



CHAI LIGHTS

August 2026
Pacific Community of Cultural Jews

Orange County, CA.
PacifComm@aol.com

714-739-1366
www.pccjews.org



Please join us at the

Orange County Art Museum
3333 Avenue of the Arts
Costa Mesa
714-780-2130
August 12, 2026



11:00-3:00 (lunch)

Please RSVP to Suzy at BryonBaron@sbcglobal.net no later than August 10th, so she can have a count for lunch.

Mark Your Calendars



High Holiday Observances

September 13, 2026 - Rosh Hashanah

September 21, 2026 - Yom Kippur

September 26, 2026 - Sukkot/Succos



More information at the end of this newsletter.

Co-Presidents' Message

Pacific Community has lost a well-liked, long-time member, Isabelle Kaminsky, who recently passed away. Our condolences go out to the Kaminsky family and those who knew Isabelle. She will be sorely missed by the Pacific Community.



We hope everyone is managing to stay cool and healthy this summer. We would like to thank the many members who participated in our recent Planning Meeting, which was very productive. There are many interesting events planned in the coming year.

Several events are planned for this month. Take a trip to the Orange County Art Museum on Wednesday, August 12. Enjoy good food at a new restaurant on Saturday, August 15 and engage your mind at Philosopher's Café on Friday, August 21. Details for these events are listed elsewhere in this newsletter.

Be sure to mark your calendars now for our September events as the dates of Rosh Hashanah and Yom Kippur are early this year. We look forward to seeing many of you at our Rosh Hashanah observance on Sunday, September 13, 2026, and at our Yom Kippur observance on Monday, September 21, 2026. Our Sukkot celebration is scheduled shortly thereafter on Saturday, September 26, 2026.

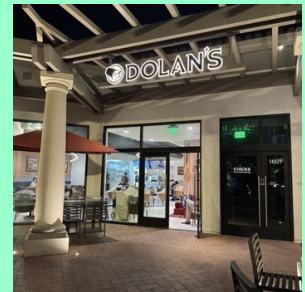
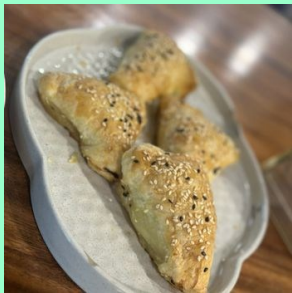
We look forward to seeing everyone soon.

Jim and Sylvia Rothman
Co-Presidents, Pacific Community of Cultural Jews

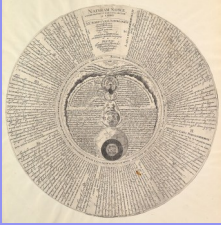
DINE OUT

August 15, 2026, 2026
1:00 p.m.

Dolan's Uyghur Cuisine
14425 Culver Dr.
Irvine
949-299-2878



Please RSVP to Karen Knecht at Knechtfour@aol.com
no later than August 12, 2026, so reservations can be made.



Philosopher's Café

(Our Friendly Discussion Group)



Friday August 21, 2026

7:30 p.m. Via Zoom

The Zoom link will be sent out to those who RSVP to Jim Rothman by August 19, 2026 Look for it in your email. Then on August 21, 2026, click on the link and join in the fun. To make sure we have your correct email address, please email Jim at jrbythec@aol.com, so he can include you.

Congratulations **August**



Happy Birthday!

Mike Mendelson - 8/8

Jim Rothman - 8/11

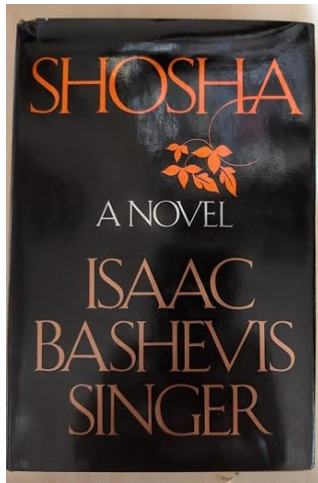
Laura Shapiro - 8/14

Donald Wilen - 8/22

Happy Anniversary

Bert & Shirley Bonem - 8/22





BOOK REVIEW

SHOSHA

By Isaac Bashevis Singer

This novel was written by the one of the most renown Jewish novelists, Isaac Bashevis Singer and takes place in the lead up to World War II in Poland. The narrator is Aaron Greidinger, also known as Tsutsik.

He is in love with a childhood playmate named Shosha. She is diminutive in physical size as well as mental ability. He promises her and her mother that he will never leave her as her father did. His goal is to be a famous playwright, and possibly go to America to make his fortune, but he has very little money.

A newspaper owner in town tells him that he will finance his trip and give him a generous salary if he will only take his daughter with him on this trip. This is the only commitment he must make.

However, he refuses in order to keep his promise to Shosha. Other women make overtures to him but he remains loyal. Even his friends chide him about this decision, but he remains steadfast.

The story goes on to describe his affairs with other women, as well as his uneven literary career. It extols the values of loyalty, love and commitment.

I enjoyed this book, especially the discussions where he and his friends question the existence of God and the values of the Jewish religion.

Reviewed by

Jerry Zwick





Jews to Know

Richard J. Davidson

(December 12, 1951 -)

is an American psychologist and professor of psychology and psychiatry at the University of Wisconsin–Madison as well as founder and chair of the Center for Healthy Minds and the affiliated non-profit Healthy Minds Innovations.

Born to a Jewish family in Brooklyn. He did graduate work at Harvard University to work with Daniel Goleman and Gary Schwartz, and gained his Ph.D. in Personality, Psychopathology, and Psychophysiology there in 1976.

Davidson's research is broadly focused on the neural bases of emotion and emotional style as well as methods to promote human flourishing, including meditation and related contemplative practices. His studies have centered on people across their lifespans, from birth through old age. In addition, he has conducted studies with individuals with emotional disorders such as mood and anxiety disorders and autism, as well as expert meditation practitioners with tens of thousands of hours of experience. His research uses a wide range of methods including different varieties of MRI, positron emission tomography, electroencephalography, and modern genetic and epigenetic methods.

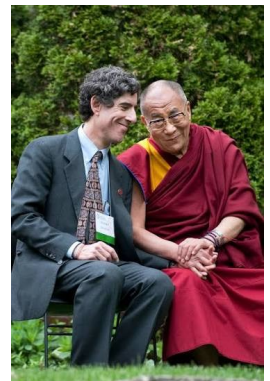
Richard Davidson is popularizing the idea that based on what is known about the plasticity of the brain, neuroplasticity, one can learn happiness and compassion as skills just as one learns to play a musical instrument or train in golf or tennis. Happiness, like any skill, requires practice and time but because one knows that the brain is built to change in response to mental training, it is possible to train a mind to be happy.

Davidson argues for a diagnosis of clinical depression with the help of emotional style. He describes emotional style as a set of continuums where some people fall at one extreme of the continuum while others fall somewhere in the middle. Clinical depression manifests as extremes on the outlook and resilience dimensions, where those afflicted have a more negative outlook and are slower to recover from adversity. Davidson's work with human subjects has attracted the attention of both scientific and popular press, and has been covered by Scientific American and The New York Times.

Davidson has been a longtime friend of the 14th Dalai Lama, and some of his work involves research on the brain as it relates to meditation. Davidson has long maintained his own daily meditation practice, and continues to communicate regularly with the Dalai Lama.

This connection has caused controversy, with some scientists criticizing Davidson for being too close to someone with an interest in the outcome of his research and others claiming that it represents an inappropriate mix of faith and science. When he invited the Dalai Lama to participate in the "Neuroscience and Society" program of the Society for Neuroscience meeting in 2005, over 500 researchers signed a petition in protest. Some of the petitioners were Chinese researchers, who may disagree politically with the Dalai Lama's stance on Tibet. The controversy subsided quickly after most scientists attending the talk found it appropriate. Davidson's practice has changed considerably over the years. In recent years he practices in the Tibetan Buddhist tradition, including prostration to the teachings, and meditating "not primarily for my benefit, but for the benefit of others."

He has written a New York Times bestseller (with Sharon Begley) titled *The Emotional Life of Your Brain*, published by Penguin in March 2012. A documentary film about the work of Davidson called "Free The Mind", directed by Phie Ambo, was released in 2012. A documentary film about the work of Davidson called "Free The Mind", directed by Phie Ambo, was released in 2012.



Submitted by Laura Shapiro

Source: Wikipedia

MARK YOUR CALENDARS

August 12, 2026	O.C. Art Museum
August 15, 2026	Dine Out
August 21, 2026	Philosopher's Café
September 13, 2026	Rosh Hashanah
September 21, 2026	Yim Kippur
September 26, 2026	Sukkot/Succos
October 10, 2026	Dine out
October 23, 2026	Philosopher's Café (Zoom)



2026 - 2028 PACIFIC COMMUNITY BOARD ELECTED OFFICERS

Co-President	Jim Rothman	JRbytheC@aol.com
Co-President	Sylvia Rothman	Sobaysyl@aol.com
Vice President	Nancy Okamoto	949-386-0400
Secretary	Sylvia Rothman	sobaysyl@aol.com
Treasurer	Leslie Zwick	jerlesz@verizon.net
Membership Chair	Nancy Okamoto	949-386-0400
Co-Program Coordinator	Suzy Baron	Bryonbaron@sbcglobal.net
Co-Program Coordinator	Karen Knecht	Knechtfour@aol.com
Publicity Co-Chair	TBD	

COMMUNITY AND BOARD POSITIONS

SHJ Representative	Sylvia Rothman	Sobaysyl@aol.com
Board Member-At-Large	Bryon Baron	Bryonbaron@sbcglobal.net
Board Member-At-Large	Di Bunin	DBF331@hotmail.com
Board Member-At-Large	Mike Mendelson	Mendelsons5@yahoo.com
Newsletter Editor	Karen Knecht	Knechtfour@aol.com
Webmaster	Celeste Mendelson	Mendelsons5@yahoo.com
Sunshine	Sheila Bass	shekaba@aol.com

Chai-Lights is published monthly
by the Pacific Community of
Cultural Jews,
Orange County, CA

Affiliated with
Society for Humanistic Judaism



Editor: Karen Knecht
PCChaiLights@aol.com
Phone: 714-739-1366
Email: PacifComm@aol.com

PACIFIC COMMUNITY OF CULTURAL JEWS

Calendar of Events 2026 - 2027

EVENTS

Aug. 12, 2026-	OC Art Museum
Sept. 13, 2026 -	Rosh Hashanah Observance
Sept. 21, 2026 -	Yom Kippur Observance
Sept. 26, 2026 -	Sukkot/Succos & Potluck
Oct. 10, 2026-	League of Women Voters Speaker
Oct. 17, 2026-	Star Party (Star Gazing)
Nov. 7, 2026-	Way of the World
Dec. 12, 2026 -	Chanukah Party
Dec. 25, 2026 -	Nature Hike and Lunch Gathering
Jan. 23, 2027 -	Sherman Gardens
Feb. 6, 2027 -	Documentary and Discussion
Mar. 21, 2027 -	Purim Celebration
Apr. 24, 2027 -	Passover Seder
May 5, 2027-	Yom Ha'Atzmaut Observance
May 8, 2027-	Retro Game Night
Jun 27, 2027-	Year-End Party

For more information,
contact Suzy Baron, or Karen Knecht
bryonbaron@sbcglobal.net / 714-639-4906
Knechtfour@aol.com / 714-739-1366

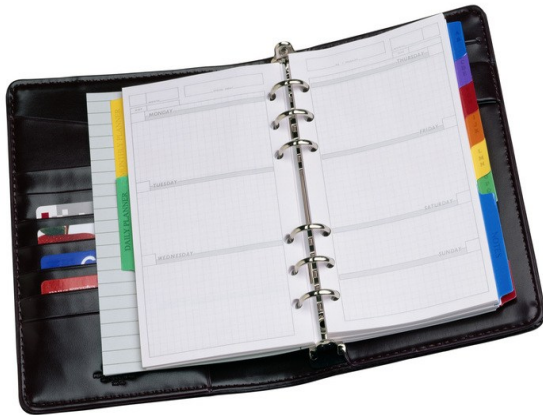
DINE - OUT

Join us for lunch or dinner at a variety restaurants once a month. All locations will be decided upon the month before and announced in our newsletter. All lunches are at 1:00 p.m. and dinners are at 6:30 p.m. unless otherwise noted.

All dates are always tentative.

Aug. 15, 2026
Oct. 10, 2026
Nov. 14, 2026
Jan. 9, 2027
Feb. 13, 2027
Mar. 13, 2027
Apr. 10, 2027
May 8, 2027
June 12, 2027
July 10, 2027

For more information, or for suggestions for restaurants, contact Karen Knecht
714-739-1366 or Knechtfour@aol.com



PHILOSOPHER'S CAFÉ

(via Zoom)

People get together on a monthly basis to discuss a topic - either issues of the day, or any topic of general interest. Where they meet is up to the group. The discussions take anywhere from an hour to . . . ?

Philosopher's Café is being held via Zoom and in person. Please check our monthly newsletters for information on our Philosopher's Café.

Aug. 21, 2026 (zoom)	Oct. 23, 2026 (zoom)
Nov. 15, 2026 (in person)	Dec. 18, 2026 (zoom)
Jan. 10, 2027 (in person)	Feb. 19, 2027 (zoom)
Mar. 7, 2027 (in person)	Apr. 2, 2027 (zoom)
May 16, 2027 (in person)	June 11, 2027

Schedule subject to change.

Pacific Community is an affiliate of the Society for Humanistic Judaism,
an international organization



**31st Annual
Rosh Hashanah Observance**

Sponsored by the

**Pacific Community of Cultural Jews
Please join us for a secular observance of
the Jewish New Year on
Sunday, September 13, 2026**

11:00 a.m. - 1:00 p.m.
(Bagels, Lox, and Fruit to follow observance)

**Program includes the blowing of the Shofar,
an emotional candle lighting, and a
meaningful celebration.**

**Debby Penley's Clubhouse
For further information, please email
Pacific Community at Knechtfour@aol.com**

Please RSVP no later than Sept. 8, 2026 for location



41st Annual Yom Kippur Observance

sponsored by the

Pacific Community of Cultural Jews



Monday, September 21, 2026
1:00 p.m. - 4:00 p.m.

Debby Penley's Clubhouse

Our Program Consists of the Following:
A Secular Kol Nidre
A Secular Niskor (Let Us Remember)
No Host Break the Fast Dinner (Tutto Fresco-Santa Ana)

For more information, please contact
Pacific Community at Knechtfour@aol.com

Please RSVP no later than Sept. 14, 2026 for location.

Pacific Community of Cultural Jews

High Holiday Observance

Rosh Hashanah - September 13, 2026 11:00 a.m. - 1:00 p.m.

Yom Kippur - September 21, 2026 - 1:00 p.m. - 4:00 p.m.

Price Information

Rosh Hashanah & Yom Kippur

Members Included in 2026/2027 Membership Dues

Non-Members

Rosh Hashanah	Yom Kippur	Rosh Hashanah & Yom Kippur Package
45.00 pp	25.00 pp	60.00 pp

Once again, there will not be a meal served at Yom Kippur, so for those interested in participating in a “Break the Fast” Dinner, Pacific Community is organizing a No-Host dinner. Reservations must be made on the registration form for the High Holidays, however advanced payment is not needed.

The filled out registration form (attached), accompanied by **TOTAL FEES DUE**, should be sent to:

**Libby Frolichman
18687 Diddy Cir..
Fountain Valley 92708**

**All registration checks should be made out to: Pacific Community
For further information, please email at Pacifcomm@aol.com**

No Refunds Will Be Made after

Sept. 8, 2026 for Rosh Hashanah or Sept. 16, 2026 for Yom Kippur.

Rosh Hashanah / Yom Kippur Registration Form

Sponsored by the Pacific Community of Cultural Jews

September 13, 2026

September 21, 2026

Family Name _____

Address _____

City _____ Zip Code _____

Telephone (____) _____

Email _____

Please indicate which observance you will be attending.

First Name(s)	Member **	Non- Member	Rosh Hashanah	Yom Kippur	Total Fee
					\$
					\$
Memorial Donation (optional)					\$
Total amount					\$

**** If you sent in your 26/27 dues, your admission to Rosh Hashanah and Yom Kippur is already paid. If you include your dues check with this registration, no further fees for your admission to Rosh Hashanah and Yom Kippur are required.**

**Please complete the above registration form, and send it
along with your membership form and a check for registration,
payable to Pacific Community for the full amount to:**

**Libby Frolichman
18687 Diddy Cir..
Fountain Valley 92708
Break the Fast Dinner
Tutto Fresco
1808 N. Tustin Ave.
Santa Ana**

**Advance payment is not required, but RSVP's to Karen Knecht are.
(Knechtfour@aol.com)**

YOM KIPPUR MEMORIAL CARD

Yom Kippur traditionally is the day in the Jewish Calendar to honor and remember those who are no longer with us. Therefore, we invite you to submit the name(s) of people meaningful to you, who have passed away. Their names will be included in the memorial segment of the Niskor Program.

Donation \$ _____

All Memorial Card Donations will be used to support our Memorial/Donation fund.

Please print clearly.

Your name_____

Name(s) of the Deceased
(Please Print)

Relationship to you
(Please Print)

[illegible]