

◀ OHR CHADASH PAGE 17

families were longtime members of BCMH.

"BCMH is in its 123rd year. It's the oldest established Orthodox synagogue [in the region], and there are prescribed ways of doing things," said Willner. "There was a group of us that, within the lines of halachah [Jewish law], wanted changes, and those changes couldn't happen at BCMH."

Among those changes are a wood and glass mechitzah, the divider between the men's and women's sections, as opposed to the traditional setup of women in the balcony. During the Torah processional, the Torah is marched around to the women's side. Women and teens can give divrei Torah — short speeches about the weekly Torah portion during Shabbat morning services — a role typically left to the men.

"The Torah coming over to the women's side is a huge thing," said Willner. "It makes a big difference. And it's not possible at BCMH."

Ohr Chadash counts among its regulars BCMH's former rabbi, Rabbi Moshe Kletenik, and his wife, Rivy Poupko Kletenik. Kletenik's contract with BCMH ended June 30 of this year.

That particular Shabbat afternoon, Kletenik was giving a short talk on the concept of teshuva, or repentance. Rivy Kletenik, who used to lead well-attended classes at BCMH on Shabbat afternoons,



MORDECHAI TREIGER

Carlos Alcabes hangs a Star of David at the front of Minyan Ohr Chadash's new space.

conducted a series of High Holiday preparation classes for the new minyan.

Willner is excited to have the rabbi involved.

"We didn't know until we became public if he would join us," she said. "He really has brought his knowledge and know-how."

Minyan Ohr Chadash meets on Shabbat and holidays for all services. Services are lay led. Willner says the minyan's

future is still being written.

"We know we have a lease for a year," she said. "We just want to keep doing what we're doing as best as we can and figure it out as we go. It's working right now. I couldn't have told you what it would look like nine weeks ago."

Ohr Chadash leaders managed to put together High Holiday services with lay leaders, guest speakers, and childcare while arranging the new space, which required rabbinic approval because it is attached to a church. Over the weekend of October 11, it will host its first scholar in residence, Rabbi Daniel Landes, director of the Pardes Institute of Jewish Studies in Jerusalem. Landes will give several lectures about the interactions and tensions between rabbinic sages, and how they shaped Jewish history.

The largest constituency of Ohr Chadash is adults with grown children, but younger families and couples such as Willner and her husband are attracted to its vibrancy and sense of partnership.

◀ ISRAEL: TO YOUR HEALTH PAGE 16

factor in morbidity and mortality."

Currently, one of the most menacing progressive diseases, Alzheimer's disease, can be linked to the occurrence of several successive small strokes in patients as well as high blood pressure and high cholesterol.

But there are no proven methods for preventing it or modifying its progression, according to Kaufman.

He recommends developing healthy habits including exercise, staying positive, avoiding alcohol, treating depression,

"I've become way more religious!" Willner said. "I go to shul a lot more."

Adrienne Query-Fiss, another younger member, said her attraction to Ohr Chadash "was about making change in a place that felt so resistant to making change."

Query-Fiss is happy to have found a place she feels comfortable raising her infant son. "I started to feel like there was a voice — maybe it wasn't mine — but it was people like me."

Carlos Alcabes, a member of Sephardic Bikur Holim Congregation, attended Ohr Chadash with his wife, Meryl, because when it met at Kline Galland it was close to his house. He now attends every Shabbat and hosted kiddush at their home all summer.

"I really like the singing. I like the fact that women are not so far away that they cannot see the service and participate," he said. "You feel you count."

"In the past eight weeks of creating this, we've become close with these families," said Willner. "I step back and think, we really created a community."

eating a lot of anti-oxidants and Omega-3 fatty acid-rich foods, watching your blood pressure, and nurturing a social life.

"We wish we could tell people that taking a pill or doing a puzzle everyday would prevent this terrible disease," wrote Kaufman in Jewish Image magazine, "but current evidence and clinical practice doesn't support this."

Longtime JTNews correspondent and freelance journalist Janis Siegel has covered international health research for SELF magazine and campaigns for Fred Hutchinson Cancer Research Center.

SENIOR LIVING

SUNSET HILLS MEMORIAL PARK AND FUNERAL HOME

"A fitting farewell"



Susan Broder
Licensed Funeral Director



1215 145th Place SE, Bellevue, WA 98007
425.746.1400
www.sunsethillsfuneralhome.com

SENIOR LIVING

Isn't it time to upgrade your hearing too?



EVERGREEN SPEECH & HEARING CLINIC, INC.

Managing your hearing, speech, and balance needs since 1979

Better Hearing...Better Life!

Call for a hearing consultation with one of our Doctors of Audiology today!



Three convenient
Eastside locations

Bellevue
425.454.1883

Kirkland
425.899.5050

Redmond
425.882.4347

Visit us online at www.everhear.com

Serving the community with dignity & respect.

**BUTTERWORTH
FUNERAL HOMES**
BUTTERWORTH • MANNING • ASHMORE • WRIGHT

**Burial ♦ Cremation
Columbarium ♦ Receptions**

**On QUEEN ANNE
at 520 W. Raye St., Seattle**
(In front of Hills of Eternity Cemetery)



Barbara Cannon

PLEASE CALL 206-622-0949 OR 206-282-5500