



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.**

Shabbat AT THE Bay
Friday, August 14, 6:45pm

MEN'S DISCUSSION GROUP

**Thursday, August 20,
7:00pm**

Shabbat Kehillatit

Friday, August 21

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

RSVP by Monday, August 17



**Sunday,
August 23,
10:30am**

**First Day of
Religious
School**



**Sunday, August 23,
9:30am**

**Please send in your
2026-2027
membership
renewal.**



DAVAR MEGILLAH

AUGUST 2026 • MONTHLY NEWSLETTER • AV/ELUL 5786

Remembering Destruction and Moving Forward

Rabbi Scott Meltzer



I spent Tisha B'Av at the Colosseum and the Forum in Rome. It is the second time I have been fortunate enough to travel to Italy with Jennifer. This time we came to meet our daughter Shayna who is still serving in the Peace Corps in North Macedonia. I remember vividly from six and a half years ago, seeing the Arch of Titus for the first time. The arch is a late 1st century monument built to honor the Emperor Titus's military victories - including his defeat of the Jews in Judea (Israel). Including in the bas-relief sculptures of the arch is a representation of the treasures looted from the Holy Temple in Jerusalem, including a sculpting of the Menorah from the Holy Temple. It is possible, even likely, that the sculptor actually saw the Menorah before creating this representation.

On the Ohr Shalom website, you can find the Davar from January of 2020 and read my description of seeing it that day. As I wrote there, what I thought would be a day of great joy, getting to see a "photograph" of the Menorah was actually a day of great sadness. Instead of seeing the treasure, I saw the Churban, the destruction.

Now, I again stood at the arch, but on the 9th of Av. There I was, on the one-thousand, nine-hundred and fifty-sixth anniversary of the day the Ancient Romans destroyed the Beit HaMikdash, the day that began the great diaspora of our people, reflecting on how different the world feels now than it did the first time I was here.

To make the day even more complicated, our daughter Yael spent the 9th of Av and the following day visiting communities around Gaza that were murderously attacked on October 7th.

There she was. Here I was. And here the world is today. Israel, Europe, the United States, the number of people who hate the Jewish people, who wish us harm, who are actively pursuing our harm, is greater than it has been since the end of the Shoah more than eighty years ago.

And Jennifer and I are walking our way through Italy, tripping on "Stumbling Stones." (Google "Stumbling Stones" if you don't know what those are.) Mourning the 9th of Av, October 7th, and the nearly two-thousand years of antisemitism that connect those days.

And now, looking ahead to Shabbat, we are standing up even taller than we did before. More pride, more strength, greater commitment to call out antisemitism and intolerance wherever it raises its ugly head. We are headed to the Great Synagogue of Rome to welcome Shabbat in this place that has been at the heart of so much hatred of our people, and we will walk tall, sing loudly, and welcome Shabbat with Jews moving towards the promise and possibility of a more beautiful, peaceful and secure world because we are loudly living our Jewish lives.

I hope everybody will join us, not in sorrow nor mourning nor fear, but in pride and joy and strength in celebrating together as Jews.

We look forward to seeing you when we return to San Diego. Shabbat Shalom.



WORDS FROM THE PRESIDENT

Marvin Yudkovitz
President

It's August – What's Happening at Ohr Shalom?

There are plenty of activities throughout the month of August to keep you involved, educated, and spiritually connected, as well as facilitating the opportunities to see your Ohr Shalom friends, and make new friends.

Here are a few of them:

August 8 & 22: **Monthly Lunch N' Learn.** Following the conclusion of services, join other congregants for luncheon and Torah discussions led by Rabbi Meltzer.

August 9: **Day at the Races with the Men's Club.** Join your friends at Del Mar Race Track. See page 7 in this Davar for specifics or contact Aaron at mensclub@ohrshalom.org for info.

August 14: **Shabbat at the Bay.** For those of you who have attended one of these Kabbalat Services in the past, you know how enjoyable they are. If you haven't yet, you are in for a treat. We have a special area at Playa Pacifica, that provides a magical setting as we usher in Shabbat. You can bring a pareve or dairy meal to eat also. Services begin at 6:45pm.

August 14: **Sisterhood Rosh Chodesh.** This year the Sisterhood is holding their monthly Rosh Chodesh service and discussion with a picnic dinner prior to Kabbalat services

beginning at 5:30pm. The theme is Returning to Yourself - תשובה (Teshuvah). For more information contact Eti Chall at sisterhood@ohrshalom.org.

Playa Pacifica is located at 2195 East Mission Bay or see directions under Tashlikh on page 4.

August 20: **Men's Discussion Group.** This informal group has now been meeting monthly for almost two years. It is open to all adult men who are Ohr Shalom members. This month's topic, "What was your best and/or worst day at work ever?" Meeting begins at 7:00pm and is concluded by 9:00pm. We are meeting at Mazara Trattoria located at 2302 30th St, San Diego, CA 92104. Attendees can arrive early to order food, order when the discussion starts, or not order food at all. If you will be attending for the first time, please contact the group coordinator – Bob Houston (bayfruitandherb@gmail.com) for more details.

August 21: **Shabbat Kehillatit Service with Community Dinner.** Our monthly community dinner begins with Kabbalat Shabbat services at 6:15pm followed by dinner. These are some of our best attended services each month! Please be sure to register with the office in advance (see dates in

this Davar). If it is your first Kehillatit dinner, please let the office know that.

Aug 22: **Tot Shabbat.** For children (and families) up to the age of eight. Beginning at 10:30am, this super fun and participatory religious service with lots of singing is run by Jennifer Meltzer. Join in, this has attracted many families to this monthly program in the past. In person only.

August 23: **Readings with the Rabbi.** Starting at 10:30am the Ohr Shalom book club will be discussing the novel, *On Division* by Goldie Goldbloom. Open to all, in person and on Zoom.

August 29: **Junior Congregation.** Beginning at 10:00am, this will be the first session of this brand new Ohr Shalom program. It is for children ages 5-12. For those younger age children, parent participation will also be needed. We are very thankful to Jennifer Meltzer for conceiving, developing, and conducting this service, which fills a gap in our religious programming for our youth.

On Selected Saturdays: **D&D with Ohrzennials.** See page 10 of this Davar or contact Rebecca or Juli at ohrzennials@ohrshalom.org to get the dates for the next D&D get togethers.

Weekly on Tuesday evenings:

Continued on page 7

OHR SHALOM STAFF

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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	July 31	6:15pm	Kabbalat Shabbat Service
Saturday	August 1	9:30am	Shabbat Morning Service
Friday	August 7	6:15pm	Kabbalat Shabbat Service with the Choir
Saturday	August 8	9:30am	Shabbat Morning Service
		12:30pm	Lunch & Learn
Friday	August 14	6:145pm	Shabbat at the Bay
Saturday	August 15	9:30am	Shabbat Morning Service
Friday	August 21	6:15pm	Kabbalat Kehillatit Service and Community Dinner
Saturday	August 22	9:30am	Shabbat Morning Service
		10:30am	Tot Shabbat
		12:30pm	Lunch & Learn
Friday	August 28	6:15pm	Kabbalat Shabbat Service
Saturday	August 29	9:30am	Shabbat Morning Service
		10:00am	Jr. Congregation

NO Shabbat Morning Babysitting Available



KABBALAT SHABBAT
WITH THE **CHOIR**
INSPIRING MUSIC. SOULFUL SHABBAT. TOGETHER.

Friday, August 7
6:15PM
AT OHR SHALOM



Shabbat AT THE Bay

FRIDAY | AUGUST 14

 **6:45PM** | KABBALAT SHABBAT SERVICE

SHABBAT KEHILLATIT SERVICE AND COMMUNITY DINNER

Friday, August 21

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, August 17 Please contact office or scan QR Code.

Reservations after August 17 will pay nonmember price.

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

FAMILY TOT SHABBAT with Jennifer Meltzer

Saturday, August 22, 10:30am





PARSHIYOT & CANDLE LIGHTING

August 2026

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

MEVARCHIM CHODESH

PARSHAT RE'EH

25 Av- Candle Lighting: 7:23pm

Fri: August 7

Sat: August 8

Torah: Deuteronomy 11:26-16:17

Haft: Isaiah 54:11-55:5

PARSHAT SHOFTIM

2 Elul - Candle Lighting: 7:16pm

Fri: August 14

Sat: August 15

Torah: Deuteronomy 16:18-21:9

Haft: Isaiah 51:12, 52:12

PARSHAT KI TEITSEI

9 Elul - Candle Lighting: 7:08pm

Fri: August 21

Sat: August 22

Torah: Deuteronomy 21:10-25:19

Isaiah 54:1-10

PARSHAT KI TAVO

16 Elul- Candle Lighting: 7:00pm

Fri: August 28

Sat: August 29

Torah: Deuteronomy 26:1-29:8

Haft: Isaiah 60:1-22



Lunch & Learn

**Saturdays,
August 8 &
August 22,
12:30pm**



PRAY • LEARN • CONNECT

Ohr Shalom

**Saturday, August 29,
10:00am**

HIGH HOLY DAYS

OHR SHALOM SYNAGOGUE

2026 ☆ HIGH HOLY DAYS SERVICES ☆ 5786-5787

Services will be both in-person and on Zoom

SELICHOT

Selichot Service with Choir.....Saturday, September 5, 8:00pm

ROSH HASHANAH

Erev Rosh HaShanah..... Friday, September 11, 7:00pm

Rosh HaShanah Day 1.....Saturday, September 12, 8:30am

Rosh HaShanah Day 2.....Sunday, September 13, 8:30am

Tashlich at Playa Pacifica, Mission Bay.....5:00pm

YOM KIPPUR

Erev Yom Kippur.....Sunday, September 20

Family Kol Nidre3:30pm

Kol Nidre6:00pm

Kol Nidre Violin Prelude by Eileen Wingard

Yom KippurMonday, September 21

Morning Service with Yizkor 8:30am

Afternoon Activities & Study.....2:30pm

Mincha and Ne'ilah4:30pm

Break the Fast.....7:28pm

Tickets required for all attendees over 13 years old.

CALLING FOR

HIGH HOLY DAYS USHERS

Below are some basic guidelines for ushering during the High Holy Days.

☆ Greeting congregants and making them feel welcome and comfortable.

☆ Checking that all males are wearing a Kippah and Jewish males over 13 years of age are wearing a Tallit during Shacharit (morning services) and Kol Nidre.

☆ Delaying entrance to the Sanctuary during the Rabbi's Sermon.

☆ Keeping noise levels down outside the Sanctuary.

☆ Making sure no electronics are in use in the synagogue building.

☆ Following all security and safety protocol

If you would like to volunteer, please sign up to usher for 1-hour time slots using SignUp Genius (link will be coming shortly) or contact the Ohr Shalom office.

Kids High Holy Days Services & Programming

REGISTRATION REQUIRED *Please check your High Holy Days mailing*

ROSH HASHANAH DAY 1 - Saturday, September 12

Babysitting 9:00am

Tot Service 9:15am

Family Service 10:00am

Kids Programming 11:00am

Tashlich 5:00pm

ROSH HASHANAH DAY 2 - Sunday, September 13

Babysitting 9:00am

Tot Service 9:15am

Family Service 10:00am

Kids Programming 11:00am

KOL NIDRE -Sunday, September 20

Family Kol Nidre 3:30pm

YOM KIPPUR - Monday, September 21

Morning

Babysitting 9:00am

Tot Service 9:15am

Family Service 10:00am

Kids Programming 11:00am

Afternoon

Kids Programming 4:30pm

BABYSITTING – (0-4) For children in preschool and younger. Includes playtime, stories, songs, and snacks.

KIDS PROGRAMMING An opportunity for kids to play games, do crafts and on Yom Kippur participate in the Helping Hands service project.

FAMILY SERVICE Family service is geared toward elementary-aged children but all are welcome. Parents are encouraged to participate. However, CHILDREN IN GRADES 2-6 can attend without an accompanying adult. All younger children must be accompanied by at least one adult.

TASHLICH SERVICE

Sunday, September 13, 5:00pm

Join us for our annual visit to Mission Bay to cast our sins in the sea.

Rabbi Meltzer will lead a short ceremony then congregants will have an opportunity to participate in traditional Tashlich (casting away of sins).

Google Maps address: 2195 E. Mission Bay Drive. I-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.)



KEVER AVOT V'IMAHOT COMMUNITY MEMORIAL SERVICES

Sunday, September 20, 10:00am

Home of Peace

3668 Imperial Avenue, 92113



HIGH HOLY DAYS

Selichot Service with the Ohr Shalom Choir

Saturday Evening, September 5, 8:00pm
At Ohr Shalom and on Zoom

Dedication of Memorial Plaques
installed during the past year.

Dessert Reception to follow



Lulav and Etrog: The Four Species

To order your own Lulav and Etrog set at
\$65/set, call the office (619) 231-1456

ORDER DEADLINE: Wednesday, September 9



YOM TOV FLOWER SPONSORS

SUGGESTED DONATION: \$180

Call or email the office for details



EXTRA PARKING DURING HIGH HOLY DAYS

at St. Paul's parking lot on the corner of
Third Ave. and Maple St. after 5:00pm on:
Erev Rosh HaShanah – Fri., Sept. 11, Sat. Sept. 12
& Sun. Sept. 13 ALL DAY



SUKKOT 5787 Services & Events

Erev Sukkot Shabbat Kehillatit

Friday, September 25, 6:15pm

Shabbat Sukkot Morning Service with Lunch & Learn in the Sukkah

Saturday, September 26, 9:30am

Sukkot Morning Service Sunday, September 27, 9:30am

Erev Shemini Atzeret Kabbalat Shabbat Service

"Ask the Rabbi"

Friday, October 2, 6:15pm

Shabbat Shemini Atzeret Morning Service with Yizkor

Saturday, October 3, 9:30am

Erev Simchat Torah

Saturday, October 3

Tots Simchat Torah Service

5:30pm

Simchat Torah Dinner and Activities

6:30pm

Simchat Torah Service and Celebration

7:00pm

Simchat Torah Morning Service

Sunday, October 4, 9:30am



5787 - 2026 Memorial Book

Honor your loved ones by placing an
entry in our Memorial Book.

Contact the office or send in this form.

Full Page: \$236 \$

Half Page: \$136 \$

Quarter Page: \$72 \$

Collective Page in memory of a loved one:

\$36 per name \$

Repeat my Memorial Book entry from last year.

Please add these names: _____

Honored by: _____

Email: graphics2@ohrshalom.org or Call: (619) 231-1456

Shabbat Kehillatit in the Sukkah

Friday, September 25

Family-Friendly Service: 6:15pm

Community Dinner: 7:15pm

RSVP by Tuesday, September 22

Scan QR Code or

Contact Office: (619) 231-1456

office@ohrshalom.org



Members

Adults: \$20

Children: \$12

Children under 5 FREE

Non-members

Adults: \$35

Children: \$15 5-12 years old.

Erev Simchat Torah Saturday, October 3



5:30pm - Tots Simchat Torah Service

6:30pm - Simchat Torah Dinner and Activities

7:00pm - Simchat Torah Service and Celebration

Please RSVP to the Ohr Shalom office



SISTERHOOD

Beth Shira
Guest Contributor



Needle and Thread

For generations, Jewish women gathered together in sewing circles within their shuls, creating not only items for those in need, but also sacred pieces such as the *parochet* that hangs before the ark. Those gatherings were about more than what was being sewn—they were about friendships, shared stories, and wisdom passed from one woman to another, *l'dor v'dor*. While today's Sisterhood looks different, the spirit of those gatherings still lives on. Just as every stitch creates something beautiful, every relationship we build strengthens the fabric of our Sisterhood.

Over the coming year, each Rosh Chodesh gathering will give every member the opportunity to contribute a square to what will become our Sisterhood tapestry. Every piece will tell its own story—through paint, stitching, fabric, sequins, words, or symbols—reflecting where each of us is on our journey and how those journeys become intertwined. Every member will bring something uniquely their own which evokes their life experiences,

memories, and a piece of their heart. At each gathering, we'll stitch the newest squares into the tapestry, watching it grow month by month as our shared story unfolds. By the end of the year, those individual stories will have become one shared story: our Sisterhood's. Individually, every square will be beautiful. Sewn together, they will remind us that, much like life itself, we are woven together through shared moments, challenges, celebrations, and friendships.

Each new month will invite us to discover a new theme, reflect on the gifts that have been passed to us *l'dor v'dor*, from generation to generation—celebrate inspiring Jewish women and deepen our connection to Jewish values. After each Rosh Chodesh gathering, our growing tapestry will be displayed in the shul, serving as a visual reminder of our journey together and inviting others to watch our story unfold throughout the year. When the final square is added, I hope it will remain in our shul as a lasting symbol of the strength, creativity, and love.

Just as every stitch creates something beautiful, each unique thread helps weave our Sisterhood into something none of us could create alone.

Events in August:

The **Sisterhood Tapestry Project** and **Rosh Chodesh Elul**. For more details on Quilt Project, join us on the sisterhood WhatsApp group or join our email list.



August 14, 5:30pm Rosh Chodesh Picnic Shabbat at the Bay

Sisterhood

Ohr Shalom
Synagogue



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

Experience Sar-El

by Isaac Szmuiłowicz

Anita and I volunteered recently for Sar-EL (<https://www.sar-el.org>), it was a wonderful and very rewarding experience. We were two of one hundred volunteers that week (the program runs all year round). Our group of ten was sent to a military base in the north of Israel. The others were divided into two groups and sent to other places.

We worked from Sunday to Thursday and lived alongside active-duty soldiers and fellow international volunteers performing essential logistical tasks like packing supplies, organizing equipment and tents for the soldiers to live in. It's a unique, hands-on way to support the State of Israel.



The daily routine started with breakfast, Israel flag raising ceremony and morning and afternoon shifts, followed by communal meals in the base dining room. After work, we participated in very interesting educational and cultural activities organized by the two IDF Madrijot which provided deeper insights into Israeli history and society.

Accommodations were in basic military barracks, which offered an authentic, stripped-down glimpse into daily military life. While the conditions can be demanding, the rewards were profound. We noted that overcoming minor language and cultural barriers quickly brought the international group together (not all were Jewish). Working side-by-side with active-duty soldiers provided a rare opportunity to interact and socialize with them. We all gained a genuine appreciation for the resilience and spirit of the Israeli people.

Anita and I fully recommend this experience to anyone willing and able to go and volunteer. and help the soldiers of the IDF and Israel. Please contact us with any questions.





MEN'S CLUB

Aaron Lipner
Men's Club President

Shalom from the Men's Club

Summer is in full swing, and the horses are running at Del Mar. That gives us a good reason to get together.

Happy Hours

Our Happy Hours keep rolling and the next one is **Tuesday, August 25, 5:00-7:00pm** at the Corner Drafthouse. Grab a drink, catch up, and help plan what comes next. A lot of our best ideas start right here. We are also lining up speakers for the months ahead. More on that soon.



Day at the Races



Join us for a Men's Club Day at the Races at Del Mar on **Sunday, August 9, 2:00pm**. If we get 20 people, we lock in a group rate. Cost runs \$20 to \$35 per person, depending on how many of us go and where we sit. We will set up carpools where we can, so nobody has to drive alone. Email me at

mensclub@ohrshalom.org for details and to save your spot.

Fantasy Football

I'm thrilled to announce we have a commissioner! Big thanks to Loren Casuto for taking it on. Draft day is coming soon, date to be announced. Spots are filling, so let me know to reserve you a spot. **The draft will be before the NFL opener September 9th.**



Sukkot Is Coming

Mark your calendar for **Monday, September 28th**. We are planning something new. A Steak and Scotch dinner under the stars in the Sukkah. Please email me for details so we can start getting a head-count.

This is a great time to join Men's Club. Whether you are new to Ohr Shalom or have been here for years, retired or raising kids, there is a place for you here.

To join and stay in the loop, fill out a membership form: <https://forms.gle/e1oqajUwA9esogP48>

Join the WhatsApp group: <https://chat.whatsapp.com/Bg6JqQtwdSk20lQFBx7gO6>

Email anytime at mensclub@ohrshalom.org

See you at the races.



MEN'S DISCUSSION GROUP

Thursday, August 20, 7:00pm

Topic: What was your best and/or worst day at work ever?

This month's meeting will be at

Mazara Trattoria
2302 30th Street
San Diego, CA 92104



For more information contact:
Robert Houston
(bayfruitandherb@gmail.com)

FROM PRESIDENT (CONT.)

Meditation with Alex van Frank. As she has been doing since Covid, Alex conducts a 30 minute meditation session on Zoom, beginning at 7:00pm. Known to reduce blood pressure, lower anxiety and stress, and improve feelings of well-being and relaxation, give it a try.

Weekly on Wednesdays: **Daf Yomi Study Group.** This is the 6th year of this study group. This weekly class discusses pages of Talmud. All are welcome to participate, beginning at 9:30 am on Zoom. Join now for the final year of study, which will end on June 7, 2027.

Weekly every Sunday – Thursday: **Daily Minyan.** These services are conducted only on Zoom, beginning at 6:15 and concluded by 6:50 pm. Towards the conclusion of the service, those people with a yahrzeit (annual date of a person's death) have an opportunity to share something about their loved one who has passed away. In order to conduct the full service, we need ten Jewish adults to be logged on. We

begin the minyan with an informal "minyan minute" at 6:05. In addition to being an attendee, you can also sign up with Elizabeth Green through the Minyan Leader's What's App Group to be a leader or give a minyan minute. If you are not already on this What's App group, contact her at 619 208-2525 to get registered.

Friday evening Shabbat Service – The starting time is 6:15 pm. Check the calendar in each month's Davar or the Synagogue website for specific Shabbat programming.

Saturday morning Shabbat Service – The Saturday morning service begins at 9:30 am. If you are interested in participating in the Saturday morning service in a specific role including as a service leader or Torah reader, please contact Eti Chall at Sisterhood@ohrshalom.org.

On both Friday nights and Saturday mornings, we prefer to have people participate in person, but you can also attend on Zoom.



CALENDAR STORIES 2025-26

Lynn Mendelsohn

Imm. Past President/Special Projects

The August page of the 2025-26 Ohr Shalom calendar gives us desserts for the sultry days of high summer. Among them is a recipe for a Mango Tart with Vanilla Bean Pastry Cream, contributed by **Chef Giselle Wellman**. We had promised that the calendar's recipes would come from members at every level of culinary skill, and here we have one from a genuine "Top Chef!"

Giselle grew up in a Jewish Mexican home here in San Diego, her family having been founding Ohr Shalom members for many years. She and her husband David Kochman formally joined in 2022. Their son Jonah is a proud Madrich with the Religious School, and Luca, his brother, will begin in the Gan class this fall. David serves on the synagogue's current Board of Directors as Youth Programs Chairperson.

Giselle spent much of her youth in the kitchens of her mother and aunt, assisting every week as they prepared an elaborate Shabbat feast. After high school, Giselle put aside an early ambition to become a doctor and instead enrolled at Le Cordon Bleu culinary academy in Mexico City. Upon her return to San Diego, Giselle found employment in the kitchen of the legendary Star of the Sea under Chef Jesse Paul, who advised her: "If you want to be the best, go work for the best." That's exactly what she did.

Moving to Los Angeles in the early 2000s, Giselle cooked at Jean-George's Nougatine and Thomas Keller's Bouchon. A brief stint in New York found her at Mario Batali's Del Posto. In 2010, she returned to California to become the youngest female executive chef, ever, at Petrossians in Hollywood.

In 2015 Giselle appeared in the 13th season of Bravo's



Chef Giselle Wellman cooking on Bravo's "Top Chef,"

popular "Top Chef" television program, where she scored top honors on early challenges. Though Giselle did not win the competition's big prize, she achieved culinary celebrity. Soon after, however, Giselle made the life-changing decision to step back from the constant pressure of *haute cuisine* and concentrate on family, home cooking and catering – with us, back here in her hometown.

If Giselle's August recipe seems a bit complicated for you, then turn to July, where you will find her classic recipe for Lemon Bars. From the mind and hands of an expert!

Meet Our New Rabbinic Intern

Lily Gross is a third-year rabbinical student at the Ziegler School of Rabbinic Studies at AJU in Los Angeles, CA. She was born and raised in Houston, Texas, but moved here from Denver, Colorado where she earned her undergraduate degree in psychology at the University of Denver. She worked as a Behavioral Therapist, Religious school teacher, and farmer/educator at a Jewish urban farm for a year after graduation before making her way back to her alma mater as the Campus Director for the University of Denver's Hillel. She ran the Hillel at DU for four years before deciding to move it Los Angeles to pursue rabbinic ordination. While in rabbinical school has worked as the Rabbinic Intern at Mishkon Tephillo, she has been a Rabbinic Fellow for the New Israel Fund, and been a Young Religious Leadership Fellow for CLUE Justice. You can catch her on a walk with her dog - Mushu, singing a niggun, biking, hiking, or cooking a delicious vegan meal. She is excited to be the Rabbinic Intern at Ohr Shalom this year!





NOTES FROM AN ECO YENTA

Allyson Darroch
Davar Editor

It Just Doesn't Float

Sophie Slivowitz's friend Benina came out of the Slivowitz's bathroom visibly concerned. "I always thought you were ecologically responsible, not some green washer! You are using Ivory soap! Benina announced, almost as an accusation.

Sophie looked confused, "Bennie we do try, what makes you say that? It's just soap and it comes in a paper wrapper." The Slivowitzs have been trying to get away from single use plastic.

Her friend continued, "No, it's full of toxins, it's made by a big chemical company, they probably manufacture napalm. It's probably tested on animals. It may even be animal fat. Just because it's old doesn't mean it's good and it doesn't even float anymore."

"Bennie," said Sophie, "calm down. It's easy to find out if a product isn't what it seems. We can look it up on the [Environmental Working Group \(EWG\)](#) or the [EPA's Safer Choice](#). They both have a comprehensive database of what to look for and what to avoid. Better yet, why



don't we look it up on Cruelty Free Kitty (<https://www.crueltyfreekitty.com/>)?"

And so, they did. Unfortunately for the Slivowitz's budget, Sophie had just bought 10 bars. It wasn't, despite its advertising, cruelty free and although it did not have toxic chemicals like sodium lauryl sulfate (SLS) and sodium laureth sulfate (SLES) or any parabens or phthalates, it wasn't vegan but made from animal fat. In fact, poor old Ivory wasn't even kosher.

About Natural ingredients - Ok, natural ingredients are not necessarily harmful, but we are calling out the many companies that use this catch-all term to market a not-so sustainable product as sustainable. Often called "greenwashing," once you get good at deciphering ingredient lists, you'll easily spot these unfounded claims a mile away. Other culprits include "eco-friendly" or "all-natural," which might signal greenwashing if the product label doesn't back it up. Unlike Ivory, hope can still float.

CROSSWORD PUZZLE

Soap

Across

5. An abrasive that can be added to soap
6. This makes soaps smell good
7. "likes" water
8. Soaps feel this way because they are made using a base
9. Soap is a salt of this material
12. A bacteria that is not killed by antibiotics anymore
13. Soaps of metals made with mineral oil

Down

1. Rinses the soap away
2. The bacterial structure that soap interferes with
3. You can make soap by treating a fat with this
4. A base that can be used in soap-making
5. An additive to some soaps
7. "hates" water
10. One of the additives of some soaps
11. Greasy dirt dissolves in this part of the soap

Answers on Page 12





OHRZENNIALS

Rebecca Bucher Wollner
Ohrzennial Chair



Shalom from Ohrzennials, Ohr Shalom's Chavurah for People Age 21-45

Some of our upcoming and ongoing activities:

Dungeons and Dragons (D&D)

D&D is a tabletop role playing game. What does that mean? Each player creates a character.



Margalit Wollner will be our dungeon master (DM), creating a series of adventures for us. Together we will weave a story, with our characters' fates decided by dice.

This game will be specifically designed to be low commitment. No need to join us every session. Come play when you can! We will play some Shabbat afternoons, with

seudah shlishit (third meal) and Havdalah afterwards. No experience necessary! Not in the Ohrzennials age group but curious? Margalit is always happy to chat about D&D.

Rosh HaShanah

We will have a festive holiday meal for Ohrzennials - more info on that to come.

If you are in the age group, please email ohrzennials@gmail.com to be added to the WhatsApp group and email list. Not in the age group? We are always looking to be hosted for an event! Ideas for programs you'd like to see? Please reach out!



FROM OUR EXECUTIVE DIRECTOR

Gillian Argoff-Treseder
Executive Director

Kibbitz - to chat or joke around

Who doesn't love to Kibbitz? Ok, maybe if you are an introvert, it's not for you, but for many, coming to shul not only means a chance to pray and listen to an insightful drash, it's also a time to kibbitz or chat with friends you haven't seen all week or longer. Kibbitz can also mean to give unsolicited advice, but hopefully that is done with good intention.

Kibbitzing or casual conversation can be good for your health. Studies have shown that casual conversations can lead to wellness benefits such as:

- Stress Relief - talking might lead to smiling and laughter
- Better Mood - chatting fights loneliness and can bring joy
- Creates strong bonds - maybe you will find a new common interest
- Sharper Mind - chatting helps you find focus and possibly stimulates memory
- Kindness - a quick nice comment about someone's shoes may brighten their day and fosters more kindness

Gillian Sandstrom, an associate professor of psychology at the University of Sussex and author of the upcoming book

"Once Upon a Stranger: The Science of How 'Small Talk' Can Add Up to a Big Life," has been studying the effects of talking to strangers for the last 16 years. She has found that it can increase your well-being, improve your social skills, reduce anxiety and social biases and make you feel more connected. *Jancee Dunn (2026, Feb. 26) The Big Benefits of Small Talk, New York Times.*

One of my favorite parts of the upcoming High Holy Days is seeing you and having that quick chat or possibly a more in depth conversation after not seeing you for a while. These opportunities to kibbitz bring us together over books, movies, travel, etc and help us feel connected to each other and to this community.

Don't wait for Rosh HaShanah to connect with me or others at Ohr Shalom. Call or email me at Ohr Shalom for a quick chat. Let me know what you are making for Shabbat that week. Tell me about your grandchildren or children. We also have people on our Chesed committee that are ready and willing to call and kibbitz with you. Please let us know if that is something you would like.

Let's kibbitz a little. It's good for you and it always makes my day to hear from any of you.



SOCIAL ACTION & SUSTAINABILITY

Davin Widgerow

Social Action & Sustainability Chair

Our Elul Assignment: Sparks to Life in Tzfat, Israel

Elul, the final month of the Jewish calendar, leads into the High Holy Days, and is a time of introspection, accountability, forgiveness, and healing. *Teshuva*—repentance, *Tefillah*—prayer, and *Tzedakah*—charity, provide us with tools to help us achieve the worthy goals of spiritual and worldly atonement and renewal.

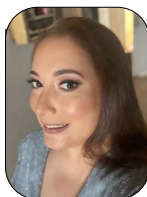


The Social Action and Sustainability Committee is launching a dedicated tzedakah drive this Elul to focus the congregation's giving and to ensure donations have maximum on-the-ground impact. We have selected **Sparks to Life**, a non-profit based in Tzfat, Israel, that works to provide services to residents of this northern city that is under siege from rocket fire from Lebanon. The organization's co-founder, Shayna Paquin, visited Ohr Shalom with her family during Shavuot 2026.

Sparks to Life was founded by Tzfat mothers who set out to strengthen mental health, resilience, mutual care, and social engagement in Tzfat. Their activities include weekly visits with homemade food for elderly and single-parent families; educational projects for children; bomb

shelter enhancements including addition of therapy rooms and painting projects with volunteers and local artists; clothing assistance; help for women in crisis; and provision of medical equipment; among other activities. More information is available at the organization's website <https://www.sparkstolife.com/>.

We are hoping to provide a significant amount of assistance to Sparks to Life during the Social Action Committee's Av tzedakah campaign! Your donation **will go directly to on-the-ground services helping needy families in Israel**. Please consider donating at the link above or through the following QR Code. Let's make a big difference this Elul—every donation matters!!



CHESED

Aviva Rosenberg

Chesed Committee Chair

Chesed in Action

Our Chesed Committee is always looking for meaningful ways to support members of our synagogue family. We now have homemade frozen ziti and soups available for anyone who could use a comforting meal during an illness, recovery, or other challenging time.

If you or someone you know could benefit from this support, please don't hesitate to reach out. Sometimes a simple meal is a small reminder that our community cares and that no one has to face difficult moments alone.

Together, we continue to strengthen our kehillah through acts of kindness, one meal at a time.

Thank you to Chesed Committee members Wendy Falcon and Beth Shira for helping make the homemade ziti.



BEACH CLEANUP DATES

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.



LEGACY SOCIETY

Jeanne Argoff

Chair, Ohr Shalom Legacy Society

*Create a
Jewish Legacy*

Leave a Legacy: Build for the Future

I came to San Diego seven years ago after living in the Washington DC area for almost 45 years. I was a member of a synagogue there, but I was an infrequent visitor because I didn't really feel a close connection. When I arrived in San Diego, the rabbi, staff and congregation of Ohr Shalom welcomed me with warmth and immediately gave me a sense of belonging. Over and over again, I have seen other newcomers enveloped in the warmth of Ohr Shalom's vibrant community. My legacy gift is my way of paying it forward so that others who come after me can experience the Jewish home that Ohr Shalom became for me.

Jeanne's Statement in the Book of Life

Ohr Shalom's Legacy Society is essential to the continuing financial health of Ohr Shalom, and it is an important bridge to our future well-being.

It's easy to become a member by making Ohr Shalom a beneficiary of your IRA or retirement fund or by bequeathing a percentage of your net worth to Ohr Shalom in your will.

We would like to thank all of you who have already committed. A number of Legacy Society members have chosen retirement funds as their giving vehicle. This option does not require legal fees. We simply asked our brokers to name Ohr Shalom as a beneficiary of one of our funds for a specific amount or a calculation based on a percentage of our net worth. The process takes very little time, and the only cost—a notary fee—may be covered by the broker.

Over the last five years we have been the recipient of grants and other types of support from the Jewish Community Foundation of San Diego (JCF). Under our current JCF grant, we've set a goal of recruiting five new members. If you, too, have found a spiritual and communal home here, if your children have enjoyed and benefited from our religious school, or if you have another reason all your own, please contact Gillian at office@ohrshalom.org or me at njargoff@aol.com so that we can begin a conversation about why and how you might join us.



REFLECT
on the Past



CONSIDER
the Present



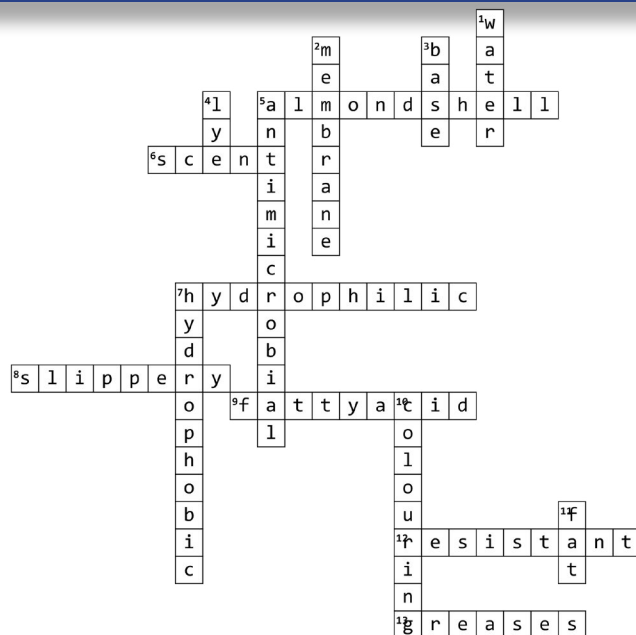
Create a Jewish Legacy
A PROGRAM OF THE JEWISH COMMUNITY FOUNDATION

PLAN
for the Future



WE ARE
OHR SHALOM
SYNAGOGUE

CROSSWORD ANSWERS



**Ohr Shalom
Choir Practice**
Mondays, 6:45pm
Ohr Shalom and ZOOM
August 3, 10, 17, 24, 31



Susie Meltzer
Israel Desk

The Israel Festival 2026: Fragile and Resilient

The Israel Festival will mark its 65th year this summer with three weeks of shows in Jerusalem, the Western Negev and Israel's north, bringing the festivities to some of the communities hit hardest by the last two and a half years of war. There is an understanding that artistic presence in areas of fracture and healing is an inseparable part of their current mission.



The festival program is rooted in art as a tool for survival, seeking to create perspectives that release distance from the immediate present and allows art to sketch a different portrait of reality. It is an invitation to pursue one's well-being through creative outlets. Art is both a survival tool and an offering to activate shared imagination.

The festival opens on July 28 with an aerial performance above Jerusalem's Hinnom Valley, inspired by the renowned French high-wire artist Philippe Petit, who crossed the same vale in 1987 on a tightrope.

Another one of the festival highlights will be a performance by former hostage Sagui Dekel-Chen, who will present the songs he wrote during Hamas captivity. The concert will take place on the lawn of Kibbutz Nir Oz, where Dekel-Chen was born and raised. On October 7th, when a quarter of the kibbutz's residents were killed or taken captive, Dekel-Chen was abducted while his pregnant wife and two daughters hid in their family's safe room. During 498 days of captivity, he wrote music in his head, memorizing words and melodies. Upon his release, he recorded nine songs on his phone. He said, "My first public performance will be in Nir Oz, my home."

Other attractions during the festival include "Hip-Hop Talpiot," in which Israeli artists will jam with the Jerusalem Street Orchestra, and music producer Rejoicer, also known

as Yuvi Havkin, will perform with other guest musicians.

On the dance front, seven choreographers will deconstruct the concept of war in "All the Spirits" and "Portraits of Falling."

"Verse" is a two-day event of socially engaged art created in memory of Aner Shapira, the heroic off-duty IDF soldier who saved lives in a field shelter on October 7th and is remembered for his raps, verses, and artwork.



Former hostage Sagui Dekel-Chen will perform the songs he wrote in captivity.

During "Verse," audiences will wander through performances, conversations, documentary screenings, live music, and participatory art being created by artists, collectives and social activists who see art as a way of reaching out, listening, and connecting.

"This year the very existence of such a gathering cannot be taken for granted," said festival CEO Uri Vaknin. "For us, the festival is not merely a production or artistic achievement, — it is an expression of our commitment to keep creating, working, and coming together even amid a complex reality."



Crossing Jerusalem's Hinnom Valley in an aerial feat set for the 2026 Israel Festival



Choreographer Adi Boutrous' new dance will premiere at the 2026 Israel Festival



ADULT EDUCATION

Evette Weiss
Adult Education

Adult education at Ohr Shalom encompasses a large variety of learning opportunities. I would like to thank all the presenters from last year that made for enlightening and entertaining experiences. Even more important, I would like to thank all of our members who attended these events, asking valuable and interesting questions. Hopefully our upcoming calendar of adult education programs will entice you to continue being life long learners by joining us throughout the year.



Sunday, October 18 at 10:00am, Robert Hicks from the ADL will be speaking on ways to reframe antisemitic conversations into a positive way to educate people.

Sunday, November 15 at 10:00am, Jared Aarons an ABC 10 News Anchor, will look into how Jews and the Jewish religion are portrayed in the news from television to social media.

Sunday, December 13 at 10:00am, Alex Van Frank will present *Small Steps, Sacred Strides: Mindful Living for Every Day*, Elevate your quality of life using the science-backed pillars of wellness championed by Harvard Medical School. Discover how micro-mindful adjustments can transform your nutrition, sleep, movement, and stress resilience while strengthening our community connections. Walk away with practical, evidence-based tools to build a sustainable daily roadmap for lasting health and vitality.

Saturday, January 30 at 7:00pm, Yale Storm will entertain us with a reading of his new book, *The Autobiography of the Offenbacher* which traces the life of a storied violin, to be accompanied by Yale's wonderful music.

Sunday, April 4 at 10:00am, Rabbi Cantor Cheri Weiss will share her new book *Prayers and Passages: Reflections on Jewish Teachings and Celebrations* in an interactive program with readings and songs.

Two additional programs are in the planning stages awaiting confirmation of available dates:

SOHO has graciously offered a complimentary tour of the beautiful Marston House and gardens located at the edge of Balboa Park.

The Spreckels Organ pavilion is currently undergoing renovation. Hopefully upon completion we will be able to get a behind the scenes tour following a Sunday afternoon concert.

In the fostering of being lifelong learners, Ohr Shalom has begun a **give and take library** located upstairs in the Teen Lounge. Help stock the shelves with those previously read, great books you no longer have space for by bringing them to our Ohr Shalom lending library. Help yourself to a book to take home and enjoy.

I am looking forward to seeing you at these upcoming programs. If you know someone who you think would be a good addition to our programming or have a topic you would like to see explored, please contact me at evetteweiss@aol.com.

Conversational Hebrew with Elisheva
Tuesday, August 4, 7:30pm
Last Class

CLASSES WITH RABBI MELTZER

Daf Yomi

Wednesdays, 9:30am

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



Readings with the Rabbi:

Sunday, August 23, 10:30am

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.



OHR SHALOM WELLNESS

Meditation

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



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.





RELIGIOUS SCHOOL

Maggy Dujowich
Religious School Principal



As August arrives, there is a special feeling in the air. The long days of summer begin to wind down, backpacks are being filled, classrooms are coming to life, and our hearts are filled with excitement as we prepare to welcome our children back for another wonderful school year.

We hope every family had a joyful, relaxing, and meaningful summer. Whether you traveled, spent time with loved ones, explored new places, or simply enjoyed slower days together, we hope you created memories that will stay with you throughout the year.

The beginning of a new school year is one of the most exciting times in Jewish education. It is a chance to start fresh, build new friendships, discover new talents, and continue growing as kind, curious, and confident children. Every new beginning reminds us that each child is filled with endless potential and that every day offers a new opportunity to learn, explore, and make a difference.

Our tradition teaches us that learning is one of life's greatest blessings. As we prepare our classrooms and programs, we are reminded that education is about much more than letters and numbers. It is about nurturing compassionate hearts, encouraging questions, celebrating Jewish values, and helping every child discover who they are and who they can become.

As we begin this new journey together, we look forward to partnering with you to create a year filled with laughter, creativity, friendship, and meaningful Jewish experiences. Thank you for trusting us with your children. It is truly a privilege to be part of their lives and their growth.

May this school year be filled with health, happiness, curiosity, and countless moments of wonder. We cannot wait to welcome everyone back and begin another amazing adventure together.

Wishing you and your family a wonderful August and a joyful start to the new school year!



YOUTH GROUPS

Michelle Gurr-Barbour
USY Youth Director



Save these August Dates!

RSVP to Michelle for all events
usy@ohrshalom.org

Mystery Flavor at the JCC

Saturday, August 29, 7:30pm
All ages | \$20 per ticket

All ages are invited and encouraged to join us to support **Milo and Aaron Wolpoff** in their production of Mystery Flavor! Look for registration early next week for this awesome evening!

Back to School Pool Party Sunday, August 30, 2-4:00pm All ages

Join us for what we hope becomes an annual tradition! We are inviting all ages of children and teens (*if your child is not swim safe, you will need to be with them even though we will have a lifeguard on duty*) to Rabbi Meltzer's house for a pool party! Registration coming next week!

FarWest USY Disneyland Trip

Sunday, September 6
6:30am- 12 midnight

7th-12th grades
PRICE GOES UP
AUGUST 1st



Get ready for an unforgettable day at the Happiest Place on Earth! Join fellow 7th-12th graders for an exciting USY trip to Disneyland, where you'll experience thrilling rides, favorite attractions, delicious treats, and plenty of time to make memories with friends. Whether you're a Disney superfan or just looking for an epic day out, this is the perfect chance to connect with your Jewish community while enjoying one of Southern California's most magical destinations. Don't miss this incredible adventure filled with laughter, friendship, and Disney magic. Space is limited, so be sure to register early and join us for an amazing day!

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

**First day of
Religious School**
Sunday, August 23,
9:30am



**26-27 Religious
School
Registration
Form**



**26-27 Ta'am Torah
Registration**



**26-27
Madrichim
Application**



**26-27
Madrichim
Parent Form**

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 at bit.ly/4yMS1uP**. 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

StandWithUs
SOUTHWEST

ISRAEL ON TRIAL

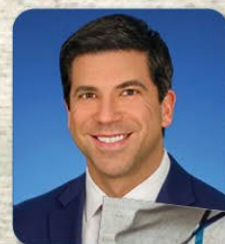
**EXAMINING THE SIX FALSE CLAIMS
AGAINST ISRAEL**

**Featuring The Honorable
Judge Roy Altman**

U.S. District Judge, Southern District of Florida

**Thursday, August 13
6:00 PM**

**La Jolla Location provided upon registration
\$18 which includes a copy of the book**



israelontrialsd.planningpod.com



BETH ISRAEL

House of Israel

BLOOD DRIVE

Ohr Shalom Synagogue

Future Blood Drive Dates:

Sundays at 9:00am-2:30pm

October 11

December 13

In front of synagogue



Ohr Shalom needs 18 ushers per month to help our security needs.



OHR SHALOM MEMBERS SIGN-UP TO USHER:

email usher1@OhrShalom.org

Text, phone or WhatsApp: 505-205-3848

COMMUNITY EVENT

Joan Jacobs  *Signature Brunch*



A conversation with

Marlee Matlin

Actor, Advocate, Trailblazer

Brunch Chairs: Elissa Davis, Daryl Gelender, Sally Shaps

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.

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.



COMMUNITY TRAVEL OPPORTUNITIES



LITHUANIA & LATVIA
A MUSICAL & HISTORICAL JEWISH JOURNEY
Led by Professor Yale Strom & Elizabeth Schwartz
OCTOBER 14-25, 2026
Learn more about this trip at secure.ayelet.com/StromLithuania2026.aspx
800.237.1517 | www.ayelet.com
...and SO much more!
Ayelet Tours, Ltd.



Jewish Federation of San Diego **The Community Trip**
TRIP TO ISRAEL
Pre-Trip: May 16-18, 2027
Main Journey to Israel: May 18-25, 2027
Optional Extension to Budapest: May 26-30, 2027
For more information go to: jewishinsandiego.org

LIFECYCLE EVENTS & THANK YOU FOR YOUR GENEROUS DONATIONS IN JULY

SYNAGOGUE FUND

Abby Lassen

In memory of Isidoro Lombrozo

Linda Mostel
Samy and Sarita Zands

In memory of Bart Feldmar

Toni and Don Goldstein

Thank You to LeAnne

Susie & Eli Meltzer

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

Marilyn Singer

RABBI'S DISCRETIONARY FUND

Max Holston

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

Iris and Stephen Daner

SOCIAL ACTION FUND

Eli and Susie Meltzer
Valerie and Eli Razinsky

Safe Parking

Beth Flowers

CHESED FUND

Max Holston
Valerie and Eli Razinsky

SHALOM A COM/THE STAMP THIEF FILM

Jenny Rau
Davin Widgerow

CONDOLENCES

Jose (Monique) Lombrozo on the
passing of his beloved father,
Isidoro Lombrozo Z'L.

Thank You To Our Volunteer Help in July

Alison Black, Beth Flowers, Judy Gaines,
Roman Goncharuk, Geoffrey Graham,
Jim Lewis, Jeanne Peters,
Danny Richards, Steven Rose,
Ezra Shachar, Beth Shira,
Debbie Suissa, Aviva Rosenberg,
The van Frank Family, Davin Widgerow

SHABBAT SPONSORS

Jeanne Argoff
Gillian Argoff-Treseder
Alice Broudy Cupples
Eli and Susie Meltzer
Daniel Pick
Rabbi Cantor Cheri and Dan Weiss
Eileen Wingard

We apologize for any omissions.

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

LeAnne Adams	Susie Meltzer
Jeanne Argoff	Ivan Mendelsohn
Ilan Averbuch	Lynn Mendelsohn
Sherry Berlin	Julia
Steve Bernstein	Gleichman Miller
Sue Brown	Phil Miller
Joe Castiglione	Rachel Millstone
Eti Chall	Rocky Reid
Elisheva Edelson	Adira Rosen
Mendy Fisch	Nanette Sable
Jonah Gelfand	Al Shelden
Lou Green	Naima Solomon
Maria Gomez	Bercovitch
Laurens	Julio Szmuliowicz
Morris Lazard	Jonah Weinberg
Arik Legman	Rabbi Cantor
Jessica Lemoine	Cheri Weiss
Natan Lemoine	Dan Weiss
Ruth Levy	Davin Widgerow
Melody Lewis	Rebecca
Rachel Lipowsky	Bucher-Wollner
Nevo Magnezi	Margalit Wollner
Jennifer Meltzer	Marvin Yudkovitz
Eli Meltzer	Jane Zeer

AV/ELUL YAHREZITS AT OHR SHALOM



Benjamin Goldman	Joshua Goldman's Brother	1-Aug/18 Av
Steffi Lauer	Remembered by Ohr Shalom.....	1-Aug/18 Av
Simon Cohen	Eddy Cohen's Brother.....	2-Aug/19 Av
Sam Ehrenwerth	Janice Zipp Cannizzaro and Elaine Smith's Grandfather	2-Aug/19 Av
Zelik Chaim Grinberg	Ruben Rosental's Grandfather.....	2-Aug/19 Av
Pearl Grossman	Sherry Berlin's Mother	3-Aug/20 Av
Gisa Schiffman	Judie Dresser's Mother	3-Aug/20 Av
*Louise Buchwald	Leah Singer's Mother	4-Aug/21 Av
Charles Darrow	Allyson Darroch's Father	4-Aug/21 Av
*Harvey Goldberg	Susie Meltzer's Father, Rabbi Scott Meltzer and Brett Meltzer's Grandfather	4-Aug/21 Av
Betty Shteremberg	David Shteremberg's Mother, Remembered by Jose Zyman	5-Aug/22 Av
Alberto Alvo	Rosie Veinbergs' Father.....	7-Aug/24 Av
*Lilian Bendah	Rachel Lipowsky's Mother.....	7-Aug/24 Av
Jenny Penhas	Sally Maizel's Mother	7-Aug/24 Av
Marysia Ratniewski	Alfredo Ratniewski's Mother	7-Aug/24 Av
*Abe Smith	Mark Smith's Father.....	7-Aug/24 Av
*Hilda Veinbergs	Jacobo Veinbergs and Sylvia Galicot's Mother	7-Aug/24 Av
*Jacob Rubin	Fanny Hanono's Father	9-Aug/26 Av
*Rubin Zeer	Jane Zeer's Father.....	9-Aug/26 Av
*Sara Rosental	Ruben and Fanny Rosental's Daughter.....	10-Aug/27 Av
*Herb Sevel	Evie Sevel's Husband	10-Aug/27 Av

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



Horace Escoffery	Yvonne Scarlett's Uncle	11-Aug/28 Av
Bea Slipock	Love Zubiller's Grandmother	11-Aug/28 Av
Liby Chazan	Jose Gold's Sister	12-Aug/29 Av
*Sam Cohen	Susan Kaplan's Stepfather	12-Aug/29 Av
Gertrude Jagorda	Aaron Hoskins' Grandmother	12-Aug/29 Av
Jonathan Moss	Gillian Moss' Husband	12-Aug/29 Av
Harold Rose	Marda Rose's Grandfather	12-Aug/29 Av
Ellen Bergman	Miriam Jane Bergman's Mother	13-Aug/30 Av
Pablo Fastag	Ruth Fastag's Husband	14-Aug/1 Elul
Ruth Fuld	Remembered by Ohr Shalom	14-Aug/1 Elul
David Goldman	Joshua Goldman's Father	14-Aug/1 Elul
Nancy Lynn Schwartz	Elizabeth Schwartz's Sister	14-Aug/1 Elul
Sophia C.H. Stern	Kimberly Mettler's Grandmother	14-Aug/1 Elul
Sophia Zimlich Diehl	Allyson Darroch's Grandmother	15-Aug/2 Elul
Bill Mintzer	Jennifer Tabak-Levy's Grandfather	16-Aug/3 Elul
Joseph Hartman	Barbara Hartman's Husband	17-Aug/4 Elul
*Joanne Scholten	Richard Scholten's Wife	17-Aug/4 Elul
Mildred Sindler	Rita Cohen's Mother	17-Aug/4 Elul
David Fainstein	Remembered by Sara Fainstein	18-Aug/5 Elul
Eugenia Handelman	Sara Fainstein's Mother	18-Aug/5 Elul
Shica Slutskaya	Golda Slutskaya's Grandfather	18-Aug/5 Elul
Jack Zipp	Janice Zipp Cannizzaro and Elaine Smith's Uncle	18-Aug/5 Elul
Bart Feldmar	Toni Goldstein's Brother and Jennifer Meltzer's Uncle	19-Aug/6 Elul
Boaz Talerman	Myer Talerman's Brother, Masha Lipner and Sharon Talerman's Father	19-Aug/6 Elul
*Tillie Weisman	Remembered by Joe Rubin	19-Aug/6 Elul
Moshe Finkel	Tito Salzmann's Grandfather	20-Aug/7 Elul
Ninette Karsenty	Vida Sportes' Aunt	20-Aug/7 Elul
Elsa Rosenvasser Feher	Shoshanah Feher Sternlieb's Mother	20-Aug/7 Elul
Federico D'Larenas	Maria Gomez' Father	21-Aug/8 Elul
Adolf Braun	Gary Brown's Grandfather	22-Aug/9 Elul
Maureen Burke	Beth Vann's Mother	22-Aug/9 Elul
*Ida Abrams	Evie Sevel's Aunt	23-Aug/10 Elul
Harold Simon	Gillian Moss' Father	23-Aug/10 Elul
Sadi Sportes	Remembered by Vida Sportes	23-Aug/10 Elul
*Ruben Veinbergs	Miguel Veinbergs' Brother	23-Aug/10 Elul
Yehezkiel Cohen	Nili Feuerstein's Father	24-Aug/11 Elul
Robert Gottschalk	Judi Gottschalk's Husband	24-Aug/11 Elul
Kalman Grun	Elizabeth Green's Great Grandfather	24-Aug/11 Elul
*Paul Weil	Remembered by Ohr Shalom	24-Aug/11 Elul
*Ketty Capelluto	Stella Salzmann's Mother	25-Aug/12 Elul
Simon Felman	Ricardo Ilko's Grandfather	25-Aug/12 Elul
Miriam Haber	Ellen Haber's Mother	25-Aug/12 Elul
*Susanne Lisker	Remembered by Ohr Shalom	25-Aug/12 Elul
Hertha Sherwood	Doreen Casuto's Mother, Loren Casuto's Grandmother	25-Aug/12 Elul
Hilda Cohen	Santiago Cohen's Mother	26-Aug/13 Elul
Sally Lombrozo	Jose Lombrozo's Mother	26-Aug/13 Elul
*Zachary Lachow	Lillian Lachow's Father	27-Aug/14 Elul
Lena Toby Spellman	Roberta Greene's Grandmother	27-Aug/14 Elul
Jessie Tabak	Jennifer Tabak-Levy's Grandmother	27-Aug/14 Elul
Juan Finkelberg	Jorge Finkelberg's Father	28-Aug/15 Elul
Nathan Cutler	Amy Morris' Grandfather	29-Aug/16 Elul
Paul T. Linsk	Amy Morris' Uncle	29-Aug/16 Elul
Israel Tiger	Stan Tiger's Father	30-Aug/17 Elul
Max Zands	Samy Zands' Father	31-Aug/18 Elul

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CALENDAR OF EVENTS

AUGUST-SEPTEMBER 2026 / AV-ELUL 5786

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sunday, August 23, 9:30am First Day of Religious School 		 Sunday, August 23, 10:30am		Selichot Service <i>with the Ohr Shalom Choir</i> Saturday Evening, September 5, 8:00pm		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 with the Choir  7:23pm	8 25 Av Parshat Re'eh Mevarchim Chodesh 12:30pm - Lunch & Learn  8:23pm
9 26 Av 2:00pm - Men's Club at the Races 6:15pm - Minyan	10 27 Av 6:15pm - Minyan 6:45pm - Choir Practice	11 28 Av 6:15pm - Minyan 7:00pm - Meditation w/ Alex van Frank	12 29 Av 9:30am - Daf Yomi 6:15pm - Minyan	13 30 Av Rosh Chodesh Elul 6:15pm - Minyan	14 1 Elul Rosh Chodesh Elul 2:00pm - Office Closes 5:30pm - Sisterhood Rosh Chodesh Picnic 6:45pm - Shabbat at the Bay  7:16pm	15 2 Elul Parshat Shoftim 9:30am - Shabbat Service  8:15pm
16 3 Elul 6:15pm - Minyan	17 4 Elul 6:15pm - Minyan 6:45pm - Choir Practice	18 5 Elul 6:15pm - Minyan 7:00pm - Meditation w/ Alex van Frank	19 6 Elul 9:30am - Daf Yomi 6:15pm - Minyan	20 7 Elul 6:15pm - Minyan 7:00pm - Men's Discussion Group	21 8 Elul 2:00pm - Office Closes 6:15pm - Shabbat Kehillatit Service & Community Dinner  7:08pm	22 9 Elul Parshat Ki Teitzei 9:30am - Shabbat Service 10:30am - Tot Shabbat 12:30pm - Lunch & Learn  8:08pm
23 10 Elul 9:30am - First Day of Religious School 10:30am - Readings with the Rabbi 6:15pm - Minyan	24 11 Elul 6:15pm - Minyan 6:45pm - Choir Practice	25 12 Elul 5:00pm - Men's Club Happy Hour 6:15pm - Minyan 7:00pm - Meditation w/ Alex van Frank	26 13 Elul 9:30am - Daf Yomi 6:15pm - Minyan	27 14 Elul 4:15pm - Religious School 6:15pm - Minyan	28 15 Elul 2:00pm - Office Closes 6:15pm - Kabbalat Shabbat Service  7:00pm	29 16 Elul Parshat Ki Tavo 9:30am - Shabbat Service 10:00am - Jr. Congregation 7:30pm - USY at JCC  7:59pm
30 17 Elul 9:30am - Religious School 2:00pm - USY Pool Party 6:15pm - Minyan	31 18 Elul 6:15pm - Minyan 6:45pm - Choir Practice	1 19 Elul 6:15pm - Minyan 7:00pm - Meditation w/ Alex van Frank	2 20 Elul 9:30am - Daf Yomi 6:15pm - Minyan	3 21 Elul 4:15pm - Religious School 6:15pm - Minyan	4 22 Elul 2:00pm - Office Closes 6:15pm - Kabbalat Shabbat Service "Ask the Rabbi"  6:51pm	5 23 Elul Parshat Nitzavim-Vayelech 9:30am - Shabbat Service 8:00pm - Selichot  7:50pm