

The Chronicle

High Holy Days Issue

Congregation Neveh Shalom
No. 1 September-October 2017



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Renewal Out of Despair

By Rabbi David Kosak

I know a young woman who cuts herself quite regularly. She is a very sensitive individual, and such people sometimes end up overwhelmed by the pain life brings to all of us. She feels it at a higher pitch. When the cutting stopped working, she moved to more drastic measures. At last count, she had attempted suicide several times. The doctors and psychologists have not yet been able to help her. Her parents are at their wits' end.

The ultimate form of human discouragement is when we relinquish our hope that things can be better. This is a sort of spiritual despair we see all around us. It's not something from which only the highly sensitive suffer. People who are pessimistic that they can be better, or that society can be better, have also fallen into such a place of despair. What is most disturbing about this state is that those who view this way actually imagine that they are "reading" reality correctly. They no longer experience themselves as despairing, but as wise.

For example, there are many people who imagine that peace in the Middle East is impossible or that it is impossible to make peace with the Palestinians because they are too barbaric (or impossible to make peace with the Israelis because *they* are too barbaric). They imagine that anyone who still believes peace is possible is naive, even though history has countless examples of arch-enemies overcoming their earlier mutual hatred.

Others imagine that their relationships with their spouses or co-workers can't be any better. Some folks have tried to change for so long that they've given up hope that it is even possible. "You can't change your character."

The Talmud (Yoma 86b) recognizes this condition. As an example, it describes individuals who have become so habituated to destructive or forbidden behaviors that they view them as being permissible. For such people, it concludes that this mindset prevents their *teshuvah* from being effective. Mindset, in other words, can be a spiritual defect resistant to the normal avenues of change and repentance.

However, if we leave the discussion here, we also will have given in to despair. Fortunately, our great mystical work, the Zohar, states that the *teshuvah* referred to above is a lower form, *teshuvah tataah*. It then states that these defects caused by our fixed mindset can be addressed and fixed through a higher form of *teshuvah*, *teshuvah ilaah*.

The Slonimer Rebbe explains this higher form of *teshuvah* by making the analogy that regular *teshuvah* is when we use our normal capacities while *teshuvah ilaah* is when we gain access to spiritual powers that are beyond our everyday ones. He gives the example of people who, in moments of sudden danger, suddenly find they are far stronger than they ever imagined. It makes me think of those mothers who have lifted the rear of a car to extricate a baby, or alcoholics who give themselves over to a higher power and lift themselves up from what seemed an eternally downward spiral.

Just as people can discover physical powers they never knew they possessed, we can also uncover spiritual powers that lie dormant in us, a reserve waiting to be tapped in a time of need. We have documented stories of the most depraved individuals who have been able to turn their lives around when they figured out how to tap in to these hidden powers.



As the High Holy Days approach, I'm sure there are some areas of your life where you have given up any hope for change. That's a natural enough form of despair, but it doesn't need to be the end of the matter. The thing you lack is out there – the information, the answer, the technique, the support. I hope to share some with you over the high Holy Days.

I don't know what will happen to the young woman I spoke of earlier. She has so many gifts to offer herself and the world. I hope she'll make it. I don't know what will happen to you or me. What I do know is that we all have capacities we rarely reach for. As long as we believe there's more to the story, the book of life and renewal remains open for us all.

My blessings to you all for a healthy, sweet New Year,
Rav D

A Change Will Do You Good

By Rabbi Eve Posen

Tapuchim U'dvash L'rosh HaShannah. Apples and honey for Rosh Hashanah. As the parent of two small children and as a rabbi who loves working with kids, these words start to play over and over in my head sometime around mid-August. And I know to start anticipating the question, why do we eat apples and honey on Rosh Hashanah? Yes, the song reminds us that it is our hope for a sweet new year, but I've always wondered if there was more symbolism than simply the taste of these foods.

Here's a little insight into how I've started to answer this question. Bees take the nectar from flowers and magically (or scientifically) transform it into honey, creating one of only two substances made by a non-kosher animal that is kosher to eat. (Can you guess the other food product in this category?) At the same time, an apple comes from a tiny seed that grows, transforms, and blossoms into a beautiful tree that eventually bears fruit.

Similarly, the Hebrew word for year, *shanah*, means both year and change. Our year is a time in which we too can

transform, much like a bee transforms nectar into honey or a seed transforms into an apple tree. These symbols represent infinite possibility as we approach a new year. Yes, we eat them because they are sweet, but also because they contain the hope of what will transpire throughout the year.

These are the questions I look forward to exploring throughout our High Holy Day season with our families in all of our services. How will this new year bring you change? How will you bring sweetness to it? I hope you'll join our entire community on this journey as we explore ourselves and our congregation.

How will we accomplish this? First, I'd like to invite you to bring in a recent picture of your family (4x6 is preferable). We'll collect these between Rosh Hashanah and Sukkot. Please include your family name on the photo. The idea is to create a "tapestry" of change, and to track our changes, we will invite you to bring a second family photo in the spring during Shavuot to compare and see how we've grown.

We're also going to explore bees, honey, apples, and more on the second day



of Rosh Hashanah as part of the family services from 9:30-10:45am. We'll use Birnbach Hall as our exploration station where parents and children can together engage with the concept of change and sweetness.

May this year be one filled with incredible learning, changes, and most of all, sweetness!

Long-Standing Member Turns 100 on Yom Kippur

Mazel Tov to Jack Lakefish who will be turning 100 years old on September 30, the same day as Yom Kippur! Jack was born here in Portland, OR in 1917 and has been a member for 60 years. His parents immigrated from Warsaw and he was married to Annette Becker for 64 years. Jack had one job with the Service Bureau Corporation, a division of IBM. Although he retired many years ago, he later worked part time at a friend's hardware store, well into his 90's. According to his son Randall Lakefish, "Dad has always been a kind, gentle man who never says anything contrary to anyone or about anything. He is a true mensch."



She Danced on Yom Kippur?!

By Cantor Eyal Bitton

Cantor's Corner

One Yom Kippur, I remember chanting "V'al kulam" and looking out at the congregation. I recall seeing a young woman not swaying but dancing to the music. The dance was light and joyful. I smiled, and when she noticed that I had seen her dance, she laughed—somewhat embarrassedly. Yes, she had been "caught," but there was no need to feel embarrassed. I didn't see someone being silly or doing something wrong; I saw someone connect, in their own way, to prayer. I saw someone moving—because she was moved.

The prayer states: "For all these sins, forgiving God, forgive us, pardon us, grant us atonement." Is there levity in these words? Should one dance to this text? Some would say no. However, I am reminded of King David and Michal. When the Ark of the Covenant was brought into Jerusalem, David danced at the head of the procession while Michal looked upon disapprovingly. To her, this act was unbecoming. Perhaps.

Perhaps not. Was it uncouth? Was it disrespectful? Or was it an expression of joy and exuberance?

To me, this young woman had found something joyful about Yom Kippur. Her experience at this moment was positive. She'd found a moment of joy and life on a day that is often associated with sadness and mortality. She had also found a moment to connect with the synagogue experience.

Yom Kippur is solemn but it is not sad. That we can change our destiny for the better is a cause for joy. That we can do something to right our wrongs is a wonderful thing. Without forgetting the themes of the High Holy Days, it is my hope that the members of my new congregation, my new home, find meaningful and even joyous moments in their services. It is my hope that the synagogue experience offers a positive connection to prayer, whether it is through the text or through the music.



As your new cantor, I hope I can help create an atmosphere of spirituality, inclusivity, solemnity, and joy, thereby fostering opportunities to connect through prayer as individuals and as a sacred community. I hope that, even if you don't dance on the High Holy Days, you are moved.

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On the cover:

Cantor Bitton, Rabbi Posen, and Rabbi Kosak. *Photo by Brian Rohr.*

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This Time of Renewal

President's Corner

By Stephen Blake

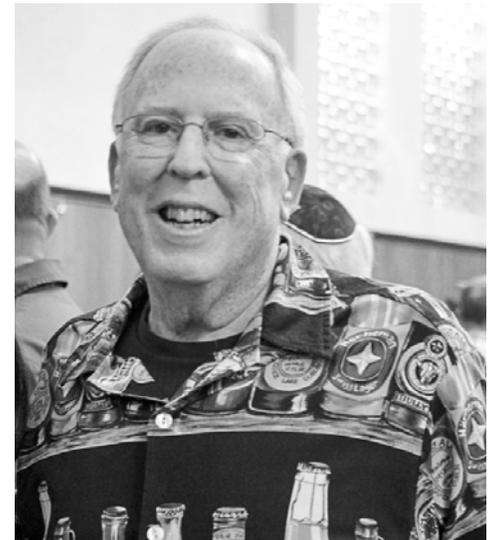
The beginning of a new year is always a time for renewal. All of us make resolutions connected with our health, our lives, or to change something we hope to improve. The High Holy Days also mark the beginning of a new year on the Jewish calendar. As we enter the year 5778, perhaps it is time for a renewal of your relationship with Congregation Neveh Shalom.

A relationship with a synagogue takes a number of different forms. Over the last few years, we have begun to recognize that we are more than just a congregation, we are a kehillah. We define our kehillah as a sacred community, formed by Jews who have joined together to seek God, to explore and live out our understanding of Jewishness, to offer and to get support, to share joy and sorrow, to learn and grow together, to explore the meaning of our lives and the wisdom of our ancestors. As president of the board, I ask that you consider using this new

year as an opportunity to renew your relationship with our kehillah. Join us at services. Volunteer your time. Join your fellow members in uplifting our community.

2019 will mark 150 years since Congregation Avahai Shalom was founded. Over that time we grew and merged with Neveh Tzedek and, as a result, have been known as Congregation Neveh Shalom since 1961. We will shortly begin our celebration of our 150th anniversary and will provide a number of events for us to come together to celebrate and learn.

It is also time for us to secure our financial future. We need your help and participation to ensure that our synagogue can continue to provide the quality services and programs that we offer. To this end, we will also be starting CNS150, "A Campaign for Funding our Future." This will be a two-part campaign. The first is to raise enough money to pay off the outstanding debt



remaining from our expansion 10 years ago, and renew our existing facility, much of which is over 50 years old. The second is to build an endowment with a goal of ensuring financial sustainability for the next 150 years.

With wishes for a Shanah Tovah,
Steve

2017 Joshua Stampfer Community Enrichment Award Recipients By Priscilla Kostiner

The 2017 Joshua Stampfer Community Enrichment Award will honor three women who have made outstanding contributions to the Jewish Community and the Portland Community at large. Dr. Jill Ginsberg, Tracy Oseran, and Sharon Strauss represent the finest examples of social justice in our community.

Our awardees this year are well known in Portland for their vigorous work in the field of *Tikkun Olam* (social justice). They feed the hungry, care for the needy, and take care of the homeless. Each in her own way has created an agency to meet the many needs of the less fortunate in our community. The Stampfer Award dinner honoring these three outstanding women will take place at 6:00pm on Thursday, November 2, 2017, at Congregation Neveh Shalom. The event is open to the public. For tickets and information, please contact Marg Everett, meverett@nevehshalom.org; 503.246.8831.



Jill Ginsberg



Tracy Oseran



Sharon Straus



Max Flecker – September 2

Mazel Tov to Max Flecker, son of Jonathan and Lisa Flecker, and younger brother to Kaiya. Max is an 8th grader at Robert Gray Middle School and enjoys many activities including playing soccer for the Lincoln Youth Soccer competitive program, swimming for the MJCC Stingrays, sand and snowboarding, video gaming, traveling to Europe and Mexico, and spending time with friends. He always looks forward to spending his summer at the JCC Ranch Camp in Elbert, Colorado where he has spent the last five years, culminating in a four-day backpacking trip in the Rockies this past summer.



Eric Vincent Altmark – September 16

Eric is the son of Asa and Debra, and younger brother of David Altmark. Proud grandparents include Bobbie and Allen Altmark (Portland, OR), as well as Marilyn Singer (Chicago, IL) and Joel Singer (Los Angeles, CA). Eric is a 7th grader at Highland Park Middle School, and his favorite subjects are math, P.E., and playing drums in the band. Outside of school Eric is an avid baseball player. Playing ball since age three, his favorite positions to play are shortstop, catcher, and pitcher. Eric's determination, sense of humor, love of fun, and stability under pressure are a few of the things that make his family proud. For the future, Eric has his eyes set on a career in baseball.



Evan Crow – October 14

Evan Crow is the son of Debra Anchel and Michael Crow, stepson of David Anchel, older brother to Lily, and grandson to Sandy King (Philadelphia), Edward and Judith Anchel (New York), and Bonnie Crow (Los Angeles). Evan is a standout student at Robert Gray Middle School. He loves exploring technology, skiing, playing soccer, listening to music, spending time with friends, and hanging out with the family's cats. Friends cite Evan's quick wit and amiable nature as top reasons to spend time with him. His skill set may someday lead him to a career in high tech.



Jacob Shore – October 27

Jacob Shore is the youngest son of Dmitriy & Alla Shore, brother to Daniel (24), Benjamin (20) and Rebecca (16). He is the grandson of Larisa and Semion Stolyar and the late Lazar Sheynfeld and Anna Rashkovskaya. He is a 7th grade student at Jackson Middle School. Jacob enjoys playing sports and spending time with his family and friends. He is currently a black belt in martial arts and plays soccer for the Foothills Soccer Cub. In his free time, Jacob loves to play video games with his siblings and cuddle with his three dogs: Bubby, Sierra, and Ari. He is an intelligent, sensitive and wonderful young man.

Teaching the Spiritual Touchpoints

By Mel Berwin, Director of Congregational Learning

During a tough time for my family, I turned to a friend of mine who is a rabbi, and asked her for some words of comfort. She gave me this verse from the morning prayers: *מחדש בכל יום את מעשה בראשית* / *M'chadesh b'kol yom et ma'asei breshit* / "(God) renews each day (God's) acts of creation."

I turned those words over and over in my mind, and they provided me comfort. I heard in them the possibility of my own renewal, that the overwhelming feelings I experienced wouldn't stay with me forever, that each day could bring renewed energy, strength, hope, and faith that I would get through this time. Several years down the road, when the memory of those hard times seems distant and I know that chapter worked out for the best, I still feel a close connection to these words, which are like old friends, when I come across them in the prayerbook.

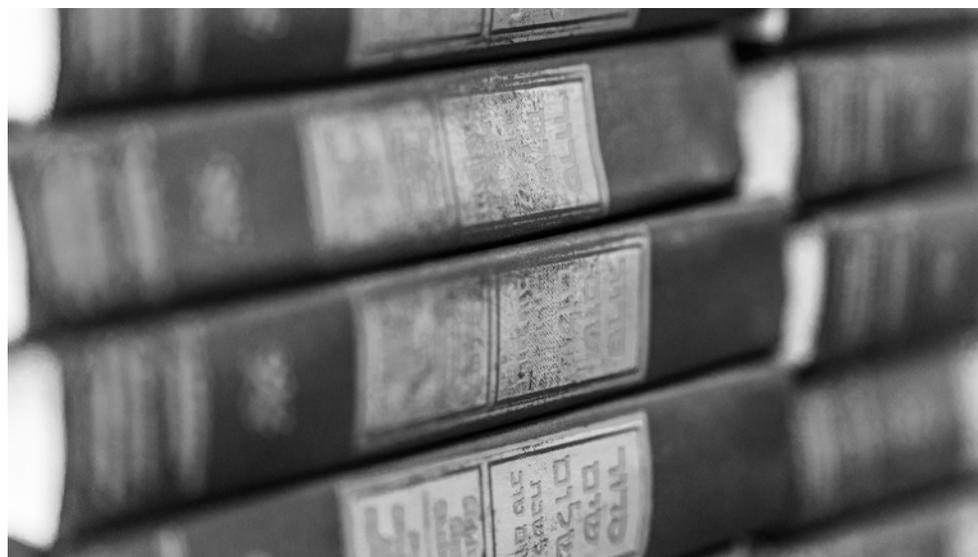
What that rabbi gave me is what I call a "spiritual touchpoint." These are words from our tradition that we can connect to, find meaning and strength in. I like to look for these phrases in the siddur any time I am teaching prayers to kids or adults. In the traditions of Buddhism and Hinduism this might be called a mantra—a word or phrase that you repeat over and over, that aids you in prayer or meditation, and provides uplift. Whether or not we know every word in Hebrew, or could translate the Hebrew into English, we can look for these spiritual touchpoints to focus on during prayer and to turn to when we need them.

This summer I updated the Hebrew and Tefilah (prayer) benchmarks for our 3rd, 4th, and 5th grade classes. Each grade has prayers they learn to read and lead; I added a framework to aid in teaching both spiritual touchpoints as well as conceptual understanding (the "big ideas") for each prayer. So the big



ideas of the Amidah might include: The word Amidah means standing and we stand to say the prayer; the Amidah is actually a string of blessings; and the first blessing invokes the names of our ancestors who each had a different relationship with God. And one of the spiritual touchpoints would be this: *זוחר חסדי אבות* / *zocher chasdei avot* / "You remember the kindnesses of our ancestors," an idea that contains in it our connection to all of the generations of Jews before us, the importance of memory in our tradition (just like God remembers, we make a point of remembering those who came before us), and the gratitude we can feel for everyday kindnesses that we encounter.

I look forward to helping our teachers implement these new benchmarks and teach more of the touchpoints of our prayers; after all, we all sometimes need a little comfort and uplift.



Forgiveness



By Jenn Director Knudsen

I take the High Holy Days themselves very seriously. But I often don't take *prepping* for them as much to heart. However, last year I did.

As the start of the 2016-2017 school year approached, I decided to proffer an olive branch to one of my daughters' teachers with whom I'd had a major falling out. For months on end, the thought of her made my blood boil.

I no longer wanted to feel that way. Thus, I turned to the HHDs' overarching themes of seeking forgiveness and self-betterment and spent a lot of time reflecting on how to achieve both in this situation.

In mid-August I hand-wrote a letter to this teacher, from whom I'd hoped for a response before erev Rosh Hashanah began.

Writing that letter was quite difficult, and I chose my words very carefully. Sealing, stamping, and sending the envelope felt right and good.

I turned to the HHDs' overarching themes of seeking forgiveness and self-betterment and spent a lot of time reflecting on how to achieve both.

So I turned to letter writing again to attempt to right another wrong.

When an adolescent, I'd done some caretaking for a child older than me; she had mild Down syndrome and was in a very restraining cast, recovering from one of many hip surgeries. She needed

assistance during the day while both parents were at work. Very capable, this girl only required attention and snacks, and also help using the toilet.

The latter grossed me out; I wasn't mature enough to handle it and so I ignored her much of the time. I knew then – and it haunted me ever after – that my behavior was absolutely reprehensible.

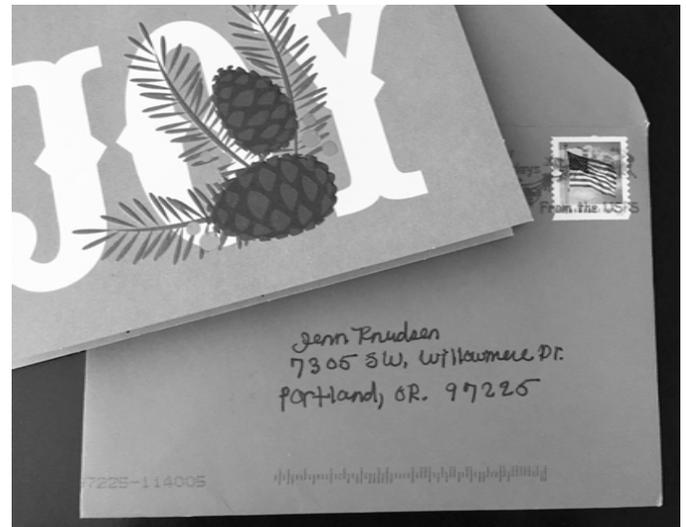
Fast-forward about 30 years and this girl became a swimming legend. I'd see her sometimes at adult lap swim and would feel guilty in her presence. I needed to unburden myself of that emotion and stop hiding in plain sight at the pool.

I found her parents' address and hoped my missive would reach her.

The school year started, erev Rosh Hashanah hit, and then Yom Kippur came and went. I received no word from the teacher, and indeed, to this day, she doesn't even look me in the eye in the school's halls.

But in late December, I received a letter

in a cherry-red envelope. I registered the return address and opened the Christmas card with shaking hands. The swimmer's delicate cursive covered



the entirety of the fold-over card. She wrote, in part,

"I sincerely appreciate your thoughtfulness in taking the time to even think about things that happened so long ago. We were probably both going through some tough times..."

The HHDs are very challenging, offer great challenge, and sometimes, lovely reward.

Seeking forgiveness and trying to better oneself are hard if not nigh impossible tasks. Like swimming upstream. Or lap swimming. This season I'll again get out of the pool, dry off, and take up pen and paper.

Yad b'Yad (Hand in Hand): Holding the Hands of Mourners in Comfort

by Debra Shein

This spring, CNS members Dale Oller and Sarah Coblens launched Yad b'Yad (Hand in Hand), a new program designed to support congregants through the difficult process of grieving and adjustment during the first year after the loss of a close relative. Dale and Sarah first met at morning minyan, after both had lost their spouses within the past year. When

they saw each other there, they intuited that they had found kindred spirits, and began to discuss what more could be done to help other CNS members who had experienced loss. To explore ideas, they continued to brainstorm along with Rabbi Eve Posen and JoAnn Bezodis, CNS Education Administrator.

A plan was formed. They decided to organize a band of volunteers, each of

Definition: **hand in hand**

(Of two people) with hands joined, especially as a mark of affection. Closely associated: "she had the confidence that usually goes *hand in hand* with experience."



Sarah Coblens (left) and Dale Oller (right), founders of Yad b'Yad, stand arm in arm in front of a graphic of the Shehecheyanu in the CNS foyer.

whom would pair up with members of the congregation at the time they lost a family member. After receiving notice that someone had newly become a mourner, a Yad b'Yad representative would reach out as soon as possible to hold their hand through the trying period after the death. They would bring a challah and a bottle of juice or wine the first Shabbat following the departure of the loved one. They would maintain contact throughout the year, preparing the mourners and offering their assistance, especially at the various milestones along the way — the end of sheloshim (the first 30 days after the death), the quarterly yizkor (memorial) services, the unveiling, and the first yahrzeit (anniversary of death). With the thought that all loss is not the same, ideally volunteers would be well matched with those they were to comfort, would have experienced similar situations and/or be going through the same stage of life.

The group that was eventually formed, nearly 20 in number, now meets monthly to support each other in their roles and discuss ideas for improving

the process. A volunteer is always on hand at morning minyan, looking out for those who've just experienced a loss. It has been a really positive experience for all involved, and those taking part report that the act of comforting others has helped them to further process their own grief as well.

In addition to forming the support group, Dale, a psychiatrist by profession, has written four booklets to offer advice to mourners and to provide an introduction to Jewish rituals surrounding mourning for those who may not be fully acquainted with the details. She began writing about a year ago, after losing her husband Earl, as a way to help process the sadness and fear of being a widow. In a touching, compassionate fashion, she interweaves a discussion of the many variations of current Jewish practice with the story of her own experiences as a mourner. The first booklet discusses the first thirty days and "The Three S's: Shomrim, Shivah, and Sheloshim," the second addresses "The Grieving Process," the third reflects on "The Middle Months of Mourning," and the fourth (soon to be released) will cover "The Unveiling and Yahrzeit."

As Dale writes in her introduction to the first thirty days, "Judaism can offer a valuable roadmap to help you transition through your grief. Contained in this booklet are some suggestions and examples of ways to do this. Jewish tradition is committed to life and joy. It

helps us acknowledge the sadness of loss, and also provides us with rituals to mark the milestones that help us to move through the mourning process.

It has been a really positive experience for all involved, and those taking part report that the act of comforting others has helped them to further process their own grief as well.

But Judaism also mandates that in this period, we move toward life and hope." The pamphlets are available at morning minyan, outside of the Stampfer Chapel,



and at Holman's Funeral Home.

Sarah, who lost her husband Ross to a brain tumor (and lost her mother to Alzheimer's during the same period), also brings with her a great deal of experience and wisdom to the project. She first became a mourner when she lost her father at an early age. After this tragic event, her mother impressed on her the importance of attending yizkor, even though she was still so young. She feels that her life experiences have helped her to develop compassion, and it is clear that this is so. Sarah went on to

a career as a public relations specialist in the medical field, and now serves the National Brain Tumor Society as an advocate for families dealing with the condition. Recently, she attended their annual "Head to the Hill" event in Washington DC, and met with congressional representatives and staffers to try to convince them to provide additional funding to fight this deadly disease.

Sarah reports that, to her knowledge, Yad b'Yad is the only program of its nature within the Jewish community in all of the northwest. What makes it unique is the sustained, one-to-one contact beginning on the first day and continuing throughout the year. She and Dale hope to continue building Yad b'Yad and look forward to offering expanded resources to mourners in our community in the years ahead.

If you know of anyone who has experienced a recent loss and should be contacted, please let them know. Contact the CNS office at: 503.246.8831 or stop by morning minyan for additional information.

Starting Nov 1, join us for a monthly class entitled Giving Care and Caring for Ourselves: A Series on Rituals & Resources for End of Life. This series will explore Jewish end-of-life traditions that provide spiritual, logistical, and ethical frameworks for walking through the process of grief. For more information, contact: mberwin@nevehshalom.org

Our Ritual Committee

Interview by Jenn Knudsen with Co-Chairs Mark and Gail Sherman

Jewish ritual plays a role in the lives of every single Neveh Shalom congregant. Our Ritual Committee acts as our rabbis' sounding board and is charged with nurturing congregants' ritual lives, for those who pay fleeting attention to tradition, those engaged in daily halachic practice, and those in between. Committee members engage in the following (and more): they consider questions about how to make Shabbat meaningful (even around soccer practice and other obstacles); preserve local customs and those of the Conservative movement; sometimes provide a buffer against, and sometimes encourage, change and innovation; and address urgent matters of social change, such as participation by non-Jewish members of interfaith families or incorporation of non-gendered language in ritual.

Mark and Gail Sherman – Ritual Committee co-chairs – respond to questions about the committee and its role at the heart of our shul.



Ritual Committee Co-Chairs Mark and Gail Sherman

Q: What does the Ritual Committee do?

A: It represents the community in discussions with clergy, who attend our meetings, on topics relating to our services and practices. For example: What helps families with young children feel comfortable in services in the main sanctuary? Can a congregant be buried according to the Israeli custom, in a shroud but with no coffin? How can we make prayer meaningful for those who care most about the music? Or the words? Or silence? Or movement? Which rituals really matter to people and why?

Q: What has the committee focused on recently?

A: Optimizing the davening experience in our main services. When Rabbi Kosak first arrived, we spent time studying this topic. He pushed us to examine our own experiences and to listen to others'. We discovered plenty of differences, but also strong common interests like participatory services and communal singing. And, in reaching out to congregants to learn more about current concerns, we also study texts with clergy to grasp more of the tradition's teachings.

Q: Why is this committee important?

A: We grapple with how choices concerning ritual practice can help everyone experience Neveh Shalom as a welcoming and engaging community. For example, study with Rabbi Kosak led to changes in the early part of Shabbat morning services. We provided input on the recent cantor search. The committee inaugurated Tefillah Labs, an occasional Shabbat morning service that explores new melodies and ways to deepen prayer. Encouraging more active shul engagement by non-Jewish family members committed to helping raise a Jewish family is a key initiative.

Q: Who can join the Ritual Committee?

A: As a congregant, **you** can! We seek members from all parts of the congregation, regular daveners and occasional participants, young families and long-time senior members, and everyone in between. If you're interested – or have topics to raise – please email us (gsherman@reed.edu and/or msherman18@comcast.net) or call the main office at 503.246.8831.

Todah Rabah

By Sarah Rohr

A Practice of Gratitude

As a teacher of Jewish and non-Jewish meditation, I sometimes get the question from non-meditators of where to start. How can they begin a meditation practice in their busy lives? I often suggest gratitude practices as an easy entry point into meditative awareness.

As Jews, our tradition has us giving, sharing, and expressing gratitude in much of our liturgy and daily blessings.

There is a game my family and I play, which we call “Todah Rabah.” It is a game of gratitude. It starts out with one person saying the Hebrew phrase *Todah rabah* (which means “thank you very much” in Hebrew) and the other responds with something they are grateful for. For instance:

Me: *Todah rabah*, Brian (my husband).
Brian: I am grateful for our son finding deep comfort and a sense of home at Foundation School. *Todah rabah*, Sarah.
Me: I am grateful for clean air and water.

The first time we played this game, we were in need of a reminder of how blessed and privileged we are. Since then, it has become a family staple. Our toddler Gabriel enjoys it as well,



playing rounds of this game at the dinner table, in his car seat, and sometimes in those sacred moments before we sing the nightly Shema.

I now offer this game to you to make your own. It can be played with your family, when meeting someone for the first time or with dear old friends. Asking someone what they are grateful for in their lives sends the signal that a surface conversation can be taken to a more connective place in a new, budding relationship, or in cozy and familiar ones. It can also be used in times that are hard or trying, when a reminder of gratitude can be valuable.

Perhaps the phrase we could use in response is *Modeh/modah ani* (I am grateful) and then state our gratitude.

Shall we play a round now? *Todah rabah!*

- I am grateful for the blossoming and fruiting abundance that appears in our garden where seeds were once tenderly tucked in sheets of dirt.
- I am grateful for my toddler's love of *brachot* before meals and his mild obsession with shofars and guitars.
- I am grateful for his love of Foundation School and how he will request play dates with his morot.



- I am grateful for extraordinary family, friends, and community members!

With this game, you choose the aperture of your focus, very close in or more global, and say the first thoughts that arise.

Todah rabah, fellow Neveh Shalom.
(your reply here.....)

Have fun with this game! May it enrich those moments that ask us to bring our attention away from worry, distraction, or boredom and draw us more fully into the wholeness of our lives.

Join Sarah Rohr on most Thursdays from 7:30-8:30pm for **Meditations of the Heart** where she'll guide you through physical movements and practices to explore, compliment, and exalt your heartfelt prayers. For both beginners and students with experience. \$10 sliding scale, a portion of the proceeds will benefit ALIYAH. More info: sarah.e.rohr36@gmail.com.

Member News

Kvell With Us

Mazel tov to Arielle Rosenberg, daughter of Ilene Safyan and Mark Rosenberg, who was ordained as a rabbi at Hebrew College in Boston. She began as Assistant Rabbi at Congregation Shir Tikvah in Minneapolis, MN on August 1st.



We are excited to share the news that Amanda Troillett and Andrew Zvibleman welcomed their new baby boy, **Emmet Zakkai "Kai,"** on Wednesday, June 14! Mommy, daddy and big sister **Ella Ruth** are all doing well.

Mazel tov to Ellen Kalenscher on her Ultimate Frisbee (D-3) awards and honors this past year: First Team All-American; Runner-up National Player of the Year; NW Player of the Year; Clearcut, her team, tied for 3rd in the National Championships.

Mazel Tov to Lawton Browning, son of Neveh Shalom members **Merridawn Duckler and Bryan Baisinger** on his marriage at The Sou'wester Lodge in Seaview Washington. The bride, **Abigail Susik** is a professor of Art History at Willamette University, and the groom, Lawton Browning, is a Systems analyst at Central City Concern.



Mazel Tov to Jordan Epstein whose daughter, **Natanya Epstein**, and her partner, **Jelani Allen**, had a baby boy on June 30th. His name is **Nadav Ember Rune Ame**, and Jordan is a proud saba! Natanya, Jelani, and Nadav all live in Portland and Natanya became a bat mitzvah back in 1992 with Rabbi Stampfer.

Mazel tov Jane and Larry O'Glasser on the marriage of their daughter **Molly O'Glasser** to **Charles Koransky**, on July 2.

Mazel Tov to Bob Sorkin who had a photography exhibit at Progress Ridge New Seasons Market. Many of the photographs are of World Heritage Sites.

Mazel tov to Ben O'Glasser on becoming a partner in his law firm, Bullard Law, which he joined in 2014.

Mazel tov to Isaac Rosenthal on his basketball team winning the gold at the Maccabi games.

Mazel tov to Sherry Scheinman on the marriage of her son **Daniel to Blakelee Kelley** on July 8, 2017 at the Water Oasis in Newberg, OR. Dan works in business development for the corporate partnership department of the Portland Trail Blazers, and Blakelee is a reading literacy teacher for the Evergreen School District in Vancouver.

Mazel tov to Karin Garber Striker who recently completed a clinical internship at University of Hawaii, Manoa and received her PhD in clinical psychology from the University of Massachusetts, Amherst. **Karin is the daughter of Susan and Seth Garber**. She and her husband, **Tristan** just moved home to Portland where she has a one year position as a post-doctoral Psychology Resident at Reed College.

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

We regret to inform you of the passing of Francine Reingold (z"l), beloved wife of **Jeffrey Reingold**, and mother of **Jonathan Reingold and Jacob Reingold**.

We regret to inform you of the passing of fellow congregant, Lorraine Metz (z"l).

Our condolences to Lois Shenker on the passing of her nephew, Bob Neuvelt (z"l).

We regret to inform you of the passing of Harvey Kushner (z"l), beloved stepfather of **Jeremy (Dana) Sacks**, in Palos Verdes, California on Monday, July 31, 2017.

We regret to inform you of the passing of our longtime congregant and friend, Solomon "Sol" Ezra Menashe (z"l), dear father of **Richard (Abby) Menashe and Sanford (Wendi) Menashe**, grandfather to **Alex, Ben, David, and Daniel Menashe**, and brother to **Beulah Schaffer and Jack Menashe**.

We regret to inform you about the passing of Rabbi Stanley Meisels (z"l), beloved father of **David Meisels and Julie Meisels** and grandfather of **Mellissa and Gavin Meisels**.

Our condolences on the passing of Dr. Paul Goldhammer, z"l in Portland, OR. Paul was the beloved uncle of **Harry (Mary) Goldhammer**, great-uncle of **Aaron (Kaiya) Goldhammer and Sarah Goldhammer**, and great-great-uncle of **Shoshana and Paul Goldhammer**.

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in memory of Marika Aigner
in memory of Moritz Spiegel

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in memory of Rose Olds

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in honor of Vic Menashe's

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get well wishes for Norman

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in honor of Lee and Sheri

Cordova's new home

in memory of Fanny

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Kenneth and Aviel Brodtkin's

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Ilya Shor and Sulamif

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in memory of Dale Konisburg

in memory of Leonard

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in memory of Elizaveta Smetana

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in memory of Albrecht

Bacharach

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in memory of Iosif Talal

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in memory of Francine Reingold

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in memory of Goldie Barde

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get well wishes for Shirley

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in appreciation of Rabbi Stampfer

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in memory of Mary Scharlach Nicolaisen

And the Righteous Shall Flourish Like the Date Palm

By Brian Rohr

Tzadik k'tamar yifrach is a beloved phrase from Psalm 92 which means "and the righteous shall flourish like the date palm." Our tradition understands this phrase to refer to someone who has lived a life of Torah study and who continues to teach and offer depth and meaning to the community, throughout their lives. That their goodness will bear more fruit, as the date palm does.

Here at Neveh Shalom, we are fortunate to have two people who fit this description. Emeriti rabbis Daniel Isaak and Joshua Stampfer have dedicated so much of their lives to our community, and we are blessed that they are still actively teaching. In addition to their Bible and Talmud classes, each fall they offer courses that inform and deepen the minds and hearts of those who are fortunate enough to take them. This upcoming year will be no different.



Starting on October 19, at 10:00am, in Stampfer Chapel, Rabbi Isaak will be offering a ten-week course entitled *Jewish Justices of the Supreme Court*.

"A president may serve in office a maximum of eight years, but a justice of the Supreme Court serves for life," Rabbi Isaak explains. He goes on to share that, "beginning with President Wilson's choice of Louis Brandeis in 1916, eight Jews have worn the robes of the highest court in the land. Three of them amazingly constitute one-third of the court today."

Rabbi Isaak then offers these important questions, "Who were/are these scholars of the law? How did they rise to these positions of extreme prominence? Did their nominations face anti-Semitism? How have the decisions of Brandeis, Cardozo, Frankfurter, Goldberg, Fortas, Ginsburg, Breyer, and Kagan impacted the life of the nation?" This class will discuss these very questions and more.

The text will be *Jewish Justices of the Supreme Court*, a newly published study this year, written by David Dalin, a historian and childhood friend of Rabbi Isaak. It is advised to register early in order to receive the books prior to the first class. The course is \$35 and covers the cost of the book.



Immediately following Rabbi Isaak's class, Rabbi Stampfer will be offering a ten-week course entitled *Eye Witnesses to Jewish History*. According to Rabbi Stampfer, the class "will deal with the highlights of Jewish history from the Spanish Expulsion in 1492 to the present day." Rather than being based on a single book, the text will be in the form of weekly printouts to class members. The first class will begin on Thursday, October 19 at 11:00am, also in Stampfer Chapel. The tuition for the ten-week course will be \$50, and all of the income will be contributed to the Feldstein Library.

Due to the popularity of these courses, early registration is encouraged by phone or email: 503.246.8831 or lwoloshin@nevehshalom.org.

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"This Is Hunger" Exhibit Coming to Neveh Shalom

The faces of hunger in America are both familiar and hidden from view, yet they are all too real and far too many.

Neveh Shalom is proud to host **This Is Hunger**, an interactive experience on wheels (literally, it's a big rig!) brought to us by MAZON: A Jewish Response to Hunger.

When the 53-foot-long double expandable trailer is parked and open on both sides, it provides almost 1,000 square feet of interior space to take participants on a voyage of awareness and activism. It is designed to help them understand the stark reality of hunger in America and to spark their commitment to taking action that will help end hunger once and for all.



Inside the truck, the experience is divided into two parts. First, participants are invited to sit at a communal table and virtually "meet" real people struggling with hunger. Portraits are projected at each end of the table, one by one, as individuals share their stories in their own voices and in their own words. At the end of part one, participants are invited to engage in activities that deepen their awareness about the complexities of being hungry and to join MAZON in educating the rest of our nation and advocating for change.

This Is Hunger will be open to the community from Sept 1-7. To view available times and to reserve your free tickets, visit thisishunger.org and click on Find Tickets. For questions, please contact the office at: 503.246.8831. We look forward to seeing you in the truck!

5777-78
2017

September

elul
tishri



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<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 10 elul 7:28pm </p> <p>MAZON: This Is Hunger Exhibit 7:15am Morning Minyan</p> <p>6:15pm Kabbalat Shabbat with Ilene Safyan</p>	<p>2 11 elul 8:26pm </p> <p>Max Flecker's Bar Mitzvah 9:00am Shabbat Services 10:00am Torah Troop 10:15am Tot Shabbat 10:15am Kiddush Club</p> <p><i>Ki Tetze</i></p>
<p>3 12 elul</p> <p>MAZON: This Is Hunger Exhibit 9:00am Morning Minyan</p> <p>12:00pm Back to Shul</p>	<p>4 13 elul</p> <p>OFFICE CLOSED</p> <p>9:00am Morning Minyan</p> <p>LABOR DAY</p>	<p>5 14 elul</p> <p>MAZON: This Is Hunger Exhibit 7:15am Morning Minyan</p> <p>5:00pm Talmud Class 7:00pm Crash-Course in Hebrew Reading</p>	<p>6 15 elul</p> <p>MAZON: This Is Hunger Exhibit 7:15am Morning Minyan</p>	<p>7 16 elul</p> <p>MAZON: This Is Hunger Exhibit 7:15am Morning Minyan</p> <p>3:00pm Nosh & Drash, MJCC 3:15pm Bible Class R. Isaak 7:00pm AIPAC Event 7:00pm Executive Committee 7:30pm Meditation of the Heart</p>	<p>8 17 elul 7:15pm </p> <p>7:15am Morning Minyan</p> <p>2:00pm Goldie Stampfer, z"l Unveiling, AS</p> <p>6:15pm Kabbalat Shabbat</p>	<p>9 18 elul 8:13pm </p> <p>9:00am Combined Shabbat Services</p> <p>12:30pm Women's Torah Study</p> <p><i>Ki Tavo</i></p>
<p>10 19 elul</p> <p>9:00am Morning Minyan</p> <p>2:00pm Shroud Crowd 2:00pm Koleinu Rehearsal 3:00pm Interfaith Potluck, offsite</p>	<p>11 20 elul</p> <p>7:15am Morning Minyan</p> <p>7:00pm Never Again Coalition 7:15pm Koleinu Rehearsal</p>	<p>12 21 elul</p> <p>7:15am Morning Minyan 11:00am Wondering Jews OJMCHÉ Tour 5:00pm Talmud Class 7:00pm Crash-Course in Hebrew Reading 8:00pm Q&A: Hebrew Prayer & Machon Ivrit</p>	<p>13 22 elul</p> <p>7:15am Morning Minyan</p> <p>6:00pm Membership Committee 7:00pm Conservative Judaism Explained</p>	<p>14 23 elul</p> <p>7:15am Morning Minyan</p> <p>See below</p>	<p>15 24 elul 7:02pm </p> <p>7:15am Morning Minyan</p> <p>6:15pm Kabbalat Shabbat</p>	<p>16 25 elul 8:00pm </p> <p>Eric Altmark's Bar Mitzvah</p> <p>See below</p> <p><i>Nitzavim-Vayelech</i> SELICHOT</p>
<p>17 26 elul</p> <p>9:00am Morning Minyan 9:45am ALIYAH 1st Sunday and Parent Meeting 10:00am Backyard Habitat Certification Presentation 12:00pm Outside In Cooking 2:00pm Koleinu Rehearsal</p>	<p>18 27 elul</p> <p>7:15am Morning Minyan</p> <p>7:15pm Koleinu Rehearsal</p>	<p>19 28 elul</p> <p>7:15am Morning Minyan</p> <p>5:00pm Talmud Class 7:00pm Crash-Course in Hebrew Reading</p>	<p>20 29 elul </p> <p>7:15am Morning Minyan 6:00pm Young Family Erev RH Services 6:15pm Erev RH Services</p> <p>EREV ROSH HASHANAH</p>	<p>21 1 tishri </p> <p>OFFICE CLOSED 9:00am Rosh Hashanah D1</p> <p>ROSH HASHANAH</p>	<p>22 2 tishri 6:48pm </p> <p>OFFICE CLOSED 9:00am Rosh Hashanah D2 5:15pm Cider Tasting for Young Professionals 6:15pm Kabbalat Shabbat</p> <p>FALL BEGINS ROSH HASHANAH</p>	<p>23 3 tishri 7:46pm </p> <p>9:00am Combined Shabbat Services 1:00pm Helen Cowan, z"l Unveiling, NZ</p> <p><i>Ha'azinu</i> SHABBAT SHUVAH</p>
<p>24 4 tishri</p> <p>9:00am Morning Minyan 9:30am Tashlich Hike 10:00am Kever Avot 10:00am Habitat for Humanity</p> <p>FAST OF GEDALIAH OBSERVED</p>	<p>25 5 tishri</p> <p>7:15am Morning Minyan</p> <p>7:15pm Koleinu Rehearsal</p>	<p>26 6 tishri</p> <p>7:15am Morning Minyan</p> <p>5:00pm Talmud Class</p>	<p>27 7 tishri</p> <p>7:15am Morning Minyan</p>	<p>28 8 tishri</p> <p>7:15am Morning Minyan</p> <p>3:15pm Bible Class R. Isaak 7:00pm Board of Directors 7:30pm Meditation of the Heart</p>	<p>29 9 tishri 6:35pm </p> <p>7:15am Morning Minyan</p> <p>6:15pm Kol Nidre Service</p> <p>KOL NIDRE</p>	<p>30 10 tishri 7:33pm</p> <p>9:00am Yom Kippur Services</p> <p>YOM KIPPUR YIZKOR</p>

Sept 14: 8:00am Building & Grounds Committee, 3:00pm Nosh & Drash; 3:15pm Bible Class R. Isaak, 7:00pm Sisterhood Board, 7:00pm Creating New Family Traditions, 7:00pm Siddur Basics, 7:30pm Meditations of the Heart / **Sept 16:** 9:00am Shabbat Services, 10:00am Torah Troop, 10:15am Tot Shabbat, 10:15am Kiddush Club, 8:30pm Two Worlds: A Rock & Soul Selichot

Mark Your Calendars And Join Congregation

Talmud Class with Rabbi Stampfer
Tuesdays, 5:00pm, R. Stampfer's home
Join our Emeritus Rabbi for weekly study of our sacred texts. Free.

Bible Class with Rabbi Isaak
Thursdays, 3:15pm, Room 111
Weekly learning and discussion with Rabbi Emeritus, Daniel Isaak. Free.

Kabbalat Shabbat with Ilene Safyan
Fridays: Sept 1, Oct 6, 6:15pm
Join us for this special Kabbalat Shabbat accompanied by Ilene Safyan on guitar. New melodies are intermixed with congregational favorites. It's a wonderful way to welcome Shabbat.

MAZON: This is Hunger Exhibit
Sept 1-7, various times
Embark on a 45-minute multimedia experience that will challenge your beliefs about hunger and empower you to take action. Visit thisishunger.org to reserve free tickets!

CNS Back to Shul Celebration
Sunday, September 3, 12:00-2:00pm
Have a nosh, schmooze, meet our new cantor, Eyal Bitton, and check out Mazon: This is Hunger exhibit. Please RSVP at: tinyurl.com/backtoshul2017

Crash Course in Hebrew Reading
Tuesday, Sept 5, 12, 19, 7:00pm
A great primer for our year-long classes, Hebrew for Prayer and Machon Ivrit! Taught by Itai Dewar.

Neveh Shalom Emeriti Adult Education Program Study

Rabbi Isaak's Class: Jewish Supreme Court Justices: From Cordozo to Kagan
Thursday, October 19 for 10 weeks, 10:00-10:50am, Stampfer Chapel.
Tuition \$35, book included.

Rabbi Stampfer's Class: Eyewitness to Jewish History, Thursday, October 19 for 10 weeks, 11:00am-12:00pm Stampfer Chapel. Tuition is \$50.

Proceeds will support the Feldstein Library. Register at: 503.246.8831; Iwoloshin@nevehshalom.org.

Meditations of the Heart
Thurs: Sept 7, 14, 28, Oct 19, 26, 7:30pm
Sarah Rohr guides you through physical movements and practices to explore your heartfelt prayers. Open to all! \$10 sliding scale, a portion of the proceeds will benefit ALIYAH. More info: sarah.e.rohr36@gmail.com.

Women's Torah Study
Saturday, Sept 9, Oct 14, 28, 12:30pm
Room 111 Join Mel Berwin for an uplifting learning and conversation—all levels welcome! Free.

Wondering Jews Field Trip to OJMCH
Tuesday, Sept 12, 11:00am
Join the Wondering Jews community for a field trip to the Oregon Jewish Museum. RSVP by 9/6/17 to: Iwoloshin@nevehshalom.org.

Q&A for: Hebrew for Prayer and Machon Ivrit
Tuesday, September 12, 8:00-9:00pm
Meet the teachers, get the syllabus, and find out what level works best for you. Taught by Mel Berwin and Itai Dewar. Room 114, Free.

Conservative Judaism Explained
Wednesday, Sept 13, 7:00-8:30pm
Whether you're a new member or simply seeking greater clarity, learn about our movement's name, values, and distinguishing features. Taught by Mel Berwin. Room 102, Free.

Nosh & Drash with Rabbi Eve Posen
Thurs, Sept 14, 3:00pm, MJCC
Topic: Prepare for the High Holidays. Free & open to all.

Creating New Family Traditions for Rosh Hashanah
Thursday, September 14, 6:30-8:00pm
Get inspired and learn how to make Jewish High Holy Day customs meaningful and fun! There will be hands-on experiences, Rosh Hashanah treats and family starter kits. Interfaith and new-to-Judaism welcome! RSVP to: Iwoloshin@nevehshalom.org. Co-sponsored by Foundation School and PJ Library. Birnbach Hall, Free.

Two Worlds: A Rock & Soul Selichot Experience
Saturday, Sept 16, 8:30pm, Free
Rabbi Kosak and Cantor Eyal Bitton, will capture the best part of tradition with beloved High Holiday melodies, and also offer up themes of Selichot through contemporary music. Prepare for the High Holidays in a moving, meaningful way through music.

Backyard Certification Presentation
Sunday, Sept. 17, 10-11:30am, Free
Through the Backyard Habitat Certification Program (BHCP), we "plant roots, create a habitat, transform the world - one yard at a time." Learn about how you can transform your yard into a natural delight. Jordan Epstein, Shomrei Teva Chair, is a trained volunteer and will give an overview. Stampfer Chapel.

Cider Tasting for Young Professionals
Friday, Sept 22, 5:15-6:15pm, Free
Mix and mingle before Friday night Shabbat services with nosh and delicious hard cider. We'll have cider samples from around PDX and food to bring in the New Year! Contact: eposen@nevehshalom.org.

Old-Growth Tashlich Hike, Oxbow Park
Sun, Sept 24th, 9:30am-2:30pm, Free
Join Shomrei Teva for our annual Tashlich hike at Oxbow Park. We'll hike in an old growth forest, learn and use Jewish nature prayers, and finish with a Tashlich service. Meet at CNS at 9:30am or at Oxbow at 10:30am. Dress for the weather and bring a simple picnic lunch. RSVP requested: Jordan Epstein, yaakovm@comcast.net, 503-245-6580. Family friendly!

Kever Avot Cemetery Visits
Sunday, September 24, 10:00am
Ahavai Shalom and Neveh Zedek Cemeteries

Machon Ivrit
Tuesdays starting Oct 3, 7:00pm
Year-long course in Modern Hebrew. Whether you are new to Judaism or a lifelong learner, we invite you to join Machon Ivrit!

*Please note: programs are subject to change, please contact
Do you like this new calendar layout? L*

Neveh Shalom For These Great Programs!

Soup and Cider in the Sukkah:

Thursday, October 5, 7:00 – 8:30pm

There will be soup, salad, dessert, and a cider tasting. Come alone or with a friend - it will be warming for the soul and belly! To help out with the "soup crew" contact Carol Biederman at 503.703.5128. \$8. Bring a can for the Oregon Food Bank. Please RSVP by 10/3/17: lwoloshin@nevehshalom.org 503.246.8831.

Women's Night in the Sukkah

Tuesday, October 10, 7:00pm

Join Rabbi Eve for an inspirational night of meaning and connection. RSVP to lwoloshin@nevehshalom.org.

The Simcha of Seven: An Erev Simchat Torah Celebration

Thursday, October 12, 6:00pm Dinner, 7:00pm Service

Join us as we celebrate Israel's 70th Anniversary and the Simcha of Seven for Simchat Torah. 6pm, delicious Israeli dinner. RSVP at: tinyurl.com/simchat5778. 7pm, Ma'ariv service & Hakafot with a live band. The service and snacks are free and open all. Families are welcome!

Voluntary Simplicity Workshop

Sundays, October 15 – November 19

We will examine how modern society can interfere with caring for the planet, and how consumption patterns have an impact on us and our relationships, as well as the environment. Jordan Epstein will coordinate the course developed by the Northwest Earth Institute. \$28. RSVP required: lwoloshin@nevehshalom.org

Pirkei Imahot Book Talk (First Session)

Sunday, Oct 15, 6:30pm, Offsite

Study Rabbi Posen and Lois Shenker's book over the course of four sessions. Facilitated by Kaiya Goldhammer and Dorice Horenstein (Shaarie Torah). RSVP: tinyurl.com/pirkeiimahotbookclub

Hebrew for Prayer

Thurs starting Oct 19, 6:30pm, Rm 111

Increase your understanding of what we say when we pray. We will learn the most common shreshim (roots) that are used throughout our siddur. Each

week we will translate prayers from Shabbat services. Taught by Itai Dewar. Course materials fee \$50.

Siddur Basics

Thurs starting Oct 19, 7:35pm, Rm 111 (Free "Taste of" Session Sept 14, 7pm)

Join us to learn the Shabbat morning service. Each week we go through different parts of the service slow enough so that everyone can learn the words. Drop-ins welcome. Taught by Itai Dewar. \$50 course materials fee.

"The Settlers" Documentary Film

Sunday, October 22, 2:00pm, Free

Sponsored by the Men's Club, Israel360, CBI Brotherhood, Havurah Shalom, Kol Shalom and P'nai Or. Stampfer Chapel.

New Member's Brunch

Sunday, October 29, 9:00am

All new members are invited to join us for a special new member brunch. Please RSVP to: lwoloshin@nevehshalom.org.

Young Family & Youth

Young Family Tot Shabbat (0-5 years)

1st and 3rd Saturdays, 10:15am

Zidell Chapel Join other young families for singing, dancing, stories, indoor picnic-style lunch and Shabbat fun.

Kiddush Club for K-2nd Graders

1st and 3rd Saturdays, 10:15am

Room 29. Join other families for prayer, singing, conversation and fun followed by an indoor picnic-style lunch.

Torah Troop for 3rd-5th Graders

1st and 3rd Saturdays, 10:00am

Meet in the MAIN service for the beginning of the Torah service, and then come out for a fun and active lesson on the Torah portion (parsha) of the week. Return to the service to help lead Adon Olam, and join the community for lunch!

Fourth Fridays with Rabbi Eve

Friday, Oct 27, 5:15pm

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

High Holy Days at Congregation Neveh Shalom

Please join us for all of our High Holy Days happenings. For a copy of the schedule, stop by the office or visit: nevehshalom.org/high-holy-days-5778/



Lend a Hand

The Shroud Crowd Meeting

Sunday, Sept 10, 2:00-4:00pm, 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.

Never Again Coalition Monthly Meeting

Mondays: Sept 11, Oct 2, 7:00pm

Sept: Neveh Shalom; **Oct:** Kol Shalom

Cooking for Outside In

Sunday, Sept 17, Oct 15, 12:00-2:00pm

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

Habitat for Humanity Build – Men's Club

Sunday, Sept 24, 10:00am

Join volunteers from CNS and Bilal Mosque to do a good deed for the community. Contact Mike Titelbaum: titelb@comcast.net.

Unveilings

Unveiling for Goldie Stampfer, z"l

Friday, September 8, 2:00pm, Ahavai Shalom Cemetery

Unveiling for Helen Cowan, z"l

Saturday, September 23, 1:00pm, Neveh Zedek Cemetery

Unveiling for Susan Cowan Scott, z"l

Friday, October 20, 9:00am, Ahavai Shalom Cemetery

Unveiling for Brian Campf, z"l

Sunday, October 22, 11:30am, Ahavai Shalom Cemetery

at the office for more information: 503.246.8831 or visit the website at: www.nevehshalom.org.

Let us know at: news@nevehshalom.org

5778
2017

October

tishri
cheshvan



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 11 tishri 8:00am Sukkah Build 9:00am Morning Minyan 1:00pm Sukkah Decoration 7:00pm Executive Committee	2 12 tishri 7:15am Morning Minyan 7:15pm Koleinu Rehearsal	3 13 tishri 7:15am Morning Minyan 5:00pm Talmud Class 7:00pm Machon Ivrit	4 14 tishri 7:15am Morning Minyan EREV SUKKOT	5 15 tishri OFFICE CLOSED 9:00am Sukkot Services 7:00pm Soup & Cider in the Sukkah SUKKOT	6 16 tishri 6:21pm OFFICE CLOSED 9:00am Sukkot Services 6:15pm Kabbalat Shabbat with Ilene Safyan SUKKOT	7 17 tishri 7:20pm 9:00am Shabbat Chol HaMaod Sukkot Services 10:00am Torah Troop 10:15am Tot Shabbat 10:15am Kiddush Club INTERMEDIATE DAY
8 18 tishri 9:00am Chol HaMaod Sukkot Services 7:00pm Men's Club Meeting INTERMEDIATE DAY	9 19 tishri <i>See Below</i> COLUMBUS DAY CANADIAN THANKSGIVING INTERMEDIATE DAY	10 20 tishri <i>See Below</i> INTERMEDIATE DAY	11 21 tishri 7:00am Hoshanah Rabbah Services HOSHANAH RABBAH	12 22 tishri OFFICE CLOSED 9:00am Shemini Atzeret/ Yizkor Services 6:00pm Simcha of Seven Simchat Torah Celebration SHEMINI ATZERET YIZKOR	13 23 tishri 6:09pm OFFICE CLOSED 9:00am Simchat Torah Morning Services 6:15pm Kabbalat Shabbat SIMCHAT TORAH	14 24 tishri 7:07pm Evan Crow's Bar Mitzvah 9:00am Shabbat Services 9:30am Downstairs Minyan 12:30pm Women's Torah Study Bereshit
15 25 tishri 8:00am Sukkah Deconstruction 9:00am Morning Minyan 10:00am Voluntary Simplicity 12:00pm Outside In Cooking 6:30pm Pirkei Imahot Book Talk	16 26 tishri 7:15am Morning Minyan 7:15pm Koleinu Rehearsal	17 27 tishri 7:15am Morning Minyan 5:00pm Talmud Class 6:30pm Bra's & Brandy Sisterhood Event 7:00pm Machon Ivrit	18 28 tishri 7:15am Morning Minyan	19 29 tishri 7:15am Morning Minyan 3:15pm Bible Class R. Isaak 7:00pm Board of Directors 6:30pm Hebrew for Prayer 7:35pm Siddur Basics 7:30pm Meditations of the Heart	20 30 tishri 5:57pm 7:00am Morning Minyan 9:00am Susan Cowan Scott, z"l Unveiling, AS 6:15pm Kabbalat Shabbat ROSH CHODESH	21 1 cheshvan 6:55pm 9:00am Shabbat Services 10:00am Torah Troop 10:15am Tot Shabbat 10:15am Kiddush Club Noach
22 2 cheshvan 9:00am Morning Minyan 10:00am Voluntary Simplicity 11:30am Brian Campf, z"l Unveiling, AS 2:00pm The Settlers Film	23 3 cheshvan 7:15am Morning Minyan 7:15pm Koleinu Rehearsal	24 4 cheshvan 7:15am Morning Minyan 5:00pm Talmud Class 7:00pm Machon Ivrit	25 5 cheshvan 7:15am Morning Minyan	26 6 cheshvan 7:15am Morning Minyan 3:15pm Bible Class R. Isaak 6:30pm Hebrew for Prayer 7:35pm Siddur Basics 7:30pm Meditations of the Heart	27 7 cheshvan 5:45pm 7:15am Morning Minyan 5:15pm 4th Friday w/ R. Eve 6:15pm Kabbalat Shabbat	28 8 cheshvan 6:44pm Jacob Shore's Bar Mitzvah 9:00am Shabbat Services 9:30am Downstairs Minyan Lech Lecha
29 9 cheshvan 9:00am Morning Minyan 9:00am New Member Brunch 10:00am Voluntary Simplicity	30 10 cheshvan 7:15am Morning Minyan 7:15pm Koleinu Rehearsal	31 11 cheshvan 7:15am Morning Minyan 5:00pm Talmud Class 7:00pm Machon Ivrit			For ALIYAH/TICHON schedule, please visit: nevehshalom.org/aliyah-k-6 or nevehshalom.org/aliyah-7-12 	For Foundation School schedule, please visit: foundationschoolpdx.org

Oct 9: 7:00am Chol HaMaod Sukkot Services, 6:00pm Back to School Night for Foundation School Parents in the Sukkah, 7:00pm Executive Committee; 7:15pm Koleinu Rehearsal
Oct 10: 7:00am Chol HaMaod Sukkot Services, 2:00pm Wondering Jews, 5:00pm Talmud Class, 7:00pm Machon Ivrit, 7:00pm Women's Night in the Sukkah



CONGREGATION NEVEH SHALOM'S

MEET YOUR NEW
CANTOR, EYAL
BITTON!



BACK TO SHUL CELEBRATION

SEPTEMBER 3 | 12:00-2:00 PM



EXPLORE MAZON'S TRAVELING
EXHIBIT ON HUNGER IN AMERICA

ALIYAH MEET & GREET ~ FOUNDATION SCHOOL TOURS ~ USY ~ MUSIC & ACTIVITIES
2900 SW PEACEFUL LANE | PORTLAND | OREGON | 97239 | 503.246.8831
RSVP: TINYURL.COM/BACKTOSHUL2017



Music is prayer beyond words!

Join our group of singers to enhance services and programs at Neveh Shalom.



KOLEINU CHOIR

CONGREGATION NEVEH SHALOM



Monday evenings from 7:15-8:45pm
beginning 8/28 in Stampfer Chapel

Upcoming singing opportunities include:

Kol Nidre 9/29, Kabbalat Shabbat 11/10 & Chanukah Party 12/14

If you'd like to visit a rehearsal or join the group,
please contact Joni Cady at joni.cady@gmail.com, 503.635.8834.

FREE and open to all. No tickets necessary.

SHANAH

A Whole Family 2nd Day Rosh Hashanah Exploration

September 22, 9:30am

- Family Service
- Tashlich
- Beekeeper
- Honeycomb Tasting
- Cider Press - Bring your own apples (or use what we have) and a jar



ALTERNATIVE ADULT LEARNING OPPORTUNITIES:

10:00am Mel Berwin Ten Texts on Teshuva

11:00am Rabbi David Kosak Turning Our Hearts: the Parent-Child Relationship

12:00pm Rabbi Eve Posen Dedication of the New Year



THURSDAY, OCTOBER 12
6PM DINNER | 7PM SERVICE

THE 
SIMCHA
OF SEVEN

SEVEN DECADES OF ISRAEL

Join us as we celebrate Israel's
70th Anniversary and the
Simach of 7 for Simchat Torah.
At 6 pm, there will be a delicious
Israeli dinner. RSVP for dinner at:
tinyurl.com/simchat5778.

At 7:00pm there will be a
Ma'ariv service & Hakafot with a
live band.

The service and snacks are free
and open to the community.
Families are welcome!

AN EREV SIMCHAT TORAH CELEBRATION

CONGREGATION NEVEH SHALOM

2900 SW PEACEFUL LANE
PORTLAND, OR 97239

This September,

Learn Something New!

CNS Lifelong Learning

Get Ready for the Holidays and get a FREE "Taste of" our Adult Education line-up!
Find your fit for a fresh year of learning. For more information, contact JoAnn Bezodis:
jbezodis@nevehshalom.org

Hebrew

**Text &
Torah**

**Life
Skills**

**Synagogue
Skills**

Crash-Course in Hebrew reading

Tuesdays: Sept. 5, 12 & 19, 7:00-8:00pm, FREE

A great primer for our year-long classes, Hebrew for Prayer and Machon Ivrit!

Q&A for: Hebrew for Prayer and Machon Ivrit

Tuesday, Sept. 12, 8:00-9:00pm, FREE

Meet the teachers, get the syllabus, and find out what level works best for you.

Conservative Judaism Explained

Wednesday, Sept. 13, 7:00-8:30pm, FREE

Whether you're a new member or simply seeking greater clarity, you're invited to attend this engaging opportunity to learn about our movement's name, values, and distinguishing features.

Taste of: Siddur Basics

Thursday, Sept. 14, 7:00-8:00, FREE

No more mumbling through services! Learn the prayers step-by-step and line-by-line with an excellent teacher.

**Creating New Family Traditions
for Rosh Hashanah**

Thursday, Sept. 14, 6:30-8:00, FREE

Starting with the basics, you will learn how to make customs meaningful and fun with hands-on ways to shape our children's experience and teach Jewish values.



Machon Ivrit

מכון עברית

Learn to speak and read modern Hebrew



Course Begins
October 3, 2017

Tuesdays at 7:00pm
Congregation Neveh Shalom
2900 SW Peaceful Lane, 97239

Q&A Session: Tuesday, Sept 12, 8:00pm

- Three Levels!**
- 1 Starting from scratch
 - 2 Ready to read
 - 3 Conversational

Machon Ivrit Hebrew Institute

Year Long Course | Professionally Taught | Multiple Levels

For more information and to register, contact:
Mel Berwin 503.293.7306 mberwin@nevehshalom.org