

JULY-AUGUST 2017

TAMMUZ-AV-ELUL 5777



The Newsletter of Kol HaEmek (Voice of the Valley)

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Please note: All submissions sent by the 20th of each month to Carol Rosenberg (carolrosenberg@pacific.net)

Coming Events

Friday July 14th 6:30p.m. Family Shabbat Evening with Rabbis Josh and Daria at the home of Amy Wachspress and Ron Reed,

Honoring the yahrzeit of Natalie Wachspress. Join Rabbis Josh and Daria and their children to welcome Shabbat with joy and song on the back deck of Amy and Ron's beautiful home. Bring musical instruments if you'd like!

Amy encourages you to bring dinner potluck contributions featuring organic food, especially homegrown and/or sourced from the Farmers' Market.

Directions:

Take the Ukiah Perkins St. exit from 101. Go east, away from Ukiah. Perkins becomes Vichy Springs then Redemeyer. Keep to the left. About 2 miles from the highway you will see the entrance to El Dorado Estates on the right (large stone entrance marker). Turn right into El Dorado Estates, first left on Vista Verde and left on Sequoia Plaza (which is a circle). Ours is the white adobe Spanish-style house with red tile roof and drive-through cobblestone driveway – second on the right. 1281 Sequoia Plaza. (707-462-2057)

The New Jewish Year 5778

Will begin Erev Rosh HaShanah the evening of September 20, 2017. Yom Kippur will be September 29.

More information and KHE membership application will be coming for you at the end of August.

Saturday, July 15, 10 a.m., Hasidic Wisdom on the Parsha (Weekly Torah Portion)

Led by Rabbi Josh

Elijah the prophet, wholeness, shalom, *mashiach*/messiah and the meaning of unification! Oh my! All these themes will be in the mix as we learn together an extraordinary and deeply creative teaching from the 18th century Hasidic *rebbe*, the *Meor Eynaim*, one of Rabbi Josh's absolute favorite Jewish wisdom sources.

Hosts needed for our Rabbis and Family

Rabbis Josh and Daria are looking for host families where they can share the total Shabbat experience. A host family is needed for the weekend of May 12-13.

If you can host a family of four from Friday afternoon through Saturday evening supper, please contact Sherrie Ebyam at 530-414-1104 or <ebyam@sbcglobal.net>

Portion of the Week and Holidays

July 1 - Chukat
July 8 - Balak
July 15 - Pinchas
July 22 - Matot-Masei

August 5 - Vaetchanan Nachamu
August 9 - Fast of Av
August 12 - Ekev
August 19 - Re'e
August 26 - Shoftim

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) Honoring and Remembrance Board
- 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

Congratulations to Dawnelise and Ari Rosen on the birth of their son Manny Rivers Isaac Rosen. Mazel Tov to grandparents Karen and Norm Rosen and big sister Serafina.

We Remember

Audrey Ferrel	July
Solomon Elberg	July
Frances Smith	July 2
Esther Andich	July 3
Daris Feig	July 9
Alan Sapoznick	July 9
Miriam Bleicher	July 10, Tammuz 15
Henry Lowenheim	July 7,
Corrine Dewar	July 16
Harold T. Simmons	July 20
Ann Katz [July 21
Agnes Scott-Kinney	July 21
Brian Staber-Baumael	July 26
Michael Kislinger	July 20, Av 4
Mead Newlin	August 1
Gertrude Sussman	August 1
Bunny Bookbinder	August 5
Emily Schaffner	August 8
Edwin Lockhart	August 8
Elena Castaneda	August 9
Donald R. Pierce	August 9
Frances Suffel	August 11
Norman Sher	August 12
Selig Bookbinder	August 15
Norman F. Feldheym	August 15
Robert Glotzbach	August 16
Hannah Igar	August 24
Doug Rosoff	August 24
Irving Teplitsky	August 25
Fay N. Borkan	August 28
Abram Goldberg	August 3
Blanche Wolff	August 31
Reuven King	Av 15
Herman Greenwald	Av 23

Donations to KHE April-May 2017

Thank You !

Judith Corwin

Judith Fuente and David Nelson- Food Program

Dan Hibshman and Leslie Kirkpatrick- in honor of the birth of Manny Rivers Isaac Rosen

David Koppel and Linda Koppel

Nancy Horowitz Moilanen

& David and Elisa

Elizabeth Raybee

Darline Bergere and Josh Bergere

Andy Coren and Yvonne Coren

Sharon Shapiro

Karen Rifkin

Mazel Tov!

Akili Reed Wachspress, son of Amy Wachspress and Ron Reed, and his wife Christina Reed Wachspress became the parents of Zev Eugene Reed Wachspress on June 6, 2017. Zev is named after his great-grandfather Eugene Wachspress (who is still living well at the age of 88). Mother and baby are healthy. Zev was 8 lbs. 9 oz. and 21 inches long at birth. The family is delighted to announce this joyful event to the Kol HaEmek congregation.

Mazel Tov

Much love and blessings to Jackie Perner-Frankle and Harvey Frankle on the marriage of their son Joshua Forrest Frankle to Chanda Jane Buck, July 8, 2017 in Portland, Oregon. All good wishes and blessing to the happy couple.

Congratulations to our Graduates!

Julian Achtoun - Son of Sigrid White and grandson of Deborah White graduating 8th grade from the River Oak Charter School entering Ukiah High this fall.

Leila Achtoun- Daughter of Sigrid White and granddaughter of Deborah White graduated Ukiah High with highest honors and a seal of biliteracy from Ukiah High School on Saturday, June 10th. She will be attending UCLA beginning in September with a declared major of Middle Eastern Studies.

Emma Barash - Daughter of Satoko Barash and Ace Barash graduated Ukiah High with honors and has been accepted at Brandeis University. She is planning to intern this fall and enter college in January. The program into which she was accepted is a "3+2" program, in which she studies for 3 years at Brandeis, then 2 years at Columbia to receive a degree in Mechanical Engineering.

Noah Heise - Son of Adina Merenlender and Kerry Heise graduated Ukiah High and will be a Freshman at University of Oregon in Eugene with a major in Anthropology

Robert Joseph - Son of Jennifer Joseph and Jay Joseph graduated from Redwood Academy and will be attending UCSD this fall.

Melany Margaret Katz - Daughter of Kathy Dingman Katz and Aaron Katz graduated Mendocino College as Class Speaker and will be going on with her theater studies at Cornish College of the Arts, Seattle, Washington

Fabiana Rosa Lake daughter of Ross Lake and Claire Morelli graduated Ukiah High with high honors. She will be attending UC Santa Barbara in the fall.

Daniel Spence graduated UC Davis in three years and This summer is head lifeguard this summer at the Ukiah city pool. Herron Spence is in her second year of graduate school.

Shavuot Poetry in the Garden

Blessing for plants

Bless you.

Thank you for being creamy golden yellow.

You, with funny curvy facets and pockets for seeds maybe...or pockets for birds to pick.

You are a haven for hummingbirds,
here they come, there they go!

Thank you for being.

Beauty Humorous.

Thank you for catching the eye -
holding our love and appreciation.

Thank you for being.

Linda Posner

White Sage

You know nothing of the ways of the heart
or the trapping of the mind when you are touched,
Indifferent to whether you are touched by kindness or not.

Perhaps your lofty name reflects your wisdom.
That all are welcomed by you, blind to our differences,
That you may share what you have,
with only the only requirement being
that one reaches out to touch you,
connect with you,
and your scented offering connects back.

Sherrie Ebyam

For Louisa

Infinite varieties of shapes in shades of green and scents of life now flourish in this place.

I remember the bare uncared for ground from which this garden grew,
The many wheelbarrows, carrying soil and rock, the gifts of many plants.

The winter rains, and hours and hours of a woman's love and care,
that's the magic that made this garden grow.

Carol Rosenberg

Some Thoughts on Working with Fear from Rabbi Josh

Recently, I gave a dvar torah about the story of the failure of the spies in the Book of Numbers. In that story (Numbers 13), Moses sends 12 spies to scout out the land of Israel. The spies come back and say, “Yes, the land is indeed flowing with milk and honey. There is just a big ‘however.’ The land is filled with giants, and we cannot prevail against the people there, for they are stronger than we are!...The country that we scouted is one that devours its inhabitants!” The Israelite people hear the report and fall victim to the contagious nature of the spies’ fear, having already been primed by their struggles in the wilderness so far. They declare they are ready to return to Egypt and are about to stone the spies. God decides the people are not exactly ready to enter the Promised Land and has them wander for another 40 years.

That story, coupled with the times we are living through, got me thinking about fear, and how we work with it. To that end, I wanted to share two teachings that have been helpful for me.

The first teaching comes from the Buddhist world, from the Tibetan Buddhist teacher Pema Chodron. In her extraordinarily helpful book *When Things Fall Apart*, Pema makes an important point that has stayed with me for years since I first encountered it, half my lifetime ago:

To have courage is not to be free from fear. “Usually,” she writes, “we think that brave people have no fear. The truth is that they are intimate with fear. When I was first married, my husband said I was one of the bravest people he knew. When I asked him why, he said because I was a complete coward but went ahead and did things anyhow.”

I love this teaching because it reminds us that the fear is ok. The fear can be completely present, right there in our intensely beating hearts, and ... we can still go ahead and do what we know we need to do, we can still rise to what the situation demands of us.

In my experience, our culture doesn’t usually teach that the presence of fear is ok, that it’s natural, that it needn’t paralyze us or radically narrow our vision and shut us down as it does with the spies and the Israelites.

I remember in the mid-90s to early 2000s there was a popular clothing company called No Fear; they sold a lot of t-shirts. After I heard this teaching from Pema, it became clear to me that the “No Fear” approach, simply is a kind of denial and is profoundly unhelpful.

Against the denial response of the No Fear approach, Pema reminds us that we can see our fear is present, and even regard it as an old friend, “Ah, there you are my old friend fear. I see you, I hear you. I am not going to deny you, AND I’m still going to do what I need to do.” To work with this approach, by the way, it’s a bit easier to make friends with the smaller fears first, rather than starting with the really big ones.

~~Point two in working with fear comes from the Hasidic tradition. The teaching is that there are many~~

The Baal Shem Tov gives a further instruction here. He teaches that when you encounter something in this world that causes you fear, you essentially raise that fear up to its Source, you lift it up to what the Hasidim call *yirat shamayim*, true awe of God. Whereas all conventional lower fear is a kind of contraction, this response of awe [in the presence] of the Source and Root of all the worlds brings a kind of expansion.

It's an expansion because it is a spiritual move away from our contracted smallness, to remember our awe, which is one key quality of our inherent, ever-present connection with Divinity. In tapping into this sense of awe, we necessarily have to let go—at least for a few moments—of the small, contracted self—which is where our regular fears arise. The small self and its conventional fears fade away in awe before the Infinite One.

It's important to remember here that in Hasidic theology, God is not a Being separate from us, rather God is that deepest level of Being of which we too are an expression. As the text says, that One is the Root of all the worlds, and is the Root of each of us.

Both of these approaches can help to prevent us from contracting and shutting down in the face of fear. Both of them require greater awareness, of actually recognizing the presence of fear so that we can work with it; instead of simply being overcome by it, as the spies and the people are.

May we all have the courage to work with our fears—for encountering fear is encountering an important pathway for growth.

FYI

The KHE board of directors is happy to announce that Moses Sunbeam has joined the Board. Mo has been studying Technical Theater Craft, particularly stage lighting, as well as math at Mendocino College.

At the last board meeting, June 12, 2017, the board prepared and Sherrie, as president, offered Rabbis Josh and Daria a new contract to serve KHE through 2019. However, Rabbi's Josh and Daria are considering accepting full time positions as Rabbi's in a community back east. We will keep you informed.

Also! Due to costs, paper Shema will only be mailed to KHE members who have either participated in or contributed to KHE.

Know your Community!



The following is an interview with Emek member Noah Edelman

If you would like to be featured here, please contact Susan Sher @ ssher@pacific.net

I'm twelve years old, I was born in Ukiah.

I have lived in Mendocino County since I was born.

My favorite places in Mendocino County are the public library, Mendocino Book Company and my home.

I give back to my community by giving tzedekah – 10 % of my personal money to the library and the hospital; recently, while my family and I were in Greece, I helped refugees by distributing food.

My favorite games are board games like Monopoly and Risk.

This makes me laugh: whatever happens to be funny in the moment; I like spontaneous, unexpected humor.

My favorite subjects in school are math and English when we're reading a good book.

I am good at reading.

I would like to improve my music sight reading skills.

I have the most fun reading books.

I am grateful for the existence of fun.=

I get excited about new books by my favorite authors and anything else I am interested in and curious about.

A super power I wish I could have is to meet characters in books I read.

I am most proud of two times making it to the Odyssey of the Mind state competition.

I'm also proud of my brother, Eli for playing the clarinet so well.

People I admire are my parents and authors Brandon Mull and Rick Riordan.

My favorite writers are Brandon Mull and Rick Riordan.

The best trip I ever took was a very recent 4-month trip to Europe with my family – we visited England, France, Switzerland, Spain, Israel, Greece, and Morocco.

One thing I have learned in life is “[a]s you walk along in life, brother, whatever be your goal, keep your eye upon the donut and not upon the hole.” This is family lore beginning with my great, great Uncle Josh Harris.

People who know me well would describe me as someone who likes to be right, is stubborn, funny, excitable, and intelligent.

One thing I wish I could change about the world is to end war, hunger, homelessness and to get Trump out of office.

When I grow up, I'd like to be a lawyer.

Some things people would be surprised to know

about me are that I'm somewhat color blind and while I'm excited about my bar mitzvah, I would rather stay a kid.



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 >
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Moses Sunbeam	228-9980 < mosessunbeamaatGmail.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 Josh Jacobs-Velde <rabbi.josh18@gmail.com>Phone 508-499-1631