

Shema שמע

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!

- **Sunday, December 4, 10:00 a.m.** Shul school
- **Friday, December 9, 6:30 pm** Kaballat Shabat with Rabbi Shoshanah, dairy/veggie pot luck to follow.
- **Sunday, December 11, 10:00a.m.** Shul school
- **Sunday, December 18, 10:00 a.m.** Shul school; **11:00 a.m.-2:00 pm**, Hanukkah Party
- **Saturday, December 17, 7 pm** Movie : *Jaffa 2009* (for more info see page 3)
- **Sunday, December 18, 6:45 pm**, serving food to the hungry at the Buddy Eller Center, call Dan Hibshman 462-7471 to help
- **Friday, December 23, 5:30 pm** Hanukkah party/ Shabbat at Helen Sizemore's 989 N.Oak St., Ukiah, music ,latkes and more
- **Saturday, December 31, 10:00 a.m.** Bat Mitzvah of Emma Barash, daughter of Ace & Satuko Barash at Barra of Mendocino, 7051 North State Street, Redwood Valley



Jay and Jennifer Joseph invite you to

share in the celebration
as their son
Robert
is called to the Torah as a
Bat Mitzvah on Saturday morning,
January 7, 2012
at 10:00 a.m.
at Barra of Mendocino
7051 North State Street
Redwood Valley

Reception and Luncheon
will follow the service.



Leila and Emma drawing

*on the Tree of Life schematic
11-13-11*

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) Congregation Eshel Avraham in Beersheva, to build a bomb shelter for their nursery school. Make out a check to KHE or you can send your own check to: Masorti Foundation for Conservative Judaism in Israel, 475 Riverside Drive, Suite 832, New York, New York 10115

Question? Call:

David Koppel, 485-8910

send checks to:

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

Portion of the Week and Holidays

December 3 - Vayetze
December 10 - Vayishlach
December 17 - Vayeshev
December 20 - Erev Hanukkah
December 21-28 - Hanukkah
December 24 - Mikketz
December 31 - Vayigash

We Remember:

Myra Cohen - Kislev 5
Leon Horowitz - Tevet 3
Evelyn Rapport Cohen - December 6
Mark Kinzie Molgaard - December 7
Chaim Rayberg - December 10
Ephraim Coren - December 14
Max Schechter - December 15
Elizabeth Elberg - December 23

Condolences :

Richard Yusem and Rachel Arama
on the death of Richard's mother,
Edith.

Saturday, December 17, at 7:00 pm at the Shul: the movie *Jaffa 2009*

In the Israeli city of **Jaffa**, an Arab father and son--Hasan and Taufik--work at a garage owned by a Jewish family that includes the pretty Mali (Dana Ivgy). But the tensions simmering beneath the surface of the genial workplace are about to come to a boil. A secret affair between Mali and Taufik has grave repercussions when Mali becomes pregnant in this gripping drama, an official selection at the 2009 Cannes Film Festival.

KHE Donations July-August

Bruce and Cassandra Andich
Louisa Aronow and Sandy Turner
Ace Barash and Satoko Barash
Harvey Baumoel and Theresa Staber
Judy M. Corwin
Reid Davidson and Marjorie Davidson
Jason Erlich and Carla Longchamp
Harvey Frankle and Jackie Perner-Frankle
Steve Frenkel and Nan Frenkel
Robbie Gitlin and Karla Gitlin
Dan Hibshman and Leslie Kirkpatrick
Jay Joseph and Jennifer Joseph
Abbey Kaufman
David Koppel and Linda Koppel
Zena Marks and Jim Hecht
Adina Merenlender and Kerry Heise
Nancy Horowitz Moilanen
Linda Posner
Elizabeth Raybee
Mari Rodin and Clay Brennan
Norm Rosen and Karen Rosen
Helen Sizemore in memory of Dan Hibshman's mother Emily
Helen Sizemore in memory of Harvey and Theresa's son Bryan
Helen Sizemore in memory of Stuart Marcus's brother Charles
Laurie Spence and Dale Harrison
Lillian Vogel
Sara Esserman Melville and Anthony Esserman Melville
Aram Goldberg and Bela Goldberg
Leslie Levitas
Ramin Louyeh and Mathew Brooks-Miller
Ina Gordon and Edward Dick
Janice Berman
Michael Charnes

Amy Wachspress
Penny Walker and Irwin Feldman
Tonia Widler and John Widler
Richard Yusem and Rachel Arama
Sally Emesson and Maily Arad
Daniel Mandelbaum and Benna Kolinsky
Ariana Elster
Sam Goldberg and Pat Tysoe
Stephen Pasternak and Elizabeth Pasternak
Elaine Parat and Ken Parat
Andrea Silverstein and Dennis Patton
Jo-ann Rosen
Erika Strong and Douglas Strong
Carol D. Rosenberg
Leon Springer and Nancy Marotta Springer
Margo Frank and Marc Levine
Reid Edelman and Deborah Edelman
Darline Bergere and Josh Bergere
Maya Schwartz

If you might be interested in preparing for an adult Bar/Bat Mitzvah, please contact Rabbi Shoshanah. 467-0456

A way to hear Torah trope and see the text at the same time on line

For those of you who like to read Torah text and hear it being chanted at the same time, you can go to

<http://www.hebc.com/sedrot/>

You simply scroll down to the parashah and verses you are interested in, and you see them in Hebrew Torah script, in transliteration, and in English, and then you hit an icon to hear them chanted at the same time.

This is an especially helpful learning tool if you want to read Torah during a service at Shul .

HARVEY FRANKLE

Expanding a little on the theme "What I really need is you!": in England they say "We're all in this together," on Wall Street and a thousand other places around the world they say "We're the 99%", at Kol Ha'Emek we should be saying: "What we really need is each other!!"

What we really need is each other.

You know what my favorite part of the Friday night service is? It's after the service, at the end of the night, after the kiddush, after the dinner and the schmoozing; it's when everyone, unbidden, replaces the chairs, washes the dishes, sweeps the floor. We are all working together to put **our** shul back in order. There is such a feeling of camaraderie and, yes, community such as I have only experienced on a kibbutz, that you thank G-d for placing you here. And, even with the spontaneity and the joy of sharing, we all have to take turns taking some responsibility for it all: sharing the joy and the burden. Some burden. Bringing the challah, serving the wine - this is a burden by you? What I'm talking about here is **WE NEED HOSTS**. If we are going to be a sharing community, then we all need to take our turn. Some can take this project on by honoring departed family or friends. This is a wonderful gesture. Others can do it simply because it's your turn. Either way, at the end of the evening the job will get done and you'll feel good about it. Very good.

Turn for what, you may ask. What do I have to do? This I can answer in 2 words: not much. You have to:

1. Thursday call Schat's and order 2 challahs.
2. Friday pick up the challahs.
3. Get to shul a little early to make sure everything is in place.
4. Pour the wine and the grape juice for the kiddush.
5. Set out the challahs, the wine, and the potluck foods.
6. Take part with everyone else in the clean-up.
7. Make sure the president doesn't ramble on too much about upcoming events.

That's it! Oh, and keep the receipts for the challah and wine to give to me or David Koppel to get reimbursed.

And when do you need me to carry out this mitzvah? Funny you should ask. We need 5 hosts (you can do this with the aid of another person) over the next 3 months. The dates are Friday evenings **December 9, January 13, January 27, February 10, and February 24**. Please drop me an e-mail or phone call for any of these dates. I'm at woodnbooks@wildblue.net or 459-9235.

Do we truly want community and are we all in this together? Of course we are. Is what we really need each other? The proof is in the pudding.



**Tree of life learning
11/13/11**



Dear KHE Chaverim,

What a wonderful experience we had learning directly from Reb Zalman on the big screen. I said I would continue showing his DVDs as long as people wanted to come, and we completed all 11 sessions of Reb Zalman's teachings on Davvenology. (Did you know that to "davven," the Yiddish word for "to pray," apparently comes from the Latin word "divine"?) Each week, after discussing what came up for folks from Reb Z's presentation, we spent time going inside and experiencing personally the essence of his messages for that session.

I'd now like to share with you some of those messages. albeit without the powerful and evocative and loving presence of Reb Z conveying them himself. You might choose a time and place to sit and open yourself to see what these offerings bring up for you. Do not try to focus on all of the points at once, but choose just a few to dwell upon. You might prepare yourself by lighting a candle, singing a chant you love, reciting a line of prayer you love, listening, playing, or moving to sacred music, or simply focusing on your breath. The important thing is to open a space in your heart, so that what you are evoking is the wisdom of your heart, and not just your head.

*Put yourself in the presence of God. Feel/know the ever-presence of God. Open a space, a window for God in your heart. Make yourself transparent to God. "I make myself transparent to the divine light that wants to reach my heart." Invite the Divine Presence to dwell in your heart.

* Open yourself to that part of you that's already enlightened.

* Bring to mind your favorite prayer, chant, etc. Recite it now. Feel all the associations it brings up for you. What does it evoke for you? Breathe in and out of your heart space, and express your own prayer that comes up for you right now.

*Pray to YOUR God, "Eli, Eli"= my God, my God.

*Ask God for help with what you need right now. Talk to God about it. Talk to God about your sadness, conflict, bitterness, frustration, and ask for help. If you are feeling euphoric, tell God what you appreciate.

* Offer up "arrow prayers"--short, quick prayers that you send in the moment without lingering, that can be for yourself, or for someone else, or thank-yous, or blessings, or whatever. These can be offered at any time and any place during your day.

* What are your feelings about God answering or not answering prayers? Might you be hanging up too soon, or not even invested in making a connection?

* See yourself as an agent of God as you go about your regular daily tasks.

* See yourself as a host for God (Adonai Tzva'ot, a name of God, is usually translated as "Lord of hosts"). As Reb Z. says: "Okay, God, you want to be Zalman for another day, I'll do Zalman for you." Repeat these sentences to yourself, substituting your own name for Zalman's. What does this mean for you?

* How would you like God to see you?

* What is your flaw? How are you bribing yourself? What are your hidden motives?

* Daydream about God. Sit quietly and see what arises.

* Have you experienced holy moments in which you have felt God is really with you? "Yes, it's for real!" Recall the sensations, feelings, thoughts you experienced.

* In what situations in your life have you heard yourself utter "Oh God!"?

* Have you ever consciously offered God your words, your prayers, your good deeds, your music, your dance?

* Have you ever been called upon to testify to God's presence in the world? Recall the occasion(s) and how you felt during and afterwards.

* Do you have faith in your intuition? Does that include being sustained by a sense of faith in Divine Presence?

Conclude your musings on the above topics by offering a blessing, or chant or prayer(s) before you return to your everyday doings.

The full set of Reb Zalman's DVDs on Davvenology is available for borrowing. Contact me if you are interested. A book based on the DVDs, "The Gates of Prayer: Twelve Talks on Davvenology," by Reb Zalman Schachter-Shalomi, is available from Amazon for \$18.

Did you know that Chanukah literally means "dedication?" Lighting up the darkness, may this holiday of liberation, and the miracle of bringing light into our temple and restoring the sacred, rekindle in each of us our connection to Divine Presence within our lives. "The human soul is God's candle (Proverbs 20:27)."

B'shalom oovrachah (in Peace and Blessing) ve'chanukah sameach (and Happy Chanukah), Shoshanah

Carol's notes from Reb Zalman's talks these are "almost quotes"

Prayers in the Siddur are freeze dried, they came out of another's experience and have been translated

I want to be loyal to the purpose that created me.

Faith is a verb

Take five minutes out to consult your values

The heart is not satisfied with an abstraction

Some people are always looking for holy chocolate.

learn to live open - to be seen
create inner space

My prayer is one tile in the mosaic of prayers to God

Log on to the longing

HANUKKAH 5772

**KOL HAEMEK PRESENTS
OUR ANNUAL (Pre) HANUKKAH PARTY
SUNDAY, DECEMBER 18
11 A.M. TO 2 P.M.**

**come stroll down latkes lane huddle in story corner
play for gelt in dreidel alley
buy Hanukkah candles and wrapping paper
Hanukkah story books and gifts
at reasonable prices on Candlelight Walk
Hear the story of Hanukkah as told by
Rabbi Shoshanah Devorah
Sing Hanukkah songs and play Hanukkah games
Experience the stories read by Harvey Frankle
And, of course, eat our inestimable latkes**

HANUKKAH PARTY SHABBAT

**FRIDAY EVENING, DEC. 23rd, 6:30 pm
Home of Helen Sizemore 989 N. Oak St., Ukiah
Hanukkah Celebration Potluck
Community Sing with Charlie Seltzer
So bring your menorah, your cooked latkes,
your dish, and your voice.**



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

Harvey Frankle, President	459-9235
David Koppel, Treasurer	485-8910
Alan (Acorn) Sunbeam	463-8364
Judy Corwin	462-4661
Divora Stern	456-9052
Nancy Merling, Vice President	456-0639
Carol Rosenberg	463-8526
Steve Levin	462-3131
Sherrie Ebyam	530-414-1104

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: 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)