



Valley Outreach Synagogue
& CENTER FOR JEWISH LIFE

26668 Agoura Road

Calabasas, CA 91302

818-882-4867

The Outreach



Rabbi Sara Abrams

Rabbi Ron Li-Paz

March 2023 Volume 40

From Rabbi Li-Paz



One half of a shelf in my closet contains a host of masks. Some are beautiful and some are just functional. All had a purpose during the pandemic but now, every time I see these masks neatly folded on a shelf, I wonder if it's time to either throw them away, turn them into dusting cloths or find some other more creative uses for those odd shapes of cloth. Maybe yarmulkes? Parachutes for the cats? Egg catchers for the hens?

Traditionally, we Jews are associated with costuming. We wear special garments - tallits, yarmulkes and even more formal clothing for synagogue attendance. In ancient days, the High Priests wore robes, headdresses and breastplates but never in our history did we wear masks except on one occasion: Purim. The classic Purim song says, "*masechot rashanim zimrot rikudim* ("masks, noisemakers, song, and dance.") On Purim, it is proper to keep part of ourselves hidden. We wear costumes and hide our identities. After all, in the Purim story, Queen Esther hid her true identity from everybody. The name Esther comes from a Hebrew root meaning "hidden," so that issue of being hidden is central to the story. Even God remains hidden, unmentioned in the entire Megillah, the biblical book of Esther. Perhaps the message might be Ecclesiastical, that there is a season for everything - a time to reveal our entire beautiful selves to one another, and a time, annually, to experience the donning of a mask and equally powerfully, its removal. Most especially, its removal this year. It's a potent act of reconnection when we deliberately remove masks in order to allow ourselves to be seen and known again after the isolation that we have all endured.

The talented and hilarious **Eric Menyuk** is already preparing a Megillah experience and our teachers are preparing our kids to participate in a fun filled, multigenerational Purim Shabbat celebration on **Friday, March 10th**. In addition to all of the holiday fun, we will celebrate **Jerry Sternbach's** dear mother, Reva's 95th birthday and the upcoming wedding of two wonderful people, **Linda Kroll** and **David Weinberg**. An evening not to be missed! I hope you will join us.

Rabbi Abrams' Reflections

An Invitation from Rabbi Sara



It's hard to believe that we are nearly halfway through our Jewish year 5783. For some of us, it has been a time of celebration, travel, new grandchildren, and the outer world slowly opening back up again. For others of us, we have endured sorrow or heart-breaking loss or illness, and many of us are still adjusting to a post-covid (we hope) world and observing and experiencing a changed society. Here at VOS, we have new members who might be seeking to make new connections, and seasoned members also excited to reach out and get involved in our community and make new friendships while deepening the old ones. Given that Purim and Passover, both

holidays of revelation and renewal are right around the corner, let's think about this spring as a time to come out of ourselves again, to reconnect to our community and ourselves, and to our spiritual leaders. Please know that you have an open invitation to visit me at my office or join me on Zoom for a one-on-one conversation—whether you have questions about Judaism, just want to chat, deepen your spirituality or need a listening ear, I am available to you as one of your rabbis, and your rabbi-chaplain. Please call the office ahead of time or email me rab-bisaraabrams@vosla.org or our rabbi's assistant, Sharona Jacobs rabbisassistant@vosla.org to make a time for tea and connection. I look forward to hearing from you!

Also, please stay tuned for our Community Seder to be offered on the second night of Passover and my class on Song of Songs, the erotic love song of the Bible which the rabbis linked to the rebirth of Passover and the lengthening light of days that increases during the spring!

Rabbi Sara



Bring on the Joy—It's Time to Celebrate Purim!



In just a few days, we will gather to celebrate the joyous holiday of Purim. In this time of increasing anti-semitism, Purim has taken on a renewed significance, emphasizing the Jewish people's resilience in the face of oppression, and reminding us that even in the darkest of times, hope is possible.

One of the key themes of Purim is to take pride in our Jewish heritage by standing up to bigotry and oppression and fighting for what is right. In the face of rising acts of antisemitism both globally and close to home (literally on my block in West L.A. last month), this message is more important than ever. It reminds us that we are not alone in our struggles and that the strength of the Jewish community lies in our ability to come together in times of need. By celebrating Purim and remembering our past, we can work towards a better future, free from prejudice and discrimination. Please join me and the entire VOS community for a lively evening of Purim merriment featuring JEWELS students at this month's VOS Shabbat service on March 10 at 7:30 p.m. Come in costume and enjoy hamantaschen and groggers galore!

*Happy Purim
Carla*



Carla Adivi | Director of Lifelong Learning
vosla.org
VOSJEWELSKraftSchool.com
Facebook: VOS JEWELS | Instagram: vos_jewels
P. 818-882-4867 x108

MITZVOT

BEREAVEMENT COMMITTEE

Marlene Frierson
mmarni@juno.com

BUTTERFLY PROJECT

Julie Goren
jgoren9048@aol.com

CRAFTERS' CLUB

Knit and crochet for charity
Laurie Alban and Jean Cord
818-865-0673 818-340-3394

DONATION BOXES

Boxes near our Shalom Desk may be filled with food for SOVA and snacks/treats for Operation Interdependence

OPERATION INTERDEPENDENCE

Barbara Granowitz
4AVA4OI@gmail.com

PROJECT CARING

SUNSHINE COMMITTEE

HARVEY MAGIDOW AND SUE MAGIDOW
805-750-0345

TRIBUTE CARDS

Beverly Nisenson
missesnisi@aol.com



RABBI-IN-RESIDENCE LECTURE SERIES



We hope you've been enjoying our Rabbi-In-Residence Lecture Series where we bring you inspiring and insightful talks from some of America's finest rabbis. This month on

Thursday, March 23 at 7:00 p.m. on Zoom, we will feature Rabbi Stewart Vogel, the spiritual leader of Temple Aliyah.

Please join us as Rabbi Vogel, who co-authored the New York Times bestseller "The Ten Commandments: The Significance of God's Laws in Everyday Life", speaks to us on the role of wanting, desire and coveting and the affects they have on the human condition and our happiness. What's so bad about wanting, and what does coveting mean? How do these thoughts and feelings transform into actions, and how much control do we have over them? Come find out all the answers at our next Rabbi-In-Residence program.

Envy, jealousy, covetousness--these are all part of being human, and they can help us elevate ourselves in striving for something higher than just material possessions—to be more disciplined, charitable, compassionate or courageous. We can shift our focus to appreciation and gratitude for what we already have, and respectful regard, instead of a constant state of wanting and desire for what others possess or have achieved.

Everyone is welcome to join us and you're sure to find it meaningful and enlightening. Be sure to mark your calendars for this empowering and thoughtful presentation. Although we usually meet on the third Thursday of the month, in March we will see you on the fourth Thursday due to our play the previous week. We look forward to seeing you for future Rabbi-In-Residence programs when we will bring you interesting rabbis to share their wisdom, knowledge, and expertise.

For more information or to sponsor a rabbi, please contact **Wendy Levenson** at 310-985-4285 or wendylev@sbcglobal.net. We look forward to seeing you on the 23rd!

Wendy Levenson

Religious Practices VP

Happy Purim



MEN'S CLUB



- 1) Our VOS Men's Club has monthly meetings. If you are over 55, join us at 5:45 p.m. for FREE DINNER and meeting at 6:30. Next meeting is on March 2.
- 2) Men's Club Board Recognition will feature a FAMILY BBQ on Sunday, June 11 at 3:00 p.m. at the Masonic Lodge, 14750 Sherman Way, Van Nuys, 91405. This is for F.U.N. FAMILY BBQ. The cost will be \$25 PER FAMILY (up to 5 people). We will supply all the food and drink. In addition, this will be a recognition of the Men's Club Board: **Bob Brandt, George Quint, and Harvey Rose.** Everyone is invited. **The parking lot can hold over 160 cars—no charge for parking. This is a family event; therefore, the more, the merrier—details to follow.**
- 3) VOS Men's Club ANNUAL DINNER will be held on Sunday, October 22 at 5:00 p.m. at Rosie's in Northridge. The buffet-style meal includes soft drinks, salad, and dessert. In addition, there will be an auction. This event is to support our Temple. Buy your tickets now—\$35.00 per person. **Contact Information: Bob Brandt: 818-535-0067**

Harvey Rose

Board of Directors Meeting

March 14—7:00 p.m.



SISTERHOOD



Thank you to all of you who joined our Zoom get-together in February.

We had a delightful meeting with Rabbi Li-Paz. It is always a pleasure whenever we see him. We all joined in discussion with him. There are always so many of us who ask him questions, and he always respectfully gives us his time and responses.

One such item that came up in our discussion that some of you might be interested in is a Sisterhood roster. It would be helpful for carpooling or contacting other Sisterhood members. I would be happy to send one to you. Please email or call me. This is usually held solely by the Board, but we will make exceptions. We now have 89 members and are growing. Please tell your friends who are Synagogue members to join our growing membership.

Events and meetings are being planned. Enclosed in the Outreach is a flyer for our visit to the Max Factor Museum in Hollywood. The flyer is ready for you to fill out and return with your check to **Barbara Huff.** All information is on the flyer. OPEN TO GUESTS!! YAY!!! See page 20.

We have a Zoom meeting planned for Thursday, March 2. Our guest speaker will be Kitty Glass from the Jewish Federation discussing "Domestic Violence." It will be a most interesting topic. Thank you, **Barbara Barackman**, for planning this.

Please join us! We look forward to visiting with all of you!

Judy Handelman, President

818-594-0450

jbeth10@yahoo.com



FUNDRAISING ACTIVITIES



SAVE THE DATE – Tropical Nights: Dinner, Dancing, Auction – May 6, 2023, 6:00 p.m. at VOS, \$150/per person.

It's that time of year again when you can support our Synagogue with its biggest fundraiser of the year. Dance to Dark Desert Highway, food catered by **Ruth Hurwitz**, photo souvenirs, Hawaiian casual attire, purchase great items at the live and silent auction, opportunity drawing – win one of three mystery boxes. (Invitations will be in the mail in March).

Support the wonderful Honorees: **Jackie Berg, Woman of the Year; Bill LaVere, Man of the Year; Wendy Levenson, Light of Israel; Adam and Jamey Sussman, Couple of the Year.**

You can support VOS by:

Purchasing tickets and/or a table to the event

Buy an ad for the Tribute Journal.

Be a Sponsor of the event.

Participate in the auction.

We have some great items already, but we are currently looking for more items – restaurant gift cards, movie cards, tickets to sports events or plays. Donate your vacation home for a weekend. Donate a round of golf at your golf course.

DON'T MISS OUT! YOUR PARTICIPATION WILL BRING YOU GREAT MEMORIES!

Denise Horowitz

VP Fundraising

MEMBERSHIP NEWS



Shalom! This month, we celebrate Purim! The central mitzvot of this holiday is that we are asked to care for each other, feed each other, be responsible for each other, and rejoice in each other's companionship. The membership team is celebrating new friendship connections by hosting dinners, brunches, and lunches!

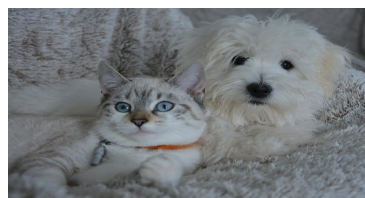
New friends of all kinds are coming together. We hope you are ready to join in and make new friends, too.

Turn in a Chavurah form, and you will receive a call for a *get-together* opportunity. You do not have to be sure that you want to join a Chavurah. This is a discovery time, and in the process, you will make new Synagogue friends.

You need to be a VOS member to participate in this friendship activity.

Please print the Chavurah form on page 31 in this issue and send it to me at AnnieSperling279@gmail.com.

If you are not a member, you can fill out a Chavurah form, and I can sign you up as a VOS member during our call. The dues are prorated to July 1st, when the VOS fiscal year begins.



Cheers to Friendship!

Annie Sperling

MITZVAH AND BEREAVEMENT COMMITTEE UPDATES



In the month of March, I see so many possibilities coming up within and outside for VOS members. There is excitement in the air for those of us who are planning events and outings for everyone to enjoy. Be sure to read the [Outreach](#) and review the Sunday update e-blast to keep informed.

The February service of music was amazing. Thank you to our wonderful **Music Director, Jerry Sternbach**, and guest performers. Those in attendance really enjoyed the sing-alongs with **Rabbi** and **Cantor Li-Paz**.

I want to update you on a few events that are in the works and hope to see you volunteer and participate. Remember, doing mitzvot is an important part of our Jewish heritage—giving back and helping those in need.

Sunday, April 2 at 10:00 a.m. – 12:30 p.m. SOVA Food Drive-through in the back parking lot
I need volunteers to help: 9:45 a.m. – 11:00 a.m. and 10:45 a.m. -12:30 p.m.
Contact me to sign up. I can't do it alone. Remember Passover is not far off.
Clean your kitchen cabinets and pantries to prepare for the holiday.

My committee is gathering information and hopes to give dates soon for the following community mitzvah opportunities you can sign up to participate in.

- *Volunteers to serve dinner at the San Fernando Valley Family Shelter in Northridge
- *Packing food cartons and passing out to clients at SOVA facility in Van Nuys
- *Cleaning behind temple on the walking trail
- *Senior Passover Seder (if the Federation will do one this year)
- *Volunteers to read/help elementary school children at their school

If you have any suggestions, don't hesitate to contact me at my email shown below.

Regarding the Bereavement Committee, as always, there is a need to add additional members to my committee. Your help is always appreciated.

Marlene Frierson, VP of Mitzvah and Bereavement Chairperson
mmarni@juno.com



Hello everyone. At Operation Interdependence we always discuss ideas on how to keep our supply lines going. Right now, we need donations for shipping costs. Here comes that overused phrase: “it takes a village.” Of course, it would be great to have a benefactor, but we don’t. Truthfully though, nobody has to take on the whole thing. I’ll repeat myself once again: \$1, \$2, \$5 from even just a few people adds up and helps get our goodie boxes shipped to our troops.

Get together with your Chavurah or other friendly group, i.e., book club, tennis or golf buddies, and each give something – anything – toward a collection pot to donate. Remember, each box is close to \$20 just for shipping alone.

Here is an excerpt from a thank you note we received from the front line. These are always heartwarming so we share:

Thank you all so very much for the gifts and thoughtful notes and letters. Here in the desert, anything from home brightens the day. Knowing that we have support from a group like yours gives motivation to our work and perseverance to our spirits.

We look forward to hearing from you.

Barbara Granowitz
and the OI Team
4Ava4OI@gmail.com



A FEW WORDS FROM YOUR SUNSHINE COMMITTEE

The VOS Sunshine Committee works tirelessly to maintain contact with VOS members in a time when support is needed.

Our fabulous committee regularly sends out Get Well Cards, Thinking of You Cards, and Sympathy Cards to VOS members who are experiencing difficulty due to illness, loss of a loved one, or simply in need of someone to talk to. Our committee also calls VOS members to ensure that they know their VOS family is supporting them in time of need. Occasionally, committee members make house calls when appropriate.

During the past few years, when we have all had to deal with the effects that Covid had on our day to day lives, knowing that there are friends out there who care makes such a huge difference in the lives of our VOS family.

Thank you to our very dedicated Sunshine Committee volunteers for their selfless efforts to help improve the lives of others.

Harvey and Sue Magidow

Committee Co-Chairs

Is VOS a part of your enduring Jewish legacy?

Designate tax beneficial funds from your estate plan for Valley Outreach Synagogue Charitable Fund. Managed by the Jewish Community Foundation

COMMITTEE CHAIRS

Adult Education Task Force (AETF)	Susi Weissman	818-429-1220
Bereavement	Marlene Frierson	818-718-9428
Butterfly Project	Julie Goren	818-489-6686
By-Laws	Mickey Bilsky	818-384-1107
Chavurot	Anne Sperling	805-796-9255
Crafters' Club	Jean Cord	818-340-3394
Education	Carla Adivi	818-870-0459
Events Sales Coordinator	Claudine Pelc	818-635-7917
High Holy Days	Stan Taub	818-998-7224
High Holy Days	Stewart Epstein	818-886-2380
Holocaust	Judy Benedict	Judymasonnp@yahoo.com
Men's Club	Bob Brandt	818-535-0067
Mt. Sinai	Josh Ryan	818-458-0932
Oneg	Wendy Levenson	310-985-4285
Oneg	Simone Brandt	818-891-6476
Oneg	Debbie Du Val	818-384-5125
Operation Interdependence	Barbara Granowitz	818-912-6063
Outreach Newsletter	Johanna Spira	818-882-6866
Security	Jackie Berg	818-383-0494
Singles	Wendy Levenson	310-985-4285
Sisterhood	Judy Handelman	818-594-0450
Sunshine	Harvey and Sue Magidow	805-750-0345
Tribute Cards	Beverly Nisenson	818-360-2597
Tot Shabbat	Judy Gaffin	Judy@vosla.org
Volunteer Coordinator	Judy Benedict	Judymasonnp@yahoo.com
Yahrzeit Board	Karen Lavin	818-882-4867

Great Volunteer Opportunity

I would love to teach anyone interested in learning how to produce the Outreach. Please contact *Johanna Spira* at 818-882-6866 if you'd like to try it. Constructing the newsletter is fun, creative, rewarding—and the software does most of the work.

VOLUNTEERS NEEDED!

For our Tropical Night Gala,
May 6, 2023

We need eight volunteers for the live auction to record the persons and purchases bought.

If you can help, please contact Barbara Huff.

huff669@gmail.com — 818-441-3384

AS YOU SEE IT, WHAT IS
THE GREATEST PROBLEM
FACING THE
WORLD TODAY?

Sheri Abala

Through violent video games, movies, and television, we teach our children to be comfortable with violence instead of teaching compassion.

VOS CONGREGANTS
RESPOND...

Adam Belksky

Politicians are out for themselves. As government gets bigger, it weakens the individual.

Carol Assili

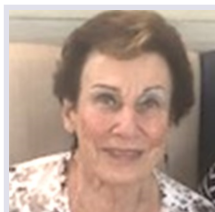
The division in the political climate has to end for the good of the nation.

Lee Alpert

We need to talk to each other trying for resolution rather than using conflict and anger. as a

Jackie Berg

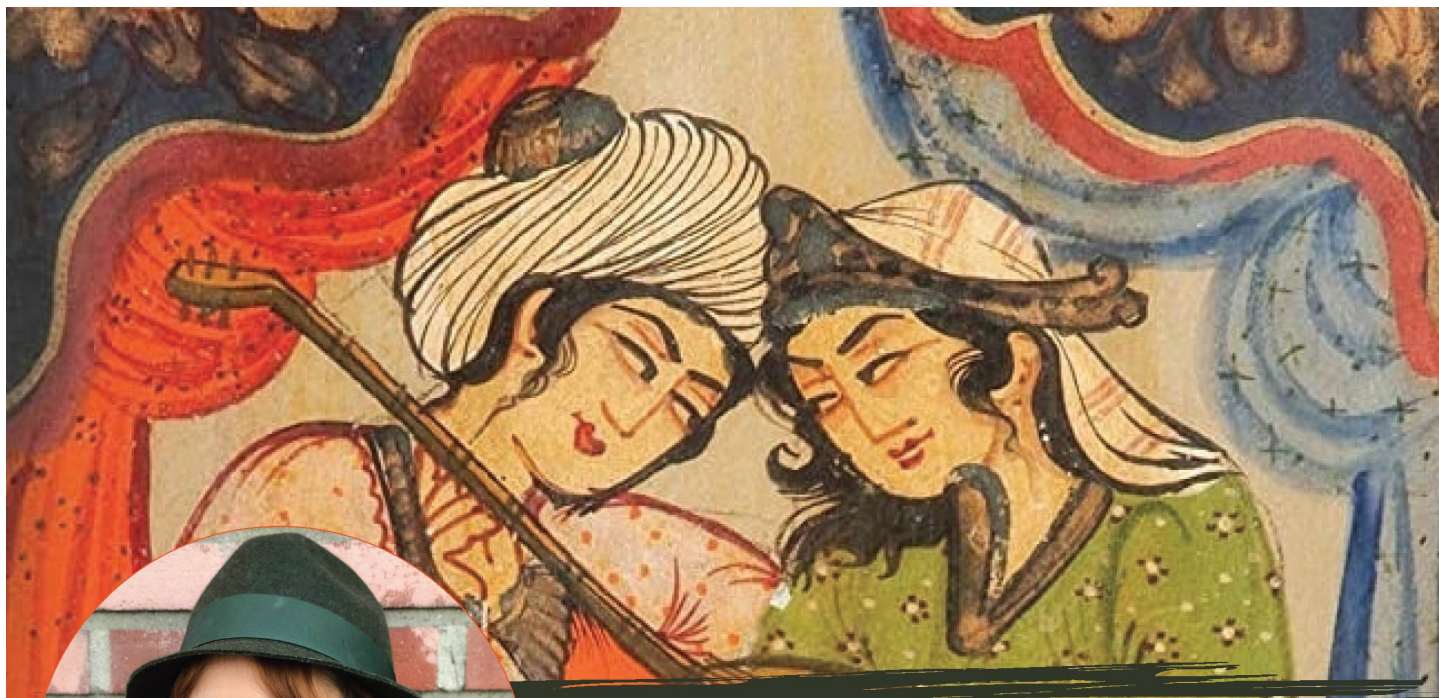
People should tell the truth and show each other more kindness. They must also learn how to work together better.



***Compiled by
Mariana
Stark***

Barbara Barackman

There isn't enough respect for people of different races and religions



A Special VOS Event for Purim!

My Heart is in the East, But I Am in the West:
The Untold Story of Persian Jews

Guest speaker, **Tabby Refael**

Valley Outreach Synagogue & Center for Jewish Life

Tabby Refael is an award-winning weekly editorial columnist for The Jewish Journal of Greater Los Angeles. Week after week, readers rely on her to address topics related to Iran, Israel, Jewish identity, women's rights, and Mizrahi advocacy, often with stark honesty and humor.

Her multimedia presentation, "My Heart is in the East, But I Am in the West: The Iranian Jewish Experience," illuminates the powerful and richly vibrant story of the Iranian Jewish community that began in ancient Persia nearly three millennia ago, suffered "ritual impurity" antisemitism for centuries, but ultimately thrived in the 20th century, until the community was forever altered by the 1979 Iranian [Islamic] Revolution and dispersed throughout the world.

Wednesday, March 8, 2023
10 a.m. in the Sanctuary

Refreshments will be served

Register at:
<https://www.vosla.org/form/Tabby-Refael>

VOS
Valley Outreach Synagogue
& CENTER FOR JEWISH LIFE

Torah Inspired Learning

with Rabbi Li-Paz



Join Rabbi Li-Paz and your friends to read The Contemporary Torah, A Gender-Sensitive Adaptation of the JPS Translation, to explore its beauty and relevance to your life.

No prior knowledge of Hebrew or Torah is necessary. We'll continue our journey through Exodus.

Thursdays – 3/9, 3/23, 4/13, 4/27, 5/11 & 5/25

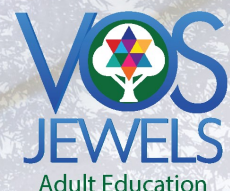
VOS Lobby

9:30 a.m. – Check-in & informal schmooze

10:00 – 11:00 a.m. – Class session

\$5 donation

Bring an item for our potluck breakfast.





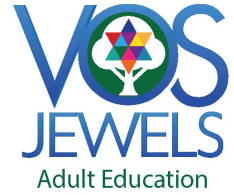
Shabbat at Vos

Friday, March 10, 2023 at 7:30pm
Costumes, Entertainment & Hamantaschen



Questions? Contact Carla @ cadivi@vosla.org

BAGELS & Banter



Join Rabbi Ron Li-Paz for a monthly discussion and a nosh.

March 15

April 19 | May 17

9:30 a.m. – Schmooze

10:00 – 11:00 a.m. – Discussion

\$5 donation

Bagels & Banter is a joint group with both men and women.



Modern
Library

Classics

 VOS
JEWELS
Adult Education


The Song of Songs

With Rabbi Sara Abrams

Valley Outreach Synagogue & Center for Jewish Life

Read the most erotic and sensual book of the bible that the rabbis linked to the holiday of rebirth: Passover. Open up to its poetry and learn about its historic connection to the philosophy of the Divine Feminine and Divine union in the Ancient Near East.

Members: \$25

Non-members: \$35

Required Reading: The Song of Songs
Link for purchase is in your registration receipt.

For more information, email AdultEducation@vosla.org

March 15, 22, 29
April 12

Wednesdays
11:15 a.m. to 12:15 p.m.

Register here:
<https://www.vosla.org/form/Song-Songs>

VOS PLAYERS

THE BERLINGER PERFORMING ARTS PROGRAM

BROADWAY 1965 REVUE

OLIVER!

Half A
Sixpence

THE ROAR
OF THE
GREASEPAINT
-THE SMELL OF THE CROWD

Man of
La Mancha

FLORA
THE RED
MENACE

ON A CLEAR DAY YOU CAN SEE FOREVER

DO I HEAR a waltz?

MARCH 16 & 18 | 7:00 P.M.

Sold Out

MARCH 19 | 3:00 P.M.

VOS | 26668 AGOURA ROAD, CALABASAS

Limited VIP Seating: \$54 | Limited Premier Seating: \$36

General Seating: \$24 Adult, \$18 Children (12 and under)

Tickets go on sale online January 13, 2023 at www.voslatv.com/1965

No refunds. Ticket questions? Send email to 1965tickets@gmail.com.

MUSICAL DIRECTOR: Gerald Sternbach

DIRECTED BY: Bronwen Li-Paz & Hannah Li-Paz | CHOREOGRAPHED BY: Morgan Lavin



SCAN ME

VOS RABBI-IN-RESIDENCE LECTURE SERIES

Some of America's Finest Rabbis are Coming to VOS!



Thursday, March 23 | 7:00 p.m. on Zoom

**The Ten Commandments:
The Significance of God's Laws in Everyday Life
Featuring Rabbi Stewart Vogel of Temple Aliyah**

Please join us for a compelling talk to explore the role of wanting, desire and coveting and the affects they have on the human condition, and our happiness. What's so bad about wanting, and what does coveting mean? How do these thoughts and feelings transform into actions, and how much control do we have over them? Come find out all the answers at this meaningful and uplifting presentation.

Rabbi Vogel, who co-authored the New York Times bestseller "The Ten Commandments: The Significance of God's Laws in Everyday Life", will share his wisdom and insight with us and we look forward to seeing you for this inspiring and thought-provoking conversation.

For more information or to sponsor a rabbi, contact Wendy Levenson at wendylev@sbcglobal.net or 310-985-4285.

To register go to <https://www.vosla.org/form/rabbi-in-residence-Ten-Commandments>

The lectures are on Zoom. You will receive the Zoom link upon registration.



VOS Sisterhood is inviting you to Tour the Hollywood Max Factor Museum

1660 N Highland Ave., Los Angeles, CA

The Max Factor Museum houses 10,000 exhibits of old Hollywood dresses, makeup, photos, stars' personal items, cars, and videos from 1935 onward.

Thursday, March 30, 2023

11:00 am – 12:45 pm

We will meet in the foyer by 10:45 a.m.

No-host lunch will follow next door at Mel's Diner – 1:00 p.m.

Parking is available next door to Mel's Diner on the south side of the museum. Validation at the museum will take \$2 off the cost of parking.

Barbara must receive your check no later than March 23, 2023

Friends and significant others are welcome. Carpools are strongly encouraged.

Museum Admission: \$14 for Sisterhood Members and \$17 for guests

Please PRINT Your Name _____

Phone # _____ Sisterhood Member Yes No

Guest(s) Name(s) _____ - _____

Attending _____ Total Amount enclosed (made out to VOS) \$ _____

**Write your check payable to VOS with Sisterhood in the memo line.
MAIL check to Barbara Huff 30422 Passageway Pl., Agoura Hills, CA 91301**

VOS & JFS SOVA Food Drive Thru

Sunday, April 2nd
10:00 AM - 12:30 PM
26668 Agoura Road
Back Entrance

Jewish Family Service LA Community Food & Resource Program depends on your donations to provide healthy groceries and toiletries to Angelenos facing food insecurity. Donations directly benefit the thousands of people who visit our pantries – people of all backgrounds and identities. Please be as generous as you can – the need is great.

OUR MOST CRITICAL NEEDS:

Peanut Butter
Rice
Canned Tuna/Fish
Canned Meats
(beef stew, chili w/meat, chicken etc.)
Canned or Dry Soup
Whole Grain Cereal

We also welcome other non-perishable foods, personal hygiene items and children's books including:

Dry Beans
 Dry Pasta
 Dry Milk
 100% Juice
 Oatmeal
 Tomato Sauce
 Canned Beans
 Canned Vegetables
 Canned Fruit
 Canned Pasta
 Cooking Oil
 Kosher Foods
 Diapers/Wipes
 Soap
 Shampoo/Conditioner
 Razors
 Deodorant
 Lotion
 Toothpaste
 Toothbrushes

Please avoid glass jars, opened or perishable foods.

For more information, please visit
www.jfsla.org/SOVA or call Marlene Frierson
 at (818) 606-4028.

JEWISH FAMILY SERVICE LA

SOVA Community Food & Resource Program





Auschwitz

Not long ago. Not far away.

This groundbreaking exhibition, highlighting the atrocities of the Holocaust, brings together more than 700 original objects and 400 photographs from over 20 institutions and museums around the world, and has never traveled to the U.S. West Coast.... until now! No book, no podcast, nor history lesson can prepare you for the impact and power this extraordinary collection of artifacts holds.

VOS is offering this ONE-time opportunity to visit this extraordinary exhibit TOGETHER as a community on April 04, 2023 at 10 am sharp.

It is a SELF guided audio exhibit, not a docent led exhibit, where each person receives a wand and listens to the history of each artifact. It takes approximately 2 hours to complete.

The price to see the exhibit requires the entrance fee for the Reagan Museum library AND the entrance fee for the Auschwitz exhibit.

Here are the prices:

Ages 11-17: \$41.90 (\$25.95 General library admission AND \$20.95 Auschwitz exhibit)

Ages 18-61: \$55.90 (includes \$32.95 General Library Admission AND \$27.95 (Auschwitz exhibit)

Ages 62+: \$49.90 (\$29.95 General library admission AND \$24.95 Auschwitz exhibit)

These prices reflect a \$5.00 discount if the group is 25 or more persons.

Registration with payment through VOS is required. There is no registration at the door.

The last date to register is 03/19/2023 with no exceptions.

Register at <https://www.vosla.org/form/Auschwitz-Exhibit>

All group attendees MUST be at the Ronald Reagan Library front courtyard entrance by 9:45 am to get stickers, headphones, and maps.

There is a timed entrance for us all to go in at once.

Your cooperation is necessary to make this a successful and meaningful event.



*Come celebrate Passover with your VOS community on the second night!
Enjoy community connections, a lively seder, and a four-course meal.*

When: April 6, 2023

Where: Sheraton Agoura Hills 30100 Agoura Road, Agoura Hills, CA 91301

Start time: Doors open at 5:30pm; Seder will begin promptly at 6:00 pm.

Cost: \$55 per person; \$30 per child (13 and under)

Choice of Herb Roasted Chicken or a Vegan Dinner

We will provide the Manischewitz and grape juice: if you would like to bring your own wine, please feel free to do so!

If you have questions about the seder, please contact Wendy Levenson at (310) 985-4285 or wendylev@sbcglobal.net.

If you are in need of a ride and we have willing drivers, Wendy can help you to set up your own carpool.

Registration Link: <https://www.vosla.org/form/2023-Seder>

**Please Register by March 30th to ensure your spot!
We hope to bless the night with you!**

Save The Date

Remembering Yom Hashoah through the art of David Labkovski

Holocaust Remembrance Day

Sunday, April 16, 2023

2:00-4:00 p.m.

at Valley Outreach Synagogue

26668 Agoura Road, Calabasas, CA 91302

Come and learn about international artist David Labkovski, and take a journey into his life through his art into the history of Vilna and Eastern Europe leading up to the Holocaust.

Presented by Leora Raikin

Leora is an international speaker who captivates audiences throughout the world. As an educator, artist, author, and the founder of the David Labkovski Project whose mission is to advance knowledge of the Holocaust through the art of David Labkovski (1906-1991) sharing lessons of life, tolerance, acceptance and the importance of bearing witness to history.



Register at <https://www.vosla.org/form/Where-History>
All donations go to future Holocaust Education Events

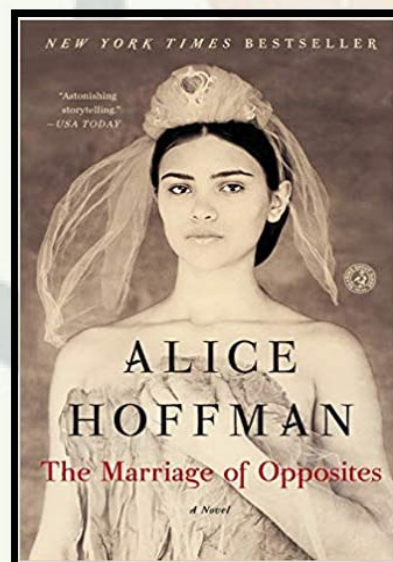


VOS People of the Book Club

A PARTICIPANT-LED GROUP

THE MARRAGE OF OPPOSITES

by Alice Hoffman



Set on the tropical island of St. Thomas, this book is about the extraordinary woman who gave birth to the Impressionist painter, Camille Pissarro. Rachel grows up in a small community of Jews who escaped the Inquisition but she does not live by the rules. Read this unforgettable and remarkable story of Rachel, her two husbands and her son, Camille Pissarro.

Tuesdays, 10:00 – 11:30 a.m.

April 18, May 2, May 16 & June 6

VOS members Free | Non-members \$25

The Book Club will meet on Zoom.

Register below for details and to receive the Zoom link.

<https://www.vosla.org/form/people-of-the-book-club-Opposites>

Please come to the first meeting on April 18 having read to the end of Chapter 3 (which is through page 93).

Walk^{to}_{end} Genocide



Together
We can choose. We can act.
We can transform the world.
JEWISH WORLD WATCH

The Walk is an opportunity to stand up with those who face oppression worldwide. By participating, you join a community of compassionate and socially conscious activists who are committed to raising awareness and helping end the cycle of violence and persecution faced by so many communities around the globe.



What to expect

- Hundreds of fellow activists supporting human rights and diaspora members
- 1.8 mile route around Pan Pacific Park, The Grove & Farmer's Market

Honoring



Brad Sherman
Congressman



Katy Yaroslavsky
L.A. City Councilmember

April 30, 2023

Television City

7800 Beverly Blvd.
Los Angeles.

Register today:

jww.org/walk23



Follow us



/jewishworldwatch



@jworldwatch



@jworldwatch

SAVE THE DATE

Tropical Nights

DINNER | DANCING | AUCTION

Saturday, May 6th, 2023

JOIN US AS WE HONOR

JACKIE BERG

Woman of the Year

WENDY LEVENSON

Light of Israel

BILL LAVERE

Man of the Year

**ADAM AND JAMEY
SUSSMAN**

Couple of the Year



26668 Agoura Rd
Calabasas, CA 91302
(818) 882-4867
info@vosla.org

SUPPORT VOS AND THE HONOREES
BY PURCHASING A SPONSORSHIP PACKAGE

Tropical Nights

DINNER | DANCING | AUCTION
Saturday, May 6, 2023

(King)

King Kamehameha

Catering Sponsor

\$5,000

- 10 tickets to the event with a reserved table
- Full Page Ad in the Tribute Journal
- Verbal acknowledgement prior to the Honoree Ceremony
- 6 months advertising in the Outreach
- Recognition in all publicity
- Reserved section seating for your family at High Holiday services

(Queen)

Queen Liliuokalani

Entertainment Sponsor

\$3,500

- 8 tickets to the event with a reserved table
- Full Page Ad in the Tribute Journal
- Verbal acknowledgement prior to the Honoree Ceremony
- 3 months advertising in the Outreach
- Recognition in all publicity

(Prince Lot)

Prince Lotkapuaina

Bar Sponsor

\$1,800

- 6 tickets to the event
- Full Page Ad in the Tribute Journal
- 3 months advertising in the Outreach

(Prince Kin)

Prince Kina'u

Photographer Sponsor

\$1,000

- 2 tickets to the event
- Full Page Ad in the Tribute Journal
- 3 months advertising in the Outreach

Sponsorship Type: _____ Amount \$ _____

Print Full Name: _____

Address: _____

Phone Number: _____ Email _____

Credit Card Number: _____ Exp. Date _____ CCV _____

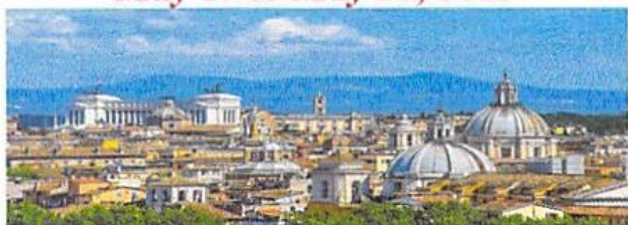
Return in Enclosed Envelope
or email to Karen1@vosla.org



26668 Agoura Rd, Calabasas, CA 91302
(818) 882-4867 • info@vosla.org

"VOS Women's Trip to Jewish Italy With Rabbi Sara"

May 15 to May 28, 2023



Day 1 – May 15 - Departure from US to Rome Italy
LAX to Rome Italy

Day 2 – May 16 -Arrival Rome – Orientation – Welcome Dinner-Arrival Rome airport (FCO) and transfer Hotel Empire Palace. Dinner at a local restaurant tonight.

Day 3 – May 17 - Full day tour of Rome Ancient Rome - Morning 3-hour tour of ancient Rome. Afternoon visit to Coliseum for guided tour.

Day 4 - May 18 - Vatican City – Afternoon Trastevere Food Tour –Morning Vatican City for a guided tour. Vatican Museums, visit St. Peter's Basilica ,Sistine Chapel TRASTEVERE Evening Food Stroll 3-hours. Enjoy tastings of foods that the locals enjoy. Later sit down for a pasta meal along with gelato and wine!

Friday Day 5 – May 19 – Half day Jewish Ghetto Tour – Half day Tour - Dinner

Transfer to the Jewish Ghetto for a 4-hour tour with guide. Visit the Jewish Museum, Main Synagogue, Ghetto area, Spanish Synagogues. Dinner at a local restaurant.

Saturday Day 6- May 20 - Day of Leisure
Today enjoy Rome on your own.

Sunday Day 7 –May 21- Rome to Tuscany – Cooking Class Transfer to Tuscan area city of Figline which is 35 minutes outside of Florence in the heart of Tuscany .Accommodations at a 14-century villa hotel The Villa Casa Grande. Enjoy a Tuscan Cooking Class with an authentic Tuscan chef at the villa.

Day 8 – May 22- Florence – Walking Tour Dinner Florence full day activities include guided walking tour of Florence city center and the Accademia Gallery, Jewish Museum and Synagogue. Dinner at the villa

Day 9 May 23 – Free Day in Tuscany Dinner – Free day later dinner at a local restaurant close to the villa.

Day 10 – May 24 - San Gimignano - Wine tasting and Lunch –Guided walking tour of San Gimignano visit to a winery wine tasting and lunch at a local farm.

Day 11 – May 25- Tuscany to Mestre - Private Tour Dinner- Transfer to Venice area. Accommodations in Mestre: Hotel Leonardo Royal . Private tour to Murano Dinner in Mestre at local restaurant.

Day 12 – May 26- Venice- Venice city guided walking tour. Visit the Jewish Ghetto, Jewish Museum & Synagogue.

Day 13- May 27 - Free Day – Gondola Ride Farewell dinner in Mestre-Free day in Venice afternoon gondola ride through the canals of Venice. Return to Mestre for a Farewell Dinner.

PERILLOTOURS INTEGRITY IN TOURISM **USTOA**
United States Tour Operators Association

Day 14 – May 28 Venice airport to Home-Private group transfer from the hotel in Mestre to the Venice airport for your flight back home.

Also Included in Land Package:

English speaking tour manager
1 Group Transfer on Arrival and Departure
4star hotel in Rome (Hotel Empire or similar)
4star hotel in Tuscany (Hotel Villa Casagrande)
4star hotel in Mestre (Hotel Leonardo or similar)
First Class train tickets to and from Venice
Tour to Murano
Mandatory city tax at the hotels
Porterage in/out hotels
Total of 6 dinners -1 Venetian lunch
1 wine tasting and lunch at a local farm
Wine tasting at the Villa (Including Visit of the Noble Floor)
Tuscan Cooking class at the Villa (Prepared Dinner Included)
Trastevere Food tour- (All mentioned meals include drinks)
35minute gondola ride in Venice
Roundtrip watertaxi Venice area – Venice – Venice area

Not Included in Land Package

Air To and From Italy from LAX - To book air call
855-784-7687 – Perillo Tours

Travel Insurance – 7.2% of total trip cost
Anything not mentioned in itinerary or inclusions

Please note that this tour involves a lot of walking, and you must be able to walk 2 to 3 miles a day and some of it will be on cobblestone.



Land Price per Person \$4,410

Based on 10 to 14 people in double occupancy
Single Rate \$4,980

Land Price per Person \$4,190

Based on 15 to 24 people in double occupancy
Single Rate \$4,760

Book land package on line or call 855-784-7687

<https://www.perilogroups.com/tours/voswomenstrip>

Airfare on Air Canada from LAX

Depart

AC # 788 15 May Depart LAX 11:55A arrive YYZ 731P

AC # 890 15 May Depart YYZ 8:50P arrive FCO 1115A 16MAY

Return

AC # 819 28 May Depart VCE 1:00p YUL 355P

AC # 781 28 May Depart YUL 6:50p LAX 949P

Airfare Price per Person \$1500



Building New Friendship Connections - Chavurahs!

We Have Begun!

In this phase, there is no commitment to a group. We are getting to know you, and you have the opportunity to know others by joining in and sharing a meal and breaking bread together. These connections could be compared to dating in a matchmaking scenario.

Everyone that turns in a form will receive a call for a get-together-date opportunity. You do not have to be sure that you want to join a chavurah, this is a discovery time, and in the process, you will make new Synagogue friends.

You need to be a VOS member to participate in this friendship activity.

Please download the Chavurah form and send the form to **AnnieSperling279@gmail.com** or call **805-796-9255**.

If you are not a member, you can fill out a Chavurah form, and Annie can sign you up as a VOS member during the call. The dues are prorated to July 1st, when the VOS fiscal year begins.

Let's Get Started!
We look forward to meeting you!

Download the Chavurah form:
<https://www.vosla.org/join-a-chavurah.html>

****** CHAVURAH INTEREST FORM 2022-2023 ******

(If you are already a member of a chavurah, you do not need to fill out this form.)

Dear VOS Members:

As we begin a new year a Chavurah is a wonderful way for members to be involved in synagogue life. It is an opportunity for building treasured friendships with other VOS members.

To those who may have filled out a Chavurah form in the past and were not placed in a Chavurah, please completely fill in a new form, even if you have filled one out in the past. (Please understand that a new Chavurah is formed when there are enough people for a particular group.)

Return your form to: VALLEY OUTREACH SYNAGOGUE & CENTER FOR JEWISH LIFE, 26668 Agoura Road, Calabasas, CA 91302

Date: _____ Please choose a category and age ranges. Check all that apply.

() COUPLE () YOUNG MARRIED () SINGLE () FAMILY (Parent(s) with children)

OF CHILDREN IN AGE RANGES: () Birth - 4, () 5 - 10, () 11 - 13, () 14 - 18

ADULT AGE RANGE: () 20 - 29 () 30 - 39 () 40 - 49 () 50 - 59 () 60 - 69

() 70 - 79 () 80 +

FULL NAME (s): _____
(Last Name) (Male) (Female)

STREET ADDRESS: _____

CITY: _____ ZIP: _____

CELL PHONE: _____ HOME PHONE: _____

E-MAIL ADDRESSES: _____

PLEASE CHECK ALL THAT APPLY:

- () I/We prefer a chavurah of people like myself/ourselves (age range/marital status).
() I/We prefer a mixed chavurah (age range/marital status).

DEGREE OF INTEREST IN ACTIVITIES	VERY MUCH	AVERAGE	WOULD CONSIDER	NONE
JEWISH STUDIES/CULTURAL	()	()	()	()
CELEBRATION OF HOLIDAYS	()	()	()	()
FAMILY ACTIVITIES	()	()	()	()
TEMPLE ACTIVITIES	()	()	()	()

WHAT I/WE EXPECT FROM BEING A MEMBER OF A CHAVURAH: _____

Please Note: The more flexible you are the easier it will be to place you in a chavurah.

Suggestions, questions, ideas? Call Anne Sperling (805) 796-9255 or anniesperling279@gmail.com

IMPORTANT NOTE: Please do not ask to be put into an existing chavurah without first checking with Anne.



SHABBAT SERVICES
(2022—2023) 7:30 P.M.
VALLEY OUTREACH SYNAGOGUE



SIMPLY SHABBAT SERVICE DATES

November 11, 2022 - Baruch Atah Adonai . . .

A Shabbat of Gratitude

November 18, 2022

December 9, 2022 - An Intergenerational Chanukah
Celebration

December 23, 2022

January 13, 2023 - Abraham and Sarah's Tent

January 27, 2023

February 10, 2023 - A Celebration of Jewish Music

February 24, 2023

March 10, 2023 - A Purim Celebration

March 24, 2023

April 14, 2023 - Jerusalem of Gold

April 28, 2023

May 12, 2023 - Kol Isha - The Voices of Women

A VOS Sisterhood Shabbat

May 26, 2023

June 9, 2023 - Shabbat Under the Stars

June 23, 2023

July 14, 2023 - Coming to America - A VOS Shabbat

July 28, 2023

August 11, 2023 - To Life! To Love!

September 8, 2023 - Elul: Preparing Our Hearts

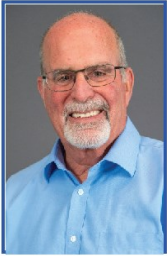
August 25, 2023

and Souls for the High Holidays



Welcome to Our VOS Board of Directors

2022–2024



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Jackie Berg



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Administration
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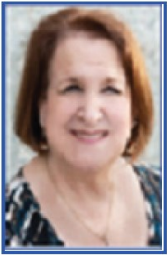
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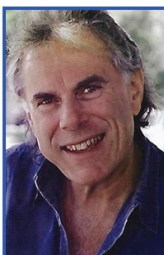
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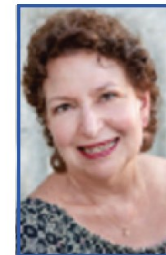
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Recording
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Recording Secretary	Doreen Kates	818-398-1202	dekates@sbcglobal.net

CONTACT INFORMATION

Valley Outreach Synagogue

26668 Agoura Road

Calabasas, CA 91302

818-882-4VOS (882-4867)

FAX: 818- 882-4868

Website: www.vosla.org

Office Administrator

Arlene Mayo

officeadmin@vosla.org

818-882-4VOS (882-4867)

Spiritual Leader

Rabbi Ron Li-Paz

Rabbili-paz@vosla.org

818-879-8087 or (818) 882-4867

Associate Spiritual Leader

Rabbi Sara Abrams

Rabbisaraabrams@vosla.org

818-879-8087 or 818-882-4867

Musical Director

Gerald (Jerry) Sternbach

musicdirector@vosla.org

818-882-4867

Director of VOS Education

Carla Adivi

Cadivi@vosla.org

818-882-4867

Rabbis Emeriti

Jerry Fisher (z”l)

Richard Schachet (z”l)

Founding Musical Director

Jack Bielan

felixxsong@yahoo.com

818-456-4298

Outreach Editor: Johanna Spira 818-

882-6866

Email: johspira@att.net

CONTRIBUTIONS AND YAHRZEIT ACKNOWLEDGEMENTS **BELOW REFLECT THE PREVIOUS MONTH'S DONATIONS**

MITZVOT

Mayer Alson and Marsha Wiedder-Alson, in memory of Eric Allen Scencer

Ricki Averbach, in memory of Eric Allen Scencer

Barbara Barackman, donation to Marsha Gould Scholarship Fund in memory of Eric Allen Scencer

Toba Burg

Rob Cayse, in memory of my uncle, Raymond Cayse

Eileen and Al Franco, in honor of an amazing musical evening

David and Judy Handelman, in memory Eric Allen Scencer

Emily and Barry Kaplan, in memory of Eric Allen Scencer and Philip David Kaplan

Doreen Kates, in honor of Harvey Magidow's 80th birthday

Barbara Klubeck, in memory of Ray Cayse

Eddie and Jane Lorin

Michael and Rhonda Magasinn

Eileen and Peter Malis, in honor of an outstanding service - we loved it

Norma Miles and Janice Levine, in honor of Susan Allensworth with love

Men's Club, donation to the VOS Players

Michael and Fern Reisner, in memory of Eric Allen Scencer, sending much love and hugs

Donna Sheanin and Rudy Galicia, in memory of Eric Allen Scencer

Steven Silver, sponsor Shabbat Oneg

Sandy Stackler, in honor of Rabbi-in-Residence series

Susi and Robert Weissman, in memory of Larry Jacobs

Lisa and Michael Wooding, donation to the VOS Players



CONTRIBUTIONS AND YAHRZEIT CONTRIBUTIONS BELOW REFLECT THE PREVIOUS MONTH'S DONATIONS

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Pamla Vale Abramson, in memory of John Mandell Abramson

Sheri Albala (Steve Berkowitz), in memory of Elaine Dubin

Frank Bass, in memory of Isabel Bass

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Linda Blovett, in memory of Barney Blovett, Erika Blovett, Rebecca Blovett

Susan (Ron) Braunstein, in memory of Selma Berman, Abraham Berman

Ron (Susan) Braunstein, in memory of Irene Braunstein, Morris Braunstein

Brian (Roberta) Caplin, in memory of Philip Caplin

Roberta (Roberta) Caplin, in memory of Freda Tentler

Larry Chernoff, in memory of Debra Chernoff

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Helene Dutra (Ralph Deutsch), in memory of Philip Lefton, Viki Siegel

Larry (Wendy) Einbund, in memory of Eunice Einbund

Terri Elkins, in memory of Mil-dred Schneider

Stewart (Susie) Epstein, in memory of Anne Epstein

Susie (Stewart) Epstein, in memory of Irving Gluckman

Sandra (Philip) Firestone, in memory of Beatrice Lowenthal

Lynda Fox, in memory of Rhoda Fox

Faye (Jim) Friedman, in memory of Joseph Benmayor

Leslie (Toby) Glatt, in memory of David Glatt

Diane (Jerry) Goldstein, in memory of Jackie Banchik

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Grace Gross, in memory of Robin Worthington

Barbara Guerin, in memory of Ann Lindheimer

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Beth Haiken (Brad Tanenbaum), in memory of Natalie Haiken

Carol Hananel, in memory of Victoria Hananel, Jeanne S. Kay



CONTRIBUTIONS AND YAHRZEIT CONTRIBUTIONS BELOW **REFLECT THE PREVIOUS MONTH'S DONATIONS** **YAHREZEITS**

Francine Hart, in memory of Bernard Kittay

Bunni Hoffman, in memory of Louis J.
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Bunni Hoffman, in memory of Nathan B.
Segall

Leonard (Denise) Horowitz, in memory of
Tillie Horowitz

Denise (Leonard) Horowitz, in memory of
Maurice Maslen

Ethel Kaplan, in memory of Marvin Kaplan

Barbara Klubeck, in memory of Harold Wruble

Arnold (Harriet) Kornfield, in memory of Ruth
Kornfield

Bonita Kraft (Richard Anderson), in memory
of Eleanor Kraft

Linda (Bill) LaVere, in memory of Harriet
Berlin, Rosalind Keller

Fern Lippert, in memory of George Lippert

Linda (Ernest) Lister, in memory of Mildred
Wolfe

Michael (Rhonda) Magasinn, in memory of
Arnold W. Magasinn

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Marta Miles, Ellis Miles, Jeffrey Raymond
Miles

Geraldine Moscowitz, in memory of Belle
Marcus

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Wells

Beverly (Stan) Nisenson, in memory of
Beatrice Hass

Martin (Loyce) Nussbaum, in memory of
Elaine Nussbaum, Betty Nussbaum

Janine (George) Quint, in memory of Ilse
Becker

JoAnn (Alan) Rand, in memory of Jean Was-
serman

Robert (Renee) Resnick, in memory of Esther
Resnick

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Florence Landsman

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Gross

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Fred (Ileene) Weiss, in memory of Alex Weiss

Sue (Steve) Wetterhahn, in memory of Alvin
Fellman

Lisa (Michael) Wooding, in memory of
Warren Berlinger



TRIBUTES

Ricki Averbach, in memory of Eric Allen Scencer
Doreen Kates, in honor of Harvey Magidow's birthday
Hallie Kraft, In memory of Eric Allen Scencer
Dianna Rice, in memory of Eric Allen Scencer



CONDOLENCES

Franklyn Burns, father of Kim (Michael) Anton

Dr. Gerald Joseph Glantz, father of
Rosalyn Glantz

Candy Gold, sister-in-law of Simone and Bob Brandt

Larry Jacobs, husband of Robin Jacobs

Gretta Rhoads, mother of
Stacey Forster and Wendy Schneider

Stanley Saltzman

Eric Allen Scencer, son of
Larry and Sheila Zolkewitz

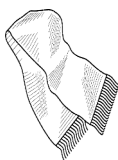


SIMCHAS AND MAZEL TOV TO:

Bat Mitzvah



Cassidy Rachmil



Milestone Birthdays

Cher Beck

Todd Haines

John Giammarrusco

Alan Mittelman

Harvey Magidow

Reva Sternbach

Larry Zolkewitz



Wedding

Linda Kroll & David Weinberg



Your joy is our joy!

*Please email info@VOSLA.org if you have a
simcha to share with our community.*

BIRTHDAYS

3/1 Robin Felton, Gary Forster, Emily Kaplan, Dustin Weissman

3/2 Todd Schultz

3/3 Betty Collins, Jim Friedman, Todd Haines, Bunni Hoffman, Enola Lipaz, Zachary Wohlwend

3/4 Aiden Goldey, Lindsey Housenick, Gil Lipaz, Stella Rogers

3/5 Barbara Swedelson

3/6 Heidi Kaminsky

3/7 Liv Sebso

3/8 Randy Gold, Alan Mittelman

3/9 Rachael Dadbin, Ethan Guthrie

3/10 John Giammarrusco, Reva Rae Sternbach

3/11 Sherrill Frank, Adam Hurwitz, Erica Salisbury

3/12 Max Bernstein

3/13 Cher Beck, Stanley Gordon, Harvey Magidow, Norman Montrose, Danielle Whittington

3/14 Dara Wahler

3/15 Olivia Einbund, Josh Kelman, Stefanie Silverman

3/16 Samantha Blatt, Helen Jacobson

3/17 Mayer Alson, Karen Block, Lilly Macias, Eileen Malis

3/18 Jackson England, Doris Heller, Stephen Strout, Jennifer Tabbush

3/19 Victor Macias, Anthony Solis

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Jacklynne Marder is a Licensed Marriage and Family Therapist, passionate about helping people transform long-standing, painful patterns to find peace and freedom. She works with adolescents and adults on issues related to developmental trauma, anxiety, depression, relationship issues, and life transitions.

Jacklynne obtained her Master's degree in Clinical Psychology at Pepperdine University and has been working with individuals in her private practice for the past three years.

Jacklynne works collaboratively and compassionately, using gentle, accelerated tools such as EMDR, Somatic Therapy and mindfulness. Her goal is to help you make positive, empowering changes by tapping into your own inner resources and building healthy coping skills.

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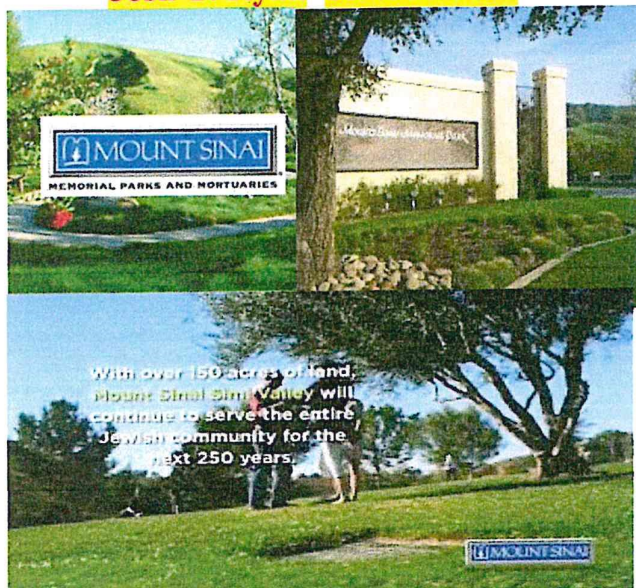
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Thank you to those contributing and sharing thoughts & quotes.

Starting the discussion:

“I don’t want to think about it.”

“Let’s talk about it later” ... *(but the time never comes)*

“Let’s be obvious, it’s not a fun subject...”

“We don’t need to think about this now at our age.”

Reflecting:

“I think he was sorry he didn’t have it planned at the time because he couldn’t think about it when it happened. and when it happened he let someone else do the deciding.”

“I didn’t know the answers”

“It was one of the toughest things to go through...”

“I never realized all the decisions.”

Why you made the arrangements now:

“I don’t want them to go through what I had to experience”

“Why? Because it takes the burden off my kids when they will have so much to deal with ... that’s why.”

“Because it is my responsibility to shield my family from having to make intense financial and difficult decisions at a vulnerable challenging time.”

“I know I need to do this to take care of my family: spiritually, financially and emotionally.”

“They have enough to worry about. I know it’s the best gift I could give to my family.”

“I know my family will appreciate it in the long run.”

“I don’t want to be buried in my gym clothes.”

“I like knowing now where my family will be visiting me.”

We ALL know someone who wasn’t prepared, who didn’t know what to do.

Having discussions, making arrangements, can alleviate a significant amount of pressure in an already most stressful time for your loved ones no matter what age. Hopefully this helps you start the discussion needed because starting the discussion is sometimes one of the hardest steps. I know it was for me

**Being responsible, starting the discussion
Is not always easy**

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Mazel Tov!

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