

KEREN OR

ב"ה

THE NEWSLETTER OF OR SHALOM קרן אור

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

orshalom.ca

Nisan/Iyar/Sivan 5762 April/May 2002

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April/May 2002

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JOURNEY OF GROWTH AND TRANSFORMATION

By Rabbi David Mivasair

This lovely, lively time of spring brings movement and new beginnings. Each year, we reenact our exodus from Mitzrayim and our journey through the wilderness toward the Promised Land. When Avraham Avinu began the journey we have yet to complete, he was drawn forward by a vision inspiring him vahyeh brachah -- to be a blessing. The religious journey of our lives and of our people is our movement toward more fully becoming a blessing, toward clarifying and strengthening ourselves to be in this world in a way that brings consolation and compassion, peace and justice to a world sorely in need of tikkun, of repair.

The cycle of our Jewish sacred year calls us to spring forward in the spring. Like the spring of an old clock, pulsing forward, rebounding back, and then surging forward once again a little farther than before, the tick of each day at this time of year can lead us ahead despite the natural pull back to where we've been. It is only natural to surge ahead at times and draw back at others in an ever-changing, yet often-repeating cycle of growth and recurrent need for yet further growth.

During the months of April and May, the sacred cycle of the Jewish year offers to guide our steps so that the journey can lead us to higher levels of personal integrity and God-centred action in this world. From the second day of Pesah we count the 49 days of the Omer — seven weekly cycles of seven daily cycles — until we come to Shavuot and receiving Torah anew. We can

THE REB SITE

use the Omer for our own personal refinement and clarity of commitment. Each of the seven weeks brings into focus a personal attribute; each day within the week draws us to work on a specific aspect of that attribute. With conscious effort, with the support of a loving committed community and with the help of the Holy One, we can make progress on the sacred journey toward deep personal clarity and dedication. By counting the Omer with conscious intention day by day we can use it as a spring in a clock uses a ratchet gear to hold its ground and not slip back. It can help us steady and direct the journey from the first eager steps of bursting out of Mitzrayim and into freedom at Pesah all the way to the clarity of purpose we seek in standing at Sinai at Shavuot 50 days later.



Marc Chagall, "Moses Receiving the Tablets of the Law," 1970

The sacred journey of our lives can be a journey of growth and transformation. It can give us strength and clarity for our inner lives as well as our outer relationships with the world around us. May we all merit to grow during this spring's counting of the Omer to be able to stand at Sinai once again with a renewed sense of vision and purpose. Several guides to using the Omer as a journey of personal growth and refinement are available on the web. A sample of Rabbi Yonasan Gershon's is at www.pinenet.com/~rooster/49gates.html. "Counting Omer: A Personal Journal" by Rabbi Rami M. Shapiro can be ordered from www.simplyjewish.com. Finally, anyone who takes a moment to check the Homer Calendar at jvibe.com/homer will be rewarded with a good laugh.

COMMUNITY MEETING MARCH 17

The board has scheduled a community meeting for Sunday, March 17, at 7 p.m. at the bayit. Please forward your suggestions for topics directly to board co-chair Kevin Solomons at solomons2040@shaw.ca. One possible topic is our attitude towards the soliciting and acknowledgement of donations.

THE BOARD HAS BEEN BUSY

By John Fuerst, board co-chair

The principal item on our agenda this year, the expiration of Reb David's contract in June, 2003, has occupied much of the board's time. We asked all members to complete surveys to help us evaluate the Rabbi's performance. In addition, any member who wishes to speak directly to the board can call either Kevin Solomons, 604-739-2040, or John Fuerst, 604-254-9234, to set up an appointment.

The retreat this year coincides with Shavuot. The theme is Returning to the Mountain: Living Sacred Text and our guest is Rivkah Walton from the Institute of Contemporary Midrash. Community members who wish to volunteer programming should contact Azima.Buell at 604-731-0572. The retreat is on the Victoria Day long weekend, starting Friday evening, May 17, and finishing on Monday, May 20.

Or Shalom may be looking at a significant deficit this year. Membership dues are coming in as budgeted but we have received fewer contributions than expected and we are finding that many of our costs will exceed the budget. How can you help? Be sure that your dues are paid, consider making an extra contribution this year, and come to the gala on June 2. More details on the gala are forthcoming from Rory, our energetic fundraising chair.

GEMILUT CHESED OFFERS HEALINGS FOR THE HEART

The Gemilut Chesed Committee offers support such as cards, phone calls, meals, visits and other assistance to members who are bereaved, hospitalized, recovering from surgery or ill.

If you or anyone you know could benefit from this support, please let us know. We want to help. To contact us, please call Bat-Ami Segal at 604-875-6560 or Pat Gill at 604-254-9234.

HEAR NORMAN FISCHER MAY 12

By Mel Kaushansky

The community is warmly welcomed to a reading by Norman Fischer from his new book: *Opening to You: Zen-Inspired Translations of the Psalms* on Sunday, May 12, at 8 p.m. at our shul.

Norman is a Zen priest and abbot, a husband, father, poet, and teacher with wide-ranging interests and passions. During almost 30 years at San Francisco Zen Center, the oldest and largest of the new Buddhist organizations in the West, he served in many capacities. In 2000, Norman retired as abbot of Zen Center to take his teaching out into the world. He is presently a Senior Dharma Teacher there, as well as the founder and spiritual director of the Everyday Zen Foundation, an organization dedicated to adapting Zen Buddhist teachings to Western culture.



Norman Fischer

Norman believes in the possibility of "engaged renunciation" — living a fully committed religious life that does not exclude family, work and a passionate interest in the world. His own spiritual practice exemplifies this. In addition to his traditional Zen practice and study, he collaborates with his friend, Rabbi Alan Lew (who has previously conducted a workshop at Or Shalom), at Makor Or, the new Jewish Meditation Center in San Francisco.

He has been quite active for many years in the national and international avant garde poetry world (he has published eight volumes of poetry, the latest being "Success," Singing Horse Press, Philadelphia, 2000); he has worked with business people on spiritual issues in the workplace, and taught at the Yale School of Business in 2001; he has taught and mentored young people and is working on a book about spiritual mentoring; and he is quite active in interreligious dialogue, joining the Dalai Lama at many national and international conferences.

He is also the author of a memoir about Judaism and Buddhism called "Jerusalem Moonlight" (1995), and is currently working on two books of prose: a Buddhist commentary on the Rule of St. Benedict, and a discussion of his work mentoring young people. In 2002 he will begin work on a new program to be offered through the Zen Hospice Project in San Francisco to train people to be mentors for the dying.

RIVKAH WALTON BRINGS BIBLIODRAMA TO MAY RETREAT

With the May long weekend approaching, planning for this year's Get Away and Get Together is underway. The retreat will be held May 17-20 at the Mountain View Conference Center (Camp Hope), which is close to Hope and a two-hour drive up the Fraser Valley.

This year the theme is Return to the Mountain: Living Sacred Texts. Our retreat 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. Of course, a fun-filled program is planned for the kids. If you like, make arrangements to arrive before Shavuot begins at sundown on Thursday by calling Reb David at 604-872-1614.

Our guest teacher, Rivkah Walton, MFA, founding Director of the Institute for Contemporary Midrash in Philadelphia, will lead engaging workshops. Rivkah is a visual artist, a Bibliodrama practitioner, and an acknowledged adult education teacher specializing in participatory and inter-disciplinary approaches to learning. She midwived ICM's training program into being and has comprehensive responsibility for the project. During her six-year tenure with the National Havurah Committee, Rivkah transformed the NHC Summer Institute into a premier model for intensive adult education.



Rivkah Walton

In her workshops, Rivkah guides people in the emerging art of Bibliodrama — in which you creatively “enter the text.” Participants use Bibliodrama to construct midrash, an age-old form of biblical interpretation that involves reading between the lines. A longtime Jewish Renewal activist, Rivkah says Jewish mysticism sees the texts as containing both “black fire,” the actual words on the page, and “white fire,” the spaces in between. Bible study can look at either element. Midrash manipulates the white fire to seek answers to questions such as: How did Eve persuade Adam to eat of the forbidden fruit? Did Ruth love Boaz? Every artistic discipline can be pressed into service, including music, dance, painting and sculpture.

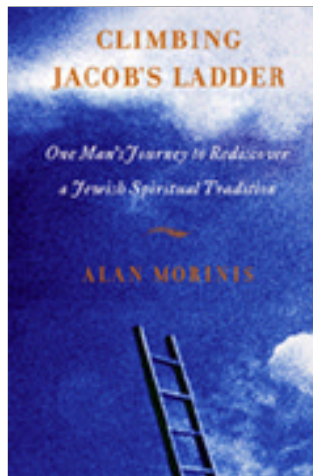
The retreat offers something for everyone. It gives us a sense of belonging and builds a true sense of community. We hope to see last year's participants back again and extend a special invitation to new members of Or Shalom and those of you who have never been to our Get Away and Get Together. It is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

opportunity to explore and release the Or Shalomnik deep inside of you.

An insert in this issue of Keren Or contains a registration form and Frequently Asked Questions. For more information, contact the retreat co-ordinating team of Azima Buell 604-731-0572, Lorne Greenberg 604-732-1403 or Bat-Ami Segal 604-875-6560.

ALAN MORINIS LAUNCHES HIS MUSSAR BOOK, CLIMBING JACOB'S LADDER

Alan Morinis's new book, “Climbing Jacob's Ladder,” hit the stands on March 12. This book tells the story of Alan's search for a more meaningful life after his film company collapsed and he hit bottom. From those depths, he realized he had lost his moral compass. In his earlier years he had delved into Hinduism and Buddhism, but, having been raised in a secular family, Judaism had not been a spiritual path for him. Yet what turned his life around was discovering a little-known Jewish spiritual discipline called Mussar. Ultimately, he tracked down one of the few remaining Mussar masters, Rabbi Yechiel Yitzchok Perr, at the centre of an Orthodox community on Long Island. “Climbing Jacob's Ladder” records Alan's journey into Mussar by chronicling the wisdom, humour and insight into human



nature that he heard from Rabbi Perr. At every turn, Alan is challenged to re-examine his lost Jewish faith and its wisdom, eventually undergoing a spiritual transformation.

The book is available at your local bookstore, Banyen Books, and on the web at amazon.com. It's published by Broadway Books (hardcover \$35.95 in Canada).

Alan will be doing two book launch events in Vancouver, to which all are invited:

- Thursday, April 25, at 7:30 p.m. at the Norman Rothstein Theatre, JCC.
- Thursday, May 23, at 7:30 p.m. at the Central Library, hosted by Banyen Books.

For more information on “Climbing Jacob's Ladder” and the Mussar tradition, and on Alan's book tour, click on www.morinis.ca

BLESSINGS FOR REB DAVID ON HIS 50TH BIRTHDAY

Showered with love from the community, Rabbi David Mivasair celebrated his 50th birthday on Shabbat, Feb. 2. The blessing circle after the Kiddush lunch was quite beautiful. I requested to reprint some of the sweet birthday offerings.

— Lorne Mallin

Shlomi (Steve) Lipari wrote David, I'm sorry I couldn't be with you and your family and friends today. As the tradition tells us, at 50 one can give advice. Yet even before your 50th birthday, you have already given so much to me and to our community. More than advice, you've shared teachings, leadership, friendship, and potential gateways to the Holy. We enthusiastically await the gifts that you'll reveal to us over the next 50 plus years! Thank you, Happy Birthday and Toda Raba, Shlomi

(in Madurai, Tamilnadu state, south India).



Rabbi David Mivasair with Purim party friends Mary Adlersberg (centre) and Carol Ann Fried.

Reb Zalman Schachter-Shalomi wrote:

In honor of your birthday I translated Psalm 50. With this mode of appreciation of you, I want to add Birkhat Kohanim to sustain you for the next 70 years. You are a caring shepherd to your flock and, as one of my beloved student-friends, I am very proud of you. May you be refreshed and renewed and see the fruits of your work sanctifying God's blessed name.

Reb Zalman (in Boulder, Colorado)

Excerpt of a poem by Alizah Shatzky:

To Rabbi David Mivasair on your 50th, with appreciation for who you are, the energy and heart and love that you bring to Or Shalom and to all who meet you . . .

In between the movement of water
and the stillness of space
there is a bridge, a middle ground
of colours unimagined
and undiscovered.

But you can only get there if
you allow yourself to hear
the morning song
and feel the breath of summer,
and dance with the shadows
cast in the sun.

What courage there is
to turn the stones over
and examine the unseen moisture of the darkness
inside.

Reena Lazar wrote:

I send you the blessing of courage and strength to
forge ahead on your path to tikkun olam.

Much love,

Reena

A niggun composed by Gil Yaron and Sue McIntyre
with the words:

Rooted in the spirit of Torah

Strong and gentle, our shelter and support

In the wind you reach and wrestle with God

Into our souls you breathe understanding.

From L. Yehudah Angel :

“. . . we know this, and hear this, and thank you,
David, Beloved One, when you ascend the Bimah,
and when you nod to the newcomer, and when
you daven the first syllable through the last syllable
of the service, and when you lean over to hear,
and console, so naturally, whether it be me or anyone
of hundreds of others, and when you listen to
the sounds of distant drums, when you walk in the
valley between the missiles, when you lend your
voice against indigenous iniquities, when you convene
a council of justice, when you call all of us to
stand and to witness . . . and for this continued
always steady ascent in holiness, Reb David of the
shul.



From left, Melissa Davis, Miriam Eguchi and Sheryl Sorokin.



David Mivasair photos

Mimi Feigelson with workshop participants Dana Perlman (centre) and Wendy Oberlander.

LEGACY OF MIMI FEIGELSON'S VISIT: FACING FORGIVENESS

Mimi Feigelson's Shabbaton at Or Shalom Feb. 15-17 was a rich and inspiring experience. More than 30 people attended the Jerusalem teacher's Sunday workshop on "Forgiveness and Compassion." A focus of the day involved writing exercises that drew out inner issues. Here are some of the questions that participants shared:

What do I long for?
 What does it take?
 How can I stay connected with myself and G-d, with an open heart?
 Where does G-d fit in?
 How can I know and love myself and others unconditionally?
 What is true forgiveness?
 How can I forgive someone who has committed an abomination?
 Are some things unforgivable?
 How do I know compassion?
 What am I afraid of?
 What would be a good outcome?
 What needs to happen before forgiveness begins?
 What is it so hard to let go?
 How do my judgments affect my ability to forgive?
 What is my capacity for forgiveness?
 What am I prepared to offer in order to receive forgiveness?
 What do I know most deeply?
 Why is it so hard to forgive myself?
 How do I not hate my fear and confusion?
 How do I balance tension and honesty with possibly hurting others?

How do I let my ego not get in the way?

From describing ourselves by our name and asking questions to the answers we had provided . . .
 What is the investment in a name?
 What do I call I?
 What do I fear?
 Should I change my name back to its "old country" origin?
 How do others see me?
 What if there is no response to my efforts?
 Does the heart harden?
 What is forgiveness based on?
 What is most important to me?
 What is the lesson when an issue increases my ongoing neck pain?
 What are my recurring questions and why?
 Do I apply double standards?
 Who am I to judge?
 How do I trust the G-d in an imperfect world?
 How do I stay with what I know is true?
 Why is my heart closed?
 How do I change generational patterns?
 What holds me back?
 How can I soften my G'vura?
 Can I live alone?
 Where does the desire to forgive come from?
 How do I bring together conflicting parts?
 Can I love?
 How does it look or feel?
 Where does the original hurt go?
 What prevents me from knowing all and to forgive?
 How do I let go?

By Ayelet Jiminez-Vidal

PARASHAT TERUMAH: FEBRUARY 26, 2002

When Israel was in the desert on their way to the Promised Land in the year 2449 (after Creation), God, through the intercession of Moses, invited all the people of Israel to give volunteer offerings to build the sanctuary, in which God's presence would reside.

The sanctuary, or Mishkan, was to be built and furnished exactly as God said, according to all the directions given to Moses in this parasha. The most important object in the Mishkan was the Ark, because it contained the tablets of the law with all the commandments for the People of Israel. They included God's testimony which was later written on the Torah scroll.

God said: Build a fine gold cover to protect the Ark. On each side there will be a gold-carved cherub with their wings spread upward shielding the cover; they will be face to face and watching the cover. God told Moses: Inside the Ark, place the testimony that I will give to you, and put the cover on top of the Ark.

The Tabernacle was divided in two by a curtain; one side was the Sanctuary, and the other side was the Holy of Holies. The Sanctuary was for the people; the Holy of Holies was the throne of God. In the Sanctuary was a table with 12 loaves of bread repre-

senting the 12 tribes. The bread was like spiritual food and a reminder of the people's daily dependence on God. There was also a handmade golden menorah; it was the only source of light because the sunlight did not enter the Mishkan. This light represents God's spirit enlightening our dark world. There was a copper altar for the offerings. This altar was the intersection between Israel and God. On each corner of the altar was a copper horn. Together they held the power of the altar. Those entering the sanctuary seeking protection would touch the horns. According to God's instructions, they made gold-covered rods for the ark and metal-covered rods for the altar. The rods fit inside handles on the sides of the ark and the altar so these could be transported from place to place. They were mobile so eventually they would be placed in the (future) Temple. The Ark represents the human body and the tablets represent the soul.



Why have a Mishkan? To make sacrifices. Who is it for? For God. What is the Mishkan for us today? The synagogue. We pray to God now, instead of daily sacrifices. God accepts the prayers from our lips. How do we build a Mishkan now? By praying with all our heart and studying the Torah. The Mishkan is the Synagogue, the Ark our body, the Torah our soul, the sacrifices our prayers.

POETRY

Dreams of Wolves

ONCE I loved wolves,
the softness of a snowfall,
ferries sounding in the fog.

ONCE I found solace
in the forest;
lost my pain
in the mist-shrouded lake;
in the gently falling rain.

ONCE, before
I went away;
In days of hope, before
I knew war.

TODAY
I learned of shooting
from the hills to our North,
from the hills of our South.
In the Centre, the killing of a child;
in my Centre, the wounding of my
soul.

ONCE, Here, Today
Was all there was;
tree shadows and
playtime in the sun;

Saving the world felt
safe, and almost
possible.

NOW
I wonder
only
when the eclipse
will be over.
When the frightened birds
dare return.

When I can again
turn my dreams to wolves,
and playtime in the sun.

Nomi Oren
February 7th 2002
25 Sh'vat 5762

OR SHALOM YAHRZEIT OBSERVANCES

From the week of March 17-23 to May 26-31, (current as of March 3, 2002)

Please note: the 24-hour yahrzeit candle should be lit the evening preceding the date listed below.

Week of March 17-23

March 18 (5 Nisan) Norma Fuerst Snow, remembered by John Fuerst

March 20 (7 Nisan) Bessie Robinson, remembered by Vicki Robinson

Week of March 24-30

March 30 (17 Nisan) Nathan Bluman, remembered by Bob Bluman

Week of April 7-13

April 5 (23 Nisan) Elizabeth Wood, remembered by Roy Wood

Week of April 14-20

April 20 (8 Iyar) Elizabeth Barron, remembered by Sheryl Sorokin

Week of April 21-27

April 21 (9 Iyar) Goldie Glick-Vinick, remembered by Sandi Moussadjj

April 22 (10 Iyar) Luba Kloner, remembered by Steve Lipari

April 22 (10 Iyar) Lisa Nemetz, remembered by Pam Ratner, the Levi family

April 27 (15 Iyar) Minnie Barclay, remembered by Miriam Caplan

Week of May 5-11

May 8 (26 Iyar) Nehama Kaner, remembered by Hillel Goelman

May 8 (26 Iyar) Susan Sorokin, remembered by Sheryl Sorokin

Week of May 19-May 25

May 19 (8 Sivan) Esther Belkin, remembered by Hillel Goelman

Week of May 26-June 1

May 27 (16 Sivan) Louis Wood, remembered by Roy Wood

May 28 (17 Sivan) Lorne Segal, remembered by Sheryl Sorokin

May their memories forever be a blessing.

Please let me know of any errors or omissions by contacting me at 604-876-9790 or at hillel.goelman@ubc.ca. If you wish to enter names in the Or Shalom Yahrzeit Project, please contact me with the following information: Your name, phone number, address and e-mail address; the English name of the person whose memory you wish to honour; the Hebrew name of the person (if you know it); the date on the secular calendar of the person's death whether it occurred before or after sundown The date on the Hebrew calendar of the person's death (if you know it — if not we can look it up.)

— Rabbi Hillel Goelman

RECENT DONATIONS

B'nai Mitzvah Endowment Fund

- In memory of Louise Baron, z"l
- In appreciation of Sheryl Sorokin's teaching
- In memory of Peter Ballin's mother, Anneliese Ballin, z"l

Book Fund

- In honour of Rabbi Mivasair's 50th

Community Fund

- In honour and appreciation of David, rabbi and friend
- In loving appreciation of Lisa Shatzky & Sam Greenspoon's generosity and hospitality

East Side Fund

- In honour of Reb David's decennial birthday
- In honour of David Mivasair's 50th birthday
 - In memory of Norman Silverman, z"l
- In honour of Lorne Prupas' 50th birthday
 - In memory of Sara Frisman, z"l
- For the yahrzeit of Bernice Wynston, z"l

Rabbi's Fund

- In honour of Reb David's 50th birthday

Refugee Fund

- In appreciation of Roma Katz

Acknowledge a birthday, graduation, any auspicious occasion. Celebrate a Bar/Bat Mitzvah, anniversary, marriage, birth, etc. Honour a Yahrzeit by donating to any of the Or Shalom funds.

* B'nai Mitzvah Endowment Fund	Children's Fund
* Book Fund	* Lisa Nemetz Or Shalom
* Building Fund	School Education Fund
* Community Fund	* Rabbi's Fund
* Education Fund	* Refugee Fund
* East Side Fund	* Torah Fund
* Len Ryant Or Shalom	* Tzedaka Fund

While donors' names will not be published, the name of the person being honoured will be acknowledged.

GO AND STUDY

DAVENING CLASSES SCHEDULED

Reb David and Reb Hillel are co-ordinating a series of classes on davening. In April, Reb Hillel will begin five Wednesday evening classes on how to lead Shabbat and High Holy Day davening. The classes are intended for folks who feel that they are now ready to take the step of learning how to lead davening. They will also be useful for people who wish to brush up or to further

NEWS AND SCHMOOZE

JOEL KLASSEN Dear Or Shalomniks: Joel Klassen will be called to the Torah on Shabbat, May 11. We hope you will join us for a celebratory Kiddush lunch afterwards.

— Esther Tennenhouse, Ron Klassen, Timmi and Joel

ARE YOU A CAREGIVER? Do you know someone who is? They may be wishing for a day of care for a family member and a day of rest for themselves. The Victorian Order of Nurses Family Respite Centre offers temporary support and care for an elderly or chronically ill loved one; a safe, home-like environment; a dedicated nursing team with a commitment to comfort and caring; advanced recreational and therapeutic programs; overnight beds and adult day program; caregiver support groups and education. The cost is \$37 per night. Tours are Thursday at 2 p.m. by request at 255 W. 62nd Ave. Phone: 604-327-9525; e-mail: vonc@bc.von.ca; Web: www.vonetwork.com.

TWO FILM EVENTS “Trembling Before G-d,” (Israel/USA, 2000), Tuesday, May 7, at 7:30 p.m. at the Ridge Theatre, 3131 Arbutus St. It’s the Vancouver premiere with director Sandi DuBowski in attendance. Intimate stories of Hasidic and Orthodox Jews who are lesbian or gay reveal a profound and complex dilemma — how to reconcile a love of Judaism and the Divine with the Biblical prohibition that forbids homosexuality. And “Two Jews on a Train: Recent Short Film + Video,” Tuesday, May 14, at 7:30 p.m. at Pacific Cinematheque, 1131 Howe St., presented as part of the Vancouver Jewish Film Festival, curated by Wendy Oberlander.

NEW TO OR SHALOM? New members and those interested in Or Shalom are encouraged to phone Carol Pearlstone at 604-669-5173 or Martha Barker at 604-986-6309.

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(Beam of Light)

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Or Shalom is wheelchair accessible

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The authors, 2002

EDITOR

Lorne Mallin
604-222-3379
lmallin@telus.net

CONTRIBUTORS

Richard Abrams
John Fuerst
Pat Gill
Hillel Goelman
Lorne Greenberg
Ayelet Jiminez-Vidal
Mel Kaushansky
Heidi Mannis

David Mivasair
Alan Morinis
Wendy Oberlander
Nomi Oren
Sheryl Sorokin
Kevin Solomons

PROOFREADER
Karenn Krangle

extend their knowledge of the davening. The classes will focus on both a “skills” component of what we do and how we do it as well as a “knowledge” component to better understand the structure and the content of the davening.

Reb David’s ongoing classes offering a thorough and deep understanding of each part of the Shabbat morning davening will continue one Shabbat afternoon per month through June. Anyone is welcomed to join the class which began in February. Learning material and commentaries from Reconstructionist, Orthodox and other perspectives will be provided to anyone who is interested.

Reb Hillel’s classes will begin on Wednesday evenings after Pesah: April 10, 24, and May 8, 22, and June 5. From 7:30 to 8:15 (we will focus on the Shabbat morning service and from 8:15 to 9 we will focus on the High Holy Day service. Tapes and other materials will be provided.

If you’d like to join either class, please contact Reb David or Reb Hillel. Looking forward to you joining us.
— David Mivasair & Hillel Goelman

WOMEN PLAN TO STUDY TOGETHER

Women interested in studying together are invited to Gloria Levi’s living room on Tuesday, April 9, at 7:30-9:30 p.m. The address is 522 Moberly Road in False Creek. Bus No. 50 comes within one block. Press buzzer No. 068. The building is wheelchair accessible.

No knowledge is necessary. At this introductory meeting we will do a little study and discuss future interests for study together.

Anyone in need of rides, please contact anyone below: Hana Wosk (604-261-5558), Jane Heyman (604-731-6832), Mary Adlersberg (604-733-0584), Sheryl Sorokin (604-876-9790), Gloria Levi (604-873-0078) and Michal Mivasair (604-875-1781).

MEDITATION SERVICES CONTINUE

You’re invited to Jewish meditation Shabbat services, which are held from 9 a.m. to 3 p.m. every Shabbat ongoing, with Leonard Yehudah Angel at 865 Durward Ave. Partial attendance is welcome. For information, call 604-876-6925.

The service begins with 9 a.m. morning blessings, some melodies, meditation, more melody, walking meditation (outdoors) meditation and halleluyahs, and then meditation and shaharit blessings with the Shema, Amidah, and other niggunim. Then there is a kiddush lunch and Torah study.