

OCTOBER 2011

TISHREI - HESHAN 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

Saturday, Oct 1, 10:30 am - A Shabbat Shuvah (Shabbat of Return) chanting service at our Shul in honor of Tal Sizemore's first yahrzeit, may his memory be a blessing, led by Helen Sizemore. Followed by kiddush and a potluck veggie/dairy luncheon hosted by Helen.

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 to the lake.

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 at 4:00 pm with open Torah and Yizkor, followed by evening service, concluding service ends when 3 stars are visible in sky; followed by break-the-fast potluck.

Sunday, October 9, Shul School 10-12:15

Wednesday, Oct 12, First night of Sukkot

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

Sunday, Oct 16, Prepare a dinner to be served at the Buddy Eller Shelter; to help, call Dan Hibshman at 462-7471

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

Friday, October 14, 6:30 pm Sukkot Shabbat with Rabbi Shoshanah, veggie potluck to follow.

Sunday, October 16, 10:00 a.m. -12:15 p.m., Shul School

Sunday, October 23, 10:00a.m.-12:15, Shul School

Time to renew your membership pledge for Kol HaEmek !!

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) We are supporting a new fund in Israel this year! Congregation Eshel Avraham in Beersheva. We want to help them build a bomb shelter for their nursery school. See page five for information.

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 **Portions of the Week and Holidays**

October 1 - Haazinu Shuvah
October 7 - Erev Yom Kippur
October 8 - Yom Kippur
October 12 - Erev of Sukkot
October 13 - Sukkot
October 15 - Hol Hameod
October 21 - Simchas Torah
October 24 - Bereshit
October 29 - Noah

Candle

lightingTimes:

October 7 - 6:27
October 12 - 6:20
October 14 - 6:17
October 21 - 6:07
October 28 - 5:58

We Remember:

Minne Sorkowitz - Tishri 8
Asenath Rosenberg - Sukkot
Bonnie Anne Springer - October 7
Sylvia Glazer - October 10
Stan Showers - October 14
Jean Shirley Kisslinger - October 22
Nancy Parker Orton - October 26

Please note!

This year please include the names of your departed loved ones and the date of their death with your membership. We are preparing a new Yizkor list and monthly Yahrzeit lists from your entries.

Donations to KHE from July -August

BRUCE AND CASSANDRA ANDICH - GENERAL
LOUISA ARONOW AND SANDY TURNER - GENERAL
ACE AND SATOKO BARASH - GENERAL
HARVEY BAUMOEL AND THERESA STABER - GENERAL
JUDY M. CORWIN - GENERAL
REID AND MARJORIE DAVIDSON - NEWSLETTER
JASON ERLICK AND CARLA LONGCHAMP - NEWSLETTER
HARVEY FRANKLE AND JACKIE PELNER-FRANKLE - GENERAL
STEVE AND NAN FRENKEL - GENERAL
ROBBIE AND KARLA GITLIN - GENERAL
DAN HIBSHMAN AND LESLIE KIRKPATRICK - GENERAL
JAY AND JENNIFER JOSEPH - GENERAL
ABBY KAUFMAN - NEWSLETTER
DAVID AND LINDA KOPPEL - GENERAL
ZENA MARKS AND JIM HECHT - GENERAL
ADINA MERENLENDER AND KERRY HEISE - GENERAL
NANCY HOROWITZ MOILANEN - GENERAL
LINDA POSNER - GENERAL
ELIZABETH RAYBEE - GENERAL
MARI RODIN AND CLAY BRENNAN - GENERAL
NORM AND KAREN ROSEN - GENERAL
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 - GENERAL
LILLIAN VOGEL - GENERAL
AMY WACHSPRESS AND RON REED - GENERAL
PENNY WALKER AND IRWIN FELDMAN - GENERAL
TONIA AND JOHN WIDLER - NEWSLETTER
RICHARD YUSEM AND RACHEL ARAMA - GENERAL
SALLY EMESON AND MALLY ARAD - NEWSLETTER
DANIEL MANDELBAUM AND BENNA KOLINSKY - NEWSLETTER
ARIANA EISLER - NEWSLETTER
SAM GOLDBERG AND PAT TYSOE - GENERAL
MARILYN AND JAMES KATZEL - IN MEMORY OF DAVID JOEL POLSTER
STEPHEN AND ELIZABETH PASTERNAK - GENERAL
ELAINE AND KEN PARAT - NEWSLETTER
ANDREA SILVERSTEIN AND DENNIS PATTON - GENERAL
JO-ANN ROSEN - GENERAL
CAROL D. ROSENBERG - GENERAL
LEON SPRINGER AND NANCY MAROTTA-SPRINGER - GENERAL
MARGOT FRANK AND MARC LEVINE - GENERAL
REID AND DEBORAH EDELMAN - GENERAL
DARLINE BERGERE AND JOSH BERGERE - GENERAL
MAYA SCHWARTZ - GENERAL
ANDY AND YVONNE COREN - GENERAL
SARA AND ANTHONY ESSERMAN-MELVILLE -
ETHAN DUVAL - A THANK YOU FOR HIS BAR-MITZVAH
ABRAM AND BELA GOLDBERG - GENERAL
LESLIE LEVITAS - GENERAL
RAMIN ARRON LOUYEH AND MATTHEW BROOKS-MILLER - GENERAL
INA GORDON AND EDWARD DICK - NEWSLETTER
JANICE BERMAN - GENERAL
MICHAEL CHARNES - GENERAL

In My Opinion:

Sukkot is coming, my favorite Jewish holiday. I have written in the past about the sweet memories of my first Jewish holidays. When my future husband's parents realized the young woman he had chosen to marry didn't know anything about what they considered a good Jewish life, it was up to them to educate and make meaningful the life they wanted for their son and his future children.

I loved decorating the Sukkah and the taste of hot soup passed through the open window to eat on cold chilly October evenings in Brooklyn. I loved the Indian summer days when we visited other Sukkahs and the array of fresh home-baked treats that I still make to remember the warmth of Asenath Rosenberg's kitchen and all those neighbors on East 8th Street in Flatbush.

It seems ironic, after years of sadness and anger about how my mother-in-law ended her long life, and her coldness to my children who did not follow all her teachings and who married people from other traditions, that she died at Sukkot, the holiday when I felt closest to her and her teachings.

The golden days of October are a splendid time for memories. A wonderful time to remember your childhood and to create memories for your children. Memories may be made helping to build and decorate a Sukkah in your garden or next to your kitchen window. It may be helping to create one on the Shul's wonderful new deck. Or, if you choose, finding and carving pumpkins. It's the activity and the sharing that can implant closeness and religious or cultural meaning. This may, as I experienced, transcend later angers and disappointments. Enjoying holidays with children creates the glue that holds families and a culture together, no matter what happens to that family in the future.

Much love,
Carol (your almost ex-president!)

P.S.

I was feeling very good about the state of our building last month. Now we have learned that the lack of a gutter on the back of our building (ones on order) has resulted in dry rot under the floor of our Shul. To add to our building concerns, our roof has been patched but will need replacing next year!

The dry rot problem and roofing issues will hopefully be solved by Yom Tov but it may delay painting of the building. I guess we must be grateful that we only built an outdoor room and did not use all our building funds.

P.P.S.!

Check your calendars: Christmas and Hanukkah come together this year. We need an event planner for a Hanukkah Party and craft sale tentatively scheduled for December 18th. A volunteer planner for Purim is needed as well.

In addition, we need volunteers for hosting Shabbat Services and special events this fall. To volunteer, please call Harvey Frankle at 459-9235.

Many Thanks,
Carol

Tzedakah Information:

For this new year of 5772, the KHE Board has decided to promote tzedakah to help build a bomb shelter for the nursery school run by Congregation Eshel Avraham in Beersheva. Beersheva has come under recent attack by rockets from [Gaza](#), and this congregation, which is associated with the Conservative movement (known as Masorti in Israel), now needs to build a shelter to protect the young children it serves during the week. Think how you would feel if rockets started falling here in inland Mendocino County, causing destruction and casualties. You would want to know that our children had a safe place to go to when they were at school. To support this endeavor, you can 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 (make the check out to the Masorti Foundation for Conservative Judaism in Israel). In either case, make sure you earmark your check: for Cong. Eshel Avraham, bomb shelter for gan. Gan is the Hebrew word for nursery school, and eshel Avraham means Abraham's tamarisk. Did you know that tree planting in Israel goes back to the time of Avraham when we are told that Avraham planted a tamarisk in Beersheva. All donations are tax deductible.

Save the date:

Saturday evening, November 5, Special Sefardic/Mid-Eastern potluck with viewing of the film "The Forgotten Refugees" about the mass exodus of Jews from Arab countries and Iran in the 20th Century. The film weaves personal stories with archival footage, and presents testimonies of Jews from Egypt, Yemen, Libya and Iraq.

Library Notes: by Acorn Sunbeam

I've been going over some of our library's resources preliminary to refining its organization. For a little country congregation we have quite a library - bequeathed to us over the last 30 years - and I want to mention a few of them. So I'm gonna let a few tidbits escape my figurative lips!

First of all - in relation to bringing our children up there is much available, from Hebrew readers for first-year learners as well as conversational Hebrew, many histories of the Holy Land written for gradeschoolers as well as teens doing high school research. Also some fantastic picture books to read to your little one. There are also some great resources available to help those in Bar/Bat Mitzvah preparation. They're in their own section near the books on holidays and Jewish customs for Parenting/Bringing Up a Jewish Child. There's also a nice selection of Jewish cookbooks.

All I ask of you is:

1. Sign the book(s) out with your name and phone number on one of the index cards located in the card file near the door.
2. Bring the Book(s) back!
3. Happy Reading and L' Shana Tova everybody!

Dear KHE Chaverim,

"Should" has become somewhat of a dirty word. Not quite PC. Sounds nudgy and parental and overly proper. Having compassion and forgiveness for ourselves and others resonates much better than focusing on the shoulds and oughts in ours and others' lives. The classic Yom Kippur motion of beating our chests as we enumerate each "ashmeinu/we are to blame" or "Chatanu/we have sinned" has been reinterpreted, reframed for modern sensibilities into awakening our heart center and even stimulating beneficially the gland located there. And we love to let go of the word "sin," and instead talk about "missing the mark." (At least, with "missing the mark" we are acknowledging a gap between an intended aim and the actual outcome of our behavior.)

We learn that we need to accept ourselves as we are, to love ourselves as we are. We learn that the holy moment is here and now, not in our mythical past or the world to come, and not requiring some distant and grand holy mountain or holy temple. We learn that salvation comes with each new in-breath and out-breath, and the consciousness and acceptance we bring to this very moment. We learn to let go of the past and the future and focus on the here and now, and let this moment be the door to take us into the eternal and bring the infinite to us right where we are.

I am not disparaging any of these popular re-framings. I espouse them myself, and love the joyous camaraderie which can infuse our community prayer even on Yom Kippur--it doesn't mesh with the somber sadness and agony that he knew in his childhood synagogue on this most sacred of days. The classic scenario of Yom Kippur piety and fervor is for folks to be crying out desperately and agonizingly for God's forgiveness, because none of us has measured up. Confessing our guilt again and again, we are begging, imploring an all-powerful God to have mercy on us, sinners that we are, and write us into the Book of Life for the coming year.

It seems as if what we're talking about is a gap between our vision of how we could be, of what we know from living Torah is how we should be, and the reality of how we actually have been during this past year. In the recent series of Reb Zalman DVDs that we have been watching at Shul, Reb Zalman talks about yearning, and its importance in our spiritual life. He talks about yearning for the beloved, and how we miss the beloved when we are separated, alone (lonely), and long to be reunited. embracing once again. Yearning implies a gap between what is present for us and what we aspire to and want in our lives. Yearning motivates us to do Tshuvah, not to be satisfied with our current state, but to move towards, be pulled towards our deepest/highest soul connection.

Reb Zalman also talks about stereoscopic vision, in which each eye sees something else, but the two visions become integrated in our brain and we see one complete picture in 3D. He talks about two different faces of God in our Torah. One is Elohim, the powerful, awesome God whose creation includes the Torah/laws of nature (Elohim in gematria = HaTeva/nature), and the other is YHVH, the heart-centered, compassionate aspect of the divine with whom we yearn to be in intimate embrace (devekut). See them both at the same time, Reb Z suggests, and receive a richer, fuller vision.

Rabbi continues:

Can we apply this to our High Holiday practice? Can we be aware of the gaps in our behavior, can we truly regret the mistakes we have made and learn from them and work to heal them? Can we rededicate ourselves to redeeming our own lives and thereby help in redeeming our hurting planet? And at the same time, can we remind ourselves to see the divine within and all around us in every moment wherever we are? Using both names of God next to each other, our ancient Torah tells us that we don't need to search in heaven, nor across the sea to know God's word, but "it is very close to you, in your mouth and in your heart, to do it. (Deut. 30:14)." Reb Z says to bring God with you when you are doing Tshuvah, either asking or granting forgiveness of others. Let God be your ally, let God into your hurting, lonely place. Make a window for God into that dark place within. Breathe into your heart and create space within for God. How wonderful that we have our KHE community so that we can come together to support ourselves and each other in this sacred work.

L'Shanah Tovah,

B'Shalom oovrachah, Shoshanah

An Opportunity given to us by Joann Rosen: Check her installation in the "back room"

Dear Chaverim,

Elul is upon us, a time to do deep reflection and return to our deepest aspirations as contributors to life on the planet in this very moment. To facilitate this reflecting, you are being offered an opportunity to make visible to the community, your prayers for healing and intentions for bringing wholesomeness to the world. Perhaps this could provide others inspiration also. During the High Holy Days, a small box will reside in the back room of the Shul opposite the library. It contains a "Wailing Wall" for prayers and 4 drawers for written responses (either signed or anonymous).

On each drawer is a statement which may help you in setting intentions for the coming year.

1. No situation is impossible to change.

2. A communal vision, outstanding strategy, and sustained effort can bring forth positive change.

3. Everyone can help make a difference.

4. No one is free of responsibility.

It is suggested that you take time before coming to Shul to write down your offerings (brief), then bring them to Shul with you and tuck them into the installation.



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 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)