



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)

All KHE events will take place on Zoom until further notice. Stay well, stay safe!

HIGH HOLIDAY ZOOM SCHEDULE

Selichot, Saturday, September 12th, 7:00 pm

Erev Rosh HaShanah, Friday, September 18th, 7:00-9:00 pm

Rosh HaShanah Day, Saturday, September 19th, 10:00 am-noon

Tashlich, Saturday, September 19th, 3:00 pm, more information to follow.

Erev Yom Kippur, Sunday, September 27th, 7:00-9:00 pm

Yom Kippur Morning, Monday, September 28th, 10:00 am-noon

Open Torah, Monday, September 28th, 3:00-4:15 pm

Yizkor, Monday, September 28th, 5:00 pm, followed by Neilah at 7:00

“Break the fast”

Sukkot, Friday, October 2nd, more information to follow

Simchat Torah, Saturday, October 10th, more information to follow

Join Zoom Meeting with Rabbi Meredith
[https://us02web.zoom.us/j/84035750590?
pwd=VkpZVW53TTFoZlpsVjhqa29UdGxHQT09](https://us02web.zoom.us/j/84035750590?pwd=VkpZVW53TTFoZlpsVjhqa29UdGxHQT09)

Meeting ID: 840 3575 0590
Password: 045848
One tap mobile
+16699006833,,84035750590#,,1#,045848# US (San Jose)

Or dial in:
+1 669 900 6833 US (San Jose)
Meeting ID: 840 3575 0590

Torah Readings

Book of Deuteronomy

September 5 Ki Tavo

September 12 Nitzavim-Vayeilech

(Selichot)

September 18 Erev Rosh HaShanah

September 19 Rosh Hashanah

September 26 Ha "Azinu (Shabbat Shuva)

September 27 Erev of Yom Kippur

September 28 Yom Kippur

October 2 Erev Sukkot

October 3 through 8 - Sukkot

October 10 Shimini Atzeret

October 11 Simchas Torah

October 17 Bereshit- Book of Genesis

October 24 Noach

October 31 Lech-Lecha

Opportunities for Tzedakah

Kol HaEmek (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 95470

We Remember

Tena Marans	September
James Meredith	September 9
Ana Mahoney	September 10
Henry Marvin Levin	September 10
Tal Sizemore	September 11
Ida Mann	September 11
Bernard Cohn	September 13
Miriam Markowitz Blatt	September 13
Belle Spiegel	September 15
Jacob Goll	September 17
Sidney Spiegel	September 18
Audry Brooks-Miller	September 18
Abraham Solomon Posner	September 23
Hyman Andich	September 29
Maya Schwartz	October
130 Members Stern Family	October 1
Bonnie Ann Springer	October 7
Sylvia Glazer	October 8
Rose Wolff	October 13
Stan Showers	October 14, Cheshvan 2
Joseph Barr	October 17
Morris Shuper	October 17
Victor Wolff	October 17
Don Roberts	October 20
Ena Koppel	October 21
Todd Harrison	October 21
Abraham Koppel	October 21
Jean Shirley Kisslinger	October 22
Nancy Parker Orton	October 25
May Meredith	October 28
Frieda Eisman	October 31
Ben Rosen	Elul 12
Viola Faber	Elul 28
Rae (Rachel) Stanten	Elul 29
Dorothy Corwin	Tishrei 7
Minne Sorkowitz	Tishri 8
Ronald Sisselman	Tishrei 9
Pauline Strauss	Cheshvan 1
Abraham Cohen	Cheshvan 12
Sanford "Fritz" Frank	Cheshvan 25
Lillian Rothchild	Cheshvan 28

Donations to KHE for June and July 2020

Thank You

Bruce Andich and Cassandra Andich
Judith M Corwin
Harvey Frankle and Jackie Pelter Frankle
Rachel Elkins and Dana Thibeau
Judith Fuente and David Nelson
Janet Gurvitch
Jay Joseph and Jennifer Joseph
David Koppel and Linda Koppel
Nancy Bertsch
Carol Park and Steve Park
Elizabeth Raybee
Mari Rodin
Norm Rosen and Karen Rosen
Helen J. Sizemore
Janae Krause Stephens and Gary Stephens
Amy Wachspress
Penny Walker
Sally Emeson and Mally Arad
Marisa Sizemore
Stuart Marcus and Tara Lesley Marcus
Sam Goldberg
Jo-Ann Rosen
Erika Strong and Douglas Strong
Carol D. Rosenberg
Leon Springer and Nancy Marotta Springer
Margo Frank and Marc Levine
Darline Bergere and Josh Bergere
Steven Levin and Joan Levin
Jean Morawski and Mike Morawski
Robin Sunbeam
Susan Juster and Rachel Juster
Joel Goldberg and Cindy Barr Goldberg
Andy Coren and Yvonne Coren
Dale Harrison
Julie Kanel
Sherrie Ebyam

Condolences To:

Ava Klayman and her family on the death of her husband Robert Klayman. Robert died August 8th of a heart attack. Robert was a member of the KHE "Feeding the hungry committee" "Robert and Ava were participants in the early days of our Shul and provided the challahs for Friday night services.

Congratulations to:

Dr. Andy Coren for his appointment as Mendocino County Public Health Officer. Thank you Andy for taking on this difficult assignment.

Congratulations to:

Dan Hibshman on Publication of his book "Disquiet" copies are available at the Mendocino Book Company in Ukiah. It is a very honest telling about the familiars of The Mendocino County Court House and those people he met and worked with in the law Library.

Dan has decided that all sales of his book will be a donation to the Mendocino Book Company. (He loves having a local book store.)

For information on Jewish Life in Northern California !

Check out this website! And read the J on line.

<https://www.jweekly.com/contact-j/>

What is Selichot

Barry Shinker, Religious School Assistant Director, Temple Israel N.Y.

For many Jews, the High Holiday season begins with Rosh HaShanah and the start of the new month of *Tishrei*. Jewish tradition, however, teaches that the preceding month of *Elul* is a time of soul-searching and reflection to prepare oneself for the magnitude of the Days of Awe. It is during this time that we observe *Selichot* (also spelled *s'lichot*).

In the broadest definition, *selichot* are penitential prayers said before and during the High Holidays and other fast days throughout the year. But the term first appears as a reference to the biblical verses that were added to the Yom Kippur liturgy. Eventually, the holiday prayers were combined with general prayers of repentance. The prayer book of *Rav Amram Gaon*, from the ninth century, for example, includes a collection of these poetic writings and meditations. While these prayers were initially only recited during the days between Rosh HaShanah and Yom Kippur, the custom developed to use them in the days beforehand as well.

In Hebrew, *selichot* translates to “forgiveness,” and indeed there is an emphasis in these prayers on the merciful attributes with which God is said to govern the world. In many ways, the prayers which make up the *Selichot* service mirror what we find on the Day of Atonement which follows soon after. The language of these qualities should sound familiar to anyone who has recited the liturgy throughout Yom Kippur when we speak about God’s ability to forgive “transgression, iniquity, and sin.” We begin and end the season of repentance with the same words, calling out to the compassionate God who we hope will accept our prayers. The holiday itself occurs early in the month of *Elul* in Sephardic tradition, but on the Saturday evening just before Rosh HaShanah in Ashkenazi communities. Either way, prayers are read and meditations considered as individuals are encouraged to reflect on the past year and the changes they wish to make in the upcoming one.

Reform congregations have developed beautiful and meaningful programs for the observance of *Selichot* on the Saturday evening prior to Rosh HaShanah. This often includes a study program about the themes of repentance and forgiveness. Many congregations show a popular movie exploring these themes. In addition to the *Selichot* service, a meaningful ritual of changing the Torah covers to those specifically designed for the High Holidays often precedes the service. The special covers are usually white, representing purity and the wish that through repentance, our sins will be made white as snow (Isaiah 1:18).

from www.reformjudaism.org

Under current covid conditions, Kol HaEmek is continuing our program of serving “Food for the Hungry”. If you are interested in participating in this program please call Dan Hibshman at 462-7471.

Kol Ha Emek is organizing a Social Action Committee. New Board member Shai Schnall is coordinating this program. If you or someone you know is interested please call or e-mail Shai at: shai.schnall@gmail.com cell phone# 815-4378

From the Editor:

In preparing your Shema for September - October 2020 as usual, I referred to Shema's from past years. I was able to research editorial pages written by Rabbi Shoshanah as preparation for past High Holidays. Two really resonated for me this year.

In 2011 Rabbi Shoshanah had a nasty fall from her bike and addressed three issues resulting from the fall. She used to reduce the shock of the fall and of the pain she was experiencing. One was reflecting on the response of all those that came to her aid: their concern was a healing balm. Secondly her discomfort in movement resulted in she picked a sedentary task of reviewing letters asking for Tzedakah. In a feeling of gratefulness, she wrote check after check, thankful that she wasn't more seriously injured. With each check she felt a light-ness, a sense of peace.

Then thirdly, she addressed what does one do after a fall? How do you pick yourself up emotionally from that sense of fear, blame and loss. What do you reach for when you realize you are not really in control of your personal safety? For her prayer was a great help.

The second was written article was in 2015. After realizing that many of our congregation were choosing work, school or whatever and not choosing to not keep the holiday or come to Shul.

She told of two brothers who wondered what makes the Sabbath holy. The brothers chose to prepare and observe for the Sabbath on a Wednesday. They celebrated it as they usually did on a proper Sabbath. They discovered it was as meaningful as it had always been on Saturday. It is not the day that makes the Sabbath holy: it is our actions that create holiness.

I feel this year we really need to make Rosh HaShanah and Yom Kippur holy. This is truly the year we need to take stock of our lives as individuals and as a community. We need to create the holy space in our homes, in our walks in the woods ,or where ever we choose to be on these days special to us as Jews. As we celebrate alone we need to feel connected to our community, to our brothers and sisters all over the world. We need to share in observance, even without being in our Shul. We need to find ways to be together while we are socially distant from one another.

I will clean my home, I will give Tzedakah, I will "face -time" with my family. I will make sure I have apples and honey, light my candles, and pray for those I love and for all the universe. I will make myself a really good dinner on Rosh HaShanah and refrain from food on Yom Kippur. Find a good place for my I-pad and will join my congregation on Zoom. I will remember all those Yom Tov's of my life that I shared with people I loved and I will know, even alone, I am not alone.

Shana Tova,
Carol

If you are having difficulty accessing Zoom we have Ron ready to help you. E-mail Ron Reed at <revdjireed@gmail.com> leave your phone number. He will call you. Please ask for help well before an actual Zoom meeting.

Shalom, Everyone.

As High Holy Days approach, my rabbinic colleagues and I have been meeting in various forums to discuss how to make these High Holy Days special given the realities of our world right now. We can't gather in person, and yet these days mean community for so many of us. Two thousand years ago, after the Temple was destroyed, the rabbis of that era had to transform Judaism in order to survive. Without the Temple and the sacrificial cult, what would make our faith endure? So they sped up the use of synagogues and home rituals. There was supposed to be a major meeting at Yavneh, when all this transpired. These High Holy Days are our Yavneh moment, when we have to figure out what will offer the beauty and meaning of these sacred times within the restrictions of health and safety. *Pikuach Nefesh*—saving a life—is arguably one of the highest values in Judaism.

So we meet on Zoom. But before we arrive, let's take a few moments to mourn what we won't have. We won't have hugs and warm greetings; we won't be sitting with our dear friends or our once a year friends; we won't feel the vibrations of the shofar (although we will hear it); we won't be singing together. We won't be spending most of Yom Kippur in community; and we won't be able to physically hold the Torah during Open Torah that day. Take some time to acknowledge the sadness you feel.

I'm writing this during the week of the *parasha* Eikev, which contains some of my favorite *pasukim*/verse, especially the call to circumcise our hearts—to cut away the thickening of our hearts. To me, it's about being able to get rid of all the scar tissue that has built up around our hearts from the hurts and pain we've experienced. It's about being open to new love, to heal old wounds, and to love again. I am hoping that you all will be open to the new ways these High Holy Days will be conducted.

We are working to create ways for people to connect with each other—we will spend some time before services start for people to be able to greet each other and schmooze. If you need help getting on Zoom, let Sherrie know as soon as possible, so we can help you connect and become familiar with the process. Many of us have become quite adept at it, and we can assist you.

We will have a cantorial soloist this year, Jonathan Rosenthal. He is the grandson of the great Yossele Rosenblatt, one of the renowned cantors of the 1920s. He has a gorgeous voice and is a mensch besides. He will be joining us at our August Shabbat service, so consider coming to hear him then, to get to know him a bit.

One of the keys to this year, I think, is to prepare our homes to create a *mikdash m'at*, a miniature sanctuary, a holy space. We each need both a spiritual perspective and literal space in our home. Here are a few suggestions for creating your space.

1. Choose your prayer space in your home carefully in advance by spending a few moments of individual contemplation/family discussion. Don't wait for the last minute!
2. Once you have chosen your space, say a blessing or kavannah (“intention”) over it to mark it as your *mikdash m'at*.
3. What chair will you sit on? Put a cushion or festive pillow on it, or drape it with a tallit, special piece of fabric, or scarf.
4. Change where you put your computer from a work space to a contemplative space by covering the desk or table with a white tablecloth, white runner, or white placemat, and a vase of flowers.

Rabbi's Article continues:

5. Find meaningful objects to grace your space. On Rosh Hashanah, include holiday objects like candlesticks and kiddush cup, apples and honey. On Yom Kippur, you can place cherished mementos, family heirlooms, a yahrzeit candle and photos of loved ones to surround you. If you own a shofar, put it where it's visible.
6. Try to limit or disconnect auditory distractions. You can turn off your email and text message ping sounds, and/or close your email program and other apps so you can be fully present during the service.
7. Wear clothing that makes you feel as if you are entering a spiritual space. Kippah and tallit are welcome if they help you express a connection to this special worship. Wearing white on Yom Kippur is also a way to feel your way in.
8. Be sure you have your machzor with you, which will be available as a PDF soon, or as a printed document if you need one. The prayers will not be on the screen, so having a machzor means you can participate more fully. Contact Sherrie, if you need a printed copy.
9. Remember to keep yourself on mute, unless you want to say something, or it is your time to speak. And when it is your time, remember to UNmute yourself. But feel free to sing along as loudly as you want, and to dance and move around. We will be learning to sign the Shema together, along with the verse from the Hashkiveinu prayer—Ufros aleinu sukkat sh'lomecha—Spread over us a shelter of your peace. By signing together, we can feel connected.

May our holy days bring you back to your truest self, give you an opportunity to refresh relationships with your loved ones, with your communities, with the holy and with everyone on our planet. Surely, the pandemic has shown us how connected we are to each other, even as we keep our physical distance. May you be safe, healthy and spiritually uplifted.

Rabbi Meredith Cahn

Shalom Chaverim

In studying Parshah R'Eih last week, Rabbi Meredith presented an article written by Rabbi Jen Clayman that talks about KAVOD. In her article she writes, "Kavod, meaning 'honor,' comes from the same root as the word for "heavy." To hold something in honor is to give it weight, to view it as weighty, to take it seriously. It is to deem something worthwhile or valuable. Kavod can also be translated as 'respect' or 'dignity'".

The Board continues to meet, via Zoom. We work to honor our Kol HaEmek community, and to honor each of us. We recognize the importance of bringing Kavod to our services, observances, and experiences. Not meeting together in person is challenging; so please, communicate with any Board member if we can better serve in any way.

I was reminded today to walk humbly, to go gently, to feel out my place in the scheme of things, and to offer gratitude every step of the way. Holding that vision, I wish all a Shana Tova and blessings for the New Year.

Hope to see you on Zoom!

Sherrie Ebyam,

President KHE Board of Directors



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 ageTo be inclusive of all partnerships and family configurationsTo 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
- 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
-

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 >
Sara Esserman-Melville	463-2247 < saramelville@pacific.net >
Shai Schnall	815-4378 < shai.schnall@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 Ebyam44