

Temple Or Olam's Member Spotlight: Ruth Kingberg

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We often hear about what a congregation is doing or how they are celebrating, but it is, after all, the people who make the congregation what it is. To this end, we spend our column inches this month profiling the beloved matriarch of our temple, Ruth Kingberg.

Ruth is 86 years old. She narrowly escaped the Holocaust by leaving Germany on one of the last Kindertransport trains, a program which helped approximately 10,000 children to leave Germany for the United Kingdom in the months just prior to the outbreak of WWII. Ruth lived in England during the war and eventually made it to America. She has lived in North Carolina for the past 28 years.

Ruth is one of the founders of Temple Or Olam. She is the eldest member of our congregation, our matriarch, and for many years she has lovingly taken on the joyful



Ruth Kingberg (photo by Angela Hodges)

task of welcoming new members into our congregation. This tiny little woman not only welcomes new members, but takes their hands afterward and leads them in a dance of celebration.

On Friday nights, Ruth takes the congregation's children to light the Shabbat candles and not only leads them in prayer but offers each child a blessing and a hug. She is, in fact, so beloved that college students have been known to rush up to the candles in order to get their own hug and their own blessing. At Temple Or Olam, we know that the children who are now nine, ten,

and eleven years old will grow up with the memory of being blessed at every Shabbat service by Ruth Kingberg. We can only hope that for these children, the tradition of being blessed on Shabbat will carry on and manifest itself in beautiful ways in their own Jewish lives.

It is Ruth Kingberg who covered our *leyning* table with blue velvet and gold trim, the *leyning* table that her 86 year old husband - also a Holocaust survivor—built for the congregation. It's Ruth who makes sure that every one is a healthy one, that there are always wholesome desserts on the table and gluten-free latkes at Hanukkah. It's Ruth who reminds us to lift weights like she does every morning, and who brings fruits and vegetables from the Kingberg's own garden to share with congregants. It is Ruth who calls to thank members who organize the one, and help out before and after services with set-up and clean-up.

We feel so very blessed to have Ruth in our lives, but we don't want to be selfish with her or the many gifts that she gives to our congregation, so we include here one of her healthy recipes. As Ruth always says, "Shake it easy!"

For Healthy Eating — a Recipe by Ruth — Zucchini Squash
You will need a 10" Pyrex pie plate or equal (not metal)
4 med. size squash cut to 1", then cut crosswise to 1/8"
1 med. sized apple peeled and sliced thin
1/2 sweet onion, cut small
2 T. of olive oil
1 t. of Mrs. Dash (or equal)
1 T. organic ketchup
1 stalk of celery, peeled and cut to 1/2" in length

Preheat oven to 330 degrees. Sautee onions in oven for 8 min. with oil. Remove from oven and put all veggies into the plate and toss with spatula till everything is combined. Bake for 30 min. then toss again (take care not to get burned). Cover it tightly with aluminum foil and bake for 25-30 min. till done.

Temple Or Olam is an independent, egalitarian congregation that serves Cabarrus county and parts of Mecklenburg county (including University City, Davidson, and Huntersville). For information on our services, please visit our website, www.or-olam.org and subscribe to our mailing list. You can also email us at info@or-olam.org, or call 704-720-7577. ☆

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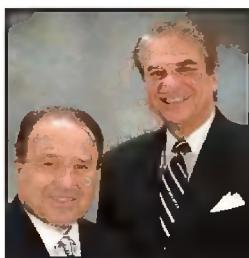
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Temple Beth El's Annual Mitzvah Day Set for May 15

On Sunday, May 15, Temple Beth El will be holding its annual Mitzvah Day event. On this day hundreds of congregants and Jewish community members gather as one to give back to the Charlotte community. By reaching out to those in need, Mitzvah Day participants exemplify Tikkun Olam, the Jewish tradition of social action and the true essence of the responsibility of repairing the world.

Mitzvah Day is an extraordinary day filled with love and hope. On no other day throughout the year will more families and individuals come together to serve so many in a single day. However, while TBE congregants and other volunteers work to make a difference in the lives of others, the volunteers themselves walk away from their experiences feeling renewed and changed forever.

This year, Mitzvah Day participants will have the opportunity to

select from 29 projects for which they can volunteer. In addition, there are a variety of ways to contribute towards collections projects, too. Since the downturn in the economy, many of Charlotte's non-profits and other similar institutions have lost revenue, keeping them from completing much-needed projects and having to cut back on services and programming for the most vulnerable in our community. This is the time to help.

Mitzvah Day volunteers will be sprucing up the landscaping around International House, the Battered Women's Shelter, Temple Beth El, the Hebrew Cemetery, and at the homes of senior citizens. Others will be hosting carnivals and parties at Alexander Youth Center, Thompson Child and Family Focus, and Florence Crittenton Services. Even more, there are projects to help Israel, Sterling Elementary School,



Charlotte Community Health Clinic, and Bright Blessings ... just to name a few.

For those who want to donate blood, Community Blood Center of the Carolinas will have its blood mobile available. Also, for anyone wanting to clean house and dispose of items in an easy way, there will be collections tables to recycle used electronics and also to donate used books for Habitat for Humanity and pet supplies for Mecklenburg County Animal Care and Control.

Open to everyone. Leave your mark on the community on Sunday, May 15. Register for Mitzvah Day online this year at the TBE website, and be a part of this wonderful tradition. ☆

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