

JULY - AUGUST 2020

TAMMUZ-AV-ELUL 5780



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](mailto:carolrosenberg@pacific.net))

## Coming Events

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

**Friday, June 26 at 7:00 pm**, Zoom Shabbat service with **Rabbi Meredith Cahn**.

**Saturday Morning, June 27 at 10:00 am**, Torah Study with **Rabbi Meredith Cahn**.

**Friday, July 17 at 7:00 pm**, Zoom Shabbat Service with **Mia Zimman**.

**Saturday Morning, July 18 at 10:00**, Torah Study with **Mia Zimman**.

**Friday, July 24, at 7:00 pm**, Zoom Shabbat service with **Rabbi Meredith Cahn**.

**Saturday Morning, July 25, at 10:00 am**, Torah Study with **Rabbi Meredith Cahn**.

**Friday, August 28 at 7:00 pm**, Zoom Shabbat service with **Rabbi Meredith Cahn**.

**Saturday Morning, August 29 at 10:00 am**, Torah Study with **Rabbi Meredith Cahn**.

## The Jewish High Holidays this year!

Friday, September 18,

Erev Rosh HaShanah

Saturday, September 19,

Rosh HaShanah

Sunday, September 27,

Erev Yom Kippur

Monday, September 28,

Yom Kippur

Friday, October 2, Erev Sukkot

Sunday, October 11, Simchas Torah

(The schedule will be in our Sept -Oct Shema)

Join Zoom Meeting with Rabbi Meredith

[https://us02web.zoom.us/j/84035750590?](https://us02web.zoom.us/j/84035750590?pwd=VkpZVW53TTFoZlpsVjhqa29UdGxHQT09)

[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

Password: 045848

### **Torah Readings** (Book of Numbers)

July 4 - Chukat-Balak  
July 9 - Fast of Tammuz  
July 11 - Pinchas  
July 18 - Matot Massei  
July 25 - Devarim (Book of Deuteronomy)  
July 30 - Tish B'Av  
August 1 - Vaetchanan  
August 8 - Ei Kev  
August 15 - Re'eh  
August 22 - Shoftim  
August 29 - Ki Teitzei

### ***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**

Condolences to:

Antonio Andrade on the death of his wife  
Muhasaibi Shalom

Ada B Fine on the death of her husband Doug  
Smith

### **We Remember**

Audrey Ferrel	July
Solomon Elberg	July
Frances Smith	July 2
Esther Andich	July 3
Daris Feig	July 9
Allen Sapoznick	July 9
Bela Goldberg	July 10 -Tammuz 7
Miriam Bleicher	July 10
Corrine Dewar	July 16
Harold T. Simmons	July 20
Ann Katz	July 21
Agnes Scott-Kinney	July 21
Brian Staber-Baumoeel	July 26
Meda Newlin	August 1
Gertrude Sussman	August 1
Bunny Bookbinder	August 5
Emily Schaffner	August 8
Edwin Lockhart	August 8
Elena Castaneda	August 9
Donald R.Pierce	August 9
Frances Suffel	August 11
Norman Sher	August 12
Selig Bookbinder	August 15
Norman F. Feldheim	August 15
Robert Glotzbach	August 16
Hannah Igar	August 24
Doug Rosoff	August 24
Irving Teplitsky	August 25
Fay N.Borkan	August 28
Abram Goldberg	August 30
Gladys Breit	August 30
Blanche Wolff	August 31
Henry Lowenheim	Tammuz 15
Bernice Fleiss	Tammuz 27
Michael Kisslinger	Av 4
Earlyne Levitas	Av 10
Reuven King	Av 15
Herman Greenwald	Av 23
Ben Rosen	Elul 12

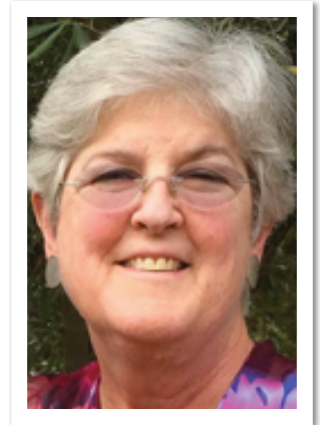
Hi Everyone,

I'm Rabbi Meredith, your new rabbi... I wanted to offer you the opportunity to set up a phone call or zoom meeting or facetime chat, if you want to meet me... And I wanted to ask you, as I begin to plan the High Holy Days services--on Zoom--a couple of questions. Given these High Holy Days are going to be different from anything we've ever experienced, we have the opportunity to create new ways of doing everything, as well as reconfigure the things that are important.

What are the most important moments of the High Holy Days for you? (Music, meaning, community, prayers, sense of awe)--I'd love to hear both specific prayers/music and more general "This is what they mean for me." Or Yizkor, the confession/Vidui, Kol Nidre, fasting, reading torah... Whatever is important for you...Please share.

Do you use Zoom? And if not, why? Do you want help getting on?

Let's discuss.<[mcahn2@mac.com](mailto:mcahn2@mac.com)>



## Congratulations to the class of 2020

To **Melanie Katz** on her graduation from Cornish College in Seattle, Washington. Melanie is the daughter of Kathy Dingman Katz and Aaron Katz.

To **Eli Edelman** from Ukiah High School. Eli is the son of Deborah Stanger Edelman and Reid Edelman and grandson of Barbara and Leo Stanger.

**Adyson Posner** from high school in Marin County. Adyson is the daughter of Isa Posner and Hillel Posner.

**Sasha Clair Wilkins** from La Vida School. Sasha is the daughter of Elise Wilkins and Dane Wilkins (Z"l, of blessed memory)

**Sophia Butler** from Ukiah High School. Sophia is the daughter of Linda Butler and dads Bhavvy and Michael Duscharme

### **Many, Many Thanks to Darline Bergere**

Thank you Darline for your service on the KHE Board of Directors. Your clear thinking and lemon cake will long be remembered with gratitude. May you make peace with Zoom.

Welcome to soon-to-be Board member Shai Schnall!

**Donations to KHE for April and May 2020  
Thank You**

Judith Corwin  
Judith Fuente and David Nelson -Homeless Food  
Program  
Jay Joseph and Jennifer Joseph  
David Koppel and Linda Koppel  
Nancy Bertsch  
Carol Park and Steve Park  
Elizabeth Raybee  
Leon Springer and Nancy Marotta Springer  
Darline Bergere and Josh Bergere  
Jean Morawski and Mike Morawski  
Andy Coren and Yvonne Coren

**Please include the following in your prayers  
for health and healing:**

**David Koppel  
Lee Wachs  
and  
All of us!**

**For information on Jewish Life in  
Northern California !**

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

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

**From Leslie Jo Feldman**

What can I do on that down hill million mile sorrow slide when people disappoint  
me?

Shed tears. Listen to someone else's sorrow;  
like Bob Dylan's Spanish Boots of Spanish Leather.

Know we all have losses that hurts all our hearts.

We are all human.

Some people cannot feel though often I feel someone else's sorrow.

It's time to get back on the non-usable railroad track and take a walk and sing or  
look at the wild flowers.

**Dear friends of KHE,**

The word “transition” is the common thread in essentially all aspects of Kol HaEmek as we go forward and are about to begin the Jewish year 5781. Transitioning with spiritual leadership, with the Shul School, with Board membership, and with our newsletter, the Shema.

We are all faced with the challenges of Covid 19. Since the middle of March of this year, we suspended all in-person gatherings, services, and Shul School. Our Passover seder was cancelled and we did not gather for Shavuot. However, Shabbat services and Torah study have been held very successfully on Zoom on five occasions.

Last fall, Rabbi Chaya announced she would not be continuing as our Rabbi beyond the current year, which ended June 30<sup>th</sup>.

letter continued on next page:

Rabbi Chaya expressed to us that a combination of regular travel over a long distance along with family challenges affected her decision. We were disappointed yet grateful for our time with her.

The Board considered how we would move forward. Before Covid social distancing, five members of the Board and two members of the congregation formed a search committee to guide us through our transition with spiritual leadership. We listed our need for a Rabbi in various publications, we read cover letters and resumes, conducted interviews, and we invited candidates to lead us in a Friday night Shabbat service and Saturday morning Torah teaching. After completing all aspects of our search, we were so very pleased to announce in May that Rabbi Meredith Cahn and Kol HaEmek will be going forward together!

Rabbi Meredith will be leading us for the High Holidays this year as well as monthly Shabbat services, Torah study, and other holidays. Her autobiographical essay was included in the May/June issue of the Shema. You can access her essay by clicking on this link, opening the file, and going to page three of this issue: <http://kolhaemek.org/newsletters/ShemaMayJune2020.pdf>

The Board also considered how we would plan for and observe the High Holidays. We contemplated many options but only one was acceptable. Knowing that the health and safety of our congregation is paramount, we will observe the High Holidays by continuing to use Zoom

Rabbi Meredith's leadership will be supported by Rayna Grace, a Kohenet (Jewish Priestess) residing in Potter Valley and Mia Zimman, a Jewish educator who comes from Petaluma. Rayna will lead Shabbat services and other holidays while Mia will lead Shabbat services, Torah study, and other holidays. Shai Schnall, a soon-to-be Kohenet also residing in Potter Valley, will be available to lead Torah study.

This past year a very successful Shul School had seven children attending prior to the shelter in place order. The children all bonded and became friends. We discontinued Shul School when the public schools closed. We don't know what the future holds, but if the public schools open, we look forward to opening the Shul School. People can email Sara Esserman-Melville at [saramelville@pacific.net](mailto:saramelville@pacific.net) if you have questions or wish to be of service at the Shul School.

Tzedakah is the Hebrew word for philanthropy and charity. So much more than a financial transaction, tzedakah builds trusting relationships and includes contributions of time, effort, and insight. We are appreciative to welcome Shai Schnall as the newest member to the Board. Our Board has 7 members. A full Board consists of 9 members. Full in the sense of having a group of optimal size from which ideas, proposals, and plans can originate and develop. As you all know we thrive in community. Our Jewish tradition starts with tzedakah, in service to our community. If you have energy and time, we need you.

We may need someone to replace our current editor of the Shema. Is this something you would like to learn how to do? To create a newsletter? Work with a variety of people, encourage articles on Jewish history and commentaries, invite stories and experiences from our Shul School, written by Shul School students, collect poetry, art work, haiku, recipes, ... the possibilities are plentiful. If you have energy and time, we need you.

As your President, I am available at any time to talk. What keeps you connected to Kol HaEmek? What do you think would strengthen this connection? My cell is 530-414-1104. I invite you to call!

Thank you for the ways you contribute to support Kol HaEmek. Your financial generosity through your membership dues is a mitzvah. We look forward to coming together as a community, being grateful for the opportunities that allow us to gather. We are thankful to stay connected; to each other, to our traditions, and to the spirit of Shekinah.

With gratitude,

Sherrie Ebyam, your KHE Board President

[ebyam@sbcglobal.net](mailto:ebyam@sbcglobal.net)

(530)-414-1104

These are from Sayings of the Rabbi's selected in 2011 by Harvey Frankle for a class in Jewish thought. They may be helpful at this time of uncertainty and chaos.

## *TOUCHSTONES: selected by Harvey Frankle*

### **INTRODUCTION**

The trick is to remember, after you descend, what you understood when you were high on the ladder. The question itself is the answer. You already have what you are looking for.

### **RASHI**

Pay close attention to the obvious. The Gateways to Heaven are everywhere.

### **KOTZK**

The choice is between love of G-d and thinking you're better than others. Acts of loving kindness restrain the ego by saying you are every bit as important as I am. The more people you love the more love you have.

### **LUDOMIR**

The source of pain is in being torn away, in separation. G-d made us to repair human misery. By doing so we neutralize evil and accept ourselves for who we are. When we say the vidui, the confession, we don't hit ourselves; we hold ourselves.

### **MEZRITCH**

The goal of religious life is devekut, cleaving to G-d. Being in the presence of G-d requires **all** our awareness - there is no room for self-reflection, so you must cease to be aware of yourself. Allowing oneself to be nothing means that in the end the dishes have to be washed. Beyond nothing-to-think is life-to-be-lived. We are all messengers on a sacred mission.

### **NACHMANI**

What people do matters. How widows or orphans or slaves are treated is the baseline of human history. The political forces that seek our acquiescence are counting on us to be afraid. Our fear is their most powerful weapon. And when you refuse to be afraid, they fall from the ladder. They cease to exist. When people behave as if their hands were the hands of G-d, then G-d "acts" in history. Everything is connected to everything else.

### **DE LEON**

G-d and all of us are made of the same holy stuff. We are agents, instruments of G-d's presence. We are part of the Self of the Universe and to be aware of this is to give our lives ultimate meaning and purpose.

### **OSTROPOL**

Wow! G-d was in this place and I did not know it was I! Look at the world, you are seeing with G-d's eyes. Look at your hands, they are the hands of G-d. Wherever holiness is awakened a ladder of light is erected that reaches heaven.

### **EPILOGUE**

It is not Jacob who says "G-d was in this place and I, I did not know" it was us who are reading these words. We are the sacred text. The holy text is not "about" us, we are not even "in" it, we are it!



Jewish Year 5781

# Kol HaEmek

Jewish Year 5781

## Annual Support and Information

Mail to: Kol HaEmek, Box 416, Redwood Valley, CA 95470

Name \_\_\_\_\_ AND \_\_\_\_\_  
 Address \_\_\_\_\_  
 City/State \_\_\_\_\_ Zip \_\_\_\_\_  
 Children \_\_\_\_\_ Birth Date \_\_\_\_\_  
 Phone(s) \_\_\_\_\_ E-mail \_\_\_\_\_

I would like to receive my Shema:  Paper and Email **OR**  Email Only

**I would like to help** with the following activities:

- Jewish educational programs.
- Community Food program for the hungry.
- Special projects: holiday gathering, newsletter or \_\_\_\_\_
- Host a Shabbat at our Shul or in my home.
- I have served on the Board and am willing to serve again.
- I am interested in serving on the Board.
- Host a Shabbat at our Shul or my Home.

**Annual Support** (1<sup>st</sup> three levels include High Holidays, Newsletter, Rabbi Services)

- \$ 1200 + Benefactor (or \$300/quarter or \$100/month)
- \$ 600 Family (or \$150/quarter or \$50/month)
- \$ 300 Individual (or \$75/quarter or \$25/month)
- \$ 50 Newsletter  \$ \_\_\_\_\_ Other

### Extra Funds Support

- Shul Landscaping \$ \_\_\_\_\_  Homeless Food Program \$ \_\_\_\_\_
- Shul Building \$ \_\_\_\_\_  Rabbi Fund \$ \_\_\_\_\_

### Payment Method

- I have included a check or credit card authorization for full payment.
- Charge my credit card: Quarterly:** \$ \_\_\_\_\_ **Monthly:** \$ \_\_\_\_\_  
 Circle card type: **Visa** or **MasterCard**

Name on Card: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Mailing Address of Card: \_\_\_\_\_  
 Amount of charge: \$ \_\_\_\_\_ Today's Date: \_\_\_\_\_  
 Card #: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Expiration: \_\_\_\_\_  
 Signature of Card Holder: \_\_\_\_\_ 3 Digit # on Back \_\_\_\_\_

### Submit names for the Yiskor Memorial List.

(Names will **NOT** be carried over from last year.) (please print clearly)

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_



**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 < <a href="mailto:ebyam@sbcglobal.net">ebyam@sbcglobal.net</a> >
David Koppel - Treasurer	485-8910 < <a href="mailto:davekoppel@yahoo.com">davekoppel@yahoo.com</a> >
Carol Rosenberg - Secretary	463-8526 < <a href="mailto:carolrosenberg@pacific.net">carolrosenberg@pacific.net</a> >
Nancy Merling	456-0639 < <a href="mailto:nancymerling@att.net">nancymerling@att.net</a> >
Barbara Stanger	234-3261 < <a href="mailto:aurnaenterprises@gmail.com">aurnaenterprises@gmail.com</a> >
Sara Esserman-Melville	463-2247 < <a href="mailto:saramelville@pacific.net">saramelville@pacific.net</a> >
Shai Schnell	815-4378 < <a href="mailto:shai.schall@gmail.com">shai.schall@gmail.com</a> >

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