depository for books you just want out of your home.



BALBOA PARK
THE SAN DIEGO
MUSEUM OF ART



Shanghai, Homeland Once Upon a Time Jewish Refugees and Shanghai

Sunday, July 19, 11:00am

This is actually before the museum is open, so it will really be a private tour!

Thanks to a fellow SDMA docent, Bob Stein, we have a unique opportunity to tour this special exhibition. The museum is located at 404 3rd Avenue, San Diego, CA 92101. There is a required minimum of attendees needed to conduct this tour. Once we know who wants to attend, we can consider arranging carpool for those interested.

Note – there is an entrance fee of \$8 (\$6 for seniors).

Here is a video with Bob (and others) from the Museum website: <https://sdchm.org/current-exhibitions>

Please let Marvin Yudkovitz at president@ohrshalom.org know by July 12 if you want to join this tour, which should be very thought provoking and interesting.

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.

- 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



Maggy Dujowich
Religious School Principal



YOUTH GROUPS

Michelle Gurr-Barbour
USY Youth Director

OHR SHALOM SYNAGOGUE Religious School

Hebrew • Tradition • History • Prayer Ages 5-13 Years Old

REGISTRATION IS NOW OPEN!

email principal@ohrshalom.org or <https://shorturl.at/lhWaQ> to register

SCOTT MELTZER. Rabbi

MARVIN YUDKOVITZ, President

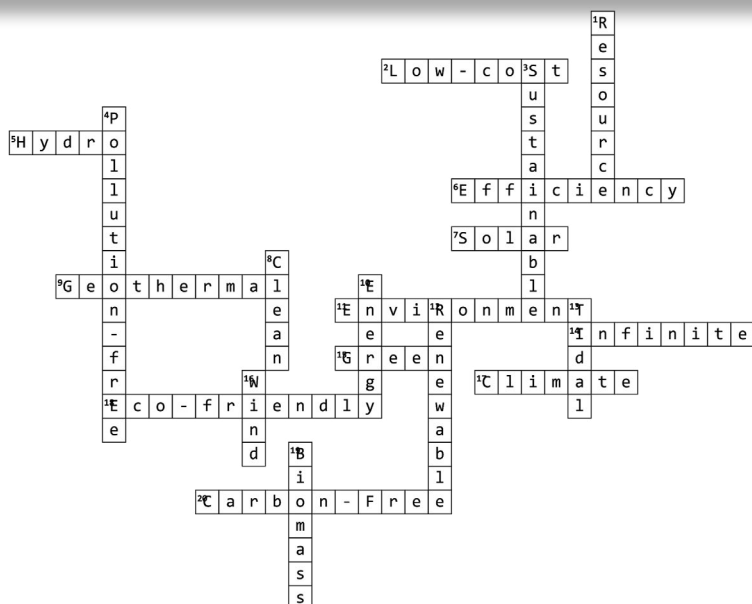
MAGGY DUJOWICH, Religious School Principal

GILLIAN ARGOFF-TRESEDER, Executive Director

2512 Third Avenue at Laurel Street | (619) 231-1456



CROSSWORD ANSWERS



A Season of Planning and Possibility

As summer continues, planning for the coming year is already well underway, and I am excited by the possibilities that are beginning to take shape. Summer is an important time for dreaming, brainstorming, and thinking creatively about how we can continue to build meaningful experiences for our children and teens.



The invitation to share ideas remains open. I always welcome suggestions from children, teens, and families about programs, outings, social events, volunteer opportunities, or experiences they would like to see offered. Youth programming is strongest when it reflects the interests and passions of our community, and I encourage you to reach out to me at usy@ohrshalom.org with your thoughts as we continue planning for the year ahead.

Several exciting possibilities are already being explored. Ideas such as rollerblading outings, bowling events, and attending a JCompany production are all being considered as opportunities for our youth to connect, have fun, and build friendships outside the Synagogue walls. These experiences help strengthen our community while creating meaningful Jewish connections in new settings.

For our teens, there is also exciting collaboration happening throughout San Diego County. Youth directors representing congregations and Jewish organizations from across the Jewish spectrum are coming together to plan a countywide Chanukkah celebration for Jewish teens. This partnership will bring together teens from a variety of backgrounds, denominations, and communities to celebrate our shared traditions and create new friendships.

As plans continue to develop, I look forward to sharing more details in the coming months. The year ahead is full of possibilities, and I am excited to continue building meaningful experiences together.

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.

COMMUNITY EVENT



A Conversation with Marlee Matlin: Actor, Advocate, Trailblazer

Jewish Family Service of San Diego proudly presents the **Joan Jacobs Signature Brunch**, a meaningful gathering celebrating resilience, empowerment, and community. Named in memory of visionary philanthropist Joan Jacobs z"l, the Brunch honors her enduring commitment to strengthening and supporting the San Diego community.

This year, JFS welcomes **Marlee Matlin**, an Academy Award-winning actor and advocate whose career has redefined representation for the Deaf community in film and television. Beyond her work on screen, she is an author and activist, using her platform to advance accessibility and equity. A proud member of the Jewish community, Matlin's unique perspective will bring insight and inspiration to this meaningful conversation. Leading the conversation is **Laura Fink**, Communications Strategist and Executive Coach.

Questions?

Contact Josh Lipsky, Senior Director of Development, Individual Giving JoshL@jfsd.org or (858) 637-3034

Please state that you would like to be seated with the Ohr Shalom Synagogue group or contact Gillian at office@ohrshalom.org.

Click or scan QR code to purchase tickets.



Joan Jacobs Signature Brunch

Date: Sunday, November 1, 2026

Time: Brunch & Conversation
12:00–2:00pm

Location: Hyatt Regency La Jolla at
Aventine
3777 La Jolla Village Dr
San Diego, CA 92122

Complimentary Self-Parking Provided.

Purchase Tickets

General Admission | \$150

- One ticket to Brunch
- Complimentary self-parking
- Fair Market Value of benefits is \$110

COMMUNITY TRAVEL OPPORTUNITIES





LITHUANIA & LATVIA

A MUSICAL & HISTORICAL JEWISH JOURNEY

Led by Professor Yale Strom & Elizabeth Schwartz

OCTOBER 14-25, 2026



The lasting importance of Lithuanian and Latvian Jewish history is reflected in influential figures whose ideas shaped Jewish life far beyond Eastern Europe. Vilna Gaon (1720–1797) was a towering Talmudic scholar whose brilliance made Vilnius a world center of Jewish learning and defined the Litvak intellectual tradition. From Latvia came Simon Dubnow (1860–1941), a pioneering Jewish historian and political thinker whose writings preserved the history of Eastern European Jewry and championed Jewish cultural autonomy. Equally vital was Jewish music, which served as a living expression of communal memory, shaping synagogue chant, klezmer traditions and folk song. This tour will immerse us in the memory, sights and sounds of these two countries and their Jewish legacies.



ON THIS JOURNEY, WE WILL:



Embark on an immersive Jewish journey through Vilnius, Kaunas, Klaipėda and Riga—cities that shaped the intellectual, spiritual and cultural foundations of Litvak life.



Explore the legacy of towering figures such as the Vilna Gaon, Simon Dubnow and Chaim Ozer Grodzinski-Sugihara at the very sites where history unfolded.



Engage with living Jewish culture through exclusive musical moments led by Professor Yale Strom and Elizabeth Schwartz, alongside local musicians.



Encounter the vanished world of the shtetl at the Lost Shtetl Museum in Seduva and reflect at solemn Holocaust remembrance sites across Lithuania and Latvia.



Celebrate Shabbat and Jewish ritual in historic settings, weaving music, tradition, and community into the journey from beginning to farewell.

...and SO much more!

PRICING CHART	CHECK/CASH PRICE	CREDIT CARD PRICE
LAND TOUR (BASED ON DOUBLE OCCUPANCY)	\$4,995	\$5,145
ADD FOR SINGLE OCCUPANCY	\$1,495	\$1,540

Book by March 31st and

**SAVE \$600
PER PERSON!**

For assistance with flights,
please contact anjie@ayelet.com
or 800-237-1517 x340



SCAN TO LEARN MORE

Learn more about this trip at

secure.ayelet.com/StromLithuania2026.aspx


800.237.1517 | www.ayelet.com





**The Community
Trip**
A JOURNEY THAT INSPIRES.
A CONNECTION THAT ENDURES.

REGISTRATION NOW OPEN!

MAY 18 – 25, 2027

Join Jewish Federation of San Diego for The Community Trip 2027, an experience designed to bring our community together in meaningful and unforgettable ways. Travel beyond the expected with exclusive access, shared moments, and connections that will last long after you return home.

► Main Journey to Israel

May 18-25, 2027

Trip Co-Chairs

Simone Kanter & Graeme Gabriel
Jerri-Ann & Gary Jacobs
Robin Sassi & Larry Katz

► Pre-Trip to Israel

May 16-18, 2027

For Jewish Communal
Professionals & First Timers

► Optional Extension to Budapest, Hungary

May 26-30, 2027

Trip Co-Chairs

Gregory Feldman
Shari & Frederick Schenk



► Register Now!

Secure your spot on this transformative journey of connection, community, and shared Jewish joy.
jewishinsandiego.org/thecomunitytrip2027



LIFECYCLE EVENTS & THANK YOU FOR YOUR GENEROUS DONATIONS IN JUNE

SYNAGOGUE FUND

In memory of Alain Avigdor

Amy and Bill Morris

In memory of Marion Weisberg

Carol and Al Madwatkins

In memory of Rita Zemach

Marilyn and Richard Greene

In memory of Marion Weisberg

Al and Carol Madwatkins

In memory of Nathan Artenstein

In memory of Rifka Artenstein

Sara Artenstein

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

Jennifer Oppenheimer

In honor of Rabbi Brianah Caplan's Ordination

Judi Gottschalk

RABBI'S DISCRETIONARY FUND

Abby Angelo

Jack Dorfman

Debbie Dorfman

Steven Dorfman

SOCIAL ACTION

In memory of Alain Avigdor

Marvin Yudkovitz & Judy Gaines

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

Marvin Yudkovitz & Judy Gaines

SHABBAT SPONSORS

Raulf and Sharon Polichar

Beth Shira

Laurie Slade

Alex van Frank

Rabbi-Cantor Cheri and Dan Weiss

Marvin Yudkovitz & Judy Gaines

MAZAL TOV

To Ohr Shalom
Religious School
Principal,

Maggy Dujowich,
on her recognition
for all her good
work at the
Lawrence
Family JCC.



Todah Rabah

To **LeAnne Adams**
for her
many years of
membership
and service to the Ohr
Shalom community.
We wish her
luck in Florida and will
miss her very much.



SHABBAT SPONSORS

LDI Class:

Jason and Naima Bercovitch,
Eti Chall

Juli Beck-West

Rebecca Bucher-Wollner,

Maria Laurens

Phil and Julia Miller,

Davin Widgerow

Guy and Jenna Zamohi

We apologize for any omissions.

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

LeAnne Adams

Ilan Awerbuch

Sherry Berlin

Steve Bernstein

Sue Brown

Rabbi

Brianah Caplan

Eti Chall

Elisheva Edelson

Mendy Fisch

Lou Green

Maria Gomez

Laurens

Morris Lazard

Arik Leaman

Jessica Lemoine

Ruth Levy

Ariela Lipner

Rachel Lipowsky

Nemo Magnezi

Jennifer Meltzer

Eli Meltzer

Susie Meltzer

Ivan Mendelsohn

Lynn Mendelsohn

Julia

Gleichman Miller

Phil Miller

Rachel Millstone

Rocky Reid

Nanette Sable

Al Shelden

Naima Solomon

Bercovitz

Julio Szmulowicz

Jonah Weinberg

Rabbi Cantor

Cheri Weiss

Dan Weiss

Davin Widgerow

Rebecca

Bucher-Wollner

Margalit Wollner

Marvin Yudkovitz

Jane Zeer

Thank You To Our Volunteer Help in June

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

TAMUZ/AV YAHREZITS AT OHR SHALOM



Laia Bernstein	Steven Bernstein's Mother	1-Jul/16 Tamuz
Irving Canter	Remembered by Al Shelden	1-Jul/16 Tamuz
Edith Fox	Steve Fox's Grandmother	1-Jul/16 Tamuz
Bettie Morris	Bill Morris' Mother	1-Jul/16 Tamuz
Jack Warsh	Joel Warsh's Father	1-Jul/16 Tamuz
*Moises Halio	Miryam Slovatzki, Vida Sportes and Reyna Forman's Father	2-Jul/17 Tamuz
*Esther Tishman	Rosa Ratniewski and Lilian Deicas' Mother, Elisheva Edelson's Aunt	2-Jul/17 Tamuz
Rebecca Helfand	Sara Artenstein's Sister	3-Jul/18 Tamuz
Mollie Mollov	Linda Mostel's Great Aunt	3-Jul/18 Tamuz
*Alisa Rottenberg	Harlene and David Rottenberg's Daughter, Stephanie Wells' Sister	3-Jul/18 Tamuz
Marion Weisberg	Carol Madwatkins' Mother, Alison Madwatkins & Pam Grant's Grandmother	5-Jul/20 Tamuz
*Alter Moises Klein Rubinstein	Ilana Bielaz's Father	6-Jul/21 Tamuz
*Wolf Bielaz	Efrain Bielaz's Father, Mina Cohen, Simon Bielaz, Wolf Bielaz' Grandfather	7-Jul/22 Tamuz
Bettye Kaplan	Marilyn Levitan's Grandmother	7-Jul/22 Tamuz
*Leticia Singer	Ricardo Singer's Mother	7-Jul/22 Tamuz
Rita Rose	Marda Rose's Mother	8-Jul/23 Tamuz

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



Jose Zagursky	Enrique Zagursky's Father	8-Jul/23 Tamuz
Lilly Hecht	Ruth Fastag's Mother	9-Jul/24 Tamuz
*Leibi Lipowsky	Salomon Lipowsky's Father.....	9-Jul/24 Tamuz
Phyllis Mandel	Barbara Mandel's Mother	9-Jul/24 Tamuz
Margot Fischer	Fanny Rosental's Aunt.....	11-Jul/26 Tamuz
*Samuel Slade	Laurie Slade's Father	11-Jul/26 Tamuz
Gussie Stein	Jane Zeer's Aunt	12-Jul/27 Tamuz
*Lia Goldberg Schneeweiss	Lina Gorinstein's Mother.....	13-Jul/28 Tamuz
Star Slipock	Love Zubiller's Mother	13-Jul/28 Tamuz
David Goldberg	Susie Meltzer's Grandfather	14-Jul/29 Tamuz
*Esther Krantz	Remembered by Richard Scholten.....	15-Jul/1 Av
Rose Menachem	Dean Laurens' Grandmother	15-Jul/1 Av
Jack Epstein	Mark Epstein's Father.....	16-Jul/2 Av
Jane Himelfarb	Steve Fox's Aunt.....	16-Jul/2 Av
Becky Azuz	Vida Sportes, Miryam Slovatzki and Reyna Forman's Cousin	17-Jul/3 Av
Mollie Ehrenwerth	Janice Zipp Cannizzaro and Elaine Smith's Grandmother	17-Jul/3 Av
Isabel Kuriansky De Cybula	Rebeca Sod's Mother	17-Jul/3 Av
Josef Greiner	Remembered by Barbara Haislip	18-Jul/4 Av
Clara Magrisso	Sara Artenstein's Mother	19-Jul/5 Av
Saul Gold	Jose Gold's Father	20-Jul/6 Av
Laskar Schwartz	Elizabeth Schwartz's Father	20-Jul/6 Av
*William Abrams	Evie Sevel's Uncle.....	21-Jul/7 Av
Emma Esther Lellouche	Remembered by the Bunton Family.....	21-Jul/7 Av
James Lewis	Jim Lewis' Father.....	21-Jul/7 Av
Sherman Mandel	Barbara Mandel's Father	21-Jul/7 Av
Gilbert S. Berman	Remembered by Roz Berman	22-Jul/8 Av
*Jane D. Young	Allyson Darroch's Mother	22-Jul/8 Av
Charles Kohen	Marda Rose's Grandfather	22-Jul/8 Av
Joshua Morris	Bill Morris' Father.....	22-Jul/8 Av
*Augusto Muniesa	Eva Goldstein's Father	22-Jul/8 Av
Sara Suzanne Tell	Wendy Falcon's Mother.....	22-Jul/8 Av
*Ruben Lisker	Remembered by Ohr Shalom.....	23-Jul/9 Av
Rachel Deicas	Mauricio Deicas' Mother	24-Jul/10 Av
Eulin Earl Francis	Yvonne Scarlett's Father	24-Jul/10 Av
Gracia Molina de Pick	Daniel Pick's Mother.....	24-Jul/10 Av
Elizabeth Rubin	Joe Rubin's Mother.....	24-Jul/10 Av
*David Argoff	Jeanne Argoff's Husband, Gillian Argoff-Treseder's Father.....	25-Jul/11 Av
*Ruth Salzmann	Tito Salzmann's Mother.....	25-Jul/11 Av
*Lynn Andrea Slade	Laurie Slade's Sister.....	25-Jul/11 Av
Eugene Agostino II	Christine Eisenberg's Brother.....	26-Jul/12 Av
Agustin Cuenca	Cristy Veinbergs' Father	26-Jul/12 Av
*Marilyn Shelden	Al Shelden's Wife	26-Jul/12 Av
Paul Bergman	Miriam Jane Bergman's Father	27-Jul/13 Av
*Teodoro Constantiner	Remembered by the Goldstein Family	27-Jul/13 Av
*Frida Kucinski	Robert Kucinski's Mother.....	27-Jul/13 Av
Diane Talerman	Masha Lipner and Sharon Talerman's Mother.....	27-Jul/13 Av
*Monica Veinbergs	Remembered by the Galicot and Veinbergs Families	28-Jul/14 Av
*Ezekiel Burger	Susie and Eli Meltzer's Grandson	29-Jul/15 Av
Ruth Weiss	Remembered by Barrett Avigdor	29-Jul/15 Av
*Abraham Hanono	Ezra Hanono's Father.....	30-Jul/16 Av
Gary Jones	Remembered by Roberta & Norman Greene	30-Jul/16 Av
Jacques Kucinski	Robert Kucinski's Brother, Monique Lombrozo's Father	30-Jul/16 Av
Haim Hersh Rozen	Remembered by Fay Rozen.....	30-Jul/16 Av
Sidney Stein	Jane Zeer's Uncle	30-Jul/16 Av
Eliezer Suissa	Deborah Suissa's Father	31-Jul/17 Av
Hugo van Vloten	Alex van Frank's Brother	31-Jul/17 Av

* 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 2026 / TAMUZ-AV 5786

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Tisha B'Av Service Wednesday, July 22, 8:00pm at Tifereth Israel Synagogue  <i>See page 3 for details</i>			1 16 Tamuz 9:30am - Daf Yomi 6:15pm - Minyan	2 17 Tamuz Fast of Tamuz 6:15pm - Minyan	3 18 Tamuz Office Closed 6:15pm - Kabbalat Shabbat Service "Ask the Rabbi" Hot Dog Shabbat!  7:42pm	4 19 Tamuz Independence Day Parshat Pinchas 9:30am - Shabbat Service Board Installation  8:42pm
5 20 Tamuz 6:15pm - Minyan	6 21 Tamuz 6:15pm - Minyan	7 22 Tamuz 6:15pm - Minyan 7:00pm - Meditation w/ Alex van Frank 7:30pm - Conversational Hebrew with Elisheva	8 23 Tamuz 9:30am - Daf Yomi 6:15pm - Minyan	9 24 Tamuz 6:15pm - Minyan	10 25 Tamuz 2:00pm - Office Closes 4:00pm - Beach Clean Up 6:45pm - Pride Shabbat at the Bay  7:41pm	11 26 Tamuz Parshat Matot-Masei Mevarchim Chodesh 9:30am - Shabbat Service  8:41pm
12 27 Tamuz 6:15pm - Minyan	13 28 Tamuz 6:15pm - Minyan	14 29 Tamuz 6:15pm - Minyan 7:00pm - Meditation w/ Alex van Frank 7:30pm - Conversational Hebrew with Elisheva	15 1 Av Rosh Chodesh Av 9:30am - Daf Yomi 6:15pm - Minyan	16 2 Av 6:15pm - Minyan 7:00pm - Men's Discussion Group	17 3 Av 2:00pm - Office Closes 6:15pm - Pride Shabbat at Congregation Beth Israel  7:38pm	18 4 Av Shabbat Chazon Parshat Devarim 9:30am - Shabbat Service  8:38pm
19 5 Av 11:00am - Marvin's Museum Tour: Once Upon aTime Jewish Refugees and Shanghai 6:15pm - Minyan	20 6 Av 6:15pm - Minyan	21 7 Av 6:15pm - Minyan 7:00pm - Meditation w/ Alex van Frank 7:30pm - Conversational Hebrew with Elisheva	22 8 Av Erev Tisha B'Av 9:30am - Daf Yomi 8:00pm - Tisha B'Av Service at Tifereth Israel Synagogue	23 9 Av Tisha B'Av 6:15pm - Minyan 7:00pm - Shalom A Con "The Stamp Thief" Film & Q&A	24 10 Av 2:00pm - Office Closes 6:15pm - Kabbalat Shabbat Service  7:34pm	25 11 Av Shabbat Nachamu Parshat Vaetchanan 9:30am - Shabbat Service  8:34pm
26 12 Av 3:30pm - Marvin's Museum Tour: The Spectacular Art of Toulouse-Lautrec 6:15pm - Minyan	27 13 Av 6:15pm - Minyan	28 14 Av 6:15pm - Minyan 7:00pm - Meditation w/ Alex van Frank 7:30pm - Conversational Hebrew with Elisheva	29 15 Av Tu B'Av 9:30am - Daf Yomi 5:00pm - Sisterhood Happy Hour 6:15pm - Minyan	30 16 Av 6:15pm - Minyan	31 17 Av 2:00pm - Office Closes 6:15pm - Kabbalat Shabbat Service  7:29pm	1 18 Av Parshat Eikev 9:30am - Shabbat Service  8:29pm
2 19 Av 6:15pm - Minyan	3 20 Av 6:15pm - Minyan 6:45pm - Choir Practice	4 21 Av 6:15pm - Minyan 7:00pm - Meditation w/ Alex van Frank 7:30pm - Conversational Hebrew with Elisheva	5 22 Av 9:30am - Daf Yomi 6:15pm - Minyan	6 23 Av 6:15pm - Minyan	7 24 Av 2:00pm - Office Closes 6:15pm - Kabbalat Shabbat Service "Ask the Rabbi"  7:23pm	8 25 Av Parshat Re'eh Mevarchim Chodesh 9:30am - Shabbat Service  8:23pm