THE

CHRONICLE

A PUBLICATION OF CONGREGATION NEVEH SHALOM



Connecting with Neveh Shalom

New Member Brunch







Soup to the Street







Sukkah Building and Decoration







An Ethics Lesson on the Golf Course

By Rabbi David Kosak

t is hard to imagine any religion, legal system or country which doesn't espouse a system of ethics. The Jewish tradition is without a doubt in love with moral reasoning and ethical behavior. Yet what do we mean by morals and ethics? Where do they come from? What is the source of their authority? How do they get transmitted? And why do those questions matter?

I must have been 10 or so when my family took a summer vacation to the Finger Lakes region of central New York. Even so many years later, I have strong images of how beautiful the surroundings were. Yet the most profound memory of that trip took place on a golf course with my parents. I sliced the ball straight into a stand of trees, and frustrated, uttered a certain four letter word in my parents' hearing. They said nothing, but the look of shock and disappointment on their faces spoke volumes.

I had let them down and felt ashamed.

My family used the Queen's English, if you know that phrase. Proper and pure speech. Elevated speech. We were taught it at the dinner table, and when my siblings and I veered from that standard, we were reminded of our family's values.

It was the same with table manners. If my sister, for example, were to slip up, we would sing:

"Debi, Debi, strong and able Get your elbows off the table This is not a horse's stable But a respectable dining room table."

In a house full of educators, we were first reminded of our capabilities (we were strong and able); then we were taught the expectations the family had for each of us (get your elbows off the table) and finally we were given the reason for the behavioral expectation (self-control separates us from animals, and it is self-control that makes you fully human).

Unlike my golf-course curse, we never felt shame when it was our turn for the rest of the family to sing to us. First, turn-about was fair play—somebody else would soon be the object of our gleeful tune. Second, the lesson was taught with humor and light-heartedness. The medicine was accompanied with a spoonful of mirth.

That said, the emotion of shame is an important component of ethical thinking. So is pride. These are emotions of self-assessment. We feel them when we consider our own behavior and decide that we have done well or poorly. Shame and pride are fast judgements as to whether we have broken or exceeded our obligations. They are meant to motivate us to make reparations and avoid repeating unacceptable behavior or encourage us to repeat virtuous actions.

At least, that is what healthy shame and pride are, and ultimately what their functional roles are. Unhealthy shame is another animal entirely. Unhealthy shame carries with it a bundle of problems. Our self-assessment of our actions may be incorrect or overblown. We may experience shame as an attack on our basic worth as human beings and feel ourselves to be inadequate or indecent. That in turn can lead us to self-isolate or deny what we have done. In this way, a momentary error can paralyze us and actually prevent us from acknowledging what we did wrong. Unaddressed



shame, in other words, is crippling. Additionally, we may feel shame not for what we did, but for who we are.

Yet shame can actually be an extremely beneficial emotion—but only if it occurs in a supportive and loving environment and only when it is directed to our behavior, not our essence. In America, we haven't really developed a culture that knows how to elevate shame and so the experience is often repressed where it does indeed turn into a highly destructive attack on one's sense of self. For that reason, much of modern psychological theory views shame as highly self-destructive.

Judaism, however, has a long history of developing not just moral systems, but cultural systems to help us grow ethically. In this month's Chronicle, for example, you will learn about the Mussar movement. This pietistic ethical movement was designed to encourage everyone to consciously develop their ethical

Continued on next page

Do Justice

By Rabbi Eve Posen

here is a quote from the book of *Micah* that has always stuck with me. "Do justice, walk humbly, love kindly." These three short imperative phrases stand as guidelines for the work I hope to do throughout my life. As the parent of young children and an educator in our community, I feel a deep need to not only live my life with these principles, but also teach them and instill them in the next generation.

"Engaging in justice work from a young age and doing it within the context of community is essential to raising the next generation."

There are more problems than solutions in the world. Whether it's homelessness and poverty or hatred and gun violence, we find ourselves overwhelmed with the work that needs to be done. Our sacred text reminds us that our job is not to try to do it all, but to do something. As it says in *Pirkei Avot*, "We are not obligated to complete the task, neither are we free to desist from it."

Where I sometimes get stuck is on the temporary solutions. Bringing in cans

for food drives or donating old clothes - these are wonderful, helpful gestures. But it's easy to rest on these short-term answers and overlook the real problem or feel disconnected from the people it's affecting.

With all this in mind, I decided to create a program called "Hands on Justice for Families." The structure is simple. Parents meet with me to

learn from 11:15am-12pm one Sunday a month. We study texts on justice and on housing, and we learn about our own biases and the root causes of homelessness in Portland. Then from 12-

1pm their students join us, the parents teach their children, and everyone engages in deep conversations or handson activities to illustrate our core beliefs. Each family is also invited to investigate a local organization that is working to combat homelessness in our city.

I believe that engaging in justice work from a young age and doing it within the context of community is essential to raising the next generation. Thirteen families with children in 3rd-5th grade



signed up for a year of learning, doing, and loving.

Adding this program to the activities our Shoreshim (young family) program is doing around small acts of kindness in our PJ Havdallah series reinforces the idea that you are never too young (or too old) to make a difference in the world. This is the dedicated compassion we hope to transmit to the next generation so that someday there are fewer problems and many more solutions.

An Ethics Lesson on the Golf Course Continued from page 3

capacities. Musar is practiced in groups dedicated to self-improvement. It recognizes that everyone fails and uses those failures as opportunities. Shame becomes a tool to enhance rather than undermine the self.

For our religious tradition, the authority of our ethics and values comes from the Torah; yet like other societies, those values are transmitted through our relationships. When handled with care, the emotional learning is life-enhancing. When handled carelessly, however, our failures impact our social

standing and sense of self-worth.

On the golf course, my parents didn't have time to develop a cute song. I felt cut down and bad for cursing. In my teen years, I took to cursing, feeling it made me cool and powerful. As an adult, I re-embraced the value of clean language and made a conscious decision not to curse. On rare occasions when one slips out, I'll feel a momentary twang of discomfort (shame), and recommit to my own sense of ethics. And sometimes, it just feels good to eat with elbows up!

Where We Are

By Jason Kaufman, President

ow do we connect in a meaningful way? Does it need to be at CNS (or a CNS sponsored event)? Should we count the times that may not center around a program, service or life cycle event, etc. like watching a sporting event or seeing a live production at the Keller with others in our kehillah? Our membership committee is beginning to explore what this looks like. It may be different from the traditional havurah. Does it need to include at least a bissel of Jewish content? Whatever it is, I believe developing meaningful connections and relationships are at the core of jewish values. To be successful, I believe the following questions need to be answered by us. When was a time when community was really there for you or worked for you? When was a time when it wasn't? If ten people would follow you, where would you take them? What would you want to do together? At what crossroads are you in your life right now? Join us as we work to create small, engaged groups that becomes a part of our culture just as our cookie tables during onegs and b'nai mitzvot have become.

We form connections on a national level. I was proud to lead our delegation of 11 lay leaders and staff in early December at the biennial convention of USCJ in Boston. We had one of the largest delegations in attendance and we continue to shine on the national stage with what we are doing, including Leah Conley, Mel Berwin and Rabbi Eve Posen presenting how we approach our various educational offerings. We will be utilizing what we learned, along with the connections formed, to continue to enhance what we do. In September, we will have the honor of hosting the USCJ Board of Directors for a board meeting and shabbaton weekend. USCJ is undergoing changes, so it should be a great weekend to hear from our national movement on the future of Conservative Judaism.

Finally, our family is preparing to celebrate the Bat Mitzvah of our daughter Adena on January 11th. This is a special moment in our lives and we look forward to celebrating with our extended CNS family, so please join us. Adena's torah portion concludes the book of Genesis, where we will say "Chazak, chazak,



venitchazek!" ("Be strong, be strong, and we will be strong!"). I am honored to be President of our kehillah and I look forward to connecting with each of you as we head into the new (secular) year.

Let's continue the conversation via (president@nevehshalom.org), text (503-459-3548), or in person. I look forward to hearing from each of you!

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CongregationNevehShalom





Adena Kaufman | January 11

Adena is the daughter of Allison and Jason Kaufman, sister to Eliana and Sarina, granddaughter of Dick and Sue Anderson of Lincoln City, OR and Martha Kapusta and Sandy Kaufman of Dallas, TX. Sarina is a 7th grader at Wood Middle School. She spends her summers at BB Camp where she has made friends from all over the United States and the world. She loves singing, hanging out with friends, surfing, listening to music and watching anything streaming.



Molly Kodesch | January 18

Molly Kodesch is the daughter of Anna and Eric Kodesch; sister of Dora and Sol; the granddaughter of Sharon Stern and Steve Rallison (Portland, OR), Peter Singer (Portland, OR), and Bonnie and Ray Kodesch (Gainesville, GA); and the great-granddaughter of Helen Stern (Portland, OR). She is a 7th grader at Robert Gray Middle School. Molly loves playing soccer, performing in the school play, and playing her flute. When not at school or practice, Molly likes making art and attending Camp Solomon Schechter.



Mila Kaplan | February 1

Mila Hope Kaplan is the daughter of Alex and Amy Kaplan, sister of Gabrielle and Dana Kaplan, and granddaughter of Mara Sklar, Sandra Shery and Tom Shery. Born in Los Angeles, Mila and her family moved to Lake Oswego, Oregon in 2016. Mila is currently a 7th grader at Lakeridge Middle School. She enjoys participating in theater, skiing, and soccer. In addition to those hobbies, Mila began playing piano at age 4 and is a classically trained pianist.



Gemma Peet | February 22

Gemma Peet is the daughter of proud parents Abby Guyer & Eric Peet and younger sister of Moses. She is the granddaughter of Sheila & Martin (z"l) Guyer and Charlotte Harrison & Gene Peet (z"l). Gemma is an active 7th grader at Mt. Tabor Middle School and a devoted BB Camper. Her favorite activities are gymnastics, cliff jumping on the Washougal River, and hanging out, laughing, and making TikToks with her many (many!) friends. Gemma is looking forward to visiting Israel this spring on the PDX Israel 2020 trip.



Margot Kitzis | February 29

Margot Kitzis is the daughter of Lynne Strasfeld and Alex Kitzis, sister to Anderson, granddaughter to Reva and Walter Strasfeld and to Karen and Hugo Kitzis. Margot is a 7th grader at Oregon Episcopal School. She loves team gymnastics, BB camp, spending time with friends and family, and her dog Sadie.

Cantor's Corner

Giving Until it Hurts Feels Good By Cantor Eyal Bitton

"Charity is never an option; it's always an obligation."

an you name the rabbi who made that statement? No? That's because it wasn't a rabbi; it was Paul Stanley, frontman of the spectacular and outrageously theatrical supergroup KISS - my favorite band.

Paul Stanley may not be a rabbi but he channels the ethical teachings of Judaism's sages in his views towards charitable giving. Indeed, his statement is a reflection of the Hebrew word for charity, *tzedakah* - which actually means 'righteousness' or 'fairness.'

There's a passage in the Torah that reads: "If there should be among you a needy man of any one of your brethren within any of your gates in your land which the Lord your God is giving to you, you shall not harden your heart, nor shall you shut your hand against your needy brother. You shall open wide your hand to him...." (Deuteronomy 15:7-8)

The Torah doesn't ask us to give; it commands us to give. Opening one's hand and giving to someone in need is, as Paul Stanley says, "an obligation."

Paul Stanley's charity of choice is Mending Kids, an organization that provides financial assistance to children with microtia. He gives money to provide help to those who need it. He also gives because he knows, from experience, what it feels like to be needy. I don't mean financially needy but emotionally needy.

Paul Stanley (originally Stanley Eisen) was born with Level 3 microtia, a congenital deformity in which the external ear is underdeveloped. As a result, Stanley is deaf in his right ear. He has spoken candidly about the emotional pain surrounding his deformity. In his autobiography, he recounts how neighborhood kids would taunt him, calling him: "Stanley, the one-eared monster." He carried these emotional scars well into adulthood. Despite being a famous rock star, his experiences of being physically different from others and from being bullied contributed to a sense of insecurity. Unsurprisingly, Stanley kept it a secret for many years.

"Giving does not have to be exclusively in financial terms; it can be an emotional contribution as well."

People who are in need aren't always in need financially. Note that the Torah speaks of a "needy" man, not merely someone without financial means. The emphasis is on being needy - and on the importance of giving to the individual in need. Giving does not have to be exclusively in financial terms; it can be an emotional contribution as well.

The Torah offers an incentive. We are



told, "You shall freely give to him, and let not your heart be grieved when you give to him, for because of this thing the Lord your God will bless you...." (Deuteronomy 15:10)

How are we blessed? While the ancient Hebrew may have interpreted this to be a blessing of a better crop, in today's world, I think it is more about building our character, feeding our soul, and improving our community and society.

Giving is a blessing to the ones who receive, to the ones who give, and to the world. Those without means know what it is to need. Those who have suffered through physical or mental health, and those who have lost someone they love, know what it is to need. All those who have been in need, whether financial or emotional, know how invaluable acts of kindness, love, and caring can be.

"This old adage that you give until it hurts is a distortion of the truth," Paul added. "You give until it feels good."

Ethics & Education

By Mel Berwin

recently embarked on a two-year professional development program called the Mandel Teacher Educator Institute. This fellowship brings together 40 Jewish Educators from across the country, educational contexts, and Jewish denominations to engage in high-level study and conversation on the act of teaching teaching our students and teaching our teachers. Since attending the first seminar, I have been thinking about the "pillars" of Jewish education on which our ALIYAH program stands. Some of these I have written about here, such as the value of inclusion and the diversity of our community; the importance of Jewish literacy and the goal for our kids of feeling "at home" in Judaism. The one I am thinking about now is "Viewing our world through a Jewish lens."

A personal example: when my son Lev (now almost 18 years old) was in second grade at his public elementary school, his class read a story and the teacher asked the kids to reflect on its message. On the fill-in-the-blank worksheet that asked what the story was about, Lev wrote, in Hebrew letters: tzedakah. It was true, and I loved that my son's first language for the ethical message of this story (of a gift of generosity) was the Jewish concept of tzedakah—from the word "tzedek" or justice. Although he wouldn't have been able to articulate it, the word tzedakah does have different connotations than the English word "charity," and those distinctions are significant. There is a Jewish language for all of our values and behaviors, for the ethics of our everyday choices and interactions.

One of the fundamental teachings of Judaism that is reflected in our texts—we return to it over and over again in

Women's Torah Study—is the fundamental, and actually radical, Jewish idea that every one of us has the ability to raise up our everyday activities from mundane to sacred. Work, sex, eating, interacting with those of a higher or lower societal status than ourselves-every one of these daily activities is an opportunity to pause and shift our focus to recognize the larger importance of our interactions in the world. We can work, eat, shop, and interact in ways that bring degradation to humanity or that increase the dignity and humanity of ourselves and others.

Jonathan Sacks explains in his brilliant book on the legacy of Judaism, *A Letter in the Scroll*, how this radical proposition came to be:

So God made man in His own image; in the image of God He created him; male and female He created them. This single proposition was an explosive charge at the base of the entire structure of the ancient and medieval world. It took millennia for its potential to be realized. But once stated, the rest was inevitable. From it would flow the great ideas that changed the West-the sanctity of human life, the dignity of the individual, human rights, the sovereignty of justice, the rule of law and the idea of a free society. Nothing could have been more counterintuitive. That kings, rulers, emperors, pharaohs were the image of God—that much the ancient world knew. But that we all arethis was revolutionary.



"...the fundamental, and actually radical, Jewish idea that every one of us has the ability to raise up our everyday activities from mundane to sacred."

As Jews, we have inherited the legacy of these transformational values of egalitarianism, the sanctity of human life, and acting with *tzedek*/justice. When we look at the world through a Jewish lens, we gain a unique vocabulary and conceptual structure for infusing our days with sacred moments and seeing every action as an opportunity for ethical decisions.

Mussar: Jewish Ethics

By Eadie Kaltenbacher

Neveh Shalom has embraced the concept of Mussar, a Jewish ethical, educational, and cultural movement dating to 19th century Lithuania. A number of our members teach and practice this philosophy. But first, a quick primer:

he philosophy of Mussar can be defined as a path to holiness, and each *middah* -- virtue or value -- represents a step on the way. Everyone has a natural inclination toward each *middah*. Take humility: some people tend to be self-deprecating, while others are self-aggrandizing. Each *middah* has a middle ground bookended by two extremes. The path of Mussar ultimately is about striving toward the balanced center, where individual strengths shine and the extremes soften.

According to Alan Morinis, founder of the Mussar Institute, there are several interpretations of the word Mussar, which is found in the Book of Proverbs and best translates as "instruction or transmission." It is a tradition meant to help the individual understand his or her unique self and path, and develop his or her own inner attributes toward Judaism's ideals. The plural word, middot, refers to "traits of character," and tradition states there are fourtyeight, including truth, patience, gratitude, compassion, responsibility, and order. The root word of middah comes from the verb limdod (למדּוֹד), meaning "to measure." This reflects the relationship between the nature of these traits and the amount of each we possess.

Laurie Fendel has been actively practicing and teaching Mussar for almost 15 years. To achieve what she explains as "striving for personal growth in order to become one's best self," she engages in activities like chanting, journaling, meditation, text study, and *chavruta* (partner study). She says studying with others sparks discussion and brings new perspectives to the conversation. Laurie notes that Mussar has been especially

valuable for older adults, as they have more past experiences on which to reflect, allowing for greater self-awareness.

Laurie said after one of her students, a 90-yearold woman, passed away, the family contacted Laurie to thank her for teaching Mussar. They believed the practice positively influenced how the family matri-

arch interacted with her children and grandchildren, leading to better relationships in her later years.



"I really appreciate the chance to study and apply Jewish values to my everyday, modern life," Rivi says. I am often impressed by how the material speaks to my day-to-day experience. I feel this has deepened my spiritual practice and my experience of being a Jew in the world."

"In Mussar," Anna says, "we are taught that your spiritual curriculum is your own and you will notice it in your life. Over time that has really proven to be true for me. The traits that I struggle with will show up in different contexts in my life until I can grow in that area."



Anna Davis and Rivi Antick

Mussar Resources

Websites:

- Let It Ripple: Contemporary program by Tiffany Shlain based on Mussar: letitripple.org
- Mussar Institute: mussarinstitute.org

Books:

- The Complete Misillat Yesharim by Rabbi Mose Hayim Luzzato
- Mesillat Yesharim by Rabbi Ira Stone, Rabbi Mordecai M. Kaplan
- Everyday Holiness: The Path of Mussar by Alan Morinis
- The Book of Jewish Values by Rabbi Joseph Telushkin
- Einstein and The Rabbi by Naomi Levy

Historical works recommended by Rabbi Kosak:

- Chovot Ha'L'vavot
- Orchot Tzadikim
- Tomer Debrah
- Mesillat Yesharim
- Cheshbon HaNefesh

Daily Minyan: A 'Hidden Treasure'

By Jenn Director Knudsen

meritus **Rabbi Daniel Isaak** caught wind of this story about Neveh Shalom's daily morning minyan and shared this ditty:

Reuven and Shimon attend morning minyan every day. One day in conversation, Reuven shares his feelings about Shimon. "I am so impressed with my friend Shimon. He is so religious. He comes to morning minyan every day."

"But," interrupts his comrade, "you also come to minyan every day."

"Ah," interjects Reuven, "my friend Shimon comes to minyan every day to talk to God. I come to minyan to talk with Shimon."

Like his beloved Dum-Dums lollipops (page 13), Isaak's anecdote is sweet.



Gershon Liberman at morning minyan.

And also accurate. Attending minyan is a religious observance. It's social, too (like a large family gathering).

"It's also family because we aren't all the same and we don't always get along," said regular attendee **Anna Davis**, "but we know we need each other to form a whole."

The formation of *daily* morning minyan also coincided with the formation of Neveh Shalom.

Emeritus Rabbi Joshua Stampfer, who began his Portland rabbinate in 1953 at Ahavai Shalom, said its merger with Neveh Zedek hinged upon the preservation of two institutions: the two shuls' cemeteries and daily morning minyan.

The sticking point, the rabbi said, was not *whether* daily morning minyan would persevere. But *when*.

Neveh Zedek's minyan chair insisted upon 7am Stampfer said, "I felt that it's too early" and preferred a 7:30am start time. But the chair held fast to the crack of dawn timing... and morning minyan broke down. "And I said (to the chair) 'I told you so," Stampfer recounted, pointing his index finger like he must have at his fellow minyan-goer nearly six decades ago.

"After months and months, we finally compromised," the rabbi said, a triumphant look in his wizened eyes. "7:15am."



Gary Enkelis (L.) seeks a greater connection to his late-grandfather, Milt Carl (z'l). Mom Barbie Enkelis is happy to join Gary on this journey.

Kaddish often is an entrée to daily minyan. Many regulars – dubbed minyannaires – go to recite Kaddish. Others attend to support congregants and outof-towners who've come during their period of mourning.

"It's also family because we aren't all the same and we don't always get along, but we know we need each other to form a whole."

Vicki Rotstein, an ALIYAH teacher, first went to morning minyan in 2004.

"My dad was ailing and I thought, 'I need to come here and see what it is and be prepared for when I need it."



Michael Osherow carrying the Torah with Rabbi Daniel Isaak looking on.

Her need came five years later. By then familiar with the 40-minute service's rhythm, Rotstein said, "I didn't have to think about the (prayer) book. I could just grieve in my chair without worrying about the page number."

Dale Oller first attended upon husband, **Earl**'s (z"l) death. Three years on, going is her way of saying, "Thank you for being here for me."

And **Mark Sherman** is a daily minyan regular who often leads the service. He said that seven years ago he started going two mornings a week, "And I realized I like the way the day started better when I attended. Part of it was meditative and grounding at the deepest level."

Sherman added a point many regulars made: "It's social. I start my day with really great people."

Indeed, Kaddish is far from the only draw. "That was very clearly in my mind not the reason for it," Stampfer said of creating daily morning minyan. "The reason was to embark upon the day with prayer. It's a matter of prayer and fellowship and a bond. It's so important for people to have."

Davis – whose eldest son became such a regular that fellow daveners asked that he recite the "JOSHrei" – emphasized morning minyan is for everyone, and everyone has a reason to attend. Social,



Sandy Axel reading from the Torah during morning minyan, while Anna Davis stands for an aliyah.

liturgical, ethical, even comical (right, Rabbi Isaak?).

"Neveh Shalom's minyan is like a hidden treasure," she said.

Help Make a Minyan!

A minyan, or quorum, consists of 10 Jewish adults, the number needed to recite Kaddish. Since the creation of Congregation Neveh Shalom, women have counted toward a minyan. Our shul was ahead of its time; some Orthodox communities today still count only males above age 13.

Morning Minyan meets Monday through Friday at 7:15am, except on Rosh Chodesh (7:00am) and Sundays and major US and Jewish holidays (9:00am).

For questions, or to be on the morning minyan mailing list, please contact Priscilla Kostiner: lamalo@comcast.net.

Signing Up for Funeral and Death Notifications

line always recited at funerals is "...God gives and God takes." Death inevitably follows the gift of life. While it is important in a community to know about one another's good news and celebrations, it is equally important to know when people experience a loss.

At Neveh Shalom, we send notices via email whenever there is a death in our community. It gives information about funeral and shiva times, if relevant. This list is opt-in, mean-

ing that members are not automatically subscribed. If you would like to receive these notifications, please email news@nevehshalom.org and ask to be added to the funeral notification list.

Also remember that regular recitation of the Mourner's Kaddish is important to many in a period of mourning, and morning minyan makes doing so possible. Please consider adding a day of morning minyan attendance to your schedule; your presence ensures even greater connection within our *kehillah*.

Leadership: A Lesson from the Mishnah

By Jennifer Greenberg

s some of you may know, a number of years ago I left the position of Program Director here at our beloved congregation to pursue an MBA. As I dove into new research and theory on leadership, one phrase from the Mishnah remained a key influence on my leadership philosophy:

"Do not judge your fellow until you have stood in his place."

Of course, this is the ultimate catch-22. We can never actually stand in anyone's place, as hard as we may try. Our lives (hopes, expectations, wounds, loves) are unique to the second and unreplicable. If we cannot stand in someone's place, then we cannot judge.

But, you may counter, leaders have to make judgements. They need to provide feedback, make tough decisions about personnel and even make the occasional employee "available to the market."

Yes, leaders do judge situations. But let's look at the mindset shift that happens between judging a person and analyzing a situation when the going gets tough. I'll even share a tool that can help you make that shift. Anyone can increase their leadership skills by practicing this.

The ironic trick to not judge someone? Try to stand in their place.

When we judge a person, it becomes, well, personal. They become the source of our pains. We see them as deficient, inept. We name and blame, even villainize. We have all done this (I know I have). When was the last time villainizing someone made working with them smoother? It just doesn't get you anywhere productive, and our sages would teach us, it is not the right path.

The best leaders use empathy skills to understand others' perspectives. Emotions can cloud this ability, especially in a heated situation. Try this: at your next tough meeting or during your next hard conversation, when you feel impatient and irritated, take an idea from Design Thinking* and make an Empathy Map (see illustration). Start by stepping back, breathing deeply, and pretending to be a fly that just flew into the room.

First, observe what your counterpart is saying and doing. Pretend you are wearing special glasses that allow you to watch with curiosity, separated from your own emotions or objectives. Note the actual words the other person is using. Observe their body language. What kinds of motions are they making? How are they holding themselves?

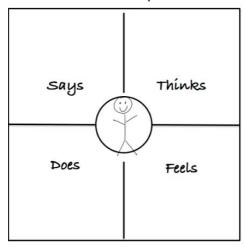
Are their words and actions influenced by the current environment? What do they hear? Imagine yourself through their eyes. What do they see?

Next, become curious about what your counterpart is thinking and feeling. What are their motivations? Hopes? Inner conflicts? Fears? What are their unmet needs? Do they feel worried, anxious, excited, vulnerable or something else?

Make a few surreptitious notes. Get really curious. By moving outside of yourself and becoming an observer, you gain the ability to take in the big picture while collecting information that you might miss if you were stuck in "reaction mode." We can never truly stand in someone's place, but when we try to get as close as possible we increase our ability to pair empathy with non-judgemental critical thinking.

This allows you to formulate a more effective response and to create "data" informed decisions. The end result leads

EMPATHY MAP



to real dialogue, and real dialogue leads to real results.

*Design Thinking is a non-linear, iterative process which seeks to understand consumer product users, challenge assumptions, redefine problems and create innovative solutions to prototype and test.

Jennifer Greenberg consults in leadership and performance management with teams and individuals. Find out more at: greenbergandfriends.com.

The Torah is a book about leaders, with all of their imperfections. Moses, the hesitant, stuttering leader who somehow endeared his people to him. Abraham, the leader who did not second guess his CEO no matter the ask, Rivkah, the proactive leader, taking action to ensure a herd of camels get watered. What is your leadership style? How can we develop greater leadership fluency? Join Jennifer for a hands on and fun evening mini-workshop to learn about leadership styles on Wed, Mar 11. You will hone in on your own style and learn ways to enhance your work and volunteer positions. More: programs@nevehshalom.org

A Trip to the DUM-DUM Factory

By Rabbi Daniel Isaak

For years, while senior rabbi of Neveh Shalom, Rabbi Daniel Isaak was well known for handing out Dum-Dum lollipops to children during Shabbat services. This tradition, which lasted decades, led to a letter being written to the Spangler Candy Company sharing all about Rabbi Isaak and his weekly gift to the children. The CEO, Kirk Vashaw, wrote a letter honoring Rabbi Isaak's retirement that was read at his retirement party. In it, Rabbi Isaak was invited to come for a tour of the factory anytime. That opportunity finally came.

t took almost five years, but I am delighted to report that in November 2019 it happened and I loved it. It was a visit on N. Portland St. (believe it or not) in Bryan, Ohio to the Dum-Dum World Headquarters.

Some may remember that at the retirement gathering in my honor, then-synagogue president Rich Meyer read an official letter from the CEO of the Spangler Candy Company formally inviting me to a personal VIP tour of the Dum-Dum candy factory. I can only assume that invitation was prompted by notifying Spangler that I had been responsible for distributing tens of thousands of Dum-Dum lollypops to children at Shabbat services over countless years. (I actually can't remember when the Dum-Dum tradition began.)

The present opportunity came about due to a dinner honoring my brother-in-law who was retiring after successfully directing the community Jewish Day School in Cleveland. Bryan was a mere (!) three hours west.

"All Spangler products,
I was informed, are
certified kosher except
for one that contains
marshmallows."

After suiting up (this is a consumables factory), I was escorted through this totally automated factory. It was a bigger operation than I imagined. This being the season, I watched the interesting process of making striped candy canes. All Spangler products, I was informed, are certified kosher except for one that contains marshmallows. A rabbi visits several times a year. Dum-Dums are distributed world-wide, literally in the billions! Employing 500 people, the candy is produced 24/7.

Want to know a company secret? Dum-Dums are produced in several flavors identified on the wrapper. Some are labeled mystery flavor. Mystery flavor wrappers are loaded as one flavor transfers to another on the conveyer, because they can't tell exactly when one flavor ends and the new one begins. So



to cover up and not mislabel, mystery flavor wrappers are loaded to cover the transition.

Visitors enter through the Spangler Dum-Dum store. Before leaving they loaded me up with Dum-Dums and I purchased my very own Dum-Dum hat.

I loved the entire show.



Member News

Kvell With Us

Mazel tov to Amanda and Jordan Mercier (and big sister Ila) on the birth of their son Vincent. Mom, dad and big sister are all doing well!

Thank you to the Men's Club and Sisterhood and all who came out to help build, decorate, and break down our lovely CNS Sukkah!

Mazel tov to Sherry Scheinman, whose son Dan Scheinman was recognized as an outstanding "rainmaker" for the Portland Trail Blazers in the Portland Business Journal.

Mazel tov to Ken Klein and Jenn Director Knudsen on the pilot episode of their new YouTube show called Jewish Oregon TV. This first episode is called "Brews for Jews." You can check it out here: https://www.youtube.com/watch?v=eEd2QT3ObNI

We are excited to share the news that Gina Westhoff and Mike Khavul (and big sisters Miriam and Leah) welcomed new baby Raya Victorine, weighing 7.5 pounds and measuring 20.5 inches. Everyone is doing well!

Mazel tov to Elise & Louis Engleberg on the birth of their daughter Lillian Engleberg on 11/11/19 at 5 pounds 10 ounces. Proud grandparents are Alan & Debbie Montrose. Everyone is healthy and getting to know each other.

Mazel tov to Glen Coblens on completing the Ironman Triathlon competition in Arizona on 11/24. This race - which consists of a 2.4-mile swim, a 112-mile bicycle ride and a marathon 26.22-mile run, raced in that order - was in honor of his brother Ross for his unending help to keep Glen healthy and strong and for Ross' fight against cancer.

Mazel tov to Sharon Fendrich, whose recently produced musical album, *Red Sky Prairie*, earned a Silver Medal of Outstanding Achievement in the Global Music Awards for the Fall 2019 quarter.

Mazel tov to Cantor Linda Shivers and Albert Kolkin on the birth of their grandchild, Meira Hava, to parents Sheerya and Jim Berg on Thanksgiving morning in Vermont. Meira was 6 lbs, 5 oz and 19 3/4 inches.

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

We regret to inform you of the passing of CNS member Carol Rogoway, z"l. Carol is survived by sons David (Laurie) and Rick (Becky), grandchildren, and a sister in San Francisco. She is predeceased by husband, Stan Rogoway, z"l.

We regret to inform you of the passing of Sam Weiner, z"l, at the age of 74. He is survived by his loving wife, Janice Weiner, his devoted children, Martin Weiner and Ben Weiner, and grandchildren.

We regret to inform you of the passing of Ronald Weinstein, z"I, husband to Devorah Weinstein, father to Jill Weinstein and Michelle (Marc, z"I) Sloan, z"I, brother to Gary (Carolyn) Weinstein and Stuart Weinstein, and grandfather to Joshua (Hailey) Sloan, Jordan Sloan, and Simon (Brenda) Weinstein. He passed away on October 30, 2019.

We regret to inform you of the passing of Marilyne Sue Lakefish (z"I), beloved mother of Andrew Lakefish and Brian Lakefish, and sister of Roberta Cohon and Marvin Nudelman.

We regret to inform you of the passing of Matthew Emlen (z"I), beloved husband of Elana Emlen, dear father of Ariella, Estee and Tali Emlen, son-in-law of Rabbi Joshua (and Goldie, z"I) Stampfer and son of Art and Bitsy Emlen.

We regret having to inform you of the passing of Tanya Bratslavsky (z"l), beloved wife of Roman Bratslavsky and mother of Felix Bratslavsky and Jane (Faryl) Kagan.

We regret to inform you of the passing of Jan Zidell Dahl, z"I, mother to Dr. Aaron (Iliana) Dahl, stepdaughter of Raquel Zidell, sister to Peggy Zidell (Wayne) Harvey, grandmother to Penny, and Aunt to Amy, Jessica, Dorit and Adam.

We regret to inform you of the passing of Kiki Adamovics, z"I, who passed away peacefully on November 13. Kiki is survived by her husband, best friend and partner for over 42 years, Tim Hibbitts; their dog Tucker; her sister, Maya Adamovics; brothers, John (Kathy), Gunnar (Ginger); nieces, Caisa and Brita; nephew, Andy; and extended family, friends and neighbors.

We regret to inform you of the passing of Sarra Kogan, z"l, mother to Anna Isayeva.

We regret to inform you of the passing of Allen Leslie Altmark, z"l, father of Asa (Debra) Altmark, grandfather of David & Eric Altmark.

We regret to inform you of the passing of Arnold Frisch, z"I, dear husband of Francine Frisch and father to Jennifer (Tim Pramas) Frisch, Lisa Frisch and Nicole (Casey Maharg) Frisch.

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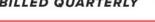
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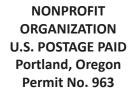
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Please recycle *The Chronicle* when finished

Need a space for a meeting or event? Neveh Shalom has facilities and equipment available to rent at special member rates. Contact Lisa Richmond, Irichmond@nevehshalom.org, (503) 293-7317.

January is CNS' Emergency Preparedness Month

ere in the Pacific Northwest, we are keenly aware of the possibility of a major earthquake hitting our region. While that is a very important event that we need to take seriously, there are also many other types of emergencies that could befall ourselves, our family, or our community. Please, God, should these things never happen. But in case they do, may we all be prepared by having done our part through education and material gathering.

An organized home should have precautions and preparations in place for a time of need. Water, fuel, food, first aid, copies of important documents, etc. are essential to have on hand in case of power outage or damage following a major earthquake or storm, fire, flood, a stranded car, or something else unexpected.

It's uncomfortable to think about, but even preparing a little is good, don't let a need for perfection slow you down! Getting started today and taking small steps can make a big difference. We'll all feel better knowing that our CNS families have made their own emergency preparedness plans.

Though September is the National Emergency Preparedness Month (www.ready.gov/september), we're making it January for Neveh Shalom (no high holidays). Please join us for a slate of preparedness events this January 2020.

On Jan 5 at 9:40am, the CNS Men's Club monthly brunch and speaker series will welcome Jeremy Van Keuren, Community Resilience Manager of the Portland Bureau of Emergency



Management (PBEM) for a talk on building a resilient community.

On Jan 13 at 6:30pm, we will host a free community workshop from PBEM on various aspects of creating your own family emergency preparedness plan. Participants will receive materials to help organize their home plans. The information will equip individuals with important knowledge and skills in the event of a disaster. Only 45 spots are available. RSVP: 503.246.8831 or receptionist@nevehshalom.org.

We will also continue the CNS150 Emergency Resource Drive throughout the month, accepting donations to support the CNS Red Cross Emergency Shelter through our website: nevehshalom.org/emergency-resource-drive.

Being prepared for an emergency is not always easy. It may, however, be necessary.

January tevet shevat



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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	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	OFFICE CLOSED ALL CLASSES CANCELLED 9:00am Morning Minyan NEW YEAR'S DAY	7:15am Morning Minyan 3:15pm Bible Class R. Isaak 7:00pm Executive Committee	3 6 tevet 4:22pm 7:15am Morning Minyan 6:15pm Kabbalat Shabbat with Ilene Safyan	7 tevet 5:23pm 9:00am Shabbat Services 10:00am Torah Troop 10:15am Tot Shabbat 10:15am Kiddush Club
5 9:00am Morning Minyan 9:40am Men's Club Brunch & Speaker on Building a Resilient Community	6 7:15am Morning Minyan 10:15am Wise Aging Begins 6:00pm Soup to the Streets 7:15pm Koleinu Choir	7 10 tevet 7:15am Morning Minyan 5:00pm Talmud Class FAST OF 10TH OF TEVET	7:15am Morning Minyan 2:00pm Wondering Jews	7:15am Morning Minyan 10:00am Building & Grounds 3:15pm Bible Class R. Isaak 5:00pm Membership Meeting 7:00pm Sisterhood Board	13 tevet 4:30pm 7:15am Morning Minyan 6:15pm SHIR! A Musical Shabbat	Adena Kaufman Bat Mitzvah 9:00am Shabbat Services 9:30am Downstairs Minyan 12:30pm Women's Torah Study
9:00am Morning Minyan 12:00pm Outside In Cooking 2:00pm Shroud Crowd	7:15am Morning Minyan 6:30pm Emergency Preparedness Class 7:15pm Koleinu Choir	7:15am Morning Minyan 5:00pm Talmud Class	15 7:15am Morning Minyan	7:15am Morning Minyan 2:00pm Wondering Jews - Leonard Bernstein Exhibit 3:15pm Bible Class R. Isaak 7:00pm Board of Directors	20 tevet & 4:39pm 7:15am Morning Minyan 6:15pm Kabbalat Shabbat 7:15pm Kol Shabbat	Molly Kodesch Bat Mitzvah 9:00am Shabbat Services 10:00am Torah Troop 10:15am Tot Shabbat 10:15am Kiddush Club Shemot
19 22 tevet 9:00am Morning Minyan	20 23 tevet 7:15am Morning Minyan MARTIN LUTHER KING DAY	24 tevet 7:15am Morning Minyan 5:00pm Talmud Class	22 25 tevet 7:15am Morning Minyan	7:15am Morning Minyan 3:15pm Bible Class R. Isaak 4:00pm New Member Happy Hour, Offsite	24 27 tevet 4:48pm 7:15am Morning Minyan 5:15pm 4th Friday w/ R. Eve 6:15pm Sisterhood Led Kabbalat Shabbat	25 28 tevet 5:50pm 9:00am ALIYAH 3rd-4th Grade Led Shabbat Services 9:30am Downstairs Minyan 5:15pm PJ Havdallah Movie Night Va'era
26 29 tevet 9:00am Morning Minyan 9:00am Foundation School Parent Workshop 4:00pm Book Talk: Becoming Eve	1 shevat 7:00am Morning Minyan 7:15pm Koleinu Choir ROSH CHODESH	2 shevat 7:15am Morning Minyan 5:00pm Talmud Class 7:00pm Les AuCoin Lecture	29 3 shevat 7:15am Morning Minyan	30 7:15am Morning Minyan 3:15pm Bible Class R. Isaak 7:00pm Les Miz's Jewish Composer - Lecture with Cantor Bitton	31 5 shevat 4:58pm 7:15am Morning Minyan 6:15pm Kabbalat Shabbat	FEBRUARY 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

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

Kabbalat Shabbat with Ilene Safyan Friday, January 3, 6:15pm

Talk on Building a Resilient Community Sunday, January 5, 9:40am

Speaker Jeremy Van Keuren, the Community Resilience Manager with the Portland Bureau of Emergency Management, will share about disaster preparedness. \$5 suggested. Free for Men's Club members.

Wise Aging Series Mondays, Jan 6 - Feb 3, 10:15am

Designed for those aged 55+ who want to learn new ways to enhance this stage of life. RSVP: dfreedberg@nevehshalom.org.

Wondering Jews: A Good Life and a Good Death / Understanding RX interactions Wednesday, January 8, 2:00pm

Personal and inspiring stories from CNS members who participate in the sacred work of the Chevra Kadisha and Shroud Crowd. After, learn about the world of prescription (and other) drug interactions.

SHIR! A Musical Shabbat Friday, January 10, 6:15pm

An enhanced musical service to enrich the soul, w/ C. Bitton and the Koleinu Choir.

Women's Torah Study Sat, Jan 11, Feb 22, 12:30pm, Rm 111 Join Mel Berwin for uplifting learning & conversation – all levels welcome!

Emergency Preparedness Workshop Monday, January 13, 6:30-9:30pm

The Portland Bureau of Emergency Management will lead us through an interactive workshop, where, by the end, you'll be able to identify potential hazards at home and away, create a disaster preparedness plan, gather important documents & phone numbers, and make a disaster kit and emergency toilet. RSVP by Jan 6: 503-246-8831; receptionist@nevehshalom.org

Wondering Jews Visit the "Leonard Bernstein at 100" Exhibit at OJMCHE Thursday, January 16, 2:00pm

Please join the Wondering Jews (65+) as they visit the Leonard Bernstein at 100 exhibit. RSVP: programs@nevehshalom.org.

Kol Shabbat - Voice of Shabbat Friday, Jan 17, Feb 21, 7:15pm

A lay-led, voices-only Erev Shabbat Service. All ages and stages welcome. Questions? Please contact Naomi Leavitt: naomileavitt@gmail.com.

New Member Happy Hour Thursday, January 23, 4:00pm

New members, join us for a special happy hour with clergy and friends. RSVP: programs@nevehshalom.org.

A Special Program featuring US Representative Les AuCoin Tuesday, January 28, 7:00pm

Join us for an evening with Congressman Les AuCoin as he shares the remarkable inside story of how he, his college-aged daughter Stacy, and Dr. Raisa Premsyler of Nevah Shalom beat the Anti-Semite Soviets in the late '80s to win freedom for the family of Naum Chernobelsky, Raisa's brother, a Russian Refusenik. Our program is adapted from a chapter in Congressman AuCoin's new memoir, Catch and Release: An Oregon Life in Politics. All three individuals will participate in this program.



Sisterhood Led Kabbalat Shabbat Friday, January 24, 6:15pm

Please join the Sisterhood as they lead our Kabbalat Shabbat service. Dinner after. RSVP: receptionist@nevehshalom.org

Book Talk: *Becoming Eve* Sunday, January 26, 4:00pm

Join in a discussion of the book by Abby Stein about her journey from being an ultra-orthodox rabbi to becoming a transgender woman.

Les Miz's Jewish Composer with Cantor Eyal Bitton

Thursday, January 30, 7:00pm

In this fascinating and entertaining presentation featuring live musical performances and in-depth analysis, Cantor Eyal Bitton explores the musical genius of Claude-Michel Schönberg, composer of *Miss Saigon* and *Les Misérables*.

World Wide Wrap Sunday, February 2, 9:00am Join the Men's Club for their annual

event around the use of tafillin.

Shomrei Teva Tu b'Shvat Hike and Seder Sun, Feb 9, 1-4pm, Hoyt Arboretum Tu b'Shvat seder AND hike at the Hoyt Arboretum. Ritual foods, drinks, readings, singing, and hiking. Small fee and RSVP required. Contact Yaakov Epstein, yaakovme@gmail.com.

Wondering Jews: How to Talk so Your Health Provider Will Listen (Really!) Thursday, February 13, 2:00pm

This workshop will offer ways to make the most of your physician appointment(s) and give tips so you can be prepared for most of the question's you'll be asked for more meaningful and productive sessions. programs@nevehshalom.org.

Cleo Davis on PDX's African-American Experience - Sun, Feb 16, 9:40am

Talk by artist Cleo Davis, offering perspectives on Portland's African-American experience. \$5. Free for Men's Club members.

Neveh Shalom for These Great Programs!

Israel360: A New Look at Israeli History with World-Class Scholar Benny Morris Wednesday, February 19, 7:00pm

Benny Morris is a part of the generation of Israel's "new historians." Using previously unreleased archival information, he presents startling understandings of what happened in Israel at critical junctures. Co-sponsored by Jewish Federation of Greater Portland, PSU Judaic Studies Program, and Benny & Peggy Cukier.

Film Club: *The Counterfeiters* (2007) Sunday, February 23, 4:00pm

Watch a film about a fictionalization of Operation Bernhard, a secret plan by Nazi Germany to destabilize the United Kingdom by flooding its economy with forged Bank of England pound notes.

Dad's Night Out Thursday, February 27, 7:30pm

Dad's who raised/are raising Jewish kids are invited for a fun night out. \$5 donation. RSVP to 503.246.8831 or email: programs@nevehshalom.org.

Living Room Shabbat - New Time! Friday, February 28, 6:15pm

Join us for this special Shabbat with Rabbi David Kosak, Cantor Eyal Bitton and musical friends. This is a laid-back, come-as-you-are evening.

Sisterhood Havdallah Potluck Movie Night Saturday, February 29, 6:00pm

Join Sisterhood as we celebrate together with Havdallah, Food (bring a parve dish), and watch a Jewish themed comedy! RSVP: to Jennifer Kalenscher at jenkal@comcast.net or (503) 893-0822.

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 Room 31

Sex, Beauty, War and Despair: Adult Themes in the Five Megillot with Rabbi Kosak

Sunday, February 2 – June 21, 9:45-11:15am (12 weeks total; full schedule available with registration)



The five megillot are some of the enduring classics of world literature. Jews read these scrolls publicly on holidays throughout the year, but without the regularity with which we read the Torah. As a consequence, these important sections of the Bible are less familiar to the average synagogue goer. In this course, we will have an opportunity to examine the megillot, their deeply human themes, and the light they can shed on our own lives. Cost: \$36 (\$72 for non-members).

Torah Troop for 3rd-5th Graders 1st and 3rd Saturdays, 10:00am Room 102

Fourth Fridays w/ Rabbi Eve (age 0-6) Friday, Jan 24, Feb 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.

3rd-4th Grade Led Shabbat Service Saturday, January 25, 9:00am

Join the ALIYAH 3rd-4th graders as they lead a special Shabbat morning service.

PJ Havdallah Movie Night (0-2nd Grade) Saturday, Jan 25, 5:15pm

Say goodbye to Shabbat in our PJs with dinner and an age-appropriate movie. RSVP: nevehshalom.org/pjhavdallah

5th-6th Grade Led Shabbat Service Saturday, February 8, 9:00am

Join the ALIYAH 5th-6th graders as they lead a special Shabbat morning service.

PJ Havdallah (0-5 Years Old) Saturday, Feb 15, 5:15pm

Young families say goodbye to Shabbat in our PJs with dinner, stories, art & fun. RSVP: nevehshalom.org/pjhavdallah.

Lend a Hand

Never Again Coalition Monthly Meeting Mon, Jan 6, Feb 3, 7:00pm, Kol Shalom

Outside In Cooking Sunday, Jan 12, Feb 9, 12:00pm

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

Soup to the Streets Monday, Jan 6, Feb 17, 6:00pm

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. To RSVP for address and to donate food supplies, contact: lrichmond@nevehshalom.org.

Shroud Crowd

Sun, Jan 12, Feb 2, 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.

Please note: Programs are subject to change; please contact the office for more information: 503.246.8831 or visit the website at: www.nevehshalom.org.

5780 2020

February

shevat adar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JANUARY 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	MARCH 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	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			Mia Kaplan Bat Mitzvah 9:00am Shabbat Services 10:00am Torah Troop 10:15am Tot Shabbat 10:15am Kiddush Club
7 shevat 9:00am Morning Minyan 9:00am World Wide Wrap 9:45am Rabbi Kosak's Five Megillot Class Begins 2:00pm Shroud Crowd	8 shevat 7:15am Morning Minyan 7:15pm Koleinu Choir	9 shevat 7:15am Morning Minyan 5:00pm Talmud Class	5 7:15am Morning Minyan	7:15am Morning Minyan 3:15pm Bible Class R. Isaak 7:00pm Executive Committee	7 12 shevat 5:08pm 7:15am Morning Minyan 6:15pm Kabbalat Shabbat	9:00am ALIYAH 5th-6th Grade Led Shabbat Services 9:30am Downstairs Minyan Beshalach
9:00am Morning Minyan 12:00pm Outside In Cooking 1:00pm Tu B'Shvat Hike	15 shevat 7:00am Morning Minyan 7:15pm Koleinu Choir TU B'SHEVAT	7:15am Morning Minyan 5:00pm Talmud Class	12 17 shevat 7:15am Morning Minyan	13 18 shevat 7:15am Morning Minyan 10:00am Building & Grounds 2:00pm Wondering Jews 3:15pm Bible Class R. Isaak	14 19 shevat 5:18pm 5:18pm 7:15am Morning Minyan 6:15pm Kabbalat Shabbat	20 shevat 6:20pm 9:00am Shabbat Services 10:00am Torah Troop 10:15am Tot Shabbat 10:15am Kiddush Club 5:15pm PJ Havdallah
21 shevat 9:00am Morning Minyan 9:40am Men's Club Brunch & Speaker w/ Cleo Davis on PDX's African-American Experience	22 shevat 7:15am Morning Minyan 6:00pm Soup to the Streets 7:15pm Koleinu Choir PRESIDENTS' DAY	18 23 shevat 7:15am Morning Minyan 5:00pm Talmud Class	19 24 shevat 7:15am Morning Minyan 7:00pm Israel360 Benny Morris	25 shevat 7:15am Morning Minyan 3:15pm Bible Class R. Isaak 7:00pm Board of Directors	26 shevat 5:29pm 7:15am Morning Minyan 6:15pm Kabbalat Shabbat 7:15pm Kol Shabbat	27 shevat 6:30pm Gemma Peet Bat Mitzvah 9:00am Shabbat Services 9:30am Downstairs Minyan 12:30pm Women's Torah Study Mishpatim SHABBAT SHEKALIM
23 28 shevat 9:00am Morning Minyan 4:00pm Film Club: Working Woman	24 29 shevat 7:15am Morning Minyan 7:15pm Koleinu Choir	25 7:00am Morning Minyan 5:00pm Talmud Class ROSH CHODESH	26 7:00am Morning Minyan	2 adar 7:15am Morning Minyan 3:15pm Bible Class R. Isaak 7:00pm Sisterhood Board 7:30pm Dad's Night Out	7:15am Morning Minyan 5:15pm 4th Friday w/ R. Eve 6:15pm Living Room Shabbat	4 adar 6:40pm Margot Kitzis Bat Mitzvah 9:00am Shabbat Services 9:30am Downstairs Minyan 7:00pm Sisterhood Potluck Movie Night

Congregation Neveh Shalom and the Portland Bureau of Emergency Management Present



Two Emergency Preparedness Events in January

Talk on Building a Resilient Community Sunday, January 5, 9:40am

Please join the Men's Club for brunch and speaker Jeremy Van Keuren, Community Resilience Manager with the Portland Bureau of Emergency Management, who will be sharing about disaster preparedness. \$5 suggested at the door. Free for Men's Club members.

Emergency Preparedness Workshop Monday, January 13, 6:30pm

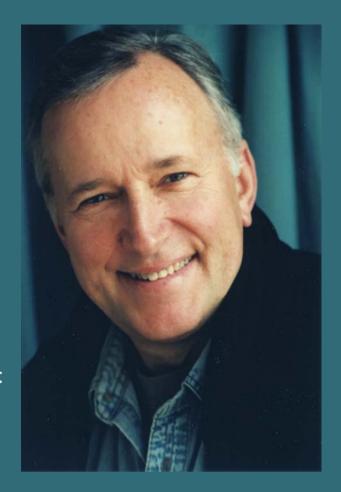
The Portland Bureau of Emergency Management will lead us through an interactive workshop, where, by the end, you'll be able to identify potential hazards at home and away, create a disaster preparedness plan, gather important documents & phone numbers, and make a disaster kit and emergency toilet. RSVP by Jan 6: 503-246-8831; receptionist@nevehshalom.org





UNITED STATES REPRESENTATIVE LES AUCOIN

How a Politician, a College Student & a Portland Jewish MD Rescued a Refusenik Family From the USSR



TUESDAY, JANUARY 28 | 7PM NEVEH SHALOM | 2900 SW PEACEFUL LANE

The remarkable inside story of how Congressman Les AuCoin, his daughter Stacy, and Dr. Raisa Premsyler worked together to win freedom for the family of Raisa's brother, Naum Chernobelsky.

This program is adapted from a chapter in Congressman AuCoin's new memoir, Catch and Release: An Oregon Life in Politics. All three individuals will participate in this program.

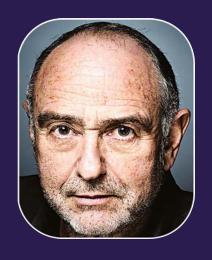
About Congressman AuCoin:

In 1974, Les AuCoin became the first Democrat to win a US House seat in Oregon's First District. He was one of the post-Watergate reformers who shook up an insular, autocratic Congress, leading fights for affordable housing, "trickle-up" economics, wilderness protection, abortion rights, and nuclear arms control. AuCoin has said that freeing the Chernobelskys was one of the most important achievements of his 18-year career in the US House.

Les Miz's Jewish Composer

A Musical Lecture about Claude-Michel Schönberg





Thursday, January 30 7:00 PM Congregation Neveh Shalom Stampfer Chapel

FREE

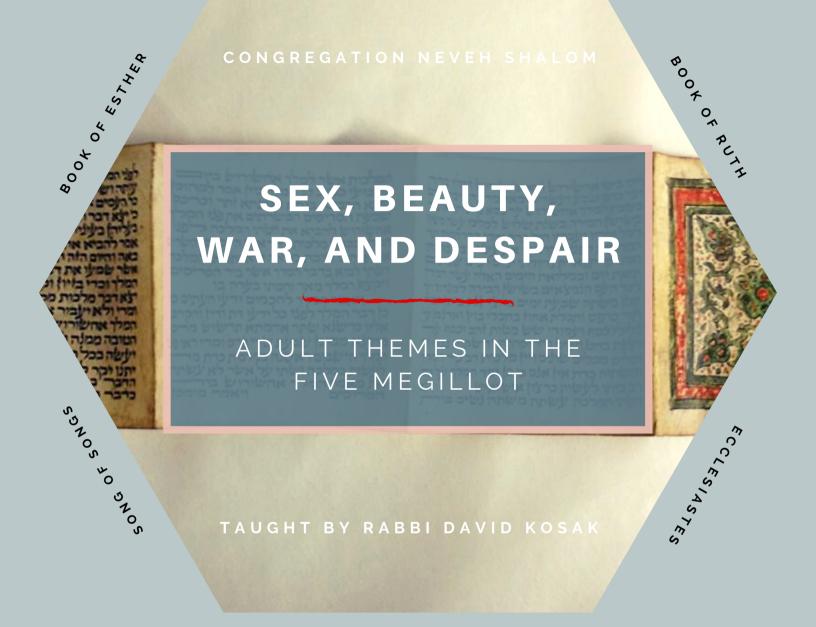
CANTOR EYAL BITTON
MICHELE TREDGER
& CHRIS HARDIN











VARIOUS SUNDAYS, FEBRUARY 2 - JUNE 21 9:45-11:15AM

In this course, we will have an opportunity to examine the five megillot, their deeply human themes, and the light they can shed on our own lives. 12 weeks total; full schedule available with registration. Cost: \$36 (\$72 for non-members).



RSVP: RECEPTIONIST@NEVEHSHALOM.ORG





A New Look at Israeli History

An evening of stories with world-class scholar, Benny Morris

WEDNESDAY, FEBRUARY 19, 2020 7 PM - 8:30 PM NEVEH SHALOM | 2900 SW PEACEFUL LANE

Benny Morris is a living legend, and part of the essential generation of Israel's "New Historians." Using previously unreleased archival information, Morris has been able to present startling understandings of what happened in Israel at critical junctures, such as at the founding of the state in 1948.



CNS SISTERHOOD MAH JONGG MADNESS BRUNCH **AND TOURNAMENT** MARCH 1, 2020



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Retain a copy of this donation form to serve as your tax record.

All proceeds will enrich programming and services to our members and the greater Portland community. Congregation Neveh Shalom (CNS) is a 501c3 non profit organization. Tax ID #93-0505089.

