

SPECIAL EDITION "EXTRA" THE MAKOMER

A GUIDE TO SAVE FOR THE HIGH HOLIDAYS AND BEYOND FROM MAKOM OHR SHALOM

5768 2007-2008

Steps to Achieve Teshuvah

A Reminder and Checklist from Rabbi Debra Orenstein

Maimonides describes five basic steps to repentance (*teshuvah*).



1. Feel guilt over the wrong you committed. Fully acknowledge your role and your blame, and allow yourself to be overcome with remorse.

2. Acknowledge the wrong out loud. Apologize sincerely and completely to anyone affected. (Hint: the word "but" should not be included in such an apology. "I know I did wrong, but..." "but you

have to understand..." "but you did some things, too..." all undermine your request for forgiveness.) You must try to apologize at least three times. If a sincere apology is refused three times, the sin rests with the one who will not forgive. However, there is no limit to the requirement for seeking forgiveness from a parent or teacher.

3. Make compensation to whatever degree possible. You can't always make things right or set a relationship back to its original level of trust, but there is something you can do. Ask the wronged party or parties what would help them to feel whole — and then follow through.

4. Vow never to repeat this wrong. You know the difference between a sincere commitment and lip service. Take a vow only when you are really ready to give your heart and your word. This means you

must think profoundly about what led to the wrong you committed and what you will do to make sure that you are better equipped to act differently now.

5. Face the same or a similar situation, but do things differently. The ultimate fulfillment of repentance is having the chance to repeat a sin and making a new choice.



If at any point you revert to committing the same wrong, return to step one and work through the steps again. As you review and repeat this checklist, notice where your prior actions or commitments to teshuvah may have been weak.

Once you complete the steps for a given issue, repentance is complete and guilt is erased. Let go of the past, and celebrate your success!

President's Message

Shana Tovah to you all,

Due to the amount of information in this *Makomer*, I have decided to keep my schtick short.

During this time of year, we are asked to reflect on what has transpired in the past year, to evaluate our current place and to think about what path we will take in the upcoming year...this is a time of AT ONE MENT. I wish you all a wonderful expanding journey, filled with great discovery and a year filled with love health and happiness. —Harold Gidish, President

High Holidays Schedule

Rosh Hashanah services:

■ *Erev Rosh Hashanah*: Wed. Sept. 12th, 8 pm, Knollwood Country Club, 12024 Balboa Blvd., Granada Hills

■ *Rosh Hashanah Day*: Thurs. Sept. 13th, 10 am, Knollwood Country Club

■ *Second Day Rosh Hashanah*: Fri. Sept. 14th, 10 am, St. Paul's (see details at right).

Yom Kippur services:

■ *Kol Nidre*: Fri. Sept. 21st, 8 pm, Knollwood CC

■ *Yom Kippur Day*: Sat. Sept. 22nd, Knollwood CC 10 am, Morning Service

2:30 pm, Healing Service (*There is no admittance after the healing service begins*)

2:45 pm, Teen Service. Reb Zalman and Rabbi Debra will reprise our successful teen service begun last year

4 pm, Afternoon, Yizkor and Neilah Services

"Judaism and all other Western religions are suffering from having become oververbalized and underexperienced. Someone else's description of ecstasy or spiritual at-one-ness, given second or third hand, is not enough. I want to have the experience myself, and I'd like to help make it possible for other people to have it too. That is part of what a living, breathing religion is all about."

— Rabbi Zalman Schachter-Shalomi

Come Experience Second Day Rosh Hashanah with Makom Ohr Shalom

Rabbi Debra Orenstein • Rabbi/Cantor Monty Turner

Friday, September 14

5619 Lindley Ave, Tarzana, CA 91356

Parking is free. Street and lot parking available.

(Times below are approximate)

9 am: Visit and blow Shofar for residents of Seasons at Encino, just across the parking lot. Spread the joy of the holiday, and enjoy the mitzvah of Shofar with those who depend on us to bring it to them.

10 - 10:20 am: Our service in the sanctuary will begin with meditation. Please enter quietly, and join our prayerful intention.

10:20 am: Experience gratitude! Morning Prayers.

11 - 11:20 am: Hear – really hear – Shofar, through preparation and intention.

11:20 - 11:35 am: A Drash and Spiritual Experience of "Pausing & Wellbeing."

11:35 - 12:10 pm: Experience Torah through interactive study and reading.

12:10 - 1:15 pm: Repent, Rejoice & Renew. High Holiday Prayers & Final Blasts.

1:30 pm: Tashlich and brown bag picnic at Lake Balboa Park.

Details and tickets available online at www.makom.org or by calling Naomi at (818) 894-1754

Elul and Forgiveness

By Judy Kollack

Women of Makom: We had a wonderfully inspiring Rosh Hodesh gathering in Rabbi Debra's backyard on August 13th. More than 25 of us were there and shared experiences in our lives on the theme of forgiving and being forgiven. Most have, at some point in their lives, experienced what felt like a betrayal. But so often we hang on to old hurts wanting other people to change and thus empowering others to control our feelings. When we can just let go of past hurts, or just give them up (to God?), what relief that can often bring, releasing our energies for other things...but oh, how hard this can be, par-

Mitzvot As We Pray

by Rabbi Debra Orenstein

The following are some mitzvot we share as a community during services.

1. Support the holy work of transformation, in yourself and in others.

Synagogue is a place to participate in community and to "do your own thing." To facilitate a communal experience, we ask you to keep casual talking to a minimum, and to sing and pray with the clergy and choir. Add your voice to our readings and discussions, and your focus to our meditations, whenever you can. Please be sensitive to your neighbors by not eating or drinking in the sanctuary area on Yom Kippur, and, of course, by greeting them and reaching out to them in friendship. At the same time: please, take care of yourself. You can place a tallit over your head for meditation or a moment of privacy. You can stand while we are sitting, or sit while we are standing, if you need to. You may linger over a page in the machzor, as the service moves on. On Second Day of Rosh Hashanah, we will have buttons available, saying, "Please honor my silence" to offer the option of remaining in silence for the entire service. At any of our services, dance if you want to dance, cry if you need to cry. Laughter and tears are good and healthy in the synagogue. One Jewish term for prayer is "service of the heart." Makom Ohr Shalom is a safe and holy place to listen to and honor your heart.

2. Feed the Hungry: Sova Food Pantry

To enhance our fasting, we donate food not eaten on Yom Kippur to the homeless and hungry adults and children who are served by the SOVA food pantries. Please bring grocery store gift cards, canned fruits and vegetables, canned or dried pasta, beans and soups, kosher-for-Passover items, toothbrushes, toothpaste, disposable diapers, and shampoo to our Yom Kippur services at Knollwood, preferably in small boxes or sturdy double bags (no breakable glass containers.)

ticularly in family situations.

Though true and complete teshuvah may be difficult, this is a good time to take the first step forward to begin anew just as each month begins anew with a full moon. We ask others whom we may have wronged for forgiveness, and we release grudges and anger against those who we feel have wronged us (even if they don't acknowledge it).

We all truly felt and shared the blessings of sisterhood at this gathering amidst good friends, good food, (even good mosquitos who for the most part left us alone!) and open and heartfelt communication which set the stage for the approaching High Holy Days. Don't miss the next one!

3. Build the Land of Israel: Support Israel Bonds

Envelopes are provided for sustaining much needed social services in our Jewish homeland. Please give generously. This is an investment that will pay you dividends, both financially and spiritually.

4. Build and Uphold the Synagogue: Pledging Your Resources

On High Holidays, we ask you to pledge your time (through volunteer commitments) and your money (through membership and special tzedakah gifts above and beyond membership) to help our community thrive and grow. You are Makom. We need your participation to continue the work we do and to expand on it, so that we serve more people better, and go "from strength to strength" building on our past successes. Please return your pledge cards to the service or ticket tables.

5. Do Not Stand Idly By: Help the People of Darfur

Makom Ohr Shalom is proud to be a member of Jewish World Watch (JWW), an organization dedicated to combating genocide around the world.

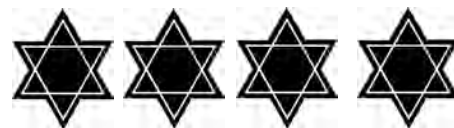
It says in Talmud: Save a life and you will save the world. For as little as \$30 you can make all the difference in the life of a woman and her family. A donation of \$30 buys 2 solar cookers for a family in the camps. It is not often that for so little we can buy so much. This is a concrete and important way we can each make a difference in our world.

The St. Paul's community recently raised \$700 for this effort, and Makom Ohr Shalom wants to match this amount.

Checks can be mailed to:

Linda Kaufman
16234 Morrison St.
Encino, CA 91436

If you have any questions, contact Linda at lindakaufman@mindspring.com or call (818) 784-7858.



CLASSES WITH RABBI DEBRA ORENSTEIN & MOS

Spiritual Jumpstart: Jewish Spirituality in Understanding and in Action

With Rabbi Debra Orenstein

When: Thurs, Oct. 11 and 18, 7 - 9:30 pm

Where: American Jewish University (formerly University of Judaism)

15600 Mulholland Drive
Los Angeles, CA 90077

Register: at www.uj.edu or call (310) 440-1246. 20% off tuition for Makom members.

Description: "What is Jewish spirituality, anyway?" This two-session seminar will explore different definitions and approaches, and, more importantly, help participants craft an authentic Jewish spirituality for themselves.

Motivation and inspiration can be fleeting. How do we sustain spiritual insights, so they inform and energize daily life?

How do we discover, enhance or even remember to look for spirituality in the midst of life's busyness and demands? This seminar will:

- Introduce principles of Jewish spirituality
- Create mnemonics and triggers for using them in daily life
- Offer specific ideas and tools to consistently generate energy, connection, and meaning
- Help each class member create a personal spirituality "map" (a tool that will help you define and practice spirituality as you understand it)
- Use experiential approaches such as meditation, writing exercises and text study
- Create in the room what we wish to create beyond the room — i.e., make of these evenings an exciting, loving, and fun example of Jewish spirituality

Jewish Prayer: Demystifying the Process, Mystifying the Experience

With Rabbi Debra Orenstein

When: Thurs, Oct. 25 and Thurs, Nov. 1, 7 - 9:30 pm

Where: American Jewish University (see first class for location)

Register: at www.uj.edu or call (310) 440-1246. 20% off tuition for Makom members.

Description: Have you ever wanted to pray, but didn't quite know how or where to begin? Have you ever read the prayers in the prayerbook and been confused or disappointed by what they seemed to say? Why do we pray? What is distinctive about Jewish prayer? Does an omnipotent God need our prayers? This class will explore what prayer is — and can be. You will have the opportunity to:

CLASSES *Continued from Page 2*

- Develop new skills and techniques for approaching prayer
 - Begin or enrich a personal prayer or meditation practice
 - Use prayer for personal and spiritual growth
 - Ask questions about prayer and understand specific Jewish prayers
 - Become more comfortable with praying on your own and in a congregation
 - Discover new inspiration, meaning and spiritual guidance in prayer
- Experience with prayers and knowledge of Hebrew are wonderful but not required. This class will be valuable for people of all backgrounds, including beginners.

Introduction to Judaism - an 18-session class

When: Oct. 11, 2007 - Feb. 28, 2008, Thurs, 6:30 pm. No class Nov. 22, Dec. 20 and 27. Make-ups available for classes you may miss.

Where: Temple Aliyah in Woodland Hills

Register: by calling (310) 440-1273.

This class has five teachers, including Rabbi Debra Orenstein.

Description: Introduction to Judaism is a unique program covering a broad range of topics: Jewish history, theology and philosophy, as well as holidays and lifecycle events, practices and rituals, and an introduction to Hebrew. The course is geared to both Jews and non-Jews who want to

learn more about Judaism, in addition to those considering conversion. Described as "enlightening," "exceptional" and "a must" for those considering lives as educated Jews, the Miller Program draws hundreds of students each year for stimulating and meaningful study.

And Don't Miss Makom Ohr Shalom's Own Exciting B'nai Mitzvah Class!

A new Adult Bar/Bat Mitzvah class is beginning soon! Please contact Alyse Silverman (818) 781-3922 or Deborah Wessler at debwessler@roadrunner.com if you are interested or have any questions. This has been a life-changing event for many in our congregation. Why not you?

Children's Programs

On the High Holidays, childcare becomes High Holy Care. Children enjoy their own celebration through holiday artwork, singing, storytelling and discussion led by our teachers and aides. Children, always welcome in the sanctuary, join child-friendly portions of our service for singing, dancing and stories. Our rabbis will visit with and bless the children.

We request that all children be registered with as much advance notice as possible, to facilitate supervision and materials. All children must be potty-trained. Infants and toddlers are invited to play in the childcare room under the supervision of a parent. Due to the dietary restrictions of many children, we ask parents to bring food for their own children.

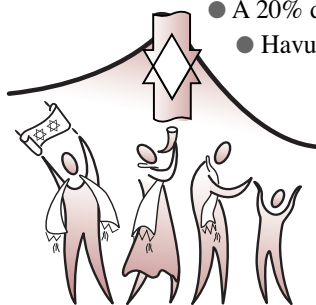
We also have a service for teens this year. It will take place on Yom Kippur at 2:45 pm in our choir room with Rabbis Zalman Schachter-Shalomi and Debra Orenstein.

We invite your membership

We want to make it easy for you to join. We will gladly apply the cost of any High Holiday tickets toward membership. Our clergy, shomrim and members are delighted to speak with you about the community and your interests and needs.

As a member of Makom Ohr Shalom you are eligible for a host of benefits:

- Automatically receive your High Holiday tickets, included free with membership.
- Get involved in social justice and service, or celebrate your Adult Bar or Bat Mitzvah as a member of our acclaimed Adult B'nai Mitzvah classes.
- A 20% discount off classes offered by Rabbi Orenstein at AJU.
- Havurahs to join, suited to different life stages and interests.



- Benefit from the attention of our clergy for lifecycle events, counseling, and consultation.
- Enroll your children in our inspirational Religious School... *and many more benefits!*

Please remember: no one is ever turned away from membership at Makom Ohr Shalom due to financial hardship. Makom will make confidential special arrangements for reduced dues for those in need.

MAKOM COMMUNITY CALENDAR *continued from Page 4*

- Sun, Jan. Date and time TBA: **Tu Bishvat Tree Planting** in concert with COEJIL. Please check our website. We will set a date sometime in November.
- Sun, Feb. 3, 7:30 - 9:30 pm: **Book Club** for "One People, One Book" at the home of Rabbi/Cantor Monty & Melanie Turner, led by Rabbi Debra Orenstein. We will discuss "A Book That Was Lost and Other Stories" by Nobel laureate S.Y. Agnon.
- Sat, Feb. 9, 7:30 pm: **Havdalah Evening**. Come end the Sabbath with wine, candles, community, a beautiful ritual, desserts and good company in the warm setting of a private home. RSVP to (818) 725-7600, and our hosts will call you with the address and directions.
- Fri, Feb. 29, 6:30 pm: **Home Hospitality Shabbat Dinners**. RSVP to (818) 725-7600, and our hosts will call you with the address and directions.
- Fri, Mar. 7, 6:30 pm: **Shabbat Across America**. Community Shabbat Dinner & Ask-the-Rabbi, as well as the Great Makom Book Exchange (drop off and/or acquire books). EnCHANTing Shabbat Service to follow, at our regular sanctuary location.
- Sat, Mar. 22, 7:30 pm: **Purim Ball**. Save the date for an evening of fun, humor and celebration. Come and party like it's 5768! Consult www.makom.org for details, as the date approaches.
- Fri, April 4: **Chametz Sale** begins on our website, www.makom.org
- Mon, April 21, 6:30 pm: **Passover Community Seder**. Consult www.makom.org for details, as the date approaches.
- Fri, May 3, 8 pm: **Guest Shabbat**. A special outreach to FOM (friends of Makom) and to relatives, neighbors and friends of our members. Join us for an EnCHANTing Shabbat at our regular sanctuary location.
- Sat, May 17, 7:30 pm: **Havdalah Evening**. Come end the Sabbath with wine, candles, community, a beautiful ritual, desserts and good company in the warm setting of a private home. RSVP to (818) 725-7600, and our hosts will call you with the address and directions.
- Sun, May 18: **Israel Festival**: 60th anniversary at Woodley Park, Encino.
- Fri, June 6, 8 pm: **Special Shabbat service** with participation by our Religious School and a celebration of Jewish learning and Shavuot at our regular sanctuary location. All are invited to stay following the oneg and continue Torah study through midnight.
- Thur, July 17, 7:30 pm: Weekly **choir rehearsals** begin for High Holidays. To inquire or audition, contact Rabbi/Cantor Monty Turner at (310) 479-1270.
- **High Holidays 5769** - Save the Dates! Mon evening, Sept. 29, Tues, Sept. 30 and Wed, Oct. 1: Rosh Hashanah; Wed evening, Oct. 8, Thurs, Oct. 9: Yom Kippur.

Makom Ohr Shalom's **COMMUNITY CALENDAR for 2007-2008** *Clip and save!*

Services and Recurring Events

■ **First Fridays:** The first Friday of each month is EnCHANTing Shabbat, which includes prayer, music, meditation, and, of course, chanting of the Torah. Inspired by Reb Zalman Schachter-Shalomi, Rabbi Debra Orenstein has created a unique — and truly enchanting — way of reading Torah, including the Hebrew with trope (cantillation), the English translation sung in the same melody, and her own creative commentary. Services begin at 8 pm in our regular sanctuary location, 5619 Lindley Ave, Tarzana, CA 91356. Children are always welcome in the service, and childcare is provided.

■ **First Saturday of each month: Shabbat Party** with Rabbi Debra Orenstein and friends. Enjoy music, movement, sign language, plays, stories, and, as is fitting for Shabbat, some downtime and quiet activities. Adults and children of all ages are welcome to come and enjoy. The activities will be especially geared to children ages 2-7. Location TBA. Call (818) 725-7600 for more information or visit our website.

■ **Torah Study:** On the second Shabbat of each month, Makom Ohr Shalom's community Torah class meets from 10 am to noon at the Minkle home: 19557 Calvert St., Tarzana. Our Gabbai, Mike Melnick, leads the class with deeply engaging commentary and discussion.

■ **Third Fridays:** On the third Friday of each month, we meet at our regular sanctuary location, and services begin at 8 pm. Our Musical Shabbat Service includes meditation and music with Alulah Tzadik and others. Children welcome; childcare is provided.

■ **Fourth Fridays:** On the fourth Friday of each month, we hold our Havurah-style service, which meets at 8 pm at the home of Rabbi/Cantor Monty and Melanie Turner: 2028 Barry Ave., Unit B, L.A., 90025.

■ **Nursing Home Shabbat Visits:** Rabbi/Cantor Monty Turner leads volunteers in bringing the joy of Shabbat to the elderly and infirm. Join us at 2 pm on the third Friday of each month at Sunbridge Care Center, 1330 17th Street, Santa Monica, 90404.

During the Week

■ **Tuesdays, 7:45 am to 9:15 am, Women's Torah study** at the home of Rabbi Debra Orenstein. RSVP for this participatory session on the weekly Torah portion and teachings of Pirkei Avot: jeankatz@earthlink.net

■ **The Meditation Havurah** usually meets on the second Sunday after the first Friday of each month from 10:30 am - 12:30 pm. All are welcome for the sitting meditation, chanting and the walking meditation at a private home in Mandeville Canyon. For directions, dates or to add a name to the healing list, please call Eve at (310) 471-5541 or e-mail Jennifer at fncyntr@earthlink.net

■ **Religious School** for children ages five to Bar/Bat Mitzvah age meets on Sundays during the school year from 10 am - 12:30 pm at our sanctuary location. Visitors welcome! Please contact Harold Gidish for details about our inspirational school: (818) 222-4374.

Special Events for 2007-2008

We hope you will join us for our regular classes and Shabbat services throughout the year. Below are some special events that we are already planning for the New Year ahead. Please check our website, www.makom.org, for up-to-the-minute information on the events below, and for new, exciting ventures to be launched after the High Holidays, including a documentary film festival, more Tikkun Olam events and collaborations with our hosts at St. Paul's Methodist Church in Tarzana.

■ **Sun, Sept. 30, 10:30 am-1 pm: A Family Sukkot Picnic & Celebration** at the home of Rabbi Debra Orenstein and Craig Weisz. All are welcome! RSVP to Judy Kollack for address and directions, judybk@earthlink.net

■ **Fri, Oct. 5, 6:30 pm: Shabbat Dinner & Ritual** in our social hall: 8 pm Simchat Torah & Shabbat Services and a musical celebration of Daniel Pearl Shabbat in our sanctuary, 5619 Lindley Ave, Tarzana. RSVP for dinner by leaving your name, phone number and number of people in your party on the Makom message line: (818) 725-7600.

■ **Tue, Oct. 16, 8 pm: Informational Meeting** about our Adult Bar and Bat Mitzvah Program. This is one of our most exciting programs! Open to all. Come meet our clergy and teachers, as well as "graduates" of prior years. We will gather at the home of Dan and Alyse Silverman in Midvale Estates. RSVP to (818) 781-3922 for address and directions.

■ **Fri, Oct. 19, 8 pm: Guest Shabbat and Introduction to Judaism Outreach.** We particularly want to include High Holiday attendees and FOM (friends of Makom). Join us at our regular sanctuary location, 5619 Lindley Ave, Tarzana.

■ **Sat, Nov. 3, 7:30 pm: Havdalah Evening.** Come end the Sabbath with wine, candles, community, a beautiful ritual, desserts and good company in the warm setting of a private home. RSVP to (818) 725-7600, and our hosts will call you with the address and directions.

■ **Sun, Nov. 4, Mitzvah Day 2007:** Volunteers participate in more than 80 projects over the course of one day — all bringing good deeds and healing to our world. For more information or to volunteer please contact Linda Kaufman at lindakaufman@mindspring.com or Ellen Satkin at esatkin@adelphia.net

■ **Thurs, Nov. 15, 7 - 9 pm:** Opening program at Sephardic Temple Tifereth Israel in Westwood for the "**One People, One Book**" program, of which Makom Ohr Shalom is a sponsor. Join the largest book club in the world, apart from Oprah's. The book for 5768 is "A Book That Was Lost and Other Stories" by S.Y. Agnon. Visit www.boardofrabbis.com for more information.

■ **Fri, Nov. 16, 8 pm: Shabbat & Thanksgiving Service.** We will also honor and welcome our newest members. The service will be held at our regular sanctuary location.

■ **Fri, Dec. 7, 8 pm: Special Hanukah Service** with our choir and Religious School students participating, at our sanctuary location.

■ **Sat, Dec. 8, 5:30 pm: Community Hanukah Party.** An early dinner, games and face painting for the children, a community candlelighting and dinner and music for the adults, following. Come celebrate Makom-style! All are welcome! RSVP to Melanie Turner at (310) 479-1270.

■ **Sundays, January through June:** Please keep an eye out for announcements about our series of lectures and workshops on **Health of Mind/Body/Spirit** in collaboration with St. Paul's Church. Details to follow!

■ **Sat, Jan. 12, 6:30 pm: Havdalah for Families with Kids.** A pajama party and havdalah ritual all rolled into one. Come bless your children and the week. RSVP to (818) 725-7600, and our hosts will call you with the address and directions.

■ **Mon, Jan. 14: Passover Candy Sale** begins. Be sure to check out www.makom.org to order your tasty treats!

■ **Fri, Jan. 18, 6:30 pm: Community Shabbat Dinner** and "Shabbat Bashert" Singles Outreach, with Musical Shabbat service to follow at our regular sanctuary location.