MISSION STATEMENT:
“My House Shall be Called a House of Prayer For All Peoples”
To provide a spiritual, cultural and educational environment inspired by the highest Reform Jewish values.

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EREV ROSSHASHANAH
Sunday, September 9, 2018
Early Service, Family-Friendly Worship & Child Care........6:15 pm
Late Service..................8:15 pm

ROSH HASHANAH DAY
Monday, September 10, 2018
Early Service, Family-Friendly Worship & Child Care.......9:00 am
Late Service..................11:30 am

TASHLICH AT THE HAGUE
Monday, September 10, 2018
following services

KOL NIDRE
Tuesday, September 18, 2018
Early Service, Family-Friendly Worship & Child Care......6:15 pm
Late Service..................8:15 pm

YOM KIPPUR
Wednesday, September 19, 2018
Early Service, Family-Friendly Worship & Child Care........9:00 am
Late Service..................11:30 am

YOM KIPPUR AFTERNOON SERVICES
Study Session: "Sometimes We Are Jonah" (with Kitty Wolf in Chapel)........1:30 pm
Afternoon Service (in Chapel)......2:45 pm
Interlude ..................4:00 pm
Memorial, Concluding Services 4:15 pm
Break-the-Fast & Havdalah......6:00 pm
ear Friends,

I hope you are enjoying a wonderful summer and finding time for yourselves and your families to do all of the things you love!

I am writing to you because I want to let you know personally of some medical issues I am having. As of July 19, I will have undergone surgery for a complete hysterectomy, the treatment for some very slow growing cancer cells in my uterus. While the surgery is routine, the long-term prognosis is excellent, and I am in the care of amazing doctors. I will require 3-4 weeks of recovery time during which I will be unable to serve you as I have for the past 13 years and as I hope to for many years to come.

As I feel better and less tired (after the initial three weeks), I will work from home via phone and e-mail, but my surgeon tells me that prior to the one month mark, I will still be very tired and can only resume a fraction of my responsibilities.

Please know that during this time, Cantor Jen will be present for you in whatever ways you require. Since this is in addition to her already full schedule, please be patient with her, our assistant Liz Vincent, and our wonderful OST staff if there are some delays in responses and scheduling.

Also, to ease the burden, we will be relying upon a trained, capable cadre of congregants, along with Chuck Woodward and our Director of Education and Engagement, Stephanie Ben Simon, to offer some sermons on Friday nights and to lead some Shabbat morning services. Knowing that you will be well cared for in my absence is critically important to me in order to give me the peace of mind I need to recover.

In addition to supporting Cantor, our staff, and our volunteers, I know that some of you will want to help in other ways. At this point, all I really need are your love and prayers . . . and for those who like to cook, the Tikvah Group of the Caring Committee is coordinating a meal train sign up at: https://www.mealtrain.com/trains/12kz95

Please know, I do greatly appreciate your calls, texts and e-mails, but will not be able to respond personally to them . . . at least for a few weeks. The Temple office will be apprised of my progress, so if you could direct calls and e-mails to Liz Vincent at 757-625-4295 or Liz@ohefsholom.org and put Rabbi Roz in the subject line, she will forward them to me when I am able to receive or read them.

Most of all, this diagnosis has been a reminder that we are all human and that life is a gift that must be lived fully each and every day. I am so blessed to be your rabbi, to count you as my Temple family, and to be the recipient of so much constant love and support. My life has great meaning because of all of you and I thank God daily that I am able to live a life of service to our community grounded in Torah and manifested through deeds of loving kindness.

I thank you for all of it . . . always . . . and especially now, for your patience and understanding. I wish you all good health and vigor. Enjoy the rest of your summer.

With gratitude and appreciation,
ANNOUNCEMENTS


Congratulations to Jody Balaban and Erin McGratten on their wedding June 23. Jody is the son of Joan and David Balaban.

Congratulations to Bob Liverman on his 100th birthday, August 1!

CONDOLENCES

Ohef Sholom offers heartfelt condolences to the following members and friends:

Dr. Bruce Longman on the loss of his wife, Lyla Longman.
Lori Galbraith (Scott) on the loss of her father, Martin Klinghoffer.
Joan London on the loss of her mother, Bernice Kaplan.
Dorianne Villani (Dan) and Sandi Levi (Jack), on the loss of their father, and Joan G. Miller on the loss of her brother, Richard Miller.
David Jarvis (Linda Fox-Jarvis) on the loss of his father, and Stephanie Caskill (Tyler) on the loss of her grandfather, Earl Jarvis.
Ed Snyder on the loss of his sister, Elisa S. Banks.
Marilyn Buxbaum (Stuart) on the loss of her nephew, Richard Bass.
Billye Brown Youmans (our soprano soloist) on the loss of her cousin, Mary Nell Lindsey.
Mitchell Fine (Peggy) on the loss of his mother, Sonya Fine.
Jay W. Legum on the loss of his cousin, Jimmy Legum.
Nicole Rosenblum (Michael) on the loss of her grandmother, Clare Siburkis.
Doris Waranch on the loss of her husband and Neil Waranch (Elizabeth) on the loss of his father, Seeman Waranch.

TORAH PORTIONS

AUGUST

August 4  23 Av
Torah Study - 9:00 am
Parashat Eikev,
Deuteronomy 7:12 - 11:25
Haftarah: Isaiah 49:14 - 51:3

August 7  26 Av
Torah Study - 4:00 pm

August 11  30 Av
Torah Study - 9:00 am
Shabbat Rosh Chodesh
Parashat Re’eh,
Deuteronomy 11:26 - 16:17
Maf: Numbers 28:9 - 15

August 14  3 Elul
Torah Study - 4:00 pm

August 18  7 Elul
Torah Study - 9:00 am
Parashat Shoftim,
Deuteronomy 16:18 - 21:9
Haftarah: Isaiah 51:12 - 52:12

August 21  10 Elul
Torah Study - 4:00 pm

August 25  14 Elul
Parashat Ki Teitzei,
Deuteronomy 21:10 - 25:19
Haftarah: Isaiah 54:1 - 54:10

August 28  17 Elul
Torah Study - 6:00 pm

AUGUST 10 | 6:30 PM

Join us for an uplifting especially-musical Shabbat service featuring our FNL band, followed by a catered oneg paired with delicious spirits. This event is open to members, friends, family, and the greater community and we would LOVE to see you there!

FNL is FREE OF CHARGE and made possible by funding from the United Jewish Federation of Tidewater and the Tidewater Jewish Foundation.
find human behavior fascinating. Have you ever considered why we often romanticize the past, and perceive “the grass is always greener” somewhere else? “Rosy Retrospection” refers to the human tendency to judge the past more disproportionately than we judge the present.

One explanation for this behavior suggests that romanticizing the past, or seeing it in a positive light, helps our self-esteem and motivates us to move forward. The darker side of this cognitive bias is that it can make us feel bad about the present. What would be the purpose for wanting to do this? Perhaps feeling bad about our circumstances or condition is what propels us to do something different, to change the way we do things, to effect different results.

It disheartens me to hear people assigning labels, generalizations, or critically judging other generations. For instance, I hear comments like millennials are “lazy,” or “disconnected,” and “addicted to technology” as generalizations which imply judgments. These remarks are suggestive of an underlying negative message, disproportionately judging this group against other generations.

I believe we do a disservice to the greater good when we engage in these types of behaviors. In my opinion these kinds of comments and thinking can result in disengaging this generation, or others from a desire to be sacred partners and collaborators with us in solving OUR challenges. As well, we miss the opportunity to celebrate and explore all the positive things this generation, one that WE created, has to offer.

In all honesty, life is a mixed bag in every sense, and in every era. Choosing to romanticize the past, or assign negative judgments to past or generations other than our own, or perceive that things are better somewhere else, is a sure path to misery, suffering, and a feeling of powerlessness over our destiny. Maybe, however, it’s these feelings and the emotions they create in us that are the catalysts to action. Perhaps they can be the motivation to make us want to create a better tomorrow?

As humans we tend to resist change, which is a constant in our world. Change is a natural process. Lasting change takes time and forcing it to happen too quickly creates its own set of challenges. Resistance is a natural response. However, it is in the resistance, the diversity of opinion, the conflict, that creation begins.

Conflict is often looked at as a negative. It wasn’t until well into my adult years that I learned conflict is actually a healthy, positive occurrence, rather than something to be avoided at all costs. Conflict, when managed well, can lead to positive outcomes. When we can acknowledge the discomfort surrounding conflict, when we are willing to let go of “that's just the way it is” even if just for a moment, then we can consider the possibility there isn’t “A” way. When we open our minds to new ways of seeing and doing things, real change can occur. We open the door to sharing, collaborating, and contributing to our shared destiny. Consequently, we evolve, mature, grow, and adapt. And it all starts with a difference of opinions.

Ohef Sholom’s vision is to Honor Our Past, Embrace Change, and Live Our Jewish Values. In order to realize this vision, we must come to see the value in the past and present. We must be willing to see the past in a realistic light, not from a romantic ideal. Yes, there is positive. Yet, it’s likely there are also some “ways it’s been done” that were less than ideal, or that may have worked well in another time that no longer serve the greater good. We must respectfully listen to the diversity of opinions offered by the younger generation, as well as those offered by the broad spectrum of Jews who make up our community, as they all are our sacred partners. We cannot afford to only listen to those we share similar thinking with. We must open our minds, and our hearts, to embrace our differences, our conflicting views of what Judaism is, and how we practice it. There is not A way, rather many, and accept that this is a good thing not a negative!

“The truth will set you free, but you have to endure the labor pains of birthing it.”

- Iyanla Vanzant

I look forward to the exciting opportunities ahead of us this year, and to the amazing things we, as sacred partners, will create together in honor of our milestone 100th and 175th anniversaries. L’Chaim!

SAVE THE DATE!

Ohef Sholom Temple & Temple Sinai
Past Presidents' Luncheon
Wednesday, September 5
12:00 pm
August 2018

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 Anniversary Fund
In Appreciation to:
ALYSSA MUHELENDORF & 2018 FUNDRAISER COMMITTEE
Debbie & Don Keeling
In Honor of the 50th Wedding Anniversary of:
KEN & DIANE MUEHLENDORF
*Debbie & Don Keeling
In Honor of the 50th Wedding Anniversary of:
FRED PUGH & GABRIELE JIANNAS
*Debbie & Don Keeling
In Honor of Retirement from UFT:
HARRY GRABER
*Debbie & Don Keeling
In Memory of:
LYLA LONGMAN
*Ruth & Edward Legum
Harry & Gerald Bloom
In Memory of:
HARRY PINSK, JR.
*Debbie & Don Keeling
In Memory of:
MOLLIE & GEORGE RADIUS ARCHIVES FUND
In Honor of 60th Wedding Anniversary:
MINETTE & CHARLES COOPER
*Ruth & Edward Legum
Honororable Mark Jacobson
Ruth & Edward Legum
JIMMY LEGUM
Ruth & Edward Legum
RICHARD MILLER
*Ruth & Edward Legum
In Honor of Being Selected as the First Recipient of the Sisterhood Service Award: MARSHA MOODY
*Margaret & Bill Sawyer
CARING COMMITTEE FUND
In Memory of:
EVELYN ADELMAN
*Gerald Adelman
BERNICE KAPLAN
*Prue & Michael Salasky
EARL JARVIS
*Lawrence Steinfeld
RICHARD MILLER
*Lawrence Steinfeld
*Prue & Michael Salasky
CARING COMMITTEE FUND – QUILTING
In Honor of Being Selected as the First Recipient of the Sisterhood Service Award: MARSHA MOODY
*Margaret & Bill Sawyer
CARING COMMITTEE FUND – MITZVAH DAY
In Honor of 60th Wedding Anniversary:
MINETTE & CHARLES COOPER
*David Aner
CARING COMMITTEE FUND – NEST
Wishing a Happy Birthday to:
SHARRON ROSS
*Carol & Robert Laibstain
CARING COMMITTEE FUND – SOUP KITCHEN
*Leah & Richard Waitzer
In Memory of:
RICHARD MILLER
*Beth & Paul Johnson
*Sarah & Judi Mendelson
*Sandra & Yale Nesson
Ronni Schatz
EDWARD J. KESSER RELIGIOUS SCHOOL FUND
In Memory of:
DR. RICHARD BASS
*Arlene & Howard Kesser
BERNICE KAPLAN
*Arlene & Howard Kesser
FINES ARTS FUND
In Memory of:
SEEMAN WARANCH
Lorraine Fink
DR. CARL WISOFF
Lorraine Fink
FLORAL FUND
In Memory of:
HENRY ABRAHAM
Rachel & David Abraham
GOLDYN BALABAN
*Joan & David Balaban
ETHEL BASS
*Marilyn & Stuart Buxbaum
HARRY BORSTEIN
*Joan & David Balaban
HERMAN FELDMAN
Masha & Martin Moody
SONYA FINE
*Gloria & Leo Simon
DOROTHY FLAX
*Gloria & Leo Simon
SYLVIA GEFFEN
Shelia & Matthew Krakower
CELIA FRENKIL GLASSER
*Sandra Glasser Tavos
ESTELLE RUTH HOCSTADT
*Shelly & Jeffrey Loeb
EDWIN BUDDY JACOBSON
*Nancy Jacobson
JOHN BENNETT
JACOBSON
*Nancy Jacobson
BERNARD JAFFE
*Beth & Nathan Jaffe
MARTIN KLINHOFER
*Susan & Matthew Krakower
A.J. LEGUM
Suzanne Barr
ANNA LEE LIVERNAM
*Bob Liverman
DE WITT MOODY
marsha & Martin Moody
JOSEPH ROTTENBERG
*Rose & Kurt Rosenthal
MAURICE SACKS
Betty & Irwin Sacks
MORRIS SALOMONSKY
*Dorothy & Edwin Salomskey
JAMES SCHIAVO
*Debbie & Don Keeling
MARY CHAPAR
Marsh & Martin Moody
SHIRLEY SOBEL
Marsh & Martin Moody
JENNY L. STEINMAN
Betty & Irwin Sacks
DAVID WOOLARD
*Patricia & Barry Kayer
OHEF SHOLOM FOUNDATION FUND
In Honor of Being Selected for the L. Mathews Lifetime Achievement Award:
KURT ROSENBACH
*Candace & Ben Alschtul
*In Honor of the 50th Anniversary Fund:
MINETTE & CHARLES COOPER
*Marilyn & Bill Sawyer
EARL JARVIS
*Rose & Kurt Rosenbach
RICHARD MILLER
*Rose & Kurt Rosenbach
HARRY PINSK, JR.
*Barbara & Larry Blum
Wishing Happy Birthday to:
KURT ROSENBACH
*Joan K. Rosenbach
GAIL W. BACHMAN RELIGIOUS SCHOOL FUND
In Memory of:
K. F. DEE & K. F. ANDREW & M. F. DEE & M. F.
*Gail & Tom Bachman
*Ellen HARRIS
*Elise Berkowitz
In Honor of 60th Wedding Anniversary:
MADELINE BUDMAN
*Charlotte Corey
In Honor of the Bar Mitzvah of:
HAYDEN FOX
*Bob Liverman
In Honor of College Graduation:
HAYDEN FOX
*Bob Liverman
*Ellen HARRIS
*Elise Berkowitz
In Honor of 60th Wedding Anniversary:
MINETTE & CHARLES COOPER
*Bob Liverman
*Jude & Robert Major
In Memory of:
MYRA HELMAN
*Jan & Chris Lagow
EARL JARVIS
*Bob Liverman
BERNICE KAPLAN
*Dan & Pam Snyder
NATALIE LEVINSON
*Gail & Tom Bachman
LYLA LONGMAN
*Gail & Tom Bachman
CHARLOTTE COREY
RICHARD MILLER
Betty Hecht
Bob Liverman
HARRY PINSK, JR.
*Gail & Tom Bachman
Wishing a Happy Birthday to:
GAIL BACHMAN
Bob Liverman
BEVERLY HECHT
Bob Liverman
HARRY PINSK, JR.
*Gail & Tom Bachman
Sisterhood Fund - A Gift to Sisterhood:
*Candace & Ben Alschtul
In Memory of:
LYLA LONGMAN
*Margaret & Bill Sawyer
RICHARD MILLER
Bunny Mrmam
Sisterhood For Kids Catechol Fund
In Memory of:
RICHARD MILLER
*Charlotte Corey
Sisterhood UNIONGRAM FUND
In Honor of Being Selected as the Kaufmann Award Winner:
SHARON NUSBAUM
*Barbara Spigel
In Honor of the 60th Wedding Anniversary of:
MINETTE & CHARLES COOPER
*Susan & Paul Hirschbiel
*May Lynn Mansbach
*Rose & Kurt Rosenbach
*Rebecca Beach Smith & Gerald Zeno
*Arlene & Allan Zeno
In Memory of:
DAVID BALSAN
*Barbara & Errol Lifland
In Memory of:
ELISA S. BANKS
*Jane & Leonard Frieden
* Pam & Dan Snyder
BERNICE KAPLAN
Joan & David Balaban
*Barbara & Errol Lifland
LYLA LONGMAN
*Gibert Bider
Vivian Forman
*Al Mapp
*Eve Ellen & Seymour Teach
*Arlene & Allan Zeno
RICHARD MILLER
*Pam & Dan Snyder
FELIX ROSENBACH
*Rose & Kurt Rosenbach
MARV BLOOM
*Harriet & Gerald Bloom
Wishing a Happy 60th Birthday to:
KIM FINK
*Helen Dragas & Lewis Webb
*Aline & Neil Landy
Wishing a Happy Birthday to:
ANDREW FINK
*Helen Dragas & Lewis Webb
TORAH FUND
In Honor of Your Achievements:
DEANNE & DAN DUBANSKY
Elyane Lavenstein Axel
TREE OF REMEMBERANCE
In Honor of:
SEEMAN WARANCH
*Marilyn & Stuart Buxbaum
WOODWARD MUSIC FUND
In Honor of Being Selected as the Kaufmann Award Winner:
SHARON NUSBAUM
*Vicki Wolfson
In Honor of the Marriage Of:
*FRED PUGH & GABRIELE JIANAS
*Marla Schuchman & Jonathan Rathstein
In Honor of the 50th Wedding Anniversary of:
JO ANNE & KEN KLEIN
Betsy & Irwin Sacks
NANCY & STEVE ROSENBERG
*Nancy & Jay Lazier

* denotes gifts of $25 or more

LOUIS H. & ANNE K. FREIDEN TREASURER’S FUND
In Memory of:
SONYA FINE
*Celia & Jay Friedman
REVA KELBER
*Celia & Jay Friedman
RICHARD MILLER
*Celia & Jay Friedman
JEAN WILLIS
*Celia & Jay Friedman
BEATRICE L. BERLIN ELDERLY NEEDS FUND
In Honor of Decades of Service & Dedication to UJFT: GAIL BACHMAN
*Carol B. Rosenblatt
In Memory of:
ELISA S. BANKS
*Celia & Jay Friedman
*Ross Rosenblatt
BEATRICE & RALPH BERLIN
*Celia & Jay Friedman
LYLA LONGMAN
*Celia & Jay Friedman
RARIE LEGUM CAMP SCHOLARSHIP
In Honor of Being Selected for L. Mathews Lifetime Achievement Award: KURT ROSENBACH
Susan Barr
In Memory of:
JACKIE BANKIM
*Sandra Forte-Nickenig
ROSE ANN & LESTER GROSSMAN FUND
In Honor of 50th Wedding Anniversary:
DR. & MRS. JOHN A. I. GROSSMAN
*Louis L. I. Grossman
In Memory of:
ROBERT M. HIGDON, JR.
*Louis L. I. Grossman
AD AY SIDHEW SALISBURY FUND
Wishing a Happy Anniversary to:
SUSAN & MARTY EINHORN
*Debbie & Don Keeling
August 2018
We are excited to welcome Stephanie Ben Simon, RJE, as our new Director of Education and Engagement (DEE). As the DEE, Stephanie (Savran Steph) will develop and oversee a dynamic program of education and engagement for our entire congregation, creating educational opportunities in alignment with our values for our Temple community at every stage of the life cycle. In partnership with our clergy and lay leadership, she is in the process of developing membership and programming plans with the goals of attracting prospective members, integrating new members into the Temple community, and engaging our existing members throughout their lives.

What is her passion?

Savran Steph comes to Ohef Sholom Temple with a passion for high-quality Jewish education in all ages and stages of life. She believes that Judaism is magical and can enhance our lives, infusing each day with Jewish values - middot and mitzvot. Having been blessed with the right people to help guide her journey, Savran Steph’s passion for Jewish education and engagement was ignited during her junior year of high school while studying abroad in Israel with NFTY-EIE (now called URJ Heller High).

What is her experience?

It is through her life’s journey that Savran Steph has experienced Jewish engagement and education in Israel, studying at Ben-Gurion University in Be’er Sheva and an archaeological dig at Tel Bethsaida, as well as with many US communities. In the US, her experiences have ranged from West Hartford, Connecticut, where she earned her Bachelor’s degree in Judaic Studies at the University of Hartford, to a summer internship in Washington, DC, at Hadassah through the Religious Action Center of Reform Judaism (RAC), to synagogues in Des Moines, Iowa, and Atlanta, Georgia, then back to New Jersey, and finally, landing here in Norfolk. During her travels throughout Israel and the US, she deeply valued and experienced the power of how an organized Jewish community can enrich lives.

What's on her horizon?

Savran Steph is recently married to Shay Ben Simon, a native Israeli, and they are excited to begin married life together in Norfolk with us. Savran Steph is especially ready to get to know you and what about Judaism is magical for you.

What are people saying?

Chair of the Education Committee, Joash Schulman explains, “When I first met Stephanie, I was certain that her warmth of character and her depth of experience were exactly what we were looking for. Now that she’s arrived, it’s exciting to see her interact with our congregants, religious school faculty and our Temple staff. We have an exciting plan that’s being placed in motion and we’re lucky to have Stephanie at the helm! It’s a role that’s naturally suited to her personality and she’s already begun embracing this community as her own.”

Want to get to know Savran Steph even better? Would you like to meet with her in person? Do you have questions, ideas, suggestions, thoughts, etc. to share with her? Want to simply welcome her to our community?

Join us for the upcoming Meet & Greets with Savran Steph on August 7 and August 25 (see our ad on the next page) or send her an email at stephanie@ohefsholom.org
Warm and welcoming are the adjectives I use to describe my first two months here at Ohel Sholom Temple, and that is how I intend to continue my work with this community. In choosing a title to reflect my role as Director of Education and Engagement we went with a word in Hebrew that stems from the Jewish middah (value) of sayver panim yafot which translates to having a pleasant expression. We see this value in Pirkei Avot 1:15 when Shammai instructs us to receive every person with a sayver panim yafot - a smile. Smiles reduce stress and enhance immune response. Smiling is both contagious and good for us.

I hope that the work we do as a community will be contagious as we enjoy our time together, learn, grow and see the magic that Judaism adds to our lives. I hope to be a source that enjoyably connects us through a high-quality Jewish education.

Don’t forget to register for the upcoming Sunday Learning Community Year on our website!

Register for classes at ohefsholom.org
On Sundays, contact Savran Steph at Temple, 757-625-4295
Ohef Sholom Temple invites you to join Rabbi Rosalin Mandelberg, Cantor Jennifer Rueben, Music Director Charles Woodward, and the Ohef Sholom Temple Choir to celebrate the 100th Anniversary of Ohef Sholom Temple’s Sanctuary Saturday, October 13, 2018 at 7:00 pm

Havdalah and Rededication Ceremony

Guest Speaker

Rabbi Richard “Rick” Jacobs
President of the Union for Reform Judaism

Dessert reception

Please make your reservation by calling (757) 625-4295 or emailing reservations@ohefsholom.org before October 8, 2018
Aahhhhh, summer! Those “lazy, hazy days”… (Not so much for Moms, Dads and even grandparents, as we seek a variety of ways to keep the kiddos engaged, stimulated and HAPPY!)

It is also a good time to reflect on and be thankful for our blessings: the beach, the bay, the oceanfront, our air-conditioned homes, and the food on our tables. Indeed, some fresh produce grown on our own Temple grounds!

This month, as summer winds down and we begin to prepare for the High Holy Days, let us also set a little time aside for Tikkun Olam, Tzedakah, and to remind ourselves that prayer can be both celebratory and soulful.

On August 10, I’ll be there as Cantor Jen presents the second in their “Friday Night Live!” series of Shabbat evening services in song! If you missed the first one on July 6, you may have heard from others how joyous, uplifting, entertaining and fun it was! Please try to make it!

On August 30 at 5:30 pm, members of our Tikvah Committee will meet at OST to write cards and messages of connection for the High Holy Days to members of our congregation who are grieving over the loss of a loved one during the past year. We will also reach out to those who may need assistance in order to attend services. The Tikvah committee also needs volunteers to join the group to help with visiting the sick, helping with meal trains, schlepping, and comforting the bereaved. If you are able to help in any of those areas, please reach out to Linda Fox-Jarvis or me if you would like to participate. Help is always needed and welcomed!

Finally, if you love digging “in the dirt,” our Eco-Judaism Committee meets almost every Tuesday to weed and harvest our gardens! Reach out to Mary Ann Latona-Nadler or the Temple office if you would like to join in!

Hoping to see you soon!

Carol Roth Brum
Caring Committee Chair
carolnanroth@gmail.com
As the Temple Greens: An Important Announcement About Electronic Bulletins

As we enter the month of Elul, we begin to prepare for the High Holy Days of Rosh Hashanah and Yom Kippur. We do this as individuals and as a community. And we ask once again: “Who will do mitzvot:

- By recycling that which can be recycled;
- By reusing items that still have utility;
- By reducing our carbon footprint?”

And we answer, once again: “We will,” because we approach this holy season with the knowledge that we can always do a little better.

As a community we will do better as we achieve one of our stated goals for 2018 this coming October. That goal was published in the December 2017 edition of the Temple pOST, reiterated in the June/July 2018 edition, and seeks to expand our efforts to recycle, reuse, and reduce by practicing a newer concept in protecting the environment: “precycling.” Simply put, this is finding ways we can reduce waste by not creating it in the first place.

That is why Ohef Sholom’s Temple pOST Bulletin will become digital with the October 1, 2018 edition. If you wish to receive a printed bulletin, please contact the office at (757) 625-4295.

We do ask that you consider the two-prong cost of receiving a paper copy of the bulletin. The first being the financial cost to Ohef Sholom Temple. Currently, publishing the pOST comes at an expense of approximately $1000/month. The second is, of course, to the environment and trees.

Trees hold a special place in the hearts of Jews. We describe the Torah as “the tree of life.” In the book of Genesis, there are two trees central to the story which symbolize life and knowledge of good and evil. Even in war, the Jewish principle of bal tashchit (do not destroy) forbids us to cut down trees. There is a recognition in our tradition of how central they are to our environment and maintaining life. Trees absorb carbon dioxide, provide shade and shelter, provide food for us and other creatures, and build soil. We seek to uphold the principle of bal tashchit in this electronic age by using less paper and cutting down fewer trees to produce the pOST. We thank you, once again, for joining our efforts.

The Temple Garden: Let’s Get Growing!

The summer garden began after a complaint about the tangle of weeds growing by the entrance to Temple. I was challenged to re-imagine that space, so with the help of the Religious School, a summer garden took root.

The garden also intended not only to be aesthetically pleasing, but to support the Soup Kitchen, educate people about growing plants in a sustainable way, attract pollinators, and involve the Temple community. Due to its success, it was decided to make the garden seasonal. In the fall, it will be once again planted with cold weather crops.

The current plants, which are identified in both Hebrew and English, include 2 types of tomatoes, small sweet peppers, string beans, walking onions, vining okra, several different herbs, and pollinator plants. When the plants are harvested, the vegetables will be used in the soup kitchen.

The objectives for the garden have been met successfully so far, except for member participation. We need more help!

Research shows that gardening has many benefits such as stress reduction, boosting your mood, exercise, exposure to vitamin D, and providing healthy food. There is also a spiritual aspect to the planting, nurturing, and harvesting of a garden. The metamorphosis that takes place when all of the pieces - earth, water, seed and nature - come together is wondrous.

As the line from our service says, “Listen to hear God’s voice.” A garden provides an opportunity to “listen” through observation and patience and to “hear” through seeing the results of the garden. There is also the opportunity to share this experience with friends, family and the extended community.

People who have been an integral part of this project thus far are Mary Ann Nadler, Jeanette Friedman, Chris Kraus, the Temple staff, Mike Haywood, and Gill Gillespie, who is a fountain of knowledge and experience.

If you are interested in being part of this project or any other Temple gardens, contact me, Mary Ann Nadler, or the Temple.

Mary Ann Nadler
Eco-Judaism Chair
mln@mlnadler.net

Jackie Haywood
Eco-Judaism Member
jackiewoh@yahoo.com
On behalf of our Sisterhood, we welcome back the Religious School faculty with a sponsored lunch for Orientation Day, August 26.

We welcome ALL Women of OST to a year scheduled with your favorite Sisterhood activities. Please join us for the first of this year’s events at the 3rd Annual Mermaid Winery dinner. See our ad below for details.

For more upcoming Sisterhood events, see our calendar listings for 2018-2019 and join us for another wonderful year of Sisterhood!

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**Calendar of Upcoming Events 2018**

**August 26:** Religious School Lunch - 12 pm (Kaufman Hall)

**September 6:** Sisterhood Meet & Greet - 6-8 pm (Mermaid Winery, Norfolk)

**October 2:** Sisterhood Meeting & Silver Polishing - 6-8 pm (Kaufman Hall)

**October 23:** ForKids Casseroles - 6-8 pm (OST Kitchen)

**November 13:** Sisterhood Meeting & Book Club - 6-8 pm (Chapel)

**November:** Chanukah Shop Set-up (Date & Time TBD)

**December 7:** Chanukah Dinner - 6:30 pm

**TBA:** N.E.S.T. Dinner (Date & Time TBA)

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**Calendar of Upcoming Events 2019**

**January 8:** Sisterhood Meeting - 6-8 pm

**February 5:** Meeting & Book Club - 6-8 pm

**March 7:** Sisterhood Meeting & Premier Design Party - 6-8:30 pm (at home of Carol Brum)

**March 8:** Men’s Club Shabbat - Special Oneg - 6-8 pm (Simon Hall)

**March 17:** Purim Carnival & Bake Sale (Simon Hall)

**April 2:** Sisterhood Meeting - 6-8 pm

**April 5:** Sisterhood Shabbat

**April 16:** Sisterhood Women’s Seder (Simon Hall)

**April 28:** Mitzvah Day/ForKids Casseroles - 6:30 pm (OST Kitchen)

**May 14:** Sisterhood Annual Meeting & Installation - 6-8 pm (Simon Hall)

**May 16:** Annual Congregational Meeting (Simon Hall)
On Tuesday, May 22, Ohef Sholom honored our Eternal Light Society Members and Pillars with a special appreciation celebration at the Chrysler Museum Glass Studio. It was a memorable evening for all and a wonderful opportunity to show our gratitude to these generous donors.

To learn how you can support OST’s mission with a gift, contact LIFE & LEGACY Chair, Matthew Fine at matthewfine@cox.net or 757-407-1368

Rachael Nusbaum
LIFE & LEGACY Assistant
lifeandlegacy@ohefsholom.org
OST Archives on Exhibit

If you happened to visit the Meyera E. Oberndorf Central Library in Virginia Beach in the month of May, you may have noticed photographs of some familiar faces and places in the display case in the lobby. The United Jewish Federation of Tidewater was invited to create a display for Jewish Heritage Month. Because the OST Archives is one of the preeminent repositories of local Jewish photographs, documents, and memorabilia, UJFT came to us for items that represent some of the important people, places, and events from the history of the Tidewater Jewish community.

Taking advantage of photographs from the magnificent 150th Anniversary Exhibition, Faces of the Past/Voices of the Future, we were able to provide the UJFT with just a few photographs that document the important contribution the Tidewater Jewish community has made to the region.

Pictured here are the Moses Myers House (home of the first permanent Jewish residents of Tidewater), the Cumberland Street home of OST (from 1859-78), the Monticello Hotel, David Lowenberg (prominent business leader and first director general of the 1907 Jamestown Exposition), B.A. Banks (first Jewish representative in the Virginia House of Delegates), Eloise Van Os in her WWI era Red Cross uniform, Dudley Cooper in front of the Ocean View Amusement Park, members of the 1946 Pi Tau Pi fraternity, and Virginia Hofheimer’s WW II Aircraft Spotter Certificate.

ARCHIVES PHOTO CAPTION CONTEST

Have a humorous caption for this photograph from the Ohef Sholom Temple Archives?

Email your caption to archives@ohefsholom.org or leave your suggested caption in the Archives mailbox in the Temple office. Be sure to tell us your name. The winning caption and runners-up will be published in the next issue of The Temple pOST.

Winning caption from the Spring, 2018 issue:
“...and here’s where we buried Jimmy Hoffa!”
- Ted Kaufman
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<td>Meet at the Jeff Robertson Park in West Ghent (park on Claremont Ave. or Azalea Ct.) Please RSVP to Sharon Nusbaum at <a href="mailto:sharonuz@aol.com">sharonuz@aol.com</a> or call her at (757) 515-4226. Carpooling can be arranged upon request.</td>
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Rosalin Mandelberg, Senior Rabbi
Jennifer Rueben, Cantor
Lawrence A. Forman, Rabbi Emeritus

Next Kiddush: August 11

Join us during kiddush luncheon on Rosh Chodesh Elul, followed by a joint program with Adult Learning about preparing yourself mentally, spiritually and physically for the High Holy Days and 5779!

Guest Speakers:
Kathryn Morton | Savran Steph

Upcoming Kiddush Luncheons
Following Saturday Shabbat services at 11:30 am

Funding for these vegan kiddush luncheons is provided by a grant from the Shamayim V’aretz Institute in partnership with VegFund.

2018
August 11
September 29
October 27
November 10
December 8

2019
January 19
February 16
March 30
April 27
May 18
June 8