
To the Online Readers of Keren Or

Personal contact information has been removed from this version of the newsletter, due to concerns about safety and security. If you want to contact any of the people referred to in any of the articles, call Or Shalom at 604-872-1614 and leave a message for the person you want to reach. Or you can email orshalom@telus.net.

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KEREN OR

THE NEWSLETTER OF OR SHALOM

Or Shalom Jewish Spiritual Community, Vancouver BC *Sivan/Tamuz/Av 5764*

June/July 2004

Va'ani Tefilati: For I Am My Prayer by Susan Shamash

The Reb Site

Many of you know that over the past 18 months, I attended the Davvenen (Prayer) Leaders Training Institute at Elat Chayyim in the Catskill Mountains of New York State. My beloved teachers there were Rabbi Marcia Prager, her husband, Hazzan Jack Kessler and Rabbi Shawn Zevit who was our guest rabbi at our retreat in May.

Or Shalom is a davvenen community. Our Shabbat morning services are the "jewel in our crown" of who we are as a community. But why do we pray? What does it mean to pray?

For some, davvenen means singing beautiful niggunim (melodies). Some go to shul to see friends and get caught up on the news. For some it is a means of connecting with God, or our own spirituality, in a profound way. For most of us, it is some of all of these at different times, depending on our mood, the circumstances and, sometimes, the davvenen leader.

Reasons for why we pray are as varied as the individuals who pray: loneliness, guilt, fear, amazement, thankfulness, dependence, to feel near to God, to relate to the Creator, social pressures, et cetera. There are probably just as many reasons driving people away from prayer: doubt, anger, despair, arrogance, humility, disinterest,

Prayer involves three partners: God, us, and the vehicle, the prayer itself. Prayer enables us to come closer to God. But how do we find meaning in the prayer? It is in a language that some don't understand. Some can read the words, but don't understand what they mean. Some who understand the words find difficulty connecting with them. We need to find personal inspiration in the words, an inner identification with all that emerges from the text.

There are individual prayers, such as the psalms, the Barchu, and the Shema, and then there is the structured order of the siddur (the word comes from the same root as seder). Although the presence of the prayers and their order looks "fixed" because they are published in black on white paper and bound in a book, both historically (and currently), both the individual prayers and their structured order have an innate fluidity. By davvenen with purity, with intentionality and with joy, the "mantra" of the individual prayers and their "order" in the siddur take us on a journey from the mundane to the holy that enables us to become channels and vessels for the holy sparks.

Davvenen isn't a spectator sport. This is in contrast to the jumbo jet "attending service" model (as R' Zalman likes to call it). In that model we sit back, push our seats back, read a magazine, and wait for the pilot and co-pilot to take us somewhere. When we davven, we are the leader of our own service. We are responsible for our prayer experience. And the siddur is our prompter.

We have several prayer "postures" to assist us. When we sit, it should not be passively, leaning back, with our legs crossed. We should sit with our feet planted and our spine straight to activate our internal energy, as if we are royalty on a throne. We then make ourselves thrones for the divine.

When we stand, as in the Amidah, we don't just stand. We "shuckle". We engage in a light body movement that promotes a lightly altered state of consciousness, a light trance state, to become a vessel, to open ourselves to the divine. Shuckling is suggestive of love-making – it promotes a very intimate connection with the divine.

When we prostrate ourselves, as in the Aleinu (particularly on the High Holidays), we submit our egos to the divine. To davven is to actively engage with the Divine with our bodies, our hearts, our minds and our souls.

As Rebbe Nachman said in Likutay Etzot Ha'Shem:

The worshiper must direct his heart to each word that he says. He is like one who walks in a garden collecting rare and precious flowers, plucking them one by one in order to weave a garland. So we move from word to word and from page to page uniting the words into prayers. Every word seizes hold of us and cleaves to us and entreats us not to abandon it and says: "consider my light, notice my grace. Pay attention as you take hold of me, take care as you pronounce my name."

For, I am my prayer to you, God, at this opportune time.



It's a Girl!—Rabbi Search Finds Laura Duhan Kaplan

We are delighted that the Board has come to a decision regarding the rabbinical candidates we have all had the pleasure of meeting over the last three months. After an extensive and thorough process involving many meetings and much community input, we have reached the unanimous decision that Laura Duhan Kaplan is the best rabbi for Or Shalom.



The Board thanks the Rabbi Search Committee and the members of the congregation who were involved during the search. We appreciate the skills and expertise that people contributed to the process. There was a lot of time, commitment, insight, care and diligence involved in the search.

While all rabbinic candidates possessed rich and diverse qualities, Laura was outstanding in the areas of interpersonal skills and scholarship. The majority of the community and the board shared the strong impression that she is the best possible fit for the Or Shalom community.

The Board's decision was ratified at a special general meeting of the community held on May 10, 2004. 81 members voted in favour with one abstention. Laura's contract is currently under negotiation. We will announce her start date as Rabbi of Or Shalom when it is finalized.

We also thank all those who attended the Shabbatons and made comments on the rabbi response input forms. Each rabbi candidate complimented the thorough process designed by the Rabbi Search Committee.

The extraordinary show of support from the community is a wonderful way to begin on this new part of the journey. We look forward to the next phase and to welcoming Laura, her husband Charles and their two children, Hillary and Eli.

Lorne Greenberg and Hana Wosk, Co-chairs
Or Shalom Board of Directors



**An inspiring moment
When the Mac and the IBM User sit side by side
not putting up Gates between them
and Avi even touches an IBM keyboard
Can world peace be far away?**

It's June! Do You Know Where Your Gala Ticket Is?

Or Shalom presents an evening with

Neshama Carlebach in Concert

Soul to soul. Singer. Song writer. Storyteller.

Sunday, June 13th
Vancouver Rowing Club
Stanley Park

Doors open ~ 7:30pm
Concert ~ 8:30pm
Tickets ~ \$75 Students ~ \$36
Ticket hotline ~ 604.603.9262

Hors d'oeuvres & desserts served

"Neshama's talent and charisma have endeared her to audiences around the globe. Neshama has the unmistakable Carlebach depth of soul and the ability to captivate."
~ *New York Times*

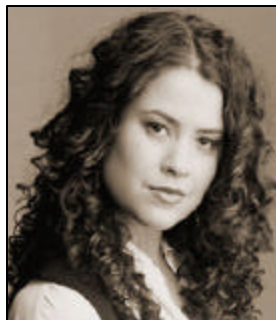
Neshama Carlebach has followed the tradition of soul singing and storytelling unforgettably redefined by her legendary father Rabbi Shlomo Carlebach. New York, L.A., Europe and Israel have already been captivated by her majestic voice and presence. Now it's Vancouver's turn.

www.neshamacarlebach.com

THE JEWISH BULLETIN



A ticket to the Gala buys you:



- ***an evening to hear the inspired music of Neshama Carlebach***
- ***luscious hors d'oeuvres and desserts***
- ***tax receipts***
- ***a night out with Or Shalomniks and friends***
- ***a really fun way to help fill our coffers***

**So what are you waiting for? Please get your tickets ASAP.
Call 604-603-9262 and reserve yours today!**

Bnei Mitzvahs and Keren Or

Hi Folks!

I would like to outline what I, as the Editor of Keren Or, can offer in terms of Bnei Mitzvahs. Keren Or is produced bi-monthly. It comes out December/January, February/March, April/May, June/July, August/September, October/November. Deadlines generally fall on or around the 15th of the month preceding publication.

Your Bar or Bat Mitzvah goes automatically onto the calendar included in every newsletter. If you do not wish to have your event publicized in this way, please let me know.

I can print specific announcements of your event in the newsletter to invite the community to attend. I list these under the name of the child, so please ensure I have the full name correctly. Confusion can result if the parents have different last names. Also, please specify whether the event is a bar or bat mitzvah. Sometimes names are unisex, which is also confusing.

I also can feature a photo of your child along with a quote from the Dvar Torah if you wish. This can be a further memoir of the occasion and a way of introducing the child to the community. I can do photo only or quote only, if desired. This is not an obligation- just an opportunity. You can submit a photo- digital preferred—but I can scan a hardcopy. You may choose a quote yourself, or send me the whole D'var and I will make the choice. I tend to choose a piece that reflects the child's original thinking. You may submit any appreciations or any item related to the event.

Submissions are accepted electronically by email. If this creates any problems, contact me and we will problem solve. Please ensure your phone numbers are on any items. The newsletter production time is short and I may have to contact you for any clarifications.

Please approach me politely if I make any errors. I do my best to prevent this and it is never my intention to create problems at this exciting yet stressful time for both the children and the families.

You can check out back issues of Keren Or at www.orshalom.ca to find examples of announcements and featured bnei mitzvahs.

Please let me know if I can be of any assistance.

You can contact me at orshko@telus.net or 604-430-4969.



Kiddushes—Yours for the Sponsoring!



It is never too late or too early to sponsor a kiddush. You will get a chance to celebrate something special, or (what the heck) just do it for no reason at all. You can plan an elaborate feast or something as basic as fruit and cheese, (with just a *little* lox and cream cheese.) In any case our Kiddush Queen, that paragon of planning, Pat Gill (AKA the Jew in the Crown) will be happy to book you a date and answer all your pressing Kiddush questions—such as how many salmon do Or Shalomniks eat in a year? Give her a shout by telephone or email.

Have you been to our Bayit (synagogue) on 10th and Fraser lately? If not, come on over to join us for a Shabbat or Yom Tov! (holiday) You will be very pleasantly surprised by the transformation of our Kiddush Room, the main entry way, the stairway and hallways.

We have all been graced by the generosity and creativity of longstanding Or Shalom members Judy and Isaac Thau. They saw what was needed at the Bayit and took the initiative to refinish the basement and its hallways in a beautiful way. This gift to Or Shalom was made in honour of their son Jonathan's Bar Mitzvah, which took place on February 21, 2004.

This is not the first time that the Thaus have made a major contribution to the beauty and ambiance of our shul. Isaac was a board member and 'project manager' during our building's original renovation. He spent many hours on a daily basis overseeing the details and decisions required to transform the building from a dilapidated and abandoned church to the lovely synagogue and sanctuary we have all come to enjoy.

Please join us for services in our newly refurbished Bayit. The Board of Directors and community join in thanking Judy and Isaac for their generosity and vision. We wish Mazel Tov to Jonathan on becoming a Bar Mitzvah!

May your family's leadership and commitment to community be an inspiration for generations to come, Mi Dor L'Dor. (from generation to generation.)

Launch of Okkie Rabinowitz Memorial Shiva Fund

by Ruth Hess– Dolgin

A new fund has been established in memory of Barry Rabinowitz's dad, Okkie Rabinowitz, z"l. The fund should enable us to provide support to our community members and their families at a time of loss when they are away from Vancouver while they sit shiva. The fund is to be administered by our Gemilut Chesed committee. This fund has been seeded by those of you who sent money to provide a shiva (week long period of morning) meal for the Rabinowitz's in Ranana, Israel. A Shiva meal was delivered by my cousin who lives in Ranana, but there was a bit of money left over. We decided to launch this fund and we hope that community members will continue to donate so we will not have to solicit funds on a case to case basis.

To those of you who had intended to send money for the shiva meal and have not yet done so, please send your cheque to Richard at the office, payable to Or Shalom, and ask him to earmark it to the Okkie Rabinowitz Memorial Shiva Fund.

Or Shalom's Memory Book

by Avi Dolgin (with thanks to Sally Thorne)

Just as you enter Or Shalom, on a stand beside the door, sits our Book of Memory. It contains many of the stories of the building of the Or Shalom community and of the gifts we have received over the years. (Did you know, for example, that the book was handmade by Mary Adlersberg?) Many of these stories are to be found on our website as well. One story which has been in the book for a long time has now been added to the website. It is the story of our building itself, of the process of renovating the sub-serviced structure into the building of today, and of the people and financial decisions along the way. It was written by the architect of the work, Len Wexler. Len isn't physically with us anymore, but his memory and his memories are. You can read them by lifting the lid of the bookstand by the door. Or you can go to <http://orshalom.ca> and click on the "What's New?" link. At the bottom of that page, you'll find links to Len's writing and to the writings of many of those who have a story to share.

Ghosts of Purim Past



Queen B.



Phyllis Diller, Jock McKlassen and Reb Mercy



Mini-Esters



The Lady in Red



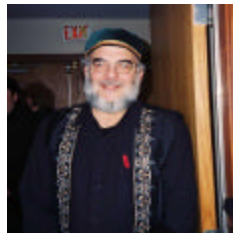
Mark Ryant and Uriel Oberlander



I'm the editor so I get to put my own picture in.



The Fuerst Bite



Will the real Mordechai please stand up?



El Ethano



The Perilous Pauline



Why did the chicken cross the street? (to escape from his grandmother) Devon and Martha



Unusual Jewish Exorcism



Reb Fainsilber warns us of the dangers of drink.



After too many drinks, Scotty beams the crowd up

One in A Minyan

Jewish Identity?

What is Judaism? What is a Jew? Why does it matter? These are the questions I have been asking over the past four years and I have to admit that I still do not know the answers.

I did not grow up identified as a Jew. There was nothing that signified anything Jewish in my home, which was entirely secular with no trace of religion or of a culture different in any way from that of my environment in Durban, South Africa.

I had one younger sister, and wonderful, loving parents. It was traumatic when Dad went off to war in 1940 and in 1941 I was sent off to boarding school in Johannesburg as my health suffered in the climate of Durban. The school was run by the Catholic Maritz Brothers (who had a reputation as good teachers) and I was registered simply as a 'non-Catholic'. We were occasionally given 'religious instruction' but what I saw of Catholicism (especially the gruesome crucifix and statues in their chapel) quite simply terrified me.

In grade nine I moved to a school nearer home, in the Natal midlands. This was reputed to be among the best in the country, an Anglican Church school modeled on the English 'public school' system. Education was a very high priority for my parents. We had chapel twice a day. A new friend told me that it was fun in the choir, so I auditioned successfully and learned to sing the Anglican liturgy. I loved it. Something in the simple, dignity of Anglicanism touched what I now call my "religious funny bone." The vacuum in my life began to be filled. When the other boys in my class went forward for 'confirmation' (Anglican 'bar-mitzvah') at the end of second year, I simply joined them and my parents (amazingly) said nothing.

by Roy Wood



Years later, during the summer vacation while at Oxford, I had a powerful personal spiritual experience that then led me to enter seminary and the Anglican ministry.

When my father died in 1967 I was, at 36, the Rector of a large suburban parish in Durban. Dad was always close to the two sisters closest to him in age. They were the only

members of his family I really knew, and soon after his death they invited me to their home. That is when they told me, for the first time, the history of our family.—that we were Jewish and that my father had forbidden any in his family to talk about it to me or my sister. No one knew exactly why.

The shock of this revelation and the need to come to terms with it was among the factors involved in my decision to leave my parish ministry and Durban in 1970 and my move to Canada to find a new life. Over the years I did a fair amount of reading and soul wrestling but it was only after retirement that I felt free to go further. By chance I discovered Or Shalom and this is where I have mainly continued my journey of discovery. But not entirely. After 60 years I obviously still have significant contacts within Anglicanism.

I suppose it is true to say that I still have no clear resolution of my Jewish family question. I understand the concerns about preserving Jewish identity but, without a sense of my own background that in itself doesn't really mean all that much to me. My wife was Anglican and that is how my three children were raised. My own 'religion' has always been of the somewhat mystical type and so I am most at home with worship styles and people, in any tradition, that have a contemplative approach and lifestyle. Therefore, today I would have to describe myself as more or less beyond any one religion, but respecting and drawing from the mystics in all of them.

In Our Community

Gemilut Chesed Committee Seeks New Members

by Pat Gill & Bat Ami Segal



The Gemilut Chesed committee seeks new members who have big hearts and a desire to serve our community. This committee provides comfort and assistance in time of need as a link between the Or Shalom community and individuals who are hospitalized, ill, or grieving.

Assistance may include things like notifying the Or Shalom community, sending condolence or get-well cards, arranging for the delivery of shiva baskets or meals, visiting people in hospital or at home and organizing meal deliveries.

The committee is organized by co-chairs who gather the initial information about an individual, and several committee members, who organize and facilitate an assistance plan.

Committee members work with the rabbi and the individual in need of assistance to help the community coordinate a plan to suit each person's needs. For example, when a person returns home after a hospitalization, the committee may arrange for various community members to take prepared meals on specific days to the person's home.

There are no set meetings times. Committee members communicate with each other and make plans through the telephone and email.

Gemilut Chesed committee members ideally are caring people who want to serve the Or Shalom community by helping others when they are the most vulnerable. Prospective members can contact Bat-Ami Segal.

Seeking Siddurs Saturdays

by Ruth Stewart

Or Shalom is experiencing a dearth of siddurs, particularly on the Shabbats where we celebrate bnei mitzvahs. Please consider bringing your own prayer books on these occasions so we have enough to go around.

Family Shabbat June 12 with Guest Laura Duhan Kaplan

by Naomi Rozenberg

Please bring your whole family to join the Or Shalom community for upcoming Family Shabbat, June 12 at 10:30 a.m. Special guest, Laura Duhan Kaplan, will participate in the service. .

The Family Programming Committee is organizing more family-oriented Shabbatot in which children will participate in Shabbat morning services. Youth of all ages will partake in a Parasha (Torah portion) play, and all aspects of a child friendly Shacharit service, from opening the Ark, to leading the congregation in song or prayer. Teens are encouraged to return on the anniversaries of their Bnei Mitzvah, to chant their Torah portion, or to lead a part of the service.

If you would like your child to participate in our family-oriented service and/or in the Parasha Play, or if you would like to be involved in family programming, please contact naomirozenberg@hotmail.com or 604-872-1614, extension one.

In Our Community

Or Shalom's Adult Education Opportunities with Rabbi Itzchak Marmorstein



Rabbi Itzchak Marmorstein is continuing his workshops on Kabbala: The Tree Of Life. The workshops take place Mondays, 7:30 p.m. on the following dates:

June 7— The gate of Netzch-Power,

June 14—The gate of Hod- Receptivity

June 28— the gate of Sefirat Malchut.

There are also workshops in Ophanim: Mystic Yoga of the Alef-bet from 5:30—7 p.m. on the same dates. Both workshops approach the subject of Kabbala from an experiential perspective including readings, singing, discussion and meditation.

For more information, contact Reb Itzchak at milayomit@telus.net or by leaving a message for him at Or Shalom—604-872-1614.

Tzeddakah Distribution

by Helen Waldstein



Or Shalom's Tikkun Olam Committee will soon be meeting to allocate this year's Tzedakkah funds. Traditionally, we have divided the money in order to give locally and globally in support of both Jewish and universal causes. If you know of somewhere that a relatively small amount could make a big difference or if you have a suggestion for a worthy cause that we should consider this year, please contact Helen Waldstein. You are also welcome to join this committee and to help us do what we can to repair the broken parts of our world.

Alina & Azima: Divorce Coaches

Alina Wydra and Azima Buell are pleased to announce their work as divorce coaches in the field of Collaborative Law. Collaborative divorce is a positive and dignified way for couples to move from hostility and conflict to collaboration and positive co-parenting through working with a team of lawyers, divorce coaches, child specialists and financial specialists. For further information please call Azima or Alina.

The Or Shalom Community is invited to early morning davenning at 7:45 a.m. on Thursday June 3, 2004 on the occasion of the Ufruf * of Jeremiah Katz and Marni Dorfman. All are welcome. There will be a small kiddush after the ceremony.

On the *Shabbos* before a wedding it is customary to give the groom an *aliyah* - to call him up to the Torah reading. This is called an *ufruf*.



Hazzan Richard Kaplan

The week-long annual Jewish spiritual retreat Ruach Ha'Aretz (Spirit of the Earth) is being held in B.C. for the first time and is offering discounts for Canadian residents.

Previously in California and Colorado, Ruach Ha'Aretz will run from June 21— 27 at Mountain View Camp and Conference Centre, also known as Camp Hope and the site of Or Shalom retreats. This is in a natural setting west of Hope, about a two-hour drive from Vancouver. The theme this year is "Exploring Sacred Relationships."

"This retreat is intimate, spiritually deep, great fun and offers tremendous learning possibilities," says Rabbi Itzchak Marmorstein. "It includes an excellent children's program. If you cannot come to the whole week, come for Shabbat."

Reb Itzchak is teaching a weeklong workshop on "A Love for All Existence: The Song of Rav Kook," one of 13 workshops being taught by major teachers in the Jewish renewal world. Teachers include Rabbis Shefa Gold, Wayne Dosick and Ruth Gan Kagan, Cantor Robert Esformes and Hazzan Richard Kaplan, who was a big hit in Vancouver when he was co-sponsored by Or Shalom and the West Coast Sacred Music Festival in 2000.

The children's program is an exciting, joyful, and nurturing Jewish renewal experience filled with music, play, crafts and davenning as a deeply personal expression. An inclusive and participatory program for teens is also an integral part of the Ruach experience.

Accommodation includes comfortable lodge rooms, RV sites and tenting. Excellent food will flow from the centre's vegetarian kitchen. The deadline for registration is June 8. Prices in Canadian dollars represent about a 15 percent discount from U.S. rates. The fees, which include accommodation, food and programs, range from \$640 Canadian per adult for camping to \$795 for a double or \$900 for a single. For Shabbat only, camping is \$275, doubles \$304, singles \$340. More information is available online at www.ruachhaaretz.com, where you can download a brochure with complete program descriptions. Email info@ruachhaaretz.com or phone 415-339-8677.



Our thanks go out to Or Shalom member Alvin Wasserman for creating our beautiful gala poster and producing it through his company, Wasserman and Partners Advertising. The haunting blue image will do much to promote this special event.

We also thank Barry Dunner, of Gamma Pro Imaging Inc. for custom photographic services in reproducing the poster in the high quality that so enhances the imagery.

Congratulations to Adele and Diane

Adele Ritch and Dianne Liscumb were married on April 4, 2004, 13 Nissan 5764 in a civil ceremony attended by family and friends. It was a beautiful and joyous event. We are very grateful that we have found ourselves in a place and time where we can take this step with pride, with the support of family and friends and in the eyes of the law.



Passages



Rose Katz died on February 11, 2004 in North Vancouver. Rabbi Shmuel Birnham led a beautiful, sun-drenched service at the Capilano Cemetery in West Vancouver.

May her memory be for a blessing.

Okkie Rabinowitz, father to Barry Rabinowitz, died in Israel on Feb. 17, 2004. He was born in Cape-town, South Africa and spent the last 26 years living in Israel. A fund has been established in his honour. Please see page five for the details

May his memory be for a blessing.



Dorothy “Dot” Barker 1914—2004



Dorothy “Dot” Barker, long-time North Vancouver resident, died quietly February 19, 2004 at the age of 89, surrounded by family. She was born in Lashburn, Saskatchewan on October 31, 1914 and grew up in nearby Maidstone. She became a Registered Nurse at St. Paul’s in Saskatoon in 1939.

Dot moved to Vancouver in the mid 1940’s and to North Vancouver in 1948 where she spent the rest of her life. Mother to four children, she also had a successful nursing career at Lions Gate Hospital that spanned over 20 years. She was an avid golfer and a charter member of the Seymour Golf and Country Club.

Dorothy was predeceased by her husband Bill Barker, her son Jim, daughter Ann, and her brother Lawrence. She is survived by her two sons and daughter-in-law, John and Martha (North Vancouver) and David (Victoria). She is also survived by two nephews, Harvey Wilson of Nakusp, B.C. and Lloyd Wilson of Calgary, Alberta. “Nana” will be greatly missed by her eight grandchildren: Kim, Jackie, Michael, Sarah, Joseph, Jacob, Murray and Cameron and three great-grandchildren: Ivy, Amber and Devon.

When my heart is breaking--because it is nervous, furiously beating, not knowing what to do with itself, these moments are in truth the heavens shaking, the angels arguing--partly they are excited about heaven manifesting on earth, that is, if I give expression to my breaking heart.

David Fainsilber

Donations

Community Fund

In honour of Amichai Barer's Bar Mitzvah
In honour of Bruders de Har Naim
In memory of Okkie Rabinowitz z'L
In honour of Bruders de Har Naim
In honour of the Marriage of Adele Ritch & Dianne Liscumb
In honour of the speedy recovery of Gay Natanzon
In honour of Susan Albersheim's PhD
In memory of Lloyd Baron's Mother z'L

Len Ryant Memorial Fund

In honour of Harold Lando's 90th birthday

Yesod Fund

In honour of Dr. Susan Albersheim PhD.

Book & Torah Fund

In honour of the marriage of Adele Ritch & Dianne Liscumb
In memory of Pola Kleinman,
on the occasion of her yahrtzeit

Shiva Fund

In honour of Okkie Rabinowitz

Building Fund

On the occasion of the Brit Ahava of Mary Adlersberg & Sally Thorne

In honour of Fran Ritch

To celebrate the birth of Sophie Ida (Simcha) Fishman

Rabbi's Fund

In memory of Korrine Green
In memory of Harry Shane
In memory of Meyer Angel z'L
Lisa Nemetz Education Fund
In honour of David Levi

East Side Food Fund

In honour of Naomi Klein's birthday
In honour of Yocheved Mintz's ordination as a Rabbi.
In memory of Leonard Angel's brother, Meyer Angel. z'L
In memory of Rory Richard's father, Walter Cooper George Richards z'L

For the complete list of Or Shalom funds or to donate in someone's memory or honour, contact Richard—
orshalom@telus.net or 604-872-1614.



Next Deadline July 14, 2004

Credits

Keren Or is available on our website, www.orshalom.ca, or it can be sent by email by contacting the editor at orshko@telus.net. It is available both as a word document or as a PDF file.

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Submission Guidelines.

Submission must be submitted electronically by email or on disk. Contact me if you have any problems with this and we will problem solve. Articles should be 500 words maximum and will be edited for brevity, clarity and readability. Items can be submitted as attachments if they are word documents or written into the body of the email. Send to unbeldi@shaw.ca Here is a check list of my expectations:

- Have I put "Keren Or" in the subject of my email?
- Is there a phone number and /or address as well as an email address if I am naming a contact person?
- Have I provided explanations for any Hebrew/Yiddish words, rituals, etc?
- If I am using an acronym, have I used the full name at least once?
- If I name an agency, or organization, have I included contact information for it?
- Have I included my phone number ?
- Have I included complete details of any event? (time, place, date, costs, supplies needed etc)
- Have I put 604 in my telephone numbers?

Thank you for your cooperation.



Keren Or – A Beam of Light

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