

THE
CHRONICLE

OF CONGREGATION NEVEH SHALOM



**THE WELLNESS
ISSUE**

HEAD IN THE CLOUDS

WELLNESS, WONDER
AND WHY

UNCOVERING MENTAL HEALTH WITH
SENATOR ELIZABETH STEINER HAYWARD

**BIKKUR HOLIM:
VISITING THE SICK**

THE SPIRITUALITY OF
CARPOOL KARAOKE

AND MORE

Connecting with Neveh Shalom

Back to Shul Celebration



Shomrei Teva Tashlich Hike



Scrolling the Torah Before Rosh Hashanah



Men's Club Sukkah Build



Wise Women! in the Sukkah



Science and Spirituality with Sally Segel and Bonnie Davis



USY on Wheels with Sisterhood



A Satisfactory Coalition

By Rabbi David Kosak

There's a quote by John C. Lilly that I am thinking about. Dr. Lilly was an early pioneer in the academic study of human consciousness who had the misfortune of being a bit too far ahead of his time. He's the one who first compared the human mind to a computer, something that is now almost a clichéd metaphor, but was unthinkable in the 1950s when he penned that concept.

His insights also led to the intimate work between humans and dolphins. Indeed, I have an indelible memory of the time my family and I had the opportunity to swim with dolphins in Florida. I indirectly owe that experience to Lilly.

He also developed the sensory deprivation or flotation tank where he continued his experiments in human consciousness. In one of his many books that outlined some of his work at the National Institute of Mental Health, he wrote that "Responsibility starts with a satisfactory coalition between one's self and the demanding 10 trillion cells of one's own body."¹

The responsibility he speaks of is really what today we might call "wellness." Wellness is not being free from illness; it is the dynamic state in which our physical, mental and social well-being are satisfactorily integrated. In my pastoral work, I have often encountered very ill people who live in a state of elevated wellness. If wellness were merely the absence of sickness, that would be impossible, but something more is at work.

To some ears, that might strike a new-age or highly modern tone, but our ancestors held a very similar perspective. The Bible itself commands us, "*rapo*

y'rapei"—"Heal, you must heal!" In a famous Talmudic dictum, we learn that one who visits the sick removes 1/60th of their illness. Based on the commentary that surrounds this notion, we can infer that our sages were speaking of our mental and social well-being. Our medieval mystics, meanwhile, understood that our emotional and intellectual states also had to be in a healthy alignment. The image they used to portray this concept was of a balanced flow of energy descending from God into our world and into each person's body. When that balance is lost, those pathways get blocked, creating dis-ease.

Over the High Holy Days, I spoke about the power of prayer and shared the story of my father's deathbed. That moment of *penimiut* or inwardness allowed me to experience a deep connection with my father, a space of personal transformation. In the deepening of my own theological understandings, I have come to realize that this inwardness is not separate or different from what happens in "the outer" social realms. That is one of the reasons that our science is beginning to uncover how prayer—ineffable, distant, composed of nothing more than thought and words—can impact another person's physical well-being. Prayer is a mechanism that forges connections on multiple levels. It is a feature of wellness.

Here's the conundrum of our age. Our medicine has never been better. Until the start of the 19th century, life expect-



tancy in Europe hovered between 30 and 40 years of age. We've doubled that in the intervening years. Yet on a societal level, stress hormone levels like cortisol have become elevated, and with them dis-ease such as anxiety, diabetes and obesity, and sleep deprivation. High cortisol levels also impair our cognitive abilities and may be one contributor to the breakdown in rational public discourse and our retreat into tribal identities that relieve us of the burden of thought.

There are many explanations for these issues, but it is safe to claim that our social and emotional realms are suffering from environmental changes such as the cell-phone, longer work hours, and our always-on society. Our emergency fight or flight system has become chronically activated. All around us, wellness

Continued on page 4

¹ *Programming and Metaprogramming in the Human BioComputer*

Head in the Clouds

By Rabbi Eve Posen

Rabbi's Corner

You probably already know one of my favorite parts of my day is the time I take to walk. But what you might not know is that my type of walk is a very specific one. I don't walk on a treadmill or on a track in the gym, primarily because indoor exercise feels lacking to me, and especially because I use my walks for my mind and body. I clear my head, I brainstorm new programs and sermons, and I find myself at peace. Needless to say, walking outside all the time can mean that sometimes I'm bundled up, and sometimes I'm seriously sweating it out. In Portland, it often means that my walks happen in the morning fog and clouds that hover over our hilly neighborhood. Ironically, when I'm physically in the clouds is when I find myself most clear-headed.

in order to "find God." Way back in *Bereshit*, the descriptions of the earth mention being covered in a fog-like substance that then swirls and whirls and separates into water and sky before the land takes shape. Walking in fog can be a surprisingly spiritual reminder of a preformed world.

In the penultimate Torah portion, *Parshat Ha'azinu*, is a poem which warns of the negative behavior of the Israelites, but reminds us of the blessings that will come to them with the good behavior they are capable of. The text ends with Moshe ascending the mountain into the clouds as he takes his leave of the Israelite nation. This *parshah* is the link between generations, between new and old leadership, and between living on earth (in the land of Israel), and living with God (on top of the mountain in the heavens).

This text reminds me that Judaism can speak to your soul and your brain; it can challenge your mind and your body. Judaism provides us with a mandate to be "good," not just to fellow humans, but also to ourselves. Go for a walk and lose yourself in the clouds. Take a break from the hustle and bustle of the day, and do something that will make you find your



center so you can be the best you need to be.

Wherever you are, with your head in the clouds or your ear to the ground, there is a piece of Torah for you. As we enter a new year of learning and living, may we find ourselves growing and engaging with our spiritual selves as well as with our physical world, and may the journey be filled with blessing, challenge, and success.

A Satisfactory Coalition *Continued from Page 3*

is in jeopardy. We are all witnesses to the consequences. Cynicism, rage, and feelings of powerlessness are rampant. Substance use and abuse affect all segments of society.

There are a great many approaches to enhancing our wellness. Some are well-known. Exercise and a healthy diet.

Deep friendship. Joy and recreation in nature. Music. Prayer and spiritual practice. I add a flotation tank session to my mix once a month, but once every two weeks would be more ideal, which highlights an important feature of wellness. None of us get it fully right and that's OK. Wellness starts with a satisfactory coalition, or relationship, between one's

self and the demanding trillions of cells of one's own body.

Let's all just commit to improving one or two areas of that coalition.

There's no end to where it can take us. Warmth and blessings,
Rav D

Updates from Jason

President's Corner

By Jason Kaufman, President

When I found out that this issue was going to focus on wellness, I wasn't sure what to write about.

It caused me immediately to focus on my own health, which wasn't comfortable at all. I have Crohn's Disease. It affects me more at times. Stress doesn't help (and yet I have gotten true joy from being your president to date). However, the more I thought about it, the more I see that when we are healthy – spiritually and physically – the better our lives can be. I know that most of us struggle with one or both.

The statistics about mental health are sobering. Suicide, depression, Alzheimer's, ADHD/ADD, just to name a few. Over 450 different mental illnesses. Who hasn't been affected by at least one of these, whether yourself, a family member, or a friend? Conservatively, mental health affects one in four people. That is 200 of your fellow congregants.

Sadly, we as a kehillah don't focus on mental health within our budget – \$0

are dedicated solely to this (and yet, an opportunity). Yes, our clergy and staff do the best they can and partner with you in conjunction with other organizations. For me, that is not good enough, and we fail if we cannot and won't do more to harness our enormous power to help.

CNS is a place of spiritual solace. Research from Wake Forest School of Medicine shows that spirituality (aka mindfulness) affects mental health in a big way and can reduce pain even further. Baylor University researchers also found that individuals who regularly attended synagogue reported greater life satisfaction. So, yes, we do offer ways for each of us to improve – through morning minyan (or Tuesday/Wednesday afternoons with the ALL-YAH program), Shabbat and Holiday services, and other programming. It helps me focus (even for a bit of time) in this technologically-driven, 24/7 world.

So, my question is, "What areas are appropriate for us to look at and potentially fund to help our kehillah with mental health issues?" We need to bring



this conversation out in the open, and I want CNS to be a leader in our Portland community in this regard. I look forward to continuing the conversation with you. Thank you for being a part of our wonderful kehillah.

L'shalom! - Jason

The Chronicle **No. 2 ~ Nov/Dec 2018**

*Supported by the Sala Kryszek
Memorial Publication Fund*

To contact us with ideas, comments,
or to become a contributor:
programs@nevehshalom.org

Subscriptions and member news:
news@nevehshalom.org

Membership inquiries:
programs@nevehshalom.org

For a full staff list go to:
nevehshalom.org/clergy-and-staff

Congregation Neveh Shalom
2900 SW Peaceful Lane
Portland, OR 97239
(503) 246-8831
www.nevehshalom.org
[facebook.org/
CongregationNevehShalom](https://facebook.org/CongregationNevehShalom)

Lead Editor: Lindsay von Colditz
Graphic Designer: Brian Rohr

CONTRIBUTORS

Rabbi David Kosak, Senior Rabbi
Rabbi Eve Posen, Assistant Rabbi
Cantor Eyal Bitton
Jason Kaufman, President
Mel Berwin, Director of
Congregational Learning
Eric Brown
Eadie Kaltenbacher
Jenn Director Knudsen
Cheryl Livneh
Sarah Rohr
Whitney Thaxton

The Spirituality of Carpool Karaoke

By Cantor Eyal Bitton

A couple of months ago, I watched a thrilling installment of Carpool Karaoke on the *Late Late Show with James Corden*, which featured special guest Paul McCartney. At the very end of the installment, Paul and his band performed *Hey Jude* to an unsuspecting audience in a hometown pub – followed by one in front of yet another unsuspecting audience on the set of Corden's show. The atmosphere was electric, exhilarating, and filled with what I can only describe as love.

As the audience joined Paul in singing that famous ending, (“*Na, na, na, na-na-na-na, na-na-na-na, hey Jude*”), my eyes welled up with tears. It was so beautiful. Their faces lit up with elation and sheer happiness. They sang with all their hearts, and as their voices rose up, even with all their souls. It was just so beautiful. It struck me that this wasn't

This spiritual moment was brought about through the power of music and a shared experience of it. And the most charged moment of the song wasn't filled with lyrics but with “*Na na na na*” – something unsaid; only a melody.

The idea that music is connected to our spirit isn't new. King Saul, Israel's first king, suffered from an unexplained mental condition described as a bad spirit sent from God — *ruach ra'ah* or *ruach Elohim ra'ah*.

To heal him from his anguish, young David, a skilled musician, was brought in to play for Saul. When Saul's unexplained ailment would strike, “David would take the lyre and play it; Saul would find relief and feel better, and the evil spirit would leave him” (1 Samuel 16:14-23).

Our ancestors lived in a time when wellness was seen as a divine gift — and when music was instrumental in obtaining, maintain-

ing, or recovering such wellness.

Music of the synagogue, in the synagogue, experienced collectively, sung together, with words and sometimes without words, is a powerful force for spiritual wellness. I have had so many congregants express to me the transformative effect of services – be they Shabbat, Simchat Torah, Yom Kippur, or other



ones. 17th century poet and playwright William Congreve wrote that “music has charms to soothe a savage breast.” This was certainly true for King Saul. But why wait for spiritual anguish when the opportunity to experience musical spirituality and wellness is at hand throughout the year, the month, and the week?

In a spiritual community such as Neveh Shalom, we gather together to feel a connection to each other in celebration of the human experience, in celebration of what it fundamentally means to be a human being. We do this in services throughout the year. And music is an intrinsic part of that process. Music is an elevated form of speech, bridging intellect and emotion, expressing what we can put into words and what we cannot. It connects us to the ineffable, to the sublime, to our strongest emotions, whether sad or happy, and, just as with Paul McCartney on Carpool Karaoke, with **each other**.

Music of the synagogue, in the synagogue, experienced collectively, sung together... is a powerful force for spiritual wellness.

just nostalgia or being starstruck. It was that this was nothing less than a spiritual moment.

Here was a hall full of people who didn't know each other yet who now, thanks to this inspirational piece of music, were united. Suddenly, these strangers — and anyone watching — could connect, not just to the music, but to each other.



Sophie Ellis – November 10

Sophie is the daughter of Marla and Earle, sister to Solomon, and twin to Sara. She is the granddaughter of Klaus and Ellin Jaeger, Cindy and Earle Ellis, Joyce and Vern Skogen. She attends Athey Creek Middle School as a seventh-grader, where she enjoys playing percussion in band and hanging out with her friends. In her free time she enjoys playing piano, singing and dancing, as well as cooking, and photographing her friends and cats. Sophie loves traveling. She has been to Israel, Amsterdam, and Australia to kick start her travel-the-world desires. She loves going to camp every summer, this being her sixth year. Sophie is very excited to become a bat mitzvah alongside her twin sister Sara.



Sara Ellis – November 10

Sara is the daughter of Marla and Earle, sister to Solomon, and twin to Sophie. She is the granddaughter of Klaus and Ellin Jaeger, Cindy and Earle Ellis, Joyce and Vern Skogen. She attends Athey Creek Middle School as a seventh-grader, where she enjoys playing clarinet in band. When she's not doing gymnastics, playing piano, or drawing, Sara enjoys hanging out with friends and family and baking. Sara also enjoys B'nai Brith camp, having just completed her sixth summer there! Sara is very excited to become a bat mitzvah alongside her twin sister Sophie.

Video Streaming Comes to Neveh Shalom: You'll See Us in Shul! *By Eric Brown*

The CNS team is very excited to announce that whenever you are unable to join us in person, there's no need to miss out! In response to requests from our congregants, we are pleased to offer live-streaming in both audio and now video formats for the main services — plus selected events, programs, and classes that are happening in the Main Sanctuary or the Stampfer Chapel.

We tested the video during the High Holy Days this year. A number of congregants and friends were able to watch the Main Sanctuary services in real time from their homes. We are excited to say that it all worked great.

This is in large part due to the dedicated work of CNS member/volunteer Ed Kraus and our Facilities Director, Kurt Rice. We are all grateful for their tireless efforts.

In addition to Shabbat services, another exciting example is that you can view Rabbi Stampfer's sold-out class on the Bible live on Thursdays at 11am. This is also ideal for b'nai mitzvah families when relatives and friends cannot travel to join us in person.

According to Ed Kraus, "Video live streaming is best done with a phone or computer that has good internet access. If the internet connection is not fast, you might want to use the link for audio only as it uses much less bandwidth."



Screenshot of Rabbi Stampfer's class being live-streamed

While we'll always miss seeing you in shul, we are excited that you'll still be able to participate with us!

You can find the link to stream from our website's homepage, or visit: nevehshalom.org/live-streaming.

Wellness, Wonder, and “Why”

By Mel Berwin, Director of Congregational Learning

Each year, I take stock of my situation: How am I doing physically, emotionally, socially, intellectually, and spiritually? What are my goals in those areas for this year? I’ve never used the term “wellness” to describe this self-assessment, but it’s a fitting term, because it speaks to the holistic and interconnected nature of our being. That interconnectedness is being borne out over and over in new scientific research—the connections between our physical and mental health, for example. I also love that wellness isn’t about perfection. Each aspect of our health is an ideal; it’s a process, and a balancing act.

Wellness in Our Families

As parents, we know this balancing act all too well. I’ve been in a Dialectical Behavior Therapy program for the past year with my daughter. This form of therapy is all about wellness. Through DBT, teens and parents learn about ways to manage stress/distress, anxiety, and depression. One of the teachings in DBT is that we always have two choices in any given challenging situation: we can accept things as they are or we can try to change them. How many times a day do parents confront this choice? I see an unattractive or unhealthy behavior in my child: Am I accepting that this is where they are right now, or am I problem-solving a way to help them shift their perspective and their actions? These daily decisions require our own mental/emotional balance, yet another way that wellness is interconnected. My wellness becomes a stabilizing factor in the wellness of those around me.

At the end of last school year, I had a conversation with my three kids. I asked them to take stock. What was something they were proud of in this year, and

what is a goal they have for the coming year? I was touched by what each of them said; our family overall had a very hard year and yet they were able to talk about their own personal development, and about the deeper connections they had with each other as a result. Wellness in our families takes a lot of different forms. It’s usually not that everyone is “fine”—wellness often means that we are aware of, and supporting each other through the balancing acts, the areas of strengths and weaknesses, of each day. Wellness, in our families and communities, requires open communication, trust, and making time for the bigger conversations.

Wellness in ALIYAH and Our Synagogue Community

Bigger conversations is what it’s all about in ALIYAH this year. Our theme for the year: In ALIYAH we start with Why. In other words, we are challenging ourselves as educators to start each session and each unit of learning with the Why—the big idea, the purpose, the deeper meaning of holiday observances, lifecycle rituals, Hebrew, and prayer. We are enjoying the deeper conversations that are spurred as our students, in turn, explore their own Why and their own experience of our traditions and culture.

I’m personally finding it an enjoyable challenge to start with Why in ALIYAH. One example: At the beginning of the year, I greeted all of our students in Zidell Chapel to introduce the Why of *tefilah* (communal prayer). I told them we come to *tefilah* because as humans we wonder. We wonder about God, about



Mel Berwin, Director of Congregational Learning

the world, and about what our purpose is here—what we are meant to do and how we are supposed to get there. Prayers give us a language for our wonder.

Synagogues have a special place in the work of wellness with children, families, and adults. What other organization holds the opportunity to engage with people throughout their family, community, social, emotional, intellectual, and spiritual journeys? I consider it a special responsibility and privilege to do so.

Whether through prayer or through other means, we all (children and adults) benefit from finding time to wonder, to take stock, and to be present for the big conversations we need to have in our lives. Sometimes this takes skill and practice, sometimes therapy or other resources, and sometimes, we can stand back and feel gratitude such as we express in *Modim* (at the end of *Amidah*):

We thank You for Your miracles that accompany us each day, Your wonders and gifts that are with us each moment.

Health in Our Community

By Whitney Thaxton

“Against an age of alienation, isolation and polarization, we are building a community of connection and encounter. Our goal is to fulfill the prophet Isaiah’s dream: Neveh Shalom will be a house for people of all backgrounds, orientations, genders and viewpoints. We will then share our culture with the larger community and world.” – Rabbi David Kosak

It’s been said that our society should be judged by the way we treat the most vulnerable among us. Community is important not just because of the benefits it provides, but for the sense of belonging it imparts. The knowledge that every person is valued and deals with each season of life in different ways is essential to the continuation of a successful community. It is our responsibility to perform the mitzvah of assistance when we are able.

The Hesed Committee of Neveh Shalom does just that. First set up almost 30 years ago, the Hesed Committee lends a hand by dropping off meals for those sitting shiva, bringing groceries to a family adjusting to a new addition, or running errands for someone in a difficult season of their life. It acts as an important part of our most essential safety net. The committee is currently looking



Barb Schwartz and Shari Cordova, Co-Chairs of the Hesed Committee

for members to be a part of the group and to be on standby to aid those in our community in need of help.

We are part of a kehillah that implores visitors to “find your place” as one of the first things on our website home page, with a quote from one of our leaders

that declares “we are building a community of connection and encounter.” When assisting those who are in need of help, we contribute not only to their immediate comfort and wellness, but also to our own as part of a larger whole. We help weave that social safety net, and reinforce its strength with our deeds.



The knowledge that every person is valued and deals with each season of life in different ways is essential to the continuation of a successful community.

To be a part of this wonderful group, or if you are in need of support, please contact Sheri Cordova at (971) 754-4177, nonasheri43@gmail.com or Barb Schwartz at (503) 221-0619, barbschw@gmail.com.

Uncovering Mental Health with Senator Elizabeth Steiner Hayward

Introducing Elizabeth Steiner Hayward

By Eadie Kaltenbacher



Congregation Neveh Shalom member Senator Elizabeth Steiner Hayward is a family physician and has seen the importance of mental health first hand. Elizabeth is also a State Senator, helping to craft legislation for Oregon, chairs the Health & Human Services budget committee, and serves on the Senate Committee on Health Care. Elizabeth works to ensure Oregonians have access to preventative and ongoing mental healthcare within the healthcare environment. She has been open about living with depression her whole life.

As a guest speaker in the Science and Spirituality Series at Neveh Shalom this past October 24th, Elizabeth discussed the science behind mental health with the goal of reducing its

stigma. She also delved into how a rich spiritual life can help with both prevention and treatment of mental health issues. Spirituality gives us purpose and connection, and enables us to stay engaged with our community. It has been shown to improve longevity and reduce depression and anxiety.

Science and Spirituality is a new lecture series which began in October and will run through May 2018. This monthly series asks, "How do the fields of medicine, genetics, physics and brain science influence our religious ideology and spiritual care — and vice versa?"

For more information, and the latest schedule, please visit: <https://nevehshalom.org/science-spirit>.

Interview with Elizabeth Steiner Hayward

By Mel Berwin

What is the biggest issue facing our society (or our state) relating to mental health?

There are actually two. The first is the ongoing stigma. Although we think we've made progress and in some ways we have, I was just in Eastern Oregon talking to someone who said, "I don't know why people don't just pull themselves up by their bootstraps." There is still some portion of our population who believe it's a moral failing to live with mental health challenges or addiction.

The second is a lack of adequate treatment options. We need more professionals in the mental health field, and we need more access to mental health services overall. Physicians who work in mental health don't get paid as much because it's not as easy to show what you're accomplishing as it is when you're treating diabetes or saving people from heart attacks. Mental health professionals should get the same pay and respect that other physicians do.

What are some steps that would be helpful in remedying this situation?

One thing I've been working on is creating a robust set of standards for a primary care home model of healthcare. This model integrates primary care with mental and behavioural healthcare. It makes a big difference for people to have one door to walk through for medical and mental healthcare rather than having to go to a different clinic for each.

It helps to have more and more people be willing to talk about their own struggles—whether that’s depression or diabetes or addiction. We need people to be able to share, even just saying, “This is hard, and I’m working hard to deal with it and I need help from my community.”

We also need to standardize certification so people can have confidence that the treatments they receive are evidence-based and they know what to expect of their care.

We’re also working on passing laws to change our response to the opioid addiction crisis. This is a substance use disorder; we’re criminalizing people for having a health problem. We need to divert more people to treatment—and have more treatment options available—rather than saddling people with felony charges.

What are you most proud of in your work on this issue over the past several years?

There are a lot of different pieces I’ve been involved with, but I’m proud of being public about my own struggle. It’s made a big difference to a lot of people. I’m glad that I’m able to lead by example.



How did it feel to publicly discuss your depression five years ago? What has happened as a result of you going public with that information?

It came out spontaneously—I didn’t plan it, but it was the right thing to do, and people are still approaching me today about the impact it made, and how it helped them see depression differently. I’d say 90-95% of the response to my talking about my depression has been really positive. In 2015, when we were trying to pass some gun safety laws, they used that information against me, but the vast majority of people that I interact with have responded in really positive ways. I also talk about the fact that I’ve been privileged to have really great care—which means I don’t have the struggle that a lot of people face.

Do you feel there’s a connection between living with MS and living with depression?

My baseline depression comes from genetics; we have a strong family history of depression in my family. And people with MS are known to have a higher rate of depression, but it’s hard to know whether that depression is from changes in the brain due to MS or from the challenges of living with a chronic disease. What I do know is that when I’m feeling depressed, I can’t do the things I need to do to keep myself healthy for the MS. A lot of what I do to help my depression also helps my MS. Exercise is the main thing, and also keeping a robust social life. Whenever you have multiple chronic illnesses they become intertwined.

In many cases we focus on the challenges and burdens of diagnoses, but I’ve found there are often hidden blessings as well. Have you ever experienced positive sides of living with MS or with depression?

MS has helped me prioritize what I do with my life and to be better about self-care. It’s also given me more insight as a physician into what other people deal with.

The only blessing of depression is that it’s allowed me to be upfront about it and able to help move the conversation forward. Experiencing depression has helped me articulate the problems that

"It helps to have more and more people be willing to talk about their own struggles."

people with mental health challenges face, and gives me credibility on the issues. As a physician and also as someone who lives with it, I can talk about the fact that it’s hard to engage anyone in their own treatment if they’re depressed or addicted or having hallucinations, for example.

Do you feel that the stigma of mental health challenges is shifting as depression and anxiety in particular have become more prevalent and have become a part of our daily discourse?

Definitely. The Joint Committee on Student Success is looking at a range of issues affecting kids in K-12 education. Teens in all parts of the state told us that they need more mental health services in order to be successful in school. On the one hand, it’s concerning that so many teens consider depression and anxiety to be so widespread, and they don’t have the tools and resources to deal with it; on the other hand, it’s great they can be so articulate. What I learned from listening to them is this: it’s clear we have an even bigger challenge around mental health resources than we think.

Board of Directors New Member Profiles

By Jenn Director Knudsen

Congregation Neveh Shalom’s 28-member Board of Directors represents nearly every constituency of the more than 800 members in our busy building. Our group meets the third Thursday of every month; the 10 board members on Executive Committee meet twice monthly. Many on the board also chair or are active on committees, such as finance, education, cemetery, auction, and membership.

Board of Directors meetings are open to the kehilla; no CNS voice should go unheard, name be unknown, or face be unfamiliar. That goes for board members, too. Seven new people have joined the deliberative decision-making body. Here’s a quick snapshot of each.



Jon Caplan

A marketing professional and 18-year member of CNS, Jon two years ago co-chaired with wife **Michelle** the shul’s very successful auction. Becoming a board member is not his only volunteer rodeo; a Royal Rosarian, he also dons all-white for Portland’s annual Rose Festival Parade. Jon – father of two teens – says he plans to bring “new ideas, a spirit of innovation, energy, and an ability to galvanize all members to increase their engagement and participation in synagogue life.”



Norman Chusid

At 63, Norm’s age mirrors his CNS membership. He attended Foundation School; **Morah Goldie Stampfer** (z’l) taught his 4th-grade class; and **Major Pruitt** (z’l), the beloved building caretaker for decades, hired Norm as his first employee. A 25-year finance committee veteran, he tells us that “I felt I could offer my experience to help CNS continue to grow and thrive for future generations.” He is perhaps more appreciated today for his candor than in the past; when he was in high school, he wrote obituaries for a small neighborhood newspaper, but got the axe. Why? “My obits were too humorous,” he says.



Holly Eby

Holly Eby, a 15-year CNS member, is married to **Arden** and they have a son who’s 12. She works in IT at PDX (yes, the place whose replaced carpet sparked outrage by some and invited compliments by others). “I look forward to bringing my sharp analytical skills and a whole-systems approach” to the board, she says. A tall woman, Holly says she often is asked if she played basketball. It’s confirmed here: Nope.



Eadie Kaltenbacher

Eadie says she was shocked years ago when a young man wanted to meet her, *after* he heard her sing karaoke. “I’m a horrible singer,” says Eadie, a three-year member. The young man became her husband, and they now have two little boys. Relatively new to Portland, Eadie relates that, “We at first didn’t know a soul. Neveh Shalom was so welcoming to us,” and the family quickly made good friends. On the board, she plans to “help represent the voices of our young families.”



Alan Montrose

Alan, a dentist who is well-known as a highly skilled shofar blower (a skill he starting honing at 14), says he was “definitely” the first to lead a Friday night service at Neveh Shalom wearing a Boy Scout uniform. He said yes to the board position because “I am proud of our Jewish community and how Neveh Shalom contributes to it with such diverse programming.”



Rachel Stein

Like Eadie, Rachel also has small children and looks forward to representing CNS young families. (She joked that accepting board membership also affords her husband a night alone with the kids.) Rachel, who joined our kehilla in 2011, is a high energy individual. “In college,” she shares, “I once danced for 24 hours to raise money for kids with cancer.”



Jenn Director Knudsen

Previously on the board, I was asked to join again for this fiscal year. Since I requested of my fellow newbies that they share something “quirky” about themselves, it’s only fair that I do, too. Without my contact lenses, I’m legally blind. No, you will never see me in my coke-bottle eyeglasses.

Bikkur Holim: Visiting the Sick

By Sarah Rohr

Carl Gans was a prolific scientist, authoring over 700 papers on the movement patterns of reptiles, bugs, and other members of creature kind. He will be remembered by many for his incisive research and the discoveries he made. He will be remembered for his love of winged flight.

I, however, remember him most as a kind and loving friend of my father's who faithfully attended shul on Saturdays in Austin, TX. I loved hearing his thick German accent wrapping around the edges of English and coloring his words with the tones of his birthplace.

There is a particular story that stands out to me from when I was younger and my family was visiting Carl in the hospital. It was Shabbat and I arrived late with Josh, my boyfriend at the time. The dark parking garage where we parked led into the bright lights of Seton Hospital, under which nothing can hide. We arrived on the floor where Carl was recovering and saw that his name was stencilled on the nurse's board. The kindly nurses guided us to his room. My mom, dad, and sister were already there, surrounding the hospital bed, and the high rolling table was covered with Shabbat candlesticks, a cup of hospital juice, and the shapely curves of the challah nestled under its cover.

We sang the blessings and other Shabbat songs, and Carl, who was slumped and groggy when we entered the room, became alert, and his eyes cleared from the fog of his ailment. The familiar liturgy and ritual brought him home to himself and we got to enjoy his presence. The celebration was meaningful and short, as we had arrived towards the end of visiting hours.

During this whole sequence, from en-

tering the hospital to returning to the garage, Josh – who was a schmoozer's schmoozer and happened to not be Jewish – remained mostly silent.

Upon entering the dark cave of the garage, I saw in the warm, orangey light that he was crying.

This was unusual for him. His modus was highly rational, with joy as his dominant emotion. To see him go from lightly crying to weeping, the kind of weeping that shakes the body, was surprising. I asked him what was causing his tears, and he responded, "Visiting Carl, singing with him, celebrating during a really challenging time for him... my family wouldn't do that because we wouldn't know to do that."

What I interpreted him to be saying was that the social architecture and spiritual technology that I, as a young person, found mildly annoying and prescribed, had never been a part of his reality. His family, not being Jewish, had neither the community nor the ancestral memory to do something like this, as they were not taught the importance of the mitzvah of *bikkur holim*, visiting the sick. It was not what was inculcated in him from a young age. His epiphany resulted in my epiphany.

He had no elders outside of his grandparents to call his own. Carl was one of many, many elders who have blessed my life by sharing their stories of how life shaped them. Some of them modeled it in their way of being, by sharing their passions, by offering insights into the fields they mastered, and the piercing questions they asked me which added depth and meaning to the existence of a Jewish American.

Through the years of visiting those who are facing health challenges, what has become apparent to me is how mutually beneficial paying a visit to a hospital, rehab center, or a nursing home is; it



enriches the lives of those in their times of need. What is apparent is that this mitzvah is deeply appreciated and so often welcomed because you say with your presence that the circle of caring extends beyond those paid and trained to do so; it extends out to their ancestry or chosen spiritual tribe.

It is, however, also appreciated by those who are ill and their families if you ask permission to visit. If they say yes, make sure it's on their schedule.

Some other things that are good to remember:

- Be flexible and gracious if they have to cancel on short notice.
- Give the gift of listening; do not fill quiet space with nervous conversation.
- Be brave by going to visit even if it feels uncomfortable for you.
- If you have kids who are healthy, take them with you. It'll be a blessing for all around.
- Our souls shine brighter together.

You can learn more about Carl Gans's work at: carlgans.org.

Member News

Kvell With Us

Mazel tov to Danit Rothstein on her new position as Regional Teen Engagement Director for Pinwheel and New Frontier regions of USY.

Welcome back Deb Freedberg who was on Sabbatical for the past year in London. We look forward to her once again working with our teens and adults.

A big thank you to Brian Olson of 45th Ave. Cleaners. Each year he ensures that our tallitot are clean and ready in time to help us welcome in the new year, at no charge!



(Ha'morah) **Vicki and Alan Rotstein** are proud to announce the birth of their grandson, **Jacob Wainwright Rotstein**, born on July 11, 2018. Jacob is named after his great-grandfathers. Proud parents of Jacob are **Carolina and Solomon** of Jersey City, New Jersey.

Mazel Tov to Eadie Kaltenbacher, who recently received an MBA in Sustainable Business from Marylhurst University. Upon completion, she was awarded membership into the Sigma Beta Delta Honors Society. The degree will build on her background as a certified GISP (Geographic Information Systems Professional), and she is excited to have found an opportunity which blends these skills.



Mazel tov to Steven and Wendy Shain, whose daughter **Leah** and her husband **Bradley Burns**, had a beautiful, healthy baby girl born on 8-8-18 in Seattle, Washington, where they live. **Harper Bea Burns** is the first grandchild for Wendy and Steven. Great grandmother is **Frieda Tobin**, who just celebrated her 96th birthday.

Mazel tov to Sammie Weiss (child of Vicki and Marty) on being named a National Merit Semi-Finalist. Sammie is a senior at Westview High School. We also extend a **mazel tov to her** on earning her Girl Scout Gold Award. It's the highest award Girl Scouts can earn (Girl Scout equivalent of Eagle). Her project was to supply school supplies to 2nd grade classrooms in Port Arthur, Texas.

Todah Rabah! All of us at Neveh Shalom would like to thank the Men's Club, the Sisterhood, and all the people who assisted in building and decorating (and tear down) of the Sukkah. Without their help our gorgeous and spacious sukkah would not have been up.

Mazel Tov to Cantor Eyal Bitton for his appearance on a new CD, "KOL NIDRE: Nouvelles Visions/ New Visions." He is singing his arrangement of the Moroccan KOL NIDRE in Paris with the fantastic Ensemble Choral Copernic, under Itai Daniel's skilled baton. It's an impressive CD of various KOL NIDRE interpretations produced by l'Union Libérale Israélite de France (ULIF) and l'Institut Européen des Musiques Juives (IEMJ) – the European Institute of Jewish Music. For more information, please visit: <https://boutique.iemj.org/en/home/232-kol-nidre-new-visions.html>.

Yihi Zichram Baruch – Our condolences to CNS members who have recently lost loved ones:

We regret having to inform you of the passing of our long-time congregant, Robert (Bob) Ginsberg (z"l), dear father of **Becky (Stephen) Saltzman, Jennifer (Sony) Felberg, and Jeffrey (Lora) Ginsberg**, and beloved son of **Alice Potter**.

We regret having to inform you of the passing of Janet Swire (z"l), dear wife of **Mel** and beloved mother of **Dave (Sally) Swire** and **Karen (Larry) Renicker**.

We regret to inform you of the passing of Catherine Dunton, z"l, loving mother to **Leah (Joseph) Greenstein, Jason (Tammy) Dunton, and Joshua Dunton**; grandmother to **Jaiden Dunton, Aleeza Greenstein and Talia Greenstein**; **sister to Sarah Coblens, Larry (Karen) Konick, Debbie (Dave) Mehan, and Bob (Robin) Konick**; aunt to **Jennifer Konick, Jordan Konick, Michelle Coblens and Zach Coblens**.

We regret having to inform you of the passing of our dear congregant, Samuel Seskin (z"l), beloved husband of **Andrea Cohen** and father of **Elana Seskin and Adam Cohen Seskin**.

We regret having to inform you of the passing of Marion Schultz (z"l), beloved sister of **Howard (Petra) Shapiro**.

We regret having to inform you of the passing of Shirley Konigsburg (z"l), dear mother of **Cantor Linda (Albert Kolkin) Shivers, Rabbi Randy (Michelle) Konigsburg, Bruce (Adena) Konigsburg and Brian (Joyce) Konigsburg**. In addition to her four children, Mrs. Konigsburg is survived by her daughter-in-law, **Sandy Konigsburg**, nine grandchildren and eight great grandchildren.

We regret having to inform you of the passing of Charles W. Wolf (z"l) of Alameda, California, dear uncle of CNS members **Harold (Jackie) Lesch and Jeanette (Benjiman, z'l) Philan**, and father of **Michael Black and Edward Black**, and grandfather of **Gabriel Black**.

The congregation gratefully acknowledges the following contributions:

ALIYAH Donation

Alan & Vicki Rotstein:

In honor of Cantor Linda Shivers

Elisa Weger:

In memory of Augusta Raskin

Adult Education Fund

Jennifer Antick & Eric Oslund:

In appreciation of Mel Berwin

Eden Braun:

In memory of Esmond Braun

Barry & Barbara Caplan:

In honor of Barbara Schwartz

Debra Trevellini:

In memory of Bruce Richman

Becky Menashe

Bookshelf Fund

Sandy and Wendi Menashe:

In memory of Solomon Ezra

Menashe

In memory of Rebecca

Menashe

Building Fund

Dick & Harriet Maizels:

In memory of Bob Ginsberg

Sandy and Wendi Menashe:

In appreciation of Marg Everett

Break the Fast Fund

Raisa Premysler

Cantor's Discretionary Fund

Rochelle Atlas:

In appreciation of Cantor Eyal

Bitton

Allan and Nancy Lipton:

In honor of Cantor Linda Shivers

Richard & Jayne London:

In honor of Joni Cady

In honor of Susan Brenner

Rick, Abby, David, & Daniel

Menashe:

In honor of Cantor Eyal Bitton

Sandy and Wendi Menashe:

In appreciation of Cantor Bitton

Vic & Toinette Menashe:

In honor of Linda Shivers

Raisa Premysler:

In honor of my Aliyah and celebrating baby Lyla naming

Sandra & Ivan Rabin:

In honor of our dear friend Eyal

& Michèle

Cemetery Fund

Floyd Black:

In memory of Esther

Bloomenthol

In memory of Malka Caplan

In memory of Morris

Bloomenthol

Jo-Ann Bleich:

In memory of Ben Bleich

Marlene Brenner:

In memory of Bob Ginsberg

Delphine Davis:

In memory of Nettie Sherman

In memory of Benjamin

Sherman

In memory of Milton Davis

Rosalie Goodman:

In memory of David Sharff

In memory of Marvin Lippoff

Bari Isaacson:

In memory of Marvin Lippoff

Gennady & Irina Talal:

In memory of Khaya Talal

Muriel/Joseph Unkeles

Choir Fund

Phil Kane:

In memory of Gertrude Kane

Charack Kitchen Fund

Allan & Marjorie Sherman:

In memory of David Sherman

In memory of Leo Meyer

Camp Solomon

Schechter Fund

Joanne Blauer:

In memory of Sol Blauer

Devin and Jen Getreu:

In appreciation of Rabbi Joshua

Stampfer

Steven Shain:

In memory of Harriette Shain

Wendy Shain:

In memory of Louis Tobin

Cookie Yoelin Floral Fund

Brian & Amara Norman:

In memory of Merritt Yoelin

In memory of Davita Yoelin

CNS:150 Funding Our Future

Gary & Carolyn Weinstein:

In honor of Jake Kryszek

Donna Jackson Fund

Hy & Myra Jackson:

Get well wishes for Jerry

Leveton

Get well wishes for Jackie

Constantine

Get well wishes for Jerry Barde

In honor of Wendi & Sandy

Menashe

In honor of Brenda & Larry

Schwartz

In memory of Bob Ginsberg

In memory of Joshua Lynch

Rick, Abby, David, & Daniel

Menashe:

In memory of Bob Ginsberg

Jerrie Roth:

In loving memory of Catherine

Dunton

In memory of Ruth Liebreich

Jeremy A Rothstein

Danzker Fund

Jack & Darlene Menashe:

In memory of Reggie Atlas

In memory of Sol Menashe

Elaine & Gloria Schiller Fund

Leslie Bleich & Jack Osborne:

In memory of Ben Bleich

Thelma Geffen:

Get well wishes for Beverly

Eastern

In memory of Terrye Rudolph

Jeannie Rosenthal:

In memory of Nellie Levenson

Shuldman Kiddush Fund

Jennifer Antick & Eric Oslund:

In honor of Lois Shenker

John Barton:

In appreciation of Bruce & Addy

Banasky

Ricardo Berdichevsky:

In memory of Adolfo

Berdichevsky

Brian Scott & Marianne Zarkin:

In honor of Elizabeth Hayward

In memory of Sam Zarkin

Gail and Mark Sherman:

In appreciation of davenning

community

Fischer Dance Fund

Peter Thacker & Lynn Taylor:

In honor of Dr. Linda Shiver

Jacob Freedman School Fund

Howard & Evelyn Freedman:

In memory of David Horenstein

In memory of Robert Freedman

Foundation School Fund

Judy Blauer:

In memory of Lillie Kugel

In memory of Mildred Sax

Barry & Barbara Caplan:

In honor of Isabella's bat

mitzvah

The Herbert Hochfeld Family:

In memory of Marlene Lazarus

Jerry Marger:

In memory of Mae Marger

Jeanette Philan:

In memory of Bob Ginsberg

Jill Robb:

In memory of Jason Robb

General Synagogue Fund

Alexander & Ilene Aginsky:

In memory of Arkady Aginsky

In memory of Jerome Kornberg

Seth Alford:

In memory of Saul Alford

In memory of Muriel Alford

Elliot & Sue Axel:

In appreciation of Barbara and

Michael Titelbaum

In honor of Cantor Linda Shivers

In memory of Bob Ginsberg

Jerry Barde:

In memory of Bob Ginsberg

Debra Bellos:

In memory of Harve Bellos

Molly Bodner:

In memory of Sylvia Subotnick

Buchwach

Arlene Braunstein:

In memory of Joseph

Braunstein

Mark Braverman:

In memory of Joseph Brandow

The congregation gratefully acknowledges the following contributions:

Marty Brophy:

In memory of Julie Brophy

Steve Caplan:

In memory of Sigmund Weisser

In memory of Sue Weisser

Sarah Coblens:

In memory of Jean Konick

Renee Dubroff:

In memory of Mary Goldeen

Helen Duewel:

In memory of Winona Scott

Kay Eason:

In memory of Robert

Spiekerman

Stanley Eastern:

In memory of Morris Eastern

In memory of Mildred Sax

In memory of Lillie Kugel

Goldie Gansbourg:

In appreciation of Neveh

Shalom

Ruth Ephraim:

In memory of Alfred Grundaum

Chris Feves:

In memory of Victor Gregory

In memory of Cecilia Gregory

Shawn & Tom Fields Meyer,**Ami, Ezra, & Noam:**

In honor of Lora and Jim Meyer

Richard Fleishman:

In memory of David Perry

Vera Goldman:

In memory of Miriam Minkin

Doug Goodman:

In memory of Walter Goodman

Margaret Gotesman:

In memory of Mike Gotesman

Sondra Greenberg:

In memory of Thelma

Westerman

Inge Hamburger:

In memory of Martin Henner

Jeffrey Hamburger:

In memory of Martin Henner

Gregory Harris:

In memory of Besse Harris

Dominique Harroch:

In memory of Charles Gabbey

Stan & Shirley Hodes:

In memory of Sarah Hodes

Richard Jolosky:

In memory of Max Jolosky

Julian Kaufman:

In memory of Rita Kaufman

In memory of Eddie Kaufman

In memory of Golda Kaufman

Marks & Klara Khvoynitskiy**Galina Kogan:**

In memory of Peter Segal

Sandra Lippy:

In honor of Priscilla Kostiner

Lisa Lurie:

In memory of Vladimir Lurie

Jerry & Geri Matin:

In memory of Rose Lomsky

Erika, Rich, Avi, Dalya & Orly**Meyer:**

In honor of Lora & Jim Meyer

Jim & Lora Meyer:

In memory of Honey Meyer

In memory of Laurence Meyer

Robert Michel:

In memory of Jacob Abraham

Michel

Ralph Miller:

In memory of Ann Miller

Samuel Miller:

In memory of Lester Miller

In memory of Rose Adashek

In memory of Richard Adashek

Grigoriy Milman:

In memory of Roza Milman

Caleb & Batya Momb:

In memory of Miriam Hricko

Simon Moraru:

In memory of Avraham Parnus

In memory of Golda Berenzon

Leonid Pereplyotchik:

In memory of Braina

Pereplyotchik

Sharon Perrin:

In memory of Elsie Sahanow

In memory of Bertha Zeloner

Abram & Rimma Press:

In memory of Berka Press

Jeffrey Reingold:

In memory of Mona Sherman

In memory of Marion Redmond

Bruce & Phyllis Ritchie:

In memory of Barbara

Mehrwein

Joanne Rogovoy:

In memory of Anne Seltzer

Ferne Ross:

In memory of Morris Meshor

Joann Ruden:

In memory of Clara Paige

Chuck & Harriet Saxe:

In memory of Bess Rosenthal

Marty & Sharon Schneiderman:

In honor of George & Laurie

Fendel

Barb & Jack Schwartz:

In honor of Jim & Lora Meyer

Gerald Schwarz:

In memory of Ernst L. Schwarz

Maurice Schwarz:

In memory of Ernst Schwarz

Robert Shore:

In memory of Dorothy H. Shore

Mira Shoykhet:

In memory of Tabel Feldman

Ellen Singer:

In memory of Seymour Singer

Ana Smetana:

In memory of Mr. and Mrs.

Pavel Golberg

Dennis Steinberg:

In memory of Joseph Bernstein

Sherry Stone:

In memory of Herbert Ostroff

In memory of Esther Stone

In memory of Hanita Jacobi

Faina Talal:

In memory of Khaa Talal

Norman & Suzan Wapnick:

In honor of Jake Kryszek

Nancy Maizels:

In memory of Nettie Maizels

Allan & Judy Weingard:

In memory of Lillian Weingard

Liliya Zaltsman:

In memory of Golda Zaltsman

Hunger Relief Fund

In memory of Ms Jo McIntyre

Susan Katz:

In memory of Elvera Smith

In memory of Solomon Smith

In memory of Michael A. Katz

**Gladys & Joseph Fendel
Camp Fund****Albert & Bette Lynn Menashe:**

In honor of George & Laurie

Fendel

In memory of Joseph Fendel

Jacob and Benjamina Menashe**& Family:**

In honor of George & Laurie

Fendel

Joseph Menashe and Deborah**Musher & Family:**

In honor of George & Laurie

Fendel

Dale Oller:

In honor of Laurie & George

Fendel

**Judith & Garry Kahn
Camp Fund****Lidia and Raul Krivoy:**

In honor of Judith & Garry Kahn

**Feldstein Library Fund
Elliot & Suzanne Axel:**

In memory of Leona Goldberg

Jack & Melanie Birnbach:

In memory of Rose Papper

Martha and Glenn Decherd:

In memory of Paul Weil

Elizabeth Gold:

In memory of Joe Gold

In memory of Ellen Koplan

Michael Olds & Gloria Borg**Olds:**

In memory of Etta Borg

Bruce & Susan Winthrop:

In honor of Ian Getreu

**Louis Rosenberg
Bookshelf Fund****Vic & Toinette Menashe:**

In memory of Louis Rosenberg

Eve Rosenfeld:

In appreciation of Toinette

Menashe

Lesch Camp Fund**Harold and Jackie Lesch:**

In memory of Rosalie Lesch

Jeanette Philan:

In memory of Rosalie Lesch

**Mark Ail Campership
Fund****Susie and Felicia Ail:**

In memory of Bob Ginsberg

Lora & Jim Meyer**Inclusion Fund****Jim & Lora Meyer:**

In honor of Marcia & Mark

Meyer

In honor of Shawn & Tom

Fields-Meyer and Family

In honor of Erika & Richard

Meyer and Family

Mark, Marcia, Shana, and Alex**Meyer:**

In honor of Lora & Jim Meyer

The congregation gratefully acknowledges the following contributions:

Milt Horenstein Minyan Fund

Lee Cordova:

In memory of Zalie Lester

Marvin & Brauna Fortgang:

In honor of Downstairs Minyan

Jeffrey Lazarus:

In memory of Julius "Jay"

Rovech

In memory of Traci Lazarus

Sultan

In memory of Marvin Lazarus

Vic & Toinette Menashe:

Get well wishes for Joan Sher

Larry & Susan Rein:

In memory of Rubin Rein

Howard & Petra Shapiro:

In honor of Dr. Linda Shivers

In memory of Bethalee Shapiro

Moskowitz Fund

Marci and Riley Atkins:

Get well wishes for Fred

Rothstein

In honor of Harper Bea Burns

Sharyl and Rick Vagy:

In honor of Steve & Wendy

Shain

In honor of Raisa Premysler

Strauss Youth Action Fund

Sondra Pearlman:

In memory of Laura Mills

Naomi Strauss:

In memory of Rabbi Isidore

Kahan

Oneg Shabbat Donation

Andrew & Rosy Levy:

In memory of Herbert Levy

Raisa Premysler

Robbie Ball Memorial Fund for Darfur

Mel & Elaine Ball:

In honor of Laurie and George

Fendel

Gail Maron:

In memory of Sheldon Maron

Marty & Sharyn Schneiderman:

In honor of Fred Rothstein

Honigstock Education Scholarship Fund

Susan Honigstock:

In memory of David Honigstock

Rabbi Isaak

Discretionary Fund

Harvey Checkman:

In memory of Bessie Checkman

Rabbi Kosak

Discretionary Fund

Marlene Abrams:

In appreciation of Rabbi David

Kosak

Gloria Bacharach:

In memory of Erna Bacharach

Harvey Checkman:

In memory of Bessie Checkman

Lee & Sheri Cordova:

In memory of Estelle Reiser

Golden

Thelma Geffen:

In memory of Bob Ginsberg

Dr Mark Helfand:

In honor of Rabbi David Kosak

Mel Hoffman:

In memory of Jeannie Hoffman

In memory of Esther Hoffman

Michael Metz:

In memory of Lorraine Metz

Margarita Oliveira:

In honor of Rabbi David Kosak

Cody Perel:

In appreciation of Rabbi David

Kosak

Raisa Premysler:

In honor of my Aliyah and

celebrating baby Iyla naming

Rosenberg Playground Fund

Nadine Astrakhan:

In honor of Iyla Rose Premysler

baby naming

Rabbi Posen

Discretionary Fund

Steve and Tess Caplan:

In appreciation of Rabbi Eve

Posen

Harvey Checkman:

In memory of Bessie Checkman

Arlene Cogen:

In memory of Ada Siegel

Devin and Jen Getreu:

In appreciation of Rabbi Eve

Posen

Johnson Family:

In appreciation of Rosh

Hashanah tickets

Rochelle Leisner:

In honor of Rabbi Eve Posen

Mia Osherow:

In appreciation of Rabbi Eve

Posen

Jerrie Roth & Family:

In appreciation of Rabbi Eve

Posen

Nathan & Lindsay Von Colditz:

In honor of Whitney Thaxton

Rosa Wigmore

Holocaust Education

Fund

Peter Wigmore & Randy Katz:

In memory of Rosa Wigmore

Saperstein Chapel Fund

Ronald & Taya Meyer:

In memory of Leo Meyer

Stampfer Lecture Fund

Norman & Kathy Chusid:

In honor of Ian Getreu

Sylvia Pearlman

Membership Fund

Sylvia and Gary Pearlman:

In memory of Sam Pearlman

Maurice Sussman

Mitzvah Fund

In memory of 9-11 Victims

Rabbi Stampfer

Discretionary Fund

Harvey Checkman:

In memory of Bessie Checkman

Janet Hasson:

In memory of Herbert Cole

Dale Oller:

In appreciation of Rabbi

Stampfer

Richard & Mary Peizner:

Get well wishes for Jackie

Constantine

Frieda Tobin:

In memory of Louis Tobin

Women's League

Scholarship

Melvin & Cathy Berlant:

In memory of Lillian Subotnick

In memory of Owen Berlant

In memory of Max Berlant

Bob Weiner:

In memory of Lena Weiner

In memory of Esther Weinstein

USY/Kadima/Jr Kadima Fund

Ian and Bev Getreu:

In memory of Jan Swire

USY Travel Fund

Joel Gilbert:

In memory of Irene Gilbert

Weinstein Chapel Fund

Jerrie Roth:

In memory of Ike Roth

In memory of Barney Liebreich

Carolyn and Gary Weinstein:

In honor of Karen Wilkins

In honor of Cantor Linda Shivers

In honor of Sam Gottlieb

Yoni Suher Fund

Gordon & Saskia Schaffer:


In memory of Yoni Suher

Paul Schlesinger:

In honor of Brian Suher

CAMP SOLOMON
EST. 1954
SCHECHTER
Where Judaism and Joy are one!
(206) 447-1967
www.campschechter.org

Home Instead
SENIOR CARE
To us, it's personal.
COMPANIONSHIP
PERSONAL CARE
ADVANCED CARE
503.894.8796
www.HomeInstead.com/805

Health Plans
OREGON

Medicaid and Medicare Insurance
ACA Certified
Mara Woloshin, Health Plan Consultant
NPN/Marketplace No. 17008682
503-310-4504 mara@woloshin.com


HOLMAN'S FUNERAL SERVICE
Family Owned and Operated

Providing Caring, Affordable Service to Portland's Jewish Community Since 1854
503-232-5131
2610 S.E. Hawthorne Blvd.
www.HolmansFuneralService.com

Marsha Sherman
Marriage & Family Counselor
(503) 808-7406
Working across age groups, Specializing in support through life's transition
Can come to your home or office, or mine

HELP PROTECT YOUR FAMILY & HOME
CALL NOW! 1-888-891-6806


HOME SECURITY TEAM

PROTECTING SENIORS NATIONWIDE
MEDICAL ALERT SYSTEM

\$29.95/MO
BILLED QUARTERLY
PLUS SPECIAL OFFER
CALL NOW! 1.877.801.7772
WWW.24-7MEDALARM.COM

PDX Mobile Music
ENTERTAINMENT SERVICES
Since 1978
Weddings • Bar & Bat Mitzvah • Fundraisers
971.645.0665
PDXmobilemusic444@gmail.com
10% of the Service charged will be donated to Hunter's Fund.


AVAILABLE FOR A LIMITED TIME
ADVERTISE YOUR BUSINESS HERE
Contact **Cindy Kelly** to place an ad today!
ckelly@4LPi.com or **(800) 950-9952 x2695**

4LPi
WE'RE HIRING AD SALES EXECUTIVES

• Full Time Position with Benefits
• Sales Experience Preferred
• Paid Training
• Overnight Travel Required
• Expense Reimbursement
CONTACT US AT
careers@4LPi.com • www.4LPi.com/careers

SUPPORT THE ADVERTISERS THAT SUPPORT OUR COMMUNITY




The Community of
Welcoming Congregations
Providing a Voice for LGBTQ & Allied People of Faith

Please recycle *The Chronicle* when finished

Safrai Art Exhibition and Show Come to CNS

By Cheryl Livneh

View and purchase Israeli art right here in Portland! Jerusalem's Safrai Gallery is bringing over 1,500 pieces of fine art by more than 100 contemporary Israeli artists – young and old masters of Israeli art – to Congregation Neveh Shalom on December 6-9.

"This art exhibit will provide you with a unique opportunity to get a glimpse of the exciting and expanding world of Israeli art, which can only be seen if you

travel to Israel," said Menachem Safrai, a third-generation gallery owner.

Over 120 crates of art – serigraphs, woodcuts, oils, prints, tapestry, and sculpture – are shipped for the show, including works by old favorites, Shraga Weil, Shemuel Katz, and Tarkai – and newcomers Michael Kerman and Alexander Klevan – which reflect recent trends in Israeli art.



cultures and styles of the artists who immigrated to Israel.



After World War II, many Israeli artists were influenced by the abstract style, which continued into the 1970s and '80s with Russian immigrant artists such as Valery Konevin, Alexander Klevan, and Yevgeni Abezhausa. They had to get accustomed to the strong light in Israel and change their palette of colors to work in the Israeli landscape. The uniqueness of Israeli art comes from the intermingling of the rich variety of

The Safrai Art Gallery was born four generations ago, and since 1958 it has been sending exhibitions of Israeli art to the United States and Canada.

We are excited to be able to host this showing, which is presented by Israel360. Please join us for a special opening gala on Thursday, Dec. 6, from 7-10pm in the vestry. Other open times will be: Friday, Dec. 7, 9am-2pm; Saturday, Dec. 8, 7-10pm; and Sunday, Dec. 9, 9am-4pm.

5779
2018

November

cheshvan
kislev



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>OCTOBER S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31</p>	<p>For ALIYAH/TICHON schedule, please visit: nevehshalom.org/aliyah-k-6 or nevehshalom.org/aliyah-7-12</p>	<p>For Foundation School schedule, please visit: foundationschoolpdx.org</p>		<p>1 23 cheshvan</p> <p>7:15am Morning Minyan 10:00am R. Isaak Class Starts 3:15pm Bible Class R. Isaak 6:15pm Art of Jewish Storytelling Class Starts 7:00pm Jewish Rock Stars 7:00pm Executive Committee</p>	<p>2 24 cheshvan 5:37pm</p> <p>7:15am Morning Minyan 6:15pm Kabbalat Shabbat with Ilene Safyan</p>	<p>3 25 cheshvan 6:36pm</p> <p>9:00am Shabbat Services 10:00am Torah Troop 10:15am Tot Shabbat 10:15am Kiddush Club</p> <p><i>Chaye Sarah</i></p>
<p>4 26 cheshvan Daylight Savings Ends</p> <p>9:00am Morning Minyan 9:30am New Member Brunch 10:00am Habitat for Humanity 2:00pm Shroud Crowd 4:00pm Book Talk</p>	<p>5 27 cheshvan</p> <p>7:15am Morning Minyan 7:00pm Koleinu Choir 7:00pm Never Again Coalition</p>	<p>6 28 cheshvan</p> <p>7:15am Morning Minyan 5:00pm Talmud Class</p>	<p>7 29 cheshvan</p> <p>8:00am Morning Minyan</p>	<p>8 30 cheshvan</p> <p>7:00am Morning Minyan 11:00am Building & Grounds 3:00pm Nosh & Drash R. Eve 3:15pm Bible Class R. Isaak 7:00pm Women Wine(d) Down</p> <p>ROSH CHODESH</p>	<p>9 1 kisleiv 4:28pm</p> <p>7:00am Morning Minyan 2:00pm Veteran's Day Flag Planting at Cemeteries 6:15pm Soul Shabbat: A Musical Experience</p> <p>ROSH CHODESH</p>	<p>10 2 kisleiv 5:27pm</p> <p>The Bat Mitzvah of Sophie and Sara Ellis 9:00am Shabbat Services 9:30am Downstairs Minyan 12:30pm Women's Torah Study</p> <p><i>Toldot</i></p>
<p>11 3 kisleiv</p> <p>9:00am Morning Minyan 9:40am Men's Club Speaker 12:00pm Outside In Cooking 1:00pm Unveiling Bernice Brown, z"l CANADIAN REMEMBRANCE DAY VETERANS DAY</p>	<p>12 4 kisleiv</p> <p>7:15am Morning Minyan 7:00pm Koleinu Choir</p>	<p>13 5 kisleiv</p> <p>7:15am Morning Minyan 5:00pm Talmud Class 7:00pm Sisterhood Board</p>	<p>14 6 kisleiv</p> <p>8:00am Morning Minyan</p>	<p>15 7 kisleiv</p> <p>7:15am Morning Minyan 3:15pm Bible Class R. Isaak 5:30pm Israel360 Dinner 7:00pm Board of Directors 7:00pm Israel360 Event</p>	<p>16 8 kisleiv 4:20pm</p> <p>7:15am Morning Minyan 6:30pm Sisterhood Shabbat Dinner, Offsite 6:15pm Kabbalat Shabbat w/ ALIYAH K-6</p>	<p>17 9 kisleiv 5:19pm</p> <p>9:00am Shabbat Services 10:00am Torah Troop 10:15am Tot Shabbat 10:15am Kiddush Club</p> <p><i>Vayetze</i></p>
<p>18 10 kisleiv</p> <p>9:00am Morning Minyan</p>	<p>19 11 kisleiv</p> <p>7:15am Morning Minyan 7:00pm Koleinu Choir</p>	<p>20 12 kisleiv</p> <p>ALL CLASSES CANCELLED 7:15am Morning Minyan 5:00pm Talmud Class</p>	<p>21 13 kisleiv</p> <p>ALL CLASSES CANCELLED 8:00am Morning Minyan</p>	<p>22 14 kisleiv</p> <p>OFFICE CLOSED ALL CLASSES CANCELLED 9:00am Morning Minyan</p> <p>THANKSGIVING</p>	<p>23 15 kisleiv 4:14pm</p> <p>9:00am Morning Minyan 5:15pm 4th Friday w/ R. Eve 6:15pm Kabbalat Shabbat (There is no Living Room Shabbat this month)</p>	<p>24 16 kisleiv 5:14pm</p> <p>9:00am Combined Shabbat Services 12:30pm Women's Torah Study</p> <p><i>Vayishlach</i></p>
<p>25 17 kisleiv</p> <p>ALL CLASSES CANCELLED 9:00am Morning Minyan</p>	<p>26 18 kisleiv</p> <p>7:15am Morning Minyan 7:00pm Koleinu Choir</p>	<p>27 19 kisleiv</p> <p>7:15am Morning Minyan 10:00am Cemetery Meeting 5:00pm Talmud Class</p>	<p>28 20 kisleiv</p> <p>8:00am Morning Minyan</p>	<p>29 21 kisleiv</p> <p>7:15am Morning Minyan 3:15pm Bible Class R. Isaak 5:00pm Men's Club Night Out 7:30pm Dad's Night Out</p>	<p>30 22 kisleiv 4:11pm</p> <p>7:15am Morning Minyan 6:15pm Kabbalat Shabbat</p>	<p>DECEMBER S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31</p>

Please note that due to space, classes that are a series and not drop in are only mentioned when it begins or if there is no class that day. These classes include: **Sundays, 11:00am** Beginning Hebrew; **Tuesdays, 7:00pm** Beginning Hebrew and Machon Ivrit; **Wednesdays, 6:30pm** Learning to Leyn; **Thursdays, 10:00am** R. Isaak Class, **11:00am** R. Stampfer Class, **6:15pm** Art of Jewish Storytelling, **6:30pm** Hebrew for Prayer, **7:35pm** Siddur Basics

Mark Your Calendars and Join Congregation

Talmud Class with Rabbi Stampfer
Tuesdays, 5:00pm, R. Stampfer's home

Bible Class with Rabbi Isaak
Thursdays, 3:15pm, Room 111

Rabbi Isaak: "Nine Essential Things I've Learned about Life"

Begins Thursday, Nov. 1, 10:00am

This class will be based on Rabbi Kushner's newest book, *Nine Essential Things I've Learned about Life*. \$36, which includes the book. Proceeds will support the Feldstein Library. Register at: 503.246.8831; receptionist@nevehshalom.org.

Live-Stream Rabbi Stampfer: "What's So Good about the Good Book?"

Thursdays, 11:00am

Though Rabbi Stampfer's class is full, you can join in online through our live-stream service. The class is using the book, *Introduction to the Bible* by Christina Hayes of Yale University. To view online, visit: nevehshalom.org/live-streaming.

The Art of Jewish Storytelling

Thursdays: November 1-December 13 (off Nov 22) & January 10-31, 6:15-8:15pm

Storyteller Brian Rohr teaches the art and skill of performative storytelling and techniques on discovering your unique storytelling voice. Storytelling is an integral part of Judaism, and this class will help bring more skill in this area to our community. More at: nevehshalom.org/learn-art-jewish-storytelling.

Jewish Rock Stars: A Musical Lecture

Thursday, November 1, 7:00pm

Cantor Bitton takes a wild look at some legendary and sometimes outrageous Jewish rock stars, including Bob Dylan, Neil Diamond, Gene Simmons, David Lee Roth, Bette Midler, and others. What makes them great? What makes them outrageous? And how Jewish are they?

Pages & Pixels: The Book Smugglers

Sunday, November 4, 4:00pm

Join us for a discussion of this book by David Fishman. Afterwards we will screen the film *Aftermath/Pokłosie* (2012). Info: kgoldhammer@nevehshalom.org.

New Member Brunch

Sunday, November 4, 9:30am

New members are invited for this special brunch. For more information: programs@nevehshalom.org

Nosh & Drash with Rabbi Eve

Thursday, Nov 8, Dec 13, 3:00pm, MJCC

Join our group for relaxed study and good conversation. **Nov:** The Torah of Thanksgiving; **Dec:** Texts of Inspiration.

Rosh Chodesh Women's Win(e)d Down
Thu, Nov 8 & Mon, Dec 10, 7:00pm

A time for women in their 30-50's to gather and welcome the new Jewish month. Hosted in member homes. Light nosh and drinks provided. RSVP: eposen@nevehshalom.org.

Soul Shabbat: A Musical Experience

Friday, November 9, 6:15pm

An enhanced musical service to enrich the soul – with Cantor Bitton, a band, and the Koleinu choir.

Women's Torah Study

Sat, Nov 10, 24, Dec 22, 12:30pm, Rm 111

Join Mel Berwin for uplifting learning & conversation – all levels welcome!

Men's Club Speaker: Cantor Eyal Bitton
Sunday, November 11, 9:40am

Join the Men's club for a musical conversation with Cantor Eyal Bitton.

Men's Club Night Out

Thursday, November 29, 5:00pm

Hang out with the Men's Club. Location and RSVP: elovitzclan@comcast.net

Dad's Night Out

Thursday, November 29, 7:30pm

Join other dads who are raising Jewish kids for this special outing. Location and RSVP: programs@nevehshalom.org

MaccaMirical: A Musical Chanukah Party
Thursday, December 6, 6:00pm

Celebrate the festival of lights in this fun retelling of the Chanukah story through narration and a selection of pop, rock, and Jewish songs. Bring toilet paper donations to support the Men's Club TP Drive for Neighborhood House. Remember to bring your chanukiah to light with the community. Latke dinner: \$18/adults, \$12/kids, \$54/family max. RSVP for dinner at: tinyurl.com/CNSChanukah5779. *Dinner included with Young Family Shul Pass.*

Israel360: Asking the Tough Questions: A Conversation Between Rabbi David Kosak and a Senior Israeli General Thursday, November 15, 7:00pm



Join us to hear IDF Brigadier General (Res.) Nitzan Nuriel in conversation with Rabbi David Kosak. General Nuriel is a research fellow at the Counter-Terrorism Institute at IDC Herzliya. He previously served in the West Bank, Gaza and in the Northern Command during the withdrawal from Lebanon. General Nuriel is the former Director of Israel's Counter-Terrorism Bureau and is responsible for having built the counter-terrorism partnership between Israel and the U.S. His recent work focuses on the Golan Heights border security challenge from both a humanitarian and practical perspective.

This program is co-sponsored by AIPAC together with Congregation Neveh Shalom and Israel360, Congregation Beth Israel, and Congregation Shaarie Torah.

Please note: Programs are subject to change, please contact the office for more information.

Neveh Shalom for These Great Programs!

Safrai Israeli Art Exhibition

December 6-9, Various Times (see below)

Opening Gala: Thursday, Dec 6, 7-10pm

View and purchase Israeli art right here in Portland! Jerusalem's Safrai Gallery is bringing over 1500 pieces of fine art by more than 100 contemporary Israeli artists to CNS. A percentage of the proceeds will support Israel360, whose mission is to facilitate the ongoing and open dialog about Israel. Open times: Thu, Dec 6, 7-10pm, Fri, Dec 7, 9am-2pm; Sat, Dec 8, 7-10pm; Sun, Dec 9, 9am-4pm

Young Family & Youth

Young Family Tot Shabbat (0-5 years)

1st and 3rd Saturdays, 10:15am

Zidell Chapel

Kiddush Club for K-2nd Graders

1st and 3rd Saturdays, 10:15am, Rm 19

Torah Troop for 3rd-5th Graders

1st and 3rd Saturdays, 10:00am, Rm 102

Fourth Fridays w/ Rabbi Eve (age 0-6)

Friday, Nov 23 & Dec 28, 5:15pm

Welcome Shabbat with music and stories; potluck dinner to follow. Contact Rabbi Eve for location: eposen@nevehshalom.org. Co-sponsored by PJ Library.

Celebrate Chanukah! A Family Festival

Sunday, December 2, 9:30am-Noon

Create a menorah, make Sufganiyot, play dreidel, dance and sing, story time, play area. All are welcome (ages 0-12 and parents), FREE and no RSVP required. Co-sponsored by PJ Library.

Sufgan-Yoga: Family Chanukah Fun

Thursday, December 6, 5:15pm, Free

Join other families as we explore the narrative of Chanukah through yoga and fun. Stay after for the community dinner and celebration.

Young Family PJ Havdallah

Saturday, December 8, 5:30pm

Young families say goodbye to Shabbat in our PJs with dinner, stories, art and fun. \$30/family or included with the Shul Pass. RSVP: nevehshalom.org/pjhavdallah/

Lend a Hand

Sweet Potato Thanksgiving Drive

Deadline for collection is Thurs, Nov 15

Support the JFCS Thanksgiving Food Drive by bringing in cans of **Princella Cut Sweet Potatoes (29 oz)**. Our goal is to collect at least 165 cans. Please drop your donations off in the bins in front of the offices.

Habitat for Humanity Build

Sunday, November 4, 10:00am

Join us for our next build in conjunction with Balal Mosque. No building skills required, they'll show you how to do it! Please RSVP to: stevejew18@frontier.com

Flag Planting for Veterans Day

Friday, Nov 9, 2:00pm, Ahavai Shalom

Volunteer to help place flags on veterans' graves in preparation for Veterans Day. Dress for the weather and wear sturdy shoes. Contact Sandy Axel: 503-709-0080 or sandyaxel@msn.com.

Outside In Cooking

Sunday, Nov 11, Dec 16, 12:00pm

Meet in the CNS Kitchen to do a mitzvah and help feed homeless teens. Info: Rick Botney, 8888octopus8888@gmail.com.

Never Again Coalition Monthly Meeting

Monday, Nov 5, Dec 3, 7:00pm, Rm 111

Shroud Crowd

Sunday, Nov 4, Dec 23, 2:00pm, Rm 102

Help create traditional burial clothing which will then be used by the *Chevra Kavod haMet* for their work. Contact Sandy Axel: sandyaxel@msn.com.

Soup to the Streets

Monday, Decemeber 17, 6:00pm

During winter congregants come together at Rabbi Kosak's home to prepare a hot meal and go to the streets to directly feed those that need it the most. RSVP: Irichmond@nevehshalom.org

Unveilings

Unveiling for Bernice Brown, z'l

Sunday, November 11, 1:00pm

Neveh Zedek Cemetery

Unveiling for Alfred Furie, z'l

Sunday, December 16, 1:30pm

Neveh Zedek Cemetery

Neveh Shalom, Israel360 and the Suher Family Present
3rd Annual Scholar in Residence* with Dr. Ronen Mir and Dr. Debby Mir



December 7-9

Dr. Ronen Mir and Dr. Debby Mir are prominent leaders in science education and environmental education respectively.

Fri, Dec. 7, 7:30 p.m., Birnbach Hall Dinner and Talk (RSVP requested for dinner) "Moments of Discovery – A Personal Journey through Science" with Dr. Ronen Mir

Sat, Dec. 8, 12:45-1:45 p.m., Stampfer Chapel "Environmental Health in Our Home, School, and Community – How Much is in Our Hands?" (Dr. Debby Mir)

Sat, Dec. 8, 7 p.m., Stampfer Chapel Drinks, and dessert to follow in Issak Foyer & Vestry "How Scientific Thinking Leads to Prosperity and Opportunity – the Lessons of Israel's Start-up Society" with Dr. Ronen Mir

For more information, contact the office at: 503.246.8831 or visit: nevehshalom.org/scholar-in-residence

**In memory of Yoni Suher, who died in a terrorist attack in Turkey in March, 2016.*

5779
2018

December

kislev
tevet



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>NOVEMBER</p> <p>S M T W T F S</p> <p>1 2 3</p> <p>4 5 6 7 8 9 10</p> <p>11 12 13 14 15 16 17</p> <p>18 19 20 21 22 23 24</p> <p>25 26 27 28 29 30</p>	<p>JANUARY</p> <p>S M T W T F S</p> <p>1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28 29 30 31</p>	<p>For ALIYAH/TICHON schedule, please visit: nevehshalom.org/aliyah-k-6 or nevehshalom.org/aliyah-7-12</p>	<p>For Foundation School schedule, please visit: foundationschoolpdx.org</p>			<p>1 23 kislev 5:10pm </p> <p>9:00am Shabbat Services 10:00am Torah Troop 10:15am Tot Shabbat 10:15am Kiddush Club</p> <p><i>Vayeshev</i></p>
<p>2 24 kislev</p> <p>9:00am Morning Minyan 9:30am Celebrate Chanukah! A Kids and Families Festival</p> <p>EREV HANUKKAH</p>	<p>3 25 kislev</p> <p>7:00am Morning Minyan 7:00pm Koleinu Choir 7:00pm Never Again Coalition</p> <p>HANUKKAH</p>	<p>4 26 kislev</p> <p>7:00am Morning Minyan 5:00pm Talmud Class</p> <p>HANUKKAH</p>	<p>5 27 kislev</p> <p>8:00am Morning Minyan</p> <p>HANUKKAH</p>	<p>6 28 kislev</p> <p>See Bottom of the Page</p> <p>HANUKKAH</p>	<p>7 29 kislev 4:09pm </p> <p>Scholar-in-Residence 7:00am Morning Minyan 9:00am Safrai Israeli Art 6:15pm Kabbalat Shabbat</p> <p>HANUKKAH</p>	<p>8 30 kislev 5:09pm </p> <p>Scholar-in-Residence 9:00am Combined Services 5:30pm PJ Havdallah 7:00pm Safrai Israeli Art</p> <p><i>Miketz</i></p> <p>ROSH CHODESH HANUKKAH</p>
<p>9 1 tevet</p> <p>Scholar-in-Residence 9:00am Morning Minyan 9:00am Safrai Israeli Art</p> <p>ROSH CHODESH HANUKKAH</p>	<p>10 2 tevet</p> <p>7:00am Morning Minyan 7:00pm Women Wine(d) Down 7:00pm Koleinu Choir</p> <p>HANUKKAH</p>	<p>11 3 tevet</p> <p>7:15am Morning Minyan 5:00pm Talmud Class 7:00pm Sisterhood Board</p> <p>HANUKKAH</p>	<p>12 4 tevet</p> <p>8:00am Morning Minyan</p> <p>HANUKKAH</p>	<p>13 5 tevet</p> <p>7:15am Morning Minyan 11:00am Building & Grounds 3:00pm Nosh & Drash R. Eve 3:15pm Bible Class R. Isaak</p> <p>HANUKKAH</p>	<p>14 6 tevet 4:09pm </p> <p>7:15am Morning Minyan 6:15pm Kabbalat Shabbat</p> <p>HANUKKAH</p>	<p>15 7 tevet 5:10pm </p> <p>9:00am Shabbat Services 10:00am Torah Troop 10:15am Tot Shabbat 10:15am Kiddush Club</p> <p><i>Vayigash</i></p>
<p>16 8 tevet</p> <p>9:00am Morning Minyan 12:00pm Outside In Cooking 1:30pm Alfred Furie, z"l</p> <p>HANUKKAH</p>	<p>17 9 tevet</p> <p>7:15am Morning Minyan 6:00pm Soup to the Streets</p> <p>HANUKKAH</p>	<p>18 10 tevet</p> <p>7:15am Morning Minyan 10:00am Cemetery Meeting 5:00pm Talmud Class</p> <p>FAST OF 10TH OF TEVET</p>	<p>19 11 tevet</p> <p>8:00am Morning Minyan</p> <p>HANUKKAH</p>	<p>20 12 tevet</p> <p>7:15am Morning Minyan 3:15pm Bible Class R. Isaak 7:00pm Board of Directors</p> <p>HANUKKAH</p>	<p>21 13 tevet 4:12pm </p> <p>7:15am Morning Minyan 6:15pm Kabbalat Shabbat with Ilene Safyan</p> <p>HANUKKAH</p>	<p>22 14 tevet 5:13pm </p> <p>9:00am Combined Shabbat Services 12:30pm Women's Torah Study</p> <p><i>Veyechi</i></p>
<p>23 15 tevet ALL CLASSES CANCELLED</p> <p>9:00am Morning Minyan 2:00pm Shroud Crowd</p>	<p>24 16 tevet</p> <p>7:15am Morning Minyan</p>	<p>25 17 tevet</p> <p>OFFICE CLOSED ALL CLASSES CANCELLED 9:00am Morning Minyan</p>	<p>26 18 tevet</p> <p>ALL CLASSES CANCELLED 8:00am Morning Minyan</p>	<p>27 19 tevet</p> <p>ALL CLASSES CANCELLED 7:15am Morning Minyan 10:00am Cemetery Meeting 3:15pm Bible Class R. Isaak</p>	<p>28 20 tevet 4:17pm </p> <p>7:15am Morning Minyan 5:15pm 4th Friday w/ R. Eve 6:15pm Kabbalat Shabbat (There is no Living Room Shabbat this month)</p>	<p>29 21 tevet 5:18pm </p> <p>9:00am Combined Shabbat Services</p> <p><i>Shemot</i></p>
<p>30 22 tevet ALL CLASSES CANCELLED</p> <p>9:00am Morning Minyan</p>	<p>31 23 tevet</p> <p>7:15am Morning Minyan</p>	<p>CHRISTMAS DAY</p>				

Dec 6: 7:00am Morning Minyan, 3:15pm Bible Class R. Isaak, 5:15pm Young Family Sufgan-Yoga Program, 6:00pm CNS Chanukah Party, 7:00pm Executive Committee, 7:00pm Safrai Israeli Art Opening Gala
Please note that due to space, classes that are a series and not drop in are only mentioned when it begins or if there is no class that day. These classes include: **Sundays, 11:00am** Beginning Hebrew; **Tuesdays, 7:00pm** Beginning Hebrew and Machon Ivrit; **Wednesdays, 6:30pm** Learning to Leyn; **Thursdays, 10:00am** R. Isaak Class, **11:00am** R. Stampfer Class, **6:15pm** Art of Jewish Storytelling, **6:30pm** Hebrew for Prayer, **7:35pm** Siddur Basics



CONGREGATION NEVEH SHALOM

WEDNESDAY MORNING MINYAN

NOW STARTS AT 8:00AM



Wednesday morning minyan begins at 8:00am rather than 7:15am. According to Rabbi Kosak, there are two reasons for this. First, we are working to strengthen minyan attendance. By experimenting with this later start time, we are hoping that people who can't make the earlier time will be able to join this part of our CNS community. Second, at the end of minyan, one of our clergy will offer a short lesson or thoughts on how to pray. There are so many advantages to attending minyan, and we encourage you to discover them.



CONGREGATION NEVEH SHALOM



JEWISH ROCK STARS

A Musical Lecture with Cantor Eyal Bitton

THURSDAY, NOVEMBER 1, 7:00PM
FREE

2900 SW Peaceful Lane, Portland, OR 97239
503.246.8831 | nevehshalom.org





ISRAEL360 AND CONGREGATION NEVEH SHALOM PRESENTS

Safrai Israeli Art Exhibition

DECEMBER 6-9, 2018

OPENING GALA: THURSDAY, DECEMBER 6, 7-10PM

View and purchase Israeli art right here in Portland! Jerusalem's Safrai Gallery is bringing over 1500 pieces of fine art by more than 100 contemporary Israeli artists – young and old masters of Israeli art – to Congregation Neveh Shalom.

Safrai Gallery open times in the Vestry:

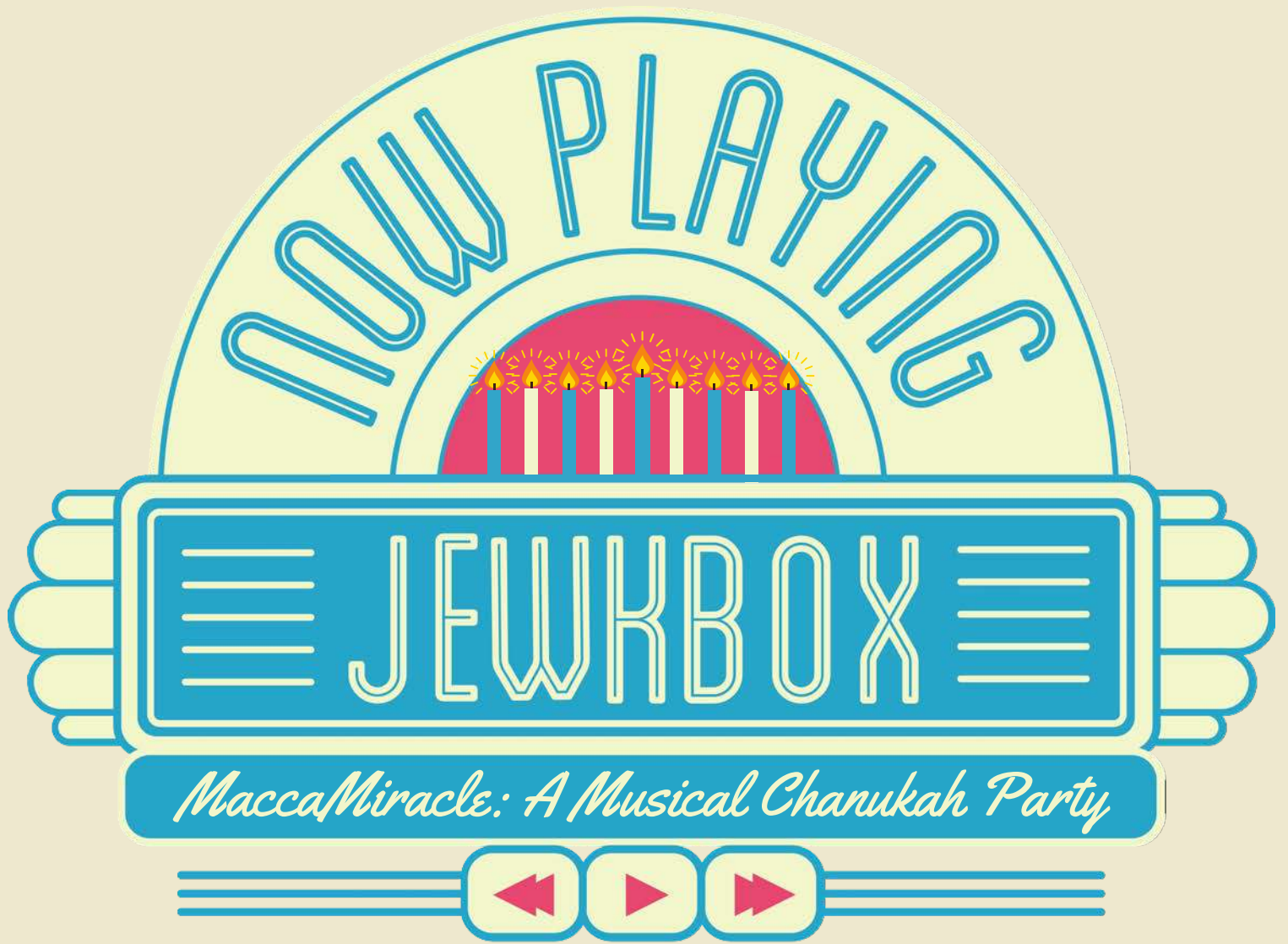
Thursday, December 6, 7-10pm - Friday, December 7, 9am-2pm

Saturday, December 8, 7-10pm - Sunday, December 9, 9am-4pm

For more information, please call the office at 503.246.8831



A percentage of the proceeds from this fundraiser will support Israel360, whose mission is to facilitate the ongoing and open dialog about Israel.



Thursday, December 6, 6pm

Celebrate the festival of lights in this fun retelling of the Chanukah story through narration and a selection of pop, rock, and Jewish songs.

**Latke dinner: \$18/adults, \$12/kids, \$54/family max.
RSVP at: tinyurl.com/CNSChanukah5779***

Bring toilet paper donations to support the Men's Club Toilet Paper Drive for Neighborhood House. Also remember to bring your own chanukiah to light with the community.

**Young Family Shul Pass holders will still need to RSVP*



CONGREGATION NEVEH SHALOM
2900 SW PEACEFUL LANE, PORTLAND, OR 97239
503.246.8831 ~ NEVEHSHALOM.ORG





NEVEH SHALOM, ISRAEL360 AND
THE SUHER FAMILY PRESENT



DRS. RONEN AND DEBBY MIR

Prominent leaders in science
education and environmental
education, respectively.

December 7-9

3rd Annual Scholar-in-Residence

in memory of Yoni Suher, who died in a
terrorist attack in Turkey in March 2016

**FRIDAY, DEC 7 | 7:30PM | BIRNBACH HALL
DINNER & TALK (RSVP FOR DINNER)**

"Moments of Discovery – A Personal Journey
through Science" with Dr. Ronen Mir

SATURDAY, DEC 8 | 12:45PM | STAMPFER CHAPEL

"Environmental Health in Our Home, School, and
Community – How Much Is in Our Hands?"
with Dr. Debby Mir

**SATURDAY, DEC 8 | 7:00PM | STAMPFER CHAPEL
DRINKS & DESSERT TO FOLLOW IN ISAAK FOYER
AND VESTRY**

"How Scientific Thinking Leads to Prosperity and
Opportunity – The Lessons of Israel's Start-up
Society" with Dr. Ronen Mir

Come hang out in your jammies!
(adults too)

havdalah in pajamas

with Rabbi Eve Posen

SHORESHIM PJ HAVDALLAH
Saturday. Dec 8. Feb 2. 5:15PM



Join friends for dinner, Havdalah, crafts and a milk & cookie story time! For children 0-5 years old and their families.



MOVIE NIGHT!
Saturday. Jan 12. 5:15PM

Shoreshim and Anafim families come together for this special PJ Havdalah. Join us as we say goodbye to Shabbat in our PJs and then have dinner and a movie. For all children 0-2nd grade and their families.

Birnbach Hall, Congregation Neveh Shalom

\$30/family for each date* ~ RSVP at nevehshalom.org/pjhavdallah

**Included in Young Family Shul Pass, please still RSVP.*

Sponsored by

