

Read this newsletter online [here](#).

OrH Newsletter – March 7, 2017

Upcoming Services and Events

Jewish Mindfulness Meditation

Thursday, March 9, 2017

7:15 PM - 9:15 PM, Room 5, lower level of Unitarians

A community learning activity with the guidance of Rabbi Liz. Open to all who want to explore, learn, grow and share mindfulness experience with a Jewish perspective - Affiliation with a Jewish organization is not required. No RSVP required. Come to one, some or all of the sessions. No fee - We encourage free will offerings to maintain access to the space and seed the establishment of a fund to subsidize attendance at future Jewish-Buddhist retreats. Visit the Mindfulness Meditation Page at <http://www.orh.ca/jmm.html>.

Kabbalat Shabbat/JED Talk

Friday, March 10, 2017

6:30 PM - 9:00 PM, Room 5, lower level of Unitarians

Kabbalat Shabbat followed by potluck vegetarian supper and JED Talks - Jewish Education and Dialogue programs. Our members share their passions and interests. This month's JED talk is by Barbara Kagadan on the topic of genetic testing: Genetic science is revolutionizing health care, but fear of genetic discrimination is preventing many Canadians from accessing it. OrH member and Parliament Hill staffer Barbara Kagedan will talk about a bill that she helped draft to fix this, and clear the way for Canadians to have genetic testing without fear. Bill S-201 passed the Senate unanimously in April and is now before the House of Commons. For more information on the bill see [here](#) and [here](#).

OrH Purim Celebration

Saturday, March 11, 2017

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

Our annual Purim celebration. We will make and distribute Mishlo'ach Manot – traditional goody baskets – hear Megilat Esther in our traditionally-untraditional mixture of English, Hebrew and Silly, collect donations for the Kosher Food Bank, parade our costumes, taste-test Hamentashen and hand out fabulous prizes for Best Costumes and Best Hamentashen, and raise our voices in OrH harmony. More information: www.orh.ca/event/purim1.html.

Shirat Shabbat/Chanting Service

Saturday, March 18, 2017

9:45 AM - 12:15 PM, Fellowship Hall, Unitarians

Shirah is song. Following the deep structure of the Shabbat morning service, we draw our inspiration from melody, focusing on key words through chanting, or singing niggunim (songs without words). Messages, kavanot and a teaching from the weekly torah portion are drawn from the wisdom of Hasidic masters and other inspirational sources.

Adult Education

The Radical American Judaism of Mordecai M. Kaplan with Mel Scult

Our sister congregation Mishkan Shalom in Philadelphia – where Rabbi Liz was previously active as a member and teacher – hosted a program with author Mel Scult, noted historian of Reconstructionist Judaism and leading biographer of Rabbi Mordecai Kaplan. Watch the recording here: <https://vimeo.com/195406527>. The event includes opening remarks by Rabbi Shawn Zevit, who was mentored by Scult, and Harold Gorvine, a dear friend, and is followed by Mel's remarks and a Q&A. For those of you interested in Reconstructionist thought, or in vicariously spending an evening with another Reconstructionist community – enjoy!

Spirit in Practice: A new podcast from the Reconstructionist Movement

How will you sustain your spirit through your next four years, your life time? Do you wonder how you can show up for challenging times with compassion, courage, equanimity and joy? **Spirit in Practice**, a podcast miniseries, answers these and other questions through lively discussion among emerging leaders and religious teachers of many faiths who are exploring social activism and spiritual practices. The first of four episodes was released January 18. You can listen by visiting the [RRC page here](#) or subscribing on iTunes or Stitcher. New episodes will arrive in January and February. You can sign up for [email updates](#) or follow on [Facebook](#) and [Twitter](#).

In The Ottawa Community

* = **New item this week**

* **Community Purim Carnival**

Join the SJCC, Kehillat Beth Israel, Beit Tikvah, Machzikei Hadas and Or Haneshamah for a community-wide Purim Carnival on **Sunday, March 12, 2017, 9:30-12** at the Soloway JCC, 21 Nadolny Sachs Private. Come in your costume. Cost is \$5 per family. For more information, contact Gail at

glieff@jccottawa.com.

*** Torah Stitch by Stitch International Project is looking for participants**

The purpose of this project is to cross-stitch 1,464 individual panels of the Torah in Hebrew, 4 verses at a time. Almost 75% of the panels have been assigned to stitchers in 22 countries. Cost of a stitcher's kit is \$18. You are given 6 months to complete the panel. Once the project is completed, the project will form a massive nautilus scroll nine-feet-tall and about 100-yards-long (around three by 90 metres). The organizers are now in the process of finding potential museum venues for the finished project. There will be a public exhibition of the Book of Genesis panels from May 21 to December 2017 at Darchei Noam, Toronto's Reconstructionist Synagogue, which is one of the project's partners. More information can be found at torahstitchbystitch.org, or contact Rochelle Handelman at rochelleann@sympatico.ca or (613) 234-4032.

Also see these news items: www.cjnews.com/culture/arts/project-reveals-torah-stitch-stitch and www.darcheinoam.ca/blogroll?post_id=153811.

*** The Ilana and Steven Rubin Education Scholarship for students seeking their first academic award**

Valued at \$1,800, aimed to help students who wish to attend a Canadian or Israeli post-secondary institution. Criteria: Students applying for the scholarship must have graduated from high school with at least a B average, targeting applicants with averages between B and A-. Averages above A- will also be considered, but all applicants must demonstrate financial need through qualification for the Ontario Student Assistance Program or equivalent. To apply: Contact Arie Rosenblum at the Ottawa Jewish Community Foundation at arosenblum@jewishottawa.com or 613-798-4696, ext. 270.

Applications are now open for the GJ Cooper Scholarship Award.

The G.J. Cooper Scholarship Award, valued at approximately \$15,000, is granted each year to support a member of the Ottawa Jewish Community, or an Ottawa student, who is between the ages of 18 and 30, who has displayed leadership qualities, academic excellence and has an interest in the Jewish community. The award must be used for formal education or apprenticeship in the artistic, literary or social sciences. The deadline for applications is **April 21, 2017**. [Click here to apply and for more information](#), or contact Mike Bazuk at mbazuk@jewishottawa.com or call 613-798-4696, Ext. 252.

2017 Community Service Awards Nominations Now Open.

The Jewish Federation of Ottawa has five awards to recognize our community's outstanding volunteers. Members of the Jewish community are invited to nominate individuals to receive community awards at the Annual General Meeting of the Federation on June 14. Nomination forms and letters of support can be submitted to rabenhaim@jewishottawa.com. This year's deadline for nominations is **March 31**.

For a list of awards and more information about the awards and nomination forms:

<https://jewishottawa.com/volunteering/community-service-awards>.

A Grant Opportunity for Earth Day.

Do you have an event, educational program or tikkun olam project for Earth Day on April 22? Apply for a \$50-500 Hazon/RRC-JRC Earth Day Mini Grant! Whether you are a Reconstructionist rabbi, leader or educator, turn your Earth Day idea into a reality and apply online before **March 8**. We will notify grant recipients by March 22. [Click here to apply](#). For questions contact Rebecca Richman at becca.ilana@gmail.com.

Yiddish Summer Institute

The Vered Jewish Canadian Studies Program at the University of Ottawa is proud to introduce the Yiddish Summer Institute, the first program of its kind in Canada. This six-week, six-credit intensive introductory course in Yiddish language and culture will run from May 1 to June 13, 2017. The program will include a daily language class (9:30-11:30 am) and a weekly culture class (Thursday afternoon) comprised of live musical performance, film screenings and lectures. The course will conclude with a fieldtrip to Yiddish Montreal, including a live theatre performance. All information regarding the program, registration, financial support to participants, and housing is found at <http://www.yiddishottawa.com>.

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 Hanesamah'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 Hanesamah 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 prayer book). 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 Hanesamah 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 Haneshamah 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.

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.