

APRIL 2013

NISSAN-IYAR 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)

COMING EVENTS

Sunday, April 7, 4 pm, - Yom HaShoah remembrance - We will light candles and say Kaddish, and hear different stories about children of the Holocaust. Divora Stern, who is leading the program, will also share the experiences of her own parents, who were child survivors. Jan Stephens will sing El Malei Rachamim.

Friday April 12, 6:30 pm - Kabbalat Shabbat with potluck at the home of Pat and Sam Goldberg, 2050 Woodlake Drive, Ukiah, 463-0218

Friday, April 26, 4:30-6:30 - Shul School

Friday April 26, 6:30 - Round-the-Table Shabbat with veggie/dairy potluck with Shoshanah, hosted by Sigrid White

Every Weds in May, 7:00 - Pirkei Avot with Shoshanah. This spring we move on to studying chapter 4 of these pithy and stimulating ethical insights of our ancestors, recorded in the section of the Talmud known as Pirkei Avot/Sayings of the Fathers

Future Events

Tuesday, May 14, 5 pm- Shavuot.
Save the date - details to be announced.

Friday-Sunday, May 24-26 - KHE Campout at Clear Lake State Park
(Have you made your reservation? See application on page 5.)



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) 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) Mazon -a Jewish Answer to Hunger
- 10) Women of the wall

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

April 6 - Shemini

April 13 - Tazria and Metzora

April 15 - Yom Hazikaron

Israel Memorial Day

April 16 - Yom Ha'atzmaut

Israel Independence day

April 20 - Achare and Kedoshim

April 27 - Emor

We Remember:

Nanette Tver - April 1

Allen Micah Rosenberg - April 1

Edward Sessler - April 7

Sanford Samuel Elsberg - April 8

Joan Bistrin - April 10

Saul Ginsburg - April 13

Allen Dale - April 17

Rose Cecelia Ray - April 21

Arthur B. Miller - April 21

Nathan Pelter - April 22

Eleanor Miller - April 22

Gabrielle Welford - April 24

Beatrice Hecht - Nissan 22

Milton Coren - Nissan 25

Charles Sorkowitz - Nissan 28

Marvin Gutharz - Iyar 7

Jessica Anne Doctors - Iyar 8

Condolence to Carol Rosenberg on the death of her brother Bruce Dale. We also send our condolences to his wife Ellen Braune and his daughter Toby.

Condolences to Bruno Piretti on the death of his dear wife, Lonnie, and to their daughters Sheila, Delfina, and Karen, wife of Norm Rosen.

Donations to KHE February 1, 2013 through February 28, 2013

*Lillian Cohn and Thomas Evans
Judith M. Corwin
David Koppel and Linda Koppel
Nancy Horowitz Moilanen
Linda Posner
Elizabeth Raybee
Nancy Merling
Josephine Silva
Darline Bergere and Josh Bergere
Robin Sunbeam
Shoshanah Devorah
Andy Coren and Yvonne Coren
Sherrie Ebyam
Lee Wachs*

April 12-14 in Ashland

As Reb Zalman travels less and less, this upcoming Ashland Shabbaton is going to be very special. The best davvenen leaders and musicians surrounding Reb Zalman and Eve will be present all weekend, who can lead us in the deepest teachings, chants, and meditations. Cost to general public is \$285. Folks can contact me for partial work trade arrangements. Registration form, FAQ sheet and flyer at www.havurahshirhadash.org

Nature and Chant: a TorahTrek Retreat

Join Rabbis Shefa Gold and Mike Comins in sacred chant and Jewish spiritual practice in the redwood forest of Hendy Woods State Park. Situated along the Navarro River in Mendocino County, California, participants become immersed in the natural world, where they receive time, space and tools to explore their connection to God, refresh the spirit, and receive the gifts of spiritual practice with like-minded people.

Weekend Only: April 25-28, Thursday to Sunday, 2013

Full Retreat: April 25-May 1, Thursday to Wednesday, 2013

Camping or lodging accommodation available.

Full information at www.TorahTrek.org

Dear KHE Chaverim,

Reb Zalman recently convened a live on-line session for rabbis over 65. Now in his 89th year, he wanted to share with us (as his teachers had not done with him) what getting old and closer to death has been like for him, and then to address some of our concerns.

While Reb Zalman continues to be very productive in recent years, he acknowledges that at times he is overcome by fatigue and weakness. He notes that neither his body nor his mind have the dexterity or capacity to accomplish what was once his normal output. Using oxygen at night and sometimes during the day, he has asked, "Why does God want me to live with diminishment and infirmities when I can't give full service?" Not able to do all he'd like to, he sees himself becoming a "simple Jew." Ego reduction and surrender are words that come up for him. This situation has led him to pray his "modeh ani" (thanking God for waking up each morning; literally "for mercifully returning my soul to me") with increased kavanah/intention. What is one able to do in these circumstances? Place oneself in the presence of God and let go of any striving. With his mind no longer going in straight lines, Reb Z says when he is just sitting around he prays for others.

The idea of dying is not frightening to him. He looks forward to returning to being a drop in the great ocean or, if it is his soul path to return once again to individual awareness, then he hopes he can be more helpful to others next time around. Sometimes he consciously practices being present with each breath as if it is the last one. Nonetheless, his body does at times send him high-anxiety messages, such as happens when he can't catch his breath, and then it takes great awareness on his part to center again. He advocates not feeling bad about oneself when this sense of fright occurs,

Reb Zalman has found cultivating patience with one's body, with one's self, and with others around to be helpful. The ego wants to refuse help, to say "I can manage." But it is important to own that there are things one can't do anymore. This shows interdependence. By accepting help you are doing a mitzvah to the helper and modeling how to be when older. There is no shame in saying what you need and what you don't need (the latter so you won't be hobbled by people trying to help you when you don't need it). You may even benefit from someone else serving as the go-between letting others know what help you do and don't need.

Reb Z also suggests having a chaver (partner, comrade) with whom you don't have to say, "I'm all right," but can share the "creepy" things happening, with whom you can relate your "organ recital." And with an intimate partner, says Reb Z, don't try to be the emperor with no clothes, but be transparent and console each other. Sometimes, when others have been used to bringing problems to you, you need to say, "Sorry, I can't see you." You may even be willing to reveal that "the one you want to see is not available right now" or "anymore." And then refer them to someone who can be of help. You don't have to give more than you can. Reb Z points admiringly to the recent pope's resignation as just such an example,

Should you have a sense that your life is incomplete, that you haven't done in this lifetime what you need to do, then ask God, "Okay, what would you like me to do, to complete?" says Reb Z. And find people as partners who can help you produce what you want to produce. (In recent years, Reb Zalman has prolifically co-authored books with others who have taken his writings and shaped them into final products.) "Come to terms with your 'instrument.' God doesn't expect you to do more than your coach/power, strength allows." God willing, may we each be blessed to live our lives to capacity as Reb Z continues to model for us. And may a sense of our interdependence sustain us on our journeys. Thank you, dear Source of all Blessing, and Thank you, dear Reb Zalman.

B'shalom oovrachah/In Peace and Blessing, Shoshanah

KHE SHABBAT CAMPOUT

with BNEI MITZVAH Vision Quest (Ariella, Ziven, Avi, Koda)

FRI EVE-SUNDAY NOON, May 24-26, 2013 of Memorial Day Weekend
Open to young-at-heart of all ages!

LOCATION: Clear Lake State Park
with access to swimming beach, boat rental, and hiking trails

ALL MEALS will be prepared for you! - Friday evening through Saturday night.

We will arrive Friday afternoon, set up tents (we have some extra tents for those without--let us know if you need one), enjoy Shabbat dinner together followed by a celebration, including preparing our bnei mitzvah for their own adventure. Saturday morning, we'll have a leisurely breakfast and more Shabbat celebration together, and after lunch, (the bnei mitzvah will have rejoined us by then) free time in the afternoon.

We'll re-gather for supper and then havdalah and campfire fun (s'mores, singing and drumming!) The program concludes Saturday night, but many of us will be sleeping over and packing up in the morning. We don't need to leave until noon on Sunday.

\$75 per family covers the campsite for Friday through Sunday until noon. This is a good deal less than the cost to book a campsite on your own for two nights. Check-in starts at 2 pm Friday.

Food: \$36 per person 13 and over; \$18 per child. This includes Friday dinner, Saturday breakfast, lunch, supper, and Sunday breakfast. Snacks are not included.

RESERVE YOUR PLACE NOW by contacting David Koppel, 485-8910 or davekoppel@yahoo.com and then returning the form below with a check made out to KHE and earmarked "KHE Campout-2013" to cover the costs of campsite and food. Send to KHE Campout Weekend, P.O. Box 416, Redwood Valley, CA 95470.

Name of Family _____ # of family members _____

Campsite per Family (Friday and Saturday nights) \$75 \$ _____

Food for Adults – 4 meals (13 and older) \$36 each x _____ \$ _____

Food for Children 4 meals (4 to 12 years old) \$18 each x _____ \$ _____

Total: \$ _____

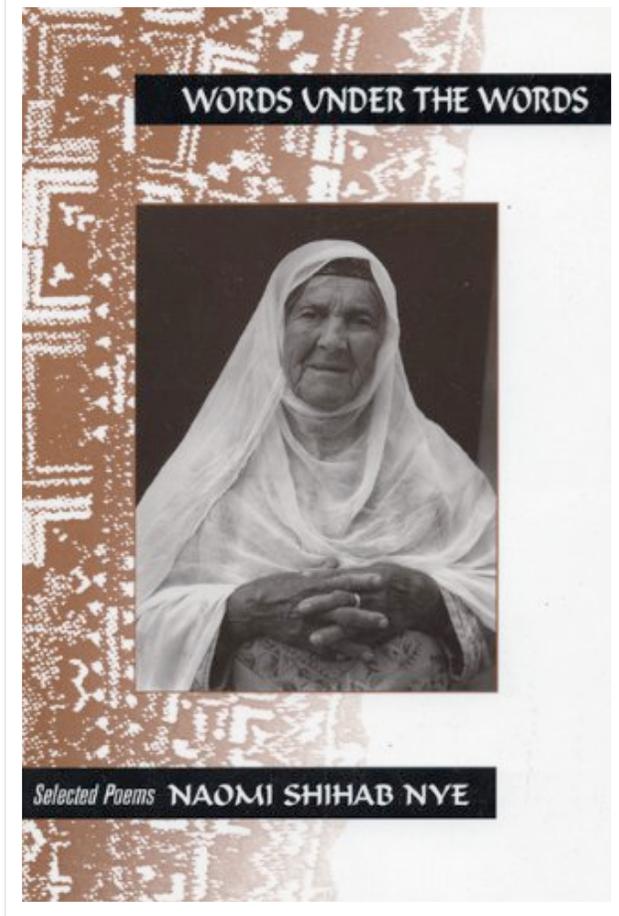
Kindness

Before you know what kindness really is
you must lose things,
feel the future dissolve in a moment
like salt in a weakened broth.
What you held in your hand,
what you counted and carefully saved,
all this must go so you know
how desolate the landscape can be
between the regions of kindness.
How you ride and ride
thinking the bus will never stop,
the passengers eating maize and chicken
will stare out the window forever.

Before you learn the tender gravity of
kindness,
you must travel where the Indian in a white
poncho
lies dead by the side of the road.
You must see how this could be you,
how he too was someone
who journeyed through the night with plans
and the simple breath that kept him alive.

Before you know kindness as the deepest
thing inside,
you must know sorrow as the other deepest
thing.
You must wake up with sorrow.
You must speak to it till your voice
catches the thread of all sorrows
and you see the size of the cloth.

Then it is only kindness that makes sense
anymore,
only kindness that ties your shoes
and sends you out into the day to mail
letters and
 purchase bread,
only kindness that raises its head
from the crowd of the world to say
it is I you have been looking for,
and then goes with you everywhere
like a shadow or a friend.



Pirkei Avot - Sayings of the Fathers - Part 4 - In translation - May 1,8,15,22,29
Learn the stories of the Rabbis and the meaning of the sayings in context with their time and place. Wednesdays evenings in May with Rabbi Shoshanah

1. Ben Zoma would say: Who is wise? One who learns from every man. As is stated ([Psalms 119:99](#)): "From all my teachers I have grown wise, for Your testimonials are my meditation."

Who is strong? One who overpowers his inclinations. As is stated ([Proverbs 16:32](#)), "Better one who is slow to anger than one with might, one who rules his spirit than the captor of a city."

Who is rich? One who is satisfied with his lot. As is stated ([Psalms 128:2](#)): "If you eat of toil of your hands, fortunate are you, and good is to you"; "fortunate are you" in this world, "and good is to you" in the World to Come.

Who is honorable? One who honors his fellows. As is stated ([I Samuel 2:30](#)): "For to those who honor me, I accord honor; those who scorn me shall be demeaned."

2. Ben Azzai would say: Run to pursue a minor mitzvah, and flee from a transgression. For a mitzvah brings another mitzvah, and a transgression brings another transgression. For the reward of a mitzvah is a mitzvah, and the reward of transgression is transgression.

3. He would also say: Do not scorn any man, and do not discount any thing. For there is no man who has not his hour, and no thing that has not its place.

4. Rabbi Levitas of Yavneh would say: Be very, very humble, for the hope of mortal man is worms.

Rabbi Yochanan the son of Berokah would say: Whoever desecrates the Divine Name covertly, is punished in public. Regarding the desecration of the Name, the malicious and the merely negligent are one and the same.

5. Rabbi Ishmael the son of Rabbi Yossei would say: One who learns Torah in order to teach, is given the opportunity to learn and teach. One who learns in order to do, is given the opportunity to learn, teach, observe and do.

Rabbi Tzaddok would say: Do not separate yourself from the community. Do not act as a counselor-at-law (when serving as a judge). Do not make the Torah a crown to magnify yourself with, or a spade with which to dig. So would Hillel say: one who make personal use of the crown of Torah shall perish. Hence, one who benefits himself from the words of Torah, removes his life from the world.



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
- 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

| | |
|-------------------------------|---|
| David Koppel, Treasurer | 485-8910 < davekoppel@yahoo.com > |
| Alan (Acorn) Sunbeam | 463-8364 < asunbeam@mac.com > |
| Judy Corwin | 462-4661 < jmcsrcp@gmail.com > |
| Nancy Merling, Vice President | 456-0639 < nancymerling@att.net > |
| Carol Rosenberg | 463-8526 < carolrosenberg@pacific.net > |
| Sherrie Ebyam | 530-414-1104 < ebyam@sbcglobal.net > |
| Mark Levin | 467-9037 < mlevin@pacific.net > |
| Bob Mandel | 696-271 < bobLXVII@hotmail.com > |
| Sigrid White | 485-1871 < sigridwhite@gmail.com > |

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