



The Newsletter of Kol HaEmek (Voice of the Valley) February 2010
 P.O. Box 416, Redwood Valley, CA 95470 Phone # 707-468-4536 Shevat -Adar 5770
 Please submit articles by the 20th of the preceding month to carolrosenberg@sbcglobal.net

Visit our web page: www.kolhaemek.org

Events:

Sunday, February 7, 10:00am Shul School

Friday, February 12, 6:30pm Community-led **Kabbalah Shabbat Service** followed by a potluck supper

Saturday, February 20, 7:30pm Movie

Sunday, February 21, 10:00am Shul School

Friday, February 26, 6:30pm Community-led **Kabbalah Shabbat Service** followed by a potluck supper, at the home of Amy Wachspress and Ron Reed

Sunday, February 28, 10:00am Shul School followed by community Purim Party ----->

Saturday, March 6 at 7:00 pm with Cantor Judy Sofer and our soon-to-be "Family Chorus"! Sign up now. This will be a splendid occasion for singing and listening, with good things to eat and warmth fellowship--a good time for all.

Contact Carol Rosenberg 463-8526 <carolrosenberg@sbcglobal.net> or Jan Stephens 459-1207 or <jan@organicattire.com>

Friday-Sunday, April 30-May 2 Shabbat and Lag B'Omer campout

PURIMPARTY

Sunday, February 28

2 - 5pm

Purim activities and fun for the entire family



*Games for the Children
Raffle, Hamantashen*

*call Carol Rosenberg
463-8526*

*to volunteer to make hamantashen
or to help!*

*call Adina Merenlander
462-4533*

Jewish Genealogy and Family History Workshop

Offered by Karin Wandrei & Yvonne Coren

Date: Sunday, March 14, 2010

Time: 2:00 pm

Place: 242-B Hospital Drive, Ukiah

Wireless Internet access available. See page 3

Portion of the Week & Holidays

February 6 - Yithro
February 12 - Lincoln's Birthday
February 13 - Mishpatim-Shekalim
February 15 - Presidents day
February 20 - Terumah
February 22 - Washington's Birthday
February 25 - Feast of Esther
February 27 - Tetzaveh Zachor
February 28 - Adar 14 - PURIM

PASSINGS

Our congregation will say Kaddish on the anniversary of your loved one's death. Call Rabbi Shoshanah at 467-0456 with your concerns about the loss of a loved one and/or the name and either the Hebrew or English calendar date of death.

We Remember:

Louis Klayman - February
Arthur Hecht - February 13 - Adar 7
Rachel Faigin Bleicher - February 12
Lewis Rapport - February 15
Eather Daniels - February 19
Thomas Brooks - Miller - February 28
Saul Faber - Adar 17 (March 3)

Attention!

The Shema will no longer be sent by reduced U.S. postal rates! This means we hope you will ask for an electronic version if that will work for you.

It also means we can include advertisements at \$25 for an ad this size!

To place an ad, call Carol @463-8526 or carolrosenberg@sbcglobal.net

Donations to Kol HaEmek

Make a Difference

Kol HaEmek is grateful for all contributions to our various funds. The following is a list of some of them:

- 1) Building Fund
- 2) Religious School Fund (Kalifornia Memorial)
- 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 & Willits
- 9) **Association for Community Development-Acre** serving low-income Jewish and Arab Israelis living in Acco/Acre*
- 10) **Orr Shalom** programs throughout Israel for disturbed children and youth from troubled homes*

*Make your check payable to PEF-Israel Endowment Fund and earmark it to either the Association for Community Development-Acre or Orr Shalom. (There is a \$25 minimum requirement for checks to Israel.)

11) MEMBERSHIP

Questions? Call David Koppel 485-8910

Please mail your contributions to:

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

SAVE THE DATE!

Friday - Sunday, April 30-May 2

Shabbat and Lag B'Omer camp out!
More information next month.

Shul School schedule for Spring

2/7 Shul School
2/21 Shul School
2/28 Shul School
3/7 Shul School
3/20 Saturday service
3/28 Shul School
4/11 Shul School
4/18 Shul School
4/25 Shul School
4/30-5/2 KHE Campout
5/16 Shul School
5/23 Shul School

Workshop on Researching Jewish Genealogy and Family History

offered by

Karin Wandrei & Yvonne Coren

Want to know more about your ancestors and your roots? Attend this workshop to learn how to conduct the research you'll want to do.

Topics will include:

*Introduction to Genealogy--focus on
Jewish Genealogy*

*How to research your family tree and
family history*

How to use Jewishgen.org

Online databases, tools & resources

Date: Sunday, March 14, 2010

Time: 2:00 p.m.

Place: 242-B Hospital Drive, Ukiah
(*Wireless Internet access available*)

PLEASE RSVP (for set-up)
to ycoren@att.net or 621.2336

The Annual Meeting

by Carol Rosenberg

Thank you all who cared enough to attend our annual meeting. Thanks to the Board of KHE who provided a splendid lunch. Thanks also to those who filled out our questionnaire. The responses to the questions were of interest to me. Many who came to the meeting consider themselves cultural Jews.

They attend High Holiday services, but rarely or never come to the monthly services or the minor holidays. They read the Shema and attend musical presentation and cultural events. Few of those who attended have children at Shul School but see this as important; some have consulted the rabbi for B'nai Mitzvah and they sometimes come to the movies. Almost no one was interested in the budget information we provided; I choose to see this as a vote of confidence that we are spending your money wisely.

I did summarize our finances by informing the the group that we overspent our budget by \$4,343 in 2009 and need to increase our receipts by that number to break even in 2010. We currently have 62 paying member/families and \$65,000 in our building fund. Neither number, I believe, is sufficient to start a major building project. We will use some of that money for minor projects like closet doors and framing in the back shed and finishing the deck.

Free Trip to Israel for 18-26-Year-Olds

Announcing FREE Summer 2010 ALEPH/Taglit Birthright Israel Trip: Experience Israel and Jewish Renewal Like Never Before

Join us for a 10-day trip in the Spring-Summer of 2010 designed especially for ALEPH members and friends. This year's trip will be led by remarkable ALEPH leaders: second-generation Jewish Renewalist, aspiring cantor and martial artist **Sarah Beck-Berman**; and ALEPH rabbinic student, chant leader, environmental activist and spiritual storyteller **Ilan Glazer**.

Music, creative ritual, joy and deep learning will infiltrate every aspect of the tour. You will pray and learn with Israeli Jewish Renewal teachers and peacemakers, experience an ecstatic welcome of Shabbat and dive into the mystical energy of Sfat. Expect chanting, drumming and niggunim on the bus, meaningful rituals at holy sites like the Kotel, sunrise prayers at Masada and more. You will float in the Dead Sea, participate in a traditional Bedouin feast and tour Jerusalem more extensively than almost any other birthright trip. Israel Outdoors brings an active, engaged focus to the trip that will add memorable components like kayaking, water hiking and dancing on the Galilee. It won't be the same without you!

If you or someone you know is Jewish, 18-26, has graduated high school and has not been on an organized trip to Israel, fill out our showing-of-interest form: <https://www.aleph.org/israeltrips.htm> so we can make sure you get on the trip. Then, you must register directly with Israel Outdoors at www.israeloutdoors.com on February 17 for the ALEPH Jewish Renewal trip. (Look in the drop-down menu.) First come first served, so register as close to 2/17 as you can! If you have accessibility questions regarding this active trip, please note that on your showing-of-interest form.

The OHALAH mailing list is hosted by [Shamash: The Jewish Network](#). Join Shamash's Groups on [Facebook](#) and [LinkedIn](#).

KHE CAMPOUT

Last year's campout was so enjoyable that we're planning a repeat for the weekend of Friday-Sunday, April 30-May 2. We'll gather at Clear Lake State Park, celebrate Shabbat and Lag B'Omer, have time for walks, games, campfires, music, and low-key shmoozing and relaxing. Delicious food promised once again.

The weekend is being planned by the same team that brought you last year's get-together: Hillel, Tony, Sara, and Shoshanah. This is an official part of the calendar for all Shul School families and open to all KHE folk..

So mark YOUR calendar now!

In My Opinion:

We truly are the people of the book as well as people who have an opinion on just about every thing, and we write about it in detail! We buy each other's books and when we are finished we can't bear to discard the written word - not even paperbacks that are brown with age. No, we give it to our synagogue. We give our parents' and grandparents' books to our synagogue as well. They could read other languages that we can't.

The result is that our shelves are full and that boxes of really good books are behind the sofa. Five brave souls attempted to stamp and organize the collection with our congregational name. We actually were able to cull duplicates (several boxes of them). Also noted was our fondness for biography and endless self-examination and commentary on commentary. We had the "fun" of trying to develop categories. We have now a section on folk tales, with a subsection of Golem stories!

Most of this is work, dusty decision-making work; but there is also a touch of magic. We found a worn velvet-covered prayer book with an embroidered front page written in German and Hebrew. Where has that prayer book been? who used it? who was the donor? the recipient? what is their story? There was a small book about London with a typed letter and photos; the letter explained to a new bride that the book was a small wedding present since times were hard and only a small gift could be sent. Why do we have so many copies of one volume and not another. How many books did Isaac Bashevis Singer actually publish? We have a shelf full. Each of these books could tell a story about their previous owners; the problem is, if you get emotionally involved, discarding books is painful.

We need help. A.Corn Sunbeam, as a Board member, took on the assignment and is working at this project a shelf at a time. We gave him a jump start. Please let either me, the Rabbi or A.Corn know if you can help on the next work day or maybe we can find a real librarian who will contribute to a rational system. Meanwhile, many thanks to Zena Marks, Linda Koppel, Bruce Andich and Rabbi Shoshanah for your efforts on Sunday. For everyone else, this is a work in progress, so don't let our messy shelves disturb you.

Sincerely, *Carol*

Many, Many thanks to the absolutely best party planners!

Our Elizabeth Raybee, Nancy Horowitz and Robin Sunbeam out-did themselves in bringing us the White Elephants, Red Herring, and Hot Potatoes Event!

Also to be congratulated: Ron Reed our favorite Disc Jockey, Amy Wachspress, Judy Corwin, Linda Lane & Dan Waterman, volunteer helpers; Hillel Posner our House Manager; Steve Levin electrician and wonder worker, Joan Levin slide show creator and furniture mover, Lisa Rosen Food Manager and creator of that delicious cheese stuff for potatoes. In addition, to creator Nancy Horowitz for making wonderful pate, Elaine Boults, a great organizer and a volunteer that came on time! Linda Koppel, Lynn Coen, Nancy Merling, and the Elizabeth Raybee cookie & pie bakers. Amanda Katz, Eliana Gitlin and Sara Reith, serving staff. Keith Hendricks, decorator as well as participant in the cleanup team with Tal Sizemore, A.Corn Sunbeam and Michael Charnes, who is also best potato dancer. We are grateful to all those who donated their time, effort and marvelous stuff for the auctions. Again, what a great party!

Thank you one and all, *Carol*

Dear KHE *Chaverim*,

In just about every one of our KHE services, we include a prayer for healing. *Ana el na refa na lah*, which we often call out, appeals to God for soul healing; the body isn't even mentioned. The traditional *mi-sh'berach* blessing calls for *refuat hanefesh* and *refuat haguf*, healing of soul and healing of body. Isn't it interesting that soul and body healing are linked together in these prayers (one by inference and one by specific reference), and that soul healing comes first? In chasidic and kabbalistic thinking, we don't say someone has a soul. We say someone IS a soul. The body is not separate from the soul; it is the part of our greater soul being which is fully incarnated while we are alive on earth. Our emotional soul is partially embodied but also extends beyond our body's boundaries. Our mental soul is even less confined to our body. And this is even truer for our spiritual soul, which is limited neither by time nor space. Does this strike an affirmative chord in you? If not, what is your understanding of your "being," who you are? When we do call out names for healing at services, have you ever intentionally put in a name of someone in need of non-physical soul healing, or have you focused specifically on people's body ailments?

At our recent KHE healing circle, about half of the people present spoke from the heart about their concern for the well-being of their (mostly adult) children. None of them had a primary focus on their children's physical health. Their words expressed more about their concerns and hopes for emotional and mental well being, and healing of the spirit. A University of Michigan study a few years back found that one-fourth of Americans meet the criteria for some sort of mental illness. This survey looked at "anxiety disorders (such as panic disorder and post-traumatic stress), mood disorder (such as major depression and bipolar disorder), impulse control disorders (like attention-deficit hyperactivity), and substance abuse. It did not include schizophrenia and other more serious disorders." This quote comes from a talk given by a leading member of a big congregation in the Bay Area as she came out to her fellow congregants for the first time about her own history of depression.

A member of KHE came to me after High Holidays suggesting that we have a congregational gathering to learn more about mental illness among us, and that is in part what has led to this column. This person, who expressed a feeling of isolation, was surprised to learn that others among us have spoken with me about their own experiences of severe emotional/mental distress and breakdown. If one-quarter of our national population needs soul healing at any given time for non-physical disease, then why wouldn't that play out in our own community as well?

And there are times in our lives, such as when we are grieving, that it is normal to feel angry, crazy, depressed, listless, have difficulty sleeping, difficulty concentrating, feel lack of motivation for getting out of bed in the morning, or experience panic attacks. To be able to experience an array of feelings is part of our endowment as human beings. Sometimes we may go through an emotional and/or mental "blue period." Sometimes unpleasant, uncomfortable, and difficult feelings can be a wake-up call for developing our consciousness and strengthening our life force.

One well-known rabbi has said, "...I was pretty successful in my work at that time. But I was feeling a very strong sense of unhappiness, depression, or something of this sort. It got me to the place where I wanted to know what's going on.

continued:

“I had the sense that if I did not change my persona....that would lead me to an early death.” Granted this is different from someone who is born with an imbalance or, for whatever reasons, is regularly challenged by everyday circumstances, or has great difficulty in maintaining equilibrium while experiencing the extreme weather patterns of personal temperament.

Certainly each of us has been physically ill at some time in our lives. Is there among us anyone whose emotional or mental or spiritual health has never been challenged as well? May we be blessed to keep our hearts and our community open to the soul suffering among us. Thanks to Rabbi Elliot Kukla of the Bay Area Jewish Healing Center for creating this beautiful prayer of soul healing:

“May the One who blessed our ancestors bless all those who live with mental illness, their caregivers, families and friends; May they walk in the footsteps of Jacob, King Saul, Miriam, Hannah, and Naomi who struggled with dark moods, hopelessness, isolation and terrors, but survived and led our people. Just as our father, Jacob, spent the night wrestling with an angel and prevailed, may all those who live with mental illness be granted the endurance to wrestle with their pain and prevail night upon night. Grace them with the faith to know that though, like Jacob, they may be wounded, shaped and renamed by this struggle, still they will live on to continue an ever unfolding unpredictable path toward healing. May they not be alone on this path but accompanied by their families, friends, caregivers. ancestors and the Divine presence. Surround them with loving-kindness, grace and companionship and spread over them a sukkat shalom, a shelter of peace and wholeness. And let us say: Amen.”

B’shalom oovrachah (in peace and blessing),
Shoshanah

Please note! Upcoming Jewish Events

1st Seder night of **Passover**, Monday, March 29

2nd Seder night of **Passover**, Tuesday, March 30

Saturday, April 10 - Sunday, April 11 **Yom HaShoah**-- KHE Sunday observance

Monday, April 20, Israel Independence Day

Friday afternoon, April 30 - Sunday May 2, **Lag B’Omer** - Community Campout

Tuesday evening, May 18, **Shavuot** - study - celebration

Monday evening, July 19, **Tisha B’Av**



**Mendocino County Jewish Communities/Inland
Kol HaEmek (Voice of the Valley)
P.O. Box 416
Redwood Valley, CA 95470**

Return Service Requested

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.

Our Mission is to express and support Judaism in the following ways:

- To provide a space for religious study and prayer
- To share life cycle events through meaningful Jewish traditions
- To offer and sponsor Jewish education for all ages
- To be inclusive of all partnership 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 of the world) as a community through socially just actions and education, and by mitzvot (good deeds)
- To offer membership in exchange for financial and other contributions, and allow all to participate regardless of ability to pay

Kol HaEmek Information & Resources

Kol HaEmek	468-4536
Board Members:	
Carol Rosenberg, President	463-8526
David Koppel, Treasurer (Financial Committee)	485-8910
Nancy Merling (Rabbi's Council)	456-0639
Divora Stern, V.P.	459-9052
Jan Stephens, Secretary	459-1207
Alan Acorn Sunbeam	463-8364
Steven Levin	462-3131
Robert Klayman	391-6114
Mark Levin	467-9037

Address changes (e-mail, etc): contact David Koppel davekoppel@yahoo.com or call (485-8910)

Brit Milah: Doctors willing to do circumcisions in their office or in your home: Robert Gitlin, D.O. (485-7406); Sam Goldberg, M.D. (463-8000); Jeremy Mann, M.D. (463-8000); Sid Mauer, M.D. (463-8000)

Assistance with the ceremony, contact the Rabbi (see below)

Chevra Kadisha (Jewish Burial): Eva Strauss-Rosen (459-4005); Helen Sizemore (462-1595)

Community Support: If you need help (illness, family crisis) or you can be called on when others need help; in Willits, call Divora Stern (459-9052); In Ukiah, Tal Sizemore (462-1595); Lake County (Volunteer needed, call 468-4536)

Editor of the Shema: Carol Rosenberg, Dan Hibshman & Tal Sizemore (carolrosenberg@sbcglobal.net)

Interfaith Council: Cassie Gibson (468-5351) (Food preparation for homeless in Ukiah)

Jewish Community Information and Referral: Bay Area activities and services (415) 777-4545 or toll free at (877)777- 5247

Library: At the Kol HaEmek shul, 8591 West Road, Redwood Valley; open at shul events and by appointment

Movies-at-the-Shul: Steven Levin 462-3131 stevenL@pacific.net and Robert Klayman 391-6114 rklayman@mchcinc.org

New Members: Carol Rosenberg (463-8526)

Rabbi's Council: community and calendar planning; **liaison** - contact Nancy Merling, grandnan@saber.net (456-0639)

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

Use of Torah/Siddurs: Schedule ahead of time with a board member.

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