

Shema שמע



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, December 1, 4:30 p.m.

KHE Hanukkah Party and potluck at the home of Isa, Ziven and Adyson Posner. Bring your Hanukkiot (Hanukkah menorahs) with 6 candles.) 1060 N. Pine St., Ukiah; cell phone # 972-1935

Monday, December 9, 6:30 KHE Board meeting

Friday, Dec. 13, 6:30 - Kabbalat Shabbat and potluck at the home of Vergilia Dakin, 345 Spring St. (between Smith and Willow), led by Helen Sizemore, Ukiah, 463-2567

Saturday, Dec 14, 10:00 Shul School Family Shabbat CANCELLED!

Sunday, December 15, Feeding the hungry, call Dan Hibshman, 462-7471 to help

Tuesday, December 7:00P.M. Annual Chinese supper and movie see insert.-

Friday, Dec 27, 6:30 - Kabbalat Shabbat and potluck with Shoshanah. Host is needed, call Shoshanah to volunteer, 467-0456

Congregation Kol HaEmek
Welcomes One and All



Hanukkah Party and Potluck at the home of Isa, Ziven, and Adyson Posner
December 1 at 4:30 pm
Bring your Hanukkiot with 6 candles
There will be latkes and all good things to eat,

Tony Esserman-Melville leading songs, dreidel games, and storytelling.

. 1060 N. Pine St., Ukiah, 3rd house on the left as you're coming from Low Gap, for information call Isa, 972-1935.

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**

Congratulations and blessings on the birth of Ozlo Gabriel Ebyam born October 5th to Kimberlee and Benjamin Ebyam and grandson of Sherrie Ebyam.

Rabbi Shoshanah will be out of town from November 27-December 16. Call Carol Rosenberg, 462-8526, to help find rabbinical support in the Rabbi's absence.

Portion of the Week and Holidays

December 7 Vayigash

December 14 Vayechi

December 21 Shemoth

December 28 Vaera

We Remember:

Milton Rosen - December 4

Evelyn Rapport Cohen - December 6

Mark Kinze Molgaard - December 7

Chaim Rayberg - December 10

Max Schechter - December 15

Joseph E. Suffel - December 16

Esther Pelter - December 19

Dora Levin - December 22

Elizabeth Elberg - December 23

Charles Sorkowitz - Nisan 28

Leon Horowitz - Tevet 3

Marion Margolis Frank - Tevet 20

Dori Anderson - Tevet 26

Sidney Kowarsky - Tevet 26

Congratulations and Blessings to Miriam and Casey Mc Namara. on the birth of their son Dominick James, November 22, 2013. He is welcomed by his brother Merrick and grandparents Linda and David Koppel

across an old road
swirling bronze leaves scattering
pellet my body

shrill sounds camouflage
up a tree unseen by me
nature's melody

david vilner

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December 1 at 4:30 pm

There will be latkes and good things to eat, story telling, singing with
Tony Esserman-Melville and dreidels to play

. 1060 N. Pine St., Ukiah, 3rd house on the left as you're coming from
Low Gap Rd,
for information call Isa, tel 972-1935.

Dear KHE Chaverim,

Keep Joel Cohen in your prayers as he prepares to receive a new heart valve at St. Helena Hospital the week of November 19th. Blood analysis led to the discovery of endocarditis in a heart valve caused by a staph infection.

Joel would love to receive meals when he's home recuperating after Thanksgiving, and Judy Corwin has graciously agreed to set this up. We'll send out how to sign up once the plan is organized. Till then, let's envision Joel making beautiful music on his cello and send him our prayers and love.

Christmas Eve at the Shul

Tuesday evening, December 24, at 7:00 pm

Chinese takeout

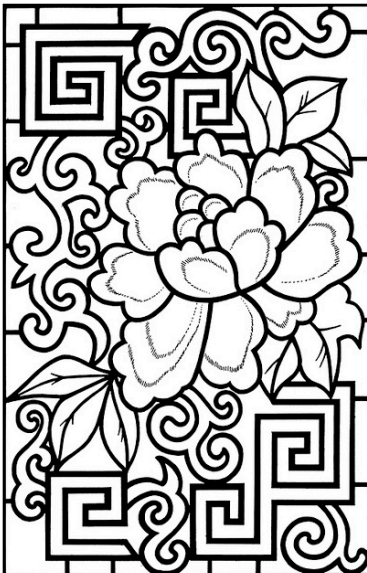
and a Jewish comedy film

\$12.00 per person, children under 13 free

Send your reservation and payment to David Koppel,
P.O. Box 416, Redwood Valley, CA 95490. tel 485-8910.

Dinner will be served at 7:00 pm, followed by
The FILM

Prior reservations a must to calculate how many fortune cookies we'll need



Hi Jewish community members,

Many of you know our mother Bela Goldberg. In the past couple of months Bela has been needing more help with simple daily activities such as heating her meals, getting ready for bed and getting herself into bed safely. We are looking to hire someone who can come to Bela's home and help her in the evenings. We would appreciate if you know someone who would enjoy spending time and helping Bela to please give me a call, or have them call me. Thank you so much for your love and support for Bela, for Abe when he was alive and for our whole family. You are truly a wonderful community of people!. Bela also loves and needs company. Please call before visiting: 468-0201

Betty Idarius <betty@fullcirclewellness.com> 468-0205

KHE Donations for September through October 2013

Janet Mandel and Barry Vogel	Lesley Jo Feldman
Lynne Coen and Charles Hott	Yvonne Coren and Andy Coren
Lillian Cohn and Thomas Evans	Sherrie Ebyam and Carol Orton
Judith M. Corwin	David Vilner
Isa Davila	Michael Shapiro and Sharon Shapiro
Steve Frenkel and Nan Breaden Frenkel	Sara Esserman Melville and Anthony Esserman Melville
Judith Fuente and David Nelson	Mark Levin and Kathy Crosby
Cassie Gibson and Chris Gibson	Bela Goldberg
Karla Gitlin and Robbie Gitlin	Brad Kammer and Sarah Minz-Kammer
Jennifer Joseph and Jay Joseph	Ramin Aaron Louyeh and Matthew Brooks-Miller
Abbie Kaufman	Roberta Werdinger
Linda Koppel and David Koppel	Muhasibi Shalom and Antonio Andrade
Adina Merenlender and Kerry Heise	Laurie Spence and Dale Harrison
Nancy Horowitz Moilanen,	Eva Stauss-Rosen
David Moilanen and Elisa Mass	Jan Stephens and Gary Stephens
Linda Posner	Nancy Merling
Carol Park and Steve Park	Rachel Arama and Richard Yusem
Vicki Patterson	Maralyn Lowenheim
Karen Rifkin	Sally Emerson and Mally Arad
Karen Rosen and Norm Rosen	Joan Katzeff and Paul Katzeff
Steven Levin and Joan Levin	Charlotte Rapport and David Rapport
	Leon Springer and Nancy Marotta Springer
	Darline Bergere and Josh Bergere

To all KHE Members and Friends,
January is the month that our bylaws call for an annual meeting. January is also traditionally the time we have had a brunch for new members. This year we have 9 new members and a good time to combine a community meeting and welcoming brunch.

This will happen on **Sunday, January 12, .community discussion at 11:30 and brunch at 12:30**, for all old and new members to meet the board members and learn more about our congregation, our goals, objectives, and financial condition.

If you have ideas for new programs or activities, questions, positive or negative comments or feedback please send them to me, Carol Rosenberg <carolrosenberg@pacific.net > or Mark Levin <ymlevin@pacific.net> acting co-presidents through December. so we can place your ideas on the agenda.

Ariella Heise's Bat Mitzvah Drosh, 9-28-13, at the Mendocino Coast Jewish Community in Caspar

A Bat Mitzvah is a rite of passage; a ceremony that initiates the time when a child begins to grow into an adult. I believe that Adam and Eve had a very different kind of rite of passage by eating the fruit of the tree of knowledge. Unlike my Bat Mitzvah, their rite of passage was a very big mistake, but they needed to learn how to make their own decisions, and take their own consequences. Their rite of passage made them grow up.

I'm one of those kids that tries to follow the rules all the time. Being a "goody-two shoes", my whole life has been a blessing and a curse. People just expect that I will do whatever someone asks me to do. If someone needs the answer to a math problem or if someone wants me to clean the trashcans at school, they will come to me. Even if it's something I don't really want to do, I will do it because I'm "good" and I don't rebel against people.

I imagine Eve was like this before she met the snake. When God created Woman he made her from one of Man's sides. After she was created the Man decided to call her Woman because she was made from him. Then Adam said that a Man shall leave his father and mother, and that a Man should find his Woman. Eve did not speak up for herself. I think that Eve should have spoken up for herself and asked why she had to wait for a man to find her and why she had to be named Woman. Eve needed the snake to help her speak up for herself.

When you are young your guardian takes you to a ballet class or insists you learn to play trombone even if you don't want to. You're not mature enough to make all the right decisions. But as you grow into a young adult it becomes more important to learn to stand up for yourself and feel confident about the choices you make.

The snake said to the woman, "Did perhaps, God say: 'You shall not eat of any tree of the garden?'"

The woman said to the serpent, "Of the fruit of any tree of the garden we may eat. Of the fruit of the tree which is in the center of the garden God has said: 'you shall not eat of it or touch it lest you die.'"

The serpent said to the woman, "You shall not surely die; for God knows that on the day you eat of it your eyes will be opened and you will be like God knowing good from bad."

The Torah says that God created everything, meaning planet earth and all its inhabitants. God made Adam and Eve as adults but were they really grown up? He played a fatherly role in Adam and Eve's lives and told them that they would die if they ate the fruit of the tree of knowledge. Was God afraid of losing his children, afraid that they would grow up but not make the right decisions? The snake played the role of an older sibling by telling Adam and Eve that fruit would open their eyes to God. In a way, the snake was right because after eating the fruit they knew that they had made a bad decision and they knew the difference between right and wrong. Adam and Eve had to live and learn.

In the beginning God created the plants and the animals; and he said it was Good. So, how can the snake be evil? Maybe the snake was created for a reason. I think of the snake as someone who has already grown up. When Michelangelo painted the Sistine Chapel he painted the snake like a mermaid except that she had a snake tail instead of a fish tail. Could that mean the snake is possibly like an older friend of Eve's? It's as if you've had a friend that just acts more mature than you and is always encouraging you to take more risks. I think we've all had a friend like that. That person can be helpful but a little scary at the same time. In the long run it's good to have someone that will help you grow up and welcome you to the real world, just like Adam and Eve were sent into the real world after eating the fruit.

Ariella continues:

This year I decided to change schools. It was not an easy decision to make because I knew many of my friends and teacher would be sad to see me leave. But something inside told me I knew that I needed to experience a different school, a school that maybe would help me ease my journey into adulthood. I knew that there would be risks making this change but I felt that it would be best for me.

It's good to take risks and go out of your comfort zone to learn. How else will you discover and learn new things? Although most people believe that Eve made the wrong decision by eating the fruit, she may have made a better choice in the long run. Eve had disobeyed the rules to do the right thing. Once you reach adulthood you still have plenty of rules to follow and decisions to make but you are the person that ultimately makes them. I think that is exciting.

Some at my old school said that the kids at my new school would be older and more intimidating. Now I know what they meant. This summer I went to an overnight camp for a month and all the kids there were older and acted that way, they were clearly adultlike. But it was ok, I survived. They would tell me that I looked fine and not to worry, they would tell me to live my own life and not follow someone else around all the time. They helped me to move on. I enjoyed myself at camp and had a good time. My friends helped me realize that I shouldn't be afraid to go to a new school because I knew that it will be all right. Everybody needs someone to remind them to take the risk and to stand up for themselves. Everyone needs a snake.

Thank you.....

SHUL SCHOOL REPORT

Each month when our Shul School meets, the children have an opportunity to put some money in our Shul School tzedakah box. This has become a KHE tradition, and the box has filled and been emptied several times over the last couple of years without our ever designating who should receive the tzedakah collected. So this October, the children, parents, and Shoshanah together came up with a list of possible recipients, including several local groups as well as those which help folks in need nationally and around the world.

The children discussed and voted, including a runoff for the top candidates, and the winner was our KHE Fund for feeding the hungry. When KHE volunteers cook and serve meals at the Buddy Eller Center, and prepare sandwiches at Plowshares, KHE needs to purchase the food. We are always needing to replenish this fund so we can continue this community service. The fund now has a donation of \$250 accumulated from the offerings of our Shul School kids! And the Shul School tzedakah box is filling up once again....Thank you, kids!

And thank you to Robbie Gitlin, who came in and joined Shoshanah in teaching the children about our Jewish tradition of tzedakah giving. Many parents were present as well, and it was wonderful to have folks of all ages learning together and participating in the discussion. And thanks to Jay Joseph, who led our youngest group of the five-and-under kids, and Mark Levin, our current KHE co-President, who has been teaching Hebrew along with Leila, our Hebrew teacher. And thanks to Noah Heise who also pitched in to help teach Hebrew and plans to continue so.

Did you know many Jewish families have a tradition of having a tzedakah box at home for loose change and/or to intentionally make a contribution before lighting Shabbat candles at home. May you want to practice this mitzvah in your home.

Dear KHE Chaverim,

David Gerbi first came to my attention back when Libya was going through its Arab Spring. He was a Libyan-born Jew currently living in Italy, who took the downfall of Kaddafi as an invitation to return to his homeland and reopen the Tripoli synagogue he'd known in his youth. The media reported that huge crowds gathered outside the synagogue, threatening his life and chanting that Jews were not welcome in Libya; Gerbi's efforts were aborted.

I was touched to discover this fall that he was coming to San Francisco to put on a one-man performance co-sponsored by the SFJewish Community Center and the Jung Institute of San Francisco. This announcement piqued my interest even more, for his performance was to be followed by a discussion panel of Jungian therapists, including two leaders of dance/movement therapy, in which I have an M.A. degree.

So off I went in great anticipation, and the afternoon exceeded any expectations I'd harbored. Gerbi shared key moments in his life with us, combining story telling with agile movement and minimal staging. His parents, sisters, brothers and he are descended from the Jews who left Spain after the expulsion order in 1492. One of the first memories he shared with us was his love of sitting on the family's balcony, looking out at the city of Tripoli situated on the Mediterranean. One day an Arab neighbor began illegally walling up half of his family's balcony. To Gerbi's chagrin, his father did not protest, telling the family that any kind of protest would bring about even harsher repercussions for them as Jews, and it was better to live with the new situation, unfair as it was.

Gerbi's family was among the last of Libya's 45,000 Jews to leave after the Six Day War, when pogrom-like attacks on Libyan Jews caused the great majority to exit. Those who stayed later faced anti-Jewish mobs in the street, causing his family to remain barricaded in their home for some 40 days, not knowing their fate from day to day. He, aged 12, was delegated by the family to sneak out at night to procure food for them to eat - he was considered old enough to take on this responsibility, but still small enough to have a chance of going unnoticed. Relief came when the Italian government granted his family safe passage, and they moved to the Jewish neighborhood of Rome.

A year later he celebrated his Bar Mitzvah, with the Torah parashah being the story of Joseph. The rabbi of the synagogue in Rome said in his talk that day that Joseph was meant to be a model for Gerbi throughout his life, and the words struck home. After years of working at various entry level jobs (e.g., in a cafe, selling souvenirs) and then business ventures, he eventually trained to become a Jungian psychoanalyst, who has focused on dream interpretation and helping people through post-traumatic stress. He has also served as a United Nations' Witness for Peace and Ambassador for peace.

Meanwhile, his family discovered that even though Libya was considered to no longer be home to any Jews, he had an aunt in a hospital there whose existence had been overlooked. He obtained permission to visit her (quite exceptional for a Jew to be permitted to enter Libya at that time) and told us that she came out of her coma during his visit with her. He then petitioned to take her out of Libya, and Kaddafi told him his request could be considered only if he succeeded in helping to get Libya off the U.S. listing as a terrorist state. So Gerbi traveled to the U.S., and spent six months petitioning anyone and everyone he could in Washington for help. He finally succeeded with Congressman Tom Lantos of the Bay Area, himself a Holocaust survivor, who took up the cause. Gerbi's aunt was granted an exit visa, and the Italian media covered her arrival at the Rome airport.

Rabbi continues:

Gerbi related how Kaddafi had then invited him to Libya to meet one on one, and that they sat across the table from each other with Gerbi holding Kaddafi's hands in his. Gerbi was elated, for Kaddafi had given him permission to open up the Tripoli synagogue whose entrance he, Kaddafi, had earlier ordered walled up. Yet when Gerbi returned to his hotel room, he found himself surrounded by secret service men who inquisitioned him, threatened him, and told him to leave the country immediately and drop the synagogue project if he wanted to live. He returned to Italy, but did not feel safe from the Libyans there, and moved to Israel, which he deemed to be beyond their reach.

With the advent of the Libyan Revolution in 2011, Gerbi served as the World Organization of Libyan Jews' representative to the Libyan National Transitional Council. On his way to Tripoli via Tunisia, he stopped at the site where Libyan Jews had been murdered and buried as part of the World War II Holocaust. Locals told him he was the first to come and pray there in many decades. The new Council supported him in his latest attempt to reopen the Tripoli synagogue, and world press captured him breaking down the walled-up entrance. Tearing down that barrier was clearly a belated tikkun for him for the humiliation he had felt when the balcony barrier remained standing during his childhood. He hired a local team of workers to help him clean up the interior, but each day more and more demonstrators gathered outside the synagogue and in other cities of Libya to protest the return of Jews to Libya.

Representatives of the Italian and American governments sent him written support, but the media people covering his efforts warned him to get out while he still could. It was Erev Yom Kippur, and he tells that he recalled his grandmother's words to him when he was a child: "When you are in trouble and don't know what to do, ask God for help." So instead of flying out of the country, he returned to his hotel room, lit the lights (olive oil with wicks rather than candles) to usher in the holy day, donned his tallit, and spent Yom Kippur in prayer, leaving Libya only afterwards.

Gerbi did manage to use his professional skills in Libya with groups of folks traumatized by the events of the revolution, but even with Kaddafi gone, Gerbi has not yet succeeded in reopening the Tripoli synagogue. Yet he shared with us what he views to be the miracles in his life, lighting up the darkness on stage with a new olive oil and wick "candle" for each miracle he recounted. His own Chanukah/rededication (my label, not his) story! The on-stage faith in God demonstrated by this mature, well-educated, Jewish Jungian analyst was visceral and strong, and deeply experienced by the mixed audience of Jungian therapists and liberal Bay Area Jews, and at least one Libyan revolutionary who sat next to me, introduced himself, and told me he and Gerbi are friends. All together a rare combo! Gerbi's unique performance received a standing ovation.

The panel of Jungian analysts also had much to share, But I'll only mention here the contribution of dance therapist Joan Chodorow. She focused on the Baal Shem Tov, and how his introduction of song, dance, and story-telling four centuries ago helped heal the traumas Jews were then suffering in the aftermath of the devastating Chmielnicki massacres.

As I made my way outside and down to the Sutro Baths to witness a most beautiful sunset over the ocean, I felt deeply touched and grateful for the gifts I'd received as a witness to David Gerbi's song, dance, and story-telling that very special afternoon.

B'shalom oovrachah/In Peace and Blessing, *Shoshanah*



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	272-1859 < 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