

# Chai Lights

from JCoSD

Jewish Collaborative of S.D.  
Carlsbad California, USA

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Autumn Issue II



## Mish Mosh with Rabbi Josh JCo Family and Extended Community

By Rabbi Josh Burrows

Dear JCo Family and  
Extended Community,



I'm so happy that you are receiving our second ever JCo magazine publication known as ChaiLights! As you know, we Jews often refer to ourselves as the People of the Book -- which means two things. First, it speaks to our connection to the Torah and our unique book-based identity as a people. But second, and connected to this publication, we are a people defined by literature in general. Be it spoken word, written word, verse, prose, rhyme, and list, our cherished libraries of text are perhaps our greatest success as a people.

Through this project our members have an opportunity to do the same thing our ancestors did over a thousand years ago -- to enter a grand, multigenerational discourse -- they become a part of the anthology of Jewish literature.

I hope you enjoy this journey as much as the last!  
And I hope you submit pieces for publication often!

Much love,  
Josh



JCo New Building Rendering 2017

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= Reoccurring Columns

## Our New Home Update!

By Joanna Swerdlow

After months of preparation and work among our committee members and with our architect, landscape architect, and City Planner, the BaBayit Project appeared before the City of Carlsbad's Planning Commission to receive UNANIMOUS approval. We have hired a contractor and are moving forward on ordering the buildings to be configured according to our design with a very large sanctuary space that can be used for a variety of purposes, a youth lounge, breakout space, offices, and a great big outdoor deck for relaxing and where kids can play, as well as a front-yard sitting area with lots of beautiful greenery all around.

In several weeks, once the buildings are configured and delivered and our contractor has built the ramps and decks, we will seek the City's approval for occupancy. We are very much looking forward to having our JCo home where we can all feel BaBayit.



## *A Few of My Favorite Things!*

### Book Review

By Eva-Lynn Diesenhaus



I love to read....actually that is an understatement. Reading has been something I've always done in my life. Whenever I moved, the first thing I looked for was the library. I could spend hours there as well as bookstores. I especially love mysteries, but read almost every genre.

When I started writing this article on Sunday, I was reading *Flawed* by Cecelia Ahern, one of my favorite authors. This is her first Young Adult novel. She is a young novelist from Ireland, now 35 years old but started writing best sellers at the age of 23. A few movies were made from her books.

The jacket says, "Cecelia Ahern depicts a society in which perfection is paramount and flaws lead to punishment. And where one young woman decides to take a stand that could cost her everything."

The young woman, Celestine, is 17 years old. She is a mathematician and believes in logic. She believes she is perfect and agrees with the system that is established in her country. Then one day something happens to start her thinking about the imperfection of this system and she makes an instinctive decision based on compassion. This act could lead her to imprisonment and be being branded as "Flawed." She did not commit a criminal act but one that this society feels was against them. Should she stand up for her new beliefs? Should she take the chance? What will her life be like if she does that?

So many questions come to mind: Is there anyone who is not flawed to some degree? Is there anyone really perfect? Would you want a society that is perfect? Does this perfectionism lead to other moral issues? Who are we to judge someone's actions?

I was about halfway through the book but wanted to write my column because the deadline was soon. I wanted to spend Sunday just reading, but I had other things so I squeezed in 15 minutes every hour reading. I had to go to JCo to decorate the Sukkah, and attend the Sisters Faith event which was a wonderful afternoon. I came home and read, falling asleep on the couch. Went to bed and read some more. I woke up this morning and finished the book! It was one that made me think and at times cry. The book ends with hope. Maybe a sequel? There are two wonderful quotes:

Einstein: "We cannot solve our problems with the same thinking we used when we created them."

Pólya: "If you can't solve a problem, then there is an easier problem you can solve. Find it."

When I first started reading it I wasn't sure I would like it, but this was one of my favorite authors, so I'm glad I did! I hope you'll try it. While it's considered Young Adult genre, I think adults would appreciate the dilemmas. Also, look up this author and read her other books, you'll be surprised. Let me know what you think.

Shalom, Eva-Lynn



## *Success Redefined*

### Our Choice as Humans

By Larry Kesslin



My entire life starting as far back as I can remember, I feel like I've been taught to be a "Human Doing." I've adopted a mentality to see what's in front of me, analyze it, and figure out how to get what I want and what I need. To accomplish goals and to achieve expected results, regardless of the method. I'm not sure that this learning has served me as effectively as I believe. At this point in my evolution I would consider myself on a journey from being a "Human Doing"

See Our Choice as Humans page 3

Our Choice as Humans Continued from page 2

to becoming a human being.

For the past decade plus (probably since I had kids of my own), I've had this belief about how we grow up in our culture. Having spent numerous weekends with inner-city youth and so many young people that have been traumatized in their lives, I've seen what a lack of caring and support looks like. I've seen what happens to some that don't get what they need as children, and it's not just the kids from the inner city that are being neglected, I believe it is most of our children.

Our current culture does so much to rip away what we need to become our true inner self. The only story that makes sense to me goes something like this...

From the time we're born we are the student, watching everything around us and learning to become a person. This learning is delivered by all of the adults and other humans around us. Once we reach the age of adulthood, let's say 21, we get to make a decision, or not. That decision is very simple; do we accept ourselves as the person we were taught to be by all the influences that were introduced into our lives -- or is it time to become the person we were born to be? It sounds like a simple question, but based on my evaluation, maybe 1 in 1,000 people are taught to be the person they were meant to be. So, what do the other 999 of us do?



## *Neighborhood Noshes*

### The Naked Café, Encinitas

By Kori Clark

I know food, I've been eating it now for almost 47 years! So when I tell you that you need to try The Naked Cafe located at 288 North El

Camino Real in Encinitas, you really should listen to me. They serve delicious, healthy, American food for breakfast and lunch. The Clark Clan likes to head out for a local hike most weekends, and when we do, The Naked Cafe is often our breakfast reward.



Being creatures of habit, we each have our favorite breakfast and we rarely stray: Griffin (15) orders The Buff Burrito packed with egg whites, chicken and cheese over a mound of beans and salsa. Steve (Dad) gets the Pesto Scramble served with organic veggies and a spinach tortilla. I always get The Plate of Prosperity (substituting bacon for the soy sausage, and changing the wheat for corn tortillas). This is a plate of egg whites with feta cheese, organic quinoa and grilled zucchini.

Then there is Kellen (11) Master French Toast Eater. I kid you not, I dare you to find someone who loves French toast more than this kid. Kellen orders the French toast at Naked Cafe every time, and is never disappointed. But when he went off the deep end this morning and ordered buttermilk pancakes, I thought he was suffering from heat exhaustion and dehydration from our hike. "Quick, bring us a glass of water! Hurry!" I yelled. But low and behold, this was something he did on purpose, in his right state of mind. Although he couldn't finish the entire stack of thick, buttery, cakes-of-goodness, he gave a solid effort. He even said he would order them again, though he may switch out the buttermilk for the seasonal pumpkin pancakes.

You can get a great tasting healthy meal that will fill you up for around ten bucks, while enjoying the local art adorning the walls inside, or appreciating our beautiful San Diego weather at an outdoor table. And if you order off the "Look Good Naked" column on the menu, well, you will do just that! All of the portions on the menu are generous and you will likely take some of your meal home. Unless, you are Steve, who has never seen a doggy bag in his life.

Be sure to specify which location you are meeting your friend at because more than once I sat in Encinitas while my friend waited for me in Carlsbad or Solana Beach!

There are plenty of gluten-free and vegetarian entrees here. If you go for lunch, the sesame tacos are superb, and for God's sake, no matter what you order, PLEASE get it with a side of coconut rice. You can thank me later. You're welcome.

## Special New JCoSD Acronyms!

Here's some modified classics and a few new originals to get you started! We welcome more of your suggestions so we can all text special messages together!

OMG – Our Members ♥ Gabi!

JCoSD – Jews Collaborate Over Sunday dinner!

BTW – Brisket Tastes Wonderful!

JEWS - Josh Enjoys Writing Stories

SHALOM – So Happy About Life of Mitzvahs!

LOL – Living on Latkes!

IDK – I'm Definitely Kvelling!

TTYL – Time Together You'll Love!

IMHO -- I Missed Hebrew (lab)... Oy!

BRB -- Bring Rabbi Bagels!

ROTFL -- Radiating Our Tremendous Family Love

COHEN -- Celebrate Our Home, Enjoyable & New!



## *Israel Matters*

### Israel and anti-Semitism

Part I of II

By Ingram Losner



Britain's main opposition party, the Labour Party, has been struck recently by a series of incidents in which prominent (and not so prominent members) have been suspended, expelled or reprimanded for comments deemed to have been anti-Semitic.

The Leader of the Party, and effectively the UK's alternative Prime Minister, has shared platforms with terrorist leaders from Hamas and Hezbollah (who he had described as "friends") and, having been pressurized by his MP's and particularly Jewish members of the party, initiated an inquiry into anti-Semitism within the party, only for the entire basis of the report to be compromised by an alleged quid pro quo in which he offered the author of the report a peerage (despite being opposed to the entire concept of hereditary peerages) in return for a "softer" series of findings!!

What relevance is this to Jewish Americans? The

lessons here are several fold and we would do well to be aware of some of the dynamics causing such turmoil in the rest of the world, the consequences of which historically have led to policies, politicians and movements that have sought to incite "Jew hatred." Anti-Semitism, the oldest most consistent and most widespread form of bigotry, is no respecter of borders. We are seeing from the right, the conditions which exist for the rise of popular fascism, and from the left (see the hideously and unprecedented anti-Israel policy of the Democratic party prior to some serious amendments from the Hillary campaign team), which speaks to a very uncomfortable, dangerous and threatening conflation between the centuries old disease of anti-Semitism and a desire to see the world's only Jewish state eliminated from the face of the earth.

And whereas Israel does not need to be part of this dynamic, in 2016 it provides an all too often and very convenient "cover" for the less subtle, more overt forms of bile and discrimination directed towards Jews.

Anti-Semitism through the Middle Ages was based primarily upon a variety of interpretations of



Israel and anti-Semitism *Continued* from page 4

religious texts. Jews essentially, if a little over simplistically, were “blamed” collectively for “killing Jesus.” I remember all too often in the playgrounds of the small south of England UK town in which I grew up, being targeted because I was “mean” (completely contrary of course to the tikkun olam philosophies of my religious school and family upbringing) and because “I” killed Jesus!!!

But it was when one of my classmates announced that, at the beginning of the '73 war, that he hoped that “the Syrians would smash the Israelis to bits,” a comment cheered loudly by what seemed like everybody in the room, that I realized that anti-Semitism could be expressed in ways that went way beyond textual interpretation, religious, racial superiority, or physical appearance. My 13-year-old classmates were, in all probability, subconsciously targeting Israel because it was the world’s one and only *Jewish* state. And I didn’t really understand, neither could I logically explain why I should make that connection. I just felt it deeply.

As I became a little more politically sophisticated, I began to understand why I had experienced that visceral connection and also began to establish some thresholds, the crossing of which would strongly suggest what might otherwise be legitimate criticism of the policies of the government of Israel to stray into a modern day form of the planet’s oldest prejudice.

To be continued next issue . . .

*HAPPY HANUKKAH*

*JON US FOR A CHINESE STYLE  
SHABBAT – RESERVE YOUR SPACE  
(LIMITED SPACE AVAILABLE)*

## ✡ *A Little Rhyme & MealTime with Betty in her Prime*

### Best From Betty

By Betty Woolf



Here's a dessert I like to make,  
It's a tasty cherry-almond cake.  
It's just right, not too sweet,  
Great for all to bake and eat!

### Cherry Almond Cake

#### Ingredients:

1 cup flour  
1 1/4 tsp. baking powder  
8 Tbs (1 stick butter) room temperature  
1 1/4 cups sugar  
2 eggs  
1 tsp. almond extract  
15 oz. can tart red cherries pitted and drained. Do not use cherry pie filling. (*We don't know what would happen if you did, but we always listen to Betty!*)

#### Directions:

Preheat oven to 350 degrees.  
Butter an 8-to-10 inch springform pan.  
In small bowl combine flour and baking powder. Set aside.  
In large bowl on medium speed, beat butter and sugar until light and fluffy (about 3 minutes)  
Add the eggs, 1 at a time, mixing after each addition.  
Add the almond extract and mix.  
Add the flour mixture and using a wooden spoon, mix until thoroughly incorporated. (batter is thick)  
Scrape mixture in prepared pan and using a rubber spatula, make it smooth.  
Add the drained cherries on top.  
Bake the cake for 60 to 70 minutes until golden.  
Transfer the pan to rack and cool for about 10 minutes.  
Enjoy!

## *Cultivating Calm & Comfort with Catherine Clancy*

### Tune Into Nature to Ground and Center Yourself

By Catherine Clancy



Sometimes too much of something isn't necessarily a good thing. After completing a ten-day Kundalini yoga intensive, my energy was low and I was spacey. I wasn't sure what to do, then one day I had an epiphany: I would connect to nature to ground and center myself. I began by laying down a mat onto the grass. I'd lie on the mat and feel fully supported by the earth. I'd let my mind wander and simply be. Here are some ideas to help you connect with nature.

#### **Eight Simple Ways to Connect to Nature**

1. Go for a walk outside. Feel the sun warming your body, look at the plants along your path, and notice how the change in seasons affects the natural world around you.
2. Bring plants and flowers into the home. Bringing nature into your home adds to the ambience of your environment. Plants and flowers add natural beauty and can uplift your spirit simply by their presence.
3. Go for a bike ride along a nature path. It's fun whizzing by trees and feeling the wind whip across your face. Plus you get in shape, too. Added bonus!
4. Connect directly with the earth. Either walk on the ground barefoot, sit against a tree trunk, or give the tree a great big hug. If the grass in your neighborhood is prickly like mine, take a mat and lay it on the lawn. Lie down on the mat and feel fully supported by the ground beneath you.
5. Eat on your back porch and watch the birds fly by you and the wind move the leaves on the trees.
6. Get your hands dirty. Plant flowers or create a container herb garden. Smell the richness of the soil and breathe it into your

body.

7. At night, go outside and star gaze where you can watch the stars twinkle at you. See if you can pick out any of the constellations. Listen to the nightly song of all the unseen cicadas and crickets.
8. Hug a tree! Put your whole heart into it and thank the tree simply for being there. You never know – the tree might hug you back! If you feel embarrassed about being seen doing this, sit with your back against the tree trunk. Feel its strength and allow it to fully support your back. Words or images may come to you. If they do, you may want to write them in a journal.

I hope you try one of these suggestions or find your own way of connecting to nature. Nature has many gifts to offer us that enrich our lives and if we're open to it, can leave us feeling more connected and grounded to ourselves. Nature – it does a body good!

For more ideas on creating calm in your life, you can visit my blog at:

<http://catherinesmindfulcreations.com/blog/>



Artwork from High Holy Days 2016

## **My Jewish Out-of-the-Blueish Point of Viewish**

### New Chanukah Trendy Lingo!

By Stephanie D. Lewis



This holiday season, express yourself with some new-ish, true-ish Jewish vocabulary. Because why should someone so cool-ish ever sound foolish? See how many times you can work these new words into your Chanukah conversations.

**Spellukah**, noun. A democratic way to settle any dispute over how you should write the word Chanukah. “You spell Hanukah, I spell Chanukah, let’s call the whole thing off!”

**Geltn’Guiltn’Glutton**, noun. One who buys a big supply of those little mesh bags of chocolate gelt weeks ahead of time in preparation for Chanukah parties and adorning presents, only to stealthily gobble them all up which results in more shopping trips to replenish original stash. (Similar phenomenon as occurs with Halloween candy.)

**PresentStation**, noun. Designated area of the house (cleared away of all furniture by grunting, complaining fatherly types) for displaying the ever-accumulating wrapped gifts for all eight nights. Most effective space will include motion detectors and a surveillance system to prevent peeking. Oy!

**DecembeRemember**, verb. A way to remind children who envy their non-Jewish friend’s Christmas celebrations to appreciate their own, i.e., *Every year I need to DecembeRemember my twin sons that we get eight nights (all in a row!) of fun, while little Christopher down the block only has 24 hours.*

**Nebbishwebish**, adjective. An online Chanukah greeting used primarily to save postage during snail mail. Who cares? It’s not like Ben Stiller or Adam Sandler emailed it to you. If they had, we’d call that, “NebbishCelebish.”

**ShooJewzoo**, verb. The act of insisting that guests (upon their initial arrival) stop loitering in the kitchen, schmoozing, and attacking food like a bunch of untamed animals with ferocious appetites.

**L.A.S.E.R.** acronym. Stands for: “Latke Applesauce Sour cream Eating Recruiter” One who makes it their business to convert a purist (single topping) latke consumer over to the other side;

combining both fruit and dairy into one neat bite.

**Ignore-a-menorah**, adjective. A way to describe children who rush through the beautiful tradition of candle lighting so they can rip into their presents. (and the adults who allow this)

**Brisketfixedit**, verb. The cocky action of giving unsolicited advice to the young hostess of a Chanukah party (usually by a wise grandmother type) that results in a moister main course. Often involves just adding a few drops of warm water (that’s the “secret” ingredient?) to the pan drippings for extra gravy.

**MessiahJeremiah**, proper noun. Someone (usually named Jeremiah but can be a Joseph or even a Zack) who has religious sightings in the fun waxy build-up on the menorah. There’s one in every bunch. (Note: Calling attention to shapes resembling Jesus will be met with raised brows.)

**Fryerliargoodbyers**, plural noun. Those who rattle off pre-fabricated reasons for why they can’t stay and help cook the latkes in a deep pan of oil, (spattering hot grease all over their blouse) then abruptly depart the kitchen.

**Fryercomplier**, noun. That lone individual who remains near the stovetop after all other fryerliargoodbyers have exited because he/she couldn’t think fast enough.

**Jiltguilt**, noun. Feeling of obligation to come back inside kitchen to help the overwhelmed fryercomplier, who was previously abandoned. This results in a “Mitzvah-Shvitz-Splitza.” (see below)

**Mitzvah-Shvitz-Splitza** noun. The unspoken agreement between the two people who end up frying all the latkes together. Their reward for perspiring over the burning stove? Getting to share as much potato pancakes as they want, (fresh from the pan while they’re still hot!) before carrying out the cold platter for the others. Also known as “WarmaKarma.”

**WinchellSmellJell**, adjective. Description of that telltale scent which is cited as evidence that the hostess purchased her Sufganiyot (jelly donuts) at an outside chain establishment, rather than deep-frying them up homemade. Can you blame her?

For more laughs, visit me at:

[www.onceuponyourprime.com](http://www.onceuponyourprime.com)



## *A Confirmist's World*

### Homecoming: An Introvert's Experience

By Gillian Shapiro



If you are or have a child in high school, chances are you're aware that we are currently nearing the end of homecoming season. If your child attended, you were probably graced with this glorious event within the last few weeks. And afterwards, chances are the only description you got of their experience was "fine."

As a teenager myself who did attend homecoming this year, hopefully my experience can somewhat substitute for the information, (or lack thereof) you have been provided. From what I've gathered from my two years of previous experience, homecoming is essentially a combination of a football game and evening dance celebrating the start of the new school year, in which everybody goes out and buys fancy outfits, food, flowers, and all that stuff (you know, per school dance usual). When the big night arrives, it's usually filled with humorous dancing and awkward conversation over the loud music. As a full-fledged introvert, I can't say that kind of thing is my cup of tea.

Prior to the dance, I didn't receive an elaborate "homecoming proposal" from my date (nor did I have one), most of my friends had chosen not to go, and the idea of being crammed inside an insulated gym with thousands of sweaty teens didn't really appeal to me. Alas despite all that, I was somehow persuaded to buy a last-minute ticket. Homecoming arrived only two days later and before I knew it, I was being picked up in my friend's car in my last-second dress and taken to our chosen dinner location — a laid-back Mexican place. Sure, most kids probably went for steak or sushi before the

dance, but in my opinion, nothing can beat carne asada tacos for four bucks. Afterwards, it was time for the night's main event.

We arrived at the school relatively on time, as most did. From that point forward, as much as I hate to say this, there wasn't much that was especially worth noting. As I stated earlier, the dance primarily consisted of laughably awkward dance moves and people screaming to be heard over the booming music. Oh, there was also cotton candy, which was fun. However, contrary to my prior beliefs, my school decided to turn on the fans this year! Sure, it was still hot, but at least an effort was made. An effort which myself and the two thousand other attendees greatly appreciated. All in all, I had a good time (up until the end — the parking lot was a nightmare).

My experience, although I didn't have a date, nor did I necessarily have the most lavish of meals or transportation, was generally a good one. I bonded with my friends, danced like nobody was watching, (even though *many* were) and ate some stellar tacos. So while I can't necessarily speak for every teen, I can safely say that homecoming definitely accounted for a "fine" rating, no matter what the circumstances.

### My Silent Prayer

By Eva-Lynn Diesenhaus



Each week I pray,  
I pray for peace.  
When nation shall not lift up sword against nation nor train  
for war evermore  
When hate and war are obliterated from our vocabularies  
When tolerance, acceptance of one another is established.  
I do not ask that you must love me or that I must love you,  
I only want that we treat each other  
In the manner we would want to be treated ourselves.  
It does not matter what we look like  
Or to what God or Power we pray  
Only that we live in peace: family with family, neighbor  
with neighbor, nation with nation.  
We have this precious thing called life  
A gift that we must cherish dearly, to be treated with  
respect and love.





## ***Transitions, Ambitions, and New Definitions!***

### **Voices of Reason or Treason?**

By Jamisyn Atlas



Why is it that right around the time of Rosh Hashanah and Yom Kippur, when everyone else takes the opportunity to forgive past mistakes, make amends, and start fresh -- I find myself more set in my old ways than ever before? It's these kinds of predicaments that generate thoughts like this:

"This is so typical of Jamisyn. Once again she goes out of her way to reject the norm in a desperate attempt to feel significant in some way -- regardless of how pathetic it makes her seem," declares *Judgmental June*.

"Oh come now June, don't talk like that. Let's go out for ice-cream to celebrate..." trails *Denial Donna*.

"Donna, look what she's doing," continues *Judgmental June*. "She's even writing about her pathetic little troubles in a silly article going out to sophisticated adults."

"I totally agree. She should feel guilty sending out an article with so many flaws. These adults have better things to do with their time than read some college student's trivial complaints," *Perfectionistic Penny* points out.

"That's right Penny, sure they'll act like there's nothing wrong with doing that, but it's really just to appease a young girl from being hurt by harsh reality," interjects *Insecure Isabel*.

"We should just order Jamisyn to just give up this whole writing thing, she has nothing to gain and everything to lose from exposing herself like this," *Fearful Fanny* states.

After this intricate, convoluted discussion, I've decided to stop writing this column and just

concentrate on beginning a new year. Despite my many attempts to focus on building a future, I still find myself coaxed into conversation with these lovely ladies over and over again; who remind me of my worthlessness and inability to accomplish anything meaningful.

I question if it's even possible for me to truly begin again. Even though I've boarded the plane and am ready to fly out of this detrimental mindset, I turn around only to find that June, Donna, Penny, Isabel, and Fanny are all sitting comfortably in the row directly behind me. If I am so ready to invent a better me with a brighter future, why are they still tagging along? Why is it such a struggle for me to tell these ladies goodbye? Although they treat me horribly, they're all I have known and have built my foundation of understanding from. They have always been there to interpret life for me. Starting fresh means I must reassess what I think, how I think, and who I am overall.

As many of you have experienced first-hand, change is scary -- and really hard! However, I've reached a point in my life where change is not only beneficial, but also essential to my well-being. If I continue on with the self-judgment, denying my struggles, striving for perfection, falling prey to my insecurities, and surrendering out of fear, my pain will persist and eventually lead to irreversible damage. The only choice I have is to confront these "ladies" and battle through my issues. I need to investigate where these women come from, how they've turned into the witches they currently are and finally, I need to oppose them in battle.

It's unfortunate that I've only started addressing these women when they began harming my physical health. I hope that reading this will encourage you to look at your own personal demons and fight against them, even if it threatens your old sense of self.

My first step towards a better, stronger future is to directly violate what these women tell me and write and publish this article anyhow. What will your first step be?



## ***Dear Gabi – Cantor/Rabbi***

### **Wise Advice Column**

By Gabi Arad

Every issue, Dear Gabi will dispense advice along with her own personal brand of wisdom and humor. Want a turn to have some of that? Just drop your question directly to Dear Gabi at [Cantorgabiarad@gmail.com](mailto:Cantorgabiarad@gmail.com)



**Dear Gabi,**

**My child has a friend whose mother calls frequently for play dates. The issue? It's always suggested that her son come to our home. I am beginning to wonder if I am her childcare. How would you handle this?**

**Signed,  
Not a Nanny**

Dear Not a Nanny,

Before I give you my "handle with care" advice, there are a few questions I'd like you to ask yourself.

- 1) Is this friendship important to your child?
- 2) Would you like to spark up a mom-ship (mom friendship) with his mother?
- 3) Do you enjoy having playdates at your house for your child? Are you someone who enjoys being the 'hostess with the mostess,' especially for her kids' friends?
- 4) Do you find that you need more "me" time?

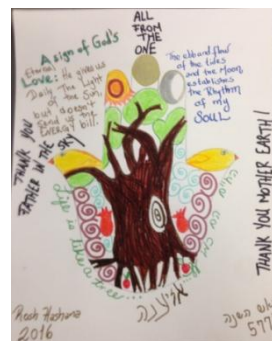
What's the point of my questions, you ask? My point is that it doesn't really matter what the other mom's intentions are. She may be shy. She may have a very difficult work/home life. She may assume that you only want her son over your house rather than splitting the time. You can't truly know and making assumptions usually doesn't work. You know the old saying (something about a donkey).

What matters in this situation and really the only thing you can control is where you lie in it all and how you feel about the whole situation. This is good

practice in relational skills. You have to decide what your needs are and what your boundaries are. Would you feel more comfortable if the play dates were split between both houses? Are you okay with them all being at yours? Would you like to get to know the mother of your son's friend a little better?

My advice is that you really think about what your needs are here and go from there. Have a conversation with the mom letting her know how you feel. Be careful not to accuse or blame her of anything because again, assumptions don't help anyone. Instead come from the place of "I". As in, "I love the friendship our boys have and would love for them to continue. My life is hectic and I would love it if we could split the play dates between our two homes." Or, "Since our boys are spending a lot of time together, I would love it if we could get to know each other." You have no way of predicting what her reaction or answers will be and they may not fit into your needs and boundaries, but the only way to know is to be true to who you are and how you feel -- then you can make the decision as to how to proceed.

Truthfully Yours,  
Dear Gabi



Artwork from High Holy Days 2016



## JCo's Classified Section

### ChaiLights from our JCo Members!

Please submit FREE classifieds to Stephanie at  
[TheQuoteGal@yahoo.com](mailto:TheQuoteGal@yahoo.com).

#### FUN JCo JOBS!

We are looking for two more delightful people with younger children to be part of the membership team. Contact Dr. Brad Shapero of Membership.  
[DrBradShapero@Gmail.com](mailto:DrBradShapero@Gmail.com)

Roving Reporters (Need 2-3) to attend JCo events and write up synopsis. Contact Stephanie Lewis  
[TheQuoteGal@Yahoo.com](mailto:TheQuoteGal@Yahoo.com)

Organized individual to take over this classified section. Long hours and run-on sentences, lifting of heavy thoughts and NO PAY contact the slave master  
[TheQuoteGal@Yahoo.com](mailto:TheQuoteGal@Yahoo.com)

#### SKILLS DIRECTORY: (Please list your talents and services for pay or barter!)

##### Legal Services:

Valerie Pichney, Counselor and Attorney at Law, LLM Tax. 760.603.0101 / [Law@ValerieP.com](mailto:Law@ValerieP.com) Estate Planning – Wills, Trusts, Guardianship [www.EstatePlanning-SanDiego.com](http://www.EstatePlanning-SanDiego.com) Tax Problem Resolution/ Estimated Tax Filing Service [www.TaxPalHub.com](http://www.TaxPalHub.com) Business/Non-Profit formation

##### Health Services:

Functional Disease and Chiropractic Digestive Disorders, Weight Loss, High Blood Pressure, and Pain disorders.  
 Dr. Brad Shapero, DC  
[info@PremierHealthCareSC.com](mailto:info@PremierHealthCareSC.com)  
 FREE consultations in office or by phone for JCo members.

##### Writing/Editing Services:

Brochures, blogs, speeches, candle lighting services, poems, articles, J-date profiles!!!  
 Contact Stephanie Lewis [TheQuoteGal@Yahoo.com](mailto:TheQuoteGal@Yahoo.com)

## SIMCHAS

Mazel Tov to Desmond Lewis on his upcoming Bar Mitzvah – We are very proud of your hard work.

Congratulations to Jamisyn Atlas for her stellar college mid-term exam grades!

## Heartfelt, Harmonious, Healing High Holy Days!

By Stephanie D. Lewis



The High Holy Days have officially ended and JCo went to a great deal of effort to make sure they were meaningful, easy to engage in, and very dynamic! Our clergy put a lot of thought into creating all the services to have a thematic link--so that if you attended all of them (which many of us did!) you derived a “coming-full-circle” type of evocative significance. However even if you attended just a few (or even only one) of the services, the theme of “Deepening Your Connection With G-d, Your Personal Relationships, Your Community and With Yourself” stood on its own, and you could still gain great insight and meaning from the messages.

“We had anywhere from 280-320 attendees for each service. The evening services trended higher attendance. I would say there averaged 70% members and 30% guests,” says Corey Meitchik, our past JCo Chairman. The location was the same place they were held last year so this provided continuity and consistency for people. And next year, they will be presented just a few hundred feet over, in our beautiful new home!

Many JCo members volunteered their help to bring even more beauty and convenience to our services, either by directly participating on the bima alongside our clergy, (with readings or singing/chanting) or by assisting with ushering, greeting, and parking. Thank you to all who contributed in our true JCo collaborative spirit and also for bringing yummy offerings to our break-the-fast meal!

High Holidays Continued from page 11

Rabbi Josh presented a really unique and interactive multi-media sermon during Erev Rosh Hashanah and the next day gave us an authentic, vulnerable talk about dealing with depression in a dark period of his own life that really served to lessen the stigma and shame many people feel when something like this happens to them or a family member. At Kol Nidre services, Rabbi Josh again did something quite unusual by sharing aloud some of the personal things he was atoning for this year and then inviting the congregation to stand up with the microphone, giving them the chance to do the same. I have participated in doing this two years in a row now, and must admit it offers a restorative release that I haven't experienced anywhere else.

There were also a variety of small group sessions integrated with services, ranging from Yoga/Meditation, Talks on Forgiveness/Atonement, Text Studies, and Art. In fact, some of the lovely Hamsas you see scattered throughout this publication were created during an art session with our own Eva-Lynn Diesenhaus! All of the services began with the same ringing of the small spiritual gong by our current Chairman, Paul Kurtin. This brought an immediate hush over the room and set the tone, allowing us to embark on our High Holy Days journey together with a connective bond.

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## *Musings by a Modern Convert*

### Where It Began

By Hilary Stokes Taylor

What makes a person Jewish?  
What makes *me* Jewish? What makes me feel both comfortable and *accurate* in calling myself a Jew?



I think about this a lot, usually after I have “outed” myself at work (a large institution with only a few Jews).

I converted to Judaism in 2009, because I felt called to do so.

Two years earlier, in 2007, I was on a jury in a courtroom festooned with Christmas wreaths and garlands. When the bailiff asked how my experience on the jury had been, I blurted out, “Well, I’m Jewish, so I felt a little uncomfortable with all the decorations.” My own answer took me by surprise. That same month, I surprised myself again by feeling *personally* upset by the plethora of red, green and white tchotchkes for sale in CVS.

Back-tracking to 2004-2005: In New York City, I took the Introduction to Judaism Class at the Union for Reform Judaism, at the request of the Rabbi who was doing our interfaith wedding. I was steeped in the history, holidays, and life-cycle rituals of this ancient and beautiful religion, culture, tradition, tribe.... And, as a New Yorker, I was truly bathed in Judaism’s diverse shapes and sizes. The gilt-adorned Reform temple on the Upper East Side; the hippy Conservative temple on the Upper West Side; the converted brownstone in the East Village; the West Village temple with the soup kitchen.... I wanted to shake the lulav and lay tefilin, but of course I never got offered that by the Orthodox gentlemen sitting next to their vans. I wanted to understand all that Judaism included: its foods, rituals, holidays, and (most importantly, for me) its ethics and morals. Repairing the world makes deep sense to me, as a life mission. Doing good deeds resonates with me, as a life practice. Finding joy in everyday moments speaks to me, as a life goal.

In 2006, my then-husband and I moved to North County. In the spring of 2008, after many spontaneous moments of self-proclaimed Jewishness, I met with a Rabbi to explore my desire to convert. To make sure it was a calling of my own, uninfluenced by another’s wish, I held my three meetings with the Rabbi before telling my husband of my intention.

I again took the Intro to Judaism class, but this time followed it with a beautiful mikvah on May 1, 2009. (The joys associated with May Day felt particularly auspicious, because of my British roots.)

See Where it all Began page 13



Where it all Began Continued from page 12

A month later our daughter was born – Jewish. She can always firmly declare herself as such, no matter what path she takes within Judaism (or outside of it).

But I, as a convert, at times wonder: What makes *me* Jewish?

This column will be my personal musings, as I strive to answer that question for myself and for my readers. I can only share my personal story, without attempting to speak for others. I look forward to sharing my journey with you.



## JCo's Nutrition Corner

### Easy, Healthy Lunches for the Work Week!

By Jodie Block, MS, RD, CDN



**Question:** What are some easy make-ahead lunches to take to work or healthy items I can eat when I have a quick break?

**Answer:** We all know it can be hard to find the time in the morning to prepare a lunch that's not only tasty but also healthy. When preparing lunch at home, it's important to look for foods that will keep you comfortably full, energized and satisfied to get you through the day- and of course, that are nutritious, and...TASTE GOOD. Here are my favorite ideas to make the most of your time and maximize your nutrition:

Leftovers, what's in your fridge? I recommend keeping fresh spinach, kale or greens on hand, preferably prewashed and ready to go. You can do it yourself on Sunday, or buy it ready to go. Also stock cooked whole grains, such as brown rice or quinoa on hand. Costco sells 90 sec microwavable organic, single ingredient bowls. Or make your own and freeze single servings of the grains. This also can be used as a built-in ice pack as it defrosts in time for lunch and provides food safety. Add lots of spinach, and the

grains to an on-the-go container, top with leftovers, such as veggies and chicken. Voila!

Use leftovers in a sandwich or a wrap. Add some avocado for a little healthy fat. Great for kids' lunches too. Stock the fridge at work, not just home. Try keeping some snacks at work, such as sugar-snaps, carrots, yogurt, string cheese, and fruit. These help curb your appetite when you need a little something.

When purchasing lunch, think about what to include: Do you have **whole grains** (whole wheat bread, brown rice), lots of **fruit** and **veggies** (salad, tomatoes, cukes, shredded carrots, mango, grapes, etc., for your sandwich or a burrito) and **lean protein** (turkey, chicken, or fish?) Steer clear of the high calories items at salad bars like creamy dressing, croutons, and cheeses.

Portion sizes are deceiving. If a portion contains more than 500-750 calories, take half your lunch home for dinner or lunch the next day, or a third for a late afternoon snack to get you by until your evening meal.

Trader Joes has a huge selection of salads ready to go that meet my criteria. My two favorites: Super Spinach Salad and Persimmon Salad (Hint: use half the dressing, save the rest for tomorrow's homemade salad.)

Please email your questions, favorite old recipes, comfort foods, or the name of something you just had at a restaurant that you knew couldn't be good for you, and Jodie Block, (MS, RD, CDN) will address or modify it into something delicious and nutritious that will be completely guilt-free. Send your recipe or item description to: [JCoJodiesRecipes@gmail.com](mailto:JCoJodiesRecipes@gmail.com)





## *Spotlight On . . .*

Rabbi Josh Burrows



**If you couldn't be a Rabbi, what would've been your second choice profession?**

I actually applied to rabbinical school because I wanted to be a Camp Director at a Jewish sleep away camp! There are lots of ways to serve as a rabbi, not just congregations. It just so happens that I enjoy being a congregational rabbi best. All this being said, what with both my parents being school teachers by trade, if not rabbi I think I would have grown up to be a school teacher.

**Without asking Gabi, give us five adjectives she might use to describe your personality at home.**

Lol I like this question. Well, among other things, I think Gabi would describe me as quieter and shy at home and at family events than you might expect. She would say I am a doting dad, a passionate barbecuer, and perhaps just a tad messy.

**We love the headshot of you as a little boy. What was your favorite toy growing up?**

It depends on how old I was! At that age I had this red and blue plastic speedboat bath toy that was my favorite. By the time I was nine I moved on to Transformers and GI Joes. Shout out children of the 80s!

**What are your three favorite movies? (One comedy, one drama and one action/ thriller/ suspense)**

I keep a running list of my five favorite movies, and it actually hasn't changed in some time — although, full disclosure, since having kids I don't see nearly as many movies as I used to. They are, in no particular order, The Muppet Movie (OG version), The Unbearable Lightness of Being, The Adventures of Baron Munchausen, Mindwalk, and Forrest Gump. I know, it's a strange list. Categorize them as you will!

**Tell us about the main character in the novel you're writing. Inspired by a real person?**

The protagonist of my novel is based extremely loosely on yours truly. The antagonist is based a tad more tightly on my best friend from childhood. They are only really based on our personalities inasmuch as my best friend was angsty exactly as much as I was awkward. That and the protagonist is a rabbi. Beyond that, similarities end.

**What's your favorite season and also favorite time of day?**

I used to say that the springtime was my favorite season, but that was back when I lived in a place that had seasons. Or, rather, had bad seasons. And by bad I mean cold. I do not like cold weather — if humans were meant to live in cold weather, we'd have fur. These days I love every season of the year exactly the same — this is San Diego, what's not to love? And in terms of my favorite time of day, truth be told, I don't really have one. I love the stillness of night, the chirpiness of morning, the heat of high noon, all of it.

**Describe your most interesting family tradition?**

I am a firm believer in artistic living — meaning, everyone should try to be unique and artful in how we live our lives. We only have a short time here, might as well make the best of it, right? Interesting family traditions are a great way to insure that we live unique, individual, and full lives! Be it “movie on the ceiling nights”, “blanket wrestling”, “Burrows Blanket Burrito”, or “butz keppe”, in my family we enjoy our weird traditions. One of my favorites: every child, on their first birthday, gets a long train birthday cake made for them. The child is placed on the table along with the train cake, and then said child is allowed to go to town on that cake — dig in with their fingers, rub icing all over their adorable one year old faces — for as long as they'd like. In the words of Reb Tevye: Tradition!

**Name a product or service you like so much that you'd happily be their company spokesperson?**

lol This is a fun question too. Okay, so, I'm not a

Spotlight on Rabbi Josh Continued from

materialistic person. Ask anyone who knows me, shopping is not an activity that I particularly enjoy. If I collect anything, it's songs on my Spotify account. That being said, I really love watches. Just something about them. I mean, it's an old technology that we can wear on our wrists, and it measures precisely the movements of celestial bodies! And I'm old school when it comes to watches — you won't see me with a smart watch. Or digital, for that matter. There is nothing like a big, tough, metal, analogue watch. And, in my opinion, the best (affordable) watch company is located right here in Encinitas — Nixon! I have a couple Nixon watches, and if they called me today for a part time job as a spokesperson, I'd be on it!

### **What did you get in trouble for in school?**

Not much, to be honest. Mostly, if anything, not being able to pay attention in class as much as some of the other kids. But for the most part I was a sweet kid who didn't get into too much trouble.

### **What is the best piece of advice you've received?**

My grandfather once told me that if I wasn't sure what I should do in life, that I should think of something that I really want to do but don't think I can — and *that's* the thing I should do.

### **What's the last dream you can remember having?**

You know, I actually haven't remembered a dream in over 20 years. It's been so long, I don't really remember my last dream.

### **What is your biggest pet peeve?**

People who aren't polite or nice to strangers.

### **Describe your perfect pizza?**

There is a restaurant in Great Barrington, MA called Baba Louie's — they made woodfire pizza and have a barbecue chicken pizza they make with barbecue sauce, smoked gouda and goodness am I

drooling? I think I'm drooling.

### **What was your first thought when you woke up this morning?**

Get going on this Spotlight article! It's past due already!

### **How do you personally start a conversation?**

I always find that a boisterous greeting and asking the person I'm talking to something about themselves is the best way to start a conversation.

### **If you could be any age for a week, what would you choose and why?**

It'd be fun to be two again — if for no other reason to see the world from a small person's perspective again... Take a week to remind myself that I used to have to crawl up onto couches.

### **What question do you hate to answer?**

I used to hate talking about how tall I am — how tall are you? How's the weather up there? I used to hate those questions. I don't mind them at all now. The only question I hate to answer these days is, when I am traveling alone (on a flight for example), and the person sitting next to me asks me what I do for a living. I could be honest and say rabbi, but then I often find myself in a theological conversation that lasts the entire flight. Which can sometimes be fun. Sometimes. Or I could lie and come up with some other profession, but then I have to keep up that lie, which can get complicated. Truth is, I'm not a very good liar. Mostly I pray that I don't get asked the dreaded what-do-you-do-for-a-living question!

### **Thank you for your time, Rabbi Josh! (And did anyone notice that he still avoided stating how tall he is? ;-)**

*This column is available to be taken over. It's fun to interview someone at JCo and you get to make up your own questions! Please contact Stephanie Lewis at [thequotegal@yahoo.com](mailto:thequotegal@yahoo.com) if interested.*

## ***Binah & Refuah*** Reflection of Life in the Mirror of Death

By Dr. Bradley Shapero, D.C.



How often do you wake up, spring out of bed and begin living with gratitude and enthusiasm? For most, not often enough.

The buildings seemed to pass by as if I were driving on a movie set. Puffy white clouds scattered the blue sky. The type that begs the imagination to see shapes familiar to us. Arriving at my destination I took the large elevator with five others to the 3rd floor. The corridor was long, wafting a scent of bleach mixed with other sterile smells which greeted me as I exited the elevator and approached the nurses' station. I entered the room and pulled back the curtain. Looking past the oxygen tube and weathered skin, deep into the eyes I could see both the joy of living and the sorrowful regret of not.

The next two and half hours changed the way I was living or haven't been living my life. The conversation weaved along a very serpentine path of family get-togethers, life achievements, setbacks, and disappointments, people who were teachers and those who were taught during this lifetime. Too often it is only in one's final moments that we take notice at a list of should haves, could haves, and lost goals stored away on a small parcel of real estate called "Someday I'll."

When was the last time you looked at your love account he asked me? Look around and take inventory at those that send love your way and those you have neglected to send a loving thought or message to. Are the people you surround yourself with on a day to day basis supporting your growth and fulfillment of living life in a meaningful way?

Is the script you are writing how you want people to remember you? Do you interact regularly with people who inspire you? What steps have you taken today to better obtain your goals and desires in a way that allows you to have more fulfillment in life? How can you push your comfort zone into the growth zone, today? What is it that makes you come alive? What message do you want to convey to those

you care about once you die?

He described a day of sailing that was invigorating and challenging. I learned about the challenges he went through as a child growing up with a large family in a rural town. The meaning of friends during those unpredictable college days. It brought such a shine to his eyes as he spoke of the true love of his life. A woman he met after a very challenging and emotionally taxing divorce. There were tears, laughs and so much gratitude. As if he himself had not actually taken the time to realize how important his life was until this day. I asked the question of how he felt he had impacted the lives of others? At first there were streams of tears from regrets of not doing more. These turned into smiles of those lives that were truly enriched by his interactions.

We sat quietly after hours of recounting the gems of his life. He then said something that made me pause -- he told me that right now, TODAY, I have the opportunity to make decisions to create a life the way I want it and to appreciate it more. After a long silence and a sigh of satisfaction, he took one last breath. One final beat of his heart before dying.

Today is YOUR day. Today is the day YOU can choose in a new way. May YOUR story be a great one.

*To Your Health, Dr. Brad Shapero*



It's all in your perspective



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