



The Newsletter of Kol HaEmek (Voice of the Valley) October 2006
P.O. Box 416, Redwood Valley, CA 95470 Phone # 707-468-4536 Tishrei - Cheshvan 5767
Please note all submissions preferred by the 20th of each month to carolrosenberg@sbcglobal.net

Check out our Web page www.kolhaemek.org

Events in October

Wednesday, October 4, 3:30 pm, Sukkah building at the shul; the whole family is invited!

Friday, October 6, 6:30 pm, Sukkot/Shabbat family service and dairy potluck

Sunday, October 15, 10:00 am, Simchat Torah, family service, potluck veggie brunch; after the 8th day of Sukkot, the new festival dedicated to the greatest book - the Torah - begins. Celebrated with great merriment - children carry flags topped with apples and we lovingly carry the Torah scroll around the synagogue, seven times, in a process called hakafot. Refreshments of candy, cake and fruit are traditional. This ends the High Holy Day season, with no other holidays to be enjoyed for another two months - then the festival of lights.

Friday, October 20, 6:30 pm, Shabbat service and dairy potluck

Saturday, October 21, 7:00 pm, Movie "An Inconvenient Truth" (see page 3)

Wednesday, October 25, 6:45 pm, Men's Group, first potluck and talk, then 7:30 meeting

Thursday, October 26, 7:30 pm, Chevra Kaddisha meeting.

Saturday-Sunday, October 14-15, Preparing and serving a hot supper at the Buddy Eller Shelter. Call Cassie Gibson at 468-5351 or Dan Hibshman at 462-7471 to volunteer.



New Board Member

We are please to announce that Robert Klayman of Ukiah has joined the Kol HaEmek Board of Directors; he will be taking the seat recently vacated by Nancy Moilanen.

Our good wishes and many thanks go to Nancy, who deserves a well earned rest from community responsibilities. Fortunately, she has said she will still be actively engaged in KHE programs and we can call upon her for special events when we need her many talents.

Wecome Robert, and many, many thanks Nancy!

An introduction from Robert Klayman

As the one of the newest members of the BOD, I want to take this opportunity to introduce myself to those 'chaverim' who don't know me. First, I want to thank the BOD for placing this trust in me and to assure everyone I will work diligently toward ensuring the growth and stability of Kol HaEmek. Actually, I should say "we" will work hard, for I must include Ava, my wife, as we come as a matched set. Although I have lived in this area since 1993 (with a 3yr. stint in Colorado), I still feel like a newcomer compared with many of you, and am still working on developing a sense of place.

I am originally from East Texas, and experienced a Driving Miss Daisy type of Jewish upbringing. My Jewish education up to now has consisted of graduate school in Middle Eastern Studies and a year living on a very non religious kibbutz. So I am excited to have this opportunity to share my energy and perspectives with the other BOD members and congregants in enriching the Jewish experience for Kol HaEmek, our secular Inland community, and my family.

Holidays and Portion of the Week

October 1 - Erev Yom Kippur (Kol Nidre)
October 2 - Yom Kippur (Lev16:1-34)
October 6 - Erev Sukkot
October 7-8 - Sukkot (Lev. 22:26)
October 14 - Shimini Azeret (Deut 14:22)
October 15 - Simchat Torah (Deut 33:1-3)
October 21 - Bereshit
October 28 - Noach

Many Thanks!

To all of you who made Rosh HaShanah services in our Shul meaningful and beautiful, please accept our thanks.

First of all, to our Rabbi Shoshanah Devorah, who gently leads us on a spiritual journey and shares with us the meanings of Hebrew songs and prayers. To Bella Feldman, whose rich and vibrant voice wakes our hearts. Thanks to Bruce Andich, Tal Sizemore and Philip Coren, for the incredible sounds of the Shofar.

Behind the scenes: Robbie Gitlin and the many people who built our new deck. Alan Sunbeam cleared the back parking lot and shelved our library. Louisa Aronow kept our plants alive all summer and arranged the beautiful locally grown flowers for the sanctuary; her son Efrem cut the grass. Dan Waterman brought us plants to frame our ark. Our hero Bill Ray borrowed and moved 100 chairs from the Grange in Willits and will do it again for Yom Kippur. The set-up and reception crew included Nancy Merling and her sister Harriet, Robert Klayman, Tal Sizemore, and David Seidel, Zena Marks, Jim Hecht, Karen Wandrei and Yvonne Coren. Margo Frank and Divora Stern brought magic carpets for our Bimah. We thank Michael Feldman for our Challah. To indispensable Linda and David Koppel, who maintain our building, our supplies and our finances. I mustn't forget our cleanup crew Elizabeth Raybee, Helen and Tal Sizemore, Bill Ray and all those many others who also helped.

Gratefully,
Carol

Donations to Kol HaEmek

Paying your membership makes a difference!!

Kol HaEmek is grateful for all contributions to our other various funds. The following is a list of some of them:

- 1) Building Fund
- 2) Religious School Fund (Kalifornia Memorial)
- 3) Scholarship Fund
- 4) General Fund
- 5) Memorial Board Fund
- 6) Tzedakah Fund
- 7) Rabbi's Discretionary Fund
- 8) The Marion and Sanford Frank Fund
for Feeding the Hungry in Ukiah & Willits
- 9) Feeding the Jewish and Arab hungry in Acre, Israel*

10) MEMBERSHIP - Time to renew!!!

Questions? Call David Koppel 485-8910

**Please mail your contributions to:
Kol HaEmek, P.O. Box 416, Redwood Valley,
CA 95470**

*Make your check payable to PEF: Israel-Endowment Fund and earmark it to the Association for Community Development - Acre; HaAsif program. (There is a \$25 minimum requirement for checks to Israel).

PASSINGS

Our congregation will say Kaddish on the anniversary of your loved one's death. Call Rabbi Shoshanah at 467-0456 with your concerns about the loss of a loved one and/or the name and either the Hebrew or English calendar date of death.

cooperation
we need to work together
just do as I say

David Vilner

“AN INCONVENIENT TRUTH” To Be Shown at Shul October 21

Review by William Ray

The recent documentary that follows and features former Vice President Al Gore will be screened at the Shul Saturday, October 21, 7 pm.

It was made available to us by a non-profit organization, and although it is not part of our Saturday night film series, "An Inconvenient Truth" is of surpassingly important interest, dealing with imminent damage to local and world weather conditions by the petroleum-based economy dominating world trade.

Al Gore, usually known as a partisan political figure, here is perhaps the most informed and committed anyone has ever seen him.

He has given about a thousand lectures on global warming since conceding the Presidential race in 2000. (A recount of the Florida votes by a media consortium in 2001 showed he was rightfully entitled to be the 43rd President of the United States.) For those who have not seen the film commercially, this showing is an opportunity to gain well-summarized information. As with our usual film series, group discussion will follow.

Children’s Religious School News

by Sara Melville

Our first Family Education day/First day of Hebrew School was a great success. There were twenty students and their families.

We even had some new students join us!

The students and their families rotated between Bella, Karla and Shoshanah. Sara spoke to parents about the curriculum for the coming year and helped to register families. Rachel made sure it all came together. The day went smoothly and ended with a potluck lunch. The teachers are looking forward to a wonderful year!



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PLEASE HELP WITH THE HOMELESS POINT IN TIME COUNT

Friday, January 26, 2007 5 am – 10 am

- A census, or count, of homeless people in Mendocino County will take place on Friday, January 26, 2007.
- Volunteers are needed to go out in teams during the five hour period to count visible homeless people. Trainings will explain the details, and safety of the volunteers is the highest priority. Volunteering in teams (with your friends) is encouraged! This count will occur throughout all of Mendocino County.
- This count is required for funding from the Department of Housing and Urban Development. In addition, the count will help in local planning efforts for services, shelter and housing for homeless people.
- To sign up &/or for more information contact: Kathleen Stone. Homeless Services & Housing Coordinator Mendocino County Department of Social Services

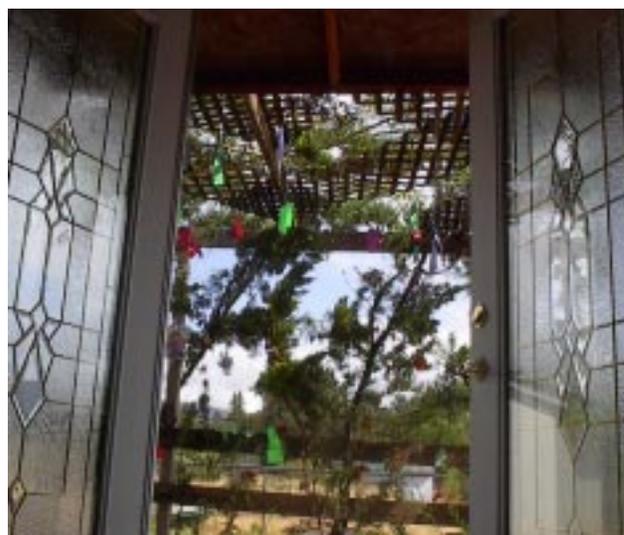
707.463.7968 or StoneK@mcdss.org

Sponsored by:

Mendocino County Continuum of Care for the Homeless

Homeless Services Planning Group

A sukkah is waiting outside our sanctuary...



Thanks to Dan Waterman, Tal Sizemore, Carol Rosenberg, Divora Stern, Isa Posner (with her very inspiring Ziven & Addie, and thanks again for the snacks!)

In My Opinion:

In order to answer questions from members of our congregation on the purposes and mission of our congregation, I have been reviewing the statement that appears each month on the cover page of the *Shema*. What comes up for me are the differences in our statement and in our reality.

Our Mission is to express and support Judaism in some of the following ways:

“To provide a space for religious study and prayer.” Presently, we must keep our doors locked unless a Board member is present for the safety of our building and Torah.

“To share life cycle events.” There are differences of opinion in our congregation on the importance of circumcision, or which parts of the wedding ceremony should be included in a marriage ceremony. What training is necessary for a child to become B’nai mitzvah? Why do I need to think about a Jewish cemetery for Kol HaEmek

“To be a Foundation for Tikkun Olam (healing the world).” Do all of us agree that current events and environmental information should be included in services or offered as events to our community?

Last and most difficult for me is:

“To offer membership in exchange for financial and other contributions, and to allow all to participate regardless of ability to pay.” How do we support ourselves if only a small portion of the Jews in these valleys pay for membership? We cannot maintain a building and a rabbi on \$20 donations for the High Holidays. Yet if any person wants to attend our services or is in need of the support of our community, we will not - in fact we *cannot* turn him or her away.

I’m not going to solve these issues this month or even this year; instead, I will leave these conflicts with you and hope that through dialog and articles in the *Shema* (which is our voice) you will write your opinions and consider ways to embrace our differences and perhaps come to consensus.

Yesterday I found an inspiring answer to our seventh mission statement (*“To educate and share our culture with other Mendocino County residents”*).

At the Valley View Nursing Home on S. Dora St.(Ukiah) the bulletin board on the wall asks, “What is the next holiday?” The answer stated is Rosh HaShanah! This is the work of one small, gentle member of our congregation who from her wheelchair has modified the culture of a nursing home in Ukiah. With a soft voice and attention to others in need she has created change and is loved for what she does. As one of the other residents said, “She has given us a new vocabulary.” (Yiddish!) I asked her why she shares a room with a difficult person or accompanies a problem person on an outing or cares about the treatment of a developmentally disabled man. Her answer is, “I like being useful. There are people here who have had strokes. They are really in need of help and attention.”

Esther Pelner has found the answer of how to live Jewish life. She sees the divine in others regardless of their condition or her own. She is true to herself and her heritage and she says, “I do the best I can; tomorrow will be better.” How many of us can truly say “I do the best I can” and no matter the depths of our situation trust that “tomorrow will be better.” If you need help in affirming your faith, may I suggest a visit to Esther.

With Love,

Carol

MIKVEH

from Rabbi Shoshanah Devorah

Dipping in the mikveh is a Jewish practice that goes back thousands of years. Purification by immersion in water is mentioned in the Torah several times.

To be kosher, the water needs to be natural, fresh water-- any spring, river, lake, or ocean can serve as a mikveh. But what happens when we don't live near any such body of water? Already two thousand years ago, we came up with the answer of piping water into a small, built pool, and then having that pool receive the blessing of the falling dew from the sky. Piped-in water by itself is not considered sufficient for a mikveh, but the addition of the dew (fresh water) gives it legitimacy. In the language of the Talmud, as the water from the dew meets the piped-in water, the waters "kiss" and the mikveh becomes kosher!

The first ancient mikveh was discovered on Masada. Modern archeology then dug up many ancient mikv'ot (plural) in Jerusalem, both in the homes of the wealthy and all around the Temple Mount. Traditionally, folks needed to immerse in a mikveh before ascending to the Temple. The mikveh did not take the place of the bath. These ancient homes have bath tubs next to the mikveh.

Still today, we clean ourselves physically in a bath or shower before entering the mikveh. Hair should be clean and brushed (so that stray, loose hairs do not cling to the body or fall in the mikveh), the teeth should be clean and bite plates or false teeth removed, nails pared and bare of polish, the body bare of oils and creams, jewelry removed; attendants at "official" mikv'ot actually check each person for all of these details. Free of any barrier between us and the water of the mikveh, we are now ready for our spiritual dip in the waters of healing and salvation. Fully naked, we enter the water until we can lift our feet and be fully submerged, no part of us touching anything but water.

We enter and are held by the living waters, the waters of life. This can be a letting go and rebirth experience. We shed our everyday personas and "die" in the mikveh, and are held anew once again like the babies we each were in our mother's womb. In addition to blessing our immersion with the traditional brachah, many folks also focus on specific kavvanot, or intentions for what they would like to release and/or receive in the mikveh. We emerge fresh as the living waters, newborns to start again in the world with renewed hope (in Hebrew, hope is related to the root of the word mikveh).

Preparation for a holiday is a traditional time for immersion in the mikveh, helping to mark the distinction between kodesh l'hol, between the mundane and the holy time/space we are about to enter. May you each have the experience of the renewal that can come from this ancient Jewish practice!

Hag Sameach!



From Rabbi Shoshanah Devorah:

Dear KHE Chaverim,

How joyous to celebrate the New Year together--we've made it thus far! We're all survivors, each of us, and all of us, and our planet. How amazing: creation continuing to occur anew each moment of existence, the excitement that accompanies each new birth, the mystery of the birth itself and of the as yet unknown life that will unfold during this coming year, for each of us individually, for all of us communally, and for the planet we share.

The cry of the shofar in this time of cellphones and computers testifies to our ancient ties--we are the fruit of those who came before, we are alive despite all the tragedies and horrors that beset our ancestors over the millennia. But the trembling angst of the shofar call testifies to our frailty, to the cry of the baby needing to be held and nourished and reassured.

For fear and pain so often accompany the growing process--my grandson right now is experiencing the "innocent" pain of teething--a growing pain we have all experienced if we have gotten this far in life. Not far off in the future his fear of losing his parents each time they disappear from sight may arise--another fear we all, hopefully, surmounted as we gained experience in the comings and goings of everyday reality. In fact, our baby fear of loss was most likely tempered by joyful games of peekaboo and hide-and-seek, in which we, the child, gleefully hid as well as sought the hidden.

How do we continue to play hide-and-seek? What are we hiding from and what are we seeking? Are there parts of ourselves that we hide, either not wanting to acknowledge them or simply having forgotten that "this too is me"? Sometimes, hiding aspects of ourselves served us in the past, perhaps even saved us back then. Do these buried parts of ourselves enable us to carry on in our lives in the best way we can, or might we have buried treasure when we cut off facets of our identity from our everyday reality?

Can we rediscover such buried indicators of our own being through delving into our dreams, our addictions, the way we unconsciously hold and move our bodies? What have we tamped down and suppressed, either intentionally or not? It's commonly recognized that those who are addicted to alcohol may have substituted overindulgence in spirits for the thirst for spirit in their lives. And sometimes a person's anger is clear to everyone but that person.

These disconnects mean we are in touch with only part of who we really are. The price for ignoring these abandoned parts of ourselves is exile--exile from our true identities, exile from being at "home" in and with ourselves, and exile from living in shalom. Shalom in its root means wholeness as well as peace. Cutting off, hiding may bring us a liveable truce, but not the wholeness of peace.

Now exile may be built into the human condition. Remember Adam and Eve, who hide in the Garden of Eden after eating the apple? They're playing the game of hide-and-seek with God, who comes looking for them. Do they acknowledge their own actions when the time comes for an accounting?

Well, Adam blames Eve for his eating the fruit of the tree, and Eve blames the snake for her eating from the tree. They're still hiding even after God has found them! So God takes them out of the garden and puts them into exile.

Rabbi, cont'd:

Rav Kook tells us that the way out of exile is by acknowledging the authentic "I." He tells us not to try to get rid of the parts of ourselves we may deem evil, but to turn away from the strange gods we may be serving and immerse ourselves in Torah and good deeds, and thus over time the life force at the core of what we deem negative energy is transformed and can come forth in a renewed and healthy manner. The traditional way to do this, especially at this time of year, is by practicing tshuvah (return), tefillah (prayer), and tzedakah (justice and charity). This reminds me of the approach used in behavioral training of ignoring the negative and reinforcing the positive. Once we have redeemed our authentic "I," says Rav Kook, we are then aligned with God, because our true root self is from God, is God. And then instead of being in exile, in hiding, we can "dwell in the house of the Lord all the days of (our) life". This beautiful line comes from Psalm 27, and it is a tradition at this time of year to recite Psalm 27 each day right up through Succot. Gmar hatimah tovah! May we each be inscribed in the Book of Life!

B'Shalom oovrachah, Shoshanah

Psalm 27

*The Lord is my light and my salvation;
whom shall I fear?*

*The lord is the stronghold of my life;
of whom shall I be afraid?*

*When evil-doers came upon me to eat up
my flesh,*

*Even mine adversaries and my foes, they
stumbled and fell.*

*Though a host should encamp against
me, my heart shall not fear;*

*Though war should rise up against me,
even then I will be confident.*

*One thing have I asked of the Lord,
that will I seek after:*

*That I may dwell in the house of the Lord
all the days of my life,*

*To behold the graciousness of the Lord,
and to visit early in His temple.*

*For he concealeth me in his pavilion in
the day of evil;*

*He hideth me in the covert of His tent;
He lifteth me up upon a rock.*

*And now shall my head be lifted up above
mine enemies round about me;*

*And I will offer in His tabernacle
sacrifices with trumpet-sound;*

*I will sing, yea, I will sing praises unto
the Lord.*

*Hear, O Lord, when I call with my voice,
And be gracious unto me,
and answer me.*

*In thy behalf my heart hath said:
'Seek ye my face';*

Thy face, Lord, will I seek.

Hide not Thy face from me;

Put not thy servant away in anger;

Thou hast been my help;

Cast me not off, neither forsake me,

O God of my salvation.

*For though my father and my mother
have forsaken me,*

The Lord will take me up.

Teach me Thy way, O Lord;

And lead me in an even path,

Because of them that lie in wait for me.

Deliver me not over unto

the will of mine adversaries;

*For false witnesses are risen up against
me, and such as breathe out violence.*

*If I had believed to look upon
the goodness of the Lord*

In the land of the living! —

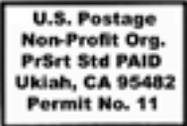
Wait for the Lord;

Be strong, and let thy heart take courage;

Yea, wait thou for the Lord.



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.

Our Mission is to express and support Judaism in the following ways:

- To provide a space for religious study and prayer
- To share life cycle events through meaningful Jewish traditions
- To offer and sponsor Jewish education for all ages
- To be inclusive of all partnership 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 of the world) as a community through socially just actions and education, and by mitzvot (good deeds)
- To offer membership in exchange for financial and other contributions, and allow all to participate regardless of ability to pay

Kol HaEmek Information & Resources

Kol HaEmek	468-4536
Board Members:	
Carol Rosenberg, President	463-8526
Dan Hibshman, Vice President	462-7471
David Koppel, Treasurer (Financial committee)	485-8910
Bill Ray, Secretary	459-5850
Nancy Merling (Rabbi's Council)	456-0639
Divora Stern	459-9052
Alan Acorn Sunbeam	463-8364
Steven Levin	462-3131
Robert Klayman	462-5067

Address changes (e-mail, etc): contact David Koppel davekoppel@yahoo.com or call (485-8910)

Brit Milah: Doctors willing to do circumcisions in their office or in your home: Robert Gitlin, D.O. (485-7406); Sam Goldberg, M.D. (463-8000); Jeremy Mann, M.D. (463-8000); Sid Mauer, M.D. (463-8000),

Chanan Feld, Certified Mohel (510-524-0722). **Assistance with the ceremony, contact the Rabbi** (see below)

Chevre Kadisha (Jewish Burial): Eva Strauss-Rosen (459-4005); Helen Sizemore (462-1595)

Community Support: *If you need help (illness, family crisis) or you can be called on when others need help;*

in Willits, call Divora Stern (459-9052); In Ukiah, Tal Sizemore (462-1595); Lake County (*Volunteer needed, call a board member*)

Editor of the Shema: Carol Rosenberg, Dan Hibshman & Tal Sizemore (carolrosenberg@sbcglobal.net)

Interfaith Council: Cassie Gibson (468-5351) (Food preparation for homeless in Ukiah)

Jewish Community Information and Referral: Bay Area activities and services (415) 777-4545 or toll free at (877)777- 5247.

Library: At the Kol HaEmek shul, 8591 West Road, Redwood Valley; open at shul events and by appointment

Movies-at-the-Shul: Bill Ray (459-5850)

New Members: Carol Rosenberg (463-8526)

Rabbi's Council: assists with community and calendar planning; **liaison** - contact Nancy Merling, grandnan@saber.net (456-0639)

Rabbinical Services/Special Ceremonies: Rabbi Shoshanah Devorah, 467-0456, sdevorah@gmail.com

Use of Torah/Siddurs: Schedule ahead of time with a board member.

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