

MAY -JUNE 2016

NISAN-IYYAR-SIVAN 5776



The Newsletter of Kol HaEmek (Voice of the Valley)

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Please note: All submissions sent by the 20th of each month to Carol Rosenberg (carolrosenberg@pacific.net)

COMING EVENTS

Thursday, May 5, 6:30 pm (not Wed as originally announced) - **Yom HaShoah/Holocaust Memorial Day** - Candle lighting/Kaddish with Joel Cohen on his cello, followed by excellent documentary film ***The Long Way Home***, showing and telling the story of Jewish refugees after WW II (with all the refugee issues today, let's take a look at when many Jews were refugees- don't imagine that you know the story. This is a film definitely worth seeing).

Friday May 13, 6:30 pm - Kabbalat Shabbat with Shoshanah and veggie potluck.

Saturday, May 21, 10 a.m. - Shabbat service featuring the Simchat Chochmah/Joy of Wisdom ceremony of Sherrie Ebyam.

Saturday, June 11- 6:30 pm - Shavuot evening, Dairy and fruit potluck desserts, Book of Ruth and engaging activities.

Friday, June 24, 6:30 pm - Kabbalat Shabbat and potluck at the home of Divora Stern, 5975 Tartar Canyon Rd, Willits. Call for directions, 354-9911.

You Are Invited

*to a Special Shabbat Service,
a Simchat Chochmah/Joy of Wisdom
ceremony*

with Sherrie Ebyam

*This is a recently created ritual in modern
Judaism which honors passage into our
wisdom years.*

at the Kol HaEmek Shul

Saturday, May 21, 2016 at 10 a.m.

Please do not bring gifts.

Food will be provided.

The greatest gift is your presence.

Saturday Evening, June 11, 6:30 pm

**SHAVUOT
DELICIOUS DAIRY AND FRUIT
POTLUCK DESSERTS, DELIGHTFUL
AND ENGAGING ACTIVITIES**

brought to you by
your fellow KHE Chaverim

Opportunities for Tzedakah

Kol HaEmek (the Voice of the Valley) is funded by your member dues as well as your generous contributions to a **number** of funds including

- 1) Building Fund
 - 2) Religious School Fund
 - 3) Scholarship Fund
 - 4) General Fund
 - 5) Memorial Board Fund
 - 6) Tzedekah Fund
 - 7) Rabbi's Discretionary Fund
 - 8) The Marion and Sanford Frank Fund for feeding the hungry in Ukiah and Willits
 - 9) Mazon -a Jewish Answer to Hunger
- Call: David Koppel, 485-8910

send checks to:

Kol HaEmek, P.O. Box 416, Redwood Valley, CA 95470

Condolences to the Katz family on the recent death of Kathy's brother, Dale Dingman. Dale, who lived with Kathy and Aaron for some 20 years, was the person responsible for renovating the Willits Art Center. The plan is for a memorial at the Arts Center, but no date has yet been set.

It is with sadness that we report the death of Laurie Spence's younger brother David. We send condolences to all of the family.

SAVE THE DATE!

Friday, Aug 19 - Tu B'Av/Shabbat celebration outdoors under the full moon at Shul - bring your musical instruments, the songs you want to sing, and your good cheer for this 'Love-In' holiday. This is your opportunity to honor Shoshanah's completion of 13 years as KHE rabbi and say farewell.

We Remember

Joel Green, Yossel - May
Jim Rowland - May
Gerald Marans, - May 1
Ben Rosenberg - May
Janet Fisher - May 2
Harry Bistrin - May 4
Harold Koppel - May 6
Elenore Feldman - May 9
Harriet Libby Domas - May14
William X. Silva - May15
Beatrice Starosta Coren - May 16, Sivan 3
Nancy Brooks-Miller May22
Julius Markowitz - May 25
Vera Meyerhof - June
Daniel Rosenberg - June 1
Harry Stanten - June 2, Sivan 6
Edward Wander - June 6
Helen Feinberg-Ginsburg - June 6
Harry Rothschild - June 10, Sivan 7
Thelma Cohn - June12
Sylvia Marans Elberg - June12
Joseph P. Suffel - June 21
Natalie Wachspress - June29
Elliot Rivers - June 29
Leah Frankle - April 14, Nisan 7
Bessie Dale - March 29, Nissan 12
Adeline Rosen - Nisan 14
Pearl Renee Horowitz - Nisan 18
Beatrice Hecht - April 27, Nissan 22
Milton Coren - April 4, Nisan 25
Charles Sorkowitz - Nisan 28
Jessica Anne Doctors - Iyar 16
Milton Fleiss, Iyar 8
Sidney Kowarski - Sivan 14
Herbert Rubin - Sivan 24

Portion of the Week and Holidays

May 7 - Ache Mot
May 14 - Kedoshim
May 21 - Emor
May 30 - Behar
June 4 - Bechukotai
June 11 - Bamidbar
June 11 - Erev Shavuot
June 12 - **Shavuot**
June 18 - Nasso
June 25 - Beha'alotcha

Mazel Tov

!To Adyson Posner, Ziven Posner, and Eli Edelman, members of Pomolita Middle School's Science Club, which placed second at the Sacramento Regional Science Olympiad

Mazel Tov

To Ari Sunbeam actor, Melanie Katz choreographer, Moses Sunbeam lighting and sets, and Amanda and Kathy Katz who made costumes for the play ARCADIA at Mendocino College.

Mazel Tov

to Nathan Joseph on winning a silver medal in the 3-4th grade Division of the California Science Fair

Purim 2016

We celebrated beautiful decorated Purim with games and decorations by Miriam, Joanne, Victoria and Linda Koppel. Play by Ariela Hesse and Adina Merenlender. Wonderful hamantaschen and cookies by our community of wonderful bakers. Best of all: beautiful children and grandchildren to enjoy the celebration.

Donations to KHE for the month of January-February-March Thank you

Judith M. Corwin
Robbie Gitlin and Karla Gitlin
Jay Joseph and Jennifer Joseph
David Koppel and Linda Koppel
Nancy Horowitz Moilanen and David and Elisa
Elizabeth Raybee
Barbara Waugh and Ernie Waugh
Divora Stern
Darline Bergere and Josh Bergere- Homeless
Food Fund
Andy Coren and Yvonne Coren
David Vilner
Isa Posner-Rabbi's Fund
Rachel Elkins and Dana Thibeau
Judith Fuente and David Nelson- Homeless Food
Fund
David Koppel and Linda Koppel
Margo Frank and Marc Levine
Milton and Mildred Rosen Foundation

Many, Many Thanks!

To Tara and Stuart Marcus for hosting and to Janae Stephens for handling all the sign up arrangements of our wonderful KHE Shambhala Seder attended by over 50 folks of all ages.



Photo by Helen Sizemore

As part of our Simchat Chochmah studies, we read the Psalms that appear in the daily morning prayers. Then we went home and came up with our own.

Psalm of Sensation by Shoshanah

O God, how do I speak to you today?

Or how do you speak today to me?

With neuropathy burning up my legs

With legs blocked from moving forward

Turning solid like Mrs. Lot's pillar of salt.

Losing balance in mundane moves

Falling sideways and bruising my being.

Do I say thank you, God?

Do I say what a great gift you bring me?

Do I rage and stomp that this is my fate?

Fate? Fate calls for a response.

I will feel the energy in my legs. I will register each sensation.

I will feel the force, the power, and at times the delicacy of neuropathic visits in my vessels.

This is happening in me, from my toes to my groin.

I acknowledge my connection with the earth, and invite energy into my being.

The fiery deep core energy of our planet surging into me,

Supporting me. I acknowledge this power within me -

Lighting me up, helping me to know who I am,

Proclaiming my own urge to express moving through me.

Empowering my body, my organs, my heart, my soul

To cut like a sword when need be

To stand firmly and with resilience

To receive and send out percolating, radiating love.

To be a transmitter.

To rest when I need to- a time to simply be

Not needing to fall first to prompt stillness

Till my life force moves me once again.

Help me see neuropathy as one way of singing your praises.

Thank you, Dear One, for the opportunities to be embodied.

Amen. Sela.

A Psalm by Sherrie Ebyam

The breath of summer is leaving, hills having turned to brown,
late afternoon warmth giving way to ever cooler clime

Grateful for what remains and remains to be seen of God's creation

In awe of God's offerings

I am part of something larger than myself that connects me to all life

to generations upon generations of families, scattered from deserts in North Africa

I cling to my roots on this earth

faith in my one God

my Almighty

Who breathes life into me

Granting me breath

I am held in God's arms

While I release myself and pray to do God's bidding

to pray for knowledge of God's will for me, of love, of compassion, of kindness

toward every child

with every living being.

Amen

Psalm by Karen Rosen

Oh Holy One Let thy Light shine into all the dark places in my being.

Let your Light shine onto all the darkness in the world

So that we may bring awareness to all aspects of our existence .

Let the Truth wash over me and may I feel purified as the winter rains soak in and cleanse the earth.

Release me from the inertia that holds me.

May I serve as needed in this world.

May I serve as needed family, friends, and community.

Amen

Kol HaEmek has a Memorial Board for our Shul!

Many, years ago Nancy Horowitz Moilanen made the first mention and the first donation for a KolHaEmek Memorial Board for our Shul. Finally, this April, Hillel Posner completed and installed a wall plaque to commemorate the joys and losses of this Jewish community.



If you wish to purchase one or more leaves, the initial cost will be \$250 for the smaller leaves and \$500 for the larger leaves. before June 30 2016. After July1, 2016 each smaller leaf will be \$275 and the larger leaves will be \$525 each.

Please send an e-mail with the information you want inscribed and the size of leaf you want to Carol Rosenberg @pacific.net. Hillel will inscribe the information and the leaves will be installed before September 2016. David will send you an invoice for your cost.

The board is about 5'x 5ft square and is on the entrance wall to the shul.

Thank you Nancy, Hillel and all the contributors through the past years.

Healthy Eating Class Offered to Kol HaEmek Members by Amy Wachspres, MA, HNC

In 2015, I completed my holistic nutritionist certification through Bauman College. I learned so many exciting things about health and nutrition, and I am eager to share. I am therefore offering my transformational healthy eating class to the Kol HaEmek community this summer. The series of four workshops teaches essential nutrition principles for a lifetime of health. I will present practical information that provides guidance toward making daily diet and lifestyle decisions that will improve your health, mood, sleep, mobility, and/or management of chronic conditions. You will gain the skills necessary to make changes in your diet, lifestyle, and approach to food that will have a lasting, positive impact on your health and longevity. You will be able to use your increased knowledge of nutrition to improve the health of your family and loved ones. I will deliver this class in my home in Ukiah on four consecutive Thursdays (6/16, 6/23, 6/30, and 7/7). Classes will begin at 6:30 PM and will last for an hour (or longer for those who wish to stay for further discussion). All participants will receive a workbook with informational handouts, including recipes. The total cost of the series is \$50 per participant (a second family/household member may take the class at a discounted price of \$30 with a shared workbook). If participants are interested, the class may be preceded by a potluck dinner. Call me to sign up or for more information at 462-2057. –Amy Wachspres

Dear KHE Chaverim,

At second-night Seder this year, the leader turned to me and asked, what does Eliyahu HaNavi (the prophet Elijah) have to do with bringing the messiah? We had just sung the popular Elijah song as we'd welcomed him to our Seder. The five-year-old who'd opened the door for us declared on the way back to his seat, "Elijah is not real!" My immediate response had been, "he's real in our hearts and souls." I told how the legend is that Elijah never died, for he was taken up to heaven in a chariot. He returns to us in every generation to help the poor and bring succor to the needy, and many are the tales of those who have had encounters with him. In fact, once, while living in Jerusalem and working at the excavations at the foot of the Temple Mount, I had been driving out of the city's Dung Gate when an old man approached and asked if I could give him a ride. That had never happened to me before. I obliged, and it turned out that he was going right to my neighborhood! I'd had the strongest feeling that I was being blessed with a visit from Eliyahu HaNavi!

But then I went on at the Seder to tell the underside of the story of the ancient Eliyahu. In his day, he'd been a great zealot for YHVH. Times were tough for prophets of the Israelite God. Most of them had been slaughtered by the Israelite King Ahab and his wife Jezebel, who was devoted to the prophets of Baal. Elijah set up a contest between himself and the prophets of Baal on Mt. Carmel. Each built an altar to their respective deity, and Elijah even surrounded his with a moat of water. Yet fire from heaven descended straight to Elijah's altar, but not to the altar of the prophets of Baal, giving a clear indication of whose offering was accepted and whose God was "real." With this "proof," Elijah felt vindicated in then slaying the 200 prophets of Baal. This all comes straight from the Bible. So here comes the *midrashic* twist in the story: God was not pleased by Elijah's extreme and vengeful zealotry, and appointed him to return generation after generation so he could learn humility and compassion by serving those in need again and again.

It was only at this point in our Seder conversation that the messiah question stated in the pending line of this column was addressed to me. The last line of the Elijah song is "speedily in our days, he (Elijah) will bring to us (or, may he bring to us) the messiah (meaning, 'anointed one') who is the offspring of David." Again, without hesitation, I responded: after the messiah comes, we will still be chopping wood and carrying water. Interesting that what first came to my lips was an adaptation of a Buddhist phrase: after enlightenment, chop wood and carry water. I then went on to amend this answer with an ancient Jewish quote: should you hear that the messiah has come while you are planting a tree, go on planting the tree!

After the Seder, my words repeated themselves in my head. Was I saying that there is no messianic redemption? Didn't I need to give people at the Seder a more hopeful "take" on salvation? How IS Elijah the harbinger of the messiah? Did you know that at every brit it is traditional to have an honored chair for Elijah? We invite his presence not only at our Seders, honoring our ongoing struggles for freedom, but at our celebrations of welcoming the new babes among us. Is not the birth of a new generation a messianic sign in and of itself? The very hopefulness and delight engendered by new life IS messianic! How wonderful it was to have babies present at both Seders I attended this year.

Perhaps Elijah's karma (to employ a non-Jewish, but very apt, term) in coming back generation after generation is actually an example of messianic presence? We could posit that Elijah's consciousness is continuously expanding through his ongoing good deeds, or that he is by now a Tzaddik who himself is enlightened, but who chooses to return to earth to help the rest of us (you may know this as a bodhisattva, another Buddhist term, but it actually is a traditional Jewish mystical understanding of what enlightened souls

choose to do, since the earth is not fully redeemed until the Tzaddik in all of us is developed).

So for me, I'm not throwing out the messianic notion, because hope is so integral to our well being, to a vision of healing ourselves and our world. But just as I wouldn't put my hope in a despot to bring salvation, I also wouldn't put my hope in a messiah, a particular leader, to cure our world's ills and bring about a halcyon era. Too many blind spots on both accounts, too much opportunity for disappointment to engender despair. "Inch by inch, row by row, gonna make this garden grow...." - a metaphor which works for residents of Mendocino County at this time of year.

Once again I turn to Rav Kook, the chief rabbi of the Jews in Palestine under the British, for a messianic vision I can embrace. Quoting from the biblical book of Lamentations/*Eichah*, he tells us that "*ruach apeinu mashiach hu*," the messiah is in the breath of our nostrils. This is neither the image of a grandiose hero leader nor a dawning messianic age, but of the potential within us, always available, that is renewable with every breath. Remember that the word messiah literally means anointed, and originates in the cohenim/priests, and later the kings, being anointed with pure olive oil. (The original hope for a messiah was for a king of the line of David to arise who would redeem the people from foreign oppression.) And "*ruach*" means both breath and spirit. May each breath help us remember that we are being anointed within with holy spirit, and may this be enough-dayenu!- to help us get through our own current "*yetziat mitzrayim*"/ "going forth from Egypt," from slavery to freedom, whether on a personal or collective level. In the words of Rav Kook, "The core of freedom is to be...loyal to our inner essence: to the *tzelem* Elohim/divine image that is within us." *Dayenu!*

B'Shalom oovrachah/In Peace and Blessing,
Shoshanah

My Psalm for Today- March 4, 2016- Shoshanah

I give thanks O Lord
For the light and shadows
For the sweet rose scent and thorn
For the honey and the sting
For the ability to move and shift form, shape, and perspective.
For the trees, limbs and leaves blowing in the wind
For the love that connects and sustains us
For the marvels that surprise and heal us
For the help I can ask for and receive
Blessing upon Blessing.
Amen. Sela.



Kol Ha Emek MCJC-Inland
P.O. Box 416,
Redwood Valley, CA 95470

Our purpose is to create an environment in which Jewish culture, religion and spiritual life can flourish, to perpetuate and renew our Jewish connections with ourselves and our homes, within our community and the world.

- To provide space for religious study and prayer.
- To share life cycle events through meaningful Jewish traditions
- and sponsor Jewish education for all ages
- To be inclusive of all partnerships and family configurations
- To include interfaith families and Jews-by-choice
- To network with other Jewish communities
- To educate and share our culture with other Mendocino County residents
- To be a foundation for *Tikkun olam* (healing the world) as a community through socially just actions and and by Mitzvot)
- To offer to our membership in exchange for financial and other contributions and allow all to participate regardless of the ability to pay

Kol HaEmek Information & Resources

Kol HaEmek

(707) 468-4536

Board Members

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Brit Mila: Doctors willing to do circumcisions in their office or your home; Robert Gitlin D.O. (465-7406), Sam Goldberg (463-8000; Jeremy Mann (463-8000)
Chevra Kadisha (Jewish Burial)) Helen Sizemore (367-0250)

Community support: Willits, Divora Stern (459-9052), Ukiah, Margo Frank (463-1834)

Interfaith Council: Cassie Gibson (468-5351)

Rabbinical Services/Special Ceremonies: Rabbi Shoshanah Devorah (467-0456) sdevorah@gmail.com