

MAY - JUNE 2019

NISAN - IYAR 5779



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

Friday, May 10, 6:30 pm, Shabbat Service with Mia Zimman, potluck to follow.

Saturday, May 11, 9:30 a.m., Torah study with Mia Zimman.

Sunday, May 19, 10 a.m., Make lunches to distribute to hungry people. Meet at kitchen of Ukiah United Methodist Church. More info: call Cassie Gibson, 468-5351.

Friday, May 31, 6:30 pm, Shabbat Service with Rabbi Chaya Gussfield, potluck to follow.

Saturday, June 1, 10:00 a.m., Torah Study with Rabbi Chaya Gussfield.

Saturday, June 8, at 7:00 pm, Shavuot Study Evening, Art, Poetry, Meditation, and Book of Ruth. Please bring food offerings for the food bank and cheese and cracker and dairy desserts to share with each other.

Friday, June 21, at 6:30 pm Shabbat Service with Rayna Grace, potluck to follow.

Shavuot at Kol HaEmek

Saturday Evening, June 8,
beginning at 7:00 pm, art, poetry,
music, and the Book of Ruth

We are planning our annual evening celebration of the receiving of the Torah with an evening of living Torah as we share with each other art, poetry, and other experiences from Torah teachings.

Please bring food offerings for the "food bank" and dairy and fruit desserts to share.

Holidays and Torah Readings

(From Va-yikkaor Leviticus)

May 4 - Acharei Mot

May 11 - K'doshim

May 18 - Emor

May 23 - Lag Ba Omer

May 25 - B'har

June 1 - B'hukkotai

(From B'mibar or Numbers)

June 8 - B'mibar

June 8 - **Erev Shavuot**

June 8-9 Shavuot

June 15 - Bamidar

June 22 - Behaalotecha

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) Honoring and Remembrance Board
- 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

Call: David Koppel, 485-8910

send checks to:

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

We Remember

Jim Rowland - May

Joel Green Yossel - May

Ben Rosenberg - May

Gerald Marans - May 1

Janet Fisher - May 2

Harry Bistrin - May 4

Harold Koppel - May 6

Elenore Feldman - May 9

Harriet Libby Domas - May 14

William X. Silva - May 15

Nancy Brooks-Miller - May 22

Julius Markowitz - May 26

Vera Meyerhoff - June

Daniel Rosenberg - June 1

Edward Wandrei - June 5

Helen Feinberg-Ginsburg - June 6

Sylvia Marans Elberg - June 12

Thelma Cohn - June 12

Joseph P. Suffel - June 21

Elliot Rivers - June 29

Natalie Wachspress - June 29

Adeline Rosen - Nisan 14

Pearl Renee Horowitz - Nisan 18

Milton Coren - Nisan 25

Charles Sorkowitz - Nisan 28

Leah Frankle - Nisan 7

Bessie Dale - Nisan 12

Beatrice Hecht - Nisan 22

Marvin Guthartz - Iyar 19

Meyer Strauss - Iyar 7

Here are brief biographies of the three women that led KHE services in the month of March. They will be leading services again in May and June. This will give all of us another opportunity to meet them, and to experience the beautiful energy they each bring to our experience of a Shabbat service.

Mia Zimman is a Jewish educator, spiritual director, and facilitator of lifecycle rituals. She regularly leads Shabbat and holiday services, retreats in Jewish spirituality, kids and family programs, and interfaith dialogue & events. She is a lead educator for Camp Tawonga's B'nai Mitzvah program in San Francisco and works independently as a guide for children in their coming-of-age journey for their B'nai Mitzvahs. Mia studied with Rabbi Shefa Gold for many years and is a graduate of the Kol Zimra chant leadership training. She currently lives in Petaluma, CA, with her husband, Alejandro.

Chaya Gussfield was ordained in the Jewish Renewal Movement in 2006 after serving as a member of the lay spiritual leader team for Kehilla Community Synagogue in Piedmont for many years, then served Beth Chaim Congregation for 7 years as associate Rabbi. She was the interim rabbi for Temple Beth Ora in Edmonton, B.C., and is now serving as a Palliative Care Chaplain for Kaiser Oakland/Richmond. She is still strongly connected to Kehillah. In addition to providing pastoral care and teaching classes, she has co-led a special reflective second-day Rosh Hashanah service for over 7 years with her dear friend Eve Decker, a Buddhist dharma teacher and musician. She has a strong *hashpa'ah* practice (individual and group spiritual direction) and enjoys pastoral care. When 19 years old she spent some formative time in Mendocino County (Albion and Caspar and Covelo). Chaya lives in Oakland and has a vacation home in Bodega Bay.

Rayna Miriam Grace is ordained as a Kohenet, a priestess in the Jewish tradition, by the Kohenet Institute. She is a spiritual and ritual leader honoring the sacred earth and the Divine Feminine. She is committed to serving the Jewish people in ways that reflect Jews' ancient roots as people of the land and women's role as spiritual guides. Her prayer tradition includes feminine G*d language and recognizes the physical elements of the world as manifestations of divine presence. Rayna and her family live in Potter Valley.

From our JoAnn Rosen on her homecoming from Israel and Palestine!

Do not be daunted by the enormity of the world's grief. Do justly, now. Love mercy, now. Walk humbly, now. You are not obligated to complete the work, But neither are you free to abandon it. - The Talmud

When I dare to be powerful, to use my strength in the service of my vision, then it becomes less important whether or not I am afraid. - Audre Lorde

**Donation to Kol HaEmek
February 2019-March2019
Thank You !**

Miriam McNamara and Casey McNamara - School
Judith M. Corwin
Rachel Elkins and Dana Thibeau
Judith Fuente and David Nelson - Homeless Food
Jay Joseph and Jennifer Joseph
David Koppel and Linda Koppel
Nancy Bertsch and Ted Bertsch
Elizabeth Raybee
Janae Kraus and Gary Stephens
Leon Springer and Nancy Marotta Singer
Margo Frank and Marc Levine
Andy Coren and Yvonne Coren
Jaye Alison Moscariello and Bill Taylor
Linda Risha Thompson

Kol HaEmek Board needs a new member!

No experience necessary--you will be warmly welcomed, with gratitude

This is your opportunity to become a KHE Board member and have your opinions on Shul management and Jewish life in Mendocino County heard and implemented!

For more information call Sherrie Ebyam
1-530-414-1104

All our wishes for complete healing to:

Laurie Spence
Lee Wacht
Andy Coren
Yvonne Coren

Follow-Through on Ideas Discussed at Annual Meeting

We are considering an additional workshop on **making Tzitzis** for a favorite shawl. If this is something that interests you, call or e-mail Carol Rosenberg at 463-8526 or carolrosenberg@pacific.net If we have enough interest we will plan a workshop.

Also: are you interested in a **Soul Collage** Introduction? If we find an interest we have found a program leader. There will be no cost for our first session.

If interested e-mail Sherrie at ebyam@sbcglobal.net>

spring flowers align
old railroad tracks north and south
golden and purple

May these flowers resonate with you: poppies and lupine.

david vilner

Shavuot

Shavuot, the “Feast of Weeks,” is celebrated seven weeks after Passover (Pesach). Since the counting of this period (sefirat ha-omer) begins on the second evening of Passover, Shavuot takes place exactly 50 days after the (first) seder. Hence, following the Greek word for “fifty,” Shavuot is also referred to sometimes as *Pentecost*. Although its origins are to be found in an ancient grain harvest festival, Shavuot has long been identified with the giving of the Torah on Mount Sinai. Shavuot combines two major religious observances. First is the grain harvest of the early summer. Second is the giving of the Torah on Mount Sinai seven weeks after the exodus from Egypt. The first determines the ritual for the holiday, which was one of the three pilgrimage festivals of ancient Israel, when Israelite males were commanded to appear before God in Jerusalem, bringing offerings of the first fruits of their harvest. The second determines the significance of the holiday for Judaism, tying it in with the seminal event of Jewish religious memory, namely the entering into a covenant between God and Israel, exemplified by Israel’s assumption of Divine law.

Since Shavuot is an ancient pilgrimage holiday, it is not surprising that its ritual focuses on the community. Nonetheless, there are a number of customs associated with personal practice. Chief among them is the eating of dairy products on Shavuot. Although the reasons for this custom are not completely clear, it has become traditional to eat milk and cheese products as part of the celebration of Shavuot.

Much of the observance of the holiday centers on the synagogue and its rituals. The special readings for the holiday include medieval poems (*piyyutim*) and the Book of Ruth. A number of reasons are given for the inclusion of the latter. Among them are that the book takes place at the time of the barley harvest, that Ruth’s assumption of Naomi’s religion reflects the Israelites’ acceptance of the Torah at Sinai, and that King David, who is alleged to have died at this time of year according to rabbinic tradition, is mentioned at the end of Ruth. Another tradition is to participate in a *Tikkun Leil Shavuot*, an all-night study session marking the holiday. And finally, Shavuot is one of the holidays on which both *Hallel*, the Psalms of Praise, is recited and *Yizkor*, the memorial service, is observed.

(From Judaism 101)

Mushroom turnovers

Dough- 3-3 oz packages of cream cheese, room temp.; 1/2 c. butter, room temp.; 1 & 1/2 c. flour

- 1) Mix cream cheese & butter well. Add flour and work until smooth. Chill dough at least for 30 minutes.
- 2) Preheat oven to hot (450 degrees)
- 3) Roll dough to 1/8 in. thickness on a lightly floured surface. Cut dough into circles using a floured water-glass
- 4) Place 1 teaspoon mushroom filling on each and fold the dough over the filling. Press edges together with a fork. Prick top to allow steam to escape.
- 5) Place on ungreased cookie sheet and bake until brown about 15 minutes.

Mushroom filling:

3 tablespoons butter	1/2 t. salt
1 large onion, finely chopped	freshly ground black pepper to taste
1/2 lb. mushrooms, chopped	2 Tb. flour
1/4 t. thyme	1/4 cup sweet or sour cream

- 1) In a skillet, heat the butter, add the onion, & brown lightly. Add the mushrooms & cook, stirring often for 3 minutes.

The Sayings of the Rabbis

Rabbi Simeon Ben Zoma, 1st Century CE

Ben Zoma said "Who is wise? He who learns from all men. As it is said: from all my teachers I have gotten understanding. Who is mighty? He who subdues his passions. As it is said: he that is slow to anger is better than the mighty and he that ruleth over his spirit is better than he who has taken a city. Who is rich? He who rejoices in in his portion. As it is said: when thou eatest the labor of thine hands, happy thou art in this world and it shall be well with thee in the world to come. Who is worthy of honor? He who respects his fellow men. As it is said: for them that honor me I will honor, and they that despise me shall be held in contempt."

Menachem Mendel Morganzter 1787- 1859 (from Kotsk near Lubin, Poland)

Search for truth, laughter's a tool for learning

"If I am I because I am I, and you are you because you are you, then I am I and you are you. But if I am I because you are you and you are you because I am I, then I am not I and you are not you!"

"All that is thought should not be said, all that is said should not be written, all that is written should not be published, and all that is published should not be read."

"Where is God to be found? In the place where He is given entry."

Ben Zoma

Who is wise? One who learns from every man. As is stated ([Psalms 119:99](#)): "From all my teachers I have grown wise, for Your testimonials are my meditation."

Who is strong? One who overpowers his inclinations. As is stated ([Proverbs 16:32](#)), "Better one who is slow to anger than one with might, one who rules his spirit than the captor of a city."

Who is rich? One who is satisfied with his lot. As is stated ([Psalms 128:2](#)): "If you eat of toil of your hands, fortunate are you, and good is to you"; "fortunate are you" in this world, "and good is to you" in the World to Come.

Who is honorable? One who honors his fellows. As is stated ([I Samuel 2:30](#)): "For to those who honor me, I accord honor; those who scorn me shall be demeaned."

Purim March 29, 2019, Community Shabbat and holiday party





Kol HaEmek 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
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- 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

Board Members

Sherrie Ebyam - President	530-414-1104 < ebyam@sbcglobal.net >
David Koppel - Treasurer	485-8910 < davekoppel@yahoo.com >
Carol Rosenberg - Secretary	463-8526 < carolrosenberg@pacific.net >
Nancy Merling	456-0639 < nancymerling@att.net >
Barbara Stanger	234-3261 < aurnaenterprises@gmail.com >
Moses Sunbeam	228-9980 < mosessunbeam@gmail.com >
Karen Rifkin	391-9299 < karenrifkin@gmail.com >

Brit Mila: A doctor to call for to a referral to a Mohel - Robert Gitlin D.O. (465-7406),

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)

Rabbinical Services/Special Ceremonies are available; send your e-mail request to Sherrie Ebyam