



Ohef Sholom Temple's Monthly News Publication

# THE TEMPLE POST

Established 1844 • Volume 60, Issue 7 • May 2020

## #OSTCONNECT

How We've Gone Virtual

### ANNUAL CONGREGATIONAL MEETING

MAY 21 AT 7:00 PM VIA ZOOM | See page 5 for details

### CONFIRMATION CLASS OF 5780

See page 8 for details



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# WORSHIP TORAH PORTIONS

## MAY

**May 2 | 8 Iyar**  
**Torah Study - 9:00 am (Zoom)**  
 Parashat Achrei Mot-Kedoshim  
 Leviticus 16:1 - 20:27  
 Haftarah: Amos 9:7 - 9:15

**May 7 | 13 Iyar**  
**Torah Study - 4:00 pm (Zoom)**

**May 9 | 15 Iyar**  
**Torah Study - 9:00 am (Zoom)**  
 Parashat Emor  
 Leviticus 21:1 - 24:23  
 Haftarah: Ezekiel 44:15 - 44:31

**May 14 | 20 Iyar**  
**Torah Study - 4:00 pm (Zoom)**

**May 16 | 22 Iyar**  
**Torah Study - 9:00 am (Zoom)**  
 Parashat Behar-Bechukotai  
 Leviticus 25:1 - 27:34  
 Haftarah: Jeremiah 16:19 - 17:14

**May 21 | 27 Iyar**  
**Torah Study - 4:00 pm (Zoom)**

**May 23 | 29 Iyar**  
**Torah Study - 9:00 am (Zoom)**  
 Parashat Bamidbar  
 Numbers 1:1 - 4:20  
 Haftarah: I Samuel 20:18 - 20:42

**May 28 | 5 Sivan**  
**Torah Study - 4:00 pm (Zoom)**

Dr. David Metzger will be continuing Torah Study virtually via Zoom meetings on Thursday afternoons, from 4-5 pm and on Shabbat Saturday mornings, from 9-10 am. To join, email him at [dmetzger@odu.edu](mailto:dmetzger@odu.edu) by the Wednesday or Friday prior to class for inclusion.

**May 29 | 6 Sivan**  
**Shavuot**  
 Parashat Shavuot I  
 Exodus 19:1 - 20:23  
 maf: Numbers 28:26 - 28:31  
 Haftarah: Ezekiel 1:1 - 28, 3:12

**May 30 | 7 Sivan**  
**Shavuot**  
 Parashat Shavuot II  
 Deuteronomy 14:22 - 16:17  
 maf: Numbers 28:26 - 28:31  
 Haftarah: Habakkuk 3:1 - 19



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**Tutorials with**  
**Nina**  
**zoom**  
**Every Monday | 11:00 am**  
**until June 8!**  
 Would you like to learn more about Zoom? Join OST's Nina Kruger for Zoom tutorials by calling the office at 757-625-4295 or emailing [membership@ohefsholom.org](mailto:membership@ohefsholom.org).

## LEADERSHIP & STAFF

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[ohef\\_sholom\\_temple](https://www.instagram.com/ohef_sholom_temple)



## A Message from Rabbi Roz and Cantor Jen on Finding Comfort and Healing in the Midst of a Pandemic

**M** *i shebeirach avoteinu*  
*M'kor hab'rachah l'imoteinu*  
May the source of strength,  
Who blessed the ones before us,  
Help us find the courage to make our lives a blessing,  
And let us say, Amen.

*Mi shebeirach imoteinu*  
*M'kor hab'rachah l'avoteinu*  
Bless those in need of healing with *r'fuah sh'leimah*,  
The renewal of body, the renewal of spirit,  
And let us say, Amen.

It has been 27 years since Debbie Friedman wrote these words and the accompanying cherished melody to the prayer for healing, *Mi Shebeirach*. In that time, perhaps no other in our liturgy is more beloved . . . or more powerful. When we offer up the names of loved ones and friends struggling with illness and follow them with this communal plea, not only do we feel that God hears our prayers, but also, offering them as one congregation united in faith and hope uplifts and strengthens us. Friedman's *Mi Shebeirach* reminds us that we are not alone in our concern, in our pain; rather God and our community are with us in this difficult moment along our life's journey.

Debbie Friedman said just this when she was asked about why she wrote the prayer. She answered, "For each of us, something is not right. And yet, in life there is so much compassion and love . . . That's the joy of it all. . . You can't take the pain away, for God's sake. You can't pretend it's not there. You can't say you don't have what you have. We're going to have these afflictions for however long we live and we're going to have to learn how to manage for as long as we live . . . like Jacob wrestling with the angel only to walk away limping, but healed . . . Yes, we may be injured. We may be hurting. We may be broken, but it's only our body, our soul is whole." Friedman recognized that with all of the suffering in the world and in our own lives, there is more human kindness and hope than there is fear and uncertainty.

As you are reading these words, we are about six weeks into the COVID-19 pandemic here in

Hampton Roads, and a month or so into Governor Northam's Shelter-in-Place order. By now many of us know someone -- whether family member, friend or acquaintance, community leader or public figure -- who has contracted the virus. And, if we are so fortunate not to, we see the carnage on the news 24/7. It is almost too much to bear.

Yet while we await a cure, we have managed to find ways of mustering faith and sharing comfort and healing. We have gathered twice weekly for Shabbat to pray as a community; anchored in our ancient tradition, we have been bolstered by our familiar prayers and the knowledge that we are all worshipping together. Even though we cannot see one another, we feel each other's presence and that of God among us as well. It was so during our beautiful *Seder*, our meaningful bi-weekly Torah Study, our *D'Bar Torah* program for young adults, and our *Wiggles & Giggles* for young children. Weekly, we add offerings -- a *Mussar* group for our women, a course on how to live in this time of the virus and how Jewish wisdom can guide us . . . We invite you to join us in any or all of these moments of gathering together in sacred community. It really does help.

For Debbie Friedman, as for us, it is possible to find healing even without being fully cured, to be comforted even while we are bereft, to be strengthened even when we feel incredibly fragile. May it continue to be so for us. Amen. ✨



**Contact Clergy**  
Rabbi Roz & Cantor Jen  
[rabbi@ohefsholom.org](mailto:rabbi@ohefsholom.org)  
[cantorjen@ohefsholom.org](mailto:cantorjen@ohefsholom.org)

*Rabbi Roz Cantor Jen*

Rabbi Roz and Cantor Jen





# PRESIDENTIAL ADDRESS



Terri Denison Budman  
President  
[president@ohefsholom.org](mailto:president@ohefsholom.org)

## We're Reworking and Re-imagining OST

The challenges presented by COVID-19 on life at Ohef Sholom Temple are vast and complicated.

Knowing we aren't alone in reconfiguring our Shabbat Services, programs, Religious School, building operations, staffing,

and the general business of the board, doesn't make it any easier as we wade through these uncharted and unsettling waters.

In an effort to be prepared on all fronts, we formed a Crisis Management Team in mid-March. This group of smart, wise, and caring congregants is helping guide us through these demanding days. We meet weekly to deal with a variety of issues and to uncover every hurdle for conducting Temple business that might be lurking. From producing a balanced budget in uncertain times to determining how to hold the Annual Meeting (OST's bylaws are very specific about time and place), to managing ideas for how OST can assist our congregants and the community, we've discussed options, developed solutions, and engaged others to help.

We've all heard the phrase 'unprecedented times' umpteen times, but it's true. Nearly every aspect of Ohef Sholom must be reworked and re-imagined. While we're all doing our best to maintain the level of excellence that we're accustomed to for our congregation, it's not an easy task and I'm grateful for everyone – board members and volunteers, clergy, and staff, who have stepped forward to find and implement new ways of conducting OST's daily life, and especially for those who swiftly secured our SBA Loan.

Not accustomed to cancelling events, we've rescheduled many, including Confirmation, which will take place in October.

We're zooming and streaming and gaining participants and audiences. It's certainly not the same as being in Sinai Chapel with Rabbi,

Cantor, Chuck, and our fabulous choir, but Shabbat Services via Zoom have created a new way to be a community. It is heartwarming and even fun to see congregants' comments and reactions on Facebook during Services. And, our Seder was outstanding! Watching all of the screens popping up and everyone waving and greeting each other with such big smiles was a holiday highlight for many.

Our programs have shifted, too. We've added some, such as *D'Bar Torah*, and changed how we do others. *Mitzvah Day* was postponed and our monthly Soup Kitchen put on hold, but we've launched **Love Thy Neighbor**, an effort to lend a hand to those in need during this crisis – nurses and first responders, hungry neighbors, and our own congregants who require assistance. If you are able to help this mighty band of congregants, please contact Dorianne Villani or Carol Brum.

We may not be breezing through these days, but with each other's support, compassion, and focus on our Jewish values, we will certainly get to the other side of this pandemic a stronger congregation and community.

If you haven't already 'attended' our online services and programs, please check them out.

My biggest request is that you stay safe and stay in touch. We need each other now more than ever.

L'shalom,

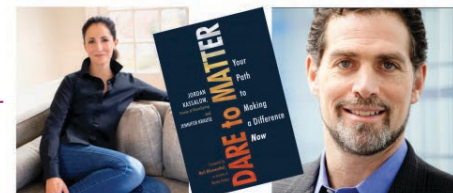
Terri Denison Budman



**Dare to Matter: Your Path to Making a Difference Now**  
Thursday, May 14  
at 7:30 pm

An interactive Zoom Experience with Hip Rabbi Jennifer Krause and Visionary Optometrist Jordan Kassalaw.

To RSVP, go to:  
<https://federation.jewishva.org/tidewater-together>





## ANNOUNCEMENTS

### Notice of Annual Congregational Meeting



**Thursday, May 21, 2020 via Zoom**

Ohef Sholom Temple Virtual Community

**6:30 pm** – Virtual Reception

**7:00 pm** – Meeting

Please email [reservations@ohefsholom.org](mailto:reservations@ohefsholom.org) for the Zoom link and password, or call 757-625-4295.

We will also honor Karen & Matthew Fine with the Rosenbach Award as well as Donors to Ohef Sholom Temple's LIFE & LEGACY Program.

## THE ROSENBAACH AWARD

### Congratulations to Karen and Matthew Fine

**W**ith great pleasure and appreciation, the Executive Committee of Ohef Sholom Temple will present the 2020 Kurt Rosenbach Award to Karen and Matthew Fine.

The Kurt Rosenbach Award is given each year to an OST Board member(s) for outstanding service to the Temple. This year the Executive Committee decided that the honor should go to Karen and Matt for their leadership in creating and stewarding the 175th Anniversary Campaign. With incredible foresight and perseverance, Karen and Matt saw a need, found a way to address the need, and dedicated

countless hours to raising \$1.75 million to help secure the Temple's future.

We hope you will join us (virtually) at the Annual Congregational Meeting on May 21 at 7:00 pm when Karen and Matt will receive this prestigious honor. ☆



*Pictured: Matthew and Karen Fine, and Max Beckman\* (\*of blessed memory)*

## CONDOLENCES

*Ohef Sholom offers heartfelt condolences to the following members & friends:*

**Steve Budman** on the loss of his cousin, **Laurent Berteau.**

**Fanya Seagull (Mark Goldberg)** on the loss of her mother, **Rhea Bolasney Seagull.**

**Harriet Bloom** on the loss of her friend, **Mark Fox.**

**Amy Milligan** on the loss of her friend, **Sean Keville.**

**Dr. Rachelle Luna (Roberto)** on the loss of her mother, **Miriam Russ.**

**Alan Yanofsky (Sylvia Turner Yanofsky)** on the loss of his mother, **Yetta Hier Yanofsky.**

**Meril Amdurksy (Joe Hearst)** on the loss of her uncle, **Irwin "Jerry" Epstein.** ☆





# JEWISH LIFE

## #OSTCONNECT: HOW WE'VE GONE VIRTUAL OST in the Virtual World

Remember the “good ol’ days” when we could hug, shake hands and gather together? How strange and ironic that they were only a few weeks ago. But while we adjust to the new normal, we have to find things to be grateful for.

For instance, we are grateful that we have been able to use technology to take our Ohef Sholom community into the virtual world. We are grateful that Rabbi Roz and Cantor Jen have been able to live stream Shabbat services. And we were thrilled that 163 families joined us for our *Second Seder* in cyberworld. We appreciate that Young Adults can meet on Zoom for *D’Bar Torah*; that young families are still meeting for *Wiggles & Giggles*; that Torah Study continues, and that meetings are “zooming.” We are brainstorming new programs so that we can continue to connect while physically apart.



As I write this article, there is no date to restart the economy, and guesses for that date are wide-ranging. We do know that layoffs and furloughs have already impacted some of our congregants, and we expect to hear from more as the economy stalls.

It’s amazing how quickly the world changed. Within days of finalizing the Temple’s FY21 Budget, our projections became outdated. The Budget Committee, which thought it had completed its mission, reconvened to estimate the impact on dues income from those severely impacted by the pandemic and to examine every line item to see what could be cut. We think we have a workable solution.



Learn more from Linda  
Linda Peck, Executive Director  
[linda@ohefsholom.org](mailto:linda@ohefsholom.org)

To keep our Temple open virtually, we need your help. Continuing to pay your dues is more important than ever. It’s up to all of us to pitch in together as one community for those who temporarily may not be able to pay their full support.

For those who are struggling, please reach out to us. There are ways we can help. Your call or request will be completely confidential.

While no weddings, baby namings, funerals and other gatherings are being held at this time, we still appreciate contributions for those events. Consider a donation like “With thanks to Nature for the beautiful azaleas blooming in my front yard” or “Grateful for my grocery store deliveries.” Be grateful. Be clever.

Ohef Sholom has been around for 175 years. We expect a bumpy road ahead, but with creativity, patience and generosity, we will get through this together. ☆

### Show us your #OSTconnect

Have you been staying connected with us? We would love to see everything that you are doing! When posting on social media, please use #OSTconnect to show how your Ohef Sholom family is thriving through this time. Want to see what everybody else is doing to stay connected? In your search bar, on any social media platform, type in #OSTconnect to see others' posts. If their posts are set to public, you will see what they are doing to stay connected during this time.



## SISTERHOOD

As I write the article for this May Bulletin, I am hopeful and fearful, as I'm sure we all are. I am cautiously optimistic that we will be able to see each other in person soon. I would like to report on the wonderful events Sisterhood has held and is looking forward to having. However, instead we are all just doing our best to take care of each other and Stay at Home. Maybe, we can use our time to be creative or learn something new or clean a closet or read a book or catch up on our phone calls or just be closer to our families somehow.

Whatever you choose to do, please be safe and stay well! ☆

Yours in Sisterhood,

Gail



**Gail W. Bachman**  
Sisterhood President  
[sisterhood@ohefsholom.org](mailto:sisterhood@ohefsholom.org)

**Our mission, as stated on the website:**

*"OST Sisterhood is a community of welcoming women from all walks of life who meet for spiritual, educational, and social growth through Judaism. Our diverse members are all ages and come from varying backgrounds, allowing us to join together to serve the needs of our congregation and community, while cultivating life-long friendships." ☆*

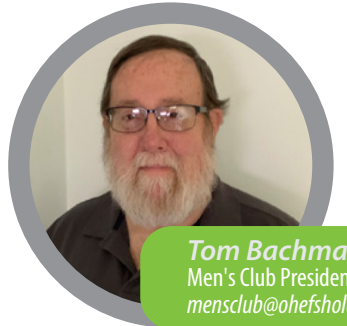
## MEN'S CLUB

Gentlemen, I wanted to start this article by saying something clever but considering what's happening today, I want to come straight to the point. We need to look out for each other and be safe. When we get back to Temple life, as we know it, we can return to doing good things for each other and our Temple.

Hopefully, by the time you read this article, the world will have gotten better. So, everybody, please be safe! ☆

Sincerely,

Tom



**Tom Bachman**  
Men's Club President  
[mensclub@ohefsholom.org](mailto:mensclub@ohefsholom.org)

**BECOME A MEMBER ONLINE:**

[ohefsholom.org/mens-club/](http://ohefsholom.org/mens-club/)



**Next Men's Club Gathering: To Be Determined**

**Beginner Friendly Yoga with Sharon Ross**

**May 6 & May 13 at 9:00 am via Zoom**

Join Sharon Ross for a Beginner Friendly Yoga session from the comfort of your home via Zoom. All you need is a yoga mat and a quiet space.

To join, contact Sharon Ross at 757-617-0101 or [greenurtle yoga@gmail.com](mailto:greenurtle yoga@gmail.com) ☆



# Congratulations to the Ohef Shalom Temple

## CONFIRMATION CLASS OF 5780/2020

We are so excited to celebrate the Confirmation of our students on *Simchat Torah*, October 10, 2020, when we unfurl the entire Torah to experience it in its fullness. Instead of chanting the Ten Commandments, our confirmands will each chant a piece of their *b'nai mitzvah* portions, making for a truly full-circle moment. We will also chant the last words of Torah followed by the beginning, symbolizing the fact that our engagement with Jewish study never ends. This is the perfect holiday to honor our Confirmands, whose commitment to a lifetime of Jewish learning embodies the spirit of continuity and joy in Judaism that *Simchat Torah* represents. ☆



### BRIAN COHN

Brian Cohn is the son of Lisa and Joel Cohn and brother of Ayden Cohn. He is the grandson of Janis and Edward Weisberg, the late Marvin Cohn, the late Myrna Cohn, and the late Arlyn Cohn. He

began Religious School in first grade and became a *Bar Mitzvah* at OST in March of 2017. Brian is an active member of the Temple youth group, OSTY, and has been a board member for the past 2 years. He plans to continue his involvement with other leadership positions on the board during the next two years. Brian is an honor student in his sophomore year in the International Baccalaureate (IB) program at Granby High School. He is a member of Granby's Model UN team, 3D Print Club, and has been a member of the National Honor Society. Brian is also captain of his school's varsity tennis team and looks forward to returning to the courts soon.



### LINDSEY FOER

Lindsey Jordan Foer is the daughter of Jerry and Tammi Foer, the little sister of Hailey, and granddaughter of Michael and Marilyn Chertoff and Warren and Rosalind Foer.

She has been an OST Religious School student since pre-Kindergarten and became a *Bat Mitzvah* at OST in December 2016. Lindsey is a sophomore honor student at Maury High School. She is playing lacrosse for the first time and is the goalie for the Maury Junior Varsity Girls Lacrosse team. She is a member of the Serenity Junior Circle of the King's Daughters and the Pink Club. Lindsey loves hanging out with her friends and spending her summers at her favorite place – Camp Silver Beach on the Eastern Shore of Virginia, where she will participate in their Leadership Development Program this year.



### JOSHUA DARROW

Joshua is the son of Beth & David Darrow, brother of Gwendolyn, Julia, and Evan Darrow, and grandson of Vivienne and Stanley Darrow and Janice & Gary Blauert.

Josh is a second-generation member of Ohef Shalom Temple. He started Religious School in the first grade and became a *Bar Mitzvah* in December of 2016. Josh has been an active member of OSTY since his *Bar Mitzvah* and is the current OSTY Treasurer. He attends Tallwood High School where he is a Model UN delegate and captain of the Scholastic Bowl team. He plays bassoon and keyboard with the Tallwood Wind Ensemble and has been singing with the Virginia Children's Chorus since the first grade. Joshua performs *mitzvot* regularly as a volunteer with the Virginia Beach Public Schools Beach Bags program and as Assistant Junior Scoutmaster of Boy Scouts Troop 587.



### MADISON LONGWATER

Madison Longwater is the daughter of Adam and Karen Longwater, sister of Caden and Reese Longwater and granddaughter of E. Jean and the late George Heidig and Sandra and the late Marvin

Longwater. Madison started Religious School in the first grade and became a *Bat Mitzvah* in May 2017. She has been an active member of OSTY since her *Bat Mitzvah* and she enjoys her continued work as a *madricha*. Madison attends the Health Sciences Academy at Bayside High School where she participates in cross country, track, student council and is a member of the medical honor society. Madison is passionate about nature, animals, bay preservation and biology. She spends a portion of her summers as a counselor for Virginia Beach Sea Camp where she loves mentoring young children and sharing with them the value and beauty of the Chesapeake Bay. Madison is incredibly grateful for her Temple family and the amazing lifelong friendships she has developed while attending Ohef Shalom Temple.







# EDUCATION & ENGAGEMENT



## LEIA MORRISSEY

Leia Morrissey is the daughter of Alyson and Chris Morrissey, sister of Jacob and Elijah Morrissey, and granddaughter of Martha and David Javinsky. Leia is among three generations of her family that

belong to Ohef Sholom. She began her Hebrew and Religious studies at OST in 3rd grade after the family moved to Norfolk, and became a *Bat Mitzvah* in April of 2017. Leia has been an active member in OSTY since before her *Bat Mitzvah* and is now the OSTY President. She enjoys attending NFTY-MAR events and hanging out with all her OSTY friends. Leia has been a Hebrew assistant for the past 3 years and plans on continuing in some capacity after Confirmation. Leia is a sophomore in the International Baccalaureate program at Granby High School. She is the first chair flute and plays piccolo in the marching band. In her free time she enjoys drawing and reading.



## ABIGAIL SEEMAN

Abigail Seeman is the daughter of Patti and Paul Seeman, sister of Isabel Seeman, and granddaughter of Gloria and Bob\* Hoffman, Pam and Irl\* Brossman, and Linda and Gus Pasquale. Abigail started

Religious School at Ohef Sholom in Kindergarten. A graduate of the Hebrew Academy of Tidewater, she became a *Bat Mitzvah* in 2017. She has been an active member of OSTY since her *Bat Mitzvah* and is currently serving on the OSTY Board as the Membership and Communications Vice President. Abigail has enriched her Jewish journey by spending her summers at Capital Camps in Waynesboro, PA since third grade; this summer she will be a Leader in Training. A scholar athlete, Abigail is very active at Norfolk Collegiate School where she plays volleyball and basketball, and rows crew. On many Sunday afternoons, Abby can be found at Petco assisting the Isle of Wight County Humane Society with the adoption of dogs and cats.

(\*Of Blessed Memory)



## ISABELLA VELEZ

Isabella Velez is the daughter of Jack and Gema Shanker, sister of Jacob Shanker, granddaughter of Casto & Martha Rodriguez, and Jose & Carol Velez. Isabella has been a member of Ohef Sholom

Temple since 2010. She started Religious School in the first grade and became a *Bat Mitzvah* on May 27 of 2017. Isabella is currently a tenth grade honor student at Grassfield High School in Chesapeake. She enjoys singing with the Grassfield High School Chorus and playing on the tennis team. In her spare time, Isabella loves to travel and spend time with her family and friends.



## MELISSA YOUNG

Melissa Young is sixteen years old and is currently in her tenth year of school at First Colonial High School. Melissa's parents are Norma and Jack Young and her brother is Jason Young. Her Grandparents on her Mother's

side are Annette and Murray Sokoloff, but sadly are not able to be here to celebrate with her today, but they are watching from above. Her Grandparents on her father's side are Miriam and Harry Young, and her Grandpa Harry is also watching from above. Melissa became a *Bat Mitzvah* was on March 4, 2017, which she celebrated first at Ohef Sholom and then in Israel. Melissa started at Ohef Sholom in first grade and started Hebrew school in third grade. She worked as a *madricha* in seventh, eighth, and ninth grades and is the historian on the Ohef Sholom Temple Youth group board. She enjoys hanging out with her friends and playing tennis on the First Colonial High School tennis team. She is active in the Patriot Playhouse theater program at her school and is a proud member of the National Thespian Society. For her latest show, *Tuck Everlasting*, Melissa had the honor of being the props director and was also playing the role of the toad through remote control. Every year Melissa is always very excited to go to Camp Louise, this year will be her ninth year going. She has made many life long friends there and has found new interests in Jewish folk dance while there.





# EDUCATION & ENGAGEMENT

## RELIGIOUS SCHOOL IN THE TIME OF CORONAVIRUS

**A**lthough we are not physically able to get together for Religious School or Hebrew classes, our teachers have been busy reaching out weekly with virtual lessons that provide interesting and creative interactive activities for our students to pursue at home.

These lessons include videos to view, suggestions of books to read or listen to, crafts to make with things families have around the house and games like Scavenger hunts with Jewish themes.

Our Hebrew teachers have been working weekly with their classes and individually with students to keep them up to date with their studies. One of our Hebrew teachers has gone above and beyond by conducting a Zoom class for her students every week!

Our special needs teacher has been checking in with her students' families every week as well and offering to help families with accommodations for

making their Seder celebrations and their extended home time as meaningful as possible.

And for our youngest learners, *Wiggles & Giggles* is offered through May 3 via Zoom every Sunday at 11am.

Our website offers many projects and ideas for activities for enriching Jewish learning at home. ☆



**Kitty Wolf**  
Religious School Director  
[kitty@ohelsholom.org](mailto:kitty@ohelsholom.org)

## OSTY

**D**uring this pandemic, we're all looking for things to do with our newly found free time. Knowing this, OSTY is still planning virtual and at-home events through June. On April 11, OSTY got together over Zoom to celebrate the closing of Shabbat and the coming of the new week with *Havdalah*. We kicked off our new week by watching *Ferris Bueller's Day Off* together on Netflix Party after our *Havdalah* service. It was a great way for us to come together, continue doing our favorite activities as a group, and take a break from the craziness of our current lives.

Some events and activities that are in the works are a virtual game night, mask sewing, and making videos for our healthcare workers. In this time of confusion and uncertainty, OSTY is bringing events to our community to keep us connected to each other and make sure that no one is alone. We're excited to start our events and continue our great year all the way to June, where our board elections will take place June 7 via Zoom and Google forms (more info to come!).



Make sure to follow OSTY's Instagram (@osty\_), join our Remind by texting @3k8a27 to 81010, and if you're interested in running for a position on the OSTY Board, please email us at [ostyadvisors@gmail.com](mailto:ostyadvisors@gmail.com). ☆

**Leia Morrissey**  
OSTY President  
[ostyadvisors@gmail.com](mailto:ostyadvisors@gmail.com)



# VIRTUAL PROGRAMMING IN MAY

## For Adults



Wednesdays  
at 12:00 pm  
via Zoom

May 6, 13,  
20 & 27  
June 2

Join Rabbi Roz for a special Lunch & Learn series of study and discussion on how Judaism can help us navigate life in the times of the coronavirus.



Every  
Tuesday  
through the  
end of June

at 9:00 pm  
via Zoom

For young adults, ages 21-42. Please join Eliot Weinstein and Nina Kruger to "grab a beverage" via Zoom for Torah study and adult conversation.

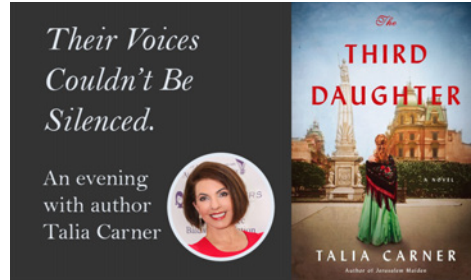


Every other  
Wednesday

at 7:00 pm  
via Zoom

May 13 & 27  
June 10 & 24

Rabbi Roz and Debi Stadlin will host an online introduction to *Mussar*, a Jewish spiritual practice, which focuses on leading a more conscious life, elevating one's character and in short, becoming more of a mensch.



Monday,  
May 11

at 7:00 pm  
via Zoom

The OST Membership Committee will be hosting author Talia Carner, who will speak to us about her book *The Third Daughter* (A National Jewish Book Award Finalist). The topic of discussion will be: "Their Voices Couldn't be Silenced."

## For Children



Specifically for young families and children, birth through four years, *Wiggles & Giggles* introduces young children to their Jewish World.  
Zoom Link: <https://zoom.us/j/148119037>



Every  
Tuesday

at 6:30 pm via  
Facebook Live

Join Cantor Jennifer Rueben for story time on Facebook LIVE every Tuesday evening.



WHO we are

one HERITAGE



one COMMUNITY



one FUTURE

## 175TH ANNIVERSARY CAMPAIGN

### You Are Our Priority

Our world, and each of us, has been forever changed. In times like these, we reflect on what is truly important to us and redefine our priorities. People, relationships, meaning, belonging, these are the things that seem to rise to the top of our list.

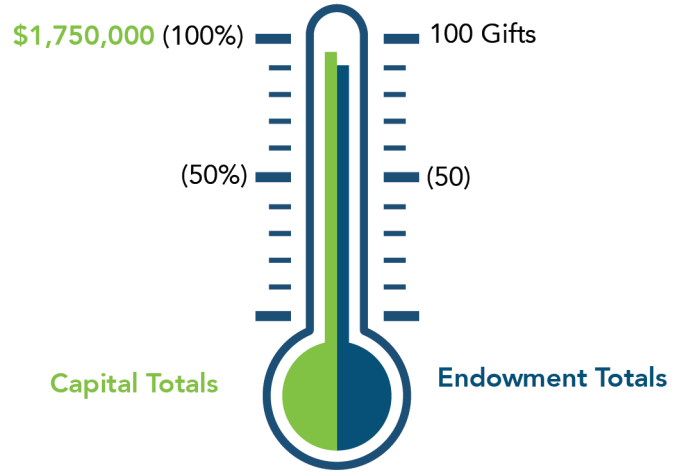
Though our physical doors are closed, we hope you know *you* are *our* priority. We are here for you in good times and in hard times. Our OST community extends far beyond our physical structure, further than we even realized! We hope you are continuing to find meaningful connection, support and perhaps even discovering new ways to engage and Zoom with us on your Jewish journey as we all quickly adapt to new technology and together learn to navigate the new landscape of our changing world.

Crisis can challenge us in so many ways, and yet it can also present us with new opportunities to grow, evolve, and create. Winston Churchill coined the famous phrase, "Never let a good crisis go to waste." Historically, pandemics have forced humans to break with the past and imagine the world anew. COVID-19 will do the same if we open our minds and hearts to thinking anew.

Now, more than ever, we are so very grateful for all those who have made our OST community a priority in their lives by making a gift or pledge to our 175th Anniversary Campaign. Your commitment has made a significant positive impact on our community, and additionally has allowed us the capacity to respond expediently to the challenges thrust on us by the pandemic. Thank you for your support, your patience, and steadfast commitment to our mission.



As we approach the end of our fiscal year, and the end of our campaign, we are grateful to be so close to reaching our campaign goals, yet not quite there.



With awareness and sensitivity to the many challenges we are facing and will continue to face as time goes on, we stand committed to reaching our goals. Our needs remain and will likely grow.

People are what make up our community, and the reason *We of Ohef Shalom* and our Reform Movement, as stated by Rabbi Rick Jacobs, "remains unified in our commitment to expanding the tent to include *all who are hungry* for our community, meaning and hope."

*Similar to the sacred partnership of marriage, we are partners, and in this together.* Together is how we will find our way forward and help build what the Jewish community is becoming.

For those who have yet to participate in this campaign in honor of our past and for our future, we hope that in your reflecting and redefining priorities, you will choose us as one of yours. If not now, when? *If not you, who? -Hillel*

Every gift matters, you matter. Shalom. ☆

**Karen Fine**  
175th Campaign Co-Chair  
[campaign@ohesholom.org](mailto:campaign@ohesholom.org)

**We're almost there!**  
Help us reach our final goal today at [ohesholom.org/campaign](http://ohesholom.org/campaign)





# DONATIONS

## WE APPRECIATE THE THOUGHTFULNESS OF THOSE WHO SUPPORT OST

by remembering and honoring their friends and loved ones through their generous contributions.

Please have your donations submitted to the Temple before the beginning of each month.

### 175TH

#### In Memory of:

MYRON "MIKE" COHEN  
\*Ina Levy  
RICHARD "DICK" EMANUEL  
\*Ina Levy  
ROBERT SEEHERMAN  
\*Leslie Friedman

### CANTOR

#### JENNIFER RUEBEN'S DISCRETIONARY FUND

**With Appreciation to:**  
CANTOR JEN RUEBEN  
\*Carol & Allan Brum

### CARING COMMITTEE FUND

**With Appreciation to:**  
CARING COMMITTEE  
\*Carol & Allan Brum

### MEN'S CLUB

**In Memory of:**  
IRWIN SACKS  
Brenda & Sheal Lisner

### RABBI ROSALIN MANDELBERG'S DISCRETIONARY FUND

**In Memory of:**  
DANIEL ABRAMSON  
Connie & Gerry Golden  
**With Appreciation to:**  
RABBI ROZ MANDELBERG  
\*Carol & Allan Brum  
\*Elizabeth & Tom Murphy

### GAIL W. BACHMAN EDUCATIONAL FUND

\*Anne & Ed Kramer  
**In Memory of:**  
ROBERT HUDOME  
Jay Legum  
Betty Sacks  
\*Pam & Dan Snyder  
SARITA SACHS  
\*Suzanne & Dennis Gruelle  
**Speedy Recovery to:**  
TOM BACHMAN  
\*Susan & Alan J. Stein

### SISTERHOOD - CASSEROLES FOR KIDS

**Wishing a Happy Birthday to:**  
KARI LEVI  
\*Terry Lubotsky  
SANDI LEVI  
\*Terry Lubotsky

### SISTERHOOD - FLORAL FUND

**In Memory of:**  
HAROLD BASS  
Marilyn & Stuart Buxbaum  
WILLIAM BERNSTEIN  
\*Carole Bernstein  
ANN PRISCO  
\*Suzanne Velez-Perez  
FRANCES SALLMAIER  
\*Peter Sallmaier

### TEMPLE FUND

**In Memory of:**  
MARK FOX  
Harriet & Gerry Bloom  
ROSE K. NORDLINGER  
\*Susan & Alan Nordlinger,  
Allison & John Rachels & Family

### CHUCK WOODWARD MUSIC FUND

**In Memory of:**  
RICHARD "DICK" EMANUEL  
\*Cynthia & Stuart Katz  
ROBERT REINHARD  
Elayne Axel  
IRWIN SACKS  
\*Barry Chovitz  
Vivian Forman  
Ina & Moss Friedman  
**Wishing Happy Birthday to:**  
ARTHUR DIAMONSTEIN  
Suzanne Barr  
JAN GOLDRICH  
Suzanne Barr

\*denotes gifts of \$25 or more

While no weddings, baby namings, funerals and other gatherings are being held at this time, we still appreciate contributions for those events. Consider a donation like "With thanks to Nature for the beautiful azaleas blooming in my front yard" or "Grateful for my grocery store deliveries." Be grateful. Be clever. **We thank you for your generosity!**

## LOVE THY NEIGHBOR

During this time of isolation, if you are sitting on your couch wishing you could do something to help others, we have a solution!

Isaiah 32:17 teaches, "The work of tzedakah shall bring peace." To help meet our community's needs during the COVID-19 pandemic, the OST Caring Committee has established the **Love Thy Neighbor** program. This initiative and volunteer effort will help:

- **Front-line healthcare workers and first responders** by providing meals and notes of encouragement and love.
- **The Food Bank of Southeastern Virginia** and the many food pantries they supply, including Jewish Family Service and Oasis Social Ministries, in order to help the food-insecure in Tidewater.

- **Clients of the OST Soup Kitchen and NEST** - we are exploring creative ways of safely continuing to meet their basic needs.

- **Local asylum-seeking families** - this vulnerable population does not receive government benefits and they, too, have children to feed.

To help with this effort or to send a note to front-line heroes, please visit [ohefsholom.org](http://ohefsholom.org). ☆





# YAHREZEITS MAY

## April 26 - May 2

Esther Alcalay  
Annie F. Baydush\*  
Sidney Berg  
Charlie A. Bland  
Maysie Braudrick  
Elizabeth Bress  
Ira Cantin\*  
Eric Cash  
Julia Chanin\*  
Harold Chinamon  
Lillian Judith Egermann  
A. Luie Fass\*  
Herman Feldman  
Myron J. Fink  
Lawrence S. Fisher  
Maurice Frank\*  
Pauline Goodman  
Anetha Gordon\*  
Douglas Gordon\*  
Lila Green  
Stanley Samuel Gross\*  
Mary Grossman\*  
Fannie Grossman  
Herbert Hainer  
Mary Nelle Hankins  
Jeffrey Haspel  
Howard A. Jameson  
Sidney Leon Katz  
Mary Kerner  
Martha C. Kirby  
Jeanette G. Lapidus  
Joseph Lazier  
Maurice Livingston  
Harry Markoff  
Norman Mesh  
Kenneth Morton  
Rose K. Nordlinger\*  
Norman Roistacher  
Nathan L. Rosenberg\*  
Beverly Rostov  
Jane Sagen  
Dr. Milton Salasky  
David William Silverstein  
Jean M. Snyder  
Jean Spearans\*  
Sally Taubman  
Taylor J. Watkins  
Stephen Yellin

## May 3 - 9

Henry Oscar Abraham  
Sophia S. Albert  
Ida Albinder  
Mordecai Anielewicz  
Sylvan Altschul\*  
Jacqueline Banim  
Harry Berk  
Sol Berman  
Nona L. Bernatz  
Morris J. Blachman\*  
Rose Bloom\*  
Jane Braudrick  
Fanny Cohen  
Louis C. Cohen\*  
Dorothy H. Cohen\*  
Ronald Donn\*  
William Einhorn

Robert M. Epstein\*  
Lillian N. Feurstein  
Morris Friedman  
Regina Glaser\*  
Hyman A. Goldberg\*  
Shirley Green  
Rose Ann Leventhal  
Grossman  
Rose Guttermann  
Beverley Hainer\*  
Barbara Hallar  
Barbara Halpern  
Frederick Herman  
Estelle Ruth Hochstadt  
Arthur H. Horwitz  
Jack Hyman  
Milton Kaplan  
Sandra Kaplan  
Max L. Kayer  
Joseph Kohen\*  
Marjorie MacAdams  
Herbert Mann  
Nathan Metzger\*  
Saul Nadler  
Alan L. Nordlinger, Sr.\*  
Bertram S.  
Nusbaum, Sr.\*  
Sydelle Roistacher  
Lenora Fox Rosenberg  
Jack M. Saks  
Jacob Schwan\*  
Freda Salsbury Schwartz  
Paul R. Shaw  
Maurice Smith  
Gary L. Snyder\*  
Dorothy H. Stein\*  
Sidney Steinberg  
Herbert L. Stern\*  
Jennie L. Sternman  
Jessie Mitnick Stredler  
Eva Sward  
Robert Thomas  
Sara Swersky Tuckman\*  
Dr. Harvey Waldholtz  
Ronald M. Waters  
Edward E. Waxman\*  
Rena Cooper Zittrain\*

## May 10 - 16

Marvin Adler\*  
Henry I. Adler\*  
Elliot Bernstein\*  
Adolfo Cardet  
Betty Van Os Crockin\*  
Charles Darley  
Eugene Warren Davis  
Doris Van Os Dreyfus\*  
Ida B. Ellman  
Marion Dreyfus Embree  
Morris Gewirz\*  
Elisha Goldfarb  
Esther Greenstein  
Kenneth Harris  
Jack Helfen  
Irwin Heller  
Ruth Higgins  
Joseph Jacobs\*  
Charles D. Kanter\*  
Simon Kirsner\*  
Fred Koster\*

Adele Kramer  
Morris S. Lazaron, Jr.  
Thelma Loeb  
Lyla R. Longman\*  
Mary B. Longman\*  
Rosa Marc\*  
Vera Markovitz  
Harry Mickelburg  
Beatrice Muhlendorf  
Abraham Perlman  
William Raymond\*  
Tom Roper  
Felix Rosenbach  
Maurice Mendel Rubin  
Harry Rubin\*  
Milton Schepper  
David Schub  
Bertha Schulman\*  
Dr. Arnold Jay Schwartz  
Marissa Seldes  
Ethel Goodman Siegel\*  
Bernard Steinberg  
Linda C. Sukoff\*  
Sylvia Troy  
Jean Unger\*  
Charlotte P. Wachtel  
Lewis C. Weiss  
Benjamin Whitlock\*

## May 17 - 23

Duane Aikman\*  
Benjamin Altschul\*  
Alice Aranyi\*  
Faye Bass\*  
Kenneth Berk\*  
Ivan Bodner\*  
Dorothy Bonk  
Robert E. Brown  
Dora Coleman  
Sam Cooperman  
Marie Dailey  
Freda Fleder Donn\*  
Robert F. Douglas  
Mickey B. Frank\*  
Joseph Lee Frieden\*  
William Gelb  
Celia Frenkil Glasser\*  
J. Samuel Goldback\*  
Betty Goode  
Beatrice S. Grossman  
Carrie Harris  
Mollie L. Heller\*  
Alfred Kern\*  
Michelle Kohn-Smith  
Joseph D. Kress  
Harold Allen Lerner  
Dr. Max Leva  
Mollie Liebman\*  
Bert B. Livingston  
Herman Lobock  
Joseph Mermelstein  
Fred Morrison  
Harold Moses  
Janice Newton  
J.W. Perkins  
Pauline Ries\*  
Hyman Rivin\*  
Benjamin F. Robinson  
Lydia Shipman  
Esther R. Simon\*

Kate Cohen Snyder\*  
Arthur Spensky\*  
Bernard Stark  
Lee Sussman  
Max Ungar  
Irwin S. Van Os\*  
Millie Wall  
Meyer Weisberg  
Pauline Tavss Zfass

## May 24 - 30

Wilma S. Alexander  
Bertha M. Aronson\*  
Dena A. Barr\*  
Dr. Richard Bartley\*  
Jerry Baydush\*  
Morris Beloff  
Leonard Berman\*  
Israel Brenner\*  
Roslyn G. Brown  
Seymour Chapel  
Irving Cohen\*  
Vivienne Beckerman  
Darrow  
Abraham Donn\*  
Benjamin M. Ganderson  
Jessica R. Glasser\*  
Barton Goldberg  
Mary Miriam Goldberg\*  
Barton Goldberg  
Lavada Goldberg\*  
Janet Goldstein  
Samuel Goldstein  
Kate Goldstein  
Sophie Goodove  
Sol Guttermann  
Clara G. Harris\*  
Donald Higgins  
Edwin "Buddy"  
Jacobson\*  
Felmor Jacobson  
Bernard Jaffe  
Earle J. Kerpelman  
Martin Klinghoffer  
David Laibstain  
Zelda Leibowitz  
Birdye G. Leterman\*  
Seymour "Buddy"  
Levinson\*  
Anna Lee Liverman\*  
Susan Gilbert Maggiora  
Bert Rial Markman\*  
Jacob Markovitz  
Maurice J. Miller\*  
Bruce Moses  
Minna Nordlinger\*  
Jacob Ostroff  
Ruth Posner  
Mike Prisco  
Alois Quittner\*  
Larry Rapoport  
Joseph Reznick  
Samuel W. Robbins\*  
Maurice Rosen\*  
Tom Russel  
Rachel J. Salomonsky\*  
Jeanette Schlain  
Rose Silvertan  
Brian Simon  
Jacob Soble

Harriet Solomon  
David Sommers\*  
Frances Stadlin  
Michael E. Stredler  
Leonard Strelitz  
Ellis J. Strelitz\*  
Dr. Peter Walker\*  
Belle V. Weiss  
David Woolard  
Shirley Ann Yusuf

## May 31 - June 6

Flora Albert  
Frieda Berman  
Amelson\*  
Gouldyn Balaban  
Samuel Blachman\*  
Harold I. Breit\*  
Lewis Alfred Bress  
Abraham Bress  
Rachel Brown\*  
Arthur Paul Cohen\*  
Emma Cross  
Sara Joo Davidson\*  
Jennie Lohrman Dobbs\*  
Raymond Drummond  
Fannie Duny  
Sarah Feldman  
I. Morton Feldman  
Charles Joseph Foster V  
Jack Friedman  
Steven Friedman  
Ruth Basch Front  
Marion Glazer  
Iris Goodman  
Sylvia Greenspoon  
Solomon Kaplan  
Sarah Kayton\*  
Edna Sara Lazaron  
Rabbi Morris S. Lazaron  
Charles P. Leavitt  
Reba M. Leterman\*  
Agatha L. Leventhal\*  
Elsie Leviton  
Sonya Levy  
Sarah Lobock  
Ruth Mayer  
Harry Nicholson\*  
Mary Elizabeth Perkins  
Bertha Reisner  
Doris Roth  
Ida Schafetz  
Roberta Schiff  
Jerome Smith  
William Waldman\*  
Julia Weisel\*  
Richard Wingfield

\*denotes memorial plaque





# CALENDAR & BIRTHDAYS

## MAY EVENTS

- 1 FRIDAY 6:30 pm**  
Shabbat Services  
(via live streaming)
- 2 SATURDAY 9:00 am**  
Virtual Torah Study  
(via Zoom)  
**10:30 am**  
Shabbat Services  
(via live streaming)
- 3 SUNDAY 11:00 am**  
Virtual Wiggles  
& Giggles  
(via Zoom)
- 4 MONDAY 11:00 am**  
Zoom Tutorials  
with Nina
- 5 TUESDAY 6:30 pm**  
Story Time  
with Cantor Jen  
(Facebook LIVE)
- 6 WEDNESDAY 12:00 pm**  
Life in the Times of  
the Coronavirus:  
Our Jewish  
Perspective - A  
Lunch & Learn Series  
with Rabbi Roz  
(via Zoom)
- 7 THURSDAY 4:00 pm**  
Virtual Torah Study  
(via Zoom)  
**5:00 pm**  
Executive  
Committee Meeting  
(via Zoom)
- 8 FRIDAY 6:30 pm**  
Shabbat Services  
(via live streaming)
- 9 SATURDAY 9:00 am**  
Virtual Torah Study  
(via Zoom)  
**10:30 am**  
Shabbat Services  
(via live streaming)
- 10 SUNDAY Mother's Day**
- 11 MONDAY 11:00 am**  
Zoom Tutorials  
with Nina  
**7:00 pm**  
*The Voices Wouldn't  
Be Silenced*  
An Evening with  
*The Third Daughter*  
author, Talia Carner  
(via Zoom)
- 12 TUESDAY 6:30 pm**  
Story Time  
with Cantor Jen  
(Facebook LIVE)
- 13 WEDNESDAY 12:00 pm**  
Life in the Times of  
the Coronavirus:  
Our Jewish  
Perspective - A  
Lunch & Learn Series  
with Rabbi Roz  
(via Zoom)  
**7:00 pm**  
OST Women's  
Mussar Group  
(via Zoom)
- 14 THURSDAY 4:00 pm**  
Virtual Torah Study  
(via Zoom)  
**7:30 pm**  
**Tidewater Together**  
*Dare to Matter: Your  
Path to Making a  
Difference Now*  
(via Zoom)
- 15 FRIDAY 6:30 pm**  
Shabbat Services  
(via live streaming)
- 16 SATURDAY 9:00 am**  
Virtual Torah Study  
(via Zoom)  
**10:30 am**  
Shabbat Services  
(via live streaming)
- 18 MONDAY 11:00 am**  
Zoom Tutorials  
with Nina
- 19 TUESDAY 6:30 pm**  
Story Time  
with Cantor Jen  
(Facebook LIVE)
- 20 WEDNESDAY 12:00 pm**  
Life in the Times of  
the Coronavirus:  
Our Jewish  
Perspective - A  
Lunch & Learn Series  
with Rabbi Roz  
(via Zoom)
- 21 THURSDAY 4:00 pm**  
Virtual Torah Study  
(via Zoom)  
**7:00 pm**  
Annual  
Congregational  
Meeting  
(via Zoom)

- 22 FRIDAY 6:30 pm**  
Shabbat Services  
(via live streaming)
- 23 SATURDAY 9:00 am**  
Virtual Torah Study  
(via Zoom)  
**10:30 am**  
Shabbat Services  
(via live streaming)
- 25 MONDAY Memorial Day 11:00 am**  
Zoom Tutorials  
with Nina
- 26 TUESDAY 6:30 pm**  
Story Time  
with Cantor Jen  
(Facebook LIVE)
- 27 WEDNESDAY 12:00 pm**  
Life in the Times of  
the Coronavirus:  
Our Jewish  
Perspective - A  
Lunch & Learn Series  
with Rabbi Roz  
(via Zoom)  
**7:00 pm**  
OST Women's  
Mussar Group  
(via Zoom)
- 28 THURSDAY 4:00 pm**  
Virtual Torah Study  
(via Zoom)
- 29 FRIDAY 6:30 pm**  
Shabbat Services  
(via live streaming)
- 30 SATURDAY 9:00 am**  
Virtual Torah Study  
(via Zoom)  
**10:30 am**  
Shabbat Services  
(via live streaming)

All in-person events  
are postponed at this time.

For virtual events,  
please check  
[ohefsholom.org](http://ohefsholom.org)  
or our Facebook  
([facebook.com/  
ohef.s.temple/](https://www.facebook.com/ohef.s.temple/)).

To add an event to  
the Temple calendar,  
please email  
[reservations@  
ohefsholom.org](mailto:reservations@ohefsholom.org).

## MAY BIRTHDAYS

- May 1**  
Bonnie Brand  
Bonnie Gordon-Rabinowitz  
Amie Harrell  
Edward A. Kramer  
Mark Snyder  
Lawrence L. Steingold  
Matthew Tonelson
- May 2**  
Theodore Adler  
Gwen Gilbert  
Jack L. Siegel
- May 3**  
Diane Aftel  
Shaye Arluk  
Clay H. Barr  
Adam Lotkin
- May 4**  
Terri Feldman  
Judith Hurwitz  
Sidney Rosenbaum  
Leah K. Wolsh
- May 6**  
Wendy Jaffe  
Steve Pano  
Brandon Terkeltaub
- May 7**  
Benjamin C. Altschul  
Drew Gebler  
Andrew Kramer
- May 8**  
Ethel-Raye Greenspan  
Aaron B. Haywood  
Mark Hecht
- May 9**  
Karen G. Jaffe  
Howard L. Kesser  
Gerald Pributsky  
Paul Seeman
- May 10**  
Alexandra Kosatkyh  
Richard G. Levin  
Dixie Wolf
- May 11**  
Gerald M. Bazar  
Rickie L. Kyle  
Robert B. Laibstain
- May 12**  
Robert Richards  
Marcia S. Schwan
- May 13**  
Steven Halpern
- May 14**  
Lawrence Colen  
Martin S. Glaser  
Mark Lipton  
Joan G. Miller  
Janet S. Pitler  
William A. Sawyer  
Brennan Smith
- May 15**  
Leah Rishona Blachman  
Jennifer Bleznack  
John M. Cooper  
Carol Rosenblatt  
Thomas E. Snyder
- May 16**  
Paul Julius  
Arless O. Kastner  
Jeffrey M. Laibstain  
Nancy Lazier  
Jeanne Miller
- May 17**  
Cynthia Galumbeck  
Diana Lisner  
Phyllis G. Pollack
- May 18**  
Lisa Cohn  
Michael Haywood  
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