



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)

COMING EVENTS

Friday, January 8, 6:30 pm - Kabbalat Shabbat with Shoshanah and veggie/dairy potluck at the **home of Barbara and Leo Stanger**, 400 West Clay St. Ukiah. for directions call 234-3261

Friday, January 22, 4:30 pm, Shul school

Friday, January 22, 5:30 pm, Round-the-table Shabbat, Tu B'Shvat Seder all welcomed

Saturday, January 30, 10:00 a.m., Morning Torah Service, Torah Service we need to have 10 adults.

Sunday, January 31, 11:00 a.m., Annual Meeting and Brunch served by KHE Board.

Friday, February 12, 6:30 pm - Kabbalat Shabbat with Shoshanah and veggie/dairy potluck.

Friday, February 26, 4:30 pm, Shul School

Friday, February 26, 6:30 pm, Round-the-table Shabbat, all welcomed

Kol HaEmek's Annual Meeting and Special Event!! January 31, beginning at 11:00 a.m.

Come and meet Josh and Daria Jacobs-Velde, our soon-to-be new rabbis! This will be at our annual traditional opportunity to share ideas, enjoy a meal together, and plan for the congregation's future.

There will be a luncheon at noon prepared by the Kol HaEmek board, followed by discussion of the coming changes in our congregation when Rabbi Shoshanah retires in August.

Also: Book Exchange
Bring books you have read and enjoyed; leave yours and take home books your friends have enjoyed.

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(local).
 - 9) Mazon -a Jewish Answer to Hunger (international)
- Call: David Koppel, 485-8910

send checks to:

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

Congratulations:

To Miriam McNamara for her prep and oversight of the program, and to Melanie Katz and Ari Subeam for their participation in the wonderful, recent Mendocino College Dance Review honoring 25 years of dance at the College.

To Stuart Marcus for his award from the Travel and Tourism Commission of Mendocino County.



Portion of the Week and Holidays

January 2 - Shemot
January 9 - Va'eira
January 16 - Sh'vat
January 23 - Beshalach
January 25 - Tu B'Shevat
January 30 - Yitro
February 6 - Mishpatim
February 13 - Terumah
February 20 - Tetzaveh
February 27 - Ki Tisa

We Remember:

Raymond Glickman - January
Louis Fisher - January
Joseph Brooks-Miller - January 15
Lynn Teplitsky - January 15
Ken Holden - January 16
Jacob J. Borkan - January 16
Tom Lowenstein - January 21
Joshua Edelman - January 30
Louis Klayman - February
Dr. Steven Perlman - February
Robert Kraus - February
Lola Sher - February 4
Hattie Glickman - February 4
Rachel Faigin-Bleicher - February 12
Jucie Stern - February 15
Lewis Rapport - February 15
Anita Koppel - February 17
Esther Daniels - February 19
Thomas Brooks-Miller - February 22
Tom Shine Mapp - February 22
Donald Brooks-Miller - February 28
Marian Margolis Frank - Tevet 20
Paul Korowsky - Tevet 26
Dori Anderson - Tevet 26
Murray Cohen - Shevat 2
Nathan Zorkowitz - Shevat 3
Sudharma Kumari - Shevat 23
Arthur Hecht - Adar 7

Donations to KHE for OCTOBER 2015. Thank You!

Louisa Aronow and Sandy Turner
Judith M. Corwin
Rachel Elkins and Dana Thibeau
Harvey Frankle and Jackie Pelner Frankle
Jay Joseph and Jennifer Joseph
David Koppel and Linda Koppel
Robert Mandel
Nancy Horowitz Moilanen and David & Elisa
Elizabeth Raybee
Nancy Merling
Richard Yusem and Rachel Arama Yusem
Jean Morawski
Andy Coren and Yvonne Coren
Sherrie Ebyam
Mark Levin and Kathy Crosby
Robert Galambos
Michael Charnes

Donations to KHE for NOVEMBER 2015. Thank You!

Judith M. Corwin
Rachel Elkins and Dana Thibeau
Judith Fuente and David Nelson
Jay Joseph and Jennifer Joseph
David Koppel and Linda Koppel
Nancy Horowitz Moilanen, David & Elisa
Elizabeth Raybee
Janae Kraus Stephens and Gary Stephens
Stuart Marcus and Tara Lesley Marcus
Carol D. Rosenberg in memory of Esther Pelner
Margo Frank and Marc Levine
Reid Edelman and Deborah Stanger Edelman
Darline Bergere and Josh Bergere
Robin Sunbeam
Andy Coren and Yvonne Coren
Carol Orton
Sherrie Ebyam
Sara Esserman-Melville and Anthony Esserman-Melville
Sigrid White and Leila Achtoun
Deborah White

***KHE Change is in the Air* --The Strategic Planning Committee**

Rabbi Shoshanah's announced retirement effective 9/1/16 launched our community into a time of transition. To facilitate this process the KHE Board has offered a contract to Rabbis Joshua and Daria Jacobs-Velde to provide for us a limited number of Shabbat services, holiday celebrations, and Shul School events.

At the same time, this time of transition allows our community to reflect on how to increase our capacity to support our vibrant Jewish community. A newly formed strategic planning committee is helping the Board set up various opportunities for community members to participate in suggesting ways that we can build community, increase our resources, and envision a viable future for Kol HaEmek. As part of this effort we will augment regular schedule of holidays and services led by Rabbis Jacobs-Velde with visits from rabbis of your choosing. So, please let the Board know if you have a rabbi in mind whom you would like to have share a Shabbat with our community so they can extend an invitation and include them in the schedule. The combination of a regular holiday schedule with Rabbis Jacob-Velde along with visiting rabbis means we all can look forward to an amazing year ahead.

With so much in flux, we really need everyone to participate in the upcoming community meeting and lunch (catered by our Board) on Sunday, January 31, from 11 a.m. to 2:00 pm. This meeting will be a great opportunity for everyone to meet Rabbis Jacobs-Velde, begin this visioning process, and show support for Jewish life in our community.

From the KHE Board

The KHE Board is pleased to announce we have offered a contract to Rabbis Josh and Daria Jacobs-Velde for rabbinical services starting in September, 2016. It is our intent that they will be here for a weekend each month, at holidays, and hopefully for classes. Josh and Daria currently live in Sebastopol and are founders of an outdoor program in Jewish living called Zmanim

Both are graduates of the Reconstructionist Rabbinical College in Wyncote, Pennsylvania; Daria graduated in 2009 and Josh in 2011. Daria has degrees from Harvard University School of Education and Brandeis University. Josh's undergraduate degree is from the University of California at Santa Cruz. He also studied at Reed College, the University of Wisconsin program in India, and University of Notre Dame (Peace Studies).

To quote from Art Einzig, who was Board President during the four years Josh and Daria served as co-rabbis of Congregation Ohev Tzedek-Shaarei Torah in Youngstown, Ohio: "You can't go wrong with them. Both are highly intelligent. They were both sensitive to congregants' needs. Daria could be a cantor as she reads Torah so well. They were always well prepared in any dvar Torah. They have different approaches but both equally as good."

Many thanks to Rabbi Shoshanah for bringing these wonderful people to our attention and for her help in planning for her succession. Daria and Josh will be with us on January 31 at the annual meeting (11:00-2:00) and you will have the opportunity to meet them and see why we are so pleased to have them serve our community.

Please call Rabbi Shoshanah if you can help make this happen! (467-0456)

Tara and Stuart Marcus have graciously invited us once again to celebrate a Seder at Shambhala, which we would do on the second night of Seder, Saturday, April 23. For those who don't know, Shambhala is a retreat lodge located about 20 minutes west of Orr Hot Springs. In past years, a good number of folks would opt to stay overnight and partake of brunch and the gorgeous location the next morning.

Stuart writes:

We need Kol HaEmek and volunteers to deal with the food and kitchen cleanup responsibilities, just like they would at the Shul. Tara and I could prepare some of the food, even possibly cook a giant turkey, but not everything. We would do the dinner tables and chairs set up. **Just like all retreats we would need general lodge tidying & kitchen cleanup**, but we will have a cleaning crew arrive afterwards to do the deep clean and preparation for next retreat. Tara and I are willing to pay our cleaners and provide the venue as a donation to the community.

This is a go! Save the date: Saturday, April 23. We still need helpers to set up, prepare Pesach specialties and clean up. Call or e-mail Shoshanah to volunteer, <sdevorah@gmail.com>

G-d is my boss. He hired me on. and the work gets very hard sometimes. Other times I get joy. Sometimes the confusion and sorrow I get from my own free will or my problems that I mess-up even more so, get me angry at myself, G-d, and everyone else. That is horrible Vengeful Anger. It's crippling for me.

Then G-d sends a loving "co-worker" to me who has more sweetness and hasn't had to fall nose first on a rock as much as I have yet enough to know how it feels. Then I get to cry. And the most wonderful thing is I get to Try, Try Try to remember and know I myself was born a loving sweet person.

I can cry and I can pray to my Boss that I can be be that loving, sweet person through thick and thin. The anger and outbursts were dreaded learned behavior.

And for G-d's love....I love G-d back...and I am so grateful. Because you G-d bless me, love me and keep me with you in my work, my life. I am learning to love your peace you bring me and us who ask for it any time...but mostly on the Sabbath.

L'Chaim Everyone!

Leslie Jo Feldman, November 30, 2015

on thanksgiving day
as I look back on my life
I survived all that stuff

Be well. Be grateful
david vilner

Premature pleasure -
savoring the chopped liver
a head of the guests

Haikus for Jews
David M. Bader

Happy Hanukkah! With each passing
day may the light in our life become
brighter illuminating our loving
kindness and gratitude.

david vilner

Dear KHE Chaverim,

Kol HaEmek/Voice of the Valley. I've never heard the story of how that name got chosen for the Inland Jewish Community of Mendocino County. I've never heard of another congregation with the same name. Since first coming here, I have always liked this name a lot. The word Emek/valley is connected to the Hebrew word for deep/ amoke (rhymes with smoke). So Kol HaEmek can be understood as the Voice of the Deep, or even, the Voice of the Depth. On occasion, at Shul, we have sung a beautiful rendition of the line from psalms, *Mi m'amakim keraticha Ya/* From the depths I have called to you, God. *Amakim* is the plural of *amoke*.

Have you ever called to God from the depths? I assume we've all been there, down in our own depths. If not, we've really been limited in our experience of being human. Not that it's a fun place to be, or make our home base, but do you really want to lead a shallow life? And what do you think? Do you think that to experience the heights we also need to experience the depths? Is it possible to be high without ever being low? Are you skilled in riding the crests of the waves as well as the troughs?

Perhaps circumstances beyond your control or your own imperfect assessment of a situation have caused you to find yourself "out of your depth," or rather deeper in than is familiar manageable territory. Are you familiar with that feeling of being underwater, turbulently tossed about, not knowing up from down, perhaps even feeling that you are drowning? This sense of disorientation, scary and unsettling as it may be, is not unique. It is part of our human experience. Thousands of years ago, both David as psalmist and Jonah as reluctant prophet poetically describe these underwater experiences (the following translations come from the Koren Publishers of the Holy Scriptures, Jerusalem, 1989):

Psalm of David - 69:1-4, 16-19 Save me, O God; for the waters are come into my soul. I sink in deep mire, where there is no standing; I am come into deep waters, and the flood overwhelms me. I am weary with my crying: my throat is dried: my eyes fail while I wait for my God....Let not the waterflood overwhelm me, nor let the deep swallow me up, and let not the pit shut its mouth upon me. Hear me O Lord, for thy love is good....for I am in trouble: answer me speedily. Draw near to my soul and redeem it.

Jonah 2:2-8 And Jonah was in the belly of the fish for three days and three nights. Then Jonah prayed...and said, I cried to the Lord out of my distress, and he heard me....For thou didst cast me into the deep, into the heart of the seas; and the floods compassed me about....The waters compassed me about to the point of death: the depth closed me round about, the weeds were wrapped about my head....yet thou hast brought up my life from the pit, O Lord my God. When my soul fainted within me I remembered the Lord; and my prayer came into thee, into thy holy temple.

So no, you know that you are not alone if these passages resonate for you. And both David and Jonah cry out from the depths - can this not be one understanding of Kol HaEmek? This sense of being overwhelmed, of drowning, can be experienced from without or within - note David's cry that "the waters are come into my soul" and Jonah's description that "my soul fainted within me." Inner and outer boundaries dissolve. It is at this point of soul desperation that both cry out for help. Do you call out for help when you are in need? Psalm 50:15 tells us, "Call on me in the day of trouble; I will deliver you." David, at this point in this psalm, is still crying out, like a frustrated infant wailing for relief. Jonah declares that his message has been delivered - right into God's holy temple.

Where is God's holy temple? Is it far, far away, way up there in those heavenly heights, or might it be very close indeed? Genesis 28:15 tells us, "I am with you and will watch over you wherever you go." And Isaiah 41:10 says, "So do not fear, for I am with you."

Even when we are depressed, in the depths, in danger, overwhelmed, feeling abandoned, we are told God is with us. There is no promise here that we shall not experience difficulties in our lives. There is no promise here of a happy ending or outcome. The promise, the premise, is that the divine is with us, within us, even then.

There is even a chassidic notion that when we pray, our prayer IS God speaking through us. (This is similar to the notion that the call of the shofar, coming from the depths, is our call to God as well as the voice of God coming through the shofar for us to hear.) So from this perspective, calling out to God brings God's presence to us, brings the holy temple to us, right here and now. Kol HaEmek is not only our human voice crying from the depths, but the voice of God that comes to us from the depths.

How else might we access help from God when we are in need? No matter what our situation, we can always turn to our breath, simply paying attention to our breathing in and breathing out. Our beautiful Genesis story tells us that Adam was just a lump of clay until God breathed into Adam's nostrils. So with each in-breath we, the children of Adam, are breathing in the divine outbreath and coming to life again, and with each outbreath we are releasing what we no longer need and offering it up to the universe to nourish all the green life of our planet. Studies have shown again and again that this simple focusing on the breath is good for our wellbeing, and helps us center, find our compass and a sense of orientation.

Reb Nachman said centuries ago, "Can't find God? Feel your pulse." Our central utterance in Jewish liturgy is the Shema, Listen! We can listen within- what do we hear in the depths of our beings? One popular approach today, that has proven helpful in releasing trauma and bringing about healing, is to simply follow the sensations happening within us. In this mode of intent listening, we let go of any stories or judgments our thoughts or emotions might tell us, and take note of what we are actually experiencing in this moment within our bodies. We tune in and become more aware of our inner selves and what's going on with the sensations being expressed in our own physical beings. Is this not another understanding of Kol HaEmek, listening to the voice of our inner depths? When we are "out of our depth," following our sensations, as with following our breath, can reconnect us to our own nourishing depths, to the fountain that is our source, to God. Then we are more able to experience the joy and love and generosity of spirit that also spring from our depths.

We live in a beautiful valley. May we lovingly and caringly hear its voice and be its voice, within and without.

B'shalom oovrachah/ in Peace and Blessing, SHoshanah

All good wishes for good healing and a speedy recovery to Divora Stern and Sherrie Ebyam



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, President	530-414-1104 < ebyam@sbcglobal.net >
Mark Levin	467-9037 < mlevin@pacific.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 (367-0250)

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)