



The Newsletter of Kol HaEmek (Voice of the Valley)
 Physical address 8591 West Road -Mailing address P.O.Box 416, Redwood Valley, 95470 Phone: 707-468-4536
 Please note: All submissions sent by the 20th of each month to Carol Rosenberg (carolrosenberg@pacific.net)

KHE schedule

September and the High Holidays in October 5777 (2016)

Mark your calendars.

Friday, September 23, Shul School with a focus on preparation for the High Holidays w/ Rabbi Josh, at 4:30; Shabbat service at 6:30

Saturday, September 24, 10 a.m. Slichot teaching with Rabbi Josh

Sunday, October 2, 7-9, Erev Rosh HaShanah service

Monday, October 3, 9:00 a.m., Rosh HaShanah service; Children's service **10-10:45 a.m.**

We will break for Kiddush about noon, after reading the Torah and the first shofar blowing, resume at about 12:30 for the traditional Rosh HaShanah service and shofar blowing, and finish about 2 pm.

Tashlich 2:30 pm, potluck picnic followed by ceremony led by Janae Stephens at Lake Mendocino, Pomo Day Use Area B. Use Highway 20 to reach the northwest part of the lake. Go past the Pomo roundhouse to the second parking lot, park near the bathrooms and walk toward the lake.

Sunday, October 9, 12:00, Mikveh for women led by Karen Rosen and Margo Frank; Men's Service at 2:00 pm, both at Pennyroyal Lake. Meet in the Parducci parking lot to carpool to the lake.

Tuesday, October 11, 7:00-9:00 pm, Erev Yom Kippur, Kol Nidre Service

Wednesday, October 12, Yom Kippur

Morning service 10:00 a.m.-2:00 pm; Children's service 10-10:45 a.m.

Afternoon service 4:00 pm until 3 stars visible in sky; open Torah and Yizkor through evening service, followed by break-the-fast potluck

Sunday, October 16, Decorate Succah (a team of decorators is needed!), followed by a lay-led service and community supper in the Succah--times TBA

Sunday, October 23, 5:30 pm, end of Sukkoth & beginning of Simchas Torah; Shabbat Celebration with Rabbis Jacobs-Velde with dancing and scrolling of the Torah, followed by veggie/dairy potluck

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

Call: David Koppel, 485-8910

send checks to:

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

Portion of the Week and Holidays

September 3 - Re'eh

September 10 - Shoftim

September 17 - Ki Ties

September 24 - Ki Tavo

October 1 - Nitzavim

October 2 - Erev Rosh Hashanah

October 3 - Rosh Hashanah

October 8 - Vayeilech

October 11 - Erev Yom Kippur

October 12 - Yom Kippur

October 15 - Ha'zAinu

October 16 - Erev Sukkoth

October 22 - Sixth day of Sukkoth

October 24 - Shimini Atzeret

October 25 - Simchat Torah

New Officers

Many thanks to these long-term members of the Kol HaEmek Board for stepping forward and accepting critical responsibilities on the Board during this transition year, as we change from a resident Rabbi to contract Rabbis who will serve us once per month and on holidays.

This will require much more hands-on participation by Board members as they take up all those essential tasks previously performed by Rabbi Shoshanah.

Congratulations to Sherrie Ebyam, President KHE for 2016-2017

Robert Mandel, Vice President KHE for 2016-2017

Blessings to David Koppel for remaining in the critical assignment as our Treasurer.

Sukkot is October 16 this year.

Do you want us to order an Etrog and Lulav for you?

At least five families need to order an Etrog and Lulav for Sukkot in order for us to purchase them for \$35 each. We need your name and check or credit card information **before September 15th**. They are strictly kosher and imported through Monsey, NY.

For more info call Carol Rosenberg 463-8526.

Also we need volunteer Sukkah Builders for October 16th to transform our deck into our Sukkah. Any volunteers??

We Remember

Tena Merans - September
James Meredith - September 9
Henry Marvin Levin - October 10
Ida Mann - September 11
Tal Sizemore - September 11
Rae Stanten - September 12, Elul29
Bernard Cohn - September 13
Miriam Markowitz Blatt - September13
Belle Spiegel - September 18
Audrey Brooks-Miller - September 18
Philip Kam - September 21, Elul 12
Abraham Solomon Posner - September 23
Dorothy Corwin - September 22, Tishrei 7
Hyman Antioch - September 29
Ben Rosenberg - Elul12
Viola Farber - Elul 28
Jay Jones - Elul 6
Dinah Godfrey - Elul 7
Moshe Amedeo King - Elul 9
Maya Schwartz - October
130 Members of the Stern family - October1
Bonnie Ann Springer - October 7
Sylvia Glazer - October 8
Ronald Sisselman - Tishrei 9
Rose Wolf - October13
Joseph Barr - October 17
Morris Shuper - October 17
Don Roberts - October 20
Abraham Koppel - October 21
Ena Koppel- October 21
Jean Shirley Kisslinger - October 22
Nancy Parker Orton - October 25
May Meredith - October 28
Frieda Eisman - October 31
Minne Sorkowitz -Tishrei 8

Donations to KHE April - June Thank you!

Judith M. Corwin
Rachel Elkins and Dana Thibeau
Judith Fuente and David Nelson-Feed the Hungry Fund
Jay Joseph and Jennifer Joseph
David Koppel and Linda Koppel
Nancy Horowitz Moilanen and David and Elisa
Elizabeth Raybee
Amy Wachspress
Margo Frank and Marc Levine
Darlene Bergere and Josh Bergere - Feed the Hungry Fund
Andy Coren and Yvonne Coren
Sherrie Ebyam and Carol Orton -Rabbi's Fund
Sigrid White and Leila Achtoun
Isa Posner

Congratulations to parents Lynne Coen and Charley Hott, who have been joyously celebrating the wedding of their daughter Maggie Hott to Connor O'Brien, July 8 at Lake Tahoe!

Congratulations to Herron Spence on her graduation from the University of Oregon in Eugene, and on being accepted into the Speech Therapy graduate program there starting this fall. Congratulations to parents Laurie Spence and Dale Harrison.

To Karen and Norm Rosen, on their 40th Wedding Anniversary! Shefa shel brachot (Abundant Blessings) to you both.

Torah readers come forth! Norm Rosen (328-8618, nkrosen@pacific.net) is looking for people to read several lines of Torah at either Rosh Hashanah or Yom Kippur. Beginners welcome and a helping hand can be provided.

Visiting the Sick

Local societies of Bikur Cholim were one of the principal institutions established by Jewish communities through the centuries, with the very first society formed in the Middle Ages. Visiting the sick is included in the category of Gemilut Hasadim, "the performance of good deeds," but is singled out by our sages as something special.

For the past thirteen years, Rabbi Shoshanah has performed the mitzvah of Bikur Cholim (visiting the sick) in our community with help from Linda Posner in Willits.

With the departure of Shoshanah, it now becomes the responsibility of our community to continue this mitzvah. Linda will continue to coordinate this in Willits and Margo Frank will do so in Ukiah *only if others step up and offer to be on a list to contact when a request for a bikur cholim visit is made.*

There haven't been a lot of these requests in the past and there may even be fewer once the visits will be done by lay members. Visits are only offered when they have been requested and can take many forms.

It might mean a one-time brief visit or a regular monthly one. You might reminisce with an elderly woman or sing with a man recuperating from surgery. We can provide the traditional Mi Sheberach prayer for healing of body and spirit in case the person being visited would like this.

If you would be willing to be asked occasionally to perform this mitzvah, please contact

Linda at 459-1941 or lpose99@gmail.com

Margo at 462-1877 or margo@margofrank.com

KHE's Chevra Kadisha

On Tuesday evening, August 9, a group of KHE members sat around the tables on KHE's back porch and discussed how as Jews we deal with death. Rabbi Shoshanah called the Chevra Kadisha together to review how we will function without a resident Rabbi. The Cheddar Kadisha will be the contact with the authorities, mobilize the members and comfort the family until Rabbi Josh or Rabbi Doria can be available. The group will need to plan the logistics of who shall do what and when and make sure we have what we need to carry out the needed functions

The Chevra's main function is to insure that the Meit (the dead person) is treated respectfully and as close to Jewish Law as possible. They will utilize the services of local authorities and funeral homes, share their knowledge of traditional and modified practice with the family. They will prepare the person for either burial or cremation.

Our Chevra will serve Jews and non-Jewish family members. The needed supplies for Taharah (washing of the meit) are stored at the shul as are two kosher caskets.

If you are interested in learning more about KHE Chevra, call Helen Sizemore. If you are interested in the Jewish tradition of treating the dead check Google "the Gamliel Institute", "Kavodv'Nichum" and Jewish-funerals.org.

The contact person for KHE's Chevra is: **Helen Sizemore (367-0250)**

Dear Friends,

This newsletter comes at the time of saying good-bye to Rabbi Shoshanah, our resident Rabbi who has served us so well for 13 years. It will be strange not to have her welcoming voice so readily available to all of us. During this major transition year, your board of directors needs your help.

Remember last January at a community meeting we listed all the tasks Rabbi Shoshanah did? In addition to leading services and teaching classes, she planned special events, took care of our Torah, sent out notices, distributed the Shema newsletter. She did spiritual counseling, visited the sick, baby naming, B'nei mitzvahs, funerals and burials. And much more.

Now, many of these tasks will be done by Board members. Thanks to Bob Mandel computer tasks are covered. Sherrie Ebyam has agreed to be our president for this year. Bob will be her vice president and helper, Carol will be Secretary and communicator. Nancy, Barbara and Sigrid will step forward to help as best they are able. Margo Frank and Linda Posner and helpers will visit the sick. Sara Esserman Melville manages our message phone. There are additional tasks not yet assigned.

Clearly we need more Board members and/or volunteer committee chairs. Please contact Sherrie and offer your help for at least the coming year--let us hear from you.

I/We look forward to seeing you over High Holidays!

Thank You, Carol

Dear KHE Chaverim,

'Twas an evening I treasured as it was unfolding and shall continue to hold in my heart. Thanks to all of you who came, to those of you whose words (whether spoken or written on a card) reached straight to my heart, to all the music makers, and planners, and food preparers, and deck arrangers and cleaner uppers - a big TODAH RABBAH!

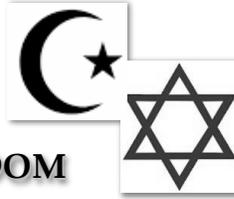
It's easy for anyone, and I think especially clergy, to feel at times insufficient and not be clear about the impact one is having. Your outpouring gifted me with knowing that my years as KHE rabbi have been of value to you (I know they have been of great value to me). And the occasion afforded not only an opportunity to celebrate and share, but also to impart a sense of completion as I finish serving as rabbi here.

Also, thanks to those of you who could not attend and made sure to make contact and send good wishes ahead of time.

B'shalom oovrachah/In Peace and Blessing as we share this sacred gift of touching and being touched by each other as we experience the mystery of being alive together. B'Ahavah/With Love,

Shoshanah

**STATEMENT
IN SUPPORT OF MUSLIMS'
RIGHT TO RELIGIOUS FREEDOM**



As members of the local Jewish community, we are alarmed by the rise of anti-Muslim prejudice and bigotry in the United States during the current Presidential election season. This intolerance has included anti-Muslim talk, hostile attitudes and unprovoked violence.

- We condemn hate-filled speech. We will stand up against bigoted or prejudiced threats or violence aimed at Muslim adults or children.
- We believe that Muslims have First Amendment Constitutional rights to practice their religion without harassment. Everyone has a right to raise a family, work, worship, get an education and enjoy life without fear of attack and violence.
- Muslims, who have themselves been the subjects of terrorist attacks throughout the world, deserve the protections of law and support from all people in our religiously pluralistic society.
- Restrictions or limitations placed on any group based on race, religion or ethnic origin, threaten the rights of all of us. We will not stand by in silence, passively condoning bigotry.
- We interpret and honor Jewish traditions that teach tolerance, peaceful co-existence, and the responsibility to welcome the newcomer, while recognizing that Islam has been practiced in the United States for hundreds of years.
- We urge others to learn about Islam, so as not to be easy prey for misinformation or lies about the teachings in the Koran.

We call on everyone who believes in religious liberty to stand with us in solidarity with our Muslim neighbors.

Louisa Aronow, Robert Axt, Harvey Baumel, Armand Brint, Gloria Bruce, Susan Bradley, Elaine Boults, Lily Caravello, Michael Charnes, Andy Coren, Phil Coren, Yvonne Coren, Judith M. Corwin, Lanny Cotler, Isa Davila, Cassandra Denson, Shoshanah Devorah, Jed Diamond, Mimi Doohan, Sherrie Ebyam, Margo Frank, Cynthia Goldberg, Joel Goldberg, Robin Goldner, Mike Gordon, Sharon Govern, Dan Hibshman, Michelle Hudson, Carol Hughes, Betty Idarius, Bernice Kam, Lisa Kaplan, Abbey Kaufman, David Koppel, Linda Koppel, Lark Letchman, Mark Levin, Steven Levin, Marc Levine, Libbe Madsen, Bob Mandel, Jaye Alison Moscariello, Sharon Paltin, Carol Park, Vicki Patterson, Susanna Pepperwood, Jane Ascher Piper, William J. Ray, Elizabeth Raybee, Marcela Ries, Jo-ann Rosen, Karen Rosen, Norm Rosen, Carol D. Rosenberg, Charlie Seltzer, Susan Sher, Esther Siegel, Janae Kraus tephens, Divora Stern, Acorn Sunbeam, Robin Sunbeam, Amy Wachspress, Mary Waters, Roberta Werdinger, Barbara Willens.

This is a copy of the Statement in Support of Muslims' Right to Religious Freedom, signed by 65 local Jewish folks. May it be placed in the next issue of the Shema.

Thanks.

Yvonne Coren

P.S.

The following week after the ad appeared, letters from both The Quaker Meeting and The United United Methodist Church of Ukiah were published in the *Ukiah Daily Journal*.

Spiritual Housecleaning by Randy Kafka

August 16, 2009

In a way, the Jewish High Holidays are about spiritual housecleaning.

Think about it. Much of the focus of the liturgy as well as the many commentaries written to accompany us during the holiday season are about taking stock of who we are and how we behave, and doing an honest self-appraisal of what we need to throw away.

The "tashlich" ceremony of throwing crumbs or pebbles into the water on Rosh Hashanah is a perfect example.

As far as anyone knows tashlich was not instituted by rabbis. Tashlich was something that ordinary people developed hundreds of years ago as a very physical way of showing our intention to throw away those aspects of our behavior and our personality that are no longer serving us well.

Whether you use the term "sin" or not, the concept is the same as it has been for hundreds if not thousands of years.

So we could say that the High Holidays are about spiritual housecleaning. What we experience on the material plane, we can experience on the spiritual plane as well. Just as we can let go of material possessions that are no longer meaningful or valuable to us, so too we can let go of old beliefs and opinions that keep us from seeing reality, that keep us from seeing ourselves and the people around us as we really are.

And of course it's also about letting go of behaviors - behaviors that have become habits, that may no longer be serving our highest visions of who we are and what we are here to do. This letting go necessarily involves a stepping out into the unknown - which means ultimately it's about trust.

In the traditional study of Hebrew scripture, we pay careful attention to the use of language. There is an unusual expression which appears only twice in the entire Torah - both times in the book of Genesis. The expression is "lech lecha," which is usually translated as an emphatic "GO!" - but can also mean "go towards yourself."

The first use of the expression is in our mythic tale of the birth of monotheism, when God says to Abraham: Lech lecha - go out and leave the land of your father and go to a place that I will show you. The only other use of the expression lech lecha in the whole Torah is in one of the readings chanted on Rosh Hashanah, in which once again Abraham is called by God to go out somewhere to a place that God will show him, to a place that he does not yet know.

In both cases the experience is one of being called to MOVE - to move out into the world without knowing one's destination. To do this requires trust. Trust that there is value and ultimate meaning in our striving to evolve spiritually. And trust that this moving outward is simultaneously a movement closer to who we really are.

May the approaching New Year provide us all with renewed energy to hear the call of lech lecha - to keep growing, to keep evolving, to keep moving closer to being who we are really meant to be.



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

Sherrie Ebyam -President	530-414-1104 < ebyam@sbcglobal.net >
Bob Mandel -Vice President	696-2712< bobLXVII@hotmail.com >
David Koppel -Treasurer	485-8910 < davekoppel@yahoo.com >
Carol Rosenberg - Secretary	463-8526 < carolrosenberg@pacific.net >
Nancy Merling,	456-0639 < nancymerling@att.net >
Mark Levin	467-9037 < mlevin@pacific.net >
Sigrid White	272-1859 < sigridwhite@gmail.com >
Barbara Stanger	234-3261 < aurnaenterprises@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)) 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: Rabbi Shoshanah Devorah (467-0456) sdevorah@gmail.com