

Read this newsletter online [here](#).

OrH Newsletter – December 6, 2016

Post-Election, Post-Cohen, Post-Graffiti Debrief

Across the United States, here in Canada, and around the world, there has been intense reaction to the outcome of the American presidential election. As the weeks since have unfolded, public conversations – not to mention political appointments - have raised concerns about a resurgence of open expression of white supremacist, anti-Semitic and racist beliefs. Jews, among others, are fearful and anxious. And the week following, Ottawa witnessed graffiti attacks on Jewish, Black Christian, and Muslim places of prayer.

Join in an open conversation on Wednesday evening, December 7. We'll gather at a Member's home from 7:30 pm to talk, perhaps sing a Cohen song or two, and hear each other's thoughts and feelings about uncertain times. Feel welcome, though not obligated, to bring edibles or potables to share. Contact learning@orh.ca for address and directions.

What Does It Mean To Become A Jewish Adult? Special Tween Program at Machaneh Shabbat

What does it mean to become a Jewish Adult? How do we go about it? Tweens with their families, and families of all ages, are invited to come explore adulthood with Machaneh Shabbat this Saturday, December 10th.

We will explore what it means to become a Jewish adult (which happens without ceremony - just by having a birthday). We will look at questions of ages and stages that we think are appropriate to have certain responsibilities, privileges and abilities and what Judaism has to say, as well as the question of obligations of adulthood - secular and Jewish alike. While the kids have the chance to create miniatures - miniature Torahs, arks, sanctuaries etc. and get hands on with the synagogue items by doing so – Rabbi Liz will be available to chat with adults and any youngsters interested about all things coming of age, including bar and bat mitzvah.

The program takes place December 10th, 9:45 AM - 12:45 PM, Lower level room 3, at the Unitarians. The cost is \$18/family and is open to the larger community.

To RSVP or for more information: e-mail to Eliyanah at educator@orh.ca.

Shabbat Services Move to Upstairs to Fellowship Hall

We are very happy to announce that we have now arranged to hold most of our Saturday morning Shabbat services in Fellowship Hall, adjacent to the main sanctuary at Unitarians. We will continue to hold our post-service Kiddush pot-lucks downstairs in room 5. While there will be occasional Saturday mornings throughout the year where Fellowship Hall is unavailable, we anticipate that the bulk of our Shabbat services will take place upstairs. A number of members have expressed a desire to move to this more open and aesthetically pleasing space. We are very pleased that our friends at Unitarians have been able to accommodate our request.

Your OrH Board

OrH Annual Fundraising Campaign

Or Haneshamah's annual fundraising campaign is now underway. OrH is at a pivotal point in its history, playing a growing role in the lives of its members and in the wider Ottawa Jewish community. While OrH is just one of many worthy causes to support, we are encouraging our friends and members to make OrH a high priority in your charitable giving this year. Your voluntary donations are important to cover costs above and beyond annual dues and fees, and are vital to sustain our programming and meet the needs of our members.

The Board has set a fundraising target of \$25,000 this year. We cannot achieve that ambitious goal without you, the people who make Or Haneshamah what it is. We would like to see participation from every member household, no matter how small the donation. We also encourage families to show leadership in the campaign by contributing significantly more than the \$250 average household donation needed to meet the campaign target.

Donating is easy, and a charitable tax receipt will be issued. Go to our [website donation page](#), scroll down to the "Payment via PayPal" section and then enter your contact information and amount. No convenience fees will be charged for donations, and you may divide your PayPal payment over as many as five installments. If you prefer to pay by cheque or Interac eTransfer, the instructions for those are on the same webpage.

On behalf of the entire membership, we thank you for giving generously to our community, and we promise to keep you up to date as the campaign progresses. Please let us know if you have any questions or comments.

Sincerely,

Your Board of Directors

Mid-Year Report from the OrH Board

It has been nearly six months since you entrusted this board to serve as *shomrim*, guardians, of Or Haneshamah and we would like to share with you how we have been putting our collective values into action... or perhaps, more accurately, how we have come to better understand our collective values through the actions we have taken together.

Please visit the [News From the OrH Board](#) page on the website for the complete report.

Upcoming Services and Events

Special Human Rights Shabbat and JED Talk

Friday, December 9, 2016

6:30 PM - 9:00 PM, Fellowship Hall, Unitarians

Kabbalat Shabbat followed by potluck vegetarian supper and a JED (Jewish Education and Dialogue program) Talk, where our members share their passions and interests. This evening's talk will be by OrH member Deborah Margo on *Holding Colour* , a recent solo exhibition of her work presented at Gallery 200, here in Ottawa. In this new body of work, the value of a *schmata* is considered.

At the service, we respond to the call to participate in Human Rights Shabbat from T'ruah: the rabbinic call for human rights (formerly Rabbis for Human Rights: North America). Scheduled annually for the weekend on or close to the anniversary of the Universal Declaration of International Human Rights - December 10th 1948 - it serves to highlight the intersection of Jewish values and universal human rights. We welcome the participation of two special guests from our sister congregation in Montreal for a lively, song- and ruach-filled service: **Rabbi Sherril Gilbert** serves as a member of the clergy team at Dorshei Emet, the Reconstructionist congregation in Montreal. She was also ordained as a chaplain and spiritual director through the Jewish Renewal movement. **Fran Avni** is a long-time active musical member of Dorshei Emet, as well as a member of the Women Cantors' Network. A singer-songwriter and producer, Fran's compositions are sung in schools and synagogues across North America.

Ruach Shabbat

Saturday, December 17, 2016

9:45 AM - 12:15 PM, Now Room, lower level of Unitarians

A period of quiet mindfulness followed by a yoga minyan, moving through the liturgy "on the mat" or in chairs using gentle yoga postures.

Adult Education

Jewish Mindfulness Meditation

Thursday, December 8,

7:15 PM - 9:15 PM, Room 6, lower level Unitarians

A learning activity with the guidance of Rabbi Liz Bolton. Open to all who want to explore, learn, grow and share a mindfulness experience with a Jewish perspective. Offered the second Thursday of each month. Next meeting: December 8, 7:15-9:15 pm. No RSVP or registration fees required. Come to one or all sessions. For more information visit the [Mindfulness Meditation](#) page or contact: mindfulness@orh.ca.

In the Ottawa Community

In agreeing to post any notice of an event in the community, Or Hanesamah does not endorse, support or promote any perspectives, positions or ideas expressed in the events which are posted in our newsletter. [Click here to see the full disclaimer.](#)

Dr Zafra Lerman – Science as a Bridge to Peace in the Middle East

Saturday, January 8,

7:30pm, Temple Israel, 1301 Prince of Wales Dr.

As part of its 50th Anniversary Celebrations, Temple Israel Ottawa is hosting Dr Zafra Lerman, who will speak on 'Science as a Bridge to Peace in the Middle East'. Free admission. More information: <http://templeisraelottawa.ca/events/>

Dr Lerman is an Israeli-born chemist, educator, and humanitarian. From 1986 to 2011, she chaired the American Chemical Society's Subcommittee on Scientific Freedom and Human Rights. She has been successful in preventing executions, releasing prisoners of conscience from jail and bringing dissidents to freedom. As President of the Malta Conferences Foundation, she is instrumental in organizing The Malta Conferences, which bring together scientists from 15 Middle East countries with six Nobel Laureates to work on solving regional problems, establishing cross-border collaborations, and forging relationships that bridge chasms of distrust and intolerance. She has received over 40 international awards for her work in education, human rights, peace, and science diplomacy, including the 1999 Presidential Award from U.S. President Clinton. In July 2016, she received the prize for peace and justice from the UN NOVUS summit. She was honoured three times by the U.S. Congress with speeches about her work in

2002, 2004 and 2013. Her work has been featured on many national and international television and media outlets.

Donations to OrH

Donations are a significant part of the funding for activities and rabbinic support in our community. You can direct your contribution to different areas of Or Haneshamah's activity:

Donations toward ongoing congregational operations:

- General donations, which fund programming, rabbinic leadership, and essential administrative costs.
- Donations in honour of, or in memory of, a person or event. All such donations are acknowledged through the Or Haneshamah card program, which sends notices of donation and a personalized message to a designated recipient.

Targeted donations:

- Dedication of ritual objects and books. We are currently seeking donations of \$54 for each new copy of our Machzor (high holiday prayerbook). Donations will be recognized by bookplates that may be in honour of, or in memory of, a person or event.
- Gita Taub Education Fund, which supports educational programming and access for members who would otherwise be unable to afford participation in Or Haneshamah or other valuable activities. Our present focus for disbursements from the fund is OrH's new Machaneh Shabbat (Shabbat Camp) for primary school-aged children, which launched in September.
- Rabbi's Discretionary Fund. Donations that the Rabbi gives to people in need or to support charities the Rabbi deems important.

Please make any of the above donations through the website by clicking on the "Donate" menu item.

Or Haneshamah Endowment Fund

Established in May 2016, the Endowment Fund is a pool of financial assets that is invested to provide a reliable and ongoing source of income for our community's activities. Annual payouts from the fund go into Or Haneshamah's general revenues. Donations are made through the Ottawa Jewish Community Foundation (OJCF) online at www.ojcf.ca or by telephone at 613-798-4696 ext 274.

Thank you for your generosity and support of OrH!

Potluck Protocol

Our community's long time practice is to welcome egg, dairy and fish on the potluck table. Please label your meal contributions with all ingredients to help people with food allergies or sensitivities; also advise kitchen staff whether dish is to be served hot or cold.

Rides to Services and Events

Will you need a ride to services and OrH events? Are you able to offer a ride to services OrH events? We encourage members to be generous with their offers of rides. Please contact info@orh.ca with your name and area of the city you are coming from.

A Caring Community

Members are encouraged to contact the rabbi or any board member to let us know about your pastoral care needs, or the needs of another member, whether related to a new or an ongoing circumstances. These may include such situations as a pending hospitalization, a change in health, relationship, or employment status, other life transitions, or the death of a loved one. Through knowing what is happening in each other's lives, we give each other, including our rabbi, the opportunity to perform acts of *gemilut hasadim*/loving kindness, the hallmark of a caring community.

We Are Listening

How do you feel things are going in our community? Do you have ideas about programs or events that we should pursue? What aspects of Or Hanesamah do you feel are working well, and what do you think can be improved? In the interest of making OrH the best community that it can be, the board and rabbi invite you to submit comments and feedback at any time. Please send your thoughts to feedback@orh.ca or directly to any member of the board (email addresses below).

Board of Directors

President: Paula, president@orh.ca

Treasurer: Jacob, treasurer@orh.ca

Education: Heni, learning@orh.ca

Communications: David, communications@orh.ca

Secretary: David, secretary@orh.ca

Membership: Janet, membership@orh.ca

Member-at-Large: Lina, member-at-large.lina@orh.ca

Member-at-Large: Gail, member-at-large.gail@orh.ca

Past President: Mark, past-president@orh.ca

Rabbi Elizabeth Bolton: rabbi@orh.ca

Members are welcome to contact Rabbi Liz, or any member of the board, regarding pastoral needs.

Or Haneshamah

30 Cleary Ave., Ottawa, ON, K2A 4A1

613-239-4988

www.orh.ca

info@orh.ca

**** Disclaimer Regarding Community Event Postings ****

Or Haneshamah frequently receives requests to post notices of upcoming events in the community at-large. These events run the range from cultural, educational, and in some cases explorations of topical political issues. In the interest of providing information to our congregation about the diversity of interesting events in the Ottawa community we will post notices of these events in our regular newsletter.

We recognize also that from time to time we are requested to post notices of events which are highly controversial in nature and reflect a wide range of opinions among our congregation on particular issues. We are, however, of the opinion that it is appropriate for us to post events taking place in the community which may challenge us, which may cause discomfort, and which may cause us to reflect on some of our beliefs. Our openness to post notices for a wide range of community events, however, does not mean that we have abdicated our responsibility to show discernment and to distinguish between those events which demonstrate an open-minded and thoughtful approach to specific issues and those which do not appear to reflect such values. So, we will make judgments about what notices we believe are appropriate to post and those which we believe will not contribute to a thoughtful and balanced exploration of ideas and issues.

Will we make mistakes along the way? Probably. But the possibility of errors of judgment does not mean that we can excuse ourselves from the responsibility to show judgment in posting notices about events in the community and we promise to do so with openness tempered by a sense of responsibility.

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