

MAY-JUNE 2023

IYAR-SIVAN-TAMMUZ 5783



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

### Coming Events

Tuesday, May 9, is lag Ba Omer ,Michael Nemeth is organizing a children's celebration, time and place to be announced. Call Michael for information 707-360-5466

Friday, May12, Shabbat Service at 7:00pm with Riv. Service will be in person and on Zoom.

Sunday,May 21, Feeding the Hungry at Plowshares 2:00pm. Call Dan Hibshman to volunteer 707-462-7471

Thursday, May 25, Erev Shavuot.beginning at 7:00 pm to 11:00 pm An evening of the Jewish experience through art, music and poetry.

Friday, June 16 at 6:30 Norm and Karen Rosen are lead hosting a *Round the Table Shabbat Dinner*. Rayna will us in blessings and songs. (This will be a catered dinner please make a reservation by June 1 to Carol Rosenberg at 707-234-9945)

### Erev Shavuot

Thursday, May 25, 7:00PM at the Shul

Torah Study working with art and poetry.

Elizabeth Raybee, collage workshop

Louisa Aranow writing poetry.

Lag We will read the book of Ruth and share dairy foods and dessert.

**FYI** A committee formed at the Annual meeting is currently interviewing candidates for the position of Outreach Coordinator for KHE. The coordinator will start work some time in May. This is a short-term, part-time position, but may be extended and/or expanded if desired by both the Coordinator and the Kol HaEmek Board. The objectives of the position are to build community with an eye toward building membership and active participation, and to actively explore fundraising options, and to develop a road map for hiring a resident Rabbi.

The Outreach Coordinator will work both independently and in coordination with the Board and membership.

## Portion of the Week and Holidays

### From the book of Leviticus

#### May 1-Emor-

May 8 Behar- Bechukotai

#### May 9 -Lag Ba Omer

May 20- Bamidbar

#### May 25-Erev Shavuot

#### May 26-Shavuot

#### May 27-S'Midbar- (yiskor)

### Beginning the book of Numbers

June 1 -Naso

June 10 - Shlach

June 24-Korach

### ***Opportunities for Tzedakah***

**Kol HaEmek** (the Voice of the Valley) is funded by your member dues as well as your generous contributions to a of funds including

- 1) Building Fund
- 2) Religious School Fund
- 3) Scholarship Fund
- 4) General Fund
- 5) Honoring and Remembrance Board
- 6) Tzedakah 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**

### **We remember**

Jim Rowland      May

Joel Green Yossel    May

Ben Rosenberg      May 1

Gerald Marans      May 1

Janet Fisher        May 2

Harry Bistrin      May 4

Harold Koppel      May 6

Elenore Feldman    May 9

Harriet Libby Domas April 14

William X. Silva     April 15

Nancy Brooks-Miller April 22

Julius Markowitz    April 26

Vera Meyerhoff      June

Daniel Rosenberg    June-1

Edward Wandrei     June 5

Helen Feinberg-Ginsburg June 6

Sylvia Marans Elberg June 12

Thelma Cohn         June 12

Joseph P. Suffel     June 21

Elliot Rivers         June 29

Natalie Wachspress June 29

## **Yotzer Ohr - Deborah Rosenberg 2020**

When I wake at night in the velvety dark,  
No shapes, no shadows, no edges visible,  
My worries close in tight.

At night minor ache becomes a disaster.  
A lonely hour feels like a permanent  
condition.

I am sure will always feel this way.

But if I am still awake at daybreak, the  
software light illuminates my room, and  
my worries scatter into filaments and dissolve  
into air.

This is a miracle and every day it happens.

Each day's light is each days gift.

I wish I could hold on to this.

We put up images on our screens to share  
information.

Does G-d do that?

Does G-d take down darkness to post day's  
light?

Does G-d take down light to post night' s  
darkness?

What does the desktop look like between?

When neither light or dark are up.

Is there a void beyond light/dark?

Is it made of empty nothing or bursting full,  
of all there is.

## **Donations to KHE February-March18th Thank You**

Judith M.Coren

Isa Davila

Judith Fuente and David Nelson

Jay Joseph and Jennifer Joseph

Nancy Bertsch

Carol Park and Steve Park

Vicki Patterson

Elizabeth Raybee

Karen Rifkin

Norm Rosen and Karen Rosen

Helen Sizemore

Eva Strauss Rosen

Janae krause Stephens

Barry Vogel

León Springer and Nancy Marotta Springer

Darline Bergere and Josh Bergere

Andy Coren and Yvonne Coren

Joel Cohn

Amethyst Frech and Jonathan French

### **We send prayers to:**

Jo-ann Rosen for continued healing

Vicki Paterson for continued healing

Nancy Merling for continued healing

Sandy Turner for continued healing

Darlene Bergere for continued healing.

## Counting the Omer in many Jewish languages Vicki Patterson

For the 49 days between Passover and Shavuot (May25-29,2023), a series of daily prayers, is recited to count the sheaves of wheat harvested as offerings during this period. The Omer was an offering made at the Temple in Jerusalem and the practice outlived the Temple as a symbol of the thematic links between Passover and Shavuot.

The Jewish Language Project of the Hebrew Union College-Jewish Institute of Religion has translated the Omer prayers from Hebrew into many Jewish vernacular languages. On each day, the group will post a version of the counting in a different Jewish language from Ladino and Yiddish to Judeo-Georgian and Judeo- Persian. The goals are to draw attention to Jewish linguistic diversity, revive interest in fading languages and to celebrate the Jewish diaspora. The Counts will be posted daily on Facebook, Twitter and Instagram. They will also be archived on the Jewish Language Project's web site.

May 5 is this year's date for the **Second Passover**, Pesach Sheni. This holiday occurs every year on 14 Iyar, 1month after 14 Nisan, the day before Passover. It commemorates the sacrifice of a Pascal lamb during the days of the Temple.. The lamb had to be roasted and eaten with matzo and bitter herbs. It could not be eaten after midnight, no bones could be broken and anything left over had to be burned. Hametz (leavened bread) could not be eaten but it could be owned and visible during this day. Today, obviously, there is no animal sacrifice but matzo is eaten in memory of the ancient sacrifice and because the 14 of Iyar is the day that the matzo taken out of Egypt was finished. The theme of the holiday is second chances.

In Chabad and Hasidic communities, it is associated with faith and belief in prosperity. It is customary to matchmaking and well wishes for healthy childbirth.

Among Maghrebi Jews, the holiday is known as Mimouna and is celebrated in Morocco and in Israel, where it is very popular. There is even an Israeli law that requires employers to grant non-paid leave for the day. It has been said that the name of the holiday comes from the Arabic word for wealth and good fortune since Passover is the start of a new year of planting and a time to pray for abundance. People spend the day outdoors wit promote h picnics, parties and BBQs. Often people go to walk barefoot in the sea to replay the crossing of the Red Sea.

The number 5 is considered good fortune and is recognized in 5 pieces of gold jewelry or 5 beans on a leaf as well as a sprinkling with mint or other greens dipped in milk. It is customary to bake a round challah with an egg in the center.

## Shavuot May 25-26 2023- Vicki Patterson

It took 49 days for the Israelites to walk from Egypt to Sinai and on the 50<sup>th</sup> day, they were given the Torah. Shavuot means “weeks” to mark the 7 weeks of travel they endured. This was, at first, a harvest festival to celebrate the barley harvest by offering sheaves of the grain at the Temple. Counting the Omer –omer means “sheaf” – starts after the second Seder of Passover and lasts every day for 49 days. Every evening after sundown, the day is counted with the blessing:

“ Baruch ata Adonai Eloheinu Melech ha'Olam asher kid'shanu b'mitzvotav v'tizivanu al sefirat ha'omer. Blessed are you, Adonai our God, Sovereign of the Universe, who has sanctified us with your commandments and commanded us to count the omer.”

After the blessing, the number of the day is counted- “Today is the first day, etc.”- for 6 days and then, both the day and the week are enumerated.

Shavuot became, however, associated with the giving of the Torah at Mt Sinai on the 50<sup>th</sup> day and today it is celebrated with flowers, all night study, dairy foods and, in Israel, water fights. It is a holiday for expressing commitment to Jewish ideals and life and continues the story of Exodus to its conclusion and is a metaphor for the journey from slavery to liberation. It is customary to read the Book of Ruth during this holiday. Her story begins as Ruth, a Moabite, is widowed when her Judean husband, a son of Naomi, who settled in Moab to escape a famine in Judah, dies. Naomi's husband also dies along with another son who leaves a widow, Orpah. Naomi wants to return to Bethlehem but encourages the women to go back to their families. Orpah goes back but Ruth refuses to leave Naomi and utters the famous words, “ Where you go, I will go; where you stay, I will stay; your people shall be my people, and your God my God. Where you die, I will die, there will I be buried.”

They arrive back in Judah during the harvest and Ruth eventually marries Boaz and becomes an ancestor of David. She is seen as an example of *chesed* “loving kindness”, loyalty, generosity and commitment. Her acceptance of Judaism is seen as analogous to the Jewish people's acceptance of the Torah.

Dairy foods are customary for this holiday. Some say it is because at this time of year, many milk producing animals were flourishing due to the abundance of grain. Others say it is because the Torah is like the honey and milk mentioned in the Song of Songs. In any case, cheese, cheesecake, blintzes, noodle kugel and yogurt with fruit are popular foods for this holiday.

## **Lag Ba Omer May 17-May 18 2023** Vicki Patterson

Lag BaOmer, a minor but joyous Jewish holiday , will be celebrated on May 18-19, 2022. It commemorates the passing of second century Rabbi Shimon bar Yochai, the first rabbi to publically teach the mystical elements of Kabbalah and the author of the Zohar. At the time of his passing, Rabbi Shimon asked his followers to mark this “day of my joy” which occurred on the 33<sup>rd</sup> day of the counting of the Omer, the time between Passover and Shavuot. Lag is an acronym of the Hebrew letters lamed and gimmel which have the numerical value of 33.

According to the Talmud, there are other reasons for celebration on this date. Apparently, there was a plague that affected the followers of Rabbi Akiva who had been a teacher of Rabbi Shimon. It was said that they were fighting among themselves without respect for each other. But on Lag BaOmer, the plague miraculously receded so it also became a time to promote love and respect.

It is celebrated with great joy including singing, dancing, weddings and for three year-old boys- their first haircuts. It is customary to spend time outdoors with BBQ's and bonfires and for children to play with bows and arrows. This practice stems from the association of the rainbow that appeared to Noah after the great Flood as a sign from God that the world would not be destroyed again. The Hebrew word “keshet” means both rainbow and the bow used with arrows.

It is also celebrated with huge parades of children that were started by the Lubavitch Center in Brooklyn, NY, to celebrate Jewish unity and now have become popular throughout the world. It is customary to eat carob on this day as Rabbi Shimon and his son were able to subsist on that food during a period of hiding from the Romans.

Rabbi Shimon is buried on Mount Meron in Israel which has become a pilgrimage site for Orthodox Jews and is flooded with partiers on this holiday. It is also the site of the deadliest civilian disaster in the history of Israel when, on April 29, 2021, more than 100, 000 people gathered there to celebrate Lag BaOmer. They became trapped in a narrow passageway and a slippery slope caused some to begin to fall which resulted in a torrent of bodies crushed together. Forty-five people died and 150 were injured. The Israeli government has taken steps to increase safety at the site which, once again, will host thousands of celebrants on this holiday.

## **Jews Are Popular!** Vicki Patterson

Despite the recent rise in anti-semitism, a new report from the Pew Research Center indicates that although many Americans don't know enough Jewish people to have an opinion, more see them positively! The new poll shows that 35% of people asked had either a favorable or very favorable opinion of Jews which was the highest percentage of any of the major religious groups in the survey. Only 6% had a very unfavorable view.

Also, the survey showed that Jews like themselves. 81% held a favorable view of themselves and other Jews. Jews are also the only religious group that has a net positive opinion among people belonging to all other religious groups. Both Republicans and Democrats viewed Jews positively: 38% for the former and 33% for the latter.

In contrast, only 15% of Americans viewed Mormons positively, the lowest approval among all groups. Atheists were also unpopular with 25% seeing them negatively. Although those born again or evangelical saw themselves in a positive light, most other non-evangelicals, 32%, saw them negatively.

The 2022 survey included over 10,500 participants who reflected the U.S. ethnic, racial and gender categories.

Movie News Flash: "Jews of the Wild West", a PBS documentary, will be available on both Amazon and iTunes. In 1900, most of the largest towns in the West had Jewish mayors and by 1912, there were almost 100,000 Jews in the West.

### **Cheese pie for Shavuot**, from Nancy Merling

This is like a cheese cake but smaller better suited for a small family or one person

#### **Crust**

1 1/4 c graham crackers  
1 Tb sugar (if graham crackers are gluten free add less sugar they are sweet)  
1/2 tea. cinnamon  
6 Tb melted butter

#### **Filling**

12 oz Cream cheese  
1/4 c. sugar  
2 eggs  
1 t. vanilla  
grated rind of a lemon  
heavy cream

#### **Topping**

2 c. sour cream 1/4 cup sugar

Mix crumbs, sugar cinnamon add butter mix thoroughly. Turn into a battered 9" pie pan. Use your fingers to press crumb mixture into the pan making a firm ridge on the edge. Refrigerate while you make the filling. Heat the oven until 350 degrees.

Using an electric mixer beat the cream cheese add sugar and lemon rind, Add eggs one at a time. Add the heavy cream beat until only smooth.

Pour cream mixture into the chilled crust. bake at 350 degrees for just 25 minutes. Cool for 20 minutes. Adjust oven until 300 degrees. Mix 2 cups sour cream with 1/4 cup sugar. Spread mixture carefully over filling not the edge of the crust bake at 300 5 minutes. Refrigerate for several hours or overnight.



## **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.

- To provide space for religious study and prayer.
- 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)

## **Kol HaEmek Information & Resources** (707) 468-4536

### **Board Members**

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Brit Mila: Doctors willing to do circumcisions in their office or your home; Robert Gitlin D.O. (465-7406),

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 are available; send your e-mail request to Sherrie Ebyam