



The Newsletter of Kol HaEmek (Voice of the Valley) October 2008
P.O. Box 416, Redwood Valley, CA 95470 Phone # 707-468-4536 Tishrei - Heshvan 5769
Please note: all submissions preferred by the 20th of each month to carolrosenberg@sbcglobal.net

Calendar for October

Friday, October 3, 6:30pm - Shabbat Shuvah, a contemplative service with chanting for the 10 days between Rosh HaShanah and Yom Kippur, these days of awe, followed by a veggie potluck

Sunday, October 5, Shul School 10:00am

Saturday, October 18, 10:00am - Zachary Kalvin Bar Mitzvah - Zachary is a cousin of the Koppel Family. We as a congregation will have the Mitzvah of helping this boy enjoy his special day! We are all invited for services and Kiddush at the shul.

Tuesday, October 14, 7:00pm - Rabbi Phil Posner to speak and read from his new book

Sunday, October 5, 11am - Men's Mikve'ot. 1pm for Women's - at Pennyroyal Lake; meet at parking lot of Parducci Winery

Wednesday, October 8, 7-9pm - Erev Yom Kippur (Kol Nidre) - *Please bring canned and packaged foods to donate to the Food Bank.*

Thursday, October 9, 10-2 - Yom Kippur morning service; afternoon/evening: 4 pm till 3 stars appear, Yizkor, and concluding Yom Kippur service, followed by break-the-fast potluck (child care will be available all day.)

Sunday, October 12, Shul School 10:00am

Tuesday, October 14, first day of Succot

Friday, October 17, 6pm - Succot / Shabbat Service, pot luck in the Sukkah

Sunday, October 19, 10:00am - Shul School

Tuesday, October 21, 6:00pm - Simchat Torah

Sunday October 26, Shul School

Coming Events Calendar

Sunday, November 9, 10:00am - Sunday school

Friday, November 11, Kabbalat Shabbat at Shul

Saturday November 14, Movie Night

Sunday, November 16, 10:00am - Sunday School

Friday, November 21, Kabbalat Shabbat at a home

Saturday, November 29, 10:00am - Shul School/ Family Shabbat service

Fri day, December 5, 6:30pm - Kabbalat Shabbat at Shul

Sunday, December 7, 10:00am - Sunday school

Saturday December 12, 7:00pm - Movie Night

Friday December 19, Kabbalat Shabbat at a home

Sunday, December 21, 2-5:00pm - Hanukkah Fair gift booths & music, followed by candle lighting and celebration at Shul for the first night of Hanukkah, bring your Hanukkiah

Holidays and the Portion of the Week

October 4 - Vayelech Shuvah
October 8 - Ever Yom Kippur
October 9 - Yom Kippur
October 11 - Haazinu
October 13 - Erev Sukkot
October 14 - Sukkot
October 18 - Chol HaMoed Sukkot
October 21 - Shemini Atzeret
October 23 - Simchat Torah
October 25 - Bereshit

Candle lighting

10/03-5:22
10/10-5:21
10/17-5:11
10/24-5:02
10/31-4:54

We Remember:

Bonnie Ann Springer - October 7
Sylvia Glazer - October 8
Jean Shirly Kisslinger - October 22
Anna Allinkov - October 22
Nancy Parker Orton - October 26

In case you want to write a contemporary haiku, here's how:

to write a haiku
every word gets in the way
muzzle a mindful

release of tension
take a deep breath and exhale
slowly say thank you

Peace, love and lots of laughter,

David

KHE receives a grant!

We are delighted to announce we have received a grant from the Sinai Memorial Chappel's Chevre Kadisha Fund.

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) Caring for needy Jewish and Arab people in Acre, Israel*
- 10) MEMBERSHIP

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.

PLEASE JOIN IN OUR SIMCHA

on Saturday 18, 2008
at 10:00 am when our Great nephew

ZACHARY KALVIN

Will be called to the Torah as a Bar Mitzvah
in the tradition of his ancestors

at
Congregation Kol Ha Emek

Linda & David Koppel

Kiddush Luncheon to follow

From Zack Calvin, to be Bar Mitzvah on 10-18-08 at our Shul - **all invited!**

Hi!

My name is Zachary Mitchell Calvin. I live in Northridge, CA, with my two brothers, mom and dad, and four dogs. I like to play basketball as well as bowling. I am currently on a bowling team. We just ended the summer league and now have started the winter league. I am in the seventh grade and already wishing summer were here. School is just not my thing.

When I was just three years old, I would go with my grandmother Calvin to deliver meals to old people who couldn't get out of the house. It was called Meals on Wheels. I really enjoyed doing that. Then my grandmother stopped doing that and started doing the Bagel Brigade, which is where you go to local bagel shops and pick up day-old bagels and take them to the food pantries. That wasn't as much fun as Meals on Wheels, but I liked to be with my grandmother anyway. Then when I turned ten, I started to go to a place called Sova with my grandmother Nimberg. Sova is a food pantry where people who need food can come and get some for free. I have been doing that ever since, and really like to do it. When I grow up, I want to be a mechanic and work on old cars. I sometimes help my dad work on the brakes and change the oil on my mom's car.

I want to thank everyone for allowing me to come and celebrate my Bar Mitzvah with you, my Uncle David, Aunt Linda, and especially Rabbi Shoshanah for making an exception during the holidays and working with me over the phone.

Sincerely,
Zach Calvin

Hazon Food Conference

Thursday Dec. 25, 3:00 pm-Sunday, Dec. 28, 1pm at the Asilomar Conference Center

Join the thinkers and doers of the New Jewish Food Movement – where contemporary conversations meet ancient traditions. The third annual Hazon Food Conference is the only place in the world where farmers and rabbis, nutritionists and chefs, vegan and omnivores, come together to explore the dynamic interplay of food, Jewish tradition and contemporary life.

The Hazon Food Conference is at the forefront of a national movement that explores the intersection of Jewish life and contemporary food issues. Conference themes will focus on Jewish food culture, cutting-edge food law and policy, kosher meat issues, health and nutrition, cooking and gardening, and Israeli food and agriculture.

So don't miss four days of expert cooking sessions, kids and family activities, thought-provoking lectures and discussions, a joyful celebration of Shabbat and Chanukah, and, of course, delicious, consciously-prepared food.

for More Info:Hazon
Phone 212-644-2332
e-mail :info@hazon.org
45 W. 36 St. NYC, NY 10018

Mazel Tov

To Eva Strauss-Rosen and
Steven Frank Sommerstein
on their recent marriage.



Rabbi Phil Posner to Speak October 14 at 7:00 pm

7 pm Tues, Oct 14 (2nd eve of Succot - bring clothing for succah sitting, weather permitting, although the talk is likely to be indoors) - a book reading, signing and celebration with Rabbi Phil Posner, father of our member Hillel Posner, of his new book *Food for Thought, Character and Soul: Recipes and Blessings Included*.

The book is billed as the world's first character cookbook – 35 recipes in honor or memory of 25 famous individuals who personify the ethical virtues of compassion, moral courage, empathy, righteousness, forgiveness, kindness and justice. Rabbi Shoshanah had the delightful opportunity a year ago to experience a chapter of the book read by Rabbi Phil in her succah while tasting some of the foods which were favorites of Abraham Lincoln, Gandhi, and the prophet Amos, who were heard having a mutual discussion in this particular section of the book.

A rabbi from Florida wrote to Rabbi Posner:

Dear Phil,

I just wanted to take a moment to express my gratitude for your participation in our Friday evening program . . . My congregation enjoyed cooking your recipes and bringing them to our community dinner. We all loved hearing the touching and inspirational stories that you shared from the bimah during Kabbalat Shabbat. I am thrilled that you taught a little of your personal Torah to Temple Sinai. Your book is wonderful, too. I have been describing it as a cookbook with inspirational stories, but what you have written is a collection of inspiring and moving revelations of character, using recipes almost as illustrations that are tasted instead of gazed upon. I hope many more people get to enjoy your book the way my congregants and I have.

Thank you again for sharing your time and tastes with Temple Sinai.

Elef Todot, David (Young, North Miami Beach Florida)

PSALM 27 - translation by Bob Freedman - The enemies of which Psalm 27 speaks may represent the obstacles to repentance within us: violence, anger, pride, feelings of helplessness, hopelessness and abandonment.

YHVH is my light and my help,
whom need I fear?
YHVH is the strength of my life,
whom need I dread?

When evil-doers draw near to destroy me,
when foes threaten, they stumble and fall.
Though armies be arrayed against me,
I will have no fear;
though war threatens,
I remain steadfast in my faith.

One favor I ask of God, for this do I yearn:
to dwell in God's house all the days of my life,
to behold God's graciousness
and to visit in God's sanctuary.

In perilous days God will secure shelter for me,
keeping me in the recesses of a tent
or lifting me to safety on a high rock.
God will raise my head
above enemies that surround me.
I will offer to God shouts of joy;
I will sing, chanting praises to YHVH.

O God, hear my voice when I call,
be gracious to me and answer.
"It is You that I seek," says my heart,
"I seek Your presence."

Do not hide from me; do not reject Your servant.
You have always been my help;
do not now abandon me or forsake me,
O God of deliverance.
Though my father and mother abandon me,
God will care for me.

Teach me, O God, guide me on the right path,
that my oppressors may be confounded.
Do not deliver me to the will of my foes.
False witnesses rise up against me,
those that breathe out violence.

Yet I have faith
that I shall see God's goodness while I live.
Hope in God. Be strong; take heart; and hope in God.



Dear KHE Chaverim,

Strange to be writing this column before Rosh HaShanah and know that you'll be reading it after the New Year has commenced, in that very special time approaching Yom Kippur. This is the second day in a row that the stock market has fallen drastically, and I wonder what the scenario will be by Yom Kippur. Hopefully, aligning ourselves with the ancient traditions of our heritage-hearing the shofar, reciting the prayers of our people who have survived so many vagaries over thousands of years, knowing yourself to be part of a supportive community, reconnecting with the fountain of life - will help prepare you, body and soul, for the coming year.

This time of year marks for me having completed 5 years serving as rabbi of Kol HaEmek, and I am grateful for my experiences here with you. Thank you all! The onset of the New Year is always an occasion for not only looking back on our lives that were, but looking forward to our aspirations and plans for the year to unfold. So here, in regard to Kol HaEmek, are just a few simple innovations for the new year:

Perhaps you've wondered why we've gone back to celebrating some Friday evening Shabbats in people's homes. Truth is, I never wanted to abandon home Shabbats, which have always felt so heimische (warm and cozy) and at the same time very individual to me. Each home is so different, and there's an excitement about entering someone's personal space and finding our place and rhythm in it. And often the folks who come have varied according to the folks hosting the Shabbat-- i.e., friends of the hosts, or those who live nearby, show up in addition to the "regulars." And homes lived in by families with children attract families with children, who enjoy playing together in the kid-friendly areas.

So after several years of meeting exclusively in our Shul, we've decided to see what it's like to have the third Friday of each month in a home when feasible (the third Friday of October is during Succot, so we will gather at the Shul in our KHE succah). And, hopefully, parents with kids will offer to host, and that way draw other parents with kids to come to Shabbat (we haven't seen many young children in shul on Friday nights in recent months). If you happen to read the Megillah (the coastal equivalent of the Shema), then you know that the coastal community which has enjoyed its own shul space far longer than we have, has also been having monthly home Shabbats for years. To host a 3rd Friday Shabbat in your home, contact Karen Rifkin at 462-2789, or karenrifkin@sbcglobal.net.

As I have shared with you in this column, I had the wonderful experience in '07 and '08 of participating in two vision quests. I would like to bring this home to our teens in a Jewish context as part of their rite of passage of becoming adults. We do a darn good Bar/Bat Mitzvah ceremony in our congregation, but let's take it a bit further. So I am planning to get together with Jo-ann Rosen, Hillel Posner, and Tony Melville, all of whom are experienced in bringing youth into nature, and see what we can design for our teens.

A member who doesn't like to come to Shul suggested to me that I teach via the computer. So I am intending to offer ongoing learning this year by sending out texts for study via email. Ideally, folks would form a chevruta, the classical Jewish way of study in which partners study a text together out loud, commenting on it as they go along. Without having to come to the Shul, you could "meet" with your chevruta partner on the phone, if not in person, to discuss that week's reading. Stay tuned.

These are simple, not startling, changes in our KHE programming. As has been pointed out, tshuvah means return or sometimes, simply turning. In other words, we don't always have to take giant steps, and go somewhere else, to practice tshuvah. Rather we stay rooted where we are and turn, and this shift in perspective, this new orientation, might really be what we need right now to point us in the right direction for the New Year.

R Shoshanah, continued:

As I write these words, before Rosh HaShanah, we don't know what our economy will be like even at Yom Kippur, let alone a year from now. We don't know who will be leading our country after November elections. We don't know the outcome of Propositions 8 (marriage equality) or 2 (humane treatment of animals which provide our food) on the California ballot. I urge each of us to make sure to vote, and to support the tikkun olam causes which are dear to our hearts. We may not be able to control large tsunamis or hurricanes, but we can affect and effect small changes in our lives which can help us, individually and collectively, to face the unknown. Our psalms remind us over and over again to "Trust in God," and as the popular Arabic saying goes, "Trust in Allah and tie up your camel."

B'Shalom oovrachah v'Hatimah Tovah, In peace and blessing and may we sign up for and be inscribed for a good year, *Shoshanah*

In My Opinion

Last week I was in a perfect twit for at least 2 days. The bank where I have kept my hard-earned money for over 20 years was looking a bit rocky, as were the investments that I have retained from my husband's life insurance since his death in 1978.

In retrospect, considering my sense of anxiety and indecision, I think I did pretty well. I spent the days doing my assignments for the Grand Jury, worked on this issue of the Shema, and spent a lot of time laughing at the irony of my concept of security.

I was surprised that I was more concerned about where to keep my pension and social security payments than my so-called investments. I worried about my monthly money needs, not my long-term financial well-being. True, I do own the roof over my head. I found it interesting that I spent a lot of time trying to figure what my priorities meant.

That was the first three days. After that I let go of the idea of certainty about money, I let go of leaving money to my children and grandchildren. It was then that I laughed at our government needing to prop up the capitalistic structure with our tax dollars. I chuckled at the so-called experts running in confused circles and badmouthing each other.

Then I looked into my self, because that's got to be where my sense of security must begin. I asked, how can I nurture my sense of security? It turned out that for me meditation/prayer and simply the joy in the daily routine and the change of the seasons center me. They keep me grounded. I also thought about all the past Rosh HaShanahs and Yom Kippurs of the Jewish people, all those other times of trial and disaster. I thought about the advice we have received since the beginning of time.

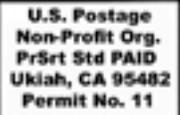
Trust in the Lord your God, be just and righteous in your dealings with the world. Take care of your family, be engaged in life-long study and learning. Remember the world can take your possessions, not your knowledge or the love we have for each other. Not bad advice in difficult times.

So, my friends and our congregation who have supported each other time and time again, I wish you all L'Shanah Tova Tikatevu. May you be entered into the Book of Life, for whatever joy or sorrow it brings.

Love and hope, *Carol Rosenberg*



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:	
Carol Rosenberg, President	463-8526
David Koppel, Treasurer (Financial Committee)	485-8910
Nancy Merling (Rabbi's Council)	456-0639
Divora Stern	459-9052
Alan Acorn Sunbeam	463-8364
Steven Levin	462-3131
Robert Klayman	391-6114
Jan Stephens	459-1207
Karen Rifkin	462-2789

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** (see below)

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 the Kol HaEmek shul, 8591 West Road, Redwood Valley; open at shul events and by appointment

Movies-at-the-Shul: Steven Levin 462-3131 stevenL@pacific.net

New Members: Carol Rosenberg (463-8526)

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@gmail.com

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

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