



Dael Adams Segal

I am Dael Adams Segal, mystical Jewish poetess, blessed to be writing, facilitating, learning, and contributing. I write poetry, midrash, and prayer, and am grateful when I'm able to offer some of it in our Or Shalom services, life cycle events, or the High Holy Days. I'm presently working on three books: one about the Torah, one a twenty-five year collection of love poems to Zelik, my husband, and one a work of fiction (which I've been working on and off for more years that I am comfortable sharing).

Over the last four years I have been facilitating with gratitude, joy, and awe, our Women's Heart Centered Torah Study.

I have been a member of Or Shalom for over 25 years. Zelik and I were the first couple to be married in our present day Bayit! I have two daughters and a granddaughter- one daughter living in Salt Lake City, Utah (much too far away) and one daughter and granddaughter, living near to us in Vancouver (thankfully close).

I was born and grew up in San Francisco, California. My first Jewish learning was with beloved teachers, Cantor Reuven R. Rinder z"l, Rabbi Alvin Fine z"l and Rabbi Meyer Heller z"l at Temple Emanu-El -- a reform congregation housed in a majestic historic synagogue built on the north side of the city. A story to share, but not for now, is how learned that I was Jewish. A story to share now would be that for all my life listening for the meaning and unfolding and becoming the promise of who and what we are has been a calling.

Writing and sharing words has always been quintessential to me. As I child, I acted and sang in a children's opera company. As a teen, I sang and performed wherever I could. I graduated in Dramatic Arts from U.C. Berkeley (BA) and Theatre Arts from San Francisco State University (MA) in California. I have written, performed, and produced award winning children's television in Canada and the USA; taught acting, acted, directed, and produced both theatre and opera; and facilitated healing and peacemaking through writing in Canada and in Israel. Appreciating the healing power of story and writing, I authored and published my first book in 2001, *The Hour Stories, An Inspirational Technique for Writing Story*. (thehourstories.com)

Though I have been thankful and fulfilled through all of that work, I find these days of my life lived as a wife mother grandmother and friend and immersing in Jewish study and teaching, immensely meaningful. I am grateful for continued

writing, facilitating, learning, and contributing.

Ask me about my flying across Victoria's Macpherson Playhouse stage (yikes!) as FOUFOULI. I wrote it but I NEVER thought I'd have to do it! You can see that adventure here:

<https://www.youtube.com/watch?v=uWvolLn9ztM>)

Blessings, Dael