

The Dove Tale

MARCH-APRIL 2023 ADAR-NISAN 5783

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Ohev Shalom celebrates the uniqueness of each individual and family and welcomes diversity within our sacred community



Rabbi Eliott Perlstein

Michael Goldstein

LOSERS? NO WAY! PUT IT IN PERSPECTIVE

What do you call a team that loses in the World Series, or loses in the Super Bowl, or loses in the MLS Soccer Cup game? And what do you call a city that loses a trifecta of championships in one year?

Losers? No way! I call each team winners, and I call the city and the fans that root for each team fortunate! Think about how many wins it took to make it into the final game(s). For the Phillies, it was a run that came out of nowhere. With the Eagles, we went to bed so many Sunday evenings with another win. I confess that I don't know how the Union made it to the Championship, because I didn't know the season started until it ended.

Ralph Waldo Emerson once wrote, "It's not the destination, it's the journey." There is truth in the philosopher- poet's words, even if it is not totally true. We all wanted the destination for sure. We never arrived, but the journey each team took us on was a great ride.

I couldn't watch the final seconds of the Eagles' loss. Instead, I searched for some measure of consolation, and I thought, "If we had won, it would have meant the world, but with the loss, we have to put it in perspective." My cousin in Tel Aviv is from Los Angeles and is a devoted Chargers fan. We had dinner the night after his team lost in the first round of the playoffs, and I expected him to not be quite himself. He was fine. He must have put it in perspective. That's what my Bubby meant when she would say, "It should be the worst thing that ever happens."

I didn't want to watch TV at all Sunday evening because I didn't want to hear or see anything about the Chiefs' win and celebration. I am not nearly that gracious. A bit after 12:00 AM, I turned on Israeli TV live. It was just after 7:00 AM in Israel. The first thing I saw on Israel's morning show was a report of the Chiefs defeating the Eagles in the Super

Bowl. There's no escape. I returned to the written word, and I happened upon an article entitled "Jalen Hurts Just Delivered an Emotional Intelligence Master Class. It All Starts With Just 6 Words." Our QB said it like this: "You Either Win or You Learn." The man who was supposed to bring his team to the promised land was not about lamenting, but rather learning. He said that he was challenging everyone in the clubhouse to do the same. That is a leader. I will remember this Super Bowl by the amazingly great game he played. Even after he dropped the ball for a seven point loss, he right away led his team down the field to get those seven points back. He put up some incredible numbers, rushing for seventy yards including three touchdowns, and 304 yards passing with one TD. The MVP doesn't come from the losing team, but Jalen Hurts "outMahomed" Mahomes.

As we learn again each year, Moses never made it to the Promised Land. He could see it from afar but could not enter. If the great sage Hillel once said, "If not now, when?", he might have also said something like, "If not Moses, why

When I was in 11th grade the country/western song, "I Never Promised You a Rose Garden" was a big hit. You might remember the words, "along with the sunshine, there's got to be a little rain sometime." We've had plenty of sunshine and a few days of rain.

And so, while a win would have meant the world, we have to keep a loss in perspective. And as the philosopher-poet wrote, "It's not the destination, it's the journey." When it's all said and done, after all the winning that got us to the finals, our teams and our city are no way losers. They're winners, and we have reason to feel fantastically fortunate!

President's Message



I'm writing this one day after attending the opening Ohev Players performance of Disney's *Descendants*. It also happens to be a few days after our annual Inclusion Shabbat. These events continue to reinforce what we already know; our congregation is overflowing with talented and dedicated congregants/volunteers. They also highlight Ohev's commitment to ensuring that all congregants have access to meaningful ways to participate in congregational life at Ohev Shalom. I hope you are as proud as I am to be part of this community.

There are many more exciting events planned for the spring, including the annual Purim Carnival, which we enjoyed on February 26th, The Philly Keys Dueling Pianos on March 4th and the Masked Purim Singer on March 6th. As always, I encourage you to visit the Ohev calendar at https://www.ohev.org/whats-happening/calendar-of-events to view them all. There is no time like the present to get involved. I look forward to seeing you soon.

Michael



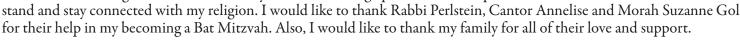
MADDEN PAIGE LERNER APRIL 22. 2023

Hi, my name is Madden Paige Lerner, and I am in 7th grade at Holland Middle School. My birthday is March 11th; however, my Bat Mitzvah is April 22nd. I recently moved from Langhorne to Ivyland with my family and two dogs.

My favorite subject in school is art because I love to draw. I also recently began to enjoy reading, and I love journaling. Roblox is my favorite video game to play. In the summers, I go to Briarwood Day Camp where I can connect with friends I made at Ohev Shalom Preschool. I have gone since I was three, so I have made other long-term friendships as well.

For my Bat Mitzvah Project, I am volunteering at National Greyhound Adoption Program. It is a veterinary clinic specializing in the care of the greyhound. This agency was designed to find loving adoptive families for former racing greyhounds. I chose this project because I love dogs; they are man's best friend.

I have been attending Ohev since I was two years old. Growing up at Ohev has helped me understand and stay connected with my religion. I would like to thank Rabbi Perlstein, Cantor Annelise and Morah Suzanne Gold



What Do You Want to Know but Were Afraid to Ask?

How many times has a question crossed your mind, and Google didn't provide a satisfying answer? Have you forgotten the question you had when you were in Shul, only to remember after you arrived home? Well, fret no more.

This is your chance to have your thoughts heard, your questions answered. Do you have questions about Conservative Judaism? or what is Kosher? or how our security system is protecting us? or anything at all that can be answered by our clergy, board members, officers, or anyone else?

Address your questions to "I Want to Know" and email to sharongoldstein@earthlink.net. Be sure to include your full name. Let me know if you want your name published, or your initials, or Curious Congregant. I'll forward your question to the appropriate people under my name.

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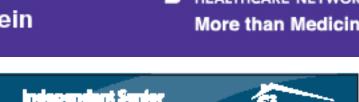
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2023 ZIMRIYAH- YOUTH CHOIR CONCERT WITH SURROUNDING CONGREGATIONS

We are thrilled to announce that after a four year hiatus, the Zimriyah Children's Choir Festival is back! This event, which is sponsored by the Cantors Assembly Delaware Valley Region, will be held on Sunday, April 23, 2023 at 1:30 pm at Temple Beth Hillel-Beth El in Wynnewood, PA. Our Theme is "Israel 75". This concert is a vehicle for our children's choirs/choruses to perform for each other in an afternoon of collegiality. It is not a competition in any sense. We encourage you to bring your family and friends to enjoy a wonderful afternoon of music!

The kids would love to see you! It would mean so much to them to see an Ohev Shalom cheerleading squad!

If you have any questions, please feel free to contact Cantor Ocanto-Romo at cantorocanto@gmail.com.

ARTISTS IN RESIDENCE WEEKEND:

During the weekend of March 31-April 2nd, 2023, we will be celebrating Cantor Paul Frimark's (z"l) legacy with beautiful tunes, sacred language of Yiddish, and exciting moments as we celebrate Klezmer music- perfect for ALL ages! We invite you to come for the musical davening and get uplifted with a fantastically spirited Klezmer concert with some of Klezmer's most notable musicians- The Strauss/Warschauer Duo and friends!

Deborah Strauss (violin, accordion, vocals, dance) and Cantor Jeff Warschauer (guitar, mandolin, vocals) have been at the forefront of the international Klezmer and Yiddish music scene for more than 30 years. They are sweet and soulful performers who draw from Klezmer, Yiddish, Hasidic and liturgical music and culture, adding their own original compositions and song settings. Their music is grounded in tradition, yet thoroughly contemporary.

Don't miss out- there is something for everyone across the board:

- A. Our choirs and Shabbatones will join Cantor Jeff and Deborah for a musical Friday night (don't forget the yummy nosh!)
- B. Cantor Jeff Warshauer will lead us in a beautiful davening experience on Shabbat morning (join us for an RSVP lunch)
- C. Get ready to jump out of your seats and dance to a fabulous Klezmer Concert Saturday night!
- D. The Hebrew school will share the love of Klezmer and dance with Deborah Strauss- educator, musician, and dancer

All events need an RSVP so we can plan accordingly. Don't miss out on this very special weekend as we celebrate our dear friend and beloved Cantor Frimark (z"l)!

Check out this amazing performance of the Warshauer/Strauss Duo at the The Krakow Jewish Culture Festival!! <u>Deborah Strauss and Jeff Warschauer, Krakow Jewish Culture Festival 2014</u>



Kimmel Campus Presents

Sing Hallelujah

Apr 26, 2023 7:30 PM

Sing Hallelujah returns to Verizon Hall for the 4th time at The Kimmel Cultural Campus, led by Cantor David F. Tilman. This year's program will celebrate the 75th anniversary of the State of Israel and feature singer, songwriter, and humanitarian, Noa, alongside 175 singers from the Delaware Valley!

TICHON TRIP:

Rabbi Perlstein, Barbara Glickman, Cantor Ocanto-Romo and Tichon teacher Melissa Rosenblatt had the honor of accompanying our Tichon 9-12 grade students to the land of Israel from December 21, 2022-January 1, 2023. They shared the sights, the sounds, the tastes, and the full emotions of Eretz Yisrael over the course of 10 days. The group traveled by bus with our outstanding guide Shacham Sela Appleton and took in all the typical and not so typical sites of the Holy Land. Some of the most notable were the Blackout Restaurant in Jaffa, Bedouin hospitality in Southern Israel, sunrise hike up Masada, and the Olympic Experience in Tel Aviv, just to name a few. By the end of the trip, the initial small cliques turned into one big family, and everyone on the trip had a memorable time- this trip was one for the books!













Ohev Social Action Update - You can help!

The Social Action team is inviting you and other Ohev congregants with an interest in reaching out to the Bucks County community to join our team. Whether you would like to help with one program that spikes your interest, cook a meal to be given to the needy, give blood or, perhaps, help our committee lead a program, please do join us!

HOUSEHOLD GOODS AND FOOD COLLECTION FOR A WOMAN'S PLACE SUNDAY, MARCH 5 - SUNDAY, MARCH 12 10 AM - 3 PM

In honor of two brave women, Esther and Vashti, Ohev Shalom will collect household goods and food to support **A Woman's Place** on Purim. Founded in 1976, **A Woman's Place (AWP)**, provides support, shelter, and financial empowerment programs to individuals experiencing domestic violence and to their children.

To help **AWP** meet the basic health and comfort needs of these vulnerable people, please drop off at Ohev's loading dock or at the collection baskets near the main entrance, any of the following items:

Personal items: body wash, conditioner, kids' shampoo/body wash, deodorant, mouthwash, dental floss, single pack toothbrushes

Household items: paper towels, disinfectant spray, all-purpose spray cleaner, glass spray cleaner, laundry detergent pods, fabric softener, dryer sheets, dish soap, food storage containers, baking dishes, baking sheets, 13 gallon drawstring trash bags, 30 gallon drawstring trash bags

Food: peanut butter, jelly, cereal, oatmeal, canned vegetables, canned fruits, canned pasta, canned tuna, canned beans, condiments, spices

Thank you for supporting this essential, life-saving program!

DONATE YOUR HAMETZ AND OTHER FOOD TUESDAY, MARCH 28 - SUNDAY, APRIL 2 10 AM - 3 PM

When you clean out your home of non-Passover food, please take time to drop your unopened containers of hametz - as well as any other foods or kitchen supplies - to Ohev Shalom's loading dock from Sunday, March 26 through Sunday, April 2. We'll split this collection between the Mitzvah Pantry in Bensalem and the Penndel Food Pantry to help our neighbors in need.

PHILADELPHIA WIDE MITZVAH DAY at OHEV SHALOM

SUNDAY, APRIL 23 11:30 AM - 1 PM

Ohev Shalom is proud to be one of the two Bucks County sites for the massive Philadelphia area Mitzvah Project in honor of Israel's 75th birthday. Bucks County synagogue congregants will be asked to collect specific foods and supplies and then come to Ohev Shalom or Kol Emet on April 23 to assemble the foods into breakfast bags for the senior participants in KleinLife programs in NE Philly. There will be fun and work for everyone on Sunday, April 23, including decorating the bags, making cards, assembling food packages, and other activities.

We can use your help! Ohev will be collecting brown lunch bags. Look for details coming soon about drop off of the brown bag donations plus the sign-up for your participation in the regional Mitzvah Day activity! Questions? Reach out to Barbara Glickman, Bucks County Kehillah Mitzvah Day representative.

RED CROSS BLOOD DRIVE TUESDAY, MAY 16 3 PM - 8 PM

Please help save a life on Tuesday, May 16 between 3 and 8 PM. Ohev is again proudly partnering with the Red Cross, and we need your help to make this blood drive a success.

Please sign up on the Red Cross website (www.redcross<u>blood.org</u>) and search for Ohev's drive (ohevrichboro). Most donations take about an hour, so book your appointment and become part of this lifesaving mission of the Red Cross and Ohev Shalom!

MEAL COLLECTION TO FEED THE NEEDY MONDAY, MAY 29 4 PM

We need your help to help others! Ohev Shalom is joining with over 40 synagogues and places of worship to help feed our Bucks County neighbors through **AHTN - Advocates for the Homeless and Those in Need**. Ohev committed to donate 30-40 meals on the following Monday evenings in 2023: May 29, July 31, and October 30.

First step: Click here to sign up!

Then cook one or more meals at your own home or with your friends. Deliver the packaged meals to Mitch and Carol Gerson's home at 107 Buck Hill Drive, Holland at 4:00 on your selected date. The meals will be picked up by **AHTN** and delivered directly to the folks in need that same evening.

A donated meal packed in a clean container might be a hot casserole with side of vegetable, a salad with tuna and hard boiled eggs; a hot main dish, starch and vegetable. Please add a drink, utensils, and napkins. A dessert, granola bar or peanut butter crackers would be a nice addition. The portions should be for an adult, as this food is often the only meal the person is having that day.

JEWISH RELIEF AGENCY (JRA)

SUNDAY, MAY 21

Keep your eyes open for details on a joint event hosted by Ohev's Religious School and the Social Action team as Ohev supports the Jewish Relief Agency by volunteering in their food warehouse in the Far Northeast. The JRA serves over 6,800 diverse, low-income individuals across Greater Philadelphia by relieving hunger, improving lives, and strengthening our community.

We hope you will get involved in one of our many projects. New ideas are always welcome. If you are interested in joining our committee or participating in our activities, or if you have any suggestions or questions, please contact us at ohev@ohev.org or contact Carol at gersongroup@comcast. net or 267-243-4414.

GO GREEN PASSOVER HINTS

Grass is growing, buds are bursting and, with just a few tweaks, your Passover seder will be green as well!

In a few weeks, we will all start thinking about how to rid our kitchens of hametz. As we get closer to Passover, don't buy any new food (other than produce) and challenge yourself to make dishes out of the hametz that you already have.

Give your sealed packages of food away to Ohev's Hametz and Other Food Collection to be given to those in need.

Try to avoid using paper and plastic products for your seder, even if the crowd you invited exceeds your china count. If you must use disposable settings, you can purchase compostable, biodegradable tableware at the many websites which offer bamboo, palm leaf, or sugarcane based items such as ecoproducts.com, leafware.com, greenpaperproducts.com.

You can switch from conventionally grown produce to organically and locally produced items for your green herb, moror, roasted egg, and charoset.

Seasonal, local items are available in spring that are more appropriate and earth friendly than off-season items shipped halfway around the world. Strawberries, asparagus, artichokes, lettuce and leeks, as well as root vegetables from cold storage, are available now. Don't forget to bring your own bags when you shop.

Don't waste your leftovers. Wrap the leftovers you can consume in reusable glass or metal containers. Ask your guests to bring their own reusable containers in which to take home leftovers or wrap the gifted leftovers in wax paper. Then compost the rest.

New Thoughts on Dayenu

If we had enough clothes for comfort, but didn't have overflowing closets... Dayenu! If we ate meat only on special occasions and ate vegetarian food the rest of the time.. Dayenu! If we bought only items that were built to last and rarely threw things away... Dayenu!

With thanks to: Green Matters: 5 Tips for Keeping Your Passover Seder Eco-Friendly and Chicago Botanical Garden



Household Needs and Food Collection on Purim

Sunday, March 5 through Sunday, March 12, 2023 10 AM to 3 PM

to support A Woman's Place

In honor of Esther and Vashti, Ohev Shalom will collect household and personal items and food to support A Woman's Place and their clients on Purim. Founded in 1976, A Woman's Place (AWP) provides support, shelter, and financial empowerment programs to individuals experiencing domestic violence and to their children.

Please drop off at Ohev's loading dock or at the collection boxes near the main entrance any of the following items:

Personal items: body wash, conditioner, kids' shampoo/body wash, deodorant, mouthwash, dental floss, single pack toothbrushes

Household items: paper towels, disinfectant spray all-purpose spray cleaner, glass spray cleaner, laundry detergent pods, fabric softener, dryer sheets, dish soap, food storage containers, baking dishes, baking sheets, 13 gallon drawstring trash bags, 30 gallon drawstring trash bags

Food: peanut butter, jelly, cereal, oatmeal, canned vegetables, canned fruits, canned pasta, canned tuna, canned beans, condiments, spices

Thank you for supporting this essential, life-saving program!

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SISTERHOOD

Welcome to the Sisterhood section! As I write this message, the sun is bright and it is a warm beautiful afternoon. I know it is just a tease, but knowing Spring is around the corner makes me a very happy person. In true Sisterhood fashion, no year is complete without a Sisterhood Bingo event. We held two Virtual Bingo programs in January and February. Everyone had a great time, and we had some new winners each time.

Sisterhood has planned a Torah Fund Brunch for April 30, 2023, as we honor **Hedy Hoffman**. Save this date!!

We are also very busy planning Sisterhood Shabbat, so remember to **SAVE THE DATE!** Friday, May 12, 2023. All Sisterhood members are encouraged to participate. Contact Denise Kolber, kolber@verizon.net if you would like to be a part of this wonderful evening celebrating women. This will be an in-person Shabbat.

The Simcha Boutique (Sisterhood Gift Shop) is open every Sunday and also by appointment. Just give us a call to make arrangements, and we will be happy to help in any we can! We have tallitot, kippot, kiddush cups, giftware, jewelry and art work.

Call Linda Springer 215-450-2405 or Barbara Ponzeck 215-783-9113

Remember, being a part of Sisterhood is the best "present" you can give yourself! You are never alone; your sisters will always have your back. It's knowing that through thick and thin you'll always have someone on your side.

We look forward to seeing you at our next event!

B'Shalom

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LET ALL WHO ARE HUNGRY, COME AND EAT

DONATE HAMETZ AND OTHER FOOD

TUESDAY, MARCH 28 - SUNDAY, APRIL 2 10 AM - 3 PM OHEV'S LOADING DOCK

When you clean out your non-Passover food, please take time to drop off your unopened containers of hametz - as well as any other non-perishable food in cans and unopened cartons - to Ohev Shalom's loading dock from Tuesday, March 28 through Sunday, April 2. We will donate this collection to the Mitzvah Food Program and the Penndel Food Pantry to help our neighbors in need.

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Selling Your Hametz Before Pesach

According to Jewish law, we do not eat or own food that is Hametz ~ leavened ~ during the eight days of Pesach. During these days we are to eat only foods that are Kosher for Passover.

For Hametz which you will not be giving to Ohev's food collection and may want to use after the holiday, according to the laws of Pesach, you may place the food in a room in your home which you will not enter during the holiday. Since you are not permitted to own the food, there is a custom of "selling" the food that remains in your home to a non-Jewish person. Technically, the non-Jewish person owns the food during the holiday. At the end of Pesach, it reverts back to you, as the owner.

You may appoint Ohev Shalom as your agent to sell the food to a non-Jewish individual. In appointing our congregation in this transaction, it is traditional to offer a gift of Tzedakah so others may celebrate the holiday.

For many years, Ohev congregants have contributed to the Passover League of Philadelphia which helps those who are ill or aged, hospitalized veterans, and others in need to celebrate Passover. Since 1933, the Passover League has helped our fellow Jews experience the blessing of Passover by funding Seders for approximately 2,000 people annually throughout the Delaware Valley. This year, the Passover League will be supplying kosher food packages to those who, in prior years, would have attended those Seders.

To "sell" your Hametz, please fill out the form and return it to the Ohev Shalom at ohev@ohev.org. Alternatively, you can drop or mail it to Ohev Shalom, 944 Second Street Pike, Richboro, PA 18954, Attn: Hametz Sale.

To perform the act of Tzedakah, you can donate via the Passover League's website at: https://goldenslipperclub.org/golden-slipper-passover-league/

or by mailing a check made out to the <u>Passover League</u> to Ohev Shalom, 944 Second Street Pike, Richboro, PA 18954 ATTN: Social Action - Passover League

I hereby appoint Ohev Shalom to act as my Agent in selling the Hametz that may remain in my home in a closed off area during Pesach to a non-Jewish individual for the period of the days of Pesach. I understand that this will revert back to me after Pesach.

As an act of Tzedakah and to help fulfill the words of the Haggadah "Let all who are hungry come and eat," I am sending a donation to the Passover League.

Name			
Signed			

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Any questions please feel free to reach out to Linda Springer tantalaya1015@comcast.net

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ADULT EDUCATION

Adult Education Calendar, 2022-2023. Leslie Kreithen-Chair

Mark your calendars now for this year's exciting Adult Ed programs, all on Zoom. The program is on Thursday afternoon at 2 PM.

- 1. Thurs, March 23, 2023. Jews In Victorian Literature. Rabbi Carol Harris-Shapiro. 2PM. Victorian British literature offers clues to the attitudes towards Jews in the 19th century--the good, the bad and the ugly. Masterworks of literature from Charles Dickens, George Elliot and Anthony Trollope demonstrate how and why certain Jewish stereotypes became part of Victorian society.
- 2. Thurs, May 11, 2023. Restoration of Jewish Historic Sites in the Czech Republic, Rebecca Landau. 2PM. A European Union Grant and the Czech Culture Ministry's 10 Star Project has helped reconstruct and restore many Czech synagogues, cemeteries, rabbinical houses and Jewish study houses that were damaged or destroyed during World War II and the next 40 years when the country was under Communist rule.





Dr. Carol Harris-Shapiro

Jews in Victorian Literature

Thursday, March 23, 2023 2PM





Jews in Victorian Literature
What was life like for the Jews of
Victorian England? British literature
offers clues to the attitudes towards Jews
in the 19th century--the good, the bad and
the ugly. Dr. Harris-Shapiro will be
reviewing masterworks of literature from
authors such as Charles Dickens, George
Elliot, Anthony Trollope and others along
with period illustrations to demonstrate
how and why certain Jewish stereotypes
became part of Victorian society.

Zoom link

https://us02web.zoom.us/j/81845746407? pwd=Ui9nL0t4bWluQnVEbHBsVUNHcndhZz09

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A DECADE OF INCLUSION

In recognition of February being Jewish Disabilities Awareness, Acceptance, and Inclusion Month (JDAAIM), or as I prefer to call it, Jewish Diversity, Awareness, Acceptance, and Inclusion Month, we are celebrating a decade of our focus on inclusion here at Ohev Shalom. As I encouraged at our annual Inclusion Shabbat on February 11th, I invite you to join me on a quick trip over the past decade of inclusion here at Ohev, as it relates to our Torah, the core foundation of Judaism.

Bereishit. In the beginning. This is the Hebrew word that begins Genesis and the five books of Moses. It is in Genesis that we first hear, "And G-d said, 'Let us make man in our image, after our likeness...' And G-d created man in His image, in the image of G-d." B'tzelem Elohim. That word, genesis, is actually from the Greek word, origin. The genesis of our inclusion journey began back in 2011, when our congregation received an email from Joanne Adar, asking if there was anyone interested in forming an inclusion committee. We had received a commitment from two donor families who to this day remain anonymous, asking us to do just that. Over fifty congregants came to that first meeting, and the inclusion committee at Ohev Shalom was born.

Exodus. The second book of the Torah describes the birth of the Jewish people. It is the book in which our identity as a nation is forged, and similarly, our identity as an inclusive community was forged. In Hebrew, the book is known as Sefer Shemot (the "Book of Names"), because it opens with the verse, "These are the names of the children of Israel." Just as in Exodus, the birth of our Inclusion program began with finding the name that would best describe our committee, our mission, and our vision. We chose the title, Inclusion B'kavod, because the concept of kavod (respect), represents our purpose. Kavod encompasses kindness, acceptance, visibility, opportunity, and dignity – for all. In fact, our Hebrew School students and community practice and observe their Kavod Code. Our students practice kavod from their first experiences attending our Hebrew school in the pre-gan classroom, and all are included and welcomed through each grade level and Tichon. During February, Suzanne Gold, our Inclusion Facilitator, and I had the opportunity to join our Tichon students to discuss their understanding and concept of inclusion here at Ohev. We were really blown away by the discussions, their comments, and the insight that our students have. In fact, we asked them to create a "picture of what inclusion means to them," and then we transferred their words to form a word cloud. That word cloud, in the shape of a dove, is now proudly displayed on an easel in the Gottesman Grand Hall, and I encourage you to take a close look and read their words the next time that you are at Ohev.

Leviticus, or in Hebrew, Vayikra, is the third book of Moses. Leviticus is very much valued in Judaism and in fact, is quite often from where our children learn their first Torah verses. Leviticus is the book where many laws are first established, and in the last section G-d tells the people that if they follow His laws, they will live in peace and security. At Ohev, we value and welcome each person regardless of age, identity, family structure, strengths, challenges or changes in physical, social, behavioral and/or health abilities, and ensure that every member of our community feels safe and secure within the walls of Ohev. While our Inclusion B'kavod committee has not established laws per se, we quickly developed our mission statement, vision and our commitment to inclusion at every level here at Ohev Shalom. In fact, our commitment statement appears on every email, document, flyer and promotion that is distributed.... Ohev Shalom celebrates the uniqueness of each individual and family and welcomes diversity within our sacred community. This commitment is at our core. As a community, we ensure that all members of Ohev Shalom are able to participate meaningfully in all spiritual, educational, celebratory, and life event activities at our synagogue.

Numbers, or BaMidbar, which in Hebrew means "In the wilderness," chronicles the Israelites' journey through the wilderness after the Exodus from Egypt. Our Inclusion B'kavod committee was strong, but we did not know what we did not know, so we banded together, and our passions and experiences led us to participating together in the PATH process-Planning Alternative Tomorrows with Hope. Our first PATH to inclusion started with our North Star, our dream, as to where we hoped to be in the next 12 – 24 months and then beyond. We then worked to determine our Now (where we were), immediate goals, long term goals, action steps, those we needed to enlist, and how we could build strength within our community. We did an Accessibility Audit, or inventory, to determine our physical space and needs, recognizing as stated in Isaiah 56:5, "For my house shall be a house of prayer for all people," which led to a number of various physical accommodations throughout our campus, some immediately recognizable, like our ramps and higher handrails, and some not so immediately recognizable such as chairs strategically placed so those entering our building can take a seat and rest a moment before and after entering our doors or awaiting a ride, improved lighting, lowered mezuzot and talit racks, etc., as well as an educational audit which led to our engaging our Inclusion Facilitator and the HSAP process (Hebrew School Action Plan). We have since done a second more recent Accessibility Audit after engaging in our second PATH process. While a glance at our PATH may look just like nonsense drawings and jottings, it is in fact a recognized process to graphically and strategically plan. In addition, our numbers were increased and enhanced by the twelve families who began our Celebrations! monthly program a decade ago, and several of our Celebrations! graduates, whom you all know and have embraced over the years, participated in our Inclusion Shabbat, and continue as members of our community. The Book of Numbers begins with a detailed census of Israel. We begin and end each year with a census of our congregants, and we continue to be strong and hear that many new members joining the Ohev Shalom congregation come because of our well-known, recognized, and modeled after inclusion commitment for all ages, stages, family structure, needs, and strengths.

Finally, we come to Deuteronomy, the fifth of the Five Books of Moses, and commonly referred to as Devarim, meaning "words" or "things," based on the opening line, "And these are the words that Moses spoke to the children of Israel." Our commitment statement referred to earlier is not just words. As Rabbi often says, "Here at Ohev we do not just talk the talk; we walk the walk." Inclusion at Ohev is not just a thing that we do. It is who we are, as a synagogue, as a congregation, as a community and as a people. We are committed to being proactive, to identify and ensure that we are addressing all of our community's current and changing needs. That being said, there are times, although we prefer not to be reactive, that we need to be, and we encourage everyone to let us know if you or a loved one's or a guest's needs have changed or need to be addressed. In addition, our weekly Shabbat -O-Gram contains a helpful list of resources and links that are available for various services and supports that can be contacted confidentially. While we have been an allergy aware and nut free community for years now, a newer family encouraged us to be gluten aware as well. Another congregant has let us know that their visual needs have changed, so we are working on enlarging the pages of our siddurim to meet their needs. Several months ago we were informed that we needed a better chair with arm rests in the Cantor Frimark entrance because it was too difficult for some to rise from the sofa.

Inclusion at Ohev is not just about students who have IEPs in school. It is about those with challenges or what some still think of as differences, whether physical, mental, social, financial, religious, atypical, or what have you. Throughout our Inclusion Shabbat service, those present and on Live Stream heard about this from several members of our community, whose words not only reached those present but touched them as well. I encourage you to view that Live Stream at your leisure, so you can hear their words as well. While you may not realize it, you are all a part of our mission to accept and welcome everyone in our community where they are, for who they are.

L'Shalom,

Lindsay Miller

Education and Inclusion Chair

A VERY SPECIAL REFLECTION ON INCLUSION SHABBAT, 2023

By Joanne Adar

I keep thinking about the beautiful tribute and reflection on the past, present and future of IBK at Ohev that was lovingly put together.

It was really moving to recall the journey, the parts known and unknown and the determination, skill and joy that powered the process through.

We were a force, like water over rock or wind through the trees, gently but persistently shaping and causing fundamental and lasting change.

The roots that have formed are deep and wide and will hold the priorities and values in place to find new and wondrous iterations yet to be born.

I hope that we are coming into a time when an inclusion committee will be an obsolete and strange concept; it should be an implicit truth that the needs of all can be seen and held into account.



POEM

by Maya Goldstein

Blood, like a stream running through each of us Inside we are the same The world is broken and untamed We stand together composed We pretend to be at peace with one other We fend off the trouble Not standing up for what is right While some are violent Others remain silent Chained to the ground are we no longer We are free Free to express our anger and happiness Free to be us Let us each influence the good in the world No matter what we look like Inside we are the same Start to believe that life is a puzzle The pieces are scattered around but someday, When the pieces align, all will be free Freedom to some is still unknown As we dig the ditch deeper Justice is blind While this has been recited to us one thousand times we are still sightless We start to lose perception of the things that really matter There will soon come a time when we all realize that everyone belongs There will soon come a time when differences are celebrated and everybody is HUMAN Stop waiting for a sign be the sign for others How will you change the world?

MEN'S CLUB

Greetings to everyone. We hope everyone is staying safe, healthy and warm. Spring will soon be here! It has been encouraging to see members and families return to the synagogue for services and events like the World Wide Wrap, The Ohev Players' Descendants, and other special events. We hope to see more of you in the coming months. As we do every year in February, our Men's Club participated in the annual World Wide Wrap. The Federation of Jewish Men's Clubs encourages all member clubs to participate. On February 12th we had our Sunday morning minyan in-person and on zoom. Extra tefillin was available for instruction on how to lay tefillin, and Rabbi Perlstein explained why we lay tefillin. As is our tradition, bagels and a shmear were available to all participants.

Our Men's Club is once again happy to announce that we are able to sponsor the bus for the Hebrew School trip to the Holocaust Museum. This program had been on hold during Covid, but it is back this year, and we are happy to provide the funding for the bus. This is an important program for our school kids, and we are grateful to be part of this program. Your support of our annual Yellow Candle Holocaust Memorial project is what makes this possible. The candles are available to every member family starting with the Purim Carnival. If you aren't able to get yours then, the candles will be available on a cart during regular services and when the building is open. If you are unable to pick up your candle, please contact Steve Miller at smdr18@hotmail.net or Mike Zimet at Zimet1@

Stayed tuned for information regarding a special in person breakfast program on June 4th, when we welcome Sam Salz, the Orthodox football player from Texas A&M. Learn how

gmail.com

he plays football player from Texas A&M. Learn how he plays football and about his desire to play. It will be a special morning beginning with an in-person minyan at 8:30 AM, breakfast at 9:30, followed by our guest speaker at 10:00.

Just a reminder that you can make honor or memory donations to the Men's Club. Please make your checks payable to The Ohev Shalom Men's Club. We are looking forward to more Men's Club breakfasts and programs, so keep monitoring the Ohev and Men's Club communications. If you have an idea for a program or a speaker you would like to bring to our group, please contact either of us through our emails.

Thanks to all for your support of the Ohev Shalom Men's Club.





NADINE MYERSON & LAURIE SEGAL MARCH-APRIL 2023 CONGREGANTS OF THE MONTH

by Eileen Schein

The French philosopher Marcel Proust encouraged us "...to be grateful to people who make us happy; they are the charming gardeners who make our souls blossom." We should give many thanks, then, to our March-April 2023 Congregants of the Month, Nadine Myerson and Laurie Segal, for enhancing our lives with all that they have done.

Laurie Segal and Nadine Myerson both had wonderful parents who instilled in them the importance of family, education, independence, and Judaism. Laurie grew up in Dresher, and Nadine in the Northeast. Laurie also had a love for music. Her true passion was playing the flute. Involved in all aspects of school concert, district, and marching bands, she continued at Penn State as a flautist in the Blue Band Concert Band. Many years ago, during a Friday evening Hadassah Shabbat, Rabbi Perlstein noticed Laurie's talent as a flute player, and connected her with Marvin Feld (z"l) and Ken Marblestone, and the trio Terzetti was created. Many musical events, both at Ohev and in the private sector, had Laurie's signature contribution.

Lest you think that one cannot be stellar in both the arts and the sciences, you should know that Laurie earned a Masters of Speech Pathology and Audiology in 1981. Her career focused for 41 years on adult neurological disorders, laryngectomy, ventilator-tracheostomy patients, voice and swallowing disorders, and Parkinson's disease. Her patients and their families were the beneficiaries of her compassion and expertise. The same was true of Nadine's chosen career. A graduate of Frankford Hospital School of Nursing and Penn State University, she is a Registered Nurse. Nadine was involved in the step-down unit, the pediatric unit, and discharge planning at the Frankford Torresdale Hospital. She also worked for Independence Blue Cross as a manager of pre-certification and post-acute care for almost thirty years.

Laurie met her husband Marc at Penn State, and the two married after Laurie's graduation from Hahnemann Medical College and Marc's from Temple Dental School. Beautiful daughters Alisa and Erica completed their family, and the Segals wanted to ensure that they received a similar religious education and sense of community that Laurie had growing up at Beth Shalom in Elkins Park. The family joined Ohev Shalom in 1990, and the girls became B'not Mitzvah, confirmed, active in USY, and made lasting friendships, especially as they followed in Laurie's footsteps as Camp Ramahniks. Today Alisa works in marketing, and Erica is a lawyer in Manhattan. Laurie and Marc now have two precious granddaughters, Jordyn and Mila, who continue the legacy.

Nadine has always been close with her sister Mindy Zatcoff and her entire family. Aunt Nadine kvelled as her nieces and nephews went through Ohev pre-school, Kindergarten enrichment, became B'nai Mitzvah, and were confirmed. Nadine's nephew Brad and his wife Rachel were married at Ohev, are devoted members, and their two sons Jacob and Benjamin are continuing the family tradition! Nadine was actually inspired by a great-aunt, Jean Liebman, who was very active in her own synagogue, a member of Women's League and a guest speaker at Ohev, and mentioned in the book The Invisible Thread.

From the beginning, Laurie held numerous Board and Executive Committee positions at Ohev, including President of Ohev Shalom from 2000-2002. Both Laurie and Nadine thank their dear friends Barbara Kind Berman and Natalie Brooks for their encouragement and assistance to grow into the various positions they held, and Rabbi Perlstein for his guidance and support through the many challenges which are all a part of synagogue life and leadership. Memories of Cantor Paul Frimark (z"l) during all of the musical events and shows, and Cantor Annelise Ocanto-Romo's support of The Shabbatones will never fade. As long-time members, from the breaking ground on the Rothman Family Education Building, the dedication of our new Torah, the merger with Adath Tikvah-Montefiore, to the trips to Israel and Budapest-Vienna-Prague, and too many others to mention, Laurie and Nadine have been filled with the fondest memories of dedication to Ohev Shalom.



Nadine Myerson



Laurie Segal

Our two Congregants of the Month met in 1995 when Nadine joined Ohev Shalom. She also became very active, holding several Board positions, including Fundraising Chair. One of her most meaningful responsibilities was to ensure that there was a minyan every evening, so that Kaddish could be said. It goes without saying that she was and continues to be an involved member of Sisterhood. Nadine and Laurie became fast friends and were the perfect choices to co-chair many synagogue events and programs. From scholar-in-residence weekends, to Safam, Dr. Ruth, Debbie Friedmann, and co-producing some of Ohev's amazing shows, including a benefit show of Fiddler and the Noa concert, they were two busy ladies! They laughed while driving up and down Street Road looking for avocados and Pellegrino (don't ask!), made their own posters and banners, bought too many cans of soda to count, folded hundreds of flyers, and dealt with special requests from celebrities. It was all worth it, though. Can you imagine eating tuna salad with Dr. Ruth?

In May of 2022, former Ohev President Diane Pevar asked these two accomplished women to co-chair the Mordechai Rosenstein Artist-in-Residence Weekend in December. They knew it would be quite an undertaking, since it would be one of the first major events held in the synagogue since the pandemic, and it would consist of several events from Thursday to Sunday. From actually watching as the renowned artist created his signature work with Hebrew and English calligraphy, to adding one's own individual brush stroke while receiving advice and instruction from the great artist (while sipping Pinot!), to hearing about Mordechai's own journey as an artist and "How the Torah Paints the Picture," with the grand finale of Havdalah and the Unkosher Comedy Show, our phenomenal Congregants of the Month accomplished this amazing task with grace, expertise, and a lot of laughter! We at Ohev reaped the benefits of the tireless planning and coordinating that they did. Always giving credit to others who assisted in such a vast undertaking, they would like to thank Barbara Glickman for her social media expertise and the many wonderful volunteers from the congregation. What drove them to spend so much time and energy on this project? Their love for Ohev Shalom and our community. That was their driving force. Mazal tov to Nadine Myerson and Laurie Segal, who have definitely made our souls blossom!

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Yahrzeits of Solomon & Serena Zelmanovitch, beloved parents of Lili Rubin, by Lili Rubin

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In Honor of:

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Jonah Reuben Brodsky, precious son of Melissa & Evan Brodsky and grandson of Rita & Albert Brodsky, by:

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Wishing Arlene Frimark an express delivery of refuah shlema, by Eileen & Jahn Nolan

In Memory of:

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The first yahrzeit of Cantor Paul Frimark, beloved husband of Arlene Frimark, by:

Arlene Frimark

June & Harvey Cantor

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Janet Hersh

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The yahrzeit of Matilda LaKier, beloved mother of Saul LaKier (z"l) and mother-in-law of Rose LaKier, by Rose LaKier

The yahrzeit of **Philip LaKier**, beloved father of Saul LaKier (z"l) and father-in-law of Rose LaKier, by Rose LaKier

CANTOR OCANTO-ROMO'S DISCRETIONARY FUND

In Honor of:

Cantor Annelise Ocanto-Romo for her beautiful service for our 50th anniversary, by Lindsay & Steve Miller

In Memory of:

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Diane Pevar, for facilitating an amazing session for Tichon, by Tichon 7/8/9

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In Honor of:

All Lindsay & Steve Miller's family, friends & the Ohev congregation celebrating our 50th anniversary with us, by Lindsay & Steve Miller

The birth of Sydney Jane Gold, precious daughter of Jess & Jeff Gold and granddaughter of Suzanne & Larry Gold, by

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26 Susan R. Silverman 27

In Memory of:

Beloved gabbai, Max Adelsberg, on the 23rd anniversary of his passing, by Gail & Allan Silverberg

Edith Borden, beloved mother-in-law of Wendy Borden Goldstein, by Lindsay & Steve Miller

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Irving Goldfarb, beloved husband of Marlene Goldfarb, by Rabbi Eliott Perlstein

Fredi Lisgar, beloved wife of Harvey Lisgar, by Carol, Harvey & Missy Edelman

Janie Perlstein, our beloved rebbetzin of blessed memory, by Gail & Allan Silverberg

David Pollack, dear uncle of Bernie Pollack, by:

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The yahrzeit of Alan M. Simon, beloved father of Ellen Cohen, by Ellen & David Cohen

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The mitzvahs and simchas that Mimi & Bernie Pollack were blessed with in 2022, by Marsha & Michael Friedman

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by Mimi & Bernie Pollack

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Our wishes of good health for Linda Springer, by Jerry Gottesman & Jean Downing

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The yahrzeit of Fannie Gottesman, beloved mother of Jerry Gottesman, by Jerry Gottesman & Jean Downing

The yahrzeit of Gilbert Gottesman, beloved father of Jerry Gottesman, by Jerry Gottesman & Jean Downing

The yahrzeit of Zelda Gottesman, beloved wife of Jerry Gottesman, by Jerry Gottesman & Jean Downing

David Pollack, dear uncle of Bernie Pollack, by Jerry Gottesman & Jean Downing

RABBI PERLSTEIN'S DISCRETIONARY FUND

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In Honor of:

Rabbi Eliott Perlstein, with much thanks for his kind and beautiful words and prayers at Ira's unveiling. The family was all comforted, and appreciated his heartfelt service, by Janet Hersh

The birthday of our son, Michael Goldstein, by Linda & Bruce Goldstein

Rabbi Eliott Perlstein, for his warm words, and his leading a beautiful service in honor of our 50th anniversary, by Lindsay & Steve Miller

Rabbi Eliott Perlstein, in honor of our Aliyah in celebration of our 45th wedding anniversary, by Gail & Allan Silverberg

In Memory of:

The yahrzeit of Sabrina Curtis, niece of Rose LaKier, by Rose LaKier

The yahrzeit of Saul LaKier, beloved husband of Rose LaKier, by Rose LaKier

SISTERHOOD FUND

In Honor of:

The birth of Isaac Leo Ferman, precious grandson of Ivy & Stuart Graff, by Linda Springer

Wishes for a speedy recovery to our dear granddaughter, Eryn Segal, by Iris & Mort Segal

In Memory of:

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Ralph D'Alessandro, beloved dad and poppy of Mr. & Mrs. Ralph D'Alessandro & Family, by Dani & Jonathan Becker

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