

KEREN OR

THE NEWSLETTER OF OR SHALOM קרן אור

ב"ה

Or Shalom Jewish Spiritual Community, Vancouver, B.C.

<http://orshalom.ca>

Nissan/Iyar/Sivan 5761 April/May 2001

Nissan/Iyar/Sivan 5761
April/May 2001

TABLE OF CONTENTS

The Reb Site: Peh-Sach: Learning Through Our Bodies..	2
Welcome a Guest to Your Seder.....	3
Learning for Pesach and Shavuot.....	3
Retreat: Your Chance to Get Away and Get Together..	4
My First Retreat.....	4
Alan Morinis Spreads Teaching of Path of Musar.....	5
My Heartwarming Visit to Rosa House in Croatia.....	6
Group Aims to Organize Child-Friendly Events.....	7
O”S Receives Grant for Children’s Shabbat Program....	7
Open House Kabbalat Shabbat.....	7
The Weekend of Weddings.....	8
Tips for Donors: Here’s What Our Community Needs..	8
Hebrew School Update.....	9
Mini-Ulpan Expands to JCC	9
Kiddush Corner.....	9
Passages.....	10
Sali Gabba.....	10
Adam va-Adamah Bike-a-Thon April 29.....	10
News and Schmooze.....	10
Recent Donations.....	11
Keren Or Contributors.....	11

DON'T MISS THE RETREAT, MAY 18-21

KEREN OR

THE NEWSLETTER OF OR SHALOM קרן אור

Or Shalom Jewish Spiritual Community, Vancouver, B.C.

<http://orshalom.ca>

Nissan/Iyar/Sivan 5761 April/May 2001

PEH-SACH: LEARNING THROUGH OUR BODIES

By Rabbi Hillel Goelman

Some years ago Sheryl and I were working in Jewish summer camps in different parts of Europe. During one three-week camp for Jewish university-aged students on the Adriatic coast of Yugoslavia we tried to celebrate almost the entire calendar year of Jewish holidays. In rapid succession our campers blew the shofar and dipped apples in honey, built sukkot, made hanukiyot and latkes and celebrated Tu B'Shvat, Purim, Pesach, Lag B'omer within days of one another. The only holy day that fell in its own true time frame was Shabbat.

While we taught a lot of information, songs and stories, we didn't really communicate the ways in which both the seasons of the year and our bodies teach us important lessons through the holy days. The seasonal aspect is pretty well known. Pesach is "the spring-time festival" that celebrates new life and Sukkot is the fall harvest.

There is also a kabbalistic tradition that each holiday is aligned with a specific bodily organ or function and that the purpose of the holiday is to affect a "tikkun" for that organ.

"Tikkun" can be translated as a fixing or clarification or cleansing of that organ/function. For example: Hearing the sound of the shofar on Rosh Ha-Shanah can help us to listen to our spiritual voices and gazing into the Hanuka lights can help sharpen our ability to see spiritual lights that often go unseen.

The tradition says that Pesach is the holy day that helps us to focus on what we do with our mouths:

THE REB SITE

our eating and our speaking. When we eat matza we sharpen our consciousness about what we eat and pay close attention to what food passes from the outer world around us into the inner world within us. We pause; we look at the matza; we appreciate that in that moment a miracle is about to take place when we ingest a piece of food.

The rabbis pun that the name Pesach can be read as two words: Peh-Sach, or, "the mouth (peh) that speaks (sach)." At one level this reminds us that the major activity on Pesach is the re-telling of the Exodus from Egypt. The Hagada says that "whoever tells the most stories about the Exodus is to be praised." But the rabbis go even further when they say that the letters in the name of Pharaoh (pronounced in Hebrew as "Par-oh") can be re-arranged into the words "Peh-Ra" or, "evil-speaking mouth". The teaching is that the true evil of Pharaoh was that he used the power of his own speech to enslave and oppress, rather than to praise.

The teaching for all of us is that Pesach is a holy day to help us clear ourselves of unwanted leavening, ego and self-importance. It is a holy day that reminds us that the daily activity of eating can be a sacred and conscious act or a mindless automatic one. It is a holy day that reminds us that with our speech we can either enslave or liberate, oppress or uplift, cause harm or bring healing. May your Peh-Sach be full of light, joy and happiness. Amen, v'amen.





ACHNASAT ORCHIM: WELCOME A GUEST TO YOUR SEDER

By Rory Richards

Kol ditsrach, yetay v'yifsach
All who need, come and eat

This article is to let everyone know of a wonderful mitzvah opportunity within our community. The mitzvah of achnasator chim or welcoming guests is a beautiful and integral part of Judaism. It is one of the mitzvahs that make a community, in particular Or Shalom, a happy and meaningful place to belong to.

As Pesach approaches most of us start planning our meals and gathering our loved ones to prepare for feast and celebration. However, there are many members of our community, both new and old, who are not privileged with the blessing of having their family and loved ones so close. They rely, like all of us in one way or another, on the kindness and support of their community.

This is an opportunity for many people to open their homes and celebrate the mitzvah of achnasat orchim with family and friends. This is also a wonderful opportunity for anyone who doesn't have an invitation for the holidays to take the initiative and plan a potluck seder for members in their area.

Don't be shy! It is possible and deeply rewarding when it happens! I will be acting as a matchmaker. If you need a place to go or have a place to share, please contact me.

If you could include a brief introduction of yourself, which seder you would like to attend (first or second night) or which seder you have room at, any food

concerns or pet allergies you may have, and the area in which you live, it would be very helpful.

LEARNING FOR PESACH AND SHAVUOT

Three activities have been planned to help us all prepare for Pesach and Shavuot.

On Thursday, March 22, at 7:30 p.m., Reb Hillel Goelman will be leading a session on "preparing for the Seder." We will be going over some of the rituals, songs, and mysteries of the seder service. Bring tape recorders, paper, pencils, etc..

On Shabbat, March 24, Reb Mordecai Wosk will teach a class during the "kiddush, lunch & learn" after davening. Reb Mordecai will discuss the powerful imagery and metaphor of yetziat mitzrayim, the exodus from Egypt, in terms of our own evolving personal liberations.

Every shabbat between Pesach and Shavuot, Reb Hillel will do a teaching from Pirkei Avot, "Ethics of Our Ancestors."

NEW MEMBERS

By Carol Pearlstone

Miszka is originally from Seattle and has spent the last six or so years searching for a community, both Jewish and non, to put down roots and build friendships. "I believe I found that here, at least for a while, in Vancouver," says Miszka. "I began attending Or Shalom's classes with a friend, and found an environment of open-minded people, willing to discuss difficult issues." Although she comes from a background unusual to many in the community (i.e., street culture), she has found Or Shalom welcoming. She enjoys reading, drawing, surfing the web, and working on several zines: "Jew Crew" and "Yd Skid". Miszka also enjoys coffee and meeting new people... "so feel free to contact me if you'd like to meet," she says.

Lorne Prupas is not really new to the Or Shalom community. In fact, he has attended High Holiday services at Or Shalom for many years and counts, as haverim, many members of Or Shalom. This past year, Lorne said kaddish for his father. Though he said kaddish in many different places, he found the times when he did so at Or Shalom particularly meaningful and, as a result, has decided to become a member. He looks forward to sharing shabbat and holiday observances with the community.

New members or those wanting to find out more about Or Shalom are encouraged to contact Martha Barker or Carol Pearlstone.

YOUR CHANCE TO GET AWAY AND GET TOGETHER

By Marty Puterman

With the May long weekend quickly approaching, planning for this year's retreat is well underway. The retreat will be held May 18-21 at the Mountain View Conference Centre (previously known as Camp Hope) which is close to Hope and a pleasant two-hour drive up the Fraser Valley.

This year will again feature Shabbat davening beneath the majestic mountains, the Saturday night campfire and singalong, the Sunday afternoon softball game, the famous Or Shalom talent show and lots of learning, eating and schmoozing. But many special events are planned for this year. Sunday evening will feature a repeat performance of Wendy Oberlander's and Sarah Leavitt's play "Sometimes Known as Esther"; the true story of Esther Brandeau, a Jewess who sneaked into Canada in 1738; and Carol Anne Fried will offer Mah Jong 101. Of course, a fun-filled program is planned for the kids.

Our guest rabbi, Tirzah Firestone, founding spiritual leader of the Jewish Congregation of Boulder, Colo., will lead Shabbat davening and engaging workshops. "I would love to talk about the spiritual and psychological issues that arise for people on the spiritual quest," she says. Reb Tirzah says she intends to use text and discussions as well as chanting/singing, guided visualization and even some sacred dance.

Reb Tirzah, who was ordained in 1992 by Rabbi Zalman Schachter-Shalomi, is the author of "With Roots in Heaven: One Woman's Passionate Journey Into the Heart of Her Faith." Her unusual route to the rabbinate included a strict Orthodox upbringing in St. Louis, Mo., exploration of Hinduism, kundalini yoga, New Age mysticism and Jungian psychology, and marriage to a Christian minister.

The retreat offers something for everyone. It gives us a sense of belonging and builds a true sense of community. We hope to again see last year's 100-plus participants back again and extend a special invitation to new members of Or Shalom and those of you who have never been to our "Get Away and Get Together." It is a wonderful opportunity to explore and release

the Or Shalomnik deep inside of you.

The latest information on the retreat and registration forms will be sent out by email and posted at www.orshalom.ca; an insert in this issue of Keren Or contains a registration form and Frequently Asked Questions (with answers). For more information contact the retreat co-ordinating team of Marty Puterman - , Lorne Greenberg , Bat-Ami Segal
Ellen Hamer



Rabbi Tirzah Firestone

MY FIRST RETREAT

By Sarah Leavitt

I am deeply grateful that I had the opportunity to attend the Or Shalom retreat last year. That weekend, it seemed that I was very far from Vancouver in space and time; I felt I was living a different layer of my life, a deeper, more concentrated, underneath layer.

I arrived at Camp Hope early Saturday to find people celebrating Shabbat under the morning sky, surrounded by grass and trees and mountains. I wrapped myself in my prayer shawl and watched everyone praying. I was so new to religious Judaism — I still am — that it filled me to overflowing just to watch and be surrounded by this celebration.

That night, the Havdalah celebration was a swirl of darkness and candlelight, purple wine on my lips and eyelids and ears and on the back of my head. I learned that we put wine in all these spots so that we can truly feel the sweetness of Shabat. I watched the children running around and wondered what it would have been like to grow up surrounded by ritual like this.

Sunday morning, Rabbi David Mivasar led us outside in a line, each of us with eyes closed, feet bare, hands on the shoulders of the person ahead. There was cold dew under my feet. When the rabbi told us to open our eyes, we were gazing up at a huge blue mountain swathed in mist. I heard "HaShem, HaShem," in my head, and felt the presence of G'd in the shocking beauty surrounding us.

Later I took a walk in the woods with Al and Ann. Our

clothes got soaked walking through the dripping trees and bushes. We tried to name plants and flowers, and looked up prayers in Al's pocket-sized Artscroll siddur.

That afternoon, Rabbi David Zaslow taught me how to put on the tefilin I had been given by my grandfather. That experience inspired the story that I wrote

that's on the Or Shalom website. Soon after that I went home, full to overflowing with what I had seen, heard, felt, tasted at the retreat. I needed to be alone in my little car, absorb the newness in me. A day and a half was more than enough for me: every moment had been so full. If you can go to the retreat this year, please do; you will never forget it.

ALAN MORINIS SPREADS THE TEACHING OF THE PATH OF MUSAR

By Lorne Mallin

Thanks to Alan Morinis, more and more people are discovering the hidden Jewish path of Musar. For the past several years, Alan has focused on studying Musar, which he describes as a path of contemplative practices and exercises that have evolved over the past thousand years to help an individual soul to pinpoint and then to break through the barriers that surround and obstruct the flow of inner light in our lives.

As Alan explains on his website, <http://members.home.net/alanmorinis/>: "The Orthodox Jewish community spawned Musar to help people overcome the inner obstacles that hinder them from living up to the laws and commandments — the mitzvot — that form the code of life. That community tends to see Musar as inseparable from its own beliefs and practices, but the human reality Musar addresses is actually universal, and the gifts it offers can be used by all people."

In the last year, Alan has begun teaching around North America about the Musar path, including a Shabbaton at Or Shalom earlier this year and a day-long workshop in March. This has led to a Musar support group that will meet for the first time on Monday, March 26, at 7 p.m. at my home, West 5th Avenue. We have set up a Musar e-mail list. Information is at <http://groups.yahoo.com/group/Musar>.

As well, Alan will teach a 10-session course at Or Shalom on a Musar classic, "Tomer Devorah," the Palm Tree of Deborah, which was written in the 16th century by Rabbi Moshe Cordavero. "When I started learning Musar," says Alan, "this is the book that Reb Zalman suggested to me, and I know it was so much a favourite of Rabbi Israel Salanter (founder of the Musar Movement) that he arranged to have it republished in Vilna around 1850. It is a practical AND mystical, kabbalistic guide to help us live up to the instructions for living we are given in Deuteronomy, where we are told to "walk after His ways." What that means, and how we can do that in practice, is Cordavero's useful subject. The book is not long, and is available in English translation."



— Photo by Lorne Mallin

Alan Morinis leads a workshop at Or Shalom.

Sessions will run weekly to start after Pesah — Tuesdays April 17 to June 26 (except May 8 when Alan will be out of town).

Each session will comprise:
7-7:30 p.m. meditation or other practice;
7:30-8:30 group discussion of a section of the book;
8:30-9 a talk on an essential element of practice, tying together the particular lesson from the book with more general Musar themes and practice.

The course fee will be \$100 for the 10 classes. ☞ register, please contact me.

Musar is keeping Alan very busy. His book on Musar "Climbing Jacob's Ladder" will be published by Broadway Books late in 2001. And he is teaching Musar workshops on the following dates:

- May 6-8: Breitenbush Hot Springs Retreat and Conference Center in Oregon.
- June 21-24: Hollyhock Institute, Cortes Island.
- June 29-July 8: Jewish Renewal Kallah, Northern Illinois University, Dekalb, Ill.
- Aug. 6-12: Elat Chayyim, Accord, N.Y.

MY HEARTWARMING VISIT TO ROSA HOUSE IN CROATIA

By Vicki Robinson

As some of you know, I had the good fortune recently to visit Rosa House near Zagreb, the Croatian capital. I made e-mail contact with them before I left Sarajevo and arranged a visit on the morning of my birthday. It is very far out of Zagreb, near the airport, and it was a very foggy morning but I am so glad I did not give up looking for it. It was a hard but heartwarming few hours, for me and for them, I think.

Rosa House (named, by the way, after Rosa Luxembourg - "We are feminist!" says Djuka as we talk) is the shelter for women and children that Or Shalom has been supporting since the early '90s. The women and children are survivors of war-related trauma from areas that were hardest hit by the war. Since the beginning about 120 women and 250 kids have lived at Rosa House. Shelter staff offers information and counselling, psychological and legal help and support. It is part of the Centre for Women War Victims, which is a non-governmental, feminist, antimilitaristic, non-profit organization that works with women regardless of their nationality, religion, age, status or sexual orientation.

The Centre for Women War Victims, in addition to Rosa House, also runs the Women's Counselling Centre; does field work in the areas of group support for women survivors of war-related trauma and support for local community reconciliation initiatives and strengthening of new democratic processes; creates and conducts training sessions on many topics including communication skills and non-violent conflict resolution/transformation, organizing against domestic violence, sexual violence and violence against women in war; works in the promotion and protection of women's rights through public awareness, campaigning and lobbying and networking on local, regional and international levels.

I sat around the kitchen table for a few hours with Branka Anjukic (a refugee herself eight years ago from Jajce in Bosnia) who is the coordinator of Rosa House and Djurdjica (Djuka) Kolarec who runs the Women's Counselling Centre. It really felt like so many kitchen tables I have sat around at home — talking with women about all the good work being done, good work that still needs to be done, funding issues, fundraising and then how we support one another, our own lives, and how they relate to the work that we do.



Branka Anjukic and Djurdjica (Djuka) Kolarec in front of Rosa House.

We talked about how the Centre for Women War Victims and Rosa House began at the beginning of the civil war in the Balkans in 1991. At first, women came by word of mouth. Many women came from Srebrenica, first to the immigration office, then to the refuge called Rosa House.

At present the work is with many victims of domestic violence. Since the war, many former soldiers are suffering from PTSD (post-traumatic stress disorder). They are armed, murders are increasing, as are threats on the lives of women and children.

Through good management and good fundraising the centre was actually able to purchase Rosa House which is a great saving on costs now. As many as 28-30 people can live there at one time. The situation now is that it often serves as 2nd-stage housing for women victims of violence and their children, refugee women and women who have been trafficked.

The reality of their funding today is that at the present time both Branka and Djuka are without salaries. Donors have forgotten about Croatia and moved on to Kosovo and Albania; but the problems still exist and the need is still great. Women from Rosa House have in fact been very active in training other women in the region, as they are the recognized experts in working with women refugees and war victims.

The tzedakah funds from Or Shalom are very important to them and truly appreciated. I was welcomed warmly and graciously. Both Branka and Djuka asked me to pass on their heartfelt thanks for our interest and caring and the support they have received from us for the work they do.

GROUP AIMS TO ORGANIZE CHILD-FRIENDLY EVENTS

By Celia Brauer

Wo sind di Kinderlach farshteken? Where are all the children hiding? A group of us at Or Shalom would like to organize more child-friendly events at the shul to encourage more participation of people with young families.

Once upon a time, Or Shalom was crawling with children. Remember when Noam Dolgin, Nadav Goelman and Yoni Rabinowitz were mere infants, bouncing on their parents' knees? Some of us do! And have you been to Rosh Ha-Shanah or Purim services recently or mid week Hebrew school and seen the shul full of kids as well? Most of us have. But it seemson Shabbat, the shul is not so full of little ones. And kids, like all of us, want to have more of their own kind around to feel comfortable.

We appreciate any children's programming that already exists, but we would like to encourage some more: One idea is to make more Kabbalat Shabbats at the shul or at private homes to enable everyone to appreciate Friday evening together. We are starting with open participation Kabbalat Shabbat at the Shul on March 30th, and a flyer is being distributed at Talmud Torah to encourage people with kids to check out the wonderful spirit at our shul.

Another idea is to get children much more directly involved in the service, or even have their own. There are some kids who love to lead some prayers or a song, or hold a Torah. Certainly, at the very least, some of the Post Bat/r Mitzvah kids can get involved with this. There could be lots more areas where kids of all ages could get involved.

If you have some cool ideas, or are also interested in joining a group to help get the children of Vancouver to join into Or Shalom and what it stands for, please let us know. Celia Brauer

OR SHALOM RECEIVES GRANT FOR CHILDREN'S SHABBAT PROGRAM

By Dodie Katzenstein

Or Shalom has been awarded a \$2,500 grant from the Jewish Community Foundation of Greater Vancouver. The grant will help to support children's programs on Shabbat during the coming year.

Currently, a Shabbat service for elementary school-age children and their parents is offered four to six times a year. The popular services, co-ordinated on a volunteer basis by Hal Siden and Anne Gorsuch, attract over a dozen families. The new funding will expand on the current activities, making it possible to hire an individual to develop a more extensive program for children.

The successful grant application outlined a pilot project designed to:

- Create age-appropriate Shabbat programming for elementary school-age children;
- Increase opportunities for outreach to young families;
- Enrich children's knowledge about Shabbat observance;
- Promote connections among families with young children;
- Enable parents to participate regularly in Shabbat services;

The program will begin after the High Holy Days and will include a child-oriented Shabbat service, activities related to Jewish holidays and traditions, and Shabbat-appropriate stories, songs or games

The Jewish Community Foundation provides resources to meet needs of the Jewish community through a variety of endowment funds and granting programs. Last year, Or Shalom received a \$1,000 grant from the Foundation to help successfully launch the Vancouver Summer Mini-Ulpan, which this year is being administered by the Jewish Community Centre in an expanded form.

Or Shalom invites the community to an Open House Kabbalat Shabbat

Shabbat Vayikra, 6 Nissan 5761

March 30

6 p.m.

Come and enjoy the warmth of our shul on Friday evening!

We will have an hour of stories, songs and davvening and then gather for a potluck vegetarian supper. Of course, all are welcome!

Please confirm by phoning 872-1614 by Wednesday, March 28

For more information call Celia or Effron

THE WEEKEND OF WEDDINGS



Mazel Tov

**Kymn Grostern
& Barry Goodman**

March 10, 2001

Mazel Tov

**Carol Konkin
& Jan Fishman**

March 11, 2001

Photos by Jack Sniderman



TIPS FOR DONORS: HERE'S WHAT OUR COMMUNITY NEEDS

By Dodie Katzenstein

People wishing to making a donation to Or Shalom often ask what the community really needs. So the Or Shalom Board has developed a "Wish List" to provide suggestions for donors. The list covers a wide range of prices-- from kitchen utensils valued at under \$5 to major items with much larger price tags. In addition to items on the Wish List, program areas designated as high priority for financial support include paying off the mortgage, children's and youth programs, and outreach activities. Of course, donations of any amount are welcome!

THE WISH LIST

KIDDUSH SUPPORT

- Kitchen items (knives, serving spoons, bowls, etc.), \$5-\$20 each
- Silver Kiddush cup, \$250
- 35-cup stainless-steel coffee urn, \$125
- 55-cup stainless-steel coffee urn, \$275

LEARNING TOOLS

- Aluminum flipchart easel, \$120
- Overhead projector, \$250

HOUSE NEEDS

- Sanctuary carpet, \$350
- Torah reading table, \$850
- Photocopier, \$6,000
- Room dividers, \$1,200
- Upgraded building security system, \$4,000

ACCESSIBILITY AID

- Chair lift to lower floor, \$ 8,700

GARDENING SUPPLIES

- Tree guards, \$15-\$25
- Plants, \$3-\$20 each
- Gardener's knee protector, \$75

A brochure describing the Wish List and other donation options is available from the office.

HEBREW SCHOOL UPDATE

By Bat-Ami Segal, Hebrew School Co-ordinator

On Feb. 25, Rabbi Hillel Goelman, together with Nomi Fenson, led an inspiring Havdalah ceremony. This event brought together for the first time three family groups — the families of the Or Shalom Hebrew School, the Sunday morning group and the wider Or Shalom community. It was a wonderful evening, inspired by Hillel's storytelling. He told the story of a Chassid who went for a walk in the woods and overheard a group of hunters singing a melody. He fell in love with this melody and did nothing else for three whole weeks but sing the melody, until finally the whole village was singing and he no longer had to sing. Well, all of us at the Havdalah service that night went home singing that melody.

On the weekend of Feb. 18, Fay Hassal and I attended a conference in Bellevue, Wash., for Jewish educators in Vancouver, Seattle and Victoria. There were over 230 participants, including some from Alaska this year. This conference presented Fay and me with a choice of more than 40 workshops. Some of the topics included The Life and Death Power of the Student/Teacher Relationship, Examining Teen Culture Within a Jewish Context, New Ideas About Jewish Education and Making Prayer Meaningful to Our Students, just to mention a few. I feel truly blessed to have had this opportunity to study such varied topics for a day, and I want to thank the Jewish Education Council, on behalf of the Jewish Federation of Vancouver, which made this day possible.

The Or Shalom School held classeders to celebrate the holiday of Tu B'Shvat. Included in the seders were discussions about the environment and what as students they could do to help preserve the world we live in.

From March 7, Gloria Levi began a series of studies on the weekly Parasha (Torah portion of the week) for the older grades.

MINI-ULPAN EXPANDS TO JCC

Last year, the first Vancouver Summer Mini-Ulpan was successfully launched at Or Shalom. This summer it has moved to the Jewish Community Centre of Greater Vancouver and expanded its offerings from one course to two and possibly three.

Or Shalom adult Hebrew teacher Rahel Halabe continues to be head of the Mini-Ulpan, assisted again by JCC teacher Shoshana Hofman.

Confirmed so far are two week-long, daytime immersion courses in Modern Hebrew:

1. Level Aleph — Beginners Plus will be offered Aug. 20-24. Prerequisite: Working on any Israeli Ulpan Level Aleph or completed Ora Band Shalav Aleph, or equivalent.

2. Level Beit — Low Intermediate will be offered Aug. 27-31. Prerequisite: Have completed any Israeli Ulpan Level Aleph textbook, Shalav Aleph and Shalav Beit by Ora Band or equivalent.

Rahel says a third course is possible for last summer's Beit students and others on more or less the same level. She says it would still be within the Beit level, working further on grammatical issues, using different stories, etc., to move students forward. The JCC might be able to accommodate such an Ulpan on the first week of September — Labour Day Monday and on, or a shorter week if it starts Tuesday.

Classes will be held from 9 a.m. to 2:30 p.m., Monday to Friday at the JCC

Cost is \$300 for early registration and \$350 after July 14. JCC members get a \$25 discount. Material costs will add about \$25.

For additional information, please contact Annica Carlsson Hyman at the JCC, 257-5111. For evaluation of your level, please contact Rahel Halabe 879-2677 or rahel@telus.net.

KIDDUSH CORNER

By Ellen Frank

Kiddush mitzvah opportunity! Kiddush mitzvah opportunity! Do NOT miss out. Kiddush is alive and well on Shabbat at Or Shalom. There are a few spaces left between now and July and then summer time is quite open (and fewer people to feed). The kiddush schedule is on the calendar on the website at orshalom.ca. Also on the website is the Guide to Kiddush, Kitchen & Kashrut — a how-to document which covers virtually every aspect of food at Or Shalom. You find it on the website from the Foods section of the Assiya page on the website.

Remember sponsoring a kiddush does not need to be an ordeal. Simple is good. E-mail me or call.

SEND IN YOUR DIVREI TORAH

Bnei Mitzvah and their parents are encouraged to e-mail a Dvar Torah, after it has been delivered, to lmallin@telus.net for inclusion in Keren Or. Please include a colour photo.

PASSAGES

Our hearts go out to Or Shalom members who lost loved ones during the first week in March.

- Michael Corber, who lost his mother, Riva Miriam Margolick.
- Naomi Katz, who lost her husband, Fred Katz.
- Pauline (Leah) Rankin, who lost her father Henry Rankin. Pauline wrote the following poem:

Sali Gabba

did I ever tell you about Sali Gabba
those were my father's bedtime stories
he'd make them up as he went along

let me see
there was Sali Gabba
(the main character)
and Mustapha
(the donkey)
and Nashkabar
on his flying carpet

and the magic word
open sesame

how my father liked his magic
I must remember these things

sali gabba and the land of glass
where glass grass crunched under their feet as they
walked
these memories are brittle, and clear

we all walked on glass
in that delicate world

yet he always had time
to make another nighttime tale
of Sali Gabba
and when I finally heard about
Ali Babba and the 40 thieves
I thought they had stolen it from my father

but maybe he was sort of a Scherazade
with his tale of a 1001 nights
and I grew up in the land of glass
with a headfull of stories
to ward off the pain
even when the crunch came
and I was rolling in splinters

tonight I cannot sleep
I miss old Sali Gabba
tell me a 'Sali Gabbá
sweet night nonsense as I drift off to sleep

In memory of Henry Rankin, storyteller, 1925-2001.
Love, Pauline

ADAM VA-ADAMAH BIKE-A-THON APRIL 29

It's a first — Jews on bikes throughout the Lower Mainland and in Victoria will be rallying to promote alternative transportation and care of the environment on Sunday, April 29.

The Bike-a-thon will begin at two locations: Congregation Har El on the North Shore, and Congregation Emanu-El in Victoria, converging on Congregation Beth Tikvah in Richmond. People will join in along the way, too.

The Bike-a-thon is intended to raise awareness about the need to care for the environment, available transportation alternatives, and environmental values in the Jewish tradition.

Shanna Tator, One of Adam va-Adamah's Board members and the co-ordinator of the Bike-a-thon, explains: "People in the Jewish community need to become more aware of how Jewish tradition guides us to care for the environment. Right there in the Book of Genesis, humankind is told to tend and protect our original habitat. Reducing car pollution and taking to healthy alternatives like biking is something we can do to make a difference in this direction."

Adam va-Adamah is a group of Jews in B.C. who share deep concern for our environment. A regional affiliate of the Coalition on the Environment and Jewish Life (COEJL), Adam va-Adamah is dedicated to encouraging and initiating responsible environmental action in our community, educating our community about our deeply-rooted Jewish environmental values, and working collaboratively with other environmental organizations, from a Jewish point of view.

For further information on the Adam va-Adamah Bike-a-thon, people should e-mail Shanna or phone Adam va-Adamah at 872-7380.



NEWS AND SCHMOOZE

MIVASAIRS Recent photos from the Mivasairs in Jerusalem are to be found on the website, orshalom.ca. The link is on the home page.

FAMILY HISTORY PROJECT CONTINUES Can't be written out of history! You have a family story to tell and the Jewish Historical Society of B.C. wants to hear it. The society's Family History Project of the

Jewish Historical Society of BC is still collecting family histories. We've heard from Jews now living in B.C. who came from South Africa, South America, Russia, Israel, Germany, Morocco, Poland, and Winnipeg and more. They now live in Victoria, Nelson, Nanaimo, Kelowna, Vancouver and Telegraph Cove. Whether you have been in B.C. 60 years or six months, you are a part of our history. Call the Jewish Historical Society for a form at 257-5199.

FROM PUSHKA TO POWERSUIT The Women's Endowment Fund of the Jewish Community Foundation welcomes all women in the Jewish community, their mothers, daughters, sisters, friends and family for its first annual get together. "From Pushka to Powersuit, The Transformational Power of Women's Giving," features Susan Widman Schneider editor-in-chief of "LILITH," the award-winning Jewish women's magazine. It takes place May 10 at 7 p.m. at Temple Shalom. The evening includes a special award for Helen Coleman, a founder of the Jewish Community Foundation and the Women's Endowment Fund. This will be a warm, friendly and inspirational evening. Get together a group and reserve a table. Tickets are \$18 from 257-5100.

HONOURS FOR PENNY KEENE Shalomnik Penny Keene has been chosen as one of three individuals to receive the Mental Illness Awareness Week (MIAW) Special Recognition Award for 2000 from the Canadian Psychiatric Association. "I feel very honoured and very humbled to get it," Penny says. "It's considered a very prestigious award. I'm quite overwhelmed." Penny received a commemorative plaque. Officers of the association wrote that "your personal story, and your role as Coordinator of the Peer Support Program and "Acting Up," as well as your workshops and public speaking, exemplify MIAW 2000's theme 'Working With Mental Illness' and the difference it can make in people's lives" The other recipients are a doctor in Prince Edward Island and an associate of the Alberta Schizophrenia Society. A little more than a month after her news, Penny was notified that she is receiving another award, which she cannot disclose until it is announced in the near future. Yasher koach, Penny!



RECENT DONATIONS

Community Fund

- In honour of Mary Adlersberg
- In memory of Buck Barkusky, z"l
- In memory of Steven Schultz, z"l
- In honour of Mel Kaushansky's 50th Birthday
 - In honour of Lesley Stalker
- In memory of Riva Miriam Margolick, z"l (mother of Michael Corber)
 - In memory of Fred Katz, z"l
- In honour of Kymn & Barry's Wedding
- In honour of Carol & Jan's Wedding

Tzedaka Fund

- In honour of Gloria Levi's 70th Birthday

East Side Fund

- In honour of Penny Keene – recipient of Canadian Psychiatric Association award
- In honour of the birthday of Bette Thompson
 - In honour of Micha Menczer
- In honour of Mel Kaushansky's 50th Birthday
- In honour of Frank Segal on his retirement
- In honour of the marriage of Kymn and Barry
 - In honour of Gloria Levi's 70th Birthday
 - In honour of Bonnie Klein's 60th Birthday
 - In memory of Riva Margolick, z"l

Rabbi's Fund

- In memory of Hannah & Alfred Weinstein, z"l

Book Fund

- In honour of Gloria Levi's 70th Birthday

Len Ryant Or Shalom Children's Fund

- In honour of the marriage of Kymn and Barry

Building Fund

- In memory of Fred Katz, z"l

KEREN OR ך

(Beam of Light)

is published six times a year by the Or Shalom Jewish Spiritual Community, 710 East 10th Ave., Vancouver, B.C., Canada V5T 2A7. Tel: (604) 872-1614 Fax: 872-4406. E-mail address: orshalom@telus.net. Website: <http://orshalom.ca>

Or Shalom is wheelchair accessible

June/July issue
deadline
3 p.m., Monday,
May 14, 2001.

The authors, 2001
EDITOR
Lorne Mallin

CONTRIBUTORS
Celia Brauer
Efron Esseiva
Ellen Frank
Hillel Goelman
Dodie Katzenstein
Sarah Leavitt
Carol Pearlstone
Marty Puterman

Pauline Pankin
Vicki Robinson
Fory Richards
Bat-Ami Segal
Jack Sniderman
Shanna Tator
PROOFREADER
Miriam Eguchi