

SHABBAT SAN DIEGO LA JOLLA PRE-EVENTS

For details please visit www.shabbatsandiego.org

PRE-EVENTS:

NCSY 5TH ANNUAL JEW IT YOURSELF SHABBATON

Date: Friday, October 9th at 5:30pm until Saturday, October 10th at 11:59pm

Location: La Jolla

Join us for the always incredible, annual Jew It Yourself Shabbaton in beautiful La Jolla! This year we are excited to be focusing on Shabbat, specifically in preparation for Shabbat San Diego. This Shabbat will be an awesome and fun way to learn all about how to create your own Shabbat experience for family and friends. Everyone who attends will walk away with a deeper understanding of Shabbat and the tools to share the experience with others, not to mention a certificate as an official Shabbat Facilitator that can be used on resumes and college applications!

Join us for the best Jew It Yourself Shabbat ever and become a leader in your community, family, and with your friends!

Costs:

\$150 (Requires a deposit of \$50)

Early bird cost \$125 (Until September 22nd)

Sign up: <https://sandiego.ncsy.org/events/128708/5th-annual-jew-it-yourself-shabbaton/i>

FREE RESTORATIVE YOGA AL FRESCO AT THE JCC FIELD

Sunday, October 18, 2015

10:15 a.m.

Lawrence Family Jewish Community Center – JACOBS FAMILY CAMPUS

4126 Executive Drive

La Jolla, CA 92037

This gentle yoga class will help prepare your mind and spirit for Shabbat and is designed to release deeply held tensions from the body and mind.

This calming, therapeutic yoga will help support the body and mind as it eases into relaxation and balance. Appropriate for all fitness levels.

'TURNING LIFE INTO A CONSTANT CELEBRATION IN A SHABBAT WAY' BY DR EGER A HOLOCAUST SURVIVOR

Date: Sunday, October 18

Time: 2:00 - 3:30 pm

Location: Address will be emailed to you once you RSVP

Refreshments will be provided.

Dr Eger, a Holocaust Survivor, will be speaking with us about 'Turning Life into a Constant Celebration in a Shabbat Way'.

The talk is to be held at the home of Dani Marcus in La Jolla on

We feel very privileged having Dr Eger involved in Shabbat San Diego and would like to encourage EVERYONE to come hear her speak.

THE MYSTICAL MYSTIQUE OF SHABBAT

Date: Monday, October 19, 2015

Time: 8:00-9:00 pm

Partners In Torah - San Diego

Location: Held at Adat Yeshurun study hall.

8625 La Jolla Scenic North, La Jolla, CA 92037

Rabbi Jeffrey Wohlgerlenter and Rabbi Simcha Weiser

Discussion of the mystical spirituality of Shabbat, its rituals and practice.

BEYOND YOUR BUBBY'S CHICKEN SOUP!

Monday, October 19th 7:00-8:00pm

Learn about Shabbat and what it means for women, by women. No cost Adat Yeshurun Synagogue 8625 La Jolla Scenic Dr N La Jolla, CA 92037 (858) 535-1196 *
The event will be followed by "Partners in Torah" which is a weekly "Chevruta" learning to explore more exciting Shabbat ideas. Dessert & Coffee will be provided.
8:00-9:00pm

MORE THAN THE JEWS HAVE KEPT SHABBOS, SHABBOS HAS KEPT THE JEWS.

Wednesday night, October 21st

6:30 pm - 7:30 pm

Rabbi Jeff Wohlgerlenter. No cost

Lawrence Family JCC Library

Call 858 535 1196 for questions

This famous quote by Ahad Ha'Am "More than the Jewish People have kept the Sabbath, the Sabbath has kept the Jews." – will be discussed by Rabbi Wohlgerlenter of Adat Yeshurun at the JCC library and is open to the community. What is the deeper meaning in this well known saying, and how is it still relevant today? Is it still relevant to the Jewish people since there is other ways to relate to Judaism? Learn about the unique quality of Shabbos that sets it apart from other religions and why Shabbat is so integral to the Jewish identity. This promises to be an inspiring and insightful talk.

TEFILLAH CHALLENGE – SHABBAT AT NIGHT

Wednesday October 21st - 7:00 to 8:30 pm

Congregation Beth El

Prayer is challenging. Services can be challenging: there's an order of prayer, the meaning of prayer, the "music" of prayer, not to mention the meaning and purpose of individual prayers, and sections of a particular service. Come and learn to meet these challenges. This lesson will focus on Kabbalat Shabbat, Ma'ariv and Havdalah services. Taught by Jane Connors a business strategist and former attorney pursuing a Master's degree in Jewish Education at the Jewish Theological Seminary.

SHABBAT PROGRAM FOR SENIORS

Date: Thursday October 22, 2015.

Time: 10am

Location: Congregation Beth Israel: 9001 Towne Centre Dr. San Diego CA 92122

The University City Older Adult Center a program of Jewish Family Service

Telephone; 858-550-5998.

Contact: Aviva Saad . Program Coordinator avivas@jfssd.org.

Seniors are invited to be part of the annual International Shabbat experience by participating in a mock Shabbat service on Thursday Oct. 22 at 10am. Participants will learn about the International Shabbat Experience, participate in a Shabbat service, sing Shabbat songs, eat Challah and drink grape juice. Reservations are required, to RSVP call Aviva Saad 858-550-5998 or email avivas@jfssd.org.

VITERBI FAMILY BABY BOOK CLUB - SHABBAT THEME

Friday, October 23, 2015

11:30 a.m. - 12:30 p.m.

Lawrence Family Jewish Community Center - JACOBS FAMILY CAMPUS

4126 Executive Drive

La Jolla, CA 92037

We welcome children and moms that are returning to the program as well as children that are now a little older to participate in Baby Book Club. This class takes place for children 10-24 months in the J-Team Room at the Lawrence Family JCC. We welcome parents, grandparents or a caregiver. Price: \$10.

BBC promotes pre-literacy as well as developing an appreciation for books and reading. This one hour bi-weekly program, which takes place on Fridays, includes group storytelling, flannel board stories, art projects, music and movement, and Shabbat. The program is enthusiastically facilitated by Jennifer Meltzer, Preschool Program Coordinator at the JCC Nierman Preschool, who brings her love of music, her experience and creativity to our Baby Book Club.

SHABBAT SAN DIEGO LA JOLLA POST-EVENTS

For details please visit www.shabbatsandiego.org

MIKVAH USA

Sunday, October 25th

9 am Registration, Light breakfast

9:30 Presentation by Rochel Goldbaum

10:15 am Tour of spa-like Mikvah

8625 La Jolla Scenic Dr N

La Jolla, CA 92037

PARTNERS IN TORAH – SAN DIEGO

Individual and Small Group Learning Experience

Special Session – Sushi and Learning - Shabbat San Diego Follow-up

Monday October 26, 2015, 8:00 to 9:00 pm

Every Monday night at 8 pm, for one hour, men and women are invited to learn one-on-one with a chavruta (study partner), or in a small group, for one hour in a study hall

environment. There are chavrutas and mentors for everyone, on all levels of knowledge and observance. Coffee and cake are provided. There is absolutely NO COST to participate. Partners San Diego is an independent organization that utilizes Congregation Adat Yeshurun facilities in La Jolla. Anyone, affiliated or non-affiliated with any Jewish organization, looking to probe a Jewish topic of their choice at any level is welcome. Participants customize their learning experience at their own pace, stopping for questions, comments and discussion. Pairs may choose to study: Torah; Prophets; Talmud; Jewish History; Jewish Philosophy or any other subject in which they are interested. Select small group classes available weekly, including Ethics of the Fathers and Portion of the week.

A SHABBAT OF GRATITUDE

An Exploration of Gratefulness

November 13 and 14, 2015

Location: Congregation Beth El

Gratefulness is the foundation of our spiritual practice. Our liturgy teaches us that the very first words uttered each morning are to be words of thanksgiving. Yet so often we get caught in the habits of complaint. We lose sight of the miracle of each moment. Our enthusiasm, inspiration, receptivity, and generosity are eclipsed by the stresses of life. When we fall prey to the cynicism and jadedness of the dominant culture, we lose the opened-eyed innocence and radical amazement that is necessary for the Life of Gratefulness.

Together we will explore this quality in our lives and learn practices that cultivate, nurture, and refine our ability to feel and express gratefulness.

The Magic of Hebrew Chant: Healing the Spirit, Transforming the Mind, Deepening Love We all need to find ways to sustain ourselves and connect up to the Source on a daily basis. We all need a spiritual practice that can inspire us. Hebrew Chant is a practice that not only can sustain and inspire us; it can open the treasure-house of sacred text. In this workshop, we will explore the power and magic of Hebrew Chant as we transform the words of prayer into spiritual practice.

6:15 pm - Friday Night Services: Traditional Service, with some chants, led by Rabbi Gold

7:30-8:30pm - Presentation at Dinner "An Exploration of Gratefulness"

9:30am - Saturday services: a D'var Torah

12:30-1:30pm - Saturday Lunch, "The Magic of Hebrew Chant"

\$25 Dinner and Lecture after Services

\$25 Lunch and Lecture after Services

JEWISH VALUES AND THE ISRAELI-PALESTINIAN CONFLICT -IENGAGE : THE HARTMAN INSTITUTE

12 week course beginning January 12, 2016, meets Tuesday 7:30 pm to 8:30 pm every two weeks.

Also be offered at Congregation Ohr Shalom, Dor Hadash, Hillel, SDJA, Chai group, UJF

This course aims to change and shape the way we think about politics and the way we talk about the Israeli-Palestinian conflict. Focusing on the values and ideas that lie at the

foundation of our politics will aid in fostering greater understanding and respect for each other without whitewashing differences. The course is comprised of redacted and text study, videos from the Hartman faculty and interactive discussion. Lectures by Dr. Ray Fink, Rabbi Lauren Berkun, Director of Rabbinic and Synagogue Programs for the Shalom Hartman Institute of North America, and by Rabbi Donniel Hartman, President of the Shalom Hartman Institute in Jerusalem.

SHABBAT PARTNER EVENTS -La Jolla:

Senior Adults Early Bird Shabbat Dinner

Friday, October 23, 2015

4:00 p.m.

Lawrence Family Jewish Community Center - JACOBS FAMILY CAMPUS
4126 Executive Drive
La Jolla, CA 92037

Join us for an Early Bird Shabbat Dinner so that participants have time to go to a synagogue service if they choose to afterward. Price: \$15; JCC Member Price: \$11. To Register call the JCC Senior Department at the JCC at 858-362-1141.

LA JOLLA COMMUNITY UNITY SHABBAT DINNER

Friday October 23rd

Join over 500 La Jollans and others in a huge traditional Shabbat dinner at Congregation Adat Yeshurun. Open to all. In conjunction with Congregation Beth El.

Congregation Beth Israel, Shabbat Dinner

We are holding a congregation wide Shabbat dinner, please join us!

Please join Beth Israel members, families and friends for an Erev Shabbat service with teen and youth choir and Tismoret Orchestra. Service will be followed by celebratory Shabbat dinner. Price \$12 for adults, \$5 for children 5-13, free for children under 5. RSVP at www.cbisd.org

Beth Israel Morning Torah Study Led By Rabbi Uri Regev

Study with internationally renowned leader and advocate of religious liberty, Rabbi Uri Regev. Rabbi Regev is President and CEO of the educational and advocacy Israel-Diaspora partnership, "Freedom of Religion for Israel". For seven years he served as president of the World Union for Progressive Judaism, a global umbrella organization of the Progressive, Reform, Liberal and Reconstructionist movements.

Congregation Beth Israel, Shabbat Lunch

We are holding a congregation wide Shabbat Lunch, following our morning services, JOIN in on the fun.

Beth Israel Lunch and Learn With Rabbi Uri Regev - After Shabbat morning services stay for an inspiring lunch and learn.

CHABAD OF LA JOLLA – VILLAGE SHABBAT DINNER

Friday October 23rd

Join Rabbi Rabbi Baruch Ezagui for a fun filled, spiritual outreach dinner in La Jolla Village.

PRESCHOOL - SHABBAT UNDER THE STARS

Friday, October 23, 2015

6:00 p.m.

Lawrence Family Jewish Community Center - JACOBS FAMILY CAMPUS (Library)

4126 Executive Drive

La Jolla, CA 92037

Please join us in the JCC Preschool Courtyard for a Shabbat Under the Stars with spaghetti (parve/dairy) meal. The program is open to Preschool, Shalom Baby, PJ Library Families and general public. Price: \$20/Preschool/Shalom Baby/PJ Library Family up to 4. \$25/General Public Family up to 4. For more information email preschooloffice@lfjcc.org.

SHALOM BABY/PJ LIBRARY - POTLUCK SHABBAT DINNER AND/OR LUNCH Oct. 22-24

Come together in unity with your Shalom Baby/PJ Library family and friends to celebrate Shabbat San Diego on Oct. 22-24. Families to host a potluck Shabbat dinner or lunch to share this global Shabbat experience. Sign-up at JCC.

LA JOLLA COMMUNITY UNITY SHABBAT LUNCHEON

Saturday October 24th

Join in a huge community building Shabbat luncheon after services. Held at Congregation Beth El in conjunction with Congregation Adat Yeshurun. Open to all. Surprise guest luncheon speaker.

LEARNER'S MINYAN

Saturday October 24th – 9:00 to 9:30 am

Congregation Beth El

A quick study in how to enjoy Shabbat services by understanding, synagogue ritual, the prayer book, and related traditions. Come unravel the structure, choreography, and meaning of the Shabbat morning service. No previous background in Hebrew or Jewish education is necessary. Conducted by Jane Connors.

SHABBAT SERVICES

Friday evening and Saturday Morning – October 23/24

Services at Congregation Adat Yeshurun, Congregation Beth El and Chabad of La Jolla. Open to all. Followed by Kiddish.

SHABBAT HIKE

Saturday October 24th

Mission Trails Regional Park (Old Canyon)

Enjoy an adventure led by Brian Cohen. This easy 4 mile walk, starts past the Old Mission Dam and follows the streambed rimmed by Coast Live Oaks. Use a foot bridge to cross over the San Diego River and into the grasslands to explore grinding holes left by the original Californians. Brian Cohen manages the nationally recognized Orthopedic and Spine Center at Palomar Medical Center.

SHABBAT, THE LIMITS OF POWER AND A MODEL FOR LIVING WITH DIVERSITY

Saturday 24th October – 2:30 to 3:30 pm

A presentation by Dr. Ray Fink on how the ideas and values of Shabbat can aid in fostering greater understanding and respect in political discourse without ignoring differences of opinion. With emphasis on the Israeli-Palestinian conflict. Dr. Fink is a well-known local Endocrinologist and lecturer for the iENGAGE program of The Hartman Institute.

Lectures, Study Sessions, other activities. Please see www.shabbatsandiego.org .

SHABBAT SAN DIEGO North County PRE-EVENTS

For details please visit www.shabbatsandiego.org

TEEN SHABBAT/SUKKOT DINNER

Date: Friday October 2 7-9.30 pm

Location: 7241 Arroyo Grande Road, San Diego , 92129

Contact details: Rabbi Zevi New (858) 500-2550

GLASS FUSION

Date: 10/15/15

Time: 6pm-9pm

Location: Chabad Hebrew Academy

Cost on the website: \$28 per person Cost at the door \$36

In this unique pre-event class, we will learn the magic of glass fusion while creating a one-of-a-kind mezuzah cover. No experience necessary! This event is open to man, woman and kids 1st grade and up. About the artist: Ilanit Shalev creates minimalist yet very powerful sculptures by casting glass, focusing on colors, transparency, and translucency with Eastern and Western world influences. She studied at Pilchuck, WA and Corning, NY. Living in San Diego, her work can also be found in Habatat Galleries, MI, as well as her homeland Israel.

To sign up and more info please contact Ilanit Shalev
phone: 971-219-7031
link to sign up : <http://ilanitshalev.com/classes.html>

TEEN CHALLAH TRAINING

October 15th @ 5:30

Our teen challah training has been going strong. The kids are fully prepared to have lead the challah baking for the Teen Pre-Shabbat, please join us!

FREE TASTE OF SHABBAT

Date: Sunday, October 18, 2015

Time: 9:30am

Location: Temple Solel (3575 Manchester Ave, 92007)

This event is a Shabbat San Diego Pre-Event and a collaboration of the JCC and Temple Solel About Foundations of Jewish Family Living: What are the Jewish values you want your child to know? Foundations of Jewish Family Living is a new learning opportunity for parents that provides a thought-provoking encounter with the core values of Judaism. At a time in a family's life when a child is asking questions about his or her Jewish heritage, this rich learning experience provides you with the education, the language, and the confidence to be a teacher to your own children and support Jewish learning at home. Each lesson contains meaningful connections to PJ Library books and the Shalom Sesame video series. Led by: Jennifer Meltzer Jennifer Meltzer serves as Program Coordinator for the Nierman Preschool at the Lawrence Family JCC. She leads Tot 'N Company and Wee Play programs, as well as Shalom Baby's Baby Book Club series. She earned her MSW and Masters in Jewish Communal Service from USC and HUC in Los Angeles. Married to Rabbi Scott Meltzer of Ohr Shalom Synagogue, she is also the proud mother of four wonderful children. RSVP: www.sdcjc.org/TasteOfFoundations or 858-362-1154

FARM TO TABLE SHABBAT: SPREADS, BOUQUETS, AND PICKLED DELIGHTS

Date: Tuesday, October 20, 2015

Time: 4:00 PM to 6:00 PM

Location: The Ranch

Join the farm team as we gear up for International Unity Shabbat with Shabbat San Diego! Explore ways to reimagine the Shabbat table, farm-style. Learn how to turn your table into a beautiful display of hand crafted and artisanal goodies made by you. This will be an informative and fun hands on event using local produce inspired by ancient Jewish traditions that connect people to community, food, and the land. link to register: <https://www.eventbrite.com/e/farm-to-table-shabbat-spreads-bouquets-and-pickled-delights-registration-18339088708>

SHABBAT SAN DIEGO North County POST-EVENTS

For details please visit www.shabbatsandiego.org

TEEN SHABBAT DINNER

An Epic Shabbat Experience and Training for Teens in Preparation for Shabbat San Diego.

On Friday night in November, we will host over 400 teens for an educational and inspirational Friday Night program which will prepare and inspire them to effectively share the beauty of Shabbat with their families and communities two weeks later for Shabbat San Diego. Teens will arrive at 6pm for a singsong and Candle Lighting ceremony, followed immediately by a “getting-to-know-you” Icebreaker activity. Then teens will be wowed by world-class entertainment with a focus on Jewish Unity and Shabbat followed by a Shabbat team Table Setting Race, including Challah, Grape Juice, their Custom Shabbat “Haggadahs”, (printed and designed just for this occasion), Challah Covers, etc. then they will learn about Kiddush Sanctification of the Physical World (Time and Space) and how to perform the ritual. This will be followed by Challah and Dinner. During dinner, they will use their Haggadahs and be aided by table guides to learn to ins-and-outs of running a Shabbat Table, including traditional songs, how to share a Dvar Torah, and other important pieces of the Shabbat Table Experience. This will all be balanced out with a healthy dose of teen focused fun, comedic interludes, and the opportunity to bond with teens from different parts of our diverse community. At the end of the night, they will go home with their special Shabbat San Diego “Haggadahs”, a Dvar Torah they created themselves for the Parsha of Lech Lecha (the weekend of Shabbat San Diego), as well as being empowered with new insights and knowledge to share with their families and communities on Shabbat San Diego.

SHABBAT PARTNER EVENTS –North County :

North County Sunset Shabbat for Young Families

Welcome in the peace and tranquility of Shabbat with a beautiful sunset on the Farm. Get unplugged with your North Coastal neighbors at this casual community Shabbat San Diego event

- Explore the rituals: Each family will receive a Shabbat kit including candles, a kiddush cup, juice, traditional blessing guide and challah
- Celebrate with song: Join in the chorus as Craig Parks leads Shabbat songs in both English and Hebrew
- Delight in stories: Shabbat Storytime in English and Hebrew
- Create a memory: Kids will design their own challah cover
- Reflect on our Shabbat footprint: Sustainability Resource Guide provided

What to bring:

- Dairy/Vegetarian picnic dinner and drinks (reusable containers encouraged)
- Blanket and chairs
- Sunglasses, hat, sunscreen, closed-toe shoes
- No pets please!

No previous experience required. Everyone is welcome!

RSVP by October 12th, 2015 - Space is limited!

****FREE****

Chabad of Carmel Valley

Shabbat Dinner and Lunch on October 23rd and 24th

Chabad Headquarters, Scripps Ranch

Shabbat Dinner and Lunch on October 23rd and 24th

Please join Chabad Headquarters Scripps Ranch for a meaning Shabbat Dinner following services.

\$18 adult and \$12 child and free under 4

Chabad of La Costa

Shabbat Dinner and Lunch on October 23rd and 24th

Chabad of San Marcos

Shabbat Dinner and Lunch on October 23rd and 24th

Chabad of Rancho Sante Fe

Shabbat Dinner and Lunch on October 23rd and 24th

Chabad of Oceanside/Vista

will be hosting dinner in private homes by request and a special Unity Shabbat lunch following services on Saturday

Congregation Beth Am - Community Lunch

After our Shabbat morning service please stay for a fabulous Lunch and Learn Kiddush

Friday evening 6 p.m. join for a family Shabbat service with Rabbi Earne. It is a fun short service for young families and there is music with Penny Cohen. After the services there will be a kid friendly oneg.

YOUNG FAMILIES at 10:30 in the preschool building in the yellow room. We have a new service for you!(kindergarten - 4th grade). The children are part of the service, being the rabbi, Torah carrier, aliyahs, hagbah and glila, etc... It is fun for the children, and fun for the parents to see their own children participate and see their love of the service. Rabbi Earne is the one that leads the service which lasts for an hour. followed by a delicious treat before we head back into the main sanctuary to conclude services with the rest of the congregation.

USY Teen Minyan @ 6:30 pm

Teen Minyan (offsite). It is at 6:30 pm and when the teen RSVPs, they get the address. USY is from the grades 7th - 12th. We have an opened Teen Minyan (FREE OF CHARGE) a dairy dinner will be provided by the host family. There will be prayers, and ruach. It is a great service and dinner. To RSVP, email: samantha@betham.com

Orot HaCarmel, Shabbat Dinner and Lunch

All are welcome to attend but reservations are REQUIRED. To be invited please contact Stacey Katz at katzies@sbcglobal.net to receive an invitation for these events.

Adat Shabbat, An innovative dinner and prayer experience

A new way to celebrate, enjoy your family, and make new friends here at TAS. Come as you are and be ready to discover Shabbat. The whole evening will take place in our social hall, around the dinner table. There is never a cost to pray but donations of \$7 per person are gratefully welcome to cover the costs. For all ages! Everyone is welcome

Congregation B'nai Tikvah

A special kiddush will follow services.

"Honoring B'nai Tikvah Women - Women's Shabbat" 7pm

Women and girls participate in the service tonight. The community is invited to attend. Dairy Kiddush to follow. Call Naomi for information, 858-472-0303

Shevet Galim

You are invited to our Community Kabalat Shabbat – a tradition that was started two years ago. This year we are celebrating our Kabalat Shabbat in a MUCH bigger context. We will be a part of the Shabbos Project – an international initiative started in South Africa 6 years ago.

When: Friday, 10/23, 6:00-9:00pm

Where: The Gym in San Diego Jewish Academy

What is in the program:

6:00-7:00pm – Tzofim Parents-CHANICHIM Activity.

7:15-9:00pm – Candles Lighting, Kabalat Shabbat and Shabbat Dinner.

Cost: \$40 per family

or \$18 per single participant

Tell your friends! Everyone's welcome. You don't have to be a Tzofim member to join.

Thank you for your cooperation!

SHABBAT SAN DIEGO Mid-Town PRE-EVENTS

For details please visit www.shabbatsandiego.org

CHICKEN SOUP FOR THE SAN DIEGO NEXTGEN SOUL

Date: October 7th 7:00-8:00 pm

Location: Will be emailed once you RSVP (a private home)

Are you in your 20's, 30's and early 40's? Have you ever been interested in hosting a Shabbat dinner? Are you already hosting Shabbat dinners and want to invite new people to the table? Do you have some fun traditions you'd like to share with other Shabbat

connections hosts? Want to pick up some new rituals or matzo ball recipes? Join the NextGen Shabbat connections committee for a roundtable discussion (over chicken soup!) on all things Shabbat connections. We'll be sharing the schedule for the year, pro-tips on hosting a successful Shabbat dinner and stories from the field. We can't to see everyone!

Limited spots available. [RSVP TODAY](#), to save your spot!

SHABBAT 101 COOKING CLASS

Date: October 15th

Time: 6:00-8:00 pm

Location: Jewish Family Service, 8788 Balboa Avenue San Diego, CA 92123

Are you interested in learning how to prepare a fun and fresh Shabbat dinner? Join Jewish Family Service in our new Kosher kitchen for a fantastic evening of cooking, tasting, and dinner with other young professionals preparing for Shabbat San Diego. This event is a perfect date night, and a chance to learn how to prepare a side dish and entrée for Shabbat in a supportive environment. Jewish Family Service provides over 80,000 meals annually—and we know how to cook!

Questions? Contact Ashley Harrington at (858) 637-3051 or ashleyh@jfssd.org

Registration Page: www.jfssd.org/shabbat101

WOMANS WEEKEND - A COMPLETE CAMP EXPERIENCE OCTOBER 16-18, CAMP MOUNTAIN CHAI ENGELUS OAKS



SHABBAT SAN DIEGO Mid-Town POST-EVENTS

For details please visit www.shabbatsandiego.org

OPTIONS - THE WOMEN'S EVENT

Sunday, November 1, 2015
 VIP Meet and Greet 10:30am – Private Room
 11:30am – 2:00pm Registration, Chef Stations, Program, Ballroom
 Manchester Grand Hyatt, Downtown San Diego



OPTIONS
 THE WOMEN'S EVENT

Trailblazers

Sunday, November 1
 11:30am-2pm | Manchester Grand Hyatt

Join us for an afternoon of connection, delicious food, and inspiration from a dynamic panel of Jewish women.

FEATURING



Tracy Barkun
 President, Blue Field Inc.



Janet Gurvitch
 Health & Fitness CEO, Lark Street Genetics



Melissa Rimers
 Advisor, Johnson & Johnson, Founder, ed PreHealth

Covert: 536 | Dafney Lavi Observed
 Co-Chairs: Simone Melnick, Susan Regel, Stacy Secher, Tanya Pomer

For Table Captain registration go to bit.ly/optionstable

 Jewish Federation For more information, please contact Lisa Bialik at lbia@jewishfederationsandiego.org or (619) 734-7123 | jewishandiego.org/options

OROT SHABBAT RETREAT
MARRIOTT SHADOW RIDGE VACATION CLUB PALM DESERT
 November 13-November 15



 **Orot Shabbat Retreat**

Please join us for an exciting Shabbat Retreat Program at the Marriott Shadow Ridge Vacation Club in Palm Desert

November 13th – November 15th

For more information and to reserve please email: bpatel@mc.com or mail@orothacarme.com
 Or call (855) 633-0181

Program Includes:

- Kabbalat Shabbat & a Communal Meal
- Full Shabbat Service followed by Kibbush / Communal Meal
- Speakers / Adult Education Program
- Kids programs / Kids Club
- Golfing, Swimming and a lot of fun
- Seudah Shlishit and Havdalah Service

Guest Room Unit: \$299.00: Luxury King Bed, Living/Dining Area, Kitchenette
 One Bedroom Villa: \$399: Luxury King Bed, Living Room, Dining Room, Full Kitchen
 Two-Bedroom Villa: \$499.00: Living Room, Dining Room, Full Kitchen and 2 separate bedrooms

For additional information regarding the property, please visit Marriott's Shadow Ridge- The Village- www.marriott.com/US/SDR



Pop-Up Shabbat, NextGen Dinner part of Shabbat San Diego. Surprise venue!

6:30 prayers

7:30 dinner

Bring your own dinner, plan a picnic with friends, or have us help match you with a group! This dinner is for everyone!

FREE - Registration Link: [Nextgensandiego.org/ Shabbat](http://Nextgensandiego.org/Shabbat)

SHABBAT PARTNER EVENTS -Mid-Town :

Chabad of UC

Shabbat Dinner and Lunch on October 23rd and 24th

Chabad of Pacific Beach

Chabad of Pacific Beach is having a Warm, Friendly, and Delicious Friday Night Dinner, Oct 23rd and a Shabbat Lunch on the 24th following their service.

SHABBAT SAN DIEGO East County PRE-EVENTS

For details please visit www.shabbatsandiego.org

A WALK AT LAKE MURRAY

Date: Sunday October 18th 2015

Time: 9:30-11:30ish

Location: Lake Murray 5540 Kiowa Drive (There is a Starbucks drive thru on the corner of Lake Murray Blvd and Kiowa Dr. – Incase you want your caffeine fix!!!!)

RSVP: pkmantell@aol.com

“A WALK AT LAKE MURRAY”

A Walk at the Lake,

Won't that be GREAT!

Joining with family and friends,

Means Shabbat bonding never has to end.

Shabbat's a time to unplug, take a break and rest,

And...savoring a walk is the BEST!

Join in the FUN at the SHABBAT UNITY WALK

Where Michael Mantell begins it with a brief talk.

He'll transform our health and wellness mindset.

While his wife, Paula, CPT*, will start us with a SUPER STRETCH set.

*CPT – Certified Personal Trainer

SHABBAT PARTNER EVENTS -East County :

Complimentary Housing and Meals at Beth Jacob

Beth Jacob will arrange complimentary housing and meals to those guests who commit to Keeping a full Shabbat with us in our community. Everyone is welcome at Beth Jacob each and every Shabbos. However, to be eligible for the complimentary accommodations and meals during this special event, participants agree to keep the entire glorious Shabbat. We'll make it fun and easy for you.

SDSU Chabad / Hillel

Shabbat Dinner and Lunch on October 23rd and 24th

Please join Chabad SDSU for this HUGE dinner for students and their parents.

We plan on approximately 200 students and another 80 parents to join. It will be such a manful Shabbat meal, MAKE SURE TO BE THERE!!

East County Unity Shabbat Dinner

Please join Tifereth Israel, Temple Emanu-El and Ohr Shalom at the Lake Murray Community Park for Shabbat Evening Services and a Pot-Luck Style Shabbat.

****Guests will bring Shabbat Picnic Dinners.****

Chabad of East County

We are hosting Friday night Shabbat services at Dailard Elementary School. 6425 Cibola Rd S. Diego CA 92120 Multi-Purpose Room Starting at 6:30pm

SHABBAT SAN DIEGO South County PRE-EVENTS

For details please visit www.shabbatsandiego.org

SYRIAN COOKING CLASS

October 15th at 5:30. @ Beth Eliyahu,

event is free, limited to 50 people.

RSVP Contact Valeri Shoshani (619) 277-1818 valshoshani@gmail.com

SHABBAT IN HALACHA

Tuesday, October 13th

and Tuesday, October 20th

Educational Series

The holy day of Shabbat is more than just a day of rest. Discover the what, how and why of this special day we were gifted. This series illuminates the true meaning of the holiness of Shabbat and what it represents in our spiritual experience. Learn about the Kiddush, Havdallah, candle lighting, challa, and more. Rabbi Carlebach will discuss the practical applications of each of the 39 *Melachot as well*.

SHABBAT PARTNER EVENTS -South County :

Chabad of Downtown

UNITY SHABBATON

Join us on Friday, October 23rd and Shabbat, October 24th as we celebrate Shabbos with fellow Jews from various backgrounds and origins.

Friday, October 23rd

5:45 pm Women's Candle Lighting - Bring in the Shabbos Evening keeping the tradition alive just as Jewish mothers and grandmothers have done for thousands of years! Join in a Moment of Silence and Prayer - Use out the moment to pray for your family, community, Israel, and the world we live in.

6:00 pm Kabbalat Shabbat - Welcome in the Holy Day of Shabbos with Song and Joy! Join in uplifting tunes such as Lecha Dodi etc.

7:00 pm Unity Shabbat Dinner - Start the Shabbat dinner with the Traditional Sholom Aleichem melody. Join in unison as we recite the Kiddush over wine and grape juice to commemorate the Holy Day of Rest. Enjoy a full four course meal with uplifting niggunim (Shabbat songs), inspiring stories, and words of Torah.

9:30 pm Desserts and Farbrengen - Sit back and relax and enjoy the Shabbos spirit - Visitors from all over the world will share stories of how Shabbos has made a difference in their lives.

Shabbos, October 24th

9:15 am Parsha Class - Take a deeper look at the Weekly Torah portion of Lech Lecha.

10:00 am Shabbat Services and Torah Reading - Come and feel at home at Chabad of Downtown's easy to follow services with Hebrew/English siddurim, explanations of various prayers, and enjoyable songs. Bring along a friend or neighbor that has not been to shul in a while.

12:30 pm Buffet Kiddush Luncheon - Enjoy Kiddush, Challah, and a full luncheon with Jews from all over the world. Learn about the importance of Shabbos and how it connects us to our Creator. Be inspired by others just like you and their Shabbos experiences.

2:30 pm Rest - Relax - Rejuvenate - Enjoy a relaxing time in Downtown S Diego. Take a walk to Petco Park, Seaport Village, the Embarcadero, the Midway.

5:00 pm Mincha and Seudat Shlishit - Join us for a short mincha afternoon service and light Seudat Shlishit as we bid farewell to the Holy Shabbos day. The Rabbi will share some insight into this less known part of the Shabbos day.

6:45 pm Maariv Evening services followed by Havdallah with Chazan Shlomo Fellus

Temple Beth Eliyahu, Shabbat Dinner

Please join Temple Beth Eliyahu for a wonderful Shabbat Dinner following their Shabbat Evening Service.

Temple Etz Rimon

2020 Chestnut Ave – Join us for a Shabbat dinner

Ohr Shalom Synagogue

After Shabbat Morning Services please stay for a Lunch & Learn w/Rabbi Scott Meltzer.

SHABBAT PARTNER EVENTS:

HOSTED PRIVATE HOME SHABBAT DINNERS

Friday October 23, 2015

Enjoy the tradition of a Shabbat Dinner with family, new and old friends. Shabbat is ushered in by lighting candles and reciting a blessing. The evening dinner typically begins with Kiddush and a blessing recited over two loaves of challah followed by a festive meal. Singing is an optional tradition at Shabbat meals. Shabbat San Diego will match guests with host families at private homes as well as encourage others, in conjunction with local congregations and organizations, to participate in communal Shabbat dinners at participating synagogues and community venues to be determined.

PRIVATE HOME SHABBAT DINNERS

Friday October 23, 2015

For those who prefer a Shabbat dinner with family and friends in the privacy of your own home

Shabbat San Diego will, upon request and registration, provide you with Shabbat San Diego materials to assist you enjoy the sanctity of the moment and be an active participant in the International Unity Shabbat. Our transliterated Shabbat brochure offers prayers, songs, Shabbat thoughts and other information. Make this a start of a tradition.

Friendship Circle Shabbat Dinners and Lunches

For children and adults with special needs and their families. Poway, College Area (privately hosted, will give address when they RSVP)