

## The Diet Guide to the Jewish Holidays

*Rosh Hashanah* -- Feast  
*Tzom Gedalia* -- Fast  
*Yom Kippur* -- More Fasting  
*Sukkot* -- Feast  
*Hashanah Rabbah* -- More Feasting  
*Month of Heshvan* -- No Feasts or Fasts for a whole month.  
 Get a grip on yourself!  
*Hanukkah* -- Eat potato pancakes  
*Tenth of Tevet* -- Do not eat potato pancakes  
*Tu B'Shevat* -- Feast  
*Fast of Esther* -- Fast  
*Purim* -- Eat pastry  
*Passover* -- Do not eat pastry  
*Shavuot* -- Dairy Feast (cheesecake, blintzes, etc.)  
*17th of Tammus* -- Fast (definitely no cheesecake or blintzes)  
*Tish B'Av* -- Very strict Fast  
 (don't even think about cheesecake or blintzes)  
*Month of Elul* -- End of cycle.  
 Enroll in Center for Eating Disorders before  
 Holidays arrive again.

## The Temple Or Olam Shmoozeletter

March 1, 2009 - 5 Adar, 5769  
 Volume VI, Issue 5

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### Purim Mayhem

*Join us for a Purim Shpiel*

**Singing, Dancing, and a Whole Lot of Hamentaschen**

**March 07, 2009**



There were blintzes and babke, kneidlach and kugel, kreplach and knishes, kuchem-buchem, brisket and berches, mandeltorte and lindsertorte, tsimmes and zhug. And why? Because the king with the unpronounceable name was about to party down, of course.

Dress up as your favorite character and join us for our very own own

Purim celebration featuring a Megilla reading, a hilarious (so we've heard) Purim shpiel from our Religious School students, singing, dancing, and hamentaschen galore.

**Event:** Purim Party!  
**Date:** March 7, 2009  
**Time:** 03:00 p.m.  
**Location:** McGill Baptist Church  
 5300 Poplar Tent Rd.  
 Concord NC 28027 -9757 [map](#) [directions](#)



## Friday Night Services

### Second Friday Family Service

*March 13, 2009*

It's time for a *beit din* (a council of judges) to answer the question for once and for all. Who is responsible for the Golden Calf? Are we to blame Aaron, who didn't stop a willful, party-down people or are the people to blame for running roughshod over the High Priest and Second in Command? Along with our usual joyous celebration of Shabbat, we'll practice our Torah study skills by debating this very question. Parents, prepare and present your arguments; the kids will serve as your *beit din*!

**Event:** Fourth Friday Night Service  
**Date:** March 13, 2009  
**Time:** 07:00 p.m.  
 -- *child care provided* --  
**Location:** McGill Baptist Church  
 5300 Poplar Tent Rd.  
 Concord NC 28027 -9757 [map](#) [directions](#)



### Fourth Friday Adult Service

*March 27, 2009*

How and why are we making offerings in our modern age? This week, we open Leviticus with Parsha *Vayikra*. Though this book was written by priests, it's the book Jewish children once learned first -- for a reason. We'll think about that while we celebrate this Shabbat.

**Event:** Fourth Friday Night Service  
**Date:** March 27, 2009  
**Time:** 07:00 p.m.  
 -- *child care provided* --  
**Location:** McGill Baptist Church  
 5300 Poplar Tent Rd.  
 Concord NC 28027 -9757 [map](#) [directions](#)



## Do a little dance: Cha Cha Chocolate Fundraiser was a Great Success



The chocolate was superb, the music was great, and we danced all night, led by the unforgettable D.J. Mike Lamb. In the process, we raised well over \$1,000.

Many, many thanks to our new president **Robbin Smith** and all her helpers for making this fundraiser the coolest way to raise money ever.

## Yahrzeit for March

### *Adar 5769*

If you would like to make donations in the memory or in honor of someone you love, please send them to:

Samuel Leder  
Potter & Co  
434 Copperfield Blvd. NE,  
Suite A  
Concord, NC 28025



**Robert Henry Horowitz  
(father of Alexander  
Horowitz)**

## March Birthdays

March 01	Shannon Leder
March 11	Seth Holtzman
March 29	Zach Bombardier

*Mi sheh nichnas adar, marbim b'simcha.*  
'When Adar enters, joy increases.'  
**A happy Purim to everyone from Reb Shulamit.**



[see our videos](#) on  
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