



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](mailto:carolrosenberg@pacific.net))

## COMING EVENTS

**Monday, April 7, 6:30 pm, KHE Board Meeting** at the Koppels'; Nancy Merling and Mark Levin become co-Presidents whose term is from 4/1 to 6/30.

**Friday, April 11- NO Kabbalat Shabbat service.** Come Sat. morning, April 12, instead.

**Saturday, April 12, Morning Service at 10:00 a.m.**, including Bar Mitzvah of Koda Kammer, son of Brad and Sarah Kammer, at our Shul

**Monday, April 14, 6 pm - Communal KHE Pesach Seder at the home of Elizabeth Raybee, led by Shoshanah.** Call Sherrie Ebyam 530-414-1104 / [ebyam@sbcglobal.net](mailto:ebyam@sbcglobal.net) to offer or request a place at other Seders.

**Friday, April 25 4:30 pm--Shul School**

**Friday, April 25 6:30 pm--Round-the-Table Shabbat** everyone welcome

**Sunday, April 27, 3 pm - Yom HaShoah, featuring Academy Award winning film "The Lady in Number 6" about Alice Herz-Sommer**, who at 109 was the oldest living musician and Holocaust survivor till her death this year. Suitable for all ages. Plus memorial candle lighting.

*Brad and Sarah Kammer  
Invite you  
to join them as their son  
Koda is called to the Torah  
as a Bar Mitzvah*

*April 12, 2014 at 10:00 A.M.  
at Kol haEmek  
8591 West Road, Redwood Valley*

*Kiddush to follow*

Please RSVP

[sarahkammer@hotmail.com](mailto:sarahkammer@hotmail.com)

**Tuesday, May 6, 7 pm, Pirkei Avot, Chapter 5 with Shoshanah -**

Once again, during this period between Pesach and Shavuot, we dip into the wisdom of our ancestors with these Sayings of the Fathers. An easy and intriguing way to enter the world of the Talmud as we progress, year by year, from chapter to chapter.

## ***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**

## ***Portion of the Week and Holidays***

April 5 - Metzora

April 12 - Achare-Hagadol

April 14 - Erev Pesach

April 14-22 - Pesach

April 19 - Hol Hamoed

April 26 - Kedoshim

April 28 - Yom HaShoah-Holocaust Memorial day

## **We Remember:**

Regina L. Klayman - April

Michael haKohen Selah - April

Allen Micah Rosenberg - April 1

Sidney Epstein - April 1

Milton Coren - April 4, Nissan 25

Myer Strauss - April 27, Iyar 7

Edward Sessler April 7

Sanford Samel Elsberg -April 8

Joan Bistrin - April 10

Saul Ginsberg - April 13

Allen Dale - April 17

Irving Batz - April 18

Arthur B. Miller - April 21

Evelyn Reed - April 22

Nathan Pelter - April 22

Gabrielle Welford - April 24

Leah Frankle - Nissan 7

Bessie Dale - Nissan 12

Adeline Rosen - Nissan 14

Pearl Renee Horowitz - Nissan 18

Beatrice Hecht - Nissan 22

## **Many Thanks!**

To Harry Bistrin for a generous bequest in his will to Kol HaEmek and to his daughter Karen Bistrin for honoring her father's wishes.



## April 14-22 Pesach

Sherrie Ebyam will coordinate those having family Seders with those that would like to be included. Call Sherrie Ebyam to offer or request a place at other seders  
530-414-1104 / [ebayam@sbcglobal.net](mailto:ebayam@sbcglobal.net)



**Sunday, May 18, 4:00 pm, KHE Presents: Penny Rosenwasser**, the author of *Hope into Practice: Jewish Women Choosing Justice Despite Fear*. There is no charge for this talk; her book will be available for purchase and signing.

For more information see poster page 7

### Dear Jewish Women's Retreat sisters,

This is just a quickie note to tell you to mark your calendar for this year's retreat: August 14-17, 2014, at our beautiful home at River's Bend in Philo. (We were hoping to have a date earlier in August, but this is the only time slot available. We will keep working with River's Bend to move to a better time for people dealing with High Holy Days, a new school year, etc.) You'll get a letter with a full description of this year's theme and special treats, a registration form, financial info and everything else you need by the beginning of April (*bli neder*, as we say -- that date is almost a vow, but not quite...) Your retreat planners look forward to dreaming this year's gathering into a reality, and we will keep you posted as this happens. Meanwhile we hope that this little note finds you well and that we will see you in August.

with love,

Ellen, Ronit, Harriet and Margaret

### Sayings of the Rabbis

350 years ago in the Mincha Chadasha, Rabbi Yechiel Murawitchick's words are interpreted as :

He who studies Torah and fulfills all the mitzvot, and at the same time is agreeable to other people in consequence of his affability and honest dealings with men, he here-with sanctifies God's name and God is pleased with him. If, however, he studies the Torah but wrongs his fellow beings, God is very much disturbed and exceedingly dissatisfied with him.

**KHE SHABBAT CAMPOUT with BNEI MITZVAH Vision Quest (Ariella, Ziven, Avi, Koda, Eli)  
FRI EVE-SUNDAY NOON, June 13-15, 2014**

Open to young-at-heart of all ages!

**LOCATION:** Clear Lake State Park with access to swimming beach, boat rental, and hiking trails. Once again we will be at the group campsite where we were our first year at Clear Lake, down near the lake shore, very close to the boat rental, and walking distance to the beach.

**ALL MEALS** will be prepared for you! - Friday evening through Sunday breakfast.

We will arrive Friday afternoon, set up tents (we have some extra tents for those without--let us know if you need one), enjoy Shabbat dinner together followed by a celebration, including preparing our bnei mitzvah for their own adventure. Saturday morning, we'll have a leisurely breakfast and more Shabbat celebration together, and after lunch (the bnei mitzvah will have rejoined us by then), free time in the afternoon. We'll re-gather for supper and then havdalah and campfire fun (smores, singing and drumming!) The program concludes Saturday night, but many of us will be sleeping over and packing up in the morning. We don't need to leave until noon on Sunday.

Reserve your spot now! Same prices for the third year in a row.

\$75 per family covers the campsite for Friday through Sunday until noon. This is a good deal less than the cost to book a campsite on your own for two nights. Check-in starts at 2 pm Friday.

Food: \$36 per person 13 and over; \$18 per child. This includes Friday dinner, Saturday breakfast, lunch, supper, and Sunday breakfast. Snacks are not included.

**RESERVE YOUR PLACE NOW** by contacting David Koppel, 485-8910 or [davekoppel@yahoo.com](mailto:davekoppel@yahoo.com) and then returning the form below with a check made out to KHE and earmarked "KHE Campout-2014" to cover the costs of campsite and food. Send to KHE Campout Weekend, P.O. Box 416, Redwood Valley, CA 95470.

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Name of Family _____	# of family members _____		
	<u>Cost</u>	<u>Quantity</u>	<u>Total</u>
Campsite per Family (Friday and Saturday nights)	\$75		\$_____
Food for Adults – 4 meals (13 and older)	\$36 each	x_____	\$_____
Food for Children 4 meals (4 to 12 years old)	\$18 each	x_____	\$_____
<b>Total:</b>			\$_____

## Mah Nishtanah (Why is it Different?)



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This is the tune sung during the youngest participant's recitation of the Four Questions.

Why is this night different from all other nights, from all other nights?

Mah nishtanah ha-lahylah ha-zeh mi-kol ha-layloht, mi-kol ha-layloht?

On all other nights, we may eat chametz and matzah, chametz and matzah.

On this night, on this night, only matzah.

She-b'khol ha-layloht anu okhlin chameytz u-matzah, chameytz u-matzah.

Ha-lahylah ha-zeh, ha-lahylah ha-zeh, kooloh matzah.

On all other nights, we eat many vegetables, many vegetables. On this night, on this night, maror.

She-b'khol ha-layloht anu okhlin sh'ar y'rakot, sh'ar y'rakot. Ha-lahylah ha-zeh, ha-lahylah ha-zeh, maror.

On all other nights, we do not dip even once. On this night, on this night, twice.

She-b'khol ha-layloht ayn anu mat'bilin afilu pa'am echat, afilu pa'am echat.

Ha-lahylah ha-zeh, ha-lahylah ha-zeh, sh'tay p'amim.

On all other nights, we eat either sitting or reclining, either sitting or reclining. On this night, on this night, we all recline.

She-b'khol ha-layloht anu okhlin bayn yosh'bin u'vayn m'soobin, bayn yosh'bin u'vayn m'soobin. Ha-lahylah ha-zeh, ha-lahylah ha-zeh, koolanu m'soobin.

\*\*\*\*This from the website Judaism T [www.jewfaq.org/holidaya.htm](http://www.jewfaq.org/holidaya.htm)

Learn about the **Jewish** holiday of **Passover**, known to Jews as **Pesach**. Includes an outline of the seder (the family holiday ritual meal) and a recipe for chariest. The order of the service is listed as well as favorite Seder songs. Hit the musical note next to the song title to hear the tune on your computer.

## Dear KHE Chaverim,

In my childhood, I was impressed by the story in our Passover Haggadah of the ten martyred rabbis who were agonizingly tortured to death by the Romans. As a rabbi leading seders in recent years, I have omitted this section from our retelling of the Passover story. Too violent, too gruesome, no need to go there, I told myself. I'm now questioning that decision, as I look once again at the tale of the death of just one of those rabbis, Akiva, the most famous of them all. He'd ignored the Roman ruling to cease all public study of Torah, and was now paying the ultimate price of execution via having his skin raked by iron combs. It was the daily time to recite the Shema and the V'Ahavta, and his students asked him how he could do so even in such extreme circumstances. Akiva replied that this was his opportunity to show that he really loved God with all his heart, with all his soul, and with all his might.

Now this might sound a bit extreme and dissociative to our ears, but for Akiva he was not dissociating from the pain of his reality, but rather associating, aligning, connecting with, through love, a greater reality, the source of all being, and this was infusing him with the soothing balm of love. The Talmud tells us that he recited the Shema, prolonging the final word until he died as he finished pronouncing "echad/one." We're told a heavenly voice went forth and proclaimed: "Happy are you, Akiva, that your soul has departed with the word echad!" (Think of Gandhi dying from an assassin's bullet in the twentieth century, and calling out the name of God as he expired.) Millennia later, Reb Nachman of Bratislov said, "Mitzvah g'dolah l'hiyot b'simcha tamid/ It is a great mitzvah to always be in a state of joy." Can the dying behavior of R. Akiba and the verbal guidance of R. Nachman help us in our own lives?

What can it mean to be a mitzvah to always be in a state of joy? Bibles usually translate mitzvah as commandment; in popular parlance, a mitzvah is a good deed. But the root letters of mitzvah can mean connection, and this suggests that joy is intrinsic when we are deeply connected to God, the source of the mitzvot. And mitzvot themselves become an expression of our connection to God. Does your heart expand and feel more joyous when you sing "Return again, return again, return to the land of your soul, return to who you are, return to what you are, return to where you are born and reborn again, return again, return again, return to the source of it all." We do need to remind ourselves to return, and that is one of the functions of daily prayer. Traditionally, we have our modeh ani/thank you prayer upon awakening, our shacharit/morning, minchah/afternoon, and ma'ariv/evening prayers punctuating the day, and the Shema on the bed before going to sleep. The very function of consciously tuning into the sacred so many times each day helps connect us to our divine source, to return us again and again to the land of our soul and be nourished via this connection. Returning to the land of our soul means being in touch with our deepest being.

Going beyond Judaism, we hear Neale David Walsch, author of "Conversations With God," urging us to stay connected with our soul every day. He defines God as the essential essence of the universe, and the soul as the essential essence individuated as you. In a recent on-line talk on "Living From Your Soul," he proposes that "Nothing about your external circumstances can prevent you from enjoying the wonderful, life-changing benefits of becoming your truest self. Once you learn how..., you will experience deep levels of fearlessness, happiness, and inner peace like never before." Walsch distinguishes between the voice of the mind, which almost always comes from the survival instinct, and the voice of the soul, whose fundamental instruction is love, not survival or being worried about consequences. Walsch offers three steps: 1) Become aware of yourself as soul; 2) connect with your soul and its divine agenda; and 3) live from your soul's agenda to express your being here. Walsch suggests tuning in and talking with God (reminiscent of a Reb Nachman

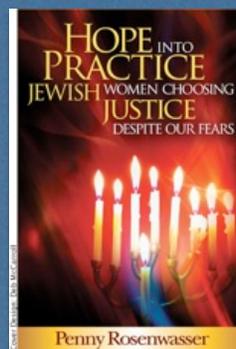
practice) several times each day (as Walsch does) and asking to be reminded of your soul's mission for the moment, the day, the week, the month, the year. He contends that when you know your soul assignment, you then don't need to experience suffering when bad things happen. Is this not the message of Akiva coming through two thousand years later?

How do you connect with your deepest being? Are there words of prayer, in Hebrew or English, which shift you into your soul space? Perhaps songs, chants, or niggunim? Perhaps silence, or following your breath, or watching sunrises or sunsets, gazing at the clouds by day or stars by night, hugging a tree, holding a pet? Do you schedule regular times to connect? Would you like to share your particular practice? Have you experienced sustaining joy and/or love even in the midst of suffering and hard circumstances? Send me a descriptive email and perhaps we can print these in the next Shema.

B'shalom oovrachah/In Peace and Blessing, and Hag Sameach/ A Joyous Pesach! *Shoshanah*

**KOL HA EMEK, PRESENTS A TALK AND  
DISCUSSION BY PENNY ROSENWASSER**  
Author of "Hope Into Practice"

Transplanted to Oakland, California from Northern Virginia/Washington, D.C., Penny Rosenwasser is the author of *Visionary Voices*, *Women on Power: Conversations with shamans, activists, teachers, artists and healers*, and *Voices from a 'Promised Land: Palestinian & Israeli peace activists speak their hearts*. She earned her Ph.D. at the California Institute of Integral Studies in Transformational Learning & Change. Penny is former Jewish Caucus Chair of the National Women's Studies Association and is a founding board member of Jewish Voice for Peace. She teaches an Anti-Semitism/Anti-Arabism class with a Palestinian colleague at the City College of San Francisco and belongs to Kehilla Synagogue.



**Sunday, May 18, 2014  
at 4:00 P.M.**

*No Charge*

Copies of her book will be available for purchase and signing.



**At Kol haEmek, 8591 West Rd.**  
Redwood Valley, next to Eagle Peak Middle School

For more information call 707-463-8526



**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 < <a href="mailto:davekoppel@yahoo.com">davekoppel@yahoo.com</a> >
Alan (Acorn) Sunbeam	463-8364 < <a href="mailto:asunbeam@mac.com">asunbeam@mac.com</a> >
Nancy Merling, Vice President	456-0639 < <a href="mailto:nancymerling@att.net">nancymerling@att.net</a> >
Carol Rosenberg	463-8526 < <a href="mailto:carolrosenberg@pacific.net">carolrosenberg@pacific.net</a> >
Sherrie Ebyam	530-414-1104 < <a href="mailto:ebyam@sbcglobal.net">ebyam@sbcglobal.net</a> >
Mark Levin	467-9037 < <a href="mailto:mlevin@pacific.net">mlevin@pacific.net</a> >
Bob Mandel	696-271 < <a href="mailto:bobLXVII@hotmail.com">bobLXVII@hotmail.com</a> >
Sigrid White	272-1859 < <a href="mailto:sigridwhite@gmail.com">sigridwhite@gmail.com</a> >

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](mailto:sdevorah@gmail.com)

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