



WELCOME TO CONGREGATION
OHAV SHALOM
A COMMUNITY OF LEARNERS
2009-2010

BE A MENSCH!

There is a famous tale about the man who came to the great Rabbi Hillel and asked him to teach him the whole Torah while standing on one foot. Hillel replied “What is hateful to you, do not do to others. That is the main idea of the Torah, and the rest of the Torah is commentary on that. Now go and learn it!” Hillel’s version of “the golden rule” is what Jews call being a mensch, the Yiddish word for a good person. Being a mensch is at the heart of Judaism. To fully understand this basic principle we learn Jewish wisdom and teachings that show us how to be menschen (good people) in our daily lives. Judaism teaches us that every human being has the potential to do good, and that every act of kindness and decent behavior makes the world a better place.

“Be A Mensch!” is our synagogue wide theme this year. We regularly incorporate this central Jewish teaching into every aspect of our life as a Kehilah Kedoshah (sacred community): our educational programs, governance, ritual, worship, outreach, membership, social activities, and social/environmental activism. This year, we hope to further strengthen our connection to the values that promote the art of being a mensch.

America and the world are living through tough times. Everyone can certainly benefit from as many good and decent people as possible doing good for others. Our community is doing its part to help each person . . .

BE A MENSCH!

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2010 Scholar-in-Residence



READING THE BOOK: MAKING THE BIBLE A TIMELESS TEXT

Rabbi Burton Vizotsky

January 22-23, 2010

Join us as Rabbi Vizotsky presents a fascinating series of lectures on reading the Bible as a timeless text. R. Vizotsky will address questions such as whether Jews believe in the incarnation of God, what we gain by confronting the anthropomorphic imagery of the Bible and if we should be taking this God stuff literally.

On Shabbat morning, the Rabbi will talk about what the rabbis of the Talmud and Midrash believe about the “Giving of the Torah.” Were they fundamentalists? Were they “Conservative Jews?” What do our classical sources teach us about the Revelation of Sinai?

After Kiddush on Shabbat, R. Vizotsky will address the issue of authority in Rabbinic Judaism. How do our rabbis justify Jewish law, and what are the continuing sources of divine revelation?

Later on Shabbat afternoon at se’udah shelisheet, R. Vizotsky will shift gears and speak about his involvement in Jewish-Muslim relations in local, national, and international venues. This will be a report on a surprisingly large and positive series of interreligious dialogues.

Burton L. Vizotsky is Appleman Professor of Midrash and Interreligious Studies at The Jewish Theological Seminary, teaching courses in rabbinic interpretation of scripture and rabbinic narrative, as well as Talmud. His articles and reviews have been published in America, Europe, and Israel. With Bill Moyers, Dr. Vizotsky developed ten hours of television for PBS on the book of Genesis, serving as consultant and a featured on-screen participant. The series, Genesis: A Living Conversation, premiered in October 1996. Dr. Vizotsky was also a consultant to DreamWorks SKG for their 1998 film, Prince of Egypt. Dr. Vizotsky is active as a lecturer and scholar in residence throughout the United States, Europe, and Israel. Dr. Vizotsky received his master’s degree in education from Harvard University, and his M.A., rabbinic ordination, PhD, and honorary DHL from The Jewish Theological Seminary.

CONGREGATION OHAV SHALOM

113 New Krumkill Road . Albany, New York 12208 . 518.489.7406 . www.ohavshalom.com

STUDY WITH THE RABBIS

Being a Mensch: A Jewish Exploration

Rabbi Dan Ornstein

In this class we will explore some important Jewish teachings and stories that emphasize the do's and don'ts of interacting kindly and properly with others. Our main focus will be on close readings of great Talmudic stories about the lives and experiences –both good and not so good– of great spiritual leaders. No Hebrew or prior text background necessary. Please secure a copy of the book *Rabbinic Stories* by Jeffrey Rubenstein. It can be ordered in paperback on Amazon.com (Paulist Press Classics of Western Spirituality Series.)

Mondays 10/26, 11/2, 12, 16, 30, 12/7 and 15; 7pm

Fee: \$18 members, \$25 non-members

Meet a Mensch: Jewish Heroes who Inspire Us

Rabbi Rena Kieval

What makes someone a “mensch?” In this informal discussion group, we will learn about heroes from Biblical to modern times, some famous and others whose goodness is expressed quietly. We will consider the Jewish values that these heroes exemplify and what qualities make a person a “mensch.”

Thursdays 11/5, 12 and 19, 12/3 and 10; 1 pm at Ohav Shalom Apartments

Fee: \$18 members, \$25 non-members

Jew Tube: Bubbeleh, Broadcast Yourself!

Rabbi Dan Ornstein

You Tube is one of the most powerful and fun media tools on the internet. It is also one of the most important sources of information and misinformation about Jews, Judaism and Israel. In this class we will look at a sampling of on line videos from You Tube and other sources to understand how this medium is being used or abused in talking about the Jewish experience.

Mondays 3/8, 15 and 22; 7pm

Fee: \$18 members, \$25 non-members

A Heart of Wisdom: Taking the Jewish Journey Through the Later Years

Rabbi Rena Kieval

The life stage from mid-life to the elder years can be filled with richness and blessing. In this course we will consider what Judaism can teach us about how to bring meaning to our later years; about how, in the words of Rabbi Zalman Schachter-Shalomi, we can shift our vision from “Age-Ing to Sage-Ing.” Our discussion will include Jewish wisdom about facing the challenges of caring for ourselves and for our loved ones as we get older.

Thursdays 4/15, 22 and 29, 5/13; 7 pm

Fee: \$18 members, \$25 non-members

LIFELONG LEARNING: THE ADULT B'NAI MITZVAH PROGRAM

A 2-year course of study covering major topics in Judaism, spirituality and synagogue skills. The class culminates in a Shabbat morning B'nai Mitzvah event. This course is open to men and women who marked their Bar or Bat Mitzvah at 13, as well as to those who did not. The current class will complete its study in January 2010. For information about plans for an upcoming class, please contact Rabbi Kieval at the synagogue

The World is a Narrow Bridge: The Wisdom of Rabbi Nahman of Breslov

Rabbi Dan Ornstein

Nahman of Breslov was one of the greatest spiritual teachers in history. The great grandson of the Baal Shem Tov (the founder of Hasidism), he taught profound, often controversial wisdom about being a mensch, seeking

happiness, and finding God. His teachings and stories have had an impact on people as diverse as Franz Kafka, Sigmund Freud, and Elie Wiesel. We will explore some of Rabbi Nahman's most famous teachings and their value for our lives today. No Hebrew or prior text background necessary.

Mondays 6/7, 14, 21 and 28; 7pm

Fee: \$18 members, \$25 non-members

BROWSING OUR LIBRARIES

In addition to our Main Library, check out the following:

Basic Judaism Library: Our growing collection of books and pamphlets in the lobby at the business entrance offer opportunities for learning more about Judaism and Jewish wisdom.

Sanctuary Library: Our growing collection of books in the back of the sanctuary offers opportunities for study of Torah and prayer on Shabbat morning.

Life Lights: These pamphlets which hang next to the Basic Judaism library address a range of topics about Jewish life from a spiritual perspective, from diverse family situations to confronting physical and emotional illness to celebrating life cycle events. Help yourself to one that is of interest. These pamphlets are made available by our Yad Yonatan committee.

ADULT EDUCATION

Book Club

You love to read and would love to share your enthusiasm with others. If you are interested in joining a book club, we will be starting one at Ohav Shalom! We will have a meeting to discuss when and how often we meet, what types of books we would like to read, and how to structure the book club.

Our planning meeting will be held on **Sunday, September 13 at 10 am**

Siddur Hebrew

Julie Pollack

This class is for those who have a basic knowledge of Hebrew reading and would like to strengthen their skills. We will develop a prayer vocabulary and will examine and practice some of the main prayers of the Shabbat morning service.

Mondays 10/5, 12, 19 and 26; 11/2 and 9; 7:30 pm

Fee: \$36 - Members; \$40 - Non Members plus a \$13.00 book fee for the book, "Lashon Hakodesh"

Julie Pollack has successfully taught Hebrew to adults and children for the past 30 years at the Hebrew Academy and many area Synagogues.

From Heart to Heart:

Who Knows What is in Your Heart?

Anschel Weiss

An examination of the Torah's specific injunctions regarding Yirat HaShem (being in awe of G-d) that is crucial in guiding personal behavior and meeting the challenge of establishing and sustaining a caring society.

This will be a six session course during which we will utilize Judaic and classical sources as we examine and come to understand the connection between the Torah's injunctions and the ways in which each of us strives to contribute to achieving the goals of a caring society.

Thursdays 10/15, 22 and 29, 11/5 and 12 ; 7:15 pm

Fee: \$36 - Members; \$40 - Non Members

Dr. Anschel Weiss is the Director Emeritus of Jewish Family Services. He is also a Torah study leader and has extensive teaching experience with adults.

Jewish Films

Rob Edelman

Molly Picon

In the late 1970's, Rob Edelman developed a correspondence with Molly Picon, the legendary Yiddish entertainer, and visited her in her apartment near Lincoln Center in Manhattan. This lecture/clip show focuses on Edelman's memories of Picon and spotlights her film and television career.

Sunday 12/6

Counsellor at Law: Film Screening and Discussion

This 1933 film, directed by William Wyler and written by Elmer Rice, is a celebrated drama about a famed uptown Manhattan lawyer whose cannot escape his downtown roots.

Sunday 1/24

Body and Soul: Film Screening and Discussion

A 1947 classic drama about a Lower East Sider who is corrupted by his lust for money and fame. This film stars John Garfield (born Jacob Julius Garfinkle), Hollywood's original anti-hero, one of the great (albeit unjustly overlooked) Jewish-American actors.

Sunday 3/7

All programs to be held at the Ohav Shalom Apartments

Fee: None

Rob Edelman is a lecturer at UAlbany on film history, a film commentator on WAMC and the author of several film-related books.

The Archaeology of the Religion of Ancient Israel

Steven Stark-Riemer

This second course naturally follows "The Archaeology and History of Ancient Israel," and begins with a session on the history of the search for Ancient Israel's religion. As in the first course, a guiding theme will be "what do we know and how do we know it." Among the topics covered by the succeeding sessions are: Canaanite religion before the emergence of Ancient Israel; the distinction between "book religion" and "folk religion" and whether the Hebrew Bible presents religious reality or theological ideal; sacred space in Ancient Israel; the cult of Asherah; Israelite figurines as "prayers in clay"; death in the life of Ancient Israel; and the transition from polytheism to monotheism. The time-frame of this course concludes with the Babylonian Conquest and the destruction of the First Temple in 586 BCE. (continued on p. 4)

MITZVAH MENSCH MINUTES

Learn to be a Mitzvah Mensch! Come visit our Mitzvah Mensch table, one Sunday morning each month during the school year. We will present a brief interactive lesson about one mitzvah and how doing it can make each of us a better person. Drop by at 9:30 or 10:15 to find out more about these mitzvot:

- 9/13 Talmud Torah: Torah study
- 10/25 Shemirat Ha-Lashon: Guarding one's tongue
- 11/15 Shalom Bayit: Peace in the home
- 12/13 Hachnasat Orchim: Hospitality
- 1/10 Shemirat Adama: Protecting the earth
- 2/7 Tzedakah: Just action
- 3/14 Tikkun Olam or Tzaar Baalei Chayim
- 4/18 Bikur Cholim: Visiting the sick
- 5/9 Kibbud Av va'Em: Honoring parents

SHABBAT CONVERSATIONS

Who Wrote the Bible? Did Moses Write the Bible?

Professor Daniel Grossberg will examine the authorship and the authority of Scriptures. He will present an approach to Torah that recognizes the meaning of the message, the sanctity of tradition, and the power of the intellect.

Prof. Daniel Grossberg has degrees in foreign languages and literature and received his Ph.D. in Hebrew language and culture. He is a Professor Emeritus at UAlbany and is currently on the faculty of Siena college.

December 12 at 12:30 pm following services

The Israeli-Palestinian Conflict

Dr. Victor Asal will give us an update on any progress made with the Israeli-Palestinian situation and President Obama's role in these events.

Prof. Victor Asal is on the faculty of Rockefeller College at UAlbany and several research facilities. His research focuses on terrorist behavior including terrorist targeting of the US.

April 10 at 12:30 pm following services

IS ISRAEL IN YOUR FUTURE?

Israel is a land of ancient and modern miracles, an amazing place for Jews and non Jews alike. If you are thinking of going to Israel, please consider joining us for our popular biennial Ohav Shalom Israel mission. Everyone is welcome, regardless of age or background.

For more information, please email Rabbi Ornstein at ohavrab@gmail.com. Or email Jeff Rubtchinsky at Ayelet Tours and World Travel: jeff@ayelet.com. We hope you can join us!

FEBRUARY 10-21, 2010

WE HOPE YOU CAN JOIN US!



Jewish Catholic Dialogue Conference

AN AFTERNOON OF INTERFAITH DIALOGUE

"Abraham Joshua Heschel and Thomas Merton: Inspiring Jewish-Christian Life Together"

On Sunday, October 25 from 1 pm (registration and refreshments) to 5 pm, Ohav will host the annual conference sponsored by the Jewish-Roman Catholic Dialogue Committee of the Albany Diocese. The program is in memory of Joan Dunham, a beloved Catholic interfaith dialogue activist and close friend of our Jewish community.

Pre-registration is not required and admission is free. To find out more about the program please contact Kathleen Duff at kkd@nycap.rr.com or 372-8821.

ADULT EDUCATION - CONTINUED

Wednesdays 2/3, 10, 17 and 24, 3/3, 10 and 17; 7 pm

Fee: \$36 members; \$40 non-members

Steven Stark-Riemer studied anthropology, specializing in archeology, at CCNY. He has conducted field work in Israel.

Who's Counting?

Bonnie Cramer and Anita Rabinoff-Goldman

At the end of the second seder we say the words: "Today is the first day of the Omer" as we begin to count the 49 days between Passover and Shavuot. We will talk about this often-neglected tradition and create a piece of artwork that will prepare you to receive Torah on Shavuot. No prior art experience needed.

Wednesdays 3/3, 10, 17 and 24 at 7 pm

Fee: \$36 members; \$40 non-members plus a materials fee to be paid to the instructors at the first session

Anita Rabinoff-Goldman is a fiber artist and *Bonnie Cramer* is the director of Hillel at Union College. Together they have successfully taught many Judaic arts workshops.

Pre-Meditation

Jeanette Perkins

If you've ever tried to meditate but just couldn't get into it, or have always wanted to meditate but haven't tried it yet, this is the course for you. You will learn different meditation methods and how to select the one best suited for you. In addition, simple, easy techniques to help you relax and focus will be taught. This will be your bridge to more easily enter a meditative state.

Mondays 5/10, 17 and 24; 7 pm; Fee: \$18

Jeanette Perkins has been a clinical hypnotist for over 25 years and has been meditating for 30 years. She completed a two year course of study in Jewish Spiritual Literacy at Elat Chayyim Retreat Center.

AT HOME IN THE SYNAGOGUE

Friday Night Live! ***A Friday Night Feast for Everyone!*** ***Welcoming Shabbat with Joy!***

Join us for a lively “Jewish renewal style” worship experience. We will sing, chant, dance, and tell stories to welcome Shabbat in celebration! A fun and engaging parallel program for kids and their parents will be offered.

Fridays 11/6 and 3/5 at 6 pm

On Friday evening 3/5, a Shabbat dinner (by reservation only) will follow the Friday Night Live! program. Please look for reservation forms for the dinner in future issues of the synagogue bulletin, on our website, in congregational emails, and in the Jewish World.

Monthly Meditation Group

We are beginning a monthly meditation group on Saturdays following services. We will begin with some chanting or a niggun, some instruction, at times a guided meditation, and some quiet time. We have several people who will alternate in leading this group including Rabbi Dan Ornstein, Lynna Schaefer, Jeanette Perkins and Bob Weissberg. This will be open to anyone who would like to attend.

Saturdays 9/26, 10/24, 11/21, 12/19, 1/16, 2/20, 3/20, 4/17, 5/15 and 6/19 from approximately 12:30-1:15 pm

No charge

A Sunday Walk Through the Shabbat Service

Join Rabbi Kieval for this interactive discovery of the Shabbat morning service and its structure. We will also explore the sanctuary from an up close and personal perspective. Participants are invited to bring questions about things “you’ve always wanted to know but were afraid to ask.”

Sunday, 11/1 from 11 am – 12:00 pm

Note: This program will follow the Bar/Bat Mitzvah parents’ orientations which will be held from 9:30 – 11 am

SPECIAL HOLIDAY CELEBRATIONS

A Scrumptious Sukkot

On the second day of Sukkot families will gather for a family service. Following services, we will enjoy a meal in the sukkah emphasizing “eating local”. We will learn about the “four species” of the lulav and etrog.

October 4

Simchat Torah Roll

Get “up close and personal” with a Torah scroll and delve deeper into the secrets of our sacred text as we celebrate the ending and beginning of the annual Torah reading cycle as families gather for a Sunday morning Simchat Torah celebration.

October 11; 10am-noon

Welcome to Non-ukah

A wild, wacky, and educational Hanukkah program for all families in K-5.

December 13; 9:30 am-noon

Tu B'Shevat Seder

Tu B'Shevat Seder for children grades K-2 and their families. We will celebrate the New Year of Trees, and appreciate the beauty of the earth and the land of Israel with activities, song and food.

January 31; 10:30 am

Purim Family Festivities

Our communal Purim celebrations begin with the traditional Megillah reading, followed by our ruach-filled Purim carnival the following morning. Don your wildest Purim apparel to both events, and come prepared for our annual Tricky Tray fundraiser. It will be the most exciting Purim party this side of Shushan!

February 27 - Megillah Reading

February 28 - Purim Carnival

RENEW THIS YEAR FOR US

A Creative Musaf Celebration at Ohav Shalom

Ohav Shalom will hold an alternative Musaf prayer service parallel to our beautiful, traditional Musaf service that is held in our sanctuary. The alternative Musaf worship will include a blend of inspirational chanting, meditation, the singing of selected parts of the Musaf liturgy, storytelling and the blasts of the shofar. This service is great for all adults and older children from all backgrounds.

We will meet in the large social hall on the second day of Rosh Hashanah, Sunday, September 21st, at approximately 11:45 am, at the same time as the beginning of Musaf in the sanctuary.

Please note that the creative Musaf celebration will **not** be a full, traditional high holiday service.

Everyone from the community is welcome to join us at this worship service.

CHEVRA KADISHA

Pure Kindness: The Work of the Chevra Kadisha

Sunday, November 1

Come learn about the sacred work of preparing the deceased for burial and other traditional Jewish practices of showing respect to the dead (kavod ha-met). Members of our women's chevra kadisha will reflect on their experiences and the profound meaning of this work. Light lunch will be served: Noon to 2 pm

This year Ohav is forming a men's chevra kadisha. We also invite additional women participants. If you think you might be interested, plan to stay for a chevra workshop from 2 - 3:30 pm. For further information, contact Ken Rabinoff-Goldman (768-2545 or spinetinglr@yahoo.com), Rabbi Kieval or Rabbi Ornstein.

YAD YONATAN



This committee offers support to the bereaved and to those facing other life challenges through visits, meals and other assistance. This year we

will begin a program of telephone outreach: watch for details. For further information, contact Rabbi Kieval.

CONGREGATION OHAV SHALOM

Rabbi Daniel Ornstein

Rabbi Rena Kieval

Rabbi Rose Durbin - Education Director

Scott Brown - Executive Director

Adult Education Committee - Jeanette Perkins, Chair

Helene Ainspan	Richard Ernst	Linnie Newman
Beverly Benno	Don Firstenberg	Mark Newman
Sharon Berko	Bernie Isser	Anne Pheffer
Marc Berlinsky	Tema Isser	Anita Rabinoff-Goldman
Marian Cohen	Michael Kaplan	Debra Silverberg
Stephen Eckert	Mishka Luft	Joan Weiss

OHAV AND EQUINOX



Ohav is proud to begin the second year of its partnership with Albany-based Equinox,

Inc. Equinox runs a youth shelter and a domestic violence shelter, as well as numerous support services for runaway and at-risk youth, families who are homeless because of domestic violence, and people whose lives are hit hard by poverty.

Please look forward to participating in a number of joint activities that we will be doing with Equinox over the course of the year through our Social Action Committee.

We will continue to support Equinox shelters and programs beginning with our Yom Kippur evening collection. In lieu of our usual canned food drive, we ask you to bring two categories of items needed at the shelters: hair care products and diapers. Specifically, we will collect hair brushes/combs, shampoo, hair conditioner, hair grease, and infant-sized disposable diapers in either small or medium sized packages. Please bring your items before Kol Nidre on September 27, and through the end of Sukkot, October 11, and place them in the bins which will be available in the lobby. (Please do not bring items during Shabbat and Yom Tov.)

We will also be involved with the Equinox Thanksgiving Day dinners, an important, long standing community tradition serving the area's poorest and homeless individuals and families.

SNOWBIRDS...SAVE THE DATE!

SUNDAY, JANUARY 10, 2010

5 PM AT TEMPLE EMETH - DELRAY BEACH, FL



For more information or to reserve a spot for the dinner, please contact Marion Cohen at mccone@aol.com or Suzanne Rosenblum at crose78@aol.com. More detail to follow during the year. **ALL ARE WELCOME!**

PLEASE BE IN TOUCH WITH US...

Everyone deserves to live in a home that is physically, emotionally, and spiritually supportive and safe. Your rabbis want to help you and your family feel nurtured and secure in your own home and in your congregational home.

Be in touch with us...if we can help you bring more Jewish practice and values into your home and your life.

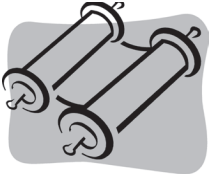
Be in touch with us...if we can help guide you with spiritual concerns.

Be in touch with us...if you are facing issues of substance abuse, domestic violence, sexual abuse, mental health crisis, or other personal problems.

We are here to listen compassionately, to pray with you, and, when needed, to guide you towards resources for other professional help. **Make Ohav Shalom your spiritual home.**

You can contact Rabbi Ornstein at ohavrab@gmail.com or Rabbi Kieval at ravrena@gmail.com

FAMILY EDUCATION



Talmud Torah Hebrew School

Our Talmud Torah immerses students in Jewish education through an array of engaging programs.

Students in grades K-8 learn about our texts, liturgy, history, rituals, and holidays through interactive programs such as family education with the rabbis, music, and Israeli dance. Grades 2-7 meet each Wednesday and Sunday to delve into our rich curriculum led by our dedicated faculty, and each grade also takes place in community-wide programming throughout the year.

Talmud Torah also offers both remedial and enrichment Hebrew programs, as well as our on-site special needs consultant.

We welcome Rabbi Rose Durbin as the Education Director, and look forward to another exciting year in our Talmud Torah community. To receive more information, please contact her at rabbiroseohav@gmail.com.

Preparing for Jewish Adulthood: Middle School Family Education Programs

Rabbi Kieval and Rabbi Ornstein guide our sixth and seventh grade students and families as they prepare for becoming bar and bat mitzvah. These programs are a regular part of the sixth and seventh grade Talmud Torah program, but include all sixth and seventh grade Ohav families.

Grade Six: 10/25, 12/6, 4/25

Grade Seven: 10/18, 11/15, 4/18

Mifgash: Albany's Jewish Community High School

Welcome Mifgash!

Mifgash (In Hebrew, "The Meeting Place") is Albany's successful Jewish communal high school program for students of all backgrounds in grades 9-12. In addition to great classes, Mifgash is an outstanding way for Jewish teens from all backgrounds to meet and socialize. Ohav Shalom is proud to host Mifgash for the 2009-2010 school year. Hosting the high school program is one more excellent example of our congregation's commitment to Jewish education and Jewish youth. Are you interested in getting more information about Mifgash? Please contact the school director, Ruth Malka, at mifgashalbany@gmail.com. To check out updated information (as it is posted) about Mifgash, please check their website, mifgashalbany.org.

Learning and Fun in our Youth Groups

Our two youth groups, Kadima (for middle-schoolers) and USY (for high school age) teach about Judaism, Jewish values and community through fun and creative social activities and activities like Shabbaton weekends and Tikkun Olam social action projects.

USY: A Friendly Home for Jewish Teens

USY is our Conservative movement's international youth movement. Our local chapter, Ruach Tzafon ("Spirit of the North") is an award winning chapter that offers all Jewish high school youth great opportunities to socialize, get involved in the community, learn and have fun. Every month, one of our rabbis leads a "Rap With The Rabbis" program for the chapter. Please contact our USY advisor, Joy Neuman, for more information at Joyzee@hotmail.com

SHOMREI ADAMA



To Everything a Season! Ohav Shalom's environmental awareness group reminds us to protect our planetary home and raises funds for "green" improvements to the synagogue, through ongoing projects such as sales of canvas shopping bags and educational messages on our website.

This year, Shomrei Adama (literally "protectors of the earth") will help us celebrate God's gift of the earth in the changing of the seasons.

Scrumptious Sukkot - Sunday, October 4

See Special Holiday Celebrations on page 6.

A Walk in the Woods - October 18

Adults and older children will share the outdoors in this season of transition, and explore our spiritual connection to nature.

Jews on Snowshoes, January 18

Adults and older children will travel away from the city and connect with natural wonder as it is expressed in winter-time.

Jews on the Land - May 2 (Lag Ba'Omer)

At the start of spring, we will visit a local farm and get a taste of life on the land. We will also learn about Jewish farmers in our region, and about the growing Jewish farm movement. The day will also include games and sports, traditional activities for Lag Ba'Omer. For adults and for children of all ages.

2009-10 CALENDAR OF EVENTS AND CLASSES

September 2009

- 10 Adult Bar-Bat Mitzvah (continues on 9/24, 10/8, 10/22, 11/15, 11/19, 12/3, 12/10, 12/17, 1/7)
 13 Book Club
 13 Mitzvah Mensch Minute: Talmud Torah
 26 Meditation Group (continues on 10/24, 11/21, 12/19, 1/16, 2/20 3/20, 4/17, 5/15, 6/19)

October 2009

- 4 Scrumptious Sukkot
 5 Siddur Hebrew (continues on 10/12, 10/19, 10/26, 11/2, 11/9)
 11 Simchat Torah Roll
 15 From Heart to Heart (continues on 10/22, 10/29, 11/5, 11/12)
 18 Middle School Family Ed Program for Grade 7 (continues on 11/15, 4/18)
 18 Autumn Walk in the Woods
 25 Mitzvah Mensch Minute: Shemirat Ha-Lashon
 25 Middle School Family Ed Program for Grade 6 (continues on 12/6, 4/25)
 26 Being a Mensch (continues on 11/2, 1/12, 11/16, 11/30, 12/7, 12/15)

November 2009

- 1 A Sunday Walk Through the Shabbat Service
 1 Chevra Kadisha Training
 5 Meet a Mensch: Jewish Heroes who Inspire us (continues on 11/5, 11/12, 11/19, 12/3, 12/10)
 15 Mitzvah Mensch Minute: Shalom Bayit

December 2009

- 6 Molly Picon: A Remembrance
 13 Mitzvah Mensch Minute: Hachnasat Orchim
 13 Non-ukah

January 2010

- 10 Mitzvah Mensch Minute: Shemirat Adama
 18 Jews on Snowshoes
 22-23 Scholar-in-Residence R. Burt Vizotsky
 24 Film and Discussion: "Counsellor at Law"
 31 Tu B'Shevat Seder

February 2010

- 3 Archaeology (continues on 2/10, 2/17, 2/24, 3/3, 3/10, 3/17)
 7 Mitzvah Mensch Minute: Tzedakah
 7 Film and Discussion: "Body and Soul"
 27 Megillah Reading
 28 Purim Carnival

March 2010

- 3 Who's Counting? (continues on 3/10, 3/17, 3/24)
 5 Friday Night Live! Shabbat Dinner
 6 Who Wrote the Bible?
 7 Film and Discussion
 8 Jew Tube (continues on 3/15, 3/22)
 14 Mitzvah Mensch Minute: Tikkun Olam or Tzaar Baalei Chayim

April 2010

- 10 Israeli-Palestinian Situation
 15 A Heart of Wisdom (continues on 4/22, 4/29, 5/13)
 18 Mitzvah Mensch Minute: Bikur Cholim

May 2010

- 2 Jews on the Land
 9 Mitzvah Mensch Minute: Kibbud Av va'Em
 10 Pre-Meditation (continues on 5/17, 5/24)

June 2010

- 7 Reb Nachman (continues on 6/14, 6/21, 6/28)

2009-2010 Adult and Family Education - Registration Form

	Member	Non-Member	# Attending	Total Cost
Study With The Rabbis				
Being a Mensch: A Jewish Exploration	\$18	\$25	_____	_____
Meet a Mensch: Jewish Heroes Who Inspire	\$18	\$25	_____	_____
Jew Tube: Bubbeleh, Broadcast Yourself	\$18	\$25	_____	_____
A Heart of Wisdom	\$18	\$25	_____	_____
The World is a Narrow Bridge	\$18	\$25	_____	_____
At Home in the Synagogue				
Monthly Meditation Group	N/C	N/C	_____	_____
Adult Education				
Siddur Hebrew	\$36*	\$40*	_____	_____
From Heart to Heart	\$36	\$40	_____	_____
Jewish Films	N/C	N/C	_____	_____
Archaeology/Religions of Ancient Israel	\$36	\$40	_____	_____
Who's Counting?	\$36*	\$40*	_____	_____
Pre-Meditation	\$18	\$18	_____	_____
Total Cost for All Classes				\$ _____

*plus materials fee to be collected by Instructor in class

Please Note: Deadline for class registration is one week before the start of the class. All classes are subject to cancellation if enrollment is insufficient.

Name _____ Email _____
 Address _____ City/State/Zip _____
 Home Phone _____ Cell Phone _____

Make checks payable to Congregation Ohav Shalom. Send the bottom of this page to:
 Congregation Ohav Shalom; 113 New Krumkill Road; Albany, New York 12208; Attn: Colleen

For additional information on the classes and programs in this catalog, please contact Jeanette Perkins at 518.438.1573 or email jeanetteperkins@yahoo.com