

SEPTEMBER 2011

ELUL-TISHREI 5771-5772



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@sbcglobal.net)

COMING EVENTS

Friday, September 9, 6:30 pm Story Telling Shabbat on the deck with Rabbi Shoshanah, veggie pot-luck to follow. If you want to be a story teller call R. Shoshanah 467-0456

Sunday, September 11, 10:00 a.m. -12:15p.m. Shul School begins!

Friday, September 23, 6:30 pm Kaballat Shabbat with Rabbi Shoshanah, veggie potluck to follow.

Saturday, September 24, 8:00 pm- Slichot Service
Wednesday September 28, 7:00-9:00pm, Erev Rosh HaShanah

Thursday, September 29, 9:00a.m. Rosh HaShanah Services.

*Children's Services 10-10:45 with Ethan & Sara
11:45 after Torah service break for Kiddush wine,
challah, apples and honey*

12:00 noon resume service until 1:45 pm

followed by: Tashlich 2:00 pm with a potluck picnic at Lake Mendocino day area B

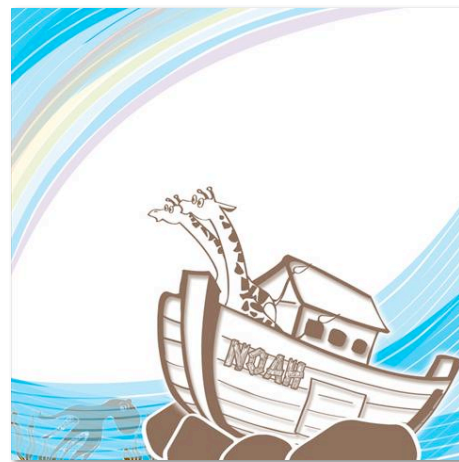
Sunday September 25, Mikveh at Pennyroyal Lake

men at 12:00, led by Bob Mandel; women at 2:00,
led by Margo Frank

Friday, October 7:00 pm Erev Yom Kippur, Nidre Service

Saturday, October 8, 9:00 a.m. Yom Kippur Service

*Children's Service 10-10:45 with Deborah Edelman
Afternoon break 2-4*



Please join us to celebrate the
Bar Mitzvah of Noah Heise
on Saturday, the twenty-ninth
of October, two thousand and
eleven, at ten thirty o'clock.

Mendocino Coast
Jewish Community
15071 Caspar Road, Caspar
Followed by luncheon
celebration
and afternoon dancing
Kerry Heise and Adina
Merenlender

Kindly respond by September
30, 2011 via email or phone if
you would like to join us
Phone (707) 462-4533 or email
kheise@copper.net

DEEPENING YOUR PRAYER LIFE
ELUL PREP WITH REB ZALMAN STARTING 7 PM, TUES, AUG 30

Elul is the month just before Rosh HaShanah when we traditionally prepare ourselves for the High Holidays. This year we have a rare opportunity to "be with" and learn directly from Reb Zalman Schachter-Shalomi!

Starting on Rosh Hodesh Elul, (Tues, Aug 30) we will meet to watch and study a brand-new set of DVDs prepared by Reb Z on "DAVVENOLOGY: HOW TO MAKE DAVENING WORK FOR YOU." Davening is the Yiddish word for praying. In each DVD, Reb Z explores another facet of prayer life, and we will gather to view them at 7 pm on successive Wednesday nights leading up to Rosh HaShanah. Shoshanah will facilitate the evenings.

Reb Zalman is the "grandfather" of Jewish Renewal and a primary teacher for Kol HaEmek Rabbis Shefa Gold, David Wolfe-Blank, z"l, and Shoshanah. Reb Zalman grew up in Europe, was ordained by Chabad, and will be celebrating his 87th birthday this August.

Save these dates: 7 pm at our Shul: (Note: we have changed the Sept meetings from Tues to Wed so the KHE Singers can join the Reb Z study the same eve they are singing at the Shul.)

Tues, Aug 30 - Rosh Hodesh Elul

Wed, Sept 7 - (7th of Elul)

Wed, Sept 14 - (14th of Elul)

Wed, Sept 21 - (21st of Elul)

The KHE Singers will be meeting each Wednesday from 5 - 6:30 pm between now and Rosh HaShanah to prepare their beautiful melodies for our High Holidays. You are welcome to come join them.



Greetings,

I would like you to know that I am still interested in the world and national and local issues as always. I am getting about, but with less agility than formerly.

It would please me greatly to have you come over for lunch or just a short visit ,if time is limited .I would be happy to hear from you any time.

Lillian Vogel 462-1142

Portion of the Week and Holidays

September 3 - Shoftim

September 5 - Labor Day

September 10 - Ki Yeitzel

September 17 - Ki Tavo

September 24 - Nitzavim-Vayeilech

September 28 - Erev Rosh HaShanah

September 29 - Rosh HaShanah 5772

KHE Shul School Schedule for Fall 2011-12

Shul School Begins ! September 11, 10 a.m.-12:15 pm

Dear Rabbi, Parents and Teachers,

The following is a tentative schedule. The official schedule will be available on the first day of class. Tuition is \$250 for the first child, \$200 for other members of the family. Scholarship funds are available, contact David Koppel for details, 485-8910

All returning students BRING BACK YOUR HEBREW BOOKS !

SCHOOL SCHEDULE

September - 11, 18, 25

October - 2, 9, 16, 23, - - 10/29 Noah's Bar Mitzvah on the coast

November - 6, 13, 19 Sat Service,

December - 4, 11, 18, - 12/31 Emma's Bat Mitzvah

January - , 15, 22, 9 - 1/7 Robert's Bar Mitzvah

February - 5, 26 - 2/11 Leila's Bat Mitzvah

March - 4, 11, 18, 25

April - 8, 15, 21 Sat Service

May - 6,

May 20, Camp Out!

Donations to KHE April - June 2011

Ace & Satoko Barash - Rabbi's Birthday

Judy Corwin - General

Isa & Amunka Davila - General

Rachel Elkins - & Dana Thibeau - General

Harvey Frankle & Jackie Pelner-Frankle- Rabbi's Birthday

Judith Fuente & David Nelson - General

Renee Gannon & Jeremy Mann - General

Dan Hibshman & Leslie Kirkpatrick - In Honor of Cassie Gibson and in Memory of Sanford Elberg

Jay Joseph and Jennifer Joseph - General

David Koppel & Linda Koppel - General

Nancy Moilanen - General

Linda Posner - General

Vicki Paterson - Rabbi's Birthday

Mari Rodin & Clay Brennan - Rabbi's Birthday

Norm Rosen & Karen Rosen - General

Norm Rosen & Karen Rosen - The Frank Fund in Memory of Sandy Elberg

Norm Rosen & Karen Rosen - In Memory of Harry Bistrin

Muhasibi Shalom & Antonio Andrade - General

Susan Sher & Hattie Sher - Rabbi's Birthday

Laurie Spence & Dale Harrison In Honor of Sara & Tony's Baby Pele-

The Circle of Life

Laurie Spence & Dale Harrison in Memory of Cassie 's Dad Sandy Elberg -

The Circle of Life

Eva Strauss-Rosen - General

Lillian Vogel - General

Nancy Merling - Rabbi's Birthday

Penny Walker & Irwin Feldman - Rabbi's Birthday'

Daniel Mandelbaum & Benna Kolinsky - Rabbi's Birthday

Betty Idarius & Eric Idarius - Concert

Betty Idarius & Eric Idarius - Rabbi's Birthday

Sam Goldberg & Pat Tysoe - Concert

Divora Stern - Rabbi's Brthday

Karin Wandrei in Memory of Etta Wandrei

Erika Strong & Douglas Strong - In Memory of Sanford Elberg

Carol Rosenberg in Memory of the Fathers: Manny Rosen, Sandy Elberg, Robert I Kraus and Daniel Lieberman

Carol Rosenberg - Rabbi's Birthday

Margo Frank & Marc Levine - In memory of Sanford Elberg

Margo Frank & Marc Levine - Rabbi's Birthday

Hesh Kaplan - for the Shul

Steven Levin & Joan Levin - Rabbi's Birthday

Joel Goldberg & Cindi Barr - Rabbi's Birthday

Andy Coren & Yvonne Coren - General

Carol Orton - General & Rabbi's Birthday

David Fleiss - Rabbi's Birthday

Sherrie Ebyam - General

Janine Lieberman & Molly and Hanna Vogel - in Memory of Sandy Elberg

Robert Mandel - Rabbi's Birthday

Janice Berman - General

Time to renew your membership pledge for Kol Ha Emek !!

As Jews we celebrate the coming of a new year by supporting our own congregation and supporting those agencies that serve people in need.

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) Members have also contributed to the caring for needy Jewish and Arab people in Acre, Israel (PEF:Israel-Endowment Fund, Association for Community Development - Acre) (Min. \$25)
- Question?Call:

David Koppel, 485-8910

send checks to:

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

We remember:

Dinah Godfrey - Elul 7
Viola Farber - Elul 28
Jerry Horowitz - Elul 29
Ida Levitas - Elul 29
Tal Sizemore - September 11
Bell Spiegel - Sept. 15
Jacob Goll - Sept 17
Sidney Spiegel - Sept 18
Philip Kam - Sept 21
Dorothy Corwin - Sept 22
Abraham Solomon Posner - Sept 23
Hyman Andich - September 29

Condolences to:

Theresa Staber and Harvey Baumel on the death of their son Bryan.

Condolences to:

Stuart and Tara Marcus on the death of Stuart's brother Charles

Condolences to:

Dan Hibshman, Leslie Kirkpatrick and Naomi Rhodes on the death of Dan's mother, Emily Schaffner

Please note!

This year please include the names of your departed loved ones with your membership. We are preparing a new Yarz Please eit list and monthly Kaddish lists from your entries.

Holiday Schedule- Mark your calendars.

Contact R.Shoshanah if you'd like to take a more active role in the services.

Saturday , September 24, Slichot, 8:00 pm For this traditional eve of Spiritual Preparation for the New Year, we will watch Reb Zalman's DVD on Tshuvah/Return.

Wednesday, September 28, Erev Rosh HaShanah, Service 7-9 pm

Thursday, September 29, Rosh HaShanah Service 9:00 am,

Children's Service 10-10:45 am; at about noon, after reading the Torah and the first round of shofar blowing, we will break for Kiddush. We will resume at about 12:30 to continue the traditional Rosh HaShanah service and shofar blowings and finish about 2 pm. This plan will enable those who want to experience a full Rosh HaShanah service to do so.

Tashlich 2:30 pm, potluck picnic followed by ceremony led by Jan Stephens 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, October 2, Mikveh 12:00 pm for men led by Bob Mandel,
2:00 pm for women led by Margo Frank, at Pennyroyal Lake. Meet in the Parducci parking lot to carpool in.

Friday, Oct 7, Erev Yom Kippur Kol Nidre Service 7:00-9:00

Saturday, October 8, Yom Kippur Morning service 10:00am - 2:00pm

Children's Service 10-10:45 am;

Afternoon Service 4:00pm - until 3 stars visible in sky;

open Torah and Yizkor through evening

concluding service, followed by break-the-fast potluck.

Wednesday, Oct 12, First night of Sukkot

Friday, Oct 14, 5:30 pm Sukkot/Shabbat Celebration with a potluck meal.

Friday , October 21, 5:30 pm, Simchat Torah/ Shabbat, celebration with dancing and scrolling of the Torah followed by Shabbat Kiddush, candlelighting and potluck'

Dear KHE Chaverim,

Last week I fell off my bike. I love to bike ride around town, and I was on my brand new aqua-colored Raleigh, which I had just purchased because I thought that for safety reasons it was time I had a woman's bike with a lower bar than the one I'd been riding for the last decade. But the bike and I were not yet one- its weight and center of gravity and "feel" differed from my old bike, and perhaps I was also preoccupied with extraneous thoughts at the same time. Anyhow, as I turned first from the street up a driveway and then onto the sidewalk, I toppled. I felt it happening, but couldn't correct my balance enough to prevent it. And down I went. I lay sprawled on my back with my lower left torso and leg on top of the downed bike. And there I chose to stay. I'd felt a sharp, strong jolt up my right side to my head as I went down - a shooting sensation I'd never felt before in my life. And my response was to stay where I was and rest and monitor what was happening to me. Ever since my college days, when I slipped on a polished floor during folkdancing and broke a bone in my foot, I have been aware of the shock I go through upon falling. I have learned that it is best for me not to get up right away, but to stay still and rest until I feel centered enough to move on.

Now I fell this time just next to the downtown post office, so I soon had folks gathering around me. Just after I hit the ground, I heard a friendly, soothing voice and looked up to see someone who regularly sat behind me in Pilates class. Soon Norm Rosen appeared on his way to picking up his mail. A stranger who hung in told me he'd been trained as a "first responder." He kept pointing out an abrasion on the back of my left hand, but I knew that that was very minor compared to the soreness I was feeling on my right side. Susan Sher showed up, as well as Judith Fuente, whom I'd been on my way to meet. And others stood round including a policeman. I kept insisting that I thought I was basically okay, but that I didn't want to get up until my body told me I was ready to move. And then folks told me an ambulance had arrived (no one knew who had called it). And next, two uniformed, strong-looking, professional-sounding men started asking me questions and wanted me to get up. In retrospect, I estimate that 7-10 minutes had passed since the fall, but who knows? I was not quite ready to become vertical, but they were insistent. I arose, and when we established that they were not taking me to the hospital (I said no), I needed to sign a release form for them. The only form they could locate was in Spanish, which I was in no mood to attempt to plow through, so I went ahead and signed. This felt a bit weird, and happened after the lawyers present had gone on their way. But even though the professionals' trained response of what to do interrupted my intuitive sense of what I needed to do, their assured presence confirmed for me that I was basically okay, and this was good.

So Judith Fuente and I made our way slowly upstairs to her office/art studio, our original meeting place. On the way upstairs we noticed that I had a huge swollen egg on my elbow that I hadn't been aware of till then. Feeling quite jarred and sore, I was grateful as I sat on her sofa for Judith's repeated ministrations of calming tea and cold compresses. And having the opportunity to view and respond to her beautiful and evocative sacred art pieces brought me into a deep healing space. After resting there for over two hours, I was ready to move out into the world again, but I was not yet ready to remount my bike. I walked it just a few blocks to the walk-in reflexology center at School and Standley, and treated myself to an hour of bodywork to promote the decongestion, flow, and rebalancing of my traumatized body. I'd been coming here for a while for "maintenance" work, and just that week, Margo Frank had told me she'd recently gone to them for a problem which had arisen in her shoulder - this had prompted me to think of them now. Ahhh- so good! And then I made my way to my favorite sushi stop (it was now 3 pm and I hadn't eaten lunch yet). After a bit more walking of my bike, I was ready to get back on, and I rode to the nearby market where I bought enough food for two shopping bags. This presented a new balancing challenge, for this was the first time I was loading my new bike's basket, which was in the rear as opposed to my old bike's front basket. I got home safely, and promptly took a nap.

After awaking early that eve, I sensed that I was still in no shape to attempt work which was awaiting me in my office. So instead, I cleaned off the top of my dryer, which is where I "file" those charity requests which arrive almost daily in the mail, and which I don't immediately toss but want to consider for tzedakah contributions. Sometimes, as now, the envelopes in the pile have been accruing for a few months. But so have the occasions in my life for which I have told myself I want to make a thankfulness donation. I sat at my kitchen table and sorted through the requests and wrote donation after donation. This felt SO good, because it was something I'd been meaning to do and now I DID it and no longer had it nagging at the back of my mind. This too was part of my healing process from the trauma of the morning fall, and brought me from the "small, tight place" of my own mishap to an expanded consciousness of being part of the networks of support and protection for our diverse and beautiful and much-hurting world.

Rabbi's Article continues:

That night as I was going to bed, slathered with arnica oil, fear arose as I recognized that I still had quite a discombobulated feeling in my head, although the rest of my body was already feeling much better. Might I have an internal bleed? Do I need to go to the emergency room after all? I remembered the teenager when I was young who'd been in an accident, felt okay afterwards, and was then found dead from an undiagnosed inner bleed. I have a cousin who is a biker and anesthesiologist and took a fall from a bike, had a concussion, and permanently gave up practicing medicine because due to the head injury she could no longer make the split-second decisions she needed to during operations (yes, I'd been wearing a helmet, but so had she). I think the appearance of the policeman and ambulance at the scene of my fall added a certain gravity to what happened to me which led me to these alone-at-night ruminations. Anyhow, I chose to say my prayers and go to sleep, and early the next morning I had a dream before awaking. I dreamt I was in Washington with President Obama, and we were having a *tete-a-tete* conversation, just the two of us, after he'd already returned from a same-day trip to Oregon (note: Oregon is where my MD cousin lives). I was awed that he could be so active and still have so much energy. I wanted him to discuss the important issues of the world with me, but all he wanted to do was enthusiastically recount the great game of golf he'd played out west. In the dream, this frustrated me, but in retrospect it makes me smile. The message: RECREATION (look at all the meanings of this word) is important and essential, especially if you want to have energy to do important and essential work.

Now what does my story have to do with the upcoming High Holidays and the process of tshuvah/return? We are all going to experience falls of one nature or another in our lives, no matter how careful we may be. How do we respond when this happens to us? What role do others have in shaping our response? What do we learn about what we need, about paying attention to our deepest well-being moment-to-moment? Simply telling our story and having it witnessed, as I have done in this column, can be deeply healing in our process of rebalancing and moving on. I can recall four sudden falls I have experienced over the last decade, one from a bicycle, in addition to this recent one. And I can say that I have never recovered as quickly as I have this time, due, I believe, to my ongoing listening to what I have needed and the support I have received from others. After the great falls of the 1st and 2nd Temples in Jerusalem on Tisha B'Av, the next seven weeks of haftorah readings, right up until Rosh HaShanah, are known as "the seven of consolation." In these readings, we learn that it is God who comes forward to comfort us in our affliction. In the haftorah of Re'eh, which we read this past Shabbat just after my Thursday morn fall, Isaiah has God say, "Listen to me and your soul will live ['rejuvenate'-in the translation in front of me] (Isaiah 55:3)." The word for soul here, nefesh, is the embodied aspect of the life force, that which we recognize today as body/mind/soul, without any duality between body and spirit, and embracing the organicity of our being. Our Bible tells us again and again that Shma!/the command to 'listen,' is so central to our well-being and connecting to Source. This is the time of year when we love to sing "Return again, return again, return to the land of your soul; Return to who you are, return to what you are, return to where you are born and reborn again." The falls in our lives, which jolt us out of balance, can help us on this path of return if we really practice listening to what truly nourishes and heals us. Isaiah has God say in the same passage, "Listen to me and eat well and delight in the fresh abundance of your nefesh/soul being (55:2)."

L'Shanah Tovah to each of you, and all of our larger community, to all of Israel and to our beloved planet which has experienced jolt after jolt. May we listen and be part of the healing that needs to happen on all levels.

Once again I ask forgiveness for any ways, known or unknown to me, in which I may have hurt or offended you, and I ask that you contact me if there is something we need to clear before the New Year.

B'shalom oovrachah/In Peace and Blessing, Shoshanah

In My Opinion:

The Board is delighted, the changes to the deck are mostly complete. Sandy Turner is finishing up the staining of the frame. Thank you Sandy! Organizing the staining of the zillion 2x2's for the roof was a big enough effort. Many thanks to those that worked on the project, what a team . It wasn't 54 people. I counted at least ten.

The result is more than I hoped for. It is beautiful, usable and the perfect place for a wedding, future Bn'ei Mitzvas and dancing . Since it was built to code I also suspect it will last a long time. It now needs some really nice furniture.

Finishing the deck has energized the board to finish the details of the building and we hope to have it painted by Yom Kippur! Thank you again Manny Rosen for creating the building fund.that made this possible.

What have I/we learned from this project? If several people share a vision, share their ideas, compromise on some details, obey the law! regardless what it does to the cost of the project and work together even as they hit obstacles they will accomplish a shared goal.

Actually that's the story of this congregation. We started with a diverse group of reasonable people that wanted a shared Jewish experience for themselves and their children. They followed the process of incorporation and creating bylaws with much give and take. They took the financial risk of buying a building, and hiring a rabbi.and they took turns serving as teachers for their children and providing leadership for the congregation.

We still need to share the work and the risks of shared property and and our love of diversity. May we continue the give and take and compromise as we face our future needs as a congregation.

Much love,'Shanah tovah

Carol

P.S. The Rabbi and I thought you would be interested to know that as a congregation this past month we have been called upon to help three families in need. We have been able to give these" people some support. The funds for these emergencies come out of a special Tzdakah fund. With these funds we don't have to turn needy people away empty handed.





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
- To offer 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 (good deeds)
- To offer 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

Carol Rosenberg, President	463 - 8526
David Koppel, Treasurer	485 - 8910
Alan (Acorn) Sunbeam	463 - 8364
Judy Corwin	462 - 4661
Divora Stern	456 - 9052
Nancy Merling	456 - 0639
Harvey Frankle	459 - 9235
Steve Levin	462 -3131

Brit Mila :Doctors willing to do circumcisions in their office or your home:Robert GitlinD.O.(465-7406, Sam Goldberg(463-8000, Jeremy Mann (463-8000)

Chevra Kadisha(Jewish Buriel) Eva Strauss-Rosen (459-4005) Helen Sizemore (462-1595)

Community support: in Willits, Divorah Stern (459-9052, In Ukiah, Margo Frank (463-1834

Interfaith Council Cassie Gibson(468-5351

Jewish Community Information and Referral (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)