

SEPTEMBER 2012

ELUL -TISHRI 5772-5773



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)

5773/2012 High Holiday Schedule- Mark your calendars. Contact Shoshanah if you'd like to take a more active role in the services. To participate in shofar blowing, please contact Bruce Andich, <mdandich@yahoo.com>, 458-4855.

Friday, Sept 7, 6:30 pm, Kabbalat Shabbat - Elul preparation for High Holidays

Sunday, Sept 9, Selichot: "From Discord to Discourse" workshop concerning Israel/Palestine with facilitator Rachel Eryn Kalish, 10 am-4 pm with a potluck lunch. *See enclosed flyer page 3*

Sunday, Sept 16, 7-9, Erev Rosh HaShanah service,

Monday, Sept 17, Rosh HaShanah, 9:00 am service, 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 blowing 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.

Friday, Sept 21, 6:30 - Shabbat Shuvah, Kabbalat Shabbat, service and vegetarian potluck

Sunday, Sept 23, Mikveh 12:00 pm for men led by Bob Mandel, 2:00 pm for women, at Pennyroyal Lake. Meet in the Parducci parking lot to carpool to the lake.

Tuesday, Sept 25, Erev Yom Kippur, Kol Nidre service 7:00-9:00 pm

Wed, Sept 26, Yom Kippur

Morning service 10:00 a.m. - 2:00 pm/Children's service 10-10:45 am;

Afternoon service 4:00 pm - until 3 stars visible in sky; open Torah and Yizkor through evening concluding service, followed by break-the-fast potluck

Decorate *Succah* on Sunday prior to:

Sunday, Sept 30, First night of Sukkot, 5:30 pm Sukkot Celebration with a veggie/dairy potluck meal.

Monday, Oct 8, 5:30 pm, Simchat Torah celebration with dancing and scrolling of the Torah followed by veggie/dairy potluck

Additional Opportunities for Tzedakah

Supporting your congregation and charity is how the Jewish people begin a new year!

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

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For 2012-2013 Registration

Add your name, address, e-mail address, list children and their ages and the services you plan to attend.

Questions? Call:

**David Koppel, 485-8910 for
information to set up a charge
account or send checks to:
Kol HaEmek, P.O. Box 416,
Redwood Valley, CA 95470**

Portion of the Week and Holidays

D'Varim

- September 1 - Ki Tetzei
- September 8 - Ki Tavo
- September 15 - Nitzavim
- September 16 - Erev Rosh HaShanah
- September 17 - Rosh HaShannah
- September 22 - Va-Yeikhelach
- September 25 - Erev Yom Kippur
- September 26 - Yom Kippur
- September 29 - Ha Azinu
- September 30 - Erev Sukkot

Kol HaEmek annual support information. Please return your membership and High Holiday commitments to David Koppel by September 10th

Annual support includes High Holidays, Newsletter and Rabbi Services.

Benefactor \$1100

Family \$550

Individual \$250

Newsletter (Shema) \$50

Other \$ _____

please mention:

- * Interest in Shul School for children
- * Active participation in the following ways:
 - Jewish Educational Programs
 - Tzedakah Project (Feeding the Hungry)
 - Holidays Events
 - Host a shabbat at shul or at your home

Payment method include payment by check or credit cards. A monthly or quarterly payment plan is available on your Visa or Mastercard.

KOL HA'EMEK cordially invites our
membership to attend an all day workshop
entitled:

“MOVING FROM DISCORD TO
DISCOURSE

Learning How To Have Vibrant, Open, Respectful
Conversations Around Israeli - Palestinian Issues”

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No matter where you are on the political spectrum or how difficult these conversations may have been in the past our interest is in creating, with the help of Rachel Eryn Kalish, a professional facilitator who specializes in this field, a safe environment where the emphasis will be on speaking so that others might hear, and listening so that we may understand. This will be part of our Slichot preparation for the High Holy Days.

SUNDAY SEPTEMBER 9 10A.M. - 4 P.M.

A pot luck vegetarian lunch will be served

A donation for this event will be deeply
appreciated



Ukiah's
only
chosen
Jeweler

**WE BUY GOLD
DIAMONDS**

42 years of experience
Steven and Rebecca Stern
118 State St., Ukiah
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We Remember

Tina Marans - September
James Meredith - September 9
Henry Levin - September 10
Tal Sizemore - September 11
Ida Mann - September 11
Miriam Markowitz Blatt - September 13
Bernard Cohn - September 13
Belle Spiegel - September 15
Jacob Goll - September 17
Sidney Spiegel - September 18
Audry Brooks-Miller - September 18
Abraham Solomon Posner - September 19
Hyman Andich - September 29
Philip Kam - Elul 23
Viola Faber - Elul 28
Jerry Horowitz - Elul 29
Rae Stanten - Elul 29
Dorothy Corwin - Tishrei 8

Congratulations

To Elizabeth Raybee on winning the commission for the Point Arena School project and the excellent article in the Ukiah Daily Journal.

Our condolences

To Abby Kaufman, on the recent death of her mother Bernice (known as Bunny). Abby was just recovering from her own serious illness and experienced this profound loss.

Mazal Tov

To Josephine Silva and her family on the wedding of her son Yaque in Hawaii earlier this summer. Blessings to the newly married couple!

We wish Andrea Silverstein, Dennis Patton, and daughter Samantha a good move to Santa Rosa, but we're not saying a final goodbye, as we hope they'll continue to bless us with their presence from time to time. Andrea helped prepare many of our b'nei mitzveh, Samantha was the first baby to be blessed in our new synagogue, and we have enjoyed D&A wines at several of our KHE events.

Aleph, the Alliance for Jewish Renewal, now has a brand- new U-tube channel where you can access Reb Z teaching, info about Jewish Renewal, etc. Expect new teachings to be added. Check it out:

<http://www.youtube.com/user/ALEPHAlliance>

Lamentations, and the Day After -*Louisa Aronow* 7-2012

Last night
a dark room
4 tall candles clustered
on a tray, on a carpet
a gentle pool of light

Today
cloud curtains part
sun muscles down
caressing us with heat
furiously bright

Last night
“How doth the city sit solitary...
mine eye, mine eye runneth down with water...
mine innards burn...
my liver is poured upon the earth...”

Today
relaxed bodies on folding chairs
so many humans enraptured to hear
how vetch can nourish the earth

Last night
“He is onto me as a bear lying in wait...
as a lion in secret places...
He hath made me desolate....”

Today
the air is full of recipes for cheese, for herbal balm, for seaweed

Last night
“...shall the women eat their fruit
the children that are dandled
in the hand?”

Today
Three children squat in the grass
pointing and poking at worms
thick as spaghetti in a worm box
learning the ways of worms

Last night
“...terror and the pit are come upon us,
desolation and destruction”

Today
old socks, a bicycle, rusty cans
become
filters, a water pump, a stove
recycled construction

Last night
Our heads propped on hands,
elbows scratched by carpet
our words passed,
treasures from mouth to ear

Today
strangers drifted thru our tent
pleasant notes across a music page
we sought out harmonies

Last night
I said, “this unexplained anxiety”
You said, “this unexplained sadness”
we sought doleful insight

Today
Friends and strangers in sunshine
we sought hopeful delight

Dear KHE Chaverim,

"See, I set before you today a blessing and a curse," says God in Deuteronomy. That word, "today," says the Slonimer rebbe who lived in Jerusalem in the 20th century, means that each day throughout our lives we are being offered a blessing and a curse. And each day it is up to us to choose which we receive. Quoting the 16th Century kabbalist of Sfat, HaAri, the Slonimer goes on to say that each individual comes into this world with one's own unique mission, or deployment from "above" to bring healing here "below." Since no two people are alike, no two people have the same healing/tikkun work to do in their lifetimes. The greatest blessing we can receive is to fulfill the mission for which we were deployed here on earth, and the greatest curse we can receive is to have lived the years allotted us without engaging in the specific tikkun/healing work with which we were charged.

"Reah/see!"- the first of God's words to us in the quote above, calls for us to find the blessing in whatever situation we find ourselves. The very events of our lives are daily calling out to us to do our unique tikkun work. We are called to be aware, even in difficult conditions, of how we can serve in greatest alignment with our purpose in being alive. How do we discover our true path? The Slonimer tells us the very events and conditions of our lives contain the messages that can guide us. Each new day a heavenly voice/bat kol is speaking to us from our surroundings. It is up to us to see the signs and hear the heavenly voice. We don't have to go out of our way to get the messages, but simply need to pay attention to what is happening in our lives. Our unique purpose in being alive is not a one-time, ordained assignment, but is being regularly renewed and updated throughout our lives. And messages connecting us to God, i.e., prophecy, are coming through to us all the time, if we orient ourselves to being alert to their presence.

Let me share with you one recent eve in my own life. After a heartfelt conversation with someone who was still feeling the deep grief of having lost a baby last year, I was sitting outside eating sushi in downtown Ukiah when I was drawn to notice a raven sitting on the roof across the street. The raven's profile was very distinct, and the bird stayed motionless the whole time I sat there. I sensed that my noticing this raven had meaning for me, but had no idea what it might be. I stopped to buy gas on my way home. I would usually pay with a credit card and drive off, but this eve I entered the gas station store specifically to offer my condolences to the Sikh worker behind the counter over the recent murder of his co-religionists in Wisconsin. Inside the store, a barrel of used DVDs caught my eye, and the one that spoke to me was a movie entitled "Missing in America." I was not familiar with it, but looked forward to watching it later that eve as I did my exercises. I came home and opened my Skype for a study date in chevruta with a rabbinical colleague across the country. That's when I gleaned the learnings of the Slonimer rebbe offered above. And then I turned on the film I'd bought in which a young girl comes to stay with a Vietnam vet who is living way out in a forest of the Northwest. She asks him why he puts out food for a wild raven. He tells her that Native Americans have a saying: "Follow the raven into shadow and we will find the light."

Ahhh! Now I got the message of the raven in downtown Ukiah. This line spoke deeply to me, not only in reference to the recent conversation I had had, but also as a reminder and confirmation of my own philosophical approach to life of not being afraid of the dark and recognizing the great gifts which can arise from the darkness. "Follow the raven into the shadow" is just right for our High Holiday practice of looking at where we have missed the mark, examining and acknowledging our own shadow sides so that we can heal and "find the light" of our essential wholeness and purity once again.

In the traditional Yom Kippur liturgy, God comes to us, is with us, in the arafel/the fog. It is in this dark place, where we cannot see, do not know, cannot distinguish, but offer ourselves up for help, that God cleanses and forgives us. The Slonimer talks about mesirat nefesh, which translates as "devotion of the soul." This letting go of the constrictions of our egos, this dedication of all of one's being, enables us to receive blessing and be in the light once again.

Let me share one more incident of how raven has delivered a message to me. About a decade ago, a friend of mine died suddenly in her sleep in Berkeley. A memorial service was to be held in a redwood grove on the Berkeley campus. I was working as a chaplain in Seattle at the time. I submitted via email some words to be read at the service, and wrote that I would be spiritually present there even though I couldn't attend in person. That day, late in the afternoon, I was climbing the outside steps of the hospital where I worked when a raven suddenly swooped down from the roof and actually skidded across my scalp. It didn't hurt, but it certainly startled me and caught my attention. Guess what? This was just the hour of the memorial service, and I had completely forgotten my commitment to be there spiritually for it! Experiencing such coincidences reaffirms my faith of being part of a world that is much larger and more connected than many of us acknowledge or utilize as a basis for our lives. My sense of caring and communicating intelligence, both out there and in here, is enhanced. And my awe of the mystery of being alive is renewed once again.

May these High Holidays enhance our sense of Shema!/Listening for what will bring each of us, on our own unique path, deep Brachah/Blessing in our lives and to our world. I ask each of you for forgiveness for any ways in which I missed the mark or hurt you in my relations with you over the past year. And I call upon you to contact me to do this slichot work in person if that could be helpful.

L'Shanah Tovah. B'Shalom oovrachah/ In Peace and Blessing, Shoshanah

A note from Shoshanah on Amy Wachspress's new book, *Memories from Cherry Harvest*:

Congratulations, Amy, you have really written a great saga. I couldn't put the book down, and plan to send as gifts. I hope many of you in the congregation will take the opportunity to engage in the lives of these several generations of a Jewish family, crossing three continents, that Amy has created for us. What talent we have among us here at KHE!

Due to pressures of time and space, Harvey Frankle's ongoing
Chronicles and Commentary are not in this issue of the Shema.

Look for them in next month's issue!



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.
- 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)
- 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

Kol HaEmek

(707) 468-4536

Board Members

Harvey Frankle, President	459-9235 < woodnbooks@wildblue.net >
David Koppel, Treasurer	485-8910 < davekoppel@yahoo.com >
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Sherrie Ebyam	530-414-1104 < ebyam@sbcglobal.net >

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: Willits, Divora Stern (459-9052), Ukiah, Margo Frank (463-1834)

Interfaith Council: Cassie Gibson (468-535; (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)