



The Newsletter of Kol HaEmek (Voice of the Valley)

P.O.Box 416, Redwood Valley, CA 95470 Phone # 707-468-4536

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

COMING EVENTS

Monday, June 3, 6:30 KHE Board Meeting

Friday, June 14, 6:30 p.m. Kabbalat Shabbat and potluck, hosted by Amy Wachspres to commemorate her mother's yahrzeit and the one-year anniversary of the publication of *Memories from Cherry Harvest*. Amy will join in a book group discussion with those who have read her novel and wish to participate in a book-talk after dinner. (The book is available at the Ukiah and Willits libraries.)

If you want to look at Amy's website, it's www.wozabooks.com

Friday, June 28, NO SERVICE

Friday, July 12, NO SERVICE

Monday July 15, Tisha B'Av, 7:00 p.m. We will gather at the Rabbi's home -101E. Gobbi Street and to read Lamentations together. For more information on this day of mourning and fasting, see article on page 5.

Monday, July 22, Tu B'Av Israeli sweetheart day! Look it up on line!

Friday, July 26, 6:30 pm Kabbalat Shabbat and potluck with Rabbi Shoshanah.

FYI

Rabbi Shoshanah had surgery on Monday May 20 to replace her knee.

We all wish her a fast and complete healing. Let's let her heal. Please do not contact her until after June 3.

Please Note !!!

The High Holidays are early this year
Rosh haShanah is Wednesday,
September 4.

Yom Kippur is Friday, September 13.

If you wish to read a portion this Yom Tov call R. Shoshanah after June 3,
467-0456

JEWISH WOMEN'S RETREAT

August 8-11 2013 / 5773

[What] is God and [How] Do You Know?

see page 3 for more information.

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
- 10) Women of the wall

Question? Call:

David Koppel, 485-8910

send checks to:

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

Congratulations to the following Ukiah High School graduates!

Jesse Brennan, Zane Molgaard,
Martina Lake.

We congratulate their parents as well!
Mari Rodin and Clay Brennan, Anne
Molgaard and Michael Kisslinger,
Ross Lake and Clare Morelli.

Portion of the Week and Holidays

June 1 - Shelach Lecha
June 8 - Korach
June 15 - Hukath
June 22 - Balak
June 29 - Pinchas
July 6 - Matot Mase
July 13 - Devarim Hazon
July 2 - Vaetchanan Nachamu
July 27 - Ekev

We Remember:

Ellie Golub - June
Sylvia Marans Elberg - June
Vera Meyerhoff - June
Daniel Rosenberg - June 1
Edward Wandrei - June 5
Helen Feinberg-Ginsberg - June 6
Thelma Cohen - June 12
Wilma Sizemore - June 16
Joseph P. Suffel - June 21
Eliot Rivers - June 31
Solomon Elberg - July
Mary Nicolai - July
Frances Smith - July 2
Esther Andich - July 3
Natalie Wachspress - July 8
Daris Feig - July 9
Allan Sapoznick - July 9
Miriam Bleicher - July 10
Corrine Dewar - July 16
Ann Katz - July 21
Agnes Scott-Kinney - July 21
Brian Staber-Baumoel - July 26
Henry Lowenheim - Tammuz 15
Bernice Fleiss - Tammuz 27
Richard Horowitz - Av 5
Herman Greenwald - Av 23
Earlene Levitas - Av 10

*Donations To KHE
April 1-April 30, 2013
Thank You!*

Lillian Cohn and Thomas Evans

Judith Corwin

David Koppel and Linda Koppel

Nancy Horowitz Moilanen

Linda Posner

Isaac Mandel and Judith Lampson

Other And Other

Reid Edelman and Deborah Edelman

Darline Bergere and Josh Bergere

Andy Coren and Yvonne Coren

Sherrie Ebyam

Lee Wachis

JEWISH WOMEN'S RETREAT

August 8-11 2013 / 5773

[What] is God and [How] Do You Know?

We're not likely to answer the question definitively(!)--but this year we want to try, in a personal, exploratory way. We'll study some traditional and contemporary Jewish sources about God and share our own ideas and questions. And we'll try not to talk it (or It) to death -- as always in this retreat we'll use ritual and art and song and play and silence and our beautiful natural setting to explore as well. The retreat also always includes soulful, inventive Shabbat and weekday prayer services, our river mikveh, art, music and plenty of free time--especially on Shabbat--to connect with each other and with our own spirits.

Our retreat planning team for this year has changed: Ellen Robin and Margaret Holub remain at the wheel, as does the indefatigable Harriet Bye, our registrar. This year Karen Bowers is taking a break and Ronite Gluck has joined the planning team.

With love from your retreat committee:

Ronite Gluck ronite@suddenlink.com 707 882 3610

Ellen Robin ellenrobin@gmail.com 707 823 7904

Rabbi Margaret Holub mholub@mcn.org

Harriet Bye bysawyer@mcn.org 707-937-3622, REGISTRAR

On Attending Shabbat of Shefa Gold's Annual Retreat by Helen Sizemore

It was an early morning drive from Ukiah, to arrive for the 10 a.m. Water element. Friday evening began with Earth and Saturday evening focused on Fire, ending on Sunday in Air. Shefa set the intention and we learned new chants to enhance the flow, allowing things to get unstuck and pass on. Of course, we were next to the river, and motivated by the desire to bring the wilderness g-d connection into our daily life. So the four elements have inspired the Torah Trek retreat, organized by Michael (from LA) who plans a yearly return with Shefa deepening the practice of chanting prayer.

I thoroughly enjoyed the scene--new chants followed by sharing, intentions and return to the dining room for fresh, local vegetarian lunch--delicious. Below is her message to me and all of us.

It was great to see you, Helen. I am grateful to have had the opportunity to be with the Ukiah community for HHDays all those years and I miss it. You all really let me be myself and were really very receptive to the gifts that wanted to pour through me as we took that awesome journey.

Hopefully more of your community will join in on these annual retreats at River's Bend.

Much love,

Shefa

In My Opinion:

What is it with knees? Of all the overlooked, overworked body parts, who knew these could cause so much distress. The Rabbi is having surgery on one of hers, and just between us I know her other knee has its problems as well. I'm not far behind; a small pill that relieves inflammation has given me a short reprieve from my knee pain.

I can remember our family physician telling me in my twenties the pain in my left knee was "house wife's knee" and stop cleaning floors on my knees (hah! tell that to my then-small children who managed to get sticky stuff in all corners of the kitchen floor and hid their favorite toys under beds.) Well, considering my complaining, it held up with minor and major discomfort for fifty years or more until its current state of inflammation. This inflammation, which is painful, has also set off airport safety devices!

My right knee is a bit of a problem as well, just not quite up to its partner's intensity. It too has been abused for many years. One knee gave way in Spain 19 years ago as I was holding a baby granddaughter, and I ended up with a broken ankle. I wouldn't drop the baby! I told the family I stepped into a hole in the ground; I didn't want to accept the fact that I had an unreliable body part--that was too scary for me to think about.

I can remember my grandmother's knees click-clacking as she climbed the stairs to her second-floor apartment. I personally blame her arthritic knees for her senility. The stairs, the unwillingness to change where she lived, and her painful knees separated her from the world. Isolation because of pain can be really damaging.

My mother also had really bad arthritic knees; for her 90th birthday she sat in her chair for hours and didn't go to the washroom while her friends and neighbors enjoyed her birthday party; she didn't want them to see her hobble past them on a walker.

I'm grateful I neither have my mother's pride nor my grandmother's stubbornness and I can look forward to medical treatments that were unavailable to them. In the meantime I also can be grateful that my knees actually slowed me down and helped me appreciate the acts of sitting and of knitting. I can also credit my knees as excellent teachers of humility. They have given employment opportunities to others better suited to yard work and vacuuming and helped me truly appreciate the health club's swimming pool and my library card.

Looking for positives in negative situations is always a worthy exercise. It's a good thing I'm fond of lemonade,--it certainly is preferable to a sour disposition.

May Rabbi Shoshanah be blessed with good and complete healing, and all of you be blessed with healthy joints!

Much love,
Carol

Tisha B'Av



Significance: Remembers major communal tragedies
Observances: Fasting; reading the book of Lamentations
Length: 25 hours
Customs: Torah cabinet is draped in black
Observed this year on July 15-16

Five misfortunes befell our fathers...On the ninth of Av it was decreed that our fathers should not enter the [Promised] Land, the Temple was destroyed the first and second time, Bethar was captured and the city [Jerusalem] was ploughed up. -[Mishnah](#) Ta'anit 4:6

Should I weep in the fifth month [Av], separating myself, as I have done these so many years? - Zechariah 7:3

In the fifth month, on the seventh day of the month ...came Nebuzaradan ... and he burnt the house of the L-RD... -II Kings 25:8-9

In the fifth month, on the tenth day of the month... came Nebuzaradan ... and he burnt the house of the L-RD... - Jeremiah 52:12-13

Tisha B'Av, the Fast of the Ninth of [Av](#), is a day of mourning to commemorate the many tragedies that have befallen the [Jewish people](#), many of which have occurred on the ninth of Av.

Tisha B'Av means "the ninth (day) of Av." It occurs in July or August.

Tisha B'Av primarily commemorates the destruction of the first and second [Temples](#), both of which were destroyed on the ninth of Av (the first by the Babylonians in 586 [B.C.E.](#); the second by the Romans in 70 [C.E.](#)).

Although this holiday is primarily meant to commemorate the destruction of the Temple, it is appropriate to consider on this day the many other tragedies of the Jewish people, many of which occurred on this day, most notably the expulsion of the Jews from Spain in 1492 and from England in 1290.¹

¹ The Alhambra Decree, issued March 31, 1492, ordered all Jews to leave Spain by the end of July 1492. July 31, 1492 was Tisha B'Av. The Edict of Expulsion from England was issued on July 18, 1290. Note that if you use a Jewish calendar converter to check this, it will probably show these dates as a few days before the 9th of Av. These expulsions occurred before the Gregorian calendar reform, which altered the way the secular calendar works, and converters don't take this into account, which causes the discrepancy.

Dear KHE Chaverim,

We are now in the midst of the month of Sivan, which we entered this year on May 13th. Each Hebrew month has certain energetic qualities associated with it. Sivan is said to be an opportune time for letting go of the old and opening yourself up to the new and unknown. Each month is also associated with a body part, and for Sivan that happens to be the right leg. Sivan is also my birthday month, and I like to celebrate both my Hebrew birthday, the 2nd of Sivan, and my secular birthday, May 28, and honor the time between the two (which varies each year) as an extended birthday period.

End of April, I suddenly began experiencing great pain in my right knee accompanied by great difficulty in walking. Come May, I was super glad to be leading a Kabbalat Shabbat service which helped move me from focusing on my own pain and limitations to an expanded sense of well-being in the presence of the One with the holy sisters and brothers celebrating with me. Without needing to tell the others, I was aware as the sky darkened that we were moving from Rosh Hodesh Sivan into my Hebrew birthday, which fell on Shabbat this year.

For years I'd been doing all I could to refrain from surgery for a new knee, but now, if I wanted to stand and move on my own two feet, the time had come. Coping no longer cut it; literally cutting into my "used-up" knee and replacing it was the one route offering salvation. A mid-June date was set for the operation. But as moving from one room in my house to another became an exhausting and painful challenge, the date was moved up to mid-May, right in the middle of my birthday period. Sudden preparations for surgery included letting go and having faith that what needed to get taken care of, would. This has proven true in so many different ways, including having the Shul School families run their own KHE campout, which I could not attend, let alone lead.

The surgeon told me after the operation that he'd found lots of debris behind my knee, and that some loose pieces had probably lodged in a spot that had locked my knee and caused much of my recent distress. I can't help wondering what's the debris that has accumulated in my life in general, that serves no useful purpose and could be blocking my forward momentum and hindering my balance and well-being? Writing on the day before my secular birthday, I invite myself to shed whatever might be cramping my movement into my life that is yet to be lived.

In an unexpected way, this past week since the operation has served as a kind of retreat. As in a meditation hall or a vision quest, I have been severed from my everyday routines and environment. I am slowed down and still for long periods. Much of the time, I have had neither the inclination nor energy for chatting. My emotions and physical sensations have been heightened. Even my daily prayer and meditation have been super-challenging when I've found myself unable to concentrate under the influence of post-operative narcotics. Time and again my mind has been off tripping in la-la land, filling my prayer and meditation space with dream fragment after dream fragment rather than my traditional practices. Perhaps even this phenomenon can be seen as fulfilling the Sivan opportunity of breaking down old patterns to make way for the birthing of the new in one's life--a sort of dream incubation process.

Seventy two years is quadruple chai (4x18), and I have found myself in the week since my operation revisiting different aspects of my life story, noting who I was back then and my current perspective on what happened back when. Yes, we can go back to the future, each time our views of what happened undergo a shift. The same events are perceived in a new light, always with recognition of the mystery which infuses all of being. For me this week, I have discovered a new level of tender compassion for myself and the others who have played key roles in my story, with all its joys and pains.

Recently, while setting up my responses to the security questions for a new piece of electronics I'd purchased, the question popped up,, "What is your dream profession?" Without a moment's hesitation, I answered "rabbi." I may or may not be your dream rabbi, but it is clear to me that spending this past decade of my life as rabbi of KHE has been right on course for me in my life's journey. And right now, I'm full of gratitude and tender compassion for each of you who has helped shape my life's course in manifold ways, both large and small. In the singing refrain of a rabbi from Marin, "From you I receive, to you I give, together we share, and in this we live." This birthday period has afforded me the opportunity and need to receive over and over again in so many ways from so many people--birthday gifts that I truly treasure. I offer loving thanks.

B'shalom oovrachah/In Peace and Blessing, *Shoshanah*

KHE Theatre Production

Our theatre evenings last summer were a great hit, and this year we have a wonderful new play we'll be presenting: "Stories from the Fringe: Women Rabbis Revealed."

We have purchased the rights to produce this lively documentary, drawn from interviews with women rabbis, young and old, veteran and recently ordained, in and out of the pulpit. Linda Posner, with her professional Broadway acting background, will be directing our play reading, which we hope to present to our neighboring Jewish communities as well as here at home.

If you are interested in participating as an actor or tech person call Linda at 459-1941

Shavuot 2013

May poll dance celebrating the counting of the Omer.

One of a group of experiences and exercises enjoyed by our congregation.

Many thanks to:

Ariella Heise, Noah Heise, Carol Rosenberg ,
Jo-Ann Rosen and Yael Peshkin and her
daughter Lilah, for their presentations





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 >
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Bob Mandel	696-2712 < bobLXVII@hotmail.com >
Sigrid White	272-1859 < sigridwhite@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): Eva Strauss-Rosen (459-4005) Helen Sizemore (462-1595)

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

Interfaith Council: Cassie Gibson (468-535; (415)-777-4545, (887)777-5247

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