

OrH Newsletter – September 13, 2016

Observe the High Holy Days at OrH

As always, Or Haneshamah welcomes non-members to its High Holy Day services. The High Holy Days at OrH, with the spiritual and musical leadership of Rabbi Liz Bolton, offers an inviting, participatory, and meaningful way to enter the Jewish New Year. From Selichot through to Simchat Torah, our services will feed your soul and stimulate your intellect. Visit our [Tishrey Visitor and Guest page](#) for pricing and policies, or contact membership@orh.ca.

Machaneh Shabbat Camp Registration

Registration for this year's Machaneh Shabbat Camp is now open! The first session starts September 17, and runs most Saturday mornings until June. Machaneh Shabbat is OrH's unique "camp style" Jewish education program open to children and adults of any age.

Not a member of OrH, but interested in participating? Not a problem. Machaneh Shabbat is open to the community. For more information visit the [Machaneh Shabbat page](#).

From the Rabbi – Words of the Spirit

The Season of *Teshuvah*

The season of *teshuvah* offers an opportunity to look back, look at ourselves, and look to the future, intently and intensely. It is also a time of celebration of community and continuity, and of tradition coupled with innovation.

There are many of us who spend our days thinking, in one way or another, about these interrelated issues of community, continuity, tradition and innovation. Parents, teachers, health care professionals, politicians, activists, volunteers ... you can probably add to this list. We all share concerns about sustaining our enterprise in its particularities; about how things were done in the past; about who can join in (accessibility in all of its manifestations); and about how to refresh and renew.

Doing this Jewish-ly, as Reconstructionists, in Canada is still an exciting adventure, yet as we move through the month of Elul in anticipation of the holidays of Tishrey, we collectively carry with us the customs of centuries. These come in cherished personal as well as public forms, from making a brisket according to a grandmother's recipe and sharing a table beautifully set with family dishes, to hearing a Kol Nidre in a certain timbre.

There's a little tale of a *shaliach tzibbur*, the prayer leader of the community, who comes to the rebbe in a state of panic, saying that he has not had enough time to look into the prayers in preparation for the looming holy day services. The rebbe replied: look not into the pages of the prayer book, but rather into your own soul, thus you shall be fully prepared.

Even as rabbis, cantors and service leaders are preparing the pages, the melodies, the ritual choreography, and our own holiday dinners, we too - like all who attend synagogue on the High Holy Days – need to pay attention to the essence of these days. If we only concern ourselves with the ways in which we preserve and innovate the tradition, even as we work hard to sustain our beloved communities, we too – I too – will be missing the mark.

We must all allow ourselves to luxuriate in the time to consider our purpose and the world around us. As we do so, we will surely be refreshed and renewed for a good sweet year.

-Rabbi Liz

At each ORH service over the Jewish months of Elul and Tishrey, there will be a basket of notebooks with a thoughtful guide with questions for reflection. Take a guide home, let it stimulate your preparations. Our Jewish Mindfulness Meditation Group is also offering two [Unbook Club gatherings](#) featuring Rabbi Alan Lew's This Is Real & You Are Completely Unprepared: The Days of Awe as a Journey of Transformation.

Upcoming Services And Events

BaMaaGal – OrH's B'nei Mitzvah Group (BMG)

Friday, September 16, 2016

6:00 PM – 9:00 PM

Open to all B'nei Mitzvah-aged children (11-13) and their families. For more information visit the [OrH BMG page](#).

Shabbat Limmud

Saturday, September 17, 2016

9:45 AM - 12:15 PM, Room 5, lower level of Unitarians

An abbreviated complete service without chanting from the scroll, followed by extended study on the Torah portion, exploring traditional and contemporary interpretations, as well as the insights of participants

"Instant Choir" Practice

Tuesday, September 20, 2016

6:45 PM - 8:00 PM, Drummond St, Old Ottawa East

"Instant Choir" practice for our Rosh Hashanah morning, Kol Nidre evening, and Yom Kippur morning services. Warm-up begins promptly on the hour. Ability to read music NOT required. RSVP to Rabbi Liz at rabbi@orh.ca

Condolences

We sadly announce the death on September 10 of former Or Haneshamah member Mildred Lazar, mother of Avrim Lazar and Frances Lazar, grandmother of David, Nomi, Rebecca and Ben, in Ottawa. The obituary, funeral and shiva information can be [found here](#).

May God console the Lazar family among the mourners of Zion and Jerusalem.

Book the Dates Now to Sing in the Key of Awe!

Join an "Instant Choir" for our Rosh Hashanah morning, Kol Nidre evening, and Yom Kippur morning services. Rehearsals will take place on Drummond Street, Old Ottawa East, TUESDAYS September 20 and 27 beginning at 6:45 pm, and SUNDAY October 9 beginning at 2:45 pm. Warm-up begins promptly on the hour. This is a soul-full and heartfelt way to contribute to our services, and has been a highlight for many. Ability to read music NOT required – just bring your joy of singing (and a pencil!). Let Rabbi Liz know if you are planning to attend at rabbi@orh.ca.

Register For December Birthright Trip To Israel!

Camp JRF, the Jewish Reconstructionist Communities, and the Reconstructionist Rabbinical College invite you and your friends (ages 21 to 26) to explore Israel over ten days this December. Hike, learn, sing and connect with the land, people, history and culture. Whether you've visited before or this will be your first time, we know you'll have an incredible experience. Birthright Israel: Israel Experts are preparing a uniquely Reconstructionist journey that will stop at the major sites and more out-of-the-way places. We're sure you've never seen Israel like this!

Registration begins in September. Visit [this link](#) for more information.

Adult Education

Register now for "Exploring Judaism"

A 15-week course for inquisitive Jews, their significant others, those considering Adult B'nei Mitzvah or conversion, and seekers of knowledge of Jewish life. Taught by Rabbi Liz on two Thursdays a month from September 29 to April 20, 2017. Open to OrH members and non-members alike. For more information and complete details on the schedule of topics and registration fees, visit the [Exploring Judaism page](#) or contact learning@orh.ca.

NEW Learning Activity! "Jewish Mindfulness Unbookclub"

The Mindful Meditation Jewish Learning group is hosting an unbookclub for the 2016/17 (5776/77) cycle for the spiritually adventurous. Three rich books on aspects of Jewish spiritual learning and practice are on the menu. We will delve into ways our tradition guides us both as individuals and within community. Each session will invite participation through readings, structured exchange in small groups or dyads, and large group sharing. Attendees are encouraged to read the corresponding book prior to meeting to optimize the encounter's opportunities. The first two sessions are inspired from Alan Lew's *This is Real and You Are Completely Unprepared* to draw on High Holiday themes. First session Sept 25, 10 AM - 11:30 AM, location TBC. Second session on October 30. There is no charge. Please RSVP to mindfulness@orh.ca.

Join Or Renew Your Orh Membership For 2016-17/5777

OrH welcomes new members to our vibrant community. New members can take advantage of discounted first-year member rates. [Visit our web page](#) for complete information or send a note to membership@orh.ca.

For current members it is currently time to renew. You can [access the membership renewal form here](#).

Note that Or Haneshamah will adjust its membership rates in case of financial need. Please contact Janet, our membership coordinator, at membership@orh.ca. We keep all inquiries confidential.

In the Ottawa Community

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. [Click here](#) to see the full disclaimer.

Federation Annual Campaign Events. The Jewish Federation of Ottawa's 2017 Annual Campaign launches Sunday, September 18 with two events:

A family concert, starting at 3 p.m with Juno award-winning stars of TV and stage, Judy and David, acclaimed for their ability to engage children at every turn. It takes place the gym at the Ottawa Jewish Community School, 31 Nadolny Sachs Pvt. Tickets: \$10/household.

Speaker Nancy Spielberg, an accomplished businesswoman, fundraiser, philanthropist and documentary filmmaker. Spielberg will share how she found and formed her Jewish identity, her attachment to Israel and her documentary work. Following Spielberg's remarks will be dessert and a screening of Spielberg's acclaimed documentary film Above and Beyond, which tells the story of a group of Jewish American pilots who smuggled planes out of the U.S. and flew for Israel in its War of Independence. Begins at 7 p.m., Soloway JCC, 21 Nadolny Sachs Pvt. Tickets: \$10/individual or \$20/household. Additional information and tickets available at <https://jewishottawa.com/annual-campaign-kickoff-2016>. Or contact Rena at rgarshowitz@jewishottawa.com.

Eminent journalist J.J. Goldberg speaks on Israel's march to the right (and why so many Israeli generals and spymasters morph into leftists). Thursday, September 15 @ 7:30 pm at Soloway Jewish Community Centre, Social Hall, 21 Nadolny Sachs Pr., Ottawa. J.J. Goldberg is one of the foremost American journalists covering Israel and the U.S. Jewish community. He has had a long association with the prominent Jewish newspaper, The Forward, serving as Editor-in-chief from 2000-2007 and, currently, as Editor-at-large. He has also held senior positions with The Jerusalem Report, The Jewish Week of New York and Jewish Frontier. Admission free. Donations welcome. Registration requested via email to goliger@rogers.com. Sponsored by Canadian Friends of Peace Now.

Join Rabbi Steven Garten, Scholar in Residence, and Cantor Daniel Benlolo, Tour Leader & Social Director for a **tour of Jewish Heritage in Spain and Morocco from November 2 - 15, 2016**. Destinations are Madrid /Toledo /Seville /Granada /Algerciras Tangier/ Fez /Rabat /Casablanca. Price: \$3349 USD per person, which includes round trip airfare from Montreal to Madrid (via Casablanca); 12 nights accommodations at superior first class hotels. 18 Meals (12 breakfasts, 1 light Riad lunch, 5 dinners). Luxurious private motor coach. For info and reservations, contacts are:

- Rabbi Garten – (613)791-5491 or rabbishg@rogers.com

- Cantor Benlolo – (613)789-3501 ext: 226 or chazzan@bethshalom.ca
- Suzanne Anderson - 1(800) 337-7773 or suzanne@smartours.com

OrH members and their children are invited to join our friends at Temple Israel for **Temple's Junior Youth Group (JYG) school year kick off** with a game of Bubble Soccer on Sunday afternoon, September 25, 2016 (time and location TBA). The game is about one hour long, and approximately \$20. If you are interested, please contact Lisa Rossman at 613-986-1190 or email LisaRossman@hotmail.com. The event can take place only if enough kids register.

The Multifaith Housing Initiative (MHI) is currently raising funds to support **Veteran House**, a new housing complex integrated with support services for Ottawa's homeless veterans. If you are 18 and over you can [enter a raffle for a new car](#). For more information on Veterans House [visit the MHI Web page](#).

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 be needing 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

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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.