

Read this newsletter online [here](#).

OrH Newsletter – May 23, 2017

Annual General Meeting

Our annual general meeting will take place **Sunday, May 28, 7:30-9:30 PM** in the Now Room at Unitarians. Let us gather to reflect on our year, to celebrate our accomplishments, to appreciate all those who made it all happen and to put our heads and hearts together as we look to our future. We will carry out our business of approving our budget, electing our board, and recognizing volunteers. Then we will have a chance to discuss in small groups matters that members have raised.

As is our custom, we ask that at least one member of each household attend.

May Shabbat-Around-the-Table

OrH member Lorne is hosting a Shabbat-Around-Table, **Friday, May 26** in Sandy Hill. The Shabbat dinner will be warm and musical, with some sacred Hebrew chanting after the meal for those who wish to linger. Instruments are most welcome. There is room for eight at the table, and eight more at the adjacent kitchen counter and couches. Please consider making a \$5 donation to help five Ugandan Jewish orphans whose education is supported by Lorne's project, Chanting & Chocolate. To RSVP, please contact lorne.mallin@gmail.com.

We also have at least one host for next month, June 23. If you would like to attend that Shabbat, please RSVP to Dorothy at dojolevine@gmail.com. More details will follow in future newsletters.

Join us for a Joint Tikkun Leil Shavuot with Temple Israel, Adath Shalom and Kehillat Beth Israel

Join us for a [joint Tikkun Leil Shavuot](#) with Temple Israel, Adath Shalom and Kehillat Beth Israel on **May 30th, starting at 7 PM** at Kehillat Beth Israel. The evening will consist of parallel learning sessions (including sessions for youth/kids), a communal evening service for the Shavuot festival, and an ice cream schmooze. Details of the learning sessions and full schedule are [available here](#). For more information contact info@orh.ca. (Also consider bringing a gently used or new pair of shoes for those in need. See notice in the community section below.)

Walk/Run to Support Or Haneshamah's Machaneh Shabbat

Join fellow OrH Members in the annual Run/Walk for Jewish Education in Ottawa on **Sunday, June 4, 2-6pm**. All funds raised by OrH participants will go to support our Saturday morning "Shabbat Camp" program – Machaneh Shabbat. Fun for the entire family! Giant inflatables, huge slide, hockey games, face painting, falafel bar & dessert, and more... NEW this year - FUN COLOUR RUN made for kids by kids! For more information and to register visit amechadwalkrun.com. If you are interested in walking as a group, contact info@orh.ca.

Visit to our Sibling Congregation in Montreal

OrH Members have been invited by Dorshei Emet, the Reconstructionist synagogue in Montreal, for Shabbat Morning services on **June 17, 18 Rue Cleve, Hampstead, QC H3X 1A6**. The schedule of services (Mosaic Shabbat which offers a choice of different services in the building) is as follows:

- 8:45 Torah Study
- 10:00 Reconstructionist Service
- 10:00 Jewish Renewal Service
- 10:30 Family Shabbat Service
- 10:45 Yoga Shabbat
- 12:00 All Services Conclude followed by a Kiddush in the Social Hall

For those who are interested in spending the afternoon in Montreal, we have arranged for a walking tour of Jewish Montreal, beginning at 2:30 (meeting place to be confirmed). If you are planning to join us for any part of the day, please let us know so that we can let the Kiddush crew and our tour guide know how many of us to expect (info@orh.ca).

Call for Photos

As part of our Annual General Meeting we are preparing a short slide show of OrH events over the past year. If you took any pictures, please consider sending them to communications@orh.ca.

Upcoming Services and Events

Shabbat-Around-the-Table

Friday, May 26, 2017

Sandy Hill

OrH member Lorne is hosting in Sandy Hill. The Shabbat dinner will be warm and musical, with some sacred Hebrew chanting after the meal for those who wish to linger. See the news item, above, and RSVP at lorne.mallin@gmail.com.

Jewish Mindfulness Meditation Unbookclub

Sunday, May 28, 2017

9:45 AM – 11:30 AM, 509 Gainsborough Avenue. RSVP required.

An exploration of forgiveness based on Karen Kedar's The Bridge to Forgiveness. RSVP to mindfulness@orh.ca.

Annual General Meeting

Sunday, May 28, 2017

7:30pm – 9:30pm, Now Room, lower level Unitarians

Agenda and supporting documents are available in the members-only section of the website. At least one member of each household is expected to attend.

Tikkun Leil Shavuot

Tuesday, May 30, 2017

7:00 PM – 11:00 PM, Kehillat Beth Israel, 1400 Coldrey Avenue

A learning event held in collaboration with Temple Israel and Kehillat Beth Israel. More [details here](#).

Shabbat Morning with Torah Service

Saturday, June 3, 2017

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

Shaharit service of morning blessings and songs, including Torah service, a participatory discussion of the day's portion with the kids of Machaneh Shabbat. Followed by Kiddush/pot luck luncheon.

Kabbalat Shabbat and JED Talk

Friday, June 9, 2017

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

Kabbalat Shabbat followed by potluck vegetarian supper and JED Talk - Jewish Education and Dialogue program. This evening long-time OrH member Rochelle Handelman, an accomplished and award-winning fibre artist who has worked in the areas of crewelwork, cross-stitch, canvas work, hardanger, huck embroidery, beadwork, embroidery-on-paper and plastic canvas, will show some of her handiwork and explain what words like "hardanger" actually mean. Rochelle along with other OrH members created our Torah and Ark covers for regular Shabbat services and for the HDDs. Most recently, she has designed and stitched our OrH nametag.

Adult Education

Jewish Mindfulness Meditation Unbookclub

This month's JMM Unbookclub Meeting begins an exploration of forgiveness based on Karen Kedar's *The Bridge to Forgiveness*. What is it? How do we do it? How long does it take? Who and what is required? Reading the book is not a requirement to attend. Bring your stories and willingness for structured sharing in pairs and small groups. **Sunday, May 28**, 9:45 AM – 11:30 AM, 509 Gainsborough Avenue. RSVP required to mindfulness@orh.ca. [Click here](#) for more information on the JMM Unbookclub.

Reconstructionist News

Reconstructionism Today

Read the April edition of *Reconstructionism Today*, the monthly newsletter of the Jewish Reconstruction Community: <http://bit.ly/2ozR9JE>.

In The Ottawa Community

* = New item this week

* **March of the Living Chaperones needed.**

Currently seeking chaperones for the April 2018 March of the Living trip. For more information contact Natalie at nabenhaim@jewishottawa.com, or 613-798-4696 ext. 355.

* **Jewish Galicia: Vibrant Past Rediscovered.**

Speaker Andrew Zalewski brings to life the Jewish community of Galicia between the years 1772-1918. His personal genealogical discoveries are intertwined with a larger historical context to provide a story of many contrasts: poverty mixes with opportunities and separateness with acculturation. The talk is

based on the expanded research carried out for Zalewski's recently published *Galician Portraits: In Search of Jewish Roots*. **Thursday, June 15, 7 - 9 pm** at the SJCC. For more information contact Roslyn Wollock at 613-798-9818 x254, or rwollock@jccottawa.com.

March of the Living Info session for Prospective Students

Info session for Prospective Students will take place **Monday, June 12 at 7pm** at the SJCC, 21 Nadolny Sachs Private - Social Hall A. This is for students who will be in Grades 10, 11, 12 during the 2017-2018 school year. The trip leaves April 2018. For more information, please contact Natalie at nabenhaim@jewishottawa.com, or 613-798-4696 ext. 355. Also, if anyone is interested in chaperoning please contact Natalie.

Shoe Drive.

Donate your shoes and help those in need. Poverty is just around the corner, literally. Help us collect shoes for the Caldwell Community, only a short 5 minute drive away. Kehillat Beth Israel is collecting gently worn, used and new shoes for those in need. Please drop off a pair on your next visit to Kehillat Beth Israel.

From Stone to Sea: Aliza Auerbach Art Exhibit.

May 4-25

NCC International Pavilion at 50 Sussex Drive

The Embassy of Israel in Canada in conjunction with the NCC is happy to bring the photographs and artwork of famed Israel photographer, Aliza Auerbach, to Ottawa, May 4-25. A collection of Auerbach's greatest works will be on display at the NCC International Pavilion at 50 Sussex Drive for public viewings and tours.

Hours: Monday to Thursday, 9-5, Friday, 9-2, Sunday, 10-3, closed Sat.

Transforming the Jewish Community through the Power of Relationships

Tuesday, May 30

8:30am at the Soloway JCC, 21 Nadolny Sachs Private – Social Hall A

Dr. Ron Wolfson will speak about Transforming the Jewish Community through the Power of Relationships. Wolfson is a visionary educator and inspiring speaker whose enthusiasm for bringing Judaism alive in homes and synagogues has shaped his work in the community. He is Fingerhut Professor of Education at American Jewish University in Los Angeles and a co-founder of Synagogue 3000. Admission is free. Pre-registration is required to sbeutel@jewishottawa.com.

The Aging Rebel: Retaining Our Power

Sunday June 4

9:30 am to 12:30 pm, Temple Israel

Temple Israel is excited to announce the 2nd in a series of panel discussions titled: 'The Aging Rebel: Retaining Our Power'. The program features keynote speakers Dominique Dennery, a Certified Management Consultant, Professional Coach and facilitator from Montreal and Rabbi S. Robert Morais, Senior Rabbi, Temple Israel. It also features expert facilitators from Halifax, Montreal and Ottawa on a variety of topics. More information and registration here:

<https://www.canadahelps.org/en/charities/jewish-reform-congregation-of-ottawa-temple-israel/events/the-aging-rebel-retaining-our-power>.

Annual Run/Walk for Jewish Education in Ottawa.

Sunday, June 4

2-6pm.

All funds raised go toward local Jewish educational institutions. Support the school of your choice! Fun for the entire family! Giant inflatables, huge slide, hockey games, face painting, falafel bar & dessert, and more... NEW this year - FUN COLOUR RUN made for kids by kids! For more information and to register visit <http://amechadwalkrun.com> or email info@amechadwalkrun.com.

A Message from Rabbi Liz and Rabbi Steve Garten:

The Melton Adult Learning program is the only international, inter-denominational, intergenerational adult learning program that challenges the learner to dive into ancient texts. In Ottawa we are blessed to host these courses, held weekly in the fall and spring at the SJCC. It's difficult to describe "Melton" learning in a few pithy sentences, so we'd like to invite you to sample a class this May and then chat with students about how the Melton core courses in philosophy, life cycle, ethics and history have impacted their lives. Please be in touch with Rabbi Garten at rabbishg@rogers.com to pursue your exploration of Melton's core courses in philosophy, life cycle, ethics and history. You'll learn how it has impacted students' lives – and how it may impact yours.

Jewish Federation's Volunteer Centre

The Jewish Federation's Volunteer Centre is looking for volunteers to assist with a wide range of activities in the community. There is something for everyone. For a complete list of opportunities visit <https://jewishottawa.com/volunteering>. Help give back! Volunteers help make our community strong! For more information contact lkaufman@jewishottawa.com or call Leslie Kaufman at 613-798-4696, ext. 297.

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 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 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 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 Haneshamah does not endorse, support or promote any perspectives, positions or ideas expressed in the events which are posted in our newsletter.