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**Debbie Friedman
 Yahrzeit
 Commemoration
 will take place at
 Shabbat services on
 Friday, January 27
 at 8:00 p.m.**

From Rabbi Josh

I often receive messages in my inbox asking me to include people in my prayers for healing – from congregants, colleagues, and complete strangers. Whenever a message like this arrives, I take a few “moments to offer a prayer on behalf of the person although most often I know nothing more than a name and perhaps a few details of the person’s illness. So I was stunned when messages reached me in Israel last year – many of them – asking for prayers on behalf of Debbie Friedman, followed only a few days later by news of her untimely passing.



Many of us are familiar with Debbie Friedman z”l – if not with her name then with her music, for she has written versions of many, many prayers that are loved around the world, including right here at Or Hadash. We use her melodies and songs constantly – ‘Ahavat Olam’ and ‘Oseh Shalom’ regularly at Shabbat services, her Havdalah melody to bring out Shabbat on Saturday nights, ‘Lechi Lach’ to mark life passages, ‘Holy Place’ to express the value and beauty of community, and many more. But perhaps her best known and best loved prayer is ‘Mi she-Berach,’ in which we pray for healing on behalf of those suffering from illness, asking for renewal of body and renewal of spirit of those we love. It’s especially poignant that this prayer, which brought healing and comfort to so many, came from a woman who was sick for much of her adult life and died a few weeks shy of her fiftieth birthday.

Debbie Friedman brought her healing and joyous presence all over the world in concerts and appearances and I was honored to hear her sing in a number of different settings, but never more so than when we hosted her in concert at Or Hadash to kick off our twenty-fifth anniversary year in 2007. She led us in her music, teaching unfamiliar songs as she went, with a clear intention for us to be participants in a musical journey and not an audience at a performance. That evening was a magical celebration of the power of music to move us and bring us together and on January 27 we will revisit that evening as we mark her first yahrzeit at services with a musical tribute. The Makaylah will lead us in Debbie Friedman’s music, including a new version of ‘Shalom Aleichem’ that she wrote shortly before her death. We will honor her life and raise money for her Renewal of Spirit Foundation. And we will experience together the healing power of music and community that she fostered during her lifetime. I hope you can be on hand for this powerful and moving celebration for a treasure of our times.

B’shalom,

Rabbi Josh

Connect with us on Facebook:

<http://www.facebook.com/home.php#!/groups/136646944182>

President's Message

By Janet Karp

Shalom Chaverim,

Three months ago in my Rosh Hashana address, I asked us to consider these 4 questions.

When will we stop measuring the worth of Or Hadash by how many times we step into this building?

What can we do to fortify this community?

How will we get involved to strengthen our relationships to Judaism and to the Jewish people?

Where at Or Hadash will we participate and by doing so increase the value of our membership and our overall satisfaction as members?

I hope you have had the opportunity to act on these questions. I am always happy to hear from congregants in an effort to make Or Hadash the best it can be for all of us as individuals and as a community. I am interested in your opinions about how best to communicate with you about Or Hadash activities. Do you read the weekly emails; the special emails? Do you look at orhadash.com or the Or Hadash Facebook page? How would you improve communication so your interaction with Or Hadash is strengthened? Please email or call 215-886-4812.

Living as we do in two civilizations, American and Jewish, we have a double opportunity every year to take stock and push restart. We have the High Holy Days, Rosh Hashana and Yom Kippur, that are serious because we take stock and try our best to improve. Those days are also joyous because we have reached the Days of Awe once again and hopefully have family with us to celebrate.

Now it is late December and we are at the end of 2011. We are celebrating Chanukah, the joy of light, freedom of faith and the miracle of rededicating ourselves. Looking around us, there is a celebratory feel, albeit tempered by personal, physical, economic, environmental, and social issues facing us in one way or another. It is my wish that the increasing light cast by an extra Chanukah candle each night brings all of us renewed strength and hope as we move across another threshold into 2012.

Chag Samayach and Happy New Year!

I'd like to introduce you to an Israeli columnist from Jerusalem, Mya Mika Felloff. She is a lifelong friend of my aunt's neighbor, and I met her at a dinner held in the Bronx. She agreed to write a guest column for us.

Shalom Or Hadash. I am Mya Mika Felloff. I live in Yerushalayim. Originally, I am from Brooklyn, but once upon a time, thanks be to Hashem, I made aliyah. Now my children are all grown up. Well, you know how that goes. Some of them still live at home. I write a freelance column in Israel. People write to me for advice.

Dear Mya Mika,

My name is Mama Fruma. The dilemma is that for Pesach, I always host our family seder. My daughter recently got married and her new husband is allergic to nuts. My recipe for charoset contains nuts. What to do?

Dear Mama Fruma,

Exactly do I know what you mean! In my family, my niece's husband is nuts. Excuse me, such a fine girl, let me not speak against her husband. What I really mean is that he too is allergic to the nuts. And my charoset recipe is generations old. My mother learned it from her mother, and I learned it from my mother and my daughters and my sons too, make charoset the same way. We chop the nuts with a chopping blade in a wooden bowl, all kinds of nuts, but especially almonds or walnuts. Then we add Manischewitz wine and we chop apples in the same bowl. Add some cinnamon. It's delicious. We live all year to eat the charoset on Pesach! I cannot have seder without the charoset. So what can you do? There are a few choices. He does not have to eat it. More for you! He can sit on the other side of the room while the charoset are going around. You can eat the charoset before he arrives. And, my final offer is for you to contact Aliza Green at Or Hadash, A Reconstructionist Congregation and ask for one of her deliciously international recipes from around the world where there are no nuts. And please let me know how it turns out at your seder.

(continued on page 3)

(continued from page 2)

Dear Mya Mika,

My rabbi tells us that Shabbat is important to the Jews. He says we should figure out a way to celebrate Shabbat every week. Every week? What? Is he kidding?

One of the Confused Jews

Dear One,

This is not news. Shabbat is important to the Jews. On Shabbat some people look forward to an afternoon snooze. The important thing is that your rabbi's advice you cannot refuse. Luckily for you, Jewish practice offers many clues. For January 20th, choose Or Hadash's Shabbat schmooze.

Dear Mya Mika,

Can you recommend a matchmaker? I have been trying to fix up a wonderful lady with a mensch of a man.

Loveseeking

Dear Love,

Oy! If I had a shekel for every request like this, I'd be wealthy. The secret is to get involved on the terra firma, ha'aretz, the real world and not rely on the cyberspace. Turn off the computer and get involved. And the bar scene! Jews in bars-oy, oy. Go on a singles bicycle ride. And if someone catches your eye...it could be a match! Take a friend and go Israeli dancing. This is good because you can dance with or without a partner. And if someone catches your eye.... that could be a match! Volunteer at the Federation soup kitchen. You will know right away who is the shlemiel and who the shlemazel! Federation has events for young adults, and older adults, too. Now, I know it's not easy. But don't get your blood pressure up- Hashem works in the mysterious ways. Just don't sit at home, plan to be involved with something fun or interesting every week. You know, there is a presidential campaign happening. Who do you support? How about getting involved in the campaign? Will certainly meet lots of folks. And if someone catches your eye...

That's all for now. If you are visiting Eretz Yisrael, please come by for a visit. You'll sit and have tea with Mya Mika Felloff.

A SPECIAL SHABBAT SCHMOOZE AT OR HADASH



Friday, January 20th at 6:30 pm

**A short service followed by a “Progressive Dinner”
Toast Shabbat with us in a casual setting!**

Meet, talk, and dine with new and old friends!
You'll move from table to table while you enjoy appetizers,
Italian dinner, and dessert.

*Babysitting will be available at your home or at Or Hadash
by request.*

Contact Lori Rubin at school@orhadash.com for details.

Dinner is \$18 per adult and \$8 per child.

RSVP to Lori Rubin at school@orhadash.com

From the Administrator

By Laurie Albert

IT'S OPEN! PennDot has re-opened the intersection of Camp Hill Road and Pennsylvania Avenue. We have a wider road on Camp Hill Road, a new street light, turning lanes onto Pennsylvania Avenue, a street sign on our driveway saying "Gay Way" (named for the Gay family that owned the mansion that is now our synagogue), and a greater appreciation of a direct route to Or Hadash. Thanks to everyone for your patience and understanding during the construction.

CONDOLENCES

- To **Betsy Izes** on the passing of her mother, Shirley Stein, grandmother of Katie and Amanda.
- To **Marty Jacobs** on the passing of his stepfather, David Weissman, father-in-law of Irene.
- To **Benjamin Rifkin** on the passing of his father, Gilbert Rifkin, father-in-law of Lisa Fell, grandfather of Nathan and Hannah Rifkin.

HANUKKAH SHOPPING?

Are you thinking about Hanukkah gifts? You can give "the gift that keeps on giving" or "the gift for the person who has everything" or an engraved brick in our life-cycle garden that provides a lasting reminder of your affection and caring. You can give one to an individual or a whole family. And, you don't even have to leave the house to shop! Just go online to <http://www.orhadash.com/sites/default/files/Brick%20Order%20no%20date.pdf>.

If you prefer, you can email me at rgansler@verizon.net or call 215-412-8790. The recipient of your friendship will receive a beautiful acknowledgement of your gift.



UPCOMING EVENTS

Friday, January 6th - Three Part Harmony In Your Pajamas

Come for Tot Shabbat at 6, Pot Luck Dinner (dairy/vegetarian) at 6:30 and Intergenerational Service at 7 pm in your PJs.

Sunday, January 15, 10:30 am – Adult Study Havurah

Friday, January 27, 8 pm - Erev Shabbat with the choir will feature a tribute to the late Debbie Friedman. Choir will also sing on February 17th.

Soup Project for Martin Luther King Day of Service –

Containers will be available by Jan 3rd for soup collection. We'll need drivers for Monday, January 16, MLK Day, as well as the following day. Contact Debbie Bernstein if you can drive or have available freezer space.

Friday, January 20 - Shabbat Schmooze Interactive Progressive Dinner. RSVPs required to Lori Rubin no later than January 15.

Sunday, January 22, 8:30 am – 2:30 pm – American Red Cross Blood Drive at Or Hadash. Schedule your appointment on line at: <http://www.membersforlife.org/pennj/schedule/login.php?sponsorcode=6291>. Help save lives!

Saturday, January 28th - International Night

This is an opportunity to get to know others in a casual dining setting. Pick a nationality; a host family will make the main course and you'll provide part of the meal. For more details: <http://www.orhadash.com/sites/default/files/international%20night%20revised.pdf>

Wednesday, February 1st in the Rabbi's study at 7:30 pm - Healing Service for all in need of healing.

Friday, February 3 - Three Part Harmony

Saturday, February 11, 6:30 pm - Havdalah Service and Family Game Night

Bring your friends and family. The cost is only \$10 per family. RSVP to Lori Rubin.

Sunday, February 12, 10:30 am - Adult Study Havurah

Coming Soon to the Staircase Art Gallery!

Aliyah Lustine: Photographs

From the Education Director

By Lori Rubin

As I sit down to write this article, I am feeling swamped. This week includes: pick up from Physics clinic, play practice, string ensemble, Blood Drive orientation, and Ecology Club, not to mention Hebrew School! In addition, we have Girl Scouts at our house, a ski club meeting for parents and a College night. I am not writing this to complain—all of these activities are important for my children. I guess the question for me is, how much is too much? When is the down time? What does this have to do with Judaism? Let me try to answer those questions.

“Too much” is when kids get stressed and overwhelmed. I must say my kids don’t seem stressed or overwhelmed. Except for the occasional school project, my kids take our schedule in stride, and I am continually appreciative of that. My kids know the value of Kibbud Av Va’em: honoring your parents. When I get overwhelmed with the multitude of activities, they are continually supportive and encouraging. My stress level doesn’t seem to make them upset. In fact, it is almost the opposite; they think it is funny and tell me to relax. I would be concerned by this, but I can recall calming my dad down too. It must be L’dor Vador: from one generation to the next! So, I need to remember that we have three children and that is three times the activities. I don’t wish it away; Alex will be in college soon enough!

When is the down time? I learned several years ago that it was difficult for me to experience down time at home. At our house, if we had any free time, I would feel as if either we should be cleaning, sleeping, or occasionally having a family game night or a family movie night. I would typically run errands if we had some down time. Time to just “be” wasn’t happening. As I approached the tender age of 40, I decided that spending time in the Poconos was an important value for me. It would be a place where we do nothing but BE: no computers, no work, no schlepping - just time to be present in the moment. Over Thanksgiving break, we went to the Poconos for a few days. When we first started going, being there wasn’t easy; but in three years, we have discovered the beauty of just reading a book, taking a walk, or having game or movie nights. In the Poconos, we cook together, laugh together, and enjoy our family together. We have found what works for us. Have you? What is your best down time as a family?

What does stress or down time have to do with Judaism? I invite you to consider not getting lost in the craziness. Place your Judaism at the top of the priority list. Whatever

you consider your Judaism, make time for it. Enjoy a freshly baked challah on a Friday night. Make a pot of soup with your family and donate it to Aid for Friends. When your daughter has play practice, ask the teacher if she can split the time with Hebrew school; both are important, but one is not more important than the other. Jewish values drive the decisions you make. Consider what Ben Heh-Heh used to say: “According to the effort is the reward.” Make the effort to get involved and take some time to be in our community at Or Hadash, and you and your family will reap the rewards we offer.

In January, we have three events you should plan on attending:

- January 15th is our Third Annual Mitzvah Fair. We will have projects for congregants of all ages to complete. In addition, our Social Action Committee will be holding our annual soup-making project benefitting Aid for Friends. If you haven’t made soup before, now is the time to try it!
- January 20th is a special Shabbat Schmooze. This is a perfect example of an evening you don’t want to miss. This is a schmooze not to miss! Come enjoy Shabbat with us: a glass of wine, good friends to greet and good friends to make. The evening will begin with a brief evening service and then we’ll have a progressive interactive dinner. If you require child care to be able to easily participate, let me know and I’ll arrange child care. How great would it be for congregants of all ages to relax together and breathe in some Shabbat moments. Your presence is important to us!
- January 28th is International Night. Several hosts are inviting you and your family to have dinner in their homes. We have Italian, Mexican, Mediterranean, and more. Some hosts will be geared for young children, others for adults only. Plan on joining us, and look for a flyer coming soon!
- February 11th brings us our Third Annual Havdalah Game Night. Last year was a huge success. Come for an evening of fun, food and friends in which we’ll honor the week that has passed and cherish the one that will come. Mark your calendar!

Or Hadash is a wonderful community. When you get lost in the craziness of your life, come join us. Take a breath. We are here for you. Hashkivenu Adonai Eloheynu L’Shalom V’Hamedeinu Malkeinu L’Chayim. May these words provide peace for you and your family and may you participate at Or Hadash in a way you find meaningful.

REFLECTIONS ON OUR B'NAI MITZVAH PROJECTS

By Rachael Goodman

On Tuesday evenings, for an hour each week during the spring and summer of 2011, I worked at Little Wonders in East Norriton. They have classes for kids who need help in different ways. I participated in three eight-week sessions. The classes I helped in focused on social skills.

I contributed to the group in many ways. I was a role model in their interactive learning. I showed the kids examples of how to raise their hands, how to take turns, how to share and that they don't always get what they want. There was one activity when the teacher gave everyone a beanbag animal. We were supposed to decide if we wanted to trade. If someone wanted to trade and someone else did not, they learned to say, "No thank you" or "OK, I'd like to trade." I got to participate in the group just like any other kid there. My job was to follow directions and to show the others how they were expected to act.

Because I worked with kids of different ages, I learned that no matter how old you are, you still may need help with things. I learned that I am a good role model and a good teacher. I was proud of myself because I was able to help. Working with the kids was my favorite part because I really like working with them. It gave me a good feeling when I saw them happy and learning.

By Noah Grossman

For my Bar Mitzvah I did two projects. One was with Soccer Buddies and the other was playing piano with my friend at five nursing homes.

At Soccer Buddies, I helped and played soccer with special needs kids in Elkins Park on Sundays from 1 o'clock to 2:30. I contributed by helping, encouraging, supporting and making friendships with the kids, so they would have a fun time playing soccer. I learned that I could make so many kids happy by playing soccer with them, by being friendly and talking to them.

I learned that I feel very good and happy from doing a mitzvah like this. My favorite part of Soccer Buddies was at the end, when the kids all thanked us and I saw the smiles on their faces.

My other project was playing piano for nursing homes residents. I contributed by playing music, talking to and answering the residents' questions. I learned that the residents enjoyed the music; and I enjoyed seeing the residents smile and sing along. I learned that it feels good to make others happy. My favorite part of this project was watching and hearing the residents sing along, and saying thank-you at the end.

What's Your Pleasure? It's International Night!

- ☐ Mexican
- ☐ Italian
- ☐ Mediterranean
- ☐ Asian
- ☐ American

Saturday, January 28, 2012



International Night is an opportunity to get to know other families in a warm, casual setting. Host families will provide the main course and participating families will bring a side dish or dessert to complement the meal.

The cost is FREE as long as you contribute to the meal!

Questions and RSVP's go to Lori Rubin at school@orhadash.com

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"What is Reconstructionism anyway?"

Perhaps you'd like to delve more deeply into Judaism from a Reconstructionist perspective. Or maybe you've been looking for something that can demonstrate to others what you are so excited about—a place to send that cousin who has challenged you for years with, "What is Reconstructionism, anyway?"

Many in the Reconstructionist community have been asking such questions for years. Now the Reconstructionist Rabbinical College (RRC) is proud to respond with a new interactive, online course. *Judaism Through a Reconstructionist Lens* is a self-guided program available to anyone who wants to learn more about the movement. You can try a sample unit by visiting www.rrc.edu/distancelearning/reconlens/judaism-through-a-reconstructionist-lens-sample-unit. Rabbi Nancy Fuchs-Kreimer, Ph.D., RRC '82, the director of multifaith studies and initiatives at the College, guides participants through the online program.

A full year of access to the course costs \$4.95, and registration is available online only. Learn more by visiting <http://www.rrc.edu/node/1225>.

Smartphone users can scan this code to go directly to the website.



MAZEL TOV

- To the Goodman family on the Bat Mitzvah of **Rachael Goodman**, daughter of **Stacy and Michael Goodman**, February 18, 2012.

Or Hadash has been the recipient of many gifts from our congregants, for which we are grateful. However, we are requesting that all donations of treasured items such as books, tapes, videos and other Judaica be placed on hold. We appreciate your cooperation at this time.

Ha-Kesher Now Accepting Advertising

Thank you for your interest in advertising in our synagogue newsletter, Ha-Kesher. We have "gone green," and Ha-Kesher is now a bimonthly online publication available at our web site, www.orhadash.com. We will be publishing quarter-page ads at a rate of \$30.00 per issue or reproducing business cards at a rate of \$20.00 per issue. Please contact me if you have general questions. If our terms are acceptable, please email photo-ready ads to debra.schaeffer@gmail.com for evaluation. If your ad is accepted for publication, we will invoice you through email and forward your ad to our printer. Please contact our printer, Guy Homer, at homer@homer-group.com, for more specific information regarding printing specifications.

What is the Hesed (or is it Chesed or Hessed) Committee and whom does it serve?

By Shelley Sanders, Chairperson, Hesed Committee

Starting at the end of the question, the committee exists to serve any member of the community that needs a helping hand. Our most visible activities are providing meals for people who are temporarily unable to cook and helping grieving families prepare for a shiva. We also drive people to doctors' appointments, visit people who want company or cannot be alone in the house, and are compassionate listeners when times are tough. Though we sometimes publicize a need for help in the newsletter, it is only done with the permission of the person being served. An individual's right to privacy is always a primary concern in providing assistance of any kind.

There does not seem to be an easy answer to how to spell the name of the committee in English, but there is an easy way to become involved in the committee if you want to volunteer or if you need a helping hand. Call Shelley Sanders at **610-828-3419** or e-mail her at Shelley@helpmeadopt.net

Please do not hesitate to call if you need help - you will be giving someone else the chance to experience the joy of caring. While the committee's name may have a variety of spellings, there is one clear meaning: caring. Or Hadash cares!



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Shop Our Online Judaica Store

Beautiful Or Hadash cards now available

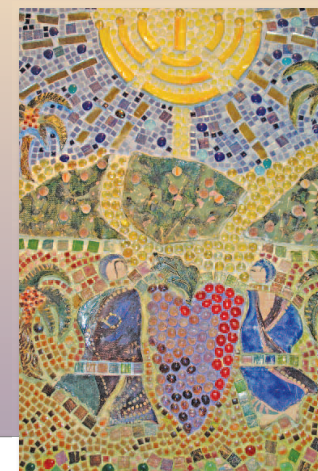


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