

KEREN OR

Keren Or is a publication of Or Shalom Synagogue
High Holydays 5773 Edition



MESSAGE FROM OR SHALOM'S CO-CHAIRS

It's been a wonderful 5772 for Or Shalom, and we look forward to 5773 as we move into Or Shalom's 35th year as an inclusive Jewish spiritual community in Vancouver.

As co-chairs, we take this time of year to reflect on the challenges and opportunities Or Shalom faced over the past 12 months. This year we've again appreciated our staff's energy and member engagement, partially as a result of being infused by our second year of donations from the Or Shalom Campaign. We thank you for your donations. This year we benefitted from the hiring of our first full-time Program Manager, providing us the long-awaited capacity we have desired to increase our family and childrens' programming and undertake some of the projects volunteers are less keen to do. We are grateful to Jacob Haas for this year of programming, and wish him well as he moves to the beautiful city of Terrace, BC.

One of the guiding principles of Or Shalom has been to be an inclusive and welcoming community for those exploring Judaism, and those aspiring to return to a meaningful connection with their Jewish identity, one that may have suffered a break for any number of reasons in the past. Each year Reb Laura welcomes explorers through her Exploring Judaism class, and many of the graduates make wonderful contributions to Or Shalom and the greater Vancouver Jewish community.

continued on Page 2...

Or Shalom Synagogue is a Jewish spiritual community in Vancouver BC, affiliated with ALEPH: Alliance for Jewish Renewal. We are creative, egalitarian, traditional and participatory.

For more information about Or Shalom, see our web page
www.orshalom.ca, or call the Or Shalom Office
604.872.1614
email: office@orshalom.ca

MESSAGE FROM OR SHALOM'S CO-CHAIRS

One of the keys to a vital community is the contribution and involvement of all generations, and it is a great pleasure to see our new Toddler program, while the grizzled men of the Grind continue to explore Torah every other week at the Grind Café from the perspective of those who have seen much. This year, the board spent a lot of time talking about Tikkun Olam, reviewing how we as a synagogue fulfill this mitzvah.

With thanks to the campaign, this year we renewed some of Or Shalom's physical space to match our spiritual kavanah. This year's investments included a new roof, and new furnaces. The furnaces will keep us all cozier on those cool Vancouver Shabbatot, and will also save energy, and our hearing, as they are much quieter than the previous one.

Behind the many programs, deep davvening experiences, and our annual high Holydays event, where we welcome our extended members, friends, family and visitors, are our dedicated volunteers and staff who make the vision of Or Shalom real every day with their efforts. Lily Salja, our office manager, is the friendly face of Or Shalom who keeps the finances and operations ticking along, and Reb Laura Duhan Kaplan continues to bring her insight, wisdom, teaching and organizational skills to Or Shalom.

This June Or Shalom held a Hagigat HaRav event, celebrating Reb Laura, and took the step of asking her to be our permanent Rabbi, and look forward to many years of study, learning, singing, and shared joy that has accompanied the arrival of her, her husband Charles Kaplan, and family since 2005.

The board is made of a team of caring and thoughtful people: Avi Dolgin, Ron Einblau, Martin Gotfrit, Val Lev Dolgin, Linda Peritz, Adele Ritch, Mark Winston, and Leora Zalik. They deserve your appreciation for their time and dedication. Please join us for the Annual General Meeting on October 21, 2012. Maybe this is the year you will deepen your relationship with Or Shalom by joining a committee or the board. We would warmly welcome you.

David Kauffman & Laura Rosenthal, Or Shalom Co-chairs



Teshuvah is a recalibration of consciousness. All kinds of activities -- physical, emotional, mental or spiritual -- can be vehicles of Teshuvah: Overcoming emotional negativity and anxiety. Ridding one's self of selfish urges and destructive desires. Changing our diet and exercise plan in order to improve vitality. Acknowledging the essential unity of HaShem and choosing wholeness for our self.

-- Rabbi Dov Ber Pinson

FIVE STAGES OF FORGIVENESS

RABBI LAURA DUHAN KAPLAN

Rosh Hashanah is followed by the *aseret yemei teshuvah*, ten days of repentance and return. Our sages recommend that we take this time to ask family, friends and colleagues to forgive us for any hurt we may have caused. Our sages teach that we must acknowledge the wrong, ask forgiveness, make reparations, and not repeat the behavior. Idealistically, they hope that everyone would engage in this process regularly, so that deep, long-term hurt would be rare.

However, reality falls short, and we all carry pain from experiences in which no one recognized how they hurt us. The Linn family, in their book *Don't Forgive Too Soon*, describes a slow but effective process for inner healing.

Stage One: Denial. In this stage, while we know something ugly happened, we don't admit that it hurt us. We go on with everyday life, putting one foot in front of the other. We may simply be numb. Or we may proudly tell ourselves that the offender doesn't have the power to hurt us. Or we may appeal to our high ideals, pretending that we are too enlightened to be upset. *Acknowledging the hurt helps us move forwards.*

Stage Two: Anger. In this stage, we recognize clearly that we are upset, and we rehearse to ourselves over and over again what the other person did to us. Sometimes we tell ourselves that the other person deserves our anger – forgetting that *we* are the ones who live with the anger, not them. *Speaking with a trusted friend or advisor helps us think in new directions.*

Stage Three: Bargaining. In this stage, we contemplate the possibility that we could forgive – but only if the person does exactly what we want them to. Bargaining has positive and negative results. On the positive side, we articulate for ourselves what our boundaries are, and we gain self-knowledge that is useful for the future. On the negative side, we may convince ourselves that we will never recover from the hurt if the *other person* doesn't change. *Noticing what we need from ourselves and from others in order to move on helps us find it.*

Stage Four: Depression. In this stage, we begin to give up on waiting for the other to change and we lose hope. We blame ourselves for what happened. We think, if only I had done x...if only I would do y... if only this inner dialogue would shut up! And we may think, if people knew what kind of a mess I am capable of causing, they would all hate me. *Nourishing ourselves with sunlight, exercise and prayer can ground us as we move through this inevitable stage of letting go.*

Stage Five: Acceptance. In this stage, we accept what happened, we recognize that it was in the past, and we acknowledge that we have learned from our experience. Acceptance doesn't mean that everything in life has healed, but it does free us from the tyranny of the event, and makes it possible for us to move forwards. *Putting our learning into practice helps us grow.*

■ Reprinted by request from 2009

JUNIOR KEREN OR

The Shofar

The Shofar is made from a ram's horn. When we blow into it, the shofar makes a loud sound. The sound wakes us up, and we remember to think about how to live better in the New Year.

Make a Kazoo Shofar

- Draw the shape of a Shofar on a piece of construction paper.
- Cut it out with scissors, trace around it, and cut the second one out so you have two.
- Decorate any way you like.
- Using cellophane tape, affix a small kazoo inside between the two Shofar cutouts so that the mouthpiece of the kazoo lines up with the mouth of the Shofar shapes.
- Make kazoo sounds with your Shofar.

Make a Tzedaka Box. Giving tzedakah helps people and organizations who don't have enough money to buy what they need. It makes the world a better place.



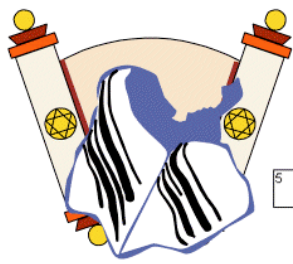
- A round or square box e.g. oatmeal container, quick chocolate milk container or an old money box
- Corrugated paper (found under the first layer of a brown cardboard box)
- Strong glue
- Scissors
- Gold spray paint
- Old Newspaper



1. Cut out different shapes from the corrugated paper resembling shapes of Jerusalem arches and buildings.
2. Stick these around your box and press firmly.
3. Cut a slit in the top of the box for the money.
4. Spray the entire box with gold paint and hey presto, you have a Jerusalem Tzedaka Box.

CRAFTS & ACTIVITIES FOR ROSH HASHANAH

Yom Kippur Crossword



1
2
3
4
5
6
7

Down

- The closing prayer
- The morning service
- The second Service
- A memorial prayer
- All Vows

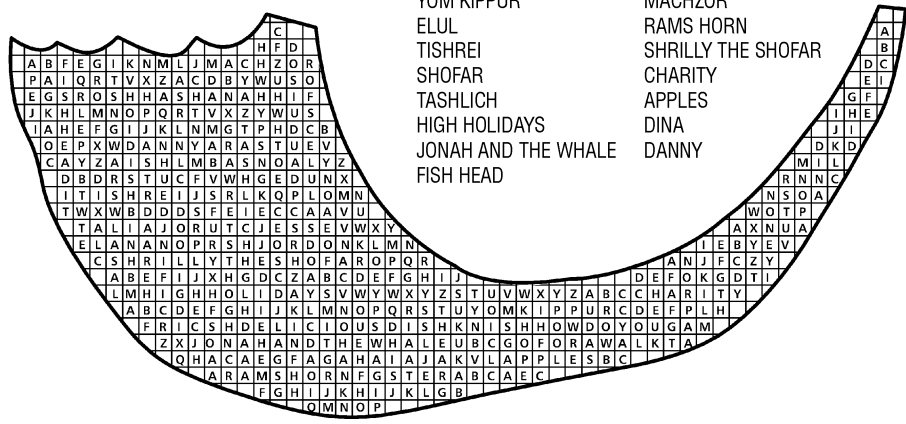
Across

- Prayer book for the high holidays
- The afternoon service
- Happens on the 10th of Tishrei

SHOFAR WORD SEARCH

Find the words going horizontally and vertically!

ROSH HASHANAH	HONEY
YOM KIPPUR	MACHZOR
ELUL	RAMS HORN
TISHREI	SHRILLY THE SHOFAR
SHOFAR	CHARITY
TASHLICH	APPLES
HIGH HOLIDAYS	DINA
JONAH AND THE WHALE	DANNY
FISH HEAD	



ADULT EDUCATION 2012-2013

WITH OR SHALOM

Year-Long Courses

Exploring Judaism, led by Rabbi Laura Duhan Kaplan

An introduction to Judaism's history, spirituality, and yearly cycle.

Tuesdays 7:00 - 9:30 pm: Sept 11, Oct 2, Oct 16, Nov 6, Nov 20, Dec 4, Jan 8, Jan 22, Feb 5, Feb 19, March 5, March 19, April 16, May 7, May 21, June 4

Free to members; fee for nonmembers

Adult Bnei Mitzvah, led by Susan Shamash & Rabbi Laura Duhan Kaplan

For students with basic Jewish literacy, seeking to expand their synagogue skills and Judaic knowledge.

Tuesdays 7:00-9:00 pm: Oct 30, Nov 13, Nov 27, Jan 29, Feb 12, Feb 26, Mar 12, Apr 9, Apr 23 – plus the “Examining Our Prayers” class

For Or Shalom members

Shabbos Tisch

Examining Our Prayers, led by Gloria Levi & John Fuerst

A historical, liturgical and poetic exploration of themes, barriers to prayer, praying with intention, the Shema, and the formula for blessings

A one-hour class following Kiddush lunch after Shabbat services, Oct 13, 27, Nov 10, 24, Dec 8

Pirkei Avot, led by Zelik Segal

Reading and reflective discussion of ethical teachings from our Talmudic sages

Class follows Kiddush lunch after Shabbat services on most Shabbat afternoons (except when “Examining Our Prayers” is in session)

Lunchtime Treats

Compassionate Speech: Avoiding Lashon Hara, led by Rabbi Laura Duhan Kaplan

Reflect on the teachings of the Chofetz Chaim about the spirituality and practicality of careful speech.

Thursdays 12:00-1:00 pm Sept 6, 13, 20. Please bring your lunch.

Philosophers Café

“Spirituality in a Love Relationship,” moderators Laura & Charles Kaplan

October 24, 7:30-9:00 pm at Or Shalom.

“Death With Dignity,” moderators Sally Thorne & Laura Duhan Kaplan

November 28, 7:30-9:00 pm at Mt. Pleasant Community Centre



ADULT EDUCATION 2012-2013

WITH OR SHALOM

Children of Abraham "Book Club"

Wednesdays 7:30-9:00 Nov 7, 14, 21, Dec 5, 12

How Christians Read Hebrew Bible

November 7

With guest speaker Rev. Dr. Pat Dutcher-Walls, Professor of Hebrew Bible and Dean of Studies, Vancouver School of Theology.

Christian Biblical Interpretation

December 15

With guest speaker Rev. Dr. Richard Leggett, Saint Faith's Anglican Church and Co-Chair CJC Jewish-Christian Dialogue

Book of Luke Discussion

November 17, 21, December 12

led by Or Shalom's Charles Cohen

Reading: The Jewish Annotated New Testament edited by Amy Jill Levine & Marc Brettler

MEMBERSHIP COMMITTEE

How does our community welcome someone who may be participating in a Shabbat service or a festival celebration with us for the first time? Or Shalom's Membership committee tries to greet new participants, introduce them to a few people in our community, and answer their questions. We hope to create a warm and friendly atmosphere for everyone who comes, and we hope that they come back. We also hope that they decide to become active members of Or Shalom.

The Membership committee keeps in touch with new members as they find their home at Or Shalom. We help them become familiar with our rituals as well as connecting them with people of similar interests or at similar places in their lives: young families, young adults, seniors, artists, musicians, gardeners, etc.

As a community, we designate a Shabbat service each year for recognition of our new members, as an opportunity for us to get to know them and for them to meet more members of our community. And there is no better way to do that than to eat together, sharing a special Kiddush lunch for new members that is sponsored by the Membership committee.

Our committee has six members: Linda Peritz (Chair), Martha Barker, Robert Ezzy, Mary Lynn Schlifer, Robin Friedlander and Elaine Fridkin. If you know of new or potential members who might appreciate our help, let us know. Suggestions are welcome as you are too! Contact any of us or Linda (linda.peritz224@gmail.com).

FAMILY, YOUTH, AND CHILDREN'S PROGRAMS

FALL AND EARLY WINTER, 2012-2013

Kids Club for Elementary School age children – NEW!!!

Weds 4:00-6:00 pm: Sept 12, 19, Oct 3, 10, 17, 24, Nov 7, 14, 21, 28, Dec 5

Fun Judaic learning in an active, relaxed activity-centered classroom. Taught by Noah Finkelstein and Madison Slobin under the supervision of Rabbi Laura. Preregistration required; program tuition is \$180.

Family Shabbat

Shabbat mornings, 10:30 am: Oct 6, Nov 3, Dec 1, Jan 5, Feb 2, March 2, Apr 6, June 1

From 10:30 am until 11:15 am, children and youth meet in the social hall. Preschool through elementary age children enjoy a program of stories, games and snack led by Camp Miriam counselors; older children and bnei mitzvah students prepare a parsha play with Rabbi Laura and Hillary Kaplan. At 11:15, all ages meet in the sanctuary for the play, discussion, and Torah service.

Bnei Mitzvah Class

Sunday afternoons, 3:00-5:00 pm: Sept 23, Oct 21, Nov 18, Dec 16, Jan 20, Feb 17, Mar 17, Apr 21

Our program of preparation for a joyous, family-centered bar and bat mitzvah celebration includes this active, engaging class; participation in family Shabbat; individual study with a tutor and the rabbi. Pre-registration in the bnei program is required. Contact: reblaura@orshalom.ca

Toddler Parties

Sundays 11:00 am -12:00 noon, Oct 28, Nov 25, Feb 10, Mar 10, Apr 14

Sunday morning fun for ages 1-3! Sessions may include songs and stories with Reb Laura; art with Lily Salja; and games with Noah Finkelstein. Healthy, fun snacks included! Meet other parents; introduce your children to the synagogue.

Deep Discussions Teen Program, grades 8-12

Tuesdays 6:00 pm at King David High School, Dates TBA

An Or Shalom class offered at the greater Vancouver Jewish community's teen program.

For more information about children and youth programming, contact reblaura@orshalom.ca



TAKE COMFORT

by John Fuerst

On Shabbat Nachamu, the Shabbat of Comfort, we leave the deepest valley of Tisha b'Av, the day we mourned for the destruction of Jerusalem and the loss of our Temple, and begin journeying towards the heights of Rosh Hashanah and Yom Kippur. We read from Isaiah: "Nachamu, nachamu ami," "Comfort, oh comfort, My people."

One afternoon, a few months ago, my wife Pat and I made our way through the Old City in Jerusalem to the Kotel, the Western Wall. As I began to daven Mincha, "Ashrei yoshvei veitecha," a man to my left began to weep, to weep loudly.

It wasn't until I began to prepare this d'var that I put the three together: the Kotel, the weeping man, and the Psalm that begins Mincha, "Happy are those who dwell in Your house." For the Psalmist it safe to say that the house was the Temple – that house is gone. And even though the Judaism we practice, rabbinic Judaism, was built in part in compensation for the loss of the Temple, we still mourn that loss every year on Tisha b'Av.

Now, I am not advocating rebuilding the Temple, but for our ancestors the Temple was at the centre of the physical geography of their world. When that centre was destroyed, we lost an anchor.

We have seen so much destruction in our lifetimes and those of our parents: the Holocaust (I should say our holocaust, before ours there was the Armenian and after ours the Rwandan), the unleashing of atomic bombs on civilians, the ongoing destruction of the only environment in which our species has thrived. The man at the Kotel may have been weeping for a specific reason, because of an individual loss, and God knows there are many such reasons to weep, many events that cause us to cry. Or he may have been weeping out of that deep sense of universal loss that comes to us when we pray at the Wall of what had been our Temple. Where do we find our comfort when we feel an absence at the centre of our souls, a hole in the structure of the universe?

Isaiah answers this question. An angel asks: "What shall I proclaim?" The answer: "All flesh is grass and it's goodliness like the flowers of the field. Grass withers and flowers fade but the word of our God stands forever." More words of Isaiah: "Who has measured the waters? Who has gauged the skies?" "Lift up your eyes and see, who created these?" This is the comfort of knowing that our troubles and our problems are quite small in the larger scheme of things, the comfort that comes from knowing that the world, the universe, goes on with or without us. The comfort that comes from knowing that there is a centre to the universe, that the physical Temple was only a representation of that centre and even with the Temple's destruction the centre does hold – we call that centre God.



Rosh Hashana Haiku

Apples and honey
Sweet sticky lips for shofar
Shma! and then we eat

Melodies that move
Prayers that shower gratitude
Hugs are essential



Looking straight ahead
Remembering loved ones past
A New Year begins

Shana Tova!
by Kymn Goodman
September 2012/Tishrei 5773

Sonnet 31: Spring Shabbos

A dream of dawn's light drifting drowsily,
through cherry blossoms of pink perfection,
spiraling downwards in idle reflection,
a morning miracle for all to see.

A lonely willow weeping for her friend,
now stands alone against the wind's violence,
her prayers should not echo in the silence,
together twined, a sapling's strength to lend.

Joy and sorrow, Your holy day has wrought,
Of pain and peace, ruin and rest we partake,
In community, a soul is rooted.

Sheltered by the commandments You have taught,
We may yet yield, but never will we break,
As for each challenge, one's gifts are suited.

- Miriam Doba

Vancouver

From east to the west,
I look to the seas,
I look to the mountains and I look at the trees.
I feel the breeze tease gently my soul,
I feel the life force of even the smallest mole.
I see the bums pleasing for food,
I see the slums poverty imbued.
I go to the west and see wealth around,
People living, laughing, enjoying downtown.
I view the coyotes scrounging for grub,
Wishing and wanting their own little hub.
This city so vast and life so broad,
I wonder if this beauty is all just a fraud.
From poverty and wealth,
Victims to thugs,
All that surrounds us is unbearable smog.
Drug addicts aren't people and neither are thugs.
Who cares about the life of a few thousand bugs?
Animals have no souls, they cannot feel,
Their homes ravaged and paved to our ideals.
What we must remember, what I tell you is true
We're all in this together, it's not just about you.

-- Eli Kaplan

ROSH HASHANAH AND...BEES?

MARK WINSTON

As a beekeeper and a Jew, September and October have always been my favorite months. It is an important time for bees, the final opportunity for colonies to bring in the last dribs and drabs of fall honey, and for beekeepers to prepare our hives for the long winter ahead.

Rosh Hashanah, Yom Kippur and Sukkot also happen in September or early October, festivals of renewal and reflection where bees and honey play a prominent role, particularly when we dip slices of apple into honey and recite: "May it be your will, Lord our God and God of our ancestors, to renew this year for us with sweetness and happiness."

The simple rhythm of blessing, dipping and merging apple and honey holistically unites my own disparate identities of beekeeper, scientist, teacher and Jew. It is at these moments that I feel most whole, and at these times of celebration that I most deeply understand the role of bees in nature and in my own life.

Apples would not exist were it not for the pollinating influence of the bees, which transfer pollen between flowers every spring, setting the seed for the apple fruit. The apples, for their part, produce sweet nectar in their flowers, which attracts the bees to dip their tongues deep into the flower, knocking pollen off the flower and onto their hairy bodies in the process of imbibing. The pollen rubs off on subsequent floral visits, fertilizing the flowers, and the life and growth of the new apple fruit begins. The nectar from the apple flowers is carried back to the bees' nest, turned into honey and stored for the winter, providing the honeybee colony with the energy it needs to survive until the next spring, when the cycle is renewed as the bees pollinate again.



We Jews recognize this annual cycle, one depending on the other, by joining the apple and honey together to renew the sweetness of the seasons. This closely intertwined relationship has even deeper meaning, because the quality of the apple depends on the number of bee visits. The more bees that visit each flower, the larger and rounder the fruit. The quality of the fruit is further enhanced when the donor and recipient trees are different varieties.

In a similar way, it is the cross-fertilization of ideas and communal worship that draw us together to celebrate in our homes and synagogues. We derive strength and wisdom from our mutual visions, just as the apples are improved by the visits of the bees and the transfer of diverse pollen. The feel and smell of the bee yard are right there with me during our High Holydays, connected with the cycles of the seasons and the profound beliefs and history from which my own rituals descended and, hopefully, which my descendants will learn from and enjoy.

Yes, there is much that can be revealed when the taste of crunchy apple is mixed with the sweetness of honey. But isn't it always like that, with wonder all around us when we open our eyes to the profound insights imbedded in the simplest of pleasures?

Mark Winston is a professor of biological sciences and Director and Fellow in the Centre for Dialogue at Simon Fraser University. A longer version of this article first appeared in Bee Culture magazine and the Jewish Bulletin (now the Independent).

TZEDAKAH AND TIKKUN OLAM

TIKKUN OLAM COMMITTEE

At Or Shalom, we believe in Tikkun Olam and Tzedakah. Therefore we consciously grow in our ability to care for our environment and for the people in it.

Many of us at Or Shalom are actively involved in healing the world. Beyond our involvement as individuals, however, as Jews we take on a community commitment to participate in Tikkun Olam activities. Because time pressures often preclude direct participation, for most of us this means giving Tzedakah.

On Rosh Hashanah and Yom Yippur, we repeatedly utter the words *Teshuva, Tefillah and Tzedakah*. This year, on Erev Yom Kippur, do not let the word “Tzedakah” be an afterthought. Please remember that giving Tzedakah is a deliberate choice requiring forethought. Please give fully, thoughtfully and from the heart to our collection basket before Kol Nidre.

Or Shalom distributes Tzedakah funds using a four-pronged approach to help local, international, Jewish and universal organizations. Last year we donated to the following:

1. Israel: *Open House Ramle* works with children and youth to further peace and coexistence among Israeli Arabs and Jews. *Shanti House* serves youth at risk in Israel. *Arava Institute* prepares future Arab and Jewish leaders to cooperatively solve the region’s environmental challenges.
2. Jewish Vancouver: *Hebrew Free Loan Association of Vancouver*. *Tikva Housing Society*, providing affordable housing for adults and families living with a disability or low income. *Alisa Bowman Leadership Fund at Camp Miriam*, offering scholarships for aspiring young Jewish leaders.
3. Vancouver: *Vancouver Homework Club* provides tutoring and social support for inner city students. *St. James Social Services Hospice Program*, makes available a dignified end for the terminally ill.
4. International: *Stephen Lewis Foundation*, provides HIV/AIDS education, support and care in Africa. *American Jewish World Service* is an international development organization. *Survivor Mitzvah Project*, lends support to Holocaust Survivors in Eastern Europe.

The Tikkun Olam committee does more than just recommend Tzedakah distribution. This year, we marched behind the Or Shalom banner at the 30th anniversary of Vancouver’s March for Peace. We ensured that extra food from events was donated to a nearby shelter, that extra clothing from our swap went to another shelter, and Or Shalom gardeners took the lead in transforming our space into edible produce. We spent time envisioning future plans and engaging with the Or Shalom Board on principles and policies for action.



There are many projects on the drawing board, but time and energy will only stretch so far. If you could lend a hand, the committee would welcome your support. Contact Mary madlersberg@aol.com or Helen hwilkes@interchange.ubc.ca with your suggestions. Meanwhile, from your Tikkun Olam committee, LShana Tova. Let us work together to create a good year for all.