



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 & Sunday mornings.

Selichot Service
with the
Ohr Shalom Choir
Saturday Evening,
September 5, 8:00pm
See details inside

OHR SHALOM SYNAGOGUE 2026 HIGH HOLY DAYS SERVICES 5786-5787

Services will be both in-person and on Zoom

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

Tashlikh at Playa Pacifica 5:00pm

YOM KIPPUR

Erev Yom Kippur

Sunday, September 20

Family Kol Nidre 3:30pm

Kol Nidre 6:00pm

Kol Nidre Violin Prelude

by Eileen Wingard

Yom Kippur Monday, Sept. 21

Morning Service with Yizkor 8:30am

Afternoon Activities & Study 2:30pm

Mincha and Ne'ilah 4:30pm

Break the Fast 7:28pm



DAVAR MEGILLAH

SEPTEMBER 2026 • MONTHLY NEWSLETTER • ELUL 5786/TISHREI 5787

עבדו את-ה' בשמחה באו לפניו ברננה

Serve God with Joy, Come Before God In Joyful Song

Rabbi Scott Meltzer



I woke up this morning and looked at my calendar – it's Elul. We are just weeks from Rosh HaShanah, Shabbat Shuvah, Yom Kippur,

Sukkot, Shemini Atzeret, Simchat Torah ... all in one month. Tishrei has to be the happiest month of the year! Wait, I thought tradition is that Adar is the happiest month of the year? And this year is a Jewish Leap Year so we have two months worth of Adar. Basically, this whole year should be filled with joy.

Starting to sound a little bit like an advertisement for "the happiest place on earth." But our joy is different. It isn't a joy of place. It is a joy experienced in time. (Will every single one of us commit to reading/rereading Abraham Joshua Heschel's "The Sabbath" this year?) It is a joy experienced in action. Serve God joyfully the Psalms say. Fulfill mitzvot, live this life, care for others – and rejoicing doing so!

Soon, I will see you at the Synagogue ... a lot. I hope however much you attended last year, you are ready to make this year even more joyful and show up even more.

When I see you, we are going to talk about the obligation to be joyful. It appears in lots of places in our tradition. It connects with lots of different parts of our tradition – holidays, gratitude, interpersonal relationships, Torah, mitzvot, and of course, even chocolate.

So be ready to think about joy, to study it and how Judaism creates for us a life of joy.

This is going to be a very special year for Ohr Shalom. We have passed our 25th anniversary, and our building is officially more than 100 years old. It is great to celebrate anniversaries and birthdays (I'm a big fan), but the challenge is to celebrate every day. And sometimes it really is a challenge. But that is exactly what we are going to do!

Lots of wonderful things being planned for the New Year! I am joyfully excited, and I hope you are too.

One thing I want to highlight as we approach this New Year, one additional measure of joy meted out to us for 5787.

Last month, you had the wonderful opportunity to meet Rabbi Lily Gross, our intern from the Ziegler School of Rabbinic Studies. Rabbi Gross has already spent a Shabbat with us, and will be here to celebrate Rosh HaShanah and the beginning of Sukkot, and many more Shabbatot and weekends throughout the year.

I am excited to announce, as you read in this month's Davar on page 12, this year we are joyfully blessed to have an additional rabbinic student as part of our Ohr Shalom rabbinic staff – Rabbi Lisa Goldberg. Rabbi Goldberg is a rabbinic student at the Academy of Jewish Religion in Los Angeles. She will be here for Yom Kippur, Shemini Atzeret, Simchat Torah, and throughout the year. Since Rabbi Goldberg lives in San Diego, we have the opportunity to incorporate her into the non-weekend life of the synagogue.

We are referring to Rabbi Gross as our

Continued on page 9



WORDS FROM THE PRESIDENT

Marvin Yudkovitz
President

Our Kol Nidre Appeal

As Ohr Shalom Synagogue Presidents have done every year at Kol Nidre, I will once again address the congregation with our annual appeal. I am hoping that those of you who regularly make a donation will continue to do so, and those of you who have not, will make a different decision this year.

Judaism provides us with continuing challenges and opportunities. How can we make ourselves better? How can we further the goal of Tikkun Olam? How can we help others? What can we do to build more social supports? What can we do to further the activities and goals of our Synagogue? What can we do to assist Ohr Shalom financially? What can we do to be more responsible adults and Jews?

Every year there is one Jewish ritual that allows us to help meet all of these goals, at one time: **Yom Kippur and our Kol Nidre** service and appeal - our request for your support of money and time.

Our Kol Nidre appeal is made specifically at this time, since it is tied to one of the three pillars of Yom Kippur - **tzedakah**. Giving tzedakah is a mitzvah, considered a fundamental Jewish duty and an act of basic fairness. Giving tzedakah is required of every Jewish person,



- a pledge of your financial and time commitments. A decision to make this change in your behavior over the next twelve months as a commitment to work towards the betterment of our Synagogue and the human family.

Before the Kol Nidre service, we will again provide you with a **financial pledge card** to bring with you to Kol Nidre. Please spend a few more minutes than in the past when you are deciding how much to pledge. I am suggesting a larger pledge than years past may be your first step during this Yom Kippur in assisting you in your annual healing and spiritual rebirth process. Once again, the monthly pledge amounts are denominations of \$18 to \$540. Also you can become a Guarantor if you decide to increase your pledge amount for the next three years. Please consider what a larger pledge will mean for you.

And of course, you don't have to wait for the Kol Nidre service to turn down

even those who have limited financial means. A commitment to do better and help others. And that's what our Kol Nidre Appeal is all about

your pledge tab. I know some of you have already made this decision by including the amount with your dues payments, and others have already sent in your pledge payment. A call to the office can secure these arrangements if you wish to do so.

Perhaps you want to fulfill some or all of your Kol Nidre pledge by joining a **committee** and working towards Tikkun Olam and the betterment of others? Repeating from the past few years, I am encouraging everyone to consider joining one of our committees: Social Action, Men's Club and Sisterhood, and Chesed, to name just a few. We will provide you with name cards to put into our small "program boxes" which will again be located when you enter the Social Hall, where you can submit your name to join one or more of our committees or chavurot. This commitment of your time and energies will assist our programming to do even more and better for all of us.

By making either or both of these commitments - financial, or your time and energy, can then be among your first significant elements of change and rebirth in 5787 and acts of tzedakah this Yom Kippur.

L'shana tovah u'metukah - Wishing you a good and sweet new year filled with health, peace, and joy.

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

Deadlines: September 5 for Oct. edition • Oct. 5 for Nov. edition

OHR SHALOM'S SHABBAT SERVICE SCHEDULE

Services are in person and on Zoom

Friday	September 4	6:15pm	Kabbalat Shabbat Service "Ask the Rabbi"
Saturday	September 5	9:30am	Shabbat Morning Service
Friday	September 11	7:00pm	Erev Rosh HaShanah Service
Saturday	September 12	8:30am	Rosh HaShanah Morning Service
Friday	September 18	6:15pm	Kabbalat Shabbat Service
Saturday	September 19	9:30am	Shabbat Morning Service
Friday	September 25	6:15pm	Shabbat Kehillatit Service and Community Dinner
Saturday	September 26	9:30am	Shabbat Morning Service

NO Shabbat Morning Babysitting Available

Ask the
Rabbi



Friday, September 4, 6:15pm

The Questions You've Always Wanted to Ask



Lunch & Learn

**Saturday,
September 26, 12:30pm
in the Sukkah**

SIMCHAT TORAH

Sunday

BRUNCH

OCTOBER 4 *after* **SIMCHAT TORAH SERVICE**

Good Food. Great People. Celebrate Together.

RSVP BY CALLING THE OHR SHALOM OFFICE BY THURSDAY, OCTOBER 1.

Monday, September 14, 7:30pm
Selichot Bonfire and Break Fast
with Rabbi Gross at Rabbi Meltzer's House



PARSHIYOT & CANDLE LIGHTING

September 2026

PARSHAT NITZAVIM-VAYELECH

23 Elul - Candle Lighting: 6:51pm

Fri: September 4

Sat: September 5

Torah: Deuteronomy 29:9-31:30

Haft: Isaiah 61:10-63:9,

ROSH HASHANAH

1 Tishrei - Candle Lighting: 6:41pm

Fri: September 11

Sat: September 12

Torah: Genesis 21:1-34; Numbers 29:1-6

Haft: 1 Samuel 1:1-2:10

PARSHAT HA'AZINU

SHABBAT SHUVAH

8 Tishrei - Candle Lighting: 6:32pm

Fri: September 18

Sat: September 19

Torah: Deuteronomy 32:1-32:52

Haft: Hosea 14:2-10; Joel 2:15-27

SUKKOT 1

15 Tishrei - Candle Lighting: 6:23pm

Fri: September 25

Sat: September 26

Torah: Leviticus 22:26-23:44; Numbers 29:12-16

Haft: Zechariah 14:1-21



Ohr Shalom Choir

**Ohr Shalom
Choir
Practice**

Mondays, 6:45pm
Ohr Shalom and ZOOM
September 14, 28

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

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

YOM KIPPUR

Erev Yom Kippur.....Sunday, September 20
Family Kol Nidre.....3:30pm
Kol Nidre Kol Nidre Violin Prelude by Eileen Wingard.....6:00pm
Yom Kippur.....Monday, September 21
Morning Service with Yizkor.....8:30am
Afternoon Activities & Study.....2:30pm
Mincha and Ne'ilah.....4:30pm
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.
- ☆ 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 (Scan QR code) 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

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.

TASHLIKH 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 Tashlikh (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**
or reserved space in garage for \$180.



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 with the Choir

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 7:30pm

Simchat Torah Morning Service followed by Brunch

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: \$30

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

7:30pm - Simchat Torah Service and Celebration

Please RSVP to the Ohr Shalom office



Lynn Mendelsohn

Imm. Past President/Special Projects

From Generation to Generation

The page facing September 2026 in the Ohr Shalom calendar is full of favorite recipes from “the Meltzer family” – desserts prepared by the progenitors of Rabbi Scott and Jennifer Meltzer, and also of Susie Meltzer, Rabbi Meltzer’s aunt. There are Pecan Tarts from Nana Jeanette Goldberg, a French Toast Casserole from Baba Karen Rund, a Blintz Souffle from Gigi Betty Feldmar, and an Apricot Cheese Kuchen, submitted by Susie Meltzer.

When Susie sent the Cheese Kuchen recipe for the calendar last summer, she added a brief historical note:

Our family has been blessed with wonderful mothers and grandmothers who created beautiful Jewish homes and served many memorable delicacies. The recipes were often associated with holidays and special events and have been passed down from generation to generation.

This yeast-dough kuchen recipe was attributed to my father’s mother Jenny Goldberg, and first was served by my sister Karen and me at an engagement brunch for our brother Jerry and his fiancé Linda. The kuchen was fabulous!

Soon afterwards, I was invited to enter a bread baking contest (requiring yeast dough) at Bazaar del Mundo in San Diego. When I heard there was a prize for “best presentation,” I immediately thought of my Grandma Jenny, and I fashioned a doily-draped tray with my grandma’s picture onboard. Together we won the award and had our picture in the local newspaper. Thus, this award-winning kuchen holds a place of honor in our family cookbook.

Who exactly are the talented Meltzer-related women whose dessert recipes grace this September’s page? Please refer to the box to find out!

The Women of the Meltzer Family Desserts. These are the generations, by their clans and by their names, of the Jewish baking women on the page for September. **Jenny Polivoi** of the Cheese Kuchen, a young woman of Kiev, was taken as wife by **David Goldberg** of the same place. There were pogroms in the land, and David took his wife Jenny from his father’s city and set out for the land of America. David and Jenny passed through that place as far as the site of McKeesport, Pennsylvania, and settled there. David knew his wife Jenny and she bore five children, of whom there was a middle son, and they called his name Harvey. Harvey Goldberg grew in years and strength and followed his parents as they wandered west, through Akron to Dayton, in Ohio. There Harvey took as wife **Jeanette Burgman** of the Pecan Tarts. Jeanette bore three children, and the daughters were **Karen** of the French Toast Casserole and **Susie** of the Bazaar del Mundo Prize. And the brother of Karen and Susie was **Jerry**. The Lord blessed Jeanette and Harvey with abundant progeny, but due to the limitations of writing inside a box, it is Karen to whom attention is called, for it was she who bore **Scott Meltzer** of Ohr Shalom.



As generation unto generation of Goldbergs prospered in their westward wandering, reaching even the wilderness of California, so prospered the clan of Marton, whose progenitors were **Elza** and **Bertalan Marton**, both of Hungary, a land and people hostile to the children of Israel. Elza and Bertalan crossed the Great Sea and passed many *parsangs* over land as far as Los Angeles, where the issue of their loins increased from two to six. The youngest of these was **Betty** of the Blintz Souffle. As a young woman of 17, Betty took as husband **Sidney Feldmar**, youngest son of **Bella** and **Jack Feldmar**. When Sidney was of marriageable age, his father’s second wife **Rosie**, Bella having perished in the flu epidemic, determined that Sidney should take as wife a young woman of the Jewish people from Hungary. On Shabbat, she saw in *shul* a woman with a siddur in Hebrew and Hungarian. This woman was Elza Marton, mother of Betty. They conspired that a Feldmar cousin should leave behind his hat in *shul*, Elza Marton would take it home, and Sidney would be sent to retrieve the hat. Betty and Sidney married and so they knew each other in that way. Their issue comprised **Bart**, **Toni** and **Thomas**, of whom Toni, in due time, took as husband **Don Goldstein**. This union produced **Jennifer Meltzer** of Ohr Shalom.



May it be the will of the Lord that the clans and kinsmen of the Jews in these verses continue to live and prosper – and bake!



MEN'S CLUB

Aaron Lipner
Men's Club President

The Men's Club has an Exciting and Busy Month

The High Holidays are coming and when the fast is over, we will have a feast. Steak and Scotch is coming to the Sukkah, something new and fun for the Men's Club this year.



Steak and Scotch!

Join us **Monday, September 28** at Rabbi Meltzer's. We start at 6pm, steaks hit the table at 7:00pm. Kosher steak, kosher scotch, and the mitzvah of a meal together in the Sukkah. RSVP and payment required by Sept 18th.

Cost is \$34.95 for current members, \$49.95 for new members, which includes your 2026-2027 membership. Scotch and beer are on us, just don't miss the RSVP date.

This is a special order, so RSVP is required. Sign up and pay by September 18 through the office for payment or email mensclub@ohrshalom.org

Fantasy Football

We're still short a few teams. Our draft is **Tuesday, September 8**, before the NFL season opener on **Wednesday, September 9**. Thanks to Loren Casuto for running things as commissioner. Never played? Autodraft handles it, all you need is a team name. Email mensclub@ohrshalom.org to grab a spot before the draft.

Happy Hours

Happy Hour at the Corner Drafthouse is taking a break this month. **Come to Steak and Scotch Monday, September 28 at 7:00pm** instead. The taps will be back on in October.

Day at the Races Recap

Del Mar was a great day. Shaded seats, a good crowd, a few small bets, and a few small wins. This might just become an annual tradition.



New Treasurer

Big thanks to Mark Smith for stepping up as our new Treasurer. Men's Club keeps growing, and we're now looking for a few more men to fill out the board. If that sounds like you, reach out at mensclub@ohrshalom.org.

Join Men's Club! We welcome all Ohr Shalom men, whether new or longtime members, retired or raising kids. Come out, have fun, and make some friends. Simply fill out the membership form for 2026/2027:

Email anytime at mensclub@ohrshalom.org

Main thing to do this month: RSVP and pay for Steak and Scotch by September 18. Sign up for Fantasy Football too, before the draft on September 8th.

Looking forward to that steak...

Join the WhatsApp group:



SISTERHOOD

Eti Chall
Sisterhood Chair



Why Join Sisterhood in the New Year?

As we begin a new year, we naturally think about what we want the year ahead to look like. We make plans, set intentions, and think about the things we want to bring more of into our lives. Maybe it's more time with family, more opportunities to learn, more travel, more health and wellness—or simply more time to enjoy the people and things that make us happy.

I'd like to suggest adding one more thing to that list: **community.**

Sisterhood is, first and foremost, about women coming together. It's about meeting someone you might not otherwise have met, reconnecting with an old friend, learning something new, sharing a laugh, celebrating a holiday, or sitting around a table and having a conversation that stays with you long after the evening is over.

At Ohr Shalom, we have an incredible group of women. We

come from different backgrounds and different generations, and we have all kinds of interests, careers, experiences, and stories. Some of us have been part of the synagogue for decades, while others are just finding their way into the community. Some of us know everyone; some of us are still looking for our people.

Sisterhood is a place where everyone can find her place.

Over the past year, we've had Rosh Chodesh gatherings, holiday celebrations, workshops, our annual round challah bake, and plenty of opportunities to simply be together. These events are wonderful, but what I love most is what happens around them—the conversations, the new friendships, the familiar faces, and that feeling of being part of something.

And that's really why I hope you'll join Sisterhood this year.
Continued on page 9

CROSSWORD PUZZLE CLUES

SINGLE USE PLASTICS

Across

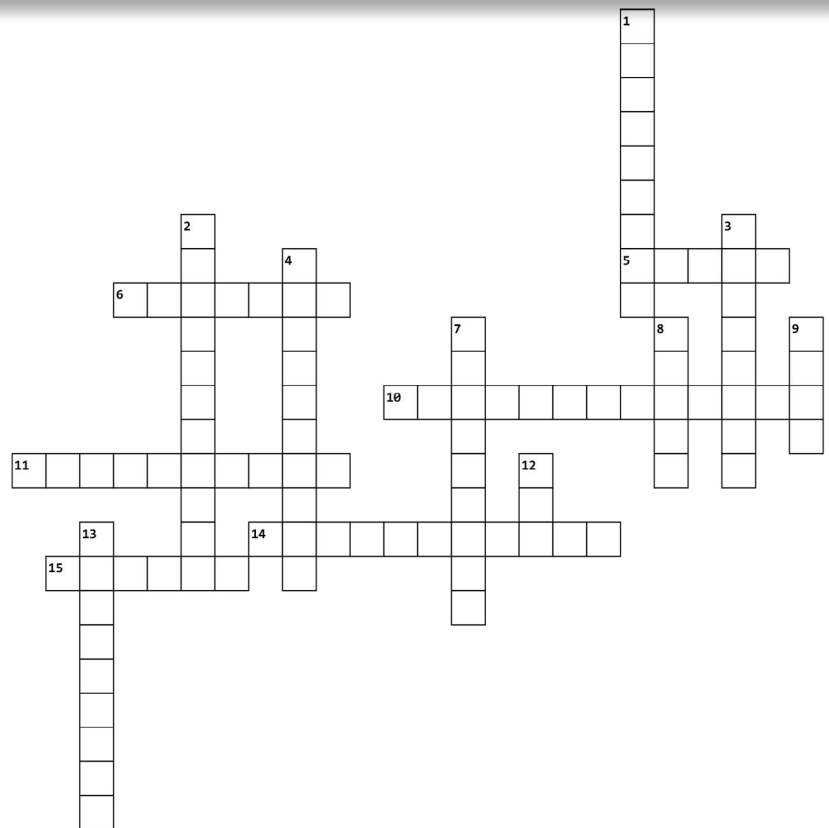
5. Single-use plastic waste often escapes this, harming marine life through ingestion or entanglement.
6. Disposable plastics help reduce contamination and maintain cleanliness, especially in medical and food industries.
10. Tiny plastic fragments that come from single-use items can contaminate water, soil, and even food chains.
11. Though meant for single use, many plastics are strong and can last for years and are problematic for waste management.
14. Single-use plastics are easy to carry and use, making them convenient for daily tasks like shopping and packaging.
15. Chemicals from some single-use plastics can leach into food or water, raising health concerns

Down

1. A major environmental concern, single-use plastics often end up as litter in oceans and landscapes.
2. One advantage of plastic is that it's much lighter than alternatives like glass or metal making transportation cheaper.
3. Many single-use plastics end up here, contributing to long-term pollution since they don't biodegrade easily.
4. Researchers are developing eco-friendly alternatives like compostable plastics to reduce negative impacts.
7. A huge part of single-use plastic usage, from food wrappers to shipping materials.
8. The throwaway culture created by single-use items generates massive amounts of this annually.
9. Single-use plastics are often cheaper than reusable alternatives, contributing to their widespread use.
12. Some governments and cities are implementing policies to prohibit or limit single-use plastic items.
13. One way to manage plastic waste, though not all single-use plastics are easily recyclable.

Answers on Page 12

CROSSWORD PUZZLE



MEN'S DISCUSSION GROUP

**Thursday, September 17,
7:00pm**

Topic: Goals for the New Year

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)



NOTES FROM AN ECO YENTA

Allyson Darroch
Davar Editor

Unaccustomed to Public Speaking

Mr. Slivowitz is not much of a public speaker. Actually, he is pretty shy, Sophie is really the talker in the family. She also belongs to a number of groups, and they are always looking for someone to talk at lunch or a meeting. She was running out of people so she asked (actually told) Mr. S if he would speak at the next meeting.

He was on the hook for the next Sunday; it was Thursday when he discovered The Plastic Challenge. After the introduction and the polite, scattered applause, he took a deep breath and began. This is what he said:

In the latter part of the twentieth century (mid 80's if you are counting) there was an ad for a certain brand of almonds. It showed a family standing chest deep in almonds and saying, pleading really; "one can a week, that's all we ask." The implication was that if we don't help out, they will soon be completely smothered by almonds. Their lives, they implied, were in our hands.

So, nu? Let's change this meme a bit. One bit of plastic a week is all we ask. It's time to take the Plastic Challenge! He told the audience to stop buying one common plastic item each week.

Do not, he continued, stop using soap, toothpaste, shampoo, pet food, soft drinks, bottled water, salad dressing, trash bags or the hundred other ordinary household items you purchase on a regular basis. Just switch to a product that doesn't come in an unreuseable plastic container. He looked around the room, any suggestions? he asked. Someone finally spoke up. How about not putting groceries, fruits that

are already bagged in another bag?" Someone else said "Look for the 'compostable' label."

"Yes," said Mr. S., warming to his subject. "No suffering for the sake of the eco system is being asked for here. Look for alternatives, there must be one or two. They may even be better."

The Ocean Conservancy report stated that if just five items could be effectively eliminated (such as Styrofoam food containers, plastic straws, single use plastic bags, plastic utensils, plastic beverage containers), these five plastic items would help keep oceans cleaner and safer for wildlife and help fight the battle against climate change. Stopping the production of these products would mean about 7 million metric tons fewer CO2 emissions would be produced every year or the equivalent of taking 1.5 million cars off the road a year, their report notes.

More than 30 countries including Chile, Kenya, India and Canada have passed national bans on some of the five single-use plastic items mentioned in the report. Please note that the U.S. isn't one of them.

<https://oceanconservancy.org/news/plastic-free-july-plastic-free-beaches/>

He remembered the old Pete Seeger song his union organizing uncle used to sing. He began to sing: Step by step the longest march can be won, can be won. There were some who even sang along. It was quite a meeting.

Just one bag, bottle, plastic anything a week. Think about it.

SISTERHOOD CONTINUED

Not because you need another committee or another obligation on your calendar. Most of us have enough of those! Join because you want to connect with other women. Join because you'd like to deepen your connection to Jewish life. Join because you have an idea for a program, want to volunteer, or simply want to meet more of the wonderful women who make up Ohr Shalom.

You don't have to come to everything. You don't have to volunteer for everything. You don't even have to know exactly what you want to do. Come to one event. Meet a few women. See what feels right. Sisterhood grows when women participate in whatever way works for them.

And this year, we've made membership a little more fun.

Choose your level of Sisterhood love:

\$36 — Basic

Come join us! Your membership helps us continue creating programs and opportunities for women to connect.

\$54 — Because You Love Us

A little extra love helps us do a little more. We appreciate it!

\$72 — Mitzvah

For those who want to give a little more and help us expand what Sisterhood can offer to our community.

Whatever level you choose, we are simply happy to have you with us.

Your membership helps support the programs we

create, but more importantly, it says yes to being part of the community. It says yes to friendship, Jewish life, participation, and the idea that when women come together, good things happen.

So as we enter this new year, I hope you'll consider joining us. Bring your ideas, your curiosity, your creativity, your sense of humor, and yes, even your willingness to help when you can.

We're looking forward to another year of learning, celebrating, laughing, creating, and growing together.

Come be part of the Sisterhood. We'd love to have you.

RABBI'S ARTICLE CONT.

rabbinic intern, and Rabbi Goldberg as our rabbinic extern. Please address them at all times with the title and respect of Rabbi Gross and Rabbi Goldberg. It is an important part of their learning process, and of our allowing them to function as Rabbis. Thank you for joining me in this.

My excitement and joy for the coming year are spilling over. There is a great deal of work to do to be ready. It is with the deepest of joy and gratitude to be a part of Ohr Shalom with each and every one of you.

May the New Year bring joy and health, learning and love, family and community, and peace.



FROM OUR EXECUTIVE DIRECTOR

Gillian Argoff-Treseder
Executive Director

אם אין אני לי, מי לי. וכשאני לעצמי, מה אני. ואם לא עכשיו, אימתי? **If Not Now, When?**

The wisdom of Rabbi Hillel is everywhere! I took this picture on my recent vacation when we visited the Sawdust Art Festival in Laguna Beach. Aside from being excited to be at this art festival that my son and his girlfriend insisted we would love, imagine my happy surprise to find this partial quote from Rabbi Hillel on a gigantic pillar as we walked in. (With a slight artistic interpretation, as one would expect at an art festival.)

I've been thinking about this statement ever since it was so boldly placed in front of my face. This makes the procrastinator in me shrink away and my sense of urgency perk up. There are so many things in life that we save for later or just don't make it to the top of our "TO DO LIST." How often do we take a moment to reevaluate what we need to do now for ourselves? Lest we forget the beginning of Rabbi Hillel's teaching, "If I am not for myself who will be for me? But if I am only for myself, what am I? And if not now, when?" We need to take care of ourselves, and we need to take care of our family and community, and now is the time to start.

There is no better opportunity than this time of High Holy Days reflection to consider how we can be better to ourselves, our family, our friends, our community, and our planet. We can take more steps towards kindness, generosity of time, spirit and at times money to help the

causes that are important to us. Maybe you can roll everything into one fun activity like baking cookies with a friend to take to a local hospital or fire station and drop off a can of food for the food drive while you are there. These little things add up to a whole lot over time.

Here are a few things on my To Do List that fit the bill for helping me, helping others and with a due date of now, not when or then!

1. Bake with my daughter for a local cause.
2. Donate blood at the next Ohr Shalom Blood Drive on October 11.
3. Join the Ohr Shalom Beach Clean Up on October 25
4. Finalize my Trust: this act will ensure my children are well taken care of and will leave a legacy to the organizations I care about, including Ohr Shalom, Hadassah Hospital and animal shelters.

Take some time this month to act on something you've been meaning to cross off your list. The time is NOW.



OHRZENNIALS

Rebecca Bucher Wollner
Ohrzennial Chair

D&D, Join Us! Rosh HaShanah and Sukkot Dinners Too!

What a wonderful summer! Thank you to Margalit Wollner for being the dungeon master for our new Dungeons and Dragons campaign. Thank you to Beth Shira for hosting a lively Shabbat dinner in honor of Oliver.

D&D Update

We have built out a cast of characters on our boat in space and began our first adventure fighting giant spiders in an abandoned farmhouse! We are going to try to hold D&D on the first and third Shabbatot of the month. With the holiday season, we will only hold one session in September, on September 5.

Want to join? It's not too late! Margalit will work with you to build a character so you can hop in. Just want to try it out? Margalit will give you a premade character so you can join us for just the day. No experience necessary!

D&D not your thing? We'd love to have you join for dinner and havdalah.

Not in the Ohrzennials age group but curious? Margalit is always happy to chat about D&D.

High Holidays

Marcia and David Wollner, Margalit's parents, are very kindly offering their home again for Ohrzennials for dinners on Rosh Hashanah and Sukkot. Please RSVP to receive more information about the dinners.

September Ohrzennials Events

Saturday, September 5 (Shabbat) - Dungeons and Dragons, Seudah Shlishit, and Havdalah

Saturday, September 12 (Erev Second Day) - Rosh HaShanah Dinner - Please RSVP by Friday, September 4

Wednesday, September 30 - Sukkot Dinner - Please RSVP by Wednesday, September 23

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! We're also open to ideas for programs you'd like to see. Please reach out!





SOCIAL ACTION & SUSTAINABILITY

Davin Widgerow

Social Action & Sustainability Chair



Sparks to Life in Tzfat, Israel

The Social Action and Sustainability Committee has launched a dedicated Tzedakah drive. 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. 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. 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 Elul 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!!



SPARKS TO LIFE

ניצוצות לחיים



BEACH CLEANUP DATES

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

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

Sunday, March 14, 2027, 3:30-5:30pm

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.

Announcing Living with Cancer Support Group

Ohr Shalom Synagogue and Temple Emanu-El are starting a Cancer Support Group. Conducted once per month, each two hour session will be held from 4:00-6:00pm.



This support group (not a therapy group) will be led by Sara Fainstein PhD. This group is open to all adult members of our two synagogues, who have a cancer diagnosis, both currently in treatment and in remission.

The schedule for the meetings is as follows:

At Ohr Shalom Synagogue

2512 Third Ave., 92103:

October 8, 2026

December 10, 2026

February 11, 2027

April 8, 2027

June 10, 2027

August 12, 2027

October 14, 2027

December 9, 2027

Parking at Ohr Shalom can be accessed in the Merrill Gardens garage on 2nd Ave.

At Temple Emanu-El

6299 Capri Drive, 92120:

November 12, 2026

January 14, 2027

March 11, 2027

May 13, 2027

July 8, 2027

September 9, 2027

November 11, 2027

Parking allowed in the Emanu-El parking lot.

For more information and to participate, please contact Sara at (619) 890-9730.

Please scan the QR code and complete the form with your information to register for the group (for security and so that you can be contacted with any changes to the schedule).



There is no cost to participate.

Space is limited and your participation must be approved prior to attending.

Note: outside food cannot be brought into the Synagogue. Tea, coffee, and water as well as cookies will be available at each session.

If you wish to stay for the Ohr Shalom Online Minyan starting at 6:15pm, a computer will be provided for you. Please let Ohr Shalom staff know ahead of time.



Lily Gross
Rabbinic Intern

The Apple Doesn't Fall Far from the Tree

They say the apple doesn't fall far from the tree. Life lately has continued to reveal how true this is for me. If we haven't met yet, my name is Rabbi Gross and it is my privilege to be your Rabbinic intern this year here at Ohr Shalom. This exact sentence is why I am feeling the short length of the fall from my tree.

For all my life, Rabbi Gross was — and still is — my dad, Rabbi Steve Gross. This name is new for me. It was just two summers ago that I packed up my life of almost a decade in Denver, Colorado to move to Los Angeles, California in pursuit of the study of Torah and Rabbinic Ordination. I originally moved to Denver to attend the University of Denver where I studied psychology, international studies and sustainability. For a year after graduating I worked as a Behavioral Therapist doing early childhood intervention and teaching religious school until Covid shut down my work. A summer at Ekar Farm in Denver helped me refind my roots and passion as I began my four years as the Campus Director for the Hillel at The University of Denver. Guiding students through their Jewish journeys became my joy and passion. I loved this job and yet, I realized that our tradition has so much to offer. After four years of campus work, I decided to deepen my own well of our tradition so that it might flow for the community by applying to rabbinical school. I have now had the great pleasure of learning at the Ziegler School of Rabbinic Studies for the past two years. As I puzzle over biblical grammar or dive into our philosophical traditions I can't

help but think of my dad and feel the short distance from that tree.

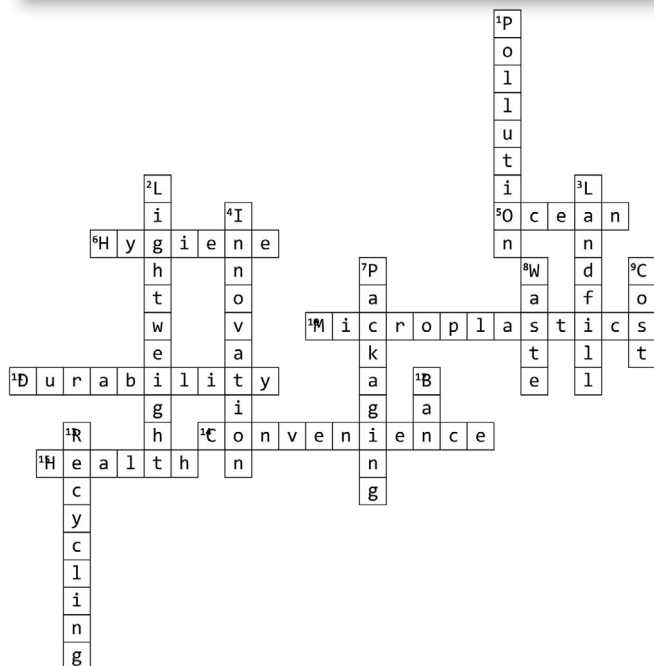
I feel this short distance as I begin this internship with you all at Ohr Shalom. Though I was born and raised in Houston, Texas, San Diego is home in many ways. My dad grew up here and to this day San Diego is home to much of my family. In fact this building — which just turned 100 years old this year — is where my dad became a Bar Mitzvah AND is the location of my parents meeting! This city, this building, and this community are in fact the tree that I fell from and here I am!

As I begin my time here, we approach Rosh HaShanah — a holiday symbolized by the apple. Many of us eat apples dipped in honey to help us embody the idea of the sweet New Year that we hope to have. To taste the sweetness that we hope comes our way. Apple metaphors are ripe throughout our wisdom literature and often symbolize an idealized holiness.

Song of Songs states, “As an apple tree among the trees of the forest, so is my beloved among the sons; in his shade I delighted and sat, and his fruit was sweet to my palate.” I am truly looking forward to delighting by this tree that I have not fallen so far from as your Rabbinic Intern this coming year.

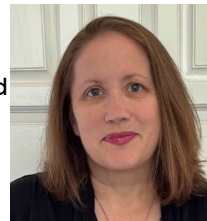
Here I am beginning this sweet New Year with this holy community of Ohr Shalom. I really feel like an apple that has not fallen far from the tree. As you dip apples in honey this year, how might you connect where you are and where you came from with some sweetness?

CROSSWORD ANSWERS



New Rabbinic Extern

Lisa Rothstein Goldberg is currently a rabbinical student at Academy for Jewish Religion California (AJRCA). She grew up in Houston and is a proud graduate of University of Missouri (BSW), University of Maryland (MSW), and Baltimore Hebrew University (MA in Jewish Communal Service). She is a proud Zionist and has been to Israel many times, most recently as part of the Sinai Temple/JNF Rabbinical School Fellowship and completed the Masters Concentration in Israel Education fellowship through the iCenter in Chicago in May 2026. She also completed a unit of Clinical Pastoral Education (CPE) at UCSD East Campus Medical Center. Prior to rabbinical school, she worked as a disability services coordinator and adjunct professor at several colleges in Maryland, Kentucky, and Indiana. In her free time, she volunteers at House of Israel in Balboa Park. She lives in San Diego with her husband, Matt, their two daughters (12 and 9) and a feisty dog.





Susie Meltzer
Israel Desk

Israel's Security Depends on Early Tech Education

It is Back-to-School in Israel, a nation historically focused on learning. Parents and teachers work together to help students reach their potential. Another sector critical to Israel's future success, the tech specialists, are closely watching levels of achievement in one specific grade level. According to a recent report in the Jerusalem Post, Israel's tech future is being decided in eighth grade. But declining STEM (Science, Technology, Engineering and Mathematics) performance now threatens the nation's security, economy, and technological edge.

Why does eighth grade matter so much? There are three fundamental reasons.

First, it is the decisive junction in Israel's education system, where students and families choose the level of high school mathematics and science to pursue. That decision directly determines eligibility for elite military units, both combat and technological, and later access to academic pathways in engineering, computer science, and physics. It shapes the future leadership spine of Israel's scientific and technological ecosystem.

Second, eighth grade is the focus of TIMSS (Trends in International Mathematics and Science Study) assessment and the leading international benchmark for mathematics and science achievement for eighth grade students. Recent results point to a sharp decline in the capabilities of Israeli eighth graders. Only nine percent of eighth graders are at international excellence levels. Only one-in-13 students now qualifies as high-performing in math and science, compared to one in seven just four years earlier. And fewer than one-in-six students exits the education system with the foundational skills required for AI, semiconductors, cyber, and robotics. This constitutes a structural glass ceiling for Israel's technological economy.

The Eddie and Jules Trump Family Foundation, Israel's leading philanthropic organization in scientific education, found that only nine percent of middle school graduates meet internationally accepted excellence standards on PISA (Program for International Student Assessment). In other words, nine out of 10 Israeli children are not reaching the level demanded by the global technological environment.

Third, there is the strategic time horizon. The engineers and researchers who will design Israel's critical defense systems in the 2040s are in today's middle school classrooms. Test scores suggest we are losing them. The gap between Israel's global reputation as a technological powerhouse and the state of its education prowess pipeline is a national security risk.

Today Israel is considered a world leader in civilian research and development. Yet beneath this impressive headline lies a warning sign. Hi-tech employment growth has fallen below two percent annually, compared to more



STEM education is a national security issue

than five percent for most of the previous decade. The implication is clear. When Israel's entire economy and its advanced defense industry rests on less than 12% of the workforce just as the global race in AI and semiconductors accelerates, military capability becomes vulnerable.

October 7th demonstrated the direct link between technological excellence and operational effectiveness. Israeli AI systems were mission-critical systems that shaped outcomes and saved lives. The next generation of such systems are in today's eighth-grade classrooms.

For Israel, whose security rests on sustained technological superiority over multiple adversaries, the question of what children learn in eighth grade is not just an educational debate.

It is a strategic question of national survival: Who will develop Israel's AI systems, chips, and defense platforms in 2040?

COMMUNITY EVENT

Treasures of the Jewish Music Collection

Thursday, September 3 | 2:00 pm

*Lawrence Family JCC
4126 Executive Drive, La Jolla*

Join Eileen Wingard and fellow music enthusiasts for an exploration of Jewish musical heritage, featuring selections from the Astor Judaica Library's Jewish music collection. In this first program of a 6-part series on Jewish-born classical composers, discover the extraordinary lives and works of Felix and Fanny Mendelssohn, sibling composers whose music helped define the Romantic era. Guest presenter: Professor Deborah Hertz (UC San Diego).



MEMBERSHIP

Alex van Frank
Membership Chair

Beauty on Our Bimah: Flower Power

As we approach the High Holidays, our thoughts naturally turn to reflection, renewal, and the beauty of creation. Rosh Hashanah and Yom Kippur invite us to hit the reset button, evaluating our lives while looking forward with hope. Every detail of our sanctuary during this sacred time is designed to elevate our prayers and stir our souls—including the presence of fresh flowers.



Fresh blooms on the bimah are far more than simple decorations. In our tradition, they serve as a powerful visual reminder of Chidush—renewal. Just as flowers blossom, fade, and return to life, the High Holidays remind us of our own capacity to grow and start fresh. Honoring our sacred spaces with the finest sights and scents is an act of Hiddur Mitzvah—the principle of beautifying a commandment.

The vibrant colors and delicate fragrances pull us into the present moment, grounding our holiday prayers in gratitude for the natural world.

Cultivating Community: Share Your Garden's Blessings

Did you get a chance to see the bimah the weekend of August 21? Those flowering plants were from my garden. The arrangements on the tables for Shabbat? A little something I threw together from the local grocery store and my garden. The beauty of our communal home shouldn't fade when the final shofar sounds. To keep our sanctuary

vibrant all year long, I am launching a new, homegrown idea: **The Sanctuary Garden Rotation.**

Instead of relying solely on store-bought arrangements, I am inviting you to share the living blessings from your own garden. We are looking for volunteers to loan their beautiful garden cuttings or thriving potted plants to grace the synagogue for just one week at a time.

Participating is simple:

- **Email me:** Choose a week on Ohr Shalom calendar that works.
- **Bring the Beauty:** Drop off your favorite potted plant or a fresh vase of garden blooms before Shabbat.
- **Take It Home:** Pick up your plant the following week, refreshed by the energy of our community.

By volunteering your flowers, you bring a personal piece of your home into our shared sacred space, with the beauty of nature.

If you are ready to participate, please let me know:

- What **types of flowers or plants** do you have growing in your garden?
- Do you prefer to bring **fresh-cut flowers** or **living potted plants**?
- Are there specific **dates or holidays** this autumn you would like to claim?

I can help you find the perfect week to share your garden's beauty with our congregation.

Email me membership@ohrshalom.org



ADULT EDUCATION

Evette Weiss
Adult Education



Adult Education: Speaker Sunday, October 18, 10:30am



Robert Hicks,
speaks on antisemitism



CLASS

Daf Yomi Wednesdays, 9:30am

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



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



ADULT EDUCATION

And the Story Goes On...

Meeting the Biblical Text with Ruti Levy

Thursdays 10:00am-12:00pm at Ohr Shalom

Class starts Thursday, October 8, 2026 for 13 weeks **Fee: \$250**

We keep reading **the Torah** year after year. We have been listening to it, wondering about it, learning, questioning, carrying thoughts and feelings about it from way back.

But have you ever wondered what happens **after** the Torah?

The Torah ends at the edge of the Promised Land. Moses is dead. The people who left Egypt have become a new generation. And then?

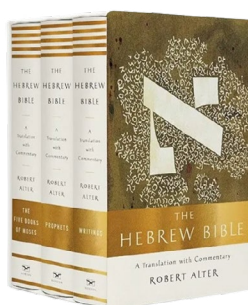
Yes, you probably know something about what comes next. Names, stories, and fragments are scattered through our Jewish memory: Joshua and the walls of Jericho; Samson; Samuel; Saul and David; Solomon and the Temple. We know some of the pieces. Fitting the pieces together and keeping them straight – that's a bit more difficult.

This is an invitation to explore the **rest of Tanakh**, beginning with the books traditionally called *Nevi'im Rishonim*—the Former Prophets: Joshua, Judges, Samuel, and Kings. We call them "The Historical Books". Are they?

We will read in English. I will guide you to better understand Hebrew words, roots, phrases, verses that help move the stories along. We will ask questions. Lots of questions.

Our long tradition of reading Tanakh encourages us to ask and accept different answers that may lead to more questions. The Torah does not end the story. It brings us to the Jordan..... **Let's cross it and see what happens next.**

We will read Robert Alter's translation of the TaNaKh – you should have a copy of the book, **The Hebrew Bible** in three volumes or the **Kindle Edition**.



JPS Hebrew-English TANAKH תנ"ך will be our companion in class.

Interested? Register and pay with
Ohr Shalom Office, office@ohrshalom.org.
Questions? Contact Ruti at ruth77@gmail.com

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.

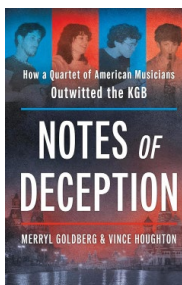


Sunday, December 6, 10:30am in person

Notes of Deception: How a Quartet of American Musicians Outwitted the KGB - The Untold Russian History of a Daring Cold War Mission

by Merryl Goldberg & Vince Houghton

In 1985, four musicians from the Klezmer Conservatory Band secretly smuggled intelligence in and out of Moscow by encoding information in their sheet music. Under KGB surveillance, saxophonist Merryl Goldberg devised the ingenious musical cipher. Goldberg and Vince Houghton of the National Cryptologic Museum now reveal the remarkable story of this daring Cold War mission.





RELIGIOUS SCHOOL

Maggy Dujowich
Religious School Principal



Welcome to a Brand-New School Year!

There is something truly special about September. As we begin a new year together and prepare for the High Holidays, we are reminded that every new beginning is an opportunity to grow, learn, and strengthen our community.

This year is filled with exciting new beginnings. We are thrilled to welcome new students, new families, new madrichim, and new staff members to Ohr Shalom. Along with familiar faces, they bring fresh ideas, new friendships, and wonderful energy that is already making our school feel alive.

One of the highlights of this year is welcoming our incredible Shinshin, Shira. From the moment she arrived, Shira has shared her contagious enthusiasm, creativity, and love for Israel. She has already brought amazing ideas that will make this year even more meaningful and fun for our students. We are so excited for everyone to get to know her.

We are still looking for families to host Shira throughout the year. Hosting a Shinshin is truly a once-in-a-lifetime opportunity. Your family will build a meaningful relationship with a young Israeli ambassador, experience Israeli culture in a personal way, and create memories that will last for years. Shira is kind, thoughtful, and a joy to be around. I truly believe that any family who opens their home to her will be grateful for the experience.

As we enter the High Holiday season, may we embrace all the “new” that this year brings—with open hearts, curiosity, kindness, and gratitude. Together, we will create a year filled with learning, laughter, friendship, Jewish pride, and unforgettable memories.

Wishing all of our Ohr Shalom families a sweet, healthy, and joyful New Year.

Shanah Tovah!



**26-27 Religious
School
Registration**



**26-27
Madrichim
Application**



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



**26-27
Madrichim
Parent Form**



YOUTH GROUPS

Michelle Gurr-Barbour
USY Youth Director



Making Memories Together

As we enter the High Holy Day season, our event calendar takes a little pause, but we're looking back on a summer filled with opportunities for our community to come together.

We recently wrapped up the summer with two wonderful all-ages events. Our Pool Party at Rabbi Meltzer's house brought families and community members together for an afternoon of swimming, food, and fun. We also gathered at the JCC for a special viewing of Mystery Flavor, giving members of our community the chance to enjoy a local Jewish arts experience together.

While our programming often focuses on specific age groups, some of our favorite events are the ones that bring everyone together. These moments help strengthen the connections between our children, teens, families, and the wider synagogue community; and remind us that there is a place for everyone.

Now, as a new Jewish year begins, we're looking forward to another year of creativity, connection, and community. We have lots planned for the months ahead, and we can't wait to share it with you.

Shanah Tovah from our Youth and Family Programming team!

LAUREL STREET BEAT

Springsong Weiner Cooper, Religious School Committee Chair

Pencils, Pens, and a Whole Lot of Heart!

Ohr Shalom's Religious School families teamed up with synagogue members to support Jewish Family Service's Annual Backpack Drive, helping local students start the school year ready to learn.

Congregants donated money and school supplies — notebooks, folders, pencils, highlighters, glue sticks, and more — and Religious School students rolled up their sleeves to pack the backpacks. Thanks to the community's generosity, Ohr Shalom donated 10 fully stocked backpacks to families currently receiving JFS services.

Thank you to everyone who helped make this year's drive a success — and gave our youngest members a hands-on lesson in Tikkun Olam!



BLOOD DRIVE

Ohr Shalom Synagogue

Future Blood Drive Dates:

Sundays at 9:00am-2:30pm

October 11

December 13



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

Members Only

Did you know Ohr Shalom has an Instagram page?

Simply search for: Ohr Shalom Synagogue / ohrshalom (on Instagram)

If you have Instagram check out our page for pictures, posts, of what's going on at the Synagogue and much more.

Stay tuned for more content on our Instagram page. If you have any content to share for our Instagram Contact me at chesed@ohrshalom.org



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.



Date: Sunday, November 1, 2026

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

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
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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 AUGUST

SYNAGOGUE FUND

Sylvia Rosenthal

In memory of Jaime Benrey
Samy and Sarita Zands

In memory of George Kaplan
on his Birthday
Irene McAleer

In memory of Harold Simon
In memory of Jonathan Moss
Gillian Moss

SOCIAL ACTION FUND

Safe Parking
Rebecca and Margalit Wollner

RABBI'S DISCRETIONARY FUND
In honor of son's Ketubah signing
Marion Braun and Rick Itzkowich

KIDDUSH FUND

Amy and Bill Morris

SHABBAT SPONSORS

Laura Bloom
Lynn and Ivan Mendelsohn
Ruth and Steven Shapiro
Jolyn Widgerow
Davin Widgerow

We apologize for any omissions.

Mazal Tov To:

Eileen Wingard on the wedding of
her granddaughter **Adira Rosen** to
Jonah Gelfand

CONDOLENCES

Elena Benrey on the passing of her
beloved husband, **Jaime Benrey Z"L**,
father to Lizet (Francis) Benrey-Fuller,
Albert (Indira) Benrey, Ricardo Unikel,
Alfredo (Ronit) Unikel, and grandfather
to Jonathan, Alex, Jordan, Nathan,
Jacob, Noah, Samantha and Alan.

Thank You To Our Volunteer Help in August

Ezra Shachar,
Marci Prag and Matthew Razinsky

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

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

ELUL/TISHREI Yahrzeits at Ohr Shalom



*Beatrice Zeer	Jane Zeer's Mother	2-Sep/20 Elul
Feliciano Artenstein	Remembered by Sara Artenstein.....	3-Sep/21 Elul
Bessie Eichenbaum	Remembered by Joe Rubin	3-Sep/21 Elul
BJ Dyer-Rubin	Remembered by Joe Rubin	3-Sep/21 Elul
Phyllis Kanter	Miriam Plotkin's Mother	3-Sep/21 Elul
Violet Dascal	Remembered by Brett Thronburg and Sharon Talerma.....	4-Sep/22 Elul
*Fannie Loeserman	Debbie Reid's Grandmother	5-Sep/23 Elul
*Irving Rosenfeld	Jerry Horn's Grandfather	6-Sep/24 Elul
*Lou Dunst	Remembered by Ohr Shalom	6-Sep/24 Elul
*Harry Sevel	Remembered by Evie Sevel	6-Sep/24 Elul
*Sylvan Silberg	Remembered by Renee Schor	7-Sep/25 Elul
Vera Kwilecki	Remembered by Ohr Shalom.....	7-Sep/25 Elul

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



Alfred Tobias Brauer	Sandra Finkelberg's Father	7-Sep/25 Elul
Sam Zipp	Elaine Smith and Janice Zipp Cannizzaro's Uncle	8-Sep/26 Elul
Ernest Abraham	Janet Algazi's Father	8-Sep/26 Elul
Norman Lipner	Aaron Lipner's Father	8-Sep/26 Elul
Ruthy Braun	Sara Fainstein's Cousin.....	8-Sep/26 Elul
Alice Starobin	Barrett Avigdor's Grandmother	8-Sep/26 Elul
*Bettie R. Greene	Norman Greene's Mother.....	9-Sep/27 Elul
*Linda Rose	Susan Kaplan's Sister.....	9-Sep/27 Elul
Vida Levy	Beloved Grandmother of Vida Sportes, Miryam Slovatzki & Reyna Forman.....	10-Sep/28 Elul
Annette F. Kronich	Louise Chandler's Mother	11-Sep/29 Elul
*Louis J. Greene	Norman Greene's Father.....	11-Sep/29 Elul
*Shura Gurvich	Remembered by Sylvia Galicot and the Veinbergs Families.....	12-Sep/1 Tishrei
Benjamin Rosental	Ruben Rosental's Father.....	12-Sep/1 Tishrei
*Hilde Sachs	Ray Sachs' Mother.....	12-Sep/1 Tishrei
*Aaron Louis Solof	Susan Kaplan's Father	12-Sep/1 Tishrei
*Byron Broudy	Alice Broudy Cupples' Father	12-Sep/1 Tishrei
*Cynthia Fox	Steve Fox's Mother	12-Sep/1 Tishrei
*Rebeca Lan	Rashel Galicot's Mother	13-Sep/2 Tishrei
Lois Green	Elizabeth Green's Mother.....	13-Sep/2 Tishrei
Jerilyn Mantel	Barry Mantel's Mother	13-Sep/2 Tishrei
Albert Goldberg	Susie Meltzer's Uncle.....	13-Sep/2 Tishrei
Jane Ruth Rykerd	Remembered by Ohr Shalom.....	15-Sep/4 Tishrei
Steven Lawrence Green	Elizabeth Green's Brother.....	15-Sep/4 Tishrei
*Cecilia Sommer	Elena Kucinski's Mother.....	16-Sep/5 Tishrei
Sara Zipp	Elaine Smith and Janice Zipp Cannizzaro Grandmother	16-Sep/5 Tishrei
Henry Sportes	Remembered by Vida Sportes	16-Sep/5 Tishrei
Laurie Beth Lovell	Steve Fox's Sister	18-Sep/7 Tishrei
William Mostel	Linda Mostel's Grandfather.....	19-Sep/8 Tishrei
David Sclar	Remembered by Luis Maizel.....	20-Sep/9 Tishrei
Ethel Kay	Koba's Grandmother.....	20-Sep/9 Tishrei
Israel Veinbergs	Remembered by the Veinbergs and Galicot Families.....	21-Sep/10 Tishrei
Rose Spolansky	Jane Zeer's Grandmother	22-Sep/11 Tishrei
Emma Kucinski	Monique Lombrozo's Mother	22-Sep/11 Tishrei
Isaac Rozen	Fay Rozen's Husband.....	23-Sep/12 Tishrei
Tillie Reitsky	Remembered by Al Shelden	23-Sep/12 Tishrei
Flora Kuritsky	Lloyd Kuritsky's Mother	23-Sep/12 Tishrei
*Jaime Zands	Samy Zands' Brother	25-Sep/14 Tishrei
Berek Ehrenfried	Judi Gottschalk's Father.....	26-Sep/15 Tishrei
*Moises Bielas	Remembered by the Bielaz, Bielas, and Cohen Families.....	27-Sep/16 Tishrei
Rabbi Joel David Bakst	Naomi Ruth Eisman's Son.....	27-Sep/16 Tishrei
Sadie Zir	Jane Zeer's Grandmother	29-Sep/18 Tishrei
Sam Gorad	Koba's Grandfather	29-Sep/18 Tishrei
Celia Sonia Rossen	Janice Boner's Mother	29-Sep/18 Tishrei
Sonia Zyman	Pepe Zyman's wife, David Shteremberg's Sister, Alex Zyman and Carol Schwarzblat's Mother	29-Sep/18 Tishrei
*Adela Hanono	Ezra Hanono's Mother	29-Sep/18 Tishrei
William Willis	Valerie Razinsky's Father, Matthew Razinsky's Grandfather.....	30-Sep/19 Tishrei

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(619) 231-1456

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CALENDAR OF EVENTS SEPTEMBER-OCTOBER 2026 / ELUL 5786-TISHREI 5787

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Erev Simchat Torah Celebration Saturday, October 3 See Page 5		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 4:30pm - 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
6 24 Elul 6:15pm - Minyan	7 25 Elul Labor Day Office Closed No Minyan No Choir Practice	8 26 Elul 6:15pm - Minyan 7:00pm - Meditation w/ Alex van Frank	9 27 Elul 9:30am - Daf Yomi 6:15pm - Minyan	10 28 Elul No Religious School 6:15pm - Minyan	11 29 Elul Erev Rosh HaShanah 2:00pm - Office Closes 7:00pm - Rosh HaShanah Evening Service 6:41pm	12 1 Tishrei Rosh HaShanah 1 8:30am - Rosh HaShanah Morning Service 7:41pm
13 2 Tishrei Rosh HaShanah 2 8:30am - Rosh HaShanah Morning Service 5:00pm - Tashlikh 7:39pm	14 3 Tishrei Fast of Gedaliah 6:15pm - Minyan 6:45pm - Choir Practice 7:30pm - Selichot Bonfire and Break Fast	15 4 Tishrei 6:15pm - Minyan 7:00pm - Meditation w/ Alex van Frank	16 5 Tishrei 9:30am - Daf Yomi 6:15pm - Minyan	17 6 Tishrei 4:30pm - Religious School 6:15pm - Minyan 7:00pm - Men's Discussion Group	18 7 Tishrei 2:00pm - Office Closes 6:15pm - Kabbalat Shabbat Service 6:32pm	19 8 Tishrei Parshat Ha'azinu Shabbat Shuvah 9:30am - Shabbat Service 7:31pm
20 9 Tishrei Erev Yom Kippur 3:30pm - Family Kol Nidre Service 6:00pm - Kol Nidre Service 6:29pm	21 10 Tishrei Yom Kippur 8:30am - Morning Service with Yizkor 4:30pm - Mincha & Neilah 7:28pm	22 11 Tishrei 6:15pm - Minyan 7:00pm - Meditation w/ Alex van Frank	23 12 Tishrei 9:30am - Daf Yomi 6:15pm - Minyan	24 13 Tishrei 4:30pm - Religious School 6:15pm - Minyan	25 14 Tishrei Erev Sukkot 2:00pm - Office Closes 6:15pm - Shabbat Kehillatit Service & Community Dinner 6:23pm	26 15 Tishrei Sukkot 1 9:30am - Shabbat Sukkot Morning Service 12:30pm - Lunch & Learn 7:22pm
27 16 Tishrei Sukkot 2 9:30am - Sukkot Morning Service 7:20pm	28 17 Tishrei Sukkot 3 6:00pm - Men's Club Steak & Scotch 6:15pm - Minyan 6:45pm - Choir Practice	29 18 Tishrei Sukkot 4 6:15pm - Minyan 7:00pm - Meditation w/ Alex van Frank	30 19 Tishrei Sukkot 5 9:30am - Daf Yomi 6:15pm - Minyan	1 20 Tishrei Sukkot 6 4:30pm - Religious School 6:15pm - Minyan	2 21 Tishrei Hoshanah Rabah 2:00pm - Office Closes 6:15pm - Kabbalat Shabbat Service with Choir 6:13pm	3 22 Tishrei Shemini Atzeret 9:30am - Shabbat Shemini Atzeret Service with Yizkor 5:30pm - Erev Simchat Torah Celebration 7:12pm
4 23 Tishrei Simchat Torah 9:30am - Simchat Torah Morning Service 12:00pm - Brunch 7:11pm	5 24 Tishrei 6:15pm - Minyan 6:45pm - Choir Practice	6 25 Tishrei 6:15pm - Minyan 7:00pm - Meditation w/ Alex van Frank	7 26 Tishrei 9:30am - Daf Yomi 5:30pm - Parshat HaShavua Im Meforshim (New Class) 6:15pm - Minyan	8 27 Tishrei 4:30pm - Religious School 6:15pm - Minyan 7:00pm - Responsda and the Conservative Movement (New Class)	9 28 Tishrei 12:00pm - Slow Read Book Club Begins 2:00pm - Office Closes 6:15pm - Kabbalat Shabbat Service 6:04pm	10 29 Tishrei Parshat Bereshit Mevarchim Chodesh 9:30am - Shabbat Service 10:30am - Tot Shabbat 12:30pm - Lunch & Learn 7:03pm