



The Newsletter of Kol HaEmek (Voice of the Valley)
 Physical address 8591 West Road -Mailing address P.O.Box 416, Redwood Valley, 95470 Phone: 707-468-4536
 Please note: All submissions sent by the 20th of each month to Carol Rosenberg (carolrosenberg@pacific.net)

KHE Holiday Schedule 5776

Friday, August 28, 4:30 pm, Shul School

Friday, August 28, 6:30 pm, continued: round-the-table veggie/dairy potluck Shabbat

Saturday, September 5, Slichot, 8:00 pm, Our Jewish Monologues, presented by writers of our KHE community, directed by Linda Posner

Sunday, Sept. 13, 7-9 pm, Erev Rosh HaShanah service

Monday, September 14, Rosh HaShanah, 10 a.m.to 1:00 pm service

Children's Service 11-11:45 a.m.

Kiddush will be 1-1:30 pm, following the service, instead of during a break in the service as in recent years. Note that we are starting our morning service an hour later this year, and the entire service will be 3 hours, which has been the length of the pre-Kiddush service in recent years.

Tashlich 2:00 pm, Potluck Picnic, followed by ceremony led by Divora Stern at Lake Mendocino, Pomo Day Use Area B. Use Highway 20 to reach the northwest part of the lake. Go past the Pomo roundhouse to the second parking lot, park near the bathrooms and walk toward the lake.

Sunday, Sept 20, 12:00 noon, Mikveh for men led by Bob Mandel, **2:00 pm** for women led by R. Shoshanah, at Pennyroyal Lake. Meet in the Parducci parking lot to carpool to the lake.

Tuesday, Sept. 22, 7:00-9:00 pm, Erev Yom Kippur, Kol Nidre Service- this is the one night of the year we wear a tallit.

Wednesday September 23, Yom Kippur

Morning service 10:00 a.m.-2:00 pm; Children's service 10-10:45 a.m.

Afternoon service 4:00 pm, until 3 stars visible in sky; open Torah and Yizkor through evening Concluding Service, followed by break-the-fast potluck

Create a Succah on Sunday Morning, September 27. A team of bamboo hunters is needed!

Sunday, September 27, at 4:00 pm, Shul school We will decorate our Succah!

Sunday, September 27, 5:30 pm, First eve of Sukkoth, Come celebrate with a potluck supper and ceremony in our Succah

Monday, Oct 5, 5:30 pm, Simchat Torah celebration with dancing and scrolling of the Torah led by visiting Rabbis Darya and Joshua, followed by veggie/dairy potluck.

Friday, October 23, 4:30 pm, Shul school; 6:30 pm, Shabbat, Round-the-Table celebration and veggie/dairy potluck

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) Tzedakah 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

Question? Call: Carol Rosenberg 463-8526 send checks to:

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

Portion of the Week and Holidays

September 5 - Ki Tavo
September 12 - Nitzaim
September 13 - Erev Rosh HaShanah
September 14 - Rosh HaShanah
September 19 - Vaylech Shuvah
September 22 - Erev Yom Kippur
September 23 - Yom Kippur
September 26 - Haazinu
September 27 - Erev Sukkoth
September 28-29 - Sukkoth
October 3 - Hol Hamoed
October 5 - Shemini Atzeret
October 6 - Simchas Torah
October 10 - Bereshit
October 17 - Noah
October 24 - Lech Lecha
October 31 - Yayera

We Remember:

Tena Marans - September
James Meredith - September 9
Henry Marvin Levin - September 9
Ana Mahoney - September 10
Tal Sizemore - September 11
Ida Mann - September 11
Bernard Cohn - September 13
Miriam Markowitz Blatt - September 13
Belle Spiegel - September 15
Jack Jacob Goll - September 17
Audrey Brooks-Miller - September 18
Abraham Posner - September 23
Hyman Antioch - September 29
Maya Swartz - October
130 Members of the Stern Family - October 1
Bonnie Ann Springer - October 7
Sylvia Glazer - October 8
Ronald Sisselman - October 8/Tishrei 9
Rose Wolff - October 13
Stan Showers - October 14/Heshvan 2
Victor Wolff - October 17
Morris Shuper - October 17
Joseph Barr - October 17
Don Roberts - October 20
Todd Harrison - October 21
Abraham Koppel - October 21
Ena Koppel - October 21
Jean Shirley Kisslinger - October 21
Pauline Strauss - October 27/Heshvan 1
May Meredith - October 28
Nancy Parker Orton - October 29
Abraham Cohen - October 29/**Shabbat**
Heshvan 12
Frieda Eisman - October 31
Philip Kam - Elul 23
Viola Faber - Elul 28
Rae Stanten - Elul 29
Pearl Turovitz - Tishrei 7
Minne Sorkowitz - Tishrei 8
Sanford 'Fritz' Frank - Heshvan 25

Open Letter to the Congregation about Lunches to Feed the Hungry

Dear Fellow Members of the Synagogue,

As most of you are probably aware, a loyal and intrepid group of our congregation gathers at the Methodist Church every other month on the third Sunday of the month to make bag lunches for the homeless, since Ukiah's community dining hall is closed on the weekends. Many faith communities participate in the weekend program so that one or the other of us makes a lunch each week for Saturday and Sunday and those unfortunates in our community do not go hungry. For many years Cassie Gibson and Dan Hibshman have coordinated this service, and I can't say enough to thank them for their dedication and hard work to make the homeless lunches happen.

I am writing to ask for your help to cover the cost of these lunches. I will explain, but first let me say that if 30 people in the congregation contribute just \$10 per year toward the lunches then it would make a huge difference. Please keep reading. We make 6 lunches a year. Cassie receives a budget of \$120 to make lunch for 100 people each time we do it. I challenge you to make a respectable lunch for 100 people for \$120. The lunch we make consists of a cheese-and-lettuce sandwich on whole wheat bread, a small bag of chips, a chewy granola bar, fruit (as in season), and a bottle of water. With careful shopping, Cassie is able to buy the ingredients for this lunch for about \$180. Cost fluctuates depending on availability of affordable cheese and it can sometimes run more than \$180 for the lunch as a result. Where does the extra money come from? For many years, Cassie quietly took it out of her own pocket. After a while, she mentioned this to the group and others who regularly participate began to contribute to make ends meet.

The lunch we make is bare bones and it is challenging to buy good quality food on such a low budget. If we had a bigger budget we could explore upgrading the quality of the food. Doing the math (which is not my strong suit but I am giving it my best shot), another \$60 per lunch times 6 lunches per year is \$360. I am appealing to you to help us reach a goal of \$300 more per year. (Those of us who make the lunches can handle the additional \$60, or however much we need to spend to get better quality food.)

This fall, when you pay your membership dues for Kol HaEmek, please consider contributing an extra \$10 toward feeding the hungry. When you send your money, just include a note asking David Koppel to put \$10 of your check into the Homeless Lunch Fund. If 30 people do this, we'll hit our goal and it will make a huge difference. What a terrific and easy act of tzedakah. If you have read all the way to the end, thanks so much!

Sincerely, Amy Wachspress

A new year of shul school is just about to begin. We have a small but dedicated group of children who will continue their studies in Hebrew and Jewish culture. We meet once a month, usually the fourth Friday of the month, from 4:30-6:30 for shul school and then afterwards enjoy an around-the-table Shabbat potluck dinner.

I am writing to see if any community members would like to step up and teach a session of shul school (just one Friday out of the year). If you are interested in working with youth in this way, please let me know. They are a fun group and very eager to learn. If teaching does not appeal to you but you like to do something else, we also need a host for each round-the-table Shabbat. The host sets the tables, puts the food out, brings the challah and lights the Shabbat candles.

Please contact me if you are interested in either teaching or hosting a shul school session.

Thank you.

Sigrid White Phone #272-1859 <sigridwhite@gmail.com>

Donations to KHE for June and July, many, many thanks.

Judith M. Corwin

Judith Fuente and David Nelson

Jay Joseph and Jennifer Joseph

David Koppel and Linda Koppel

Nancy Horowitz Moilanen ,David Moilanen & Elisa Maas

Linda Posner

Elizabeth Raybee

Amy Wachspres

Nancy Merling in honor of the Bar Mitzvah of her grandson Ethan

Stephen Pasternak and Lisbeth Pasternak

Erika Strong and Douglas Strong

Carol D. Rosenberg in honor Linda and David Koppel's 40th Anniversary

Reid Edelman and Deborah Edelman

Darline Bergere and Josh Bergere

Carol Orton

Sherrie Ebyam

Ina Gordon and Edward P. Dick

Virginia Dakin

Janet Gurvitch

Condolences to Ann Molgaard, Zane and Eleya on the death of Michael Kisslinger, husband and father

Condolences to Harvey and Jackie Frankle on the death of Harvey's sister Arlene Frankle, in Florida with her family by her side.

Marlene and Gary Freedman, and parents Rayna Freedman and David Hirsch on the birth of baby Skyler on May 31.

Congratulations to Barbara Stanger, Cassie Gibson and Betty Lacey, whose quilts are on display in the Ukiah Public Library this summer.

Congratulations to Penny Walker and Irwin Feldman on the July 25 wedding of their son, Benjamin Walker Feldman, to Maria Theresa Lambino in Walnut Creek.

Penny writes:

"Their vows were amazing; if they live up to them they will have a happy life together!"

Congratulations to Judy Corwin's daughter Sharia.

Judy writes: Sharia became engaged, on her birthday, August 1. Ross Hallet is the lucky man. Asked for my blessing before he popped the question. He's definitely a mensch.

**Kol HaEmek
Annual Support Information**

Please return your membership/High Holiday commitments by September 7,
Mail To: Kol HaEmek, Box 416, Redwood Valley, CA 95470

Name _____ and _____

Address _____

City/State _____ Zip _____

Children _____ Birth Date _____

_____ Birth Date _____

Phone# _____ E-mail _____

Annual Support--first three levels include High Holidays, newsletter and rabbinical support

Membership Levels

- Benefactor \$ 1100
- Family \$ 600
- Individual \$ 300
- Shema \$ 50

Extra Fund Support

- Landscaping
- Building fund
- Rabbi's fund
- Homeless /Hungry Fund
- Other

Method of payment:

I have included a check for \$ _____

A credit card authorization for full payment. Charge my card Quarterly, Monthly

Card type Visa or Mastercard

card # _____ Expiration date _____

Signature of card holder _____ 3 digits on back _____

High Holiday Services Only

I will attend High Holiday Services Rosh HaShanah Yom Kippur
Instead of annual support i will pay \$200 per adult and \$60 per child

Please include these names in the Yizkor Memorial List and add them to the Yahrzeit list (include date of death in English or Hebrew)

Dear KHE Chaverim,

I CHALLENGE YOU! I challenge you to show up! To make the Holy Days holy for you! Not to write them off because they fall on weekdays this year. Not to put them as secondary to going to work or going to school or whatever you'll also be doing the day before and the day after. Not to rationalize that you're angry at Israel or that being Jewish is irrelevant to you or that the holidays are antiquated and irrelevant and hold no meaning for you.

IT'S UP TO YOU to make, give, and find meaning - it's not up to me, the rabbi, nor the congregation, nor the liturgy, nor the Torah to entertain you or even infuse you with holiness. It's not up to the actions of Israelis or proof or denial of a living God to determine whether you decide to participate in Rosh HaShanah and Yom Kippur. There's a story about two brothers who wanted to check out if Friday night and Saturday are intrinsically holy or if humans, by celebrating Shabbat, endow the day with kedushah/holiness. So one week they made Shabbat on Wednesday. They did everything as they would have on the traditional seventh day. And they discovered that the Wednesday Shabbat they created was imbued with all the sacred beauty of a classical Shabbat experience. They concluded that WE make Shabbat.

And so it is upon US to consciously opt to look at our past year and as best we can check out the path we've been on and recognize our lacks and make amends and open our bodies, hearts, minds and souls to healing ourselves and the world around us and to celebrate being alive to begin a new year. To do this we need to step outside of our everyday routines! When I was growing up, folks would talk about the Jews who came to services only on the High Holidays. But even these grand, once-a-year holidays don't necessarily draw folks these days. I am distressed when I hear people in KHE opt to let the holy opportunity of these sacred days slide right by, and without skipping a beat go on with their own mundane activities as well as send their children to school. To me, this deprecates the value one assigns to one's deepest/highest self by not taking time and making the effort to pay attention to the larger picture of being alive, to experience the awe and mystery of being alive, human, and Jewish on this planet.

I do not like to be preachy. and I certainly can't dictate to you how to "return to the land of your soul." Hopefully, setting aside your daily tasks, wearing special clothes for these special occasions, singing special songs, being aroused by certain prayers, entering silence, being in community, hearing the shofar, are all modes of supporting you to enter a more expansive and intimate space. But you need to opt to participate. The essential, ancient meaning of Kedushah (linked to Kadosh, Kiddush, Kaddish) is 'dedication.' If something is sacred, holy, it is dedicated - whether to God, or to your marriage partner (in the Jewish wedding ceremony we say, "behold, with this ring you become sacred/Kadosh/dedicated to me." Holiness orients us, sets our intention, our kavanah. And it sets us apart, separates us from that to which we are not dedicated, gives holiness to the purpose and process we commit to.

To what do you want to dedicate yourself and the education of your children? Are you willing to take the opportunity that our Jewish tradition provides on Rosh HaShanah and Yom Kippur to make yourselves and your children holy vessels, to align with what is of most value to you via participation in our ancient heritage? If a particular practice during services doesn't work for you, it's up to you to make a choice - it's a time-honored Jewish tradition for folks to turn to a text that draws them rather than follow what's being recited on the page. What will help you shed, renew, and "return to the source of it all?" It may be stepping outside to breathe the fresh air, or it may be choosing to spend the day in nature, in study, or in meditation without joining with community at all - though community at its best can help us transcend our small selves. And being with our KHE community plugs us into our much larger Jewish community that crosses time and space. I hope you will avail yourselves and your children of the opportunity to step out of the ordinary to mark this new year of 5776. IT'S UP TO YOU! L'Shanah Tovah / To a Good Year!

B'Shalom oovrachah/ In peace and Blessing, Shoshanah

If there is something you and I need to clear at this time of recalibrating ourselves and our relations, please do contact me. I ask forgiveness if I have hurt you in any way, knowingly or not



For Slichot.

September 5, 2015



OUR JEWISH MONOLOGUES

8:00 P.M. at Kol HaEmek

8591 West Road, Redwood Valley (just before Eagle Peak School)

Under the guidance of Rabbi Shoshanah, nine members of KHE have been writing stories of their Jewish experiences.

Linda Posner is assisting seven of them to present their best stories for you.



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

David Koppel, Treasurer	485-8910 < davekoppel@yahoo.com >
Nancy Merling,	456-0639 < nancymerling@att.net >
Carol Rosenberg	463-8526 < carolrosenberg@pacific.net >
Sherrie Ebyam	530-414-1104 < ebyam@sbcglobal.net >>
Bob Mandel -	696-2712 < bobLXVII@hotmail.com >
Sigrid White	272-1859 < sigridwhite@gmail.com >
Barbara Stanger	234-3261 < aurnaenterprises@gmail.com >

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 (462-1595)

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

Interfaith Council: Cassie Gibson (468.5351(415)-777-4545, (887)777-5247

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

Tzdakah: Fund (Financial Assistance) David Koppel (485-8910)