



The Newsletter of Kol HaEmek (Voice of the Valley) June/July 2007
P.O. Box 416, Redwood Valley, CA 95470 Phone # 707-468-4536 Sivan-Tammuz-Av 5767
Please note all submissions preferred by the 15th of each month to carolrosenberg@sbcglobal.net

Check our web-page: www.kolhaemek.org

Friday, June 1, 6:30 pm KABBALAT SHABBAT with music of David Zeller. Veggie/dairy potluck with R.Shoshanah. Hosted by Margo Frank.

Saturday June 9, 10:30 am Shabbat Service and the Bat Mitzvah of Amanda Adora Katz at Brooktrails Lodge, Willits. Please call 489-0488 if you plan to stay for the luncheon.

Fri, June 15, 6:30 pm ROUND-THE-TABLE SHABBAT for folks of all ages (bring those little ones). Candle lighting, blessings and communal veggie/dairy potluck dining right away with song and story. Would you like to lead or host?

Saturday-Sunday, June 16-17 Prepare-serve dinner for the hungry

Wednesday, June 27, 6:44 pm Men's group at shul

Fri July 6, 6:30 pm KABBALAT SHABBAT and veggie/dairy potluck with R. Shoshanah. Would you like to host?

Sunday, July 15, 10 am prepare lunches for the hungry

Fri, July 20, 6:30 pm ROUND-THE-TABLE SHABBAT for folks of all ages (bring those little ones) - Candle lighting, blessings and communal veggie/dairy potluck dining right away with song and story. Would you like to lead or host?

Monday, July 23, Erev Tisha B'Av

Tuesday, July 24, Tisha B'Av

Wednesday, July 25, 6:44 pm Men's group at shul

GARDEN REPORT

You may have heard that Redwood Valley is facing a severe water shortage.

The landscaping was started with that possibility in mind; however, some of our drought-resistant plants are still young and will need some water during the summer. I plan to keep the automatic irrigation at an absolutely minimal level this summer. I may have to shut it off totally by August.

At my home in Redwood Valley we are now using shower and sink water for much of our irrigation, and plan to have a comprehensive graywater filtration system functioning soon.

I'm considering starting an "Adopt a Tree" program at the Shul to keep our plants alive. This is an opportunity to make a deep spiritual connection with a plant, and help sustain our garden for the future. Families that go by Redwood Valley at least every two weeks will be invited to adopt a particular tree (or other plant) to water. You can bring graywater or tapwater from your home. If you have kids, this will be a great lesson in caring for our planet.

Please call or eMail me if you are interested in participating.

Shalom!

Louisa Aronow, 485-1290, midnite@pacific.net



Portions of the Week & Holidays

June 2 - Behaalotecha
June 9 - Shelach lecha
June 16 - Korach
June 23 - Hukath
June 30 - Balak
July 7 - Pichas
July 14 - Matot Mase
July 21 - Devarim Hazon
July 24 - Tisha B' Av
July 28 - Vaetchanan Nachamu

We Remember

Dan Rosenberg - June 1
Harry Stanten - June 2
Edward William Wandrei - June 5
Helen Feinberg-Ginsberg - June 6
Harry Rothchild - June 10
Sylvia Elberg - June 10
Herbert Rubin - Sivan 24
Wilma Sizemore - June 17
Esther Andich - July 3
Solomon Elberg - July
Natalie Wachspress - July 8
Miriam Bleicher Rayberg - July 10
Ann Katz - July 21
Henry Lowenheim - July 22
Earlene Levitas - Av 10
Herman Greenwald - Av 23

Mazel Tov

to Steven and Joan Levin on the April birth of their granddaughter, Danerys, in Davis, CA.

Congratulations

to Carmel Stern on her graduation from Willits High and acceptance at the University of California, Berkeley. We know her family is very proud of her academic (and athletic) accomplishments.

We extend our condolences to Robert Mandel, who lost his mother Betty, *Zichronah l'brachah* (may her memory be a blessing) on May 6. She was 93 years old.

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 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.

With great sadness we learned that the wonderful musician Rabbi David Zeller died in Israel. We will celebrate his contribution to Jewish music at our Shabbat Service on June 1, 2007.



In My Opinion

As an officer of the Board I often get calls from either new residents of the community or people that have lived here a long time and have not previously participated in the Jewish Community. They often are interested in the Bar Mitzvah of their sons. Many speak of their blended families and all are somewhat tentative about their feelings of wanting some association with the Jewish Community.

I try to reassure them that our community is accepting of all who simply want to connect with their Jewish roots and that no previous training or memberships are required. It's a comfort to refer many to the Rabbi, or simply organize a way they can attend services or sign up to receive our newsletter, the *Shema*.

Simple acceptance and warmth from the community is so important and reassuring to those who make a first, tentative step into the "river of Jewish life." It's important to these families and it's important to our community. It was important to me.

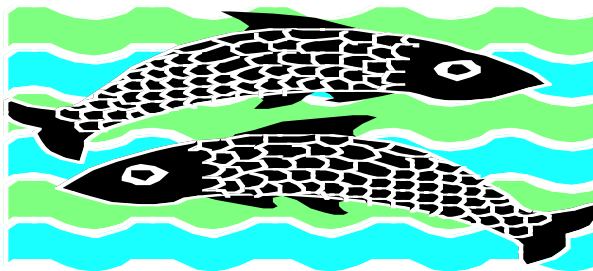
I was raised in a home where I knew my grandparents were Jewish but we were not. I was sent to school on Jewish holidays because my father believed all organized religion was wrong and refused any Jewish practice. My mother acknowledged her Judaism by lowering the window shades when food was served on Yom Kippur.

Then I met Dan Rosenberg and his observant parents! During the year before we married, I experienced only warmth and patience from his family in explaining to me Jewish ritual and practice. They also invited me to share all the celebrations of the Jewish year with them and their community. Their welcome was very precious to me.

For me the next most important introduction to Judaism happened in a Chicago fish store shortly after our marriage. I was a 19-year-old bride living 300 miles from home. Passover was coming and I decided to make gefilte fish for our first Seder. I copied the recipe from the little book my mother-in-law gave me. After school I went to find a fish store to get the ingredients. I waited my turn at the busy counter and made my simple request for white fish and pike. The store owner looked at me very carefully. He said, "We use slightly different fish here in the Midwest. I'll grind it for you and it will come out even better than the white fish and pike." I agreed, but with some concern; I admitted that I had never made it before. He then smiled, turned to the other customers and said in a loud, cheerful voice, "This Kallah is making fish for the first time!" Everyone in the store smiled and called out "Mazel Tov!" to me.

I carried home more than fish that day. I carried a sense of belonging to the community of Jewish women all preparing for our holiday.

*Sincerely,
Carol Rosenberg*



Update on Darfur

On Yom Kippur, during the open Torah portion, I held the Torah and made an intention to work harder towards helping the people of Darfur. With the support of many people, this is what has been accomplished so far. Our own congregation sent close to \$600 to support the solar cooker project of Jewish World Watch. Our Sunday School children raised almost \$300 with their bagel and lox fundraiser. At Ukiah High School we raised \$1,150. Our Interact Club, which is affiliated with Rotary International, was instrumental in collecting this money, and also agreed to double whatever was raised. We sent a check to Jewish World Watch for \$2300!

On April 26, I had the honor of being invited to join a conference call with Rachel Andres, the Director of the Solar Cooker Project and about twenty-five other individuals from all over the United States, who, like me, have been involved with this project. Joining us was Derk Rijks. Derk is an African engineer with a Ph.D. in water, soil and weather! He is the "man on the ground" who developed the technology and supervises the administration of the solar cooker project in the camps. The project is a cooperative effort between Jewish World Watch, KoZon (a non-profit group in Holland) and Solar Cooker International. He spoke with us for about an hour and the conversation was both inspirational and heartbreaking.

I learned so much about the project. I thought that the cookers were shipped over to Chad. But, actually, a small factory has been built in the Iridimi camp, and the cookers are built there by women who live in the camp. These women are paid both to make the cookers and to train other women to use them. They can produce about 1000 cookers each month. By the end of May, all the families in the Iridimi camp will each have two cookers. There are 17,000 people living in the camp. As Derk so charmingly said, "Unfortunately, the cookers do not have eternal life!" At first Derk thought the cookers would only last three to four months, but the women are taking such good care of them that they are lasting six or more months. The women will keep making them to replace those that wear out. They will also start sending them to the nearby Touloum camp where there are 22,000 refugees. Over 2 million people in Darfur have been displaced and are living in camps. The majority of them are women and children.

The cookers' most important purpose is to reduce the risk of rape and death which the women experience if they have to leave the safety of the camp to get firewood. They often had to walk forty miles from the camp to gather wood. There are also other benefits to using the cookers. Solar cooking gives the women more free time to interact with their children, because they don't have to watch over a fire. Many of the women care for other orphans besides their own children. Solar cooking also improves the health and appearance of the women. When cooking over firewood their eyes & noses run, they are covered with soot from head to toe, and their clothing is filthy and can catch on fire. Derk noted that despite their extreme conditions, the women still have pride in keeping up their appearance as best they can.

The majority of the donated food comes from the United States and Europe. This is mostly maize meal, cooking oil, and occasionally lentils, beans and split peas. Only non-perishable food can be sent, since it takes about three months before it gets to the camps. The refugees receive no meat, fruits, milk products or vegetables. There is not enough water in the camps for gardening or livestock. The Norwegians came in and built water holes, so there is filtered, quality water through pumps. But, each person is limited to three gallons per day. This water is used for cooking, bathing, washing clothing, and drinking, and the temperature averages about 108F degrees daily!

Darfur Report, continued:

Although there are also refugee camps in Darfur, it is extremely dangerous and most relief workers have left. Anyone going into Darfur has a high probability of being harmed (one in three). Chad also has problems, but according to Derk, it is safer, especially if you know what you are doing and are extremely careful. Only workers and projects deemed essential are allowed in the area. Fortunately, the solar cooker project has been deemed essential and Derk is able to keep working there.

I'm not sure what I will do next to keep working towards making a small difference in Darfur. I have been thinking about trying to do a citywide collection this summer for the solar cooker project. I don't want to do a "fundraiser" because it's too much work. Maybe I'll set up an information table somewhere central (the weekly Farmers' Market?), put up posters, letters in the papers, who knows? I would love to hear from anyone who is interested in helping or has some ideas about how to do this.

Judy Corwin



NO TIME TO LOSE

Read from our Torah on Rosh Ha Shonah and Yom Kippur in September--make your commitment now!

One of the most thrilling and fulfilling roles we can assume as Jews is to read from the Torah. Because of the nature of our congregation, we usually do this only during the High Holidays. I have seen readers weep from happiness after they read the ancient Hebrew. It is a mystical event.

This year we need eighteen readers: three parashas, three readers each on Rosh HaShonah and three parashas, three readers each on Yom Kippur. The first is Genesis, the tale of Abraham and Hagar. The second is Leviticus, laws of sacrifice. I would be pleased if we could have a mix of recent Bar and Bat Mitzvahs, their parents, new readers from the community, and elders.

Three months is more than enough time to learn four sentences of Hebrew, even if your skills are very crude. We have a gradual training system. First you read the transliteration and listen to the Hebrew via an audio tape being chanted for your portion. Then, once generally familiar with the rhythm and words, you can make out the Hebrew with vowels. After you follow the Hebrew (and the chanting helps enormously to master the words), you'll have the unvowelled Hebrew too, so as to become familiar with what you'll see on the Torah scroll. Anyone needing coaching and tutors, don't worry. Someone will help.

Jo Ann Rosen went from zero to beautiful chanting in a few months. Join her this September. Contact me at 459-5850 for a reservation. We'll choose a section and you will receive your packet of (1) a transliteration; (2) an audio tape of the section; (3) vowelled Hebrew with the English, side by side; and (4) a facsimile of the calligraphied Hebrew. Once you are comfortable with your section, we will have a final practice session with the Torah itself. You'll be going to Miami, Jewishly speaking, of course. Take this marvelous opportunity and share the joy of our Torah.

With best wishes,

Bill Ray

450-5850; wjray@sonic.net

Dear KHE Chaverim,

Two people told me this past week in two separate situations that they don't believe in prayer, because it doesn't work. They both had people die on them, even though they had prayed for their healing. And one of the people who died had immersed himself in prayer as well, not only praying with words, but illustrating words of traditional prayer with paintings. In fact, he painted one such picture just the day before he died, and had it hanging on the wall in front of his bed so he could gaze upon it.

Now does prayer only work if we get what we want? Is that the proof that our prayer is answered? By praying, we are expressing a yearning to be connected to something larger than ourselves. We express our need to rely on something greater than our own limited abilities as we navigate and negotiate the sea of life (and death). The very act of prayer expands us, helps us reach beyond our current limitations, and shifts us into awareness of the awesome mystery of being alive. In the midst of our weakness, we summon strength to voice our needs, to shape our pain, hurt, hopes, desires into words and express them. (Of course, we can also bypass words, and pray via movement, preverbal sound, music, visual art, etc.).

In the best of situations, the very act of praying transforms the situation from the mundane to the holy. As rabbi, but even more so as chaplain, I often offer a prayer before parting at the end of a visit. My experience is that most people relish hearing a prayer offered for them. On occasion, the person I am praying for offers a prayer for my wellbeing, and I am always deeply moved when this happens. Perhaps you have been at services at Kol HaEmek when we have taken a moment to bless one another, especially when we have paired up and each partner in prayer blesses the other. A caring intimacy is created in the moment that impacts both the blessing and the blessed, regardless of whether Big G officially answers the prayer by granting the wish.

This week someone complained to me that everyone he knows is praying for him (not in his presence), but he's not getting better, so prayer is a waste of time and effort and doesn't work. Well, first of all, in his case he IS getting better, just not at the pace he'd prefer. And doesn't it mean something to him that so many people really care about him enough to keep him in their hearts and minds and keep on praying for him? I ask people I'm with if they'd like to pray together before I start talking to God on their behalf. One woman responded that no, she didn't want us to go into official prayer mode, because she considered our entire conversation to be prayer. Her comment deeply touched me.

A chasidic rabbi suggested that the very utterance of prayer IS the presence of God--that God is present in the act of praying. This fits in with the kabbalistic emphasis on the importance of kavanah, intention, in prayer--to pray with all one's heart, soul, and might. Kavanah comes from the word "to aim" as in aiming an arrow, and the root letters of kav mean a line, so in praying with kavanah we are aiming for God and aligning ourselves with God. So whether our prayer goes out to God, or whether God's presence is felt within (or both), the act of prayer can help us to manifest the holy in the moment.

It would be hubris, in my estimation, to measure the efficacy of prayer by whether the prayer is answered as requested. Scientific studies go back and forth on the efficacy of prayer in healing the sick.

continued:

Perhaps you are familiar with the popular distinction between healing and cure, which posits that a person may experience great healing even though that same person is not cured of illness. In fact the person might die of the illness, and yet have died healed. This view acknowledges that we are much more than our bodies, and that we don't have complete control of what happens to our bodies. But healing occurs when a sick person is in an emotional, mental, and spiritual place of wellbeing and integrity despite the illness. And praying and being prayed for can contribute to such healing.

Did you know that the daily Amidah prayer (traditionally said three times each day--morning, afternoon, and evening) includes a blessing for healing as well as an opportunity to put in the names of those whom we want to see healed? This is the prayer that we spend in silent meditation in our Shul (traditionally, it's always done first silently, and then, if a minyan is present, repeated out loud communally). So next time you are in silent prayer, you might want to pray for those persons, including yourself, who are in need of healing.

In the parashah *Be'ha'alotcha* for the first Shabbat this June, we read of Moshe praying to God to heal his sister Miriam from leprosy. Moshe's words, *El Na Refa Na Lah*, "Please God, please heal her", have become the basis for many current healing chants. We recite the prayer in the feminine regardless of whom we're praying for, intending that the "her" refers to the person's soul, which in Hebrew is feminine. How beautiful that the classic prayer for healing which we say when the Torah is open calls for *refuah shleimah, refuat hanefesh, refuat haguf*, "perfect and complete healing, healing of soul, healing of body". Judaism recognizes the need for healing of the soul, and places it before healing of the body, although we pray for both. Perhaps you are familiar with the beautiful song by Debby Friedman based on this classic blessing:

Mi sh'berach avotenu, m'kor habrachah l'imotenu
Bless those in need of healing with *refuah shleimah*
Renewal of spirit, renewal of body, And let us say *Amen*.
Mi sh'berach imotenu, m'kor ha brachah l'avotenu
May the Source of Life, who blessed the ones before us
Help us find the courage to make our lives a blessing . And let us say *Amen*.

B'shalom oovrachah = In peace and blessing, Shoshanah

BAY AREA JEWISH CONNECTIONS

Welcoming visitors this summer? Here are ways to explore Jewish San Francisco:
For more information about a Jewish view of San Francisco, and connecting to Jewish life,
call Jewish Community Information and Referral:

415-777-4545 (local toll-free 877-777-5247) or email info@jewishinfo.org

Jewish Community Information and Referral is a free, confidential service of the Jewish
Community Federation of San Francisco, Marin, the Peninsula and Sonoma County,

www.sfjcf.org

The Jewish Community Federation is sponsoring a big celebration of the 59th birthday of
Israel on Sunday, June 3, from 10 am to 5 pm at Yerba Buena Gardens in SF.

Pencils!

On Shavuot, while working at the shul on mandala designs, several people asked where to find the "fat" colored pencils. They are available at **Three Sisters**, 112 School St, Ukiah, 462-2320.



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)

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 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)