



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 preferred by the 20th of each month to carolrosenberg@sbcglobal.net

August 2006

Av/Elul 5766

{see our Website;www.kolhaemek.org}

High Holidays 2006 * 5767

Because of the timing of the secular holiday of Labor Day and the High Holidays, instead of our Shabbat services being the 1st and 3rd Friday as usual, we will have one Shabbat service in September, on the 8th, and we will meet together on Saturday evening, September 16, for Slichot.

Friday, September 8, 6:30pm Shabbat service followed by dairy potluck

Saturday, September 16, 8:30pm Slichot service of chanting and meditation

BEGINNING DATES of HIGH HOLIDAYS:

Friday, September 22, 7-9pm Erev Rosh HaShanah

Sunday, October 1, 7-9pm Erev Yom Kippur (Kol Nidre)

Note: All High Holiday services will be at our Shul. Space is limited. We will send out annual membership forms in early August; please respond promptly so we have some idea how many people to expect at services. There's much more information on page 3.

Erev Sukkot, Friday, October 6

Simchas Torah, Sunday, October 15

Many, Many Thanks

Tracy Barr Montoya has been our faithful telephone answerer for the past 2 1/2 years. Tracy has now passed the baton back to Deborah Stanger Edelman, her predecessor. These volunteers have maintained our answering machine and kept a vital communications link between KHE and the larger community. We also have a website (thanks to Joan Levin), but that good old telephone is still a favorite means of getting and giving information. THANKS TO YOU BOTH!

KHE Board Election

New Board officers were elected on June 6, 2006. Please do not hesitate to call or e-mail us if you have a question or suggestion. Board meetings, usually held the first Tuesday evening of the month, are open to everyone. All members of the community are invited and encouraged to be involved in our programs and activities.

President, Carol Rosenberg 463-8526

<carolrosenberg@sbcglobal.net>

Vice President, Dan Hibshman 462-7471

<dhibshman@sbcglobal.net>

Secretary, Bill Ray 459-5850

<wjray@sonic.net>

David Koppel, Treasurer 485-8910

<davekoppel@yahoo.com>

Other Board members include:

Nancy Moilanen (our outgoing Prez--many thanks for a great job!) 459-4039 <nancybeth615@sbcglobal.net

Divora Stern 459-9052 <stellar@saber.net>

Nancy Merling 456-0639 <grandnan@saber.net>

Alan Acorn Sunbeam 463-8364

<asunbeam@mac.com>

Steven Levin 462-3131 <stevenl@gotsky.com>

SUMMERTIME SCHEDULE

There will be no services at the Shul in August! If you wish to have Shabbat at your home and invite the community, call Carol at 463-8526 or e-mail her at

<carolrosenberg@sbcglobal.net>

Rabbi's Contract Renewed

The Board of Kol HaEmek and Rabbi Shoshanah Devorah have agreed to a contract whereby she will continue to serve as our part-time Rabbi for the next two years.

Torah Portions & Holidays

August 3 -Tish'a B'av - Lamentations

August 5 - Vaetchanan

August 12 - Eikev

August 19 - Re'eh

August 26 - Shoftim

September 2 - Ki Teitzei

Donations to Kol HaEmek

Make a Difference

Kol HaEmek is grateful for all contributions to our 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**

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 require-
ment for checks to Israel).

PASSINGS

Our congregation will say Kaddish on the anniver-
sary 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.



*Please share our happiness
at the Bar Mitzvah of*

PHILLIP ARIEL COREN

Saturday, August 26, 2006

10:00 in the morning

Ukiah Valley Conference Center
200 South School Street, Ukiah

Kiddush Luncheon to follow

RSVP 467-1875 or
ycoren@adelphia.net
Yvonne and Andy Coren

Marc Komer

LEGAL DOCUMENT ASSISTANT

\$275 Basic Living Trust

\$100 Basic Will

Divorce, Eviction, Incorporation, Name Change, Guardianship,
Power of Attorney & more.

459-2775 mkomer@pacific.net

I am not an attorney, and can only provide self help services at your
specific direction.



*in a field of dreams
a butterfly rarely rests
too many flowers
- david vilner*

We were saddened to learn of the passing of Else
Feibusch, a native of Germany and long-time resident
of Ukiah. We send our condolences to her family and
friends.

We have received a donation in memory of "Max,"
Judy Corwin and Stan Showers' beloved "pooch".

Congratulations to Issac and Josh Frankle!
Issac graduated from UC Santa Cruz and Josh from
Willits High School. Josh is starting at Humboldt State
this fall.

Proposed High Holiday Schedule:

Watch for your membership registration form in the mail. Seating is limited. Registration and membership will be checked at the door before High Holiday Services. Others will be seated if space is available.

Saturday Sept 16, 8:30pm - Slichot: a service of chanting and meditation to help us do soulwork in preparation for the High Holidays

Friday Sept 22, 7-9pm - Rosh HaShanah Eve

Saturday Sept 23, 9am - Rosh HaShanah

10-10:45am Children's Service

At about 11:30, after reading the Torah and the first round of shofar blowing, we will break for kiddush (wine, juice, challah, apples, honey). We will resume at about noon to continue the traditional RoshHaShanah service and shofar blowings and finish about 1:45. This plan will enable those who want to to experience a full Rosh HaShanah service to do so.

2pm Potluck picnic with *tashlich*

at Lake Mendocino, Pomo Day Use Area at the northwest end of the lake, entrance off Hwy. 20.

Sunday Oct 1, 1pm - Women's Mikveh led by Rabbi Shoshanah

Sunday Oct 1, 3pm - Men's Mikveh led by Alan Sunbeam

Sunday Oct 1, 7-9pm - Erev Yom Kippur (Kol Nidre)

Monday Oct 2, 10am-1:30pm - Yom Kippur morning service

from 4pm until 3 stars appear - afternoon, **Yizkor**, and concluding **Yom Kippur** service, followed by break-fast

Friday Oct 6, 6:30pm - Succot/Shabbat celebration and potluck

Saturday Oct 14, 6:30pm - Simchat Torah celebration with dessert potluck

Volunteers are needed for the many tasks involved in offering High Holiday services. To help, please call Carol, 463-8526. We will need Torah readers (both first-timers and experienced readers) call Norm Rosen 462-0661, set-up crew, cleanup crew, a leader for children's service, child care, reception and all the other tasks that make services special.

If you want to blow a shofar, contact Bruce Andich, 459-4855 brucea@saber.net

Dear Jewish Community:

I want to thank anyone from Kol HaEmek who visited my mother while I was away. We left because my son graduated from college and we needed to have Harvey's mother's unveiling in New York. I would not have left my mother without the community's help and support. She was fine without us (thanks to you) and we had a wonderful time. I will be sending a contribution to the Rabbi's Discretionary Fund in gratitude to all of your many acts of kindness. Thank you all.

Jackie Pelter Frankle

Noah's baby naming was a beautiful event and very meaningful for us. Thank you so much to everyone who came and shared love and thoughts. We were so happy to be able to share this life cycle event with you. For me, it brought back memories of Eli's baby naming, another event made so special by the outpouring of support from the Jewish community. Many, many thanks especially to Shoshanah for a beautiful ceremony. We feel very blessed.

Deborah and Reid Edelman

Dear Beloved Kol HaEmek Chaverim,

In this year of 5766, the closing month of Elul begins on the night of Wednesday, Aug. 24. The next 29 days provide an opportunity for inner and outer work in preparation for Rosh HaShanah and Yom Kippur. This soul searching focuses on tshuvah, which literally means "return," so this is a time for us to return to our true selves, to return to God, to return to Torah and mitzvot, to the way we are to manifest the precious and unique gift of life which has been given to each of us. The Hebrew letters which spell Elul can be seen as an acronym for Ani L'dodi V'dodi Li, "I am my beloved and my beloved is mine". These beautiful words set the tone so that our tshuvah work is approached within a context of love, whether our beloved is ourself, our fellow beings, the world(s) around us, or our Creator. The great Hasidic master, Rabbi Levi Yitzhak of Berditchev, teaches, 'Whether one really loves God can be determined by the love borne toward others'. The philosopher Martin Buber insists, 'If you wish to believe, love! He who loves brings God and the world together'. Our hearts can hold an infinite amount of love. Our job, during the month of Elul and throughout our lives, is to increase love in the world for ourselves, for each other, for the marginalized and forgotten, for creation and for the Holy One. "If you wish to believe, love!" -Rabbi Bradley Shavit Artson, Vice President at the University of Judaism in Los Angeles.

So within this Elul field of *ahavah*, love, here are 4 different quotes to help you on your tshuvah path to the new year of 5767 which begins on Rosh HaShanah, Friday eve, Sept. 22nd. You may want to spend a week musing on each quote while meditating, or journaling, or in tandem sharing and checking-in with a tshuvah buddy of your choice. How do these quotes touch your own reality, your own map of your life up till now, and the route you'd like to take in the new year? What do these quotes evoke for you in each of the Four Worlds that you experience: the physical, emotional, intellectual, and spiritual realms of your existence?

Elul 1-7 (Aug. 25-31): Embracing the Darkness: "*Barchu* is a prayer we can say only in a *minyan*. There is great wisdom in starting our service by praising God together, because all Jews reflect a different face of God and so we really can't praise God fully unless we do it together in a group. After the *Barchu*, we praise God for creating light and darkness. I love that image because it means that both the triumphs and the failure are a praise of God since God creates both light and darkness. Life and peace come from recognizing that all experiences, negative or positive, are an opportunity to be Godly. I will try to always remember that even the darkness is a reflection of God's world so we don't have to fear it, we can embrace it as part of the journey of life in God's beautiful world" -Jacob Artson, a young teen with autism who lives in southern California, and is committed to helping typical and special needs people live lives of dignity and meaning.

What has been the nature of the darkness in your life this past year? How has this darkness been a manifestation of the divine in your life?

Elul 8-15 (Sept. 1-7): Head Changing Day: "Rosh Hashanah is 'Head (rosh) Changing (shenah) Day'. You can't have a new year with an old head. So if you want a new year, you are going to need to get a new head. A new head is a story-free head. Your stories define you. If your stories are positive and loving then you are optimistic and loving. If your stories are negative and fearful, then you are angry and afraid. Regardless of their emotional charge, however, stories are not reality. A new head is story-free. A new head engages reality with compassionate curiosity, going into what is, without the baggage of what was or what is supposed to be. If you want a new head, identify the stories you carry with you. Ask yourself: 'Am I absolutely certain this story is true?' 'How does telling this story make me feel?' If you are telling stories you don't know to be true, stop telling them. If telling your stories makes you anything other than just, kind, and humble, stop telling them. In fact, stop telling stories altogether. Who are you without your story? You don't know, and not knowing is the key to having a new head" -Rabbi Rami Shapiro, www.rabbirami.com.

Elul 16-22 (Sept. 8-14): Filling Your Vessel?: "The instructor filled an empty jar with rocks. 'Is it full?' Then he poured a pitcher of pebbles into the jar. 'Full now?' Next he poured sand. 'Full?' Finally he poured water. 'Now it's full.' 'What do you learn from this?' One student answered, 'That no matter how busy you are, you can always fit one more thing?' 'No, the important thing is: you have to put the rocks in first. If you fill your jar first with the pebbles, sand or water, there will be no room for the rocks.' Put the rocks in first, those important things that keep you grounded and centered. I'm the one who thought that you could always fit in one more call, one more meeting. Yet when I fill my jar with what seems urgent but not important, there isn't room for what I really need. Time for my inner life - prayer, study, reflection, and time for my family. A New Year approaches: it is an empty jar. How I fill it up is up to me. Elul is the deep breath I need to get clear about what my rocks are, and to promise myself to put them in first" -Rabbi Laura Geller, Temple Emanuel, Beverly Hills. What are your rocks for the coming year?

Elul 23-29 (Sept. 15-22) Sacred Gifts: "The high holidays are not only about our sins - they are about our blessings. We have been given a marvelous world which we celebrate on Rosh Hashanah. On Yom Kippur we think about how in the year to come, we can enhance the sanctity of the many gifts we have been given" -Rabbi David Wolpe, Sinai Temple, Los Angeles.

What are the gifts in your life which you would like to bring forward into the new year? Can you see your gifts as holy offerings? How can you enhance the sanctity, the sacredness, of life, your life and the life around you, via your gifts?

May the month of Elul help you return to what is essential in your life. May you examine your life in the Elul spirit of lover and beloved.

B'shalom oovrachah, In peace and blessing, Shoshanah

All of the above quotes were drawn from a little booklet, "Jewels of Elul," put out by Mount Sinai Memorial Parks and Mortuaries of the Los Angeles area, www.mountsinaiparks.org

What do you think?

Last month Rabbi Shoshanah asked in her article for your opinion and suggestions and ideas regarding classes and activities. She did not receive any responses. Your thoughts are important to her, so we are repeating her request and hoping you will e-mail her directly. R.Shoshanah Devorah <sdevorah@earthlink.net> or respond through Nancy Merling and the Rabbi's Council: call Nancy at 459-0639.

From the Rabbi's article last month:

"A great variety of adult classes have also met at the shul over the past two years. I have led sessions that range from looking at Judaism and the environment, to sharing experiences of interfaith marriage, to studying Biblical texts, to learning niggunim, to personal experiences of anti-Semitism, to writing our spiritual autobiographies, to healing circles, to Torah through movement, to making our own tallitot. Some of these gatherings have been better attended than others. It's important for the community to make good use of my time as your part-time rabbi. *What would you like to see me teach, or lead this coming year? What do you think is the best use of my time?*"

Message from New Board President

Dear Friends,

We all respect Nancy Moilanen's decision to step down as President of KHE. She has served us well, sacrificing personal life to meet her obligations to our community. We are most grateful for her dedicated service and great contributions. Her leadership will be missed.

I have not stepped into her shoes! I see myself as a caretaker President, serving for one year until your Board develops new and younger leadership. Kol HaEmek needs all your energy--and a good chunk of your money--to continue to develop the Shul and its programs and to pay our Rabbi.

My first act as President was to accompany Rabbi Shoshanah and Helen Sizemore to Portland, Oregon, for the Chevra Kadisha and Jewish Cemetery Conference. This was a most wonderful and rich experience for the three of us. Learning the roots of Jewish death practice and the variety of ways dedicated people try by innovation and creativity to live lives of fulfilling the commandments and mitzvot of Jewish life was inspirational.

Long drives with each other also gave us opportunities to share personal history, grow closer as people, share dreams for the congregation, and develop practical plans for the coming year. Some of these we will share at Rosh HaShanah and Yom Kippur.

On the personal level, I found the answer to an old question of mine about the decisions made at the death of my father when I was 14. I learned that Jewish traditional practice supersedes the personal wishes of the deceased; our bodies are not ours, they belong to God. Last wishes are only as good as the agreement of the survivors. So my grandmother's wishes for a Jewish funeral superseded those of my father for cremation.

On the congregational level, the synagogue's and Jewish communities' purpose is to assist members to live lives of mitzvot. It is for us to care for the most vulnerable, and to educate members of our communities and our children. We need to know Jewish law and tradition. We all must visit the sick, prepare the dead for burial, bury the dead and pray for the departed. As individuals and as a congregation, we have the responsibility to share in each other's life cycle events, to do justice, and pray as a community.

The conference really brought home the pragmatic idea that if you know the law and tradition and keep reaching for it, however close you come to reaching the goal it is good. This is particularly true in small Jewish isolated congregations where resources are limited and the community needs to learn what the laws and tradition are before they can make informed decisions on which ones they choose to practice.

May we continue to learn together.

Carol

GARDEN REPORT

Yes, we will survive the heat! I really think that if water gets too expensive in a few years, our plants will be established and about 75% of our landscaping will be drought resistant. Of course, they do prefer a few drips....

Efren helped me finish a few things, so now all the plants have drip connected!!!! Yeah! All that's left for the summer is covering some irrigation lines, spreading wood chips, and of course, cutting blackberries.

I'll work on that little by little. I'm just so glad to know that everything will get watered while I'm gone in August. Well there isn't water to the geraniums & chrysanthemums by the front door, so if you have time when you stop by, please give them a squirt. Help yourself to weeding any time! And if you notice any suspicious leaks or sprays, let me know ASAP.

shalom, *Louisa*

It's summer, time for the ubiquitous zucchini!

by Nancy Merling

If you awake one morning and check your garden to find the zucchini plant went crazy and produced a six-foot monster, or a good friend shows up at your door, smiles, and hands you one, do not panic. Zucchini bread is in your future!

This recipe can be made and frozen. (Do not keep in freezer longer than 3-4 months.)

Here's another great easy zucchini treat. Make this for Passover, too!

Zucchini Bread

Preheat oven to 350 degrees, grease a 9x5 loaf pan

3 tablespoons butter	1 1/4 cup oil (vegetable or corn)
3 eggs	1 1/2 c. sugar
1 teaspoon milk	1 tsp vanilla
2 cups grated raw zucchini	
2 cups flour	2 tsp baking soda
1 tsp baking powder	1 tsp salt
1 tsp cinnamon, clove	1 cup walnuts, chopped

1. Press zucchini into strainer to remove some liquid.
2. Beat eggs, oil, sugar, vanilla, stir until thick, fold in zucchini.
3. Combine dry ingredients, stir into zucchini mixture, add walnuts.
4. Pour into pan, bake on middle rack of the oven 1 hour +15 minutes.
5. Cool slightly, remove from pan onto a rack.

Zucchini Pancakes

2 cups grated zucchini	2 eggs
1 tsp salt	1/2 tsp pepper
1/2 cup matzoh meal	oil for frying
1 cup cottage cheese (dry if possible)	

1. Placed in a strainer and sprinkled with salt, squeeze out liquid.
2. Mix zucchini with eggs, salt, cottage cheese and matzoh meal.
3. Heat about 1/2 inch oil in pan; drop large table spoons of pancake batter into hot oil; let brown, turn once, drain on paper towel or paper bag. Keep warm in the oven.

Grated potato can be added to the mixture, (press out as much liquid as possible).



Back Deck at Shul Removed!

On Sunday morning July 16, an excellent--and hot!--work crew consisting of David Koppel, Robert Klayman, Nancy Merling, Louisa Aronow, Steven Levin, and Carol Rosenberg removed most of the back deck at the Shul. *Don't step out the back door!* This was in preparation for a later crew to build a new, extended deck in August. All those with building experience, please call or e-mail Carol or Robbie Gitlin to volunteer. Also, please give us an idea of when you are available so we can plan a series of work dates. Those who cannot build may wish to contribute money toward the project.

Koi 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
Nancy Moilanen	459-4039
Divora Stern	459-9052
Alan Acorn Sunbeam	463-8364
Steven Levin	462-3131

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**

Chevra 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 Koi HaEmek shul, 8591 West Road, Redwood Valley; open at shul events and by appointment

New Members: Nancy Moilanen (459-4039)

Publicity: (*Volunteer needed, contact a board member*)

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@earthlink.net

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

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

From: "janet mendell" <mendell@pacific.net> Date: Fri, 2 Jun 2006 13:31:37

Tal, Audrey is at ADAMAH, a Jewish young adult organic farm in Falls Village, Connecticut. I thought the Shema might like to add her letter...it's o.k. with her. *Janet Mendell*

Hey everyone,

Last night at sundown we started celebrating Shavuot in honor of the grain harvest, as well as the receiving of the Torah on Mt. Sinai. There isn't actually anything in the Torah that gives the specific date for receiving the Torah, but a long time ago some Jewish scholars calculated that this was the date. So now we celebrate it. In my experience in Judaism, people are always looking for a reason to celebrate. I, along with my 13 fellow Adamahniks (in my program), two rabbis, and a few guest speakers, spent the whole night in a yurt receiving Torah. I don't mean just the scroll, although that was also studied, but Torah tends to refer to teachings in general. We had a nutritionist/acupuncturist speak about food and it's connection to spirituality, health, and the seasons (and basically everything else). Then various speakers discussed teachings and argued about interpretations, as we are known to be good at. All night long we studied in the yurt, until 5am when we climbed a mountain and did a guided meditation at the top. It was beautiful. I finally got some rest this morning.

This week has been so filled with teachings, I don't know where to start. Basically, we've been working really hard on the organic farm...so far I've used a tiller(yeah for heavy machinery!), dug holes, spread compost, spread mulch over the potato beds, and planted tomatoes. The physical labor is really intense, especially in the hot humid sun, although last night there were really scary thunder storms. I live in a tent in the woods, and I wake up for morning meditation and chanting at 6am every day. Our days are non-stop until about 9pm. In between there is a lot of talking, laughing, singing, bike riding (the farm is a couple miles from the retreat center), and talking about feelings and our inner selves. It's taken me a few days to transition out the the office job and into this very dirty, sweaty, and earthy lifestyle, but I think I'm adapting pretty well. Shavuot continues into Shabbat this evening, so I get today and tomorrow to "rest", which means no work in the farm, but we still have lots to do. The other people in my program come from all different backgrounds, including two from Jerusalem, and most have more Jewish knowledge than I do, but we're all getting along well and learning from each other. I appreciate the very open and abstract approach to Judaism and to God. The way I can best describe their approach is that God is in us when we are being our highest selves. Anyway, I could write for hours, but I'm going to nap before yoga in the yurt. Anybody want to visit? Everybody's welcome!!! This place is beautiful, with lakes, forests, rivers, green fields, turtles, herons....I also noticed that the foliage is a much brighter green than in northern Cali, almost flourescent. Love to all! Feel free to pass this email along to whomever may be interested. *Besos, Audrey*

We could substitute KHE for AqMin and this letter would be talking to us.

(A Letter to the Aquarian Minyan Community from Co-Shomer Barry Barkan in celebration of the Minyan's 33rd Birthday:)

Dear Chevra:

Holy participatory community is our legacy in the Aquarian Minyan. Reb Zalman stepped out of the hierarchical rebbe model more than 30 years and provided the bridge so we could birth holy participatory community as we evolve towards collective rebbitude. This shift from hierarchical to communal represents a co-evolutionary organicity that is the essence of participatory community. As Reb Zalman said, the only way to get it together is together. This is deeper than it seems at first glance. Our task in community is to hold on to one another as we co-evolve, often holding back to make room for the other to grow, continually doing teshuvah and holding in our hearts the possibility that with real teshuvah, both over time and in an instant, even the most seemingly reprehensible among us is capable of learning, growing, changing, transforming.

Reb Thich Nhat Hahn is said to have said that in the next incarnation the Buddha will come as the community. So it is with the minyan in which we are working to consciously co-evolve --moving toward collective rebbitude, dealing tenaciously and earnestly with our individual and collective narishkeit, and forming a davennen collaborative. The way we davven together is the embodiment of holy participatory community. This is our signature. Our dharma is to make our prayers real by embodying the collaborative in everyday life. For when we pray, we put in motion waves of transformation that create a new energy in the universe. When after davvenen we act in ways that are contrary to our prayer essence, we fragment the waves and mitigate our own prayers. The opposite is also true. When we act in ways that are consistent with our davvenen, the waves are amplified and G&D listens and responds. Blessed be the Name of the One who is bringing us to a new age of communal realization.

The roots, of course, are in Reb Zalman's legacy to us. It is time to claim our legacy of holy participatory community and honor our roots by bringing the deepest teaching of our teachers to the next evolutionary level.

Dwell on what is wrong in the other, in our teachers, our friends and even our truly sick comrades, and we will be stuck for ever in the old paradigm. Forgiveness and the holding of the possibility of change and redemption is our ticket home. Each person's teshuvah is individual. Our capacity for collective teshuvah brings us into being as a holy participatory community.

We have been through a lot together. Now is the time to forgive ourselves, to forgive one another and to begin to prepare for the high holidays with a consciousness that this year we should welcome those with whom we may have had difficulty as we prepared in the past and help one another to flower.

I love you all and appreciate the splendid work we are doing to renew the holy participatory community of our Aquarian Minyan once again as we now move from our extended adolescence that has marked our first 33 years into our communal maturity.

There has never been a community like us before. I bless us that we continue to take seriously what is ours to do and know that the holy participatory community in which the collective becomes rebbe, with each person rising appropriately to play the solo, is our gift to renewal and our legacy to the future.

Love, Old Root (Alter Barry Barkan)

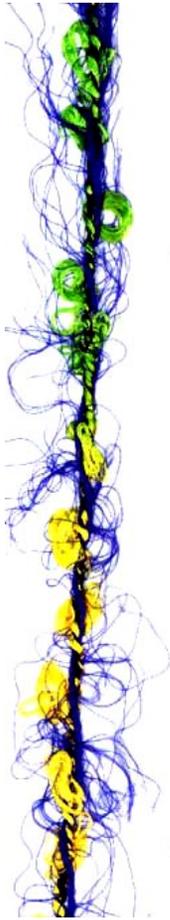
<Compose?To=barbarkan@aol.com>barbarkan@aol.com

Hebrew teacher needed

River Oak Charter School 3rd grade will begin the year in September studying Genesis in the Bible. Kate Gould, the teacher, requests help in teaching her students to read Hebrew. They will learn to read the first paragraph in the Bible in Hebrew. Kate is requesting a volunteer who can help her teach Hebrew.

Kate also wants to teach her students an Israeli dance. Can someone please volunteer to help Kate. Please contact Kate Gould at ROCS 707-467-1855.

An Invitation to the Kol HaEmek community, please RSVP by August 11



With ecstatic spirit,
boundless joy
and
great tenderness

Rabbi Daniel Lev and Malka Leah Walkover

invite you
to drink deeply
from their well of love

Sunday, September 10th 2006
Elul 17 5766

1:00 Bride & Groom Tishes and Bedeken
2:00 Meditation and Chanting
2:30 Chupah

Chochmat Halev Jewish Meditation Center
Berkeley, California

Wedding Meal, Dancing and Holy Rabblerousing to Follow

R.S.V.P... Return by August 11

Questions? - Call Marge 510-495-4056

place
stamp
here

1. Name _____

2. Shabbos / Kiddush on September 9
with our chevre and the Chochmat community
(10:30 at Chochmat Ha Lev)

- We will be there _____
- Regrets _____

3. Wedding on September 10

- Confirm number of people who can attend _____
- Number of people who require a Hekshered Kosher meal _____
- Need Childcare? - ages and names of children _____
- Regrets, plans changed, we can't make it _____

**Rabbi Daniel Lev
Malka Leah Walkover
2820 Derby Street
Berkeley, CA 94705**

A few wedding details

Rabbi Daniel Lev and Malka Leah Walkover ... September 10, 2008



RSVP: Please return the enclosed postcard as soon as you get the invitation, but definitely by August 11th. Indicate how many people are coming, if you need a heckshered kosher meal, and if you need babysitting.

PRESENTS: We would like to feel the presence of our wedding guests in our home. Please share with us a gift that will reflect the light of your soul into ours, *something that reflects the joy and color of life...* a bowl of polished river rocks, a piece of fabric that can be used to create a beautiful space, a book of your favorite poetry, anything Hawaiian, Moroccan, or Tibetan, a shiviti, hamsa, or other jewish art / ritual object that invokes a sense of awe for you, an artisan candle, a piece of torah that you love, dark chocolate (more than 70%), tye died socks (size 9 for both of us), a good film... *something laced with sentiment and beauty...* a cooking pot with your favorite recipe, a handmade ceramic bowl or mug, a written memory from a deep experience either of us shared with you, a hanging crystal on a beaded string (Margie says that if she had crystals hung in every window of her house, she would be very happy), your favorite music, your favorite novel, your favorite Chassidic book in English or Hebrew... *something practical...* we need Mediterranean style serving platters, serving dishes and serving utensils for our kosher kitchen, shabbos and yom tov tablecloths for our 7' dining room table.

SHABBOS ON SEPT 9: The Saturday before our wedding, Daniel and I will host a Shabbat service (and our aufruf) with the Chochmat HaLev community, which will be followed by a Kiddush. Daniel will be called to the torah to leyn (read) and Margie will give a d'rash (torah talk). We are not seeing each other the week before the wedding, so your job is to help us joyfully maintain our separate spaces.

KIDS AND THE LENGTH OF THE WEDDING: We love children and want to feel their presence throughout the meditation and chupah. The last dance may happen as late as 9:00pm, so for post-Chupah time, we are providing babysitting.

WHAT TO BRING AND WEAR: Bring musical instruments, drums and antics for Ketzayd Merakdim. Wear casual festive cool clothing... "tish" to "last dance" will span around 8 hours; it may be hot during the day, cool in the evening.

SHOMRIM: We are asking many of our friends to help us create our wedding ... These shomrim (guardians) each take responsibility for creating beautiful space, At this time, we would like to thank :Jhos Singer-Meditation;John Ehrlich chuppah music; Arik Labowitz-bedecken; Sara Hope Smith-Tibetan bowls; Risa WallachEl Moleh Rachamim; Mina BrombergKiddush and chupah blessings; Rav Avram Davis, Dolores Leavitt- main hall; August is our month to ask ... we will call you...

BLESSINGS: As a King and Queen, the wedding couple will have an enhanced power to bless people for an entire year. Ask us for one during the wedding ...

What's going to Happen on Our Wedding Day

1:00 Bride & Groom Tishes

A "tish" is Yiddish for table, and provides a time before the Chupah when the bride and groom receive their guests. Feel free to go to the Bride's or the Groom's Tish or hop between both. Friends will lead sing-along songs to raise the energy in each Tish.

- In our traditional Groom's Tish (located in the mediation garden), the Rabbi will go over the Ketuba (marriage contract) and the first two witnesses will sign it. After Daniel formally accepts the Ketuba, he will try to give a Torah Wisdom talk while his friends interrupt him with jokes and songs. This should loosen him up!

- At the Bride's Tish, (located in the Main Hall) Margie will sit on a "throne" prepared by her friends. Friends will entertain her with singing, drumming, dancing and lots of love-schmoozing. She will also follow the Sephardic (Spanish-Jewish) custom of giving a blessing to those who ask for one. If you want a blessing just approach her, lean close and whisper in her ear what you or someone you know needs; the bride will then bless you.

1:30 Bride & Groom Bedeken

When Margie is ready to receive Daniel, the Groom's gathering will dance and sing him over to her. When they arrive, Daniel will be delivered before her as she sits on her throne. The joyously singing guests will form a circle around them as the Bedeken Shomer (Arik Labowitz) facilitates the veiling and additional witnesses sign the Ketuba. Following this, everyone will take sit down in the main hall for the rest of the wedding.

2:00 Meditation and Chanting

Kala (bride's) choice... Margie requested that the tone for the wedding be set with a short and sweet chanting/meditation "sit." Maggid Jhos Singer will lead the sit with other friends helping with chanting, drumming and Tibetan bowls.

2:30 - 9:00 Chupah, Yichud/Hors-d'oeuvres, Dancing, Wedding Meal, More Dancing

We are grateful and blessed that both Rabbi Eliahu Klein and Baal Bracha Barry Barkin will be marrying us. John Ehrlich has offered to create the deepest and sweetest of kiddushin space with his Oud. After the chupah is over, there will be an hour for hors d'oeuvres and cold drinks (Margie and Daniel will take a little time to themselves during "yichud" and we will take a few portraits with the wedding shomrim)... after this, we will bring everyone back into the social hall for

- Circle Dancing and Entertainment of the Bride and Groom - "Ketzay Merakdim" Your mitzvah for the day is to rejoice with the Bride and Groom. During the joyous circle dancing, Daniel and Margie will be hoisted up on chairs and bounced around a bit, and then will be set down at one edge of the circle. As the music continues to play, everyone is invited to enter the circle and entertain the newlyweds with dance, pantomime, gymnastics, and general chachka-goofinesses. We invite you to prepare a little something for the "Ketzayd Merakdim."

- Wedding Meal and Dancing - Do we need to say anything else? The buffet wedding meal will be "ingredient level kosher"... vegetarian/fish. Let us know if you want a Hekshered kosher meal by answering the RSVP card.