



Getting to Know Sara Buell

I was born in Calgary in 1953 and was given the name Sara Zehava -golden princess - great name!

Our family did a lot of travelling at holiday times and a love of travel and adventure was instilled in me. Before school started we spent winters in Palm Springs and Christmas in Hawaii before my father's tragic death when I was 14.

But the travel bug had been planted and I went to Israel for a year at the end of high school. When travelling in Mexico with my boyfriend, he ended our relationship and dropped me off in Guatemala. Going to another country is a great way to end a relationship!

When I returned to Canada I got involved with the Whirling Dervishes, a very disciplined spiritual practice. I was a "Whirling Dervish" for several years and I studied with a very wise dervish. I married my husband who became a teacher in the Sufi community. I was blessed with becoming a mother to my beautiful daughter, Naomi - "my delight".

As an administrative assistant at a program for youth, I made a very big change - left my husband, my job, and the Sufi community and embarked on university life as a single mother where I completed two degrees in 8 years and became a counselling professional including an 8 year stint as a counsellor at Jewish Family Services. One of my favourite memories was making a Shabbat dinner for a terminal patient and his wife, driving it out to the hospital and having Shabbat dinner together. I moved to Campbell River and was hired by a gambling addiction program until I retired last November.

Missing a Jewish life, I returned to Vancouver to join my daughter and to reconnect with Or Shalom where in the past I learned to read Torah, taught my friend's daughter her Bat Mitzvah portion and served on the board that hired Laura to be our wonderful rabbi.

The Sufis say "may God increase my sorrows" that's how we learn and grow. Part of my current challenges are struggling with macular degeneration, losing my vision and mobility challenges from transverse myelitis. I am very glad to be back at Or Shalom and I am looking forward to being part of this community again.

Come and connect! And ask me about scuba diving in Israel.