



The Newsletter of Kol HaEmek (Voice of the Valley)
P.O. Box 416, Redwood Valley, CA 95470
Please note all submissions preferred by the 20th of each month to carolrosenberg@sbcglobal.net

Phone # 707-468-4536

February 2006
Shevat 5766

Coming Events

Friday, February 4, 6:30 pm: Shabbat Service
followed by a dairy potluck.

February 5, 12, 19, 10 am - noon: Sunday School

Thursday, Feb. 9, 7-9, at the Shul with R.
Shoshanah: *"From the Depths I Call to You'
Mi M'Amakim Keraticha Yah (Ps. 130)"*

February 12, Sunday School includes
Tu B'Shvat Seder for children ages 10-12 and a
community tree planting. Also a potluck and raffle
drawing. See page 2 and information at right.

Friday, February 17 - Sunday, February 19:
Mindfulness Retreat at Mariposa Institute on Low
Gap Rd., Ukiah. See article on page 4.

Sunday, February 19, KHE prepares and serves
dinner at the Ford St. Shelter; call Cassie 468-5351 or
Dan 462-7471

Tuesday, Feb. 21, 7-9 pm, at the Shul with R.
Shoshanah: *"Healing of Soul, Healing of Body/Refuat
HaNefesh, Refuat HaGuf" - A Healing Circle*

Wednesday, February 22, 7:00 pm: Men's Group
meeting at the shul. This recently revived group
welcomes new members. It meets the last Wednesday
of each month.

Saturday February 28, 7:00 pm: Movie at the Shul:
Featured will be the Israeli film "Walk on Water."
(For more info, see article on page 3.)

COMING IN APRIL: A THEATER PARTY
A performance of "Fiddler on the Roof" at Mendocino
College will be a fundraiser for Kol HaEmek as well
as a vigorous local revival of this beloved musical.
Look for more detailed information in next month's
issue of *Shema*.

Sunday, February 12, 2006

Tu B'Shvat Tree Planting

This will be after Shul School;
we will also need people to dig
holes for the trees around 10:00 am.

(see page 2)



"Valley Chai -Lite"

**No Fancy Dance, No Fancy Clothes,
No Fancy Dinner, No Winter Driving**

Watch your e-mail for our 2006 VC-Lite Raffle.
Tickets are \$25 each. Here are some of the prizes:

Vacation Get-Aways
Art

Rose Garden Champagne Brunch
Piano Concert in Your home
Potter Vally Grass-Fed Beef
Judaica Jewelry
and more!!!

**All You Need To Do Is
. . . . Purchase Raffle Tickets**

-----Buy lots of 'em and support KHE!!!-----

Portions of the Week

February 4 - Bo (Exodus 10)
February 11 - B'shalah (Exodus 13:17)
February 13 - Tu B'Shvat
February 18 - Yitro (Exodus 18)
February 25 - Mishpatim (Exodus 21)
March 4 - Terumah (Exodus 25)

*O fragile blossom that is life
your passing is marked best
by the tender fragrance of love shared*

We remember with love
Marley David Lyon
Dr. Michael Finegold
Dr. Margaret Gannon Jensen

Dear Shema Editor, This is really a note to our beloved Rabbi, Shoshanah.

I didn't have the proper opportunity to share with you the compliments you received for your officiating at the baby Marley David Lyon's memorial. Words like genuinely warm, loving, healing, accepting and sensitive were all used to convey what they felt from you. Thank you, Shoshanah, for being exactly who you are. I was sure that Marley's family were all greatly comforted by your words. I was also sure they were comforted by the sweet KHE Minyan who showed up, as well.

Love, nbm

CELEBRATE TU B'SHVAT!!!! SUNDAY, FEBRUARY 12 rain or shine!!!

10 am - 12 Adults are invited to help dig holes and make gopher cages while kids have a special seder
12 - 1 pm Everyone join in praising and planting olive, carob, and fruit trees
1 - 2 pm Potluck lunch

If possible, please bring iris tubers, garlic cloves, gloves, shovels, metal cutting scissors, clippers. \$\$ donations for the continuing care of garden are always appreciated.

Donations to Kol HaEmek

Make a Difference

Kol HaEmek is grateful for all contributions to our various funds. The following is a list of some of them:

- 1) Building Fund
- 2) Religious School Fund (Kalifornia Memorial)
- 3) Scholarship Fund
- 4) General Fund
- 5) Memorial Board Fund
- 6) Tzedakah Fund
- 7) Rabbi's Discretionary Fund
- 8) The Marion and Sanford Frank Fund
for Feeding the Hungry in Ukiah & Willits
- 9) Feeding the Jewish and Arab hungry in Acre, Israel*
- 10) MEMBERSHIP-Time to renew!!!**

Questions? Call David Koppel 485-8910

Please mail your contributions to:

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

*Make your check payable to PEF: Israel-Endowment Fund and earmark it to the Association for Community Development - Acre; HaAsif program. (There is a \$25 minimum requirement for checks to Israel.)

PASSINGS

Our congregation will say Kaddish on the anniversary of your loved one's death. Call Rabbi Shoshanah at 467-0456 with your concerns about the loss of a loved one and/or the name and either the Hebrew or English calendar date of death.

Dear KHE Chaverim,
Here is an opportunity for young adults to experience Israel for free on a trip sponsored by **ALEPH: the Alliance for Jewish Renewal.**
B'Shalom, Shoshanah

Free! Trip to Israel for 18-26 years old
For questions about general eligibility, please call Israel Outdoors at 1-800-566-4611 or visit <http://www.israeloutdoors.com>

Israel trip opens on FEBRUARY 8, 2006, and trips are usually filled on a first-come first-serve basis, within the first two days of registration.

Thursday, Feb 9, 7-9, at the Shul with R.

Shoshanah: "*From the Depths I Call to You/Mi M'Amakim Keraticha Yah (Ps. 130)*" - an Experience of Body-Prayer in Movement and Sound. This is not performance, but rather an avenue to authentic discovery and expression as we explore through movement what arises for us in each moment. Wear comfortable clothing and bring pillows and blankets or mats for being on the floor. Bring writing or drawing materials if interested. (Note: R. Shoshanah, who will guide us, has an MA in Dance Movement Therapy; this session is not therapy, but hopefully therapeutic.) **Please come on time - latecomers will not be admitted.**

Tuesday, Feb 21, 7-9pm, at the Shul with R.

Shoshanah: "*Healing of Soul, Healing of Body/Refuat HaNefesh, Refuat HaGuf*" - A Healing Circle especially for those who themselves yearn for their own healing and/or for caregivers. While we include a prayer for healing in all of our services, this will be an entire evening dedicated to healing, with song, prayer, guided meditation, and opportunity for individual sharing. Access the sources in Jewish tradition which promote healing for you and those you care for. Give your heart a valentine!

EHUD BANAI IN CONCERT

Saturday, February 4, 8:00 pm

JCCSF - 3200 California St. San Francisco
Superstar Artist of the Year at the 2004 Israeli Music Awards, Ehud Banai brings his wonderful mix of interesting music and soul-stirring words. Old World meets New in an evening of magical musicmaking. \$30-40.
www.jccsf.org

Dictionary:

Tu B'Shvat - 15th (of the month of) Shevat, holiday known as the "birthday of the trees"



MOVIE NIGHT AT KHE

Saturday January 28, 7 pm

"Walk on Water" is an Israeli film produced in 2004 whose plot deals with an undercover agent assigned to find an aging Nazi by befriending his grandson. They travel all over Israel as they debate the themes of responsibility and guilt. An interesting sidelight is that the romantic interest in the film, Caroline Peters, said when interviewed in Israel that her grandfather had been a Nazi. The subject matter is grave and adult in nature; at the same time, shul moviegoers will be interested in the film's beautiful photography of various climes and sites of Israel. (Our Rabbi Shoshanah, herself a guide in the country for eighteen years, is leading a tour in Israel this spring.)

The KHE film series has received funding from the Sinai Memorial Chevra Kadisha Fund for Jewish Education.

January 12, 2006 2:38:13 pm

Dear Members,

I am still recovering from my husband's unexpected passing. We knew he had a terminal Lewy Body Dementia, but we thought he would live another couple of years. I am just able now, to express my thanks to you of Kol HaEmek. Many individuals kept Michael and me in their prayers, offered rides, music tickets, watched over Michael at events, spent quality moments with him and offered more gifts and services than we were even able to accept. Michael's disease exacerbated about the time I had asked the congregation for assistance and we were not able to follow up on the offers. Still, it was heartening to me that so many of you were willing to help.

More recently I have been given good foods and sweets. I am grateful not only for that, but for the most wonderful visits, that wrapped around those gifts-of-food. They were warm, comforting and healing for me.

Come back! Thank you from the bottom of my heart.

Joanie Feingold

Tu B'Shvat/Mindfulness Retreat at Mariposa Institute in Mid-February

Co-sponsored by Kol HaEmek and Mindfulness practitioners in the Thich Nhat Hanh practice tradition of socially engaged Buddhism...

Co-facilitated by Rabbi Shoshanah Devorah and Dharma Teacher Lyn Fine with Jo-ann Rosen, Susan Schulman, Alexa Singer-Telles...

Friday, Feb 17 – Sunday, Feb 19, 2006

Retreat begins at 7 pm with Welcome... Friday evening Shabbat service, 7:15 pm

Registration begins at 3:30 pm . . . soup and salad dinner available at 6:00 pm

In Jewish tradition, the winter holiday of Tu B'Shvat is celebrated as the "birthday of the trees", traditionally the anniversary for deciding when the trees in Israel were mature enough for the fruit to be harvested. This meditative weekend of silence, song, reflection, and connecting with nature in the beauty of Mariposa Institute on Low Gap Road near Ukiah, is open to everyone. Deepening our awareness, touching our inner being with nature, watering the seeds of compassion for our planet, we offer ourselves a rich and nourishing medley of Buddhist and Jewish mindfulness practices such as sitting and walking meditation, mindful eating, deep relaxation, and a Friday night Kabbalat Shabbat service and Sunday Tu B'Shvat Seder. Everyone is welcome--no prior experience with meditation or Jewish practice/traditions is necessary.

Information/Registration: email Susan Schulman <susanschulman60@comcast.net> in Oakland.

Local contact is Jo-ann Rosen, 462-7749.

Full/Partial participation: Commuter participation is OK. It is possible to participate in the Friday night service only or the Sunday seder only or both without attending the whole retreat.

Accommodations: "indoor camping" sleeping on the floor, in a heated room with carpet, please bring your own mat and bedding.

Food: Our meals are simple living, vegetarian/dairy, but the kitchen has not been koshered for traditional observance. Upon registration, each participant will be requested to bring one potluck dish. If you have special needs or concerns about traditional Shabbat observance, food, or accommodations, please call Jo-Ann Rosen at 462-7749.

Accessibility: Site is wheelchair accessible.

Fee/Registration: \$75-\$60 (sliding scale) cover costs plus one potluck dish (no one turned away for lack of funds)

Friday night service only-gratis. Sunday Seder only--\$10 (pre-registration requested)

An offering of generosity above the fee is welcome, as is the tradition at many events in the Buddhist tradition.

REGISTRATION -- You will receive a confirmation letter and directions.

Retreat Participation (please check): full/residential ___ full/commuter___ Fri. Night Service___

Tu B'Shvat Seder___

Total Fee \$_____ Amount Included \$_____ Scholarship Donation \$_____

Name_____ Phone_____

CellPhone_____

Address_____ E-mail_____

Prior experience with meditation?_____ Prior experience with Jewish practice?_____

Special concerns or needs_____

Please make checks payable to Mariposa Institute and send to Susan Schulman, 5358 Shafter Ave, Oakland CA 94618

From the Prez's Desk:

Dear Kol HaEmek Community,

One of our dear community members, Louisa Aronow, and I were speaking about the Secular New Year on New Year's Day. How lucky we are, we get to twice look at the New Year. Your KHE Board also is looking at the New Year. We have entered 2006 with fresh and exciting cultural and spiritual events & programs. We are looking to reach as many of you as possible. Kol HaEmek's stability relies specifically on each one of us. We will grow and change as you increase your participation. Your interaction with and feedback to the Board is essential.

This year the Board's main goal is to increase Youth Programs and Education. We want to reach our teens and young adults. We need your help with this. We will also be focusing on lifelong learning through rabbinic classes and workshops, guest lecturers and our film series.

Right now we are in the midst of planning a co-sponsored Jewish and Buddhist meditation retreat. This is an excellent opportunity for many of our members to continue to explore meditation as a regular spiritual practice. It is also an important opportunity to connect with our Buddhist brothers and sisters, some of whom are also Jewish. Our Rabbi's Seder for Tu B'Shvat will certainly be a highlight of the weekend.

Come join us that Shabbat weekend (Feb. 17 - 19) and share silence, movement, discussion, nature, meditation, prayer and much more even beyond your own imaginations.

Our 5766 Gala Fundraiser: **Valley Chai Lite**, is in full swing. This is your time to reach in your pockets and give, give, give. And, while you do it you get to play in our raffle. Watch our e-mail and new Website (soon to be up) for the exciting raffle items. Our financial Goal for Valley Chai Lite this year is \$5-8 K--or more! That means WE must buy and sell a gob of tickets!!! We need everyone on board to spur the excitement. Raffle items are all high-ticket items, some worth hundreds of dollars each. You have your chance to win vacation accommodations (Shambhala! Mendocino Coast! Yosemite! Hawaii!), wines, a catered Rose Garden Brunch, Charlie Selzer Piano Concert in your home, grass-fed beef, jewelry, art and more!! This money will contribute to all of our programming and special events during the year. We are taking a break from the Full-On Gala but we are not taking a break from the Full-On fundraising! Time to start fantasizing about what you want to win. How many tickets do you want? How about Double Chai? 36 tickets--a special Double Chai Deal---\$500.

Join us February 12th. Right after Shul School (noon) we'll be planting trees, doing potluck lunch, schmoozing, selling last-minute tickets AND, finally, drawing our RAFFLE WINNERS!!!

Blessings to you as we turn the pages of our secular calendar and look afresh at 2006!

Nancy



Rabbi Mordechai Gafni in Ashland, Oregon

Rabbi Marc Gafni's work as a dynamic voice in Israeli and international circles will be in Ashland, Oregon.

Religious life and spirituality has earned him the reputation as a modern philosopher and spiritual master: wise, compassionate, inspired and universal. Rabbi Gafni is the author of the best selling books *Soul Print* and *The Mystery of Love*.

When: April 28-30, 2006

Where: Havurah Synagogue in Ashland

Cost:

- \$150 at the door (space permitting)
- \$135 early-bird registration by March 31
- \$120 early-bird registration for prepayment by members of Havurah, ALEPH affiliates, and sponsoring organizations
- \$110 early early bird registration for Havurah members who prepay by February 24.

**For more information contact Karen Bates at
<QuiltNow@aol.com>**

Judy Corwin has asked that this Challenge Day opportunity be publicized to the KHE Community:

Ukiah High School is again holding Challenge Day(s) on February 15 and 16. They need adult volunteers to help facilitate the program. The goal of Challenge Day is to build community and to help stop the teasing, violence and alienation that are so deeply a part of the school experience for many young people. It is a powerful, non-threatening, transformational day that can change the way people view each other forever.

This is true for the adults who facilitate as well as the students who participate. No prior training is needed; you will be instructed about everything you need to know. I know that Robby participated with his daughter not too long ago, and had a positive experience.

I've done it several times, and have learned something new each time. The hours run from about 8:00 to 4:00. If any of you are interested in participating, you can contact Kristin Frith Williams at 463-5253, ext.1016 or Rick Travis, ext 1007. If you want more information, feel free to call me at work (463-5253, ext. 1122) or home (468-1680), or you can email me at jcorwin@uUSD.net It would be wonderful to have more members of our community participate. Many of the students here at Ukiah have never even met a Jewish person.

Thanks, Judy Corwin

Bats in the Belfry

A congregation of Bats were hanging upside down in their belfry listening to their elder. Being blind, of course, their hearing was excellent. The old spiritual leader reminded them to fold their wings in a silent prayer of thankfulness for being Bats.

The Old Bat told them to be grateful for their living in darkness, reminding them of the terrible penalties imposed on humans and other creatures being able to see. He reminded them of the horrors seen by their sighted ancestors and how they should be thankful for evolution into blind flying mammals. They would not have to witness the torments and violent destruction endured generation after generation by humans preying on each other in the name of one species, one creed, one religion, or one belfry.

He reminded them that Bats got to hang out all day while humans toiled all day while plotting ways to hang out all night. He wisely cautioned them about the importance of not going beyond their simple but nourishing diet of mosquitoes and other flying insects. Finally, he reminded them of the motto of all Bats,

"No one is so blind as he who has seen the Light."

Spreading his magnificent leather wings towards the congregation, he blessed them and intoned "And They Call Us Bats!"

Dear KHE Chaverim,

As many of you know, I did not make it to Chanukah/Shabbat services on Dec. 30. As I returned home that Friday afternoon, the rain was coming down hard, and my car with difficulty negotiated the puddles on Gobbi St. Ten minutes later, I got into the car to go to Shul, and discovered that in that short time the street had turned into a fast-running river. Soon after, the waters entered the courtyard in which I live, and within two hours (8:20 pm) my house was surrounded by knee-high water. At that point, Emergency Services told my neighbors we should evacuate as fast as possible, and I gladly accepted their offer of a ride in their SUV. What an exciting ride that was, with water sloshing the windshield at times (I heard that later that night, the Fire Department said the waters on Gobbi reached a depth of 4 1/2 feet and were moving at 15 miles per hour). It was two weeks before I could again live in my house, because of needed repairs to the floors; but by just 24 hours later, New Year's Eve, the waters had receded and the remaining puddles were smaller than those I had encountered Friday afternoon!

I have given you just the bare facts here, without the adornment of all the human interactions and feelings which occurred during this time period. But an overwhelming, underlying sense of awe infused this entire experience. Mah gadlu ma'asecha Yah! How grand are your actions, Yah! Before the flooding, during a break in the downpours, I had seen a perfect and complete rainbow overarching the Russian River. I love to watch rainbows, and I was amazed to see that this one remained in place for a full hour! Never in my life had I seen such an enduring, full rainbow. Now flooding and rainbows go together as we know from the Biblical rendition, but in this instance, the "assuring" rainbow sign preceded the damaging flood. For me, in the way my nature assigned meaning to these natural events, this very special rainbow had, in retrospect, assured me of the "okayness" of everything that unfolded; that God's hand, so much greater than ours, would guide me/us through this awesome happening. The rainbow and the flood both testified to God's glory!

Now this does not mean that people and animals and plants didn't suffer from the flooding. Of course, that has happened. I got off very lightly, without much damage to personal goods and with a delayed exhaustion from which I now feel recovered. My sense is that I experienced only a pinky fingernail's worth of what the Katrina and Tsunami victims experienced. But that does not diminish for me the awesomeness of what I experienced. So much so that in Shul last Shabbat, I said for the first time in my life Birkat HaGomel, the blessing one says upon surviving some harrowing or dangerous experience. Awesome too was the wonderful help offered by so many people at the time. Thanks to all of you who contacted me then. God bless my caring neighbors, and not only did Carol Rosenberg (with Louisa's help) lead services that night I didn't make it to Shul, but she put me up for a week in her home. Thank you, Carol.

The second week that I couldn't get back into my house coincided fortunately with the Jewish Renewal Rabbis Conference that I attend each year in Boulder, CO. There, I offered to members of the local Boulder congregation, whom I used to serve as rabbi, a movement workshop on the theme of "From the Depths I Call to You, Yah". This proved to be such a positive experience for all involved (full signup with waiting list), that I decided to offer the same opportunity here to KHE folk. So that will be happening on the eve of Thursday, Feb 9. Our Shul with its wonderful floors and intimate, yet sacred space, is an inviting venue for such holy movement work. This is a great opportunity to let go of set liturgy, to even let go of verbal prayer all together, and let your body speak your truth in a safe, contained environment. No special skills necessary - simply a willingness and desire to deeply connect with the divine.

One of my favorite experiences at the rabbis conference was the afternoon prayer (minchah) we shared together in silent meditation. This was especially healing to me in the wake of the exhaustion I felt after the flooding, and midst all the intensity and excitement of the conference itself. So I'm looking forward to our Tu B'Shevat retreat Feb. 17-19, which will feature silence in a Jewish milieu. May healing vibrations resonate there among us and from us out to our dear planet. And then the retreat will be followed the next week, on Tuesday, Feb. 21, with a Healing Circle in our Shul, an evening devoted to your own personal healing needs. If you suffer from an illness or are going through a hard time in your life, or deeply care for someone else who is, this is a time and place to receive succor and connect with the healing powers of our Jewish tradition. I conclude this little sharing of some of what has been and what is to be with the apt words of Hannah Senesh who wrote them in Hebrew in pre-Israel Palestine: "O God, My God, I pray that these things never end: the sand and the sea, the rush of the waters, the crash of the heavens, the prayer of the heart."

B'shalom oovrachah, *Shoshanah*



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.

Our Mission is to express and support Judaism in the following ways:

- To provide a 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 partnership 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 of the world) as a community through socially just actions and education, and by mitzvot (good deeds)
- To offer membership in exchange for financial and other contributions, and allow all to participate regardless of ability to pay

Kol HaEmek Information & Resources

Kol HaEmek	468-4536
Board Members:	
Nancy Moilanen, President	459-4039
David Koppel, Treasurer (Financial committee)	485-8910
Carol Rosenberg, Secretary	463-8526
Divora Stern	459-9052
Nancy Merling (Rabbi's Council)	456-0639
Bill Ray	459-5850
Dan Hibshman	462-7471
Alan Acorn Sunbeam	463-8364

Open Seat

Address changes (e-mail, etc): contact David Koppel davekoppel@yahoo.com or call (485-8910)

Brit Milah: Doctors willing to do circumcisions in their office or in your home: Robert Gitlin, D.O. (485-7406);

Sam Goldberg, M.D. (463-8000); Jeremy Mann, M.D. (463-8000); Sid Mauer, M.D. (463-8000),

Chanan Feld, Certified Mohel (510-524-0722). **Assistance with the ceremony, contact the Rabbi**

Chevra Kadisha (Jewish Burial): Eva Strauss-Rosen (459-4005); Helen Sizemore (462-1595)

Community Support: *If you need help (illness, family crisis) or you can be called on when others need help;*

in Willits, call Divora Stern (459-9052); In Ukiah, Tal Sizemore (462-1595); Lake County (*Volunteer needed, call a board member*)

Editor of the Shema: Carol Rosenberg, Dan Hibshman & Tal Sizemore (carolrosenberg@sbcglobal.net)

Interfaith Council: Cassie Gibson (468-5351) (Food preparation for homeless in Ukiah)

Jewish Community Information and Referral: Bay Area activities and services (415) 777-4545 or toll free at (877) 777- 5247.

Library: At Vogel & Rosen Law Offices, 280 N.Oak St., Ukiah

New Members: Nancy Moilanen (459-4039)

Publicity: (*Volunteer needed, contact a board member*)

Rabbi's Council: assists with community and calendar planning; **liaison** - contact Nancy Merling, grandnan@saber.net (456-0639)

Rabbinical Services/Special Ceremonies: Rabbi Shoshanah Devorah, 467-0456, sdevorah@earthlink.net

Use of Torah/Siddurs: Schedule ahead of time with a board member.

Tzedakah Fund (Financial Assistance): David Koppel (485-8910)