# CHRONICLE

A PUBLICATION OF CONGREGATION NEVEH SHALOM



## **Harvesting Joy**

## By Rabbi David Kosak

ome of my favorite writers are food historians such as Mark Kurlansky, who tells the story of civilizations in books such as *Cod* and *Salt*. Then, on my short list of cookbooks are a handful which transcend their category, unfolding culture and teaching enduring lessons of what it means to be human.

One of those is Patience Gray's 1986 masterwork, *Honey from a Weed*. It was a life-changing book for me, recounting the years she and "the sculptor" spent "fasting and feasting in Tuscany, Catalonia, the Cyclades and Apulia." Much of that world may have disappeared, as modernity and consumer society have reached even the hardscrabble places of which she wrote.

Yet some of the wisdom she relays is timeless and counterintuitive to our world of overconsumption. "Poverty rather than wealth gives the good things of life their true significance. Homemade bread rubbed with garlic and sprinkled with olive oil, shared—with a flask of wine—between working people can be more convivial than any feast."

This is not romanticization of those who are impoverished—for during this time, she and her husband had as little as the locals. Rather, it was a discovery of the abundance found in simple things and the gratitude that wells up in response. Food, you see, is primal. It touches us in the deepest places.

It is doubtful that humans would have sung, composed poetry, or developed the plastic arts if we had not first tamed fire and transformed previously inedible food into high calorie meals. That bought us time each day for creativity.

The history of a culture can thus be told powerfully by the accompanying history of that culture's cuisine. How were foodstuffs grown? Were they imported? What customs surrounded communal meals? Future historians will undoubtedly explore Oreos and Pringles to describe contemporary America just as much as they will analyze those nature-loving Portlanders who raise chickens and vegetables in their yards.

Our Jewish food ways also paint a vivid picture of how our ancestors lived. It is fascinating to know that many of our recipes go back to Talmudic or even Biblical times. Yet what is particularly instructive about Judaism and food is how we wedded morality to cuisine.

The Torah enjoins us to care for the downtrodden, the hungry, and the poor. It established multiple forms of agricultural assistance, such as *peah*, *shikh'chah*, and *leket*, which ensured that the corners of the fields were left for the indigent, along with forgotten sheaves of grain and produce that fell during harvesting.

Torah and Rabbinic law set up systems of taxation, such as a tithe for the poor, *ma'aser oni*. And in the modest towns and cities of antiquity, Jews created a mobile food pantry, known as the *tamchui*. Those who didn't have food sufficient for the day could utilize it. Families who might have a bit more food would supplement it from a different program. The Mishnah even established a poverty line. People whose income fell below it were eligible for the full range of social supports.



I'd like to propose that the moral foundation of Jewish food culture, outlined above, has been supported and transmitted in a most unusual manner—through our proscribed blessings of enjoyment over bread, wine and produce. According to our spiritual understandings, all food, like the earth itself, belongs to God. By reciting a blessing, we are transferring ownership out of the divine realm and into the human. That's the Talmudic explanation for why we say *Hamotzi* before indulging in a little challah.

So it's hardly accidental that for Jews, our food ways and morality are intrinsically linked. What we have doesn't belong to us—not totally. When even a gefilte fish belongs to the Holy One, our need to share what we have with others becomes clear.

It's probably true that many Jews don't understand that this is the underlying reason for reciting blessings over food. Still, this is how culture works—values

## The Bread of Affliction and Connection By Rabbi Eve Posen

s many of you know, for the last four years our CNS community has been a part of the Abrahamic Thanksgiving service and meal in conjunction with Westminster Presbyterian Church and the Muslim Educational Trust. The concept came about from one of Westminster's parishioners, Dr. Ameen Ramzy. The idea is a simple one: we come together as brothers and sisters of the faiths that originated with Abraham, we take part in a short service with reflections from each faith on the specific theme, and then we break bread together.

"We must stand up to injustice everywhere, we must build bridges in support of one another, and only when we do that are we all able to eat and be sustained."

While the service itself is a wonderful opportunity for outreach and connection among congregants, as leaders of different faiths, we've actually learned so much about each other through the planning and implementation process. Just the preparation for the dinner alone offered opportunities to teach about

the differences between halal and kosher meat, to explore the different ways each religion approaches communal meals, and to look for caterers and businesses who would join us as partners, knowing that breaking bread together is how we learn about each other. Food builds community.

As a rabbi, I am often amazed at how much of my professional life revolves around knowing who has what food allergies or making sure enough sustenance is provided at every program and event. And can

you guess the topic of the feedback I receive most often after programs? Yes, it's the food. Food builds community.

As we make our way closer to two significant Jewish holidays, Purim and Passover (or if we refer to them by their respective foods, "hamantaschen" and "matzah"), I'm sure we'll be re-

minded of the humorously generic Jewish holiday formula, "they tried to kill us, we survived, let's eat." And truthfully, that usually does tell part of the story of our holidays. However, Rabbi Jonah Pesner of the Religious Action Center reframed these words in a way that I believe better contextualizes our work in

the world. "They tried to oppress us, we successfully rose up and resisted, now let us all eat." That is to say, our work in this world is to fight for justice, and we're acknowledging that fight by coming together communally.

"Let all who are hungry come and eat" doesn't just apply to Passover; it is our creed. We must stand up to injustice everywhere, we must build bridges in support of one another, and only when we do that are we all able to eat and be sustained.



## Help Us: Access To Food Should Not Be An Affliction

Each month, a diverse group of Neveh Shalom members come together to cook for Outside In *(more on page 10)*. These meals provide tremendous comfort to the teens who receive them.

Head chef Rick Botney regularly needs the following items to keep the kitchen well stocked. Your help for this is most appreciated. Food can be dropped off at the front office.

Tuna fish (22 5-oz or 9 12-oz cans); Black beans (20 15-oz cans); Enchilada sauce (5 19-oz cans or 4 28-oz cans); Diced green chiles (20 4-oz cans); Sliced mushrooms (5 4-oz cans); Pasta sauce (10 24-oz jars); Artichoke hearts (any); Tomato paste (20 6-oz cans); Tomato sauce (30 15-oz cans); Elbow macaroni (4 pounds); Penne or other pasta (4 pounds); Brownie mixes (12 boxes); Aluminum pans (up to 40 pans: 12x16 or 12x20 size).

## **Dreamy Food**

## By Cantor Eyal Bitton

once had a dream. It may not be as significant as Dr. Martin Luther King, Jr's, but let me tell you about it. It's a real dream. Honestly. I am not making this up.

In my dream, I found myself floating above the Judean desert, just outside Jerusalem. If you've ever been to Hebrew University on Mount Scopus, you've probably seen this view. These desert hills are speckled around the desert. It's breathtaking to see their natural beauty and to know that the eyes of Biblical kings and prophets were witness to the same sight.

"Israel's Jewish population is a far greater mix of Ashkenazi, Sephardi, and Mizrachi than America's Jewish population. And that demographic reality is reflected in their food."

As I watched this expanse of hill after hill of desert sand from above, I remember being overwhelmed with awe and thinking, "My God, it's so beautiful!" And as I got a closer look at these circular formations from on high, it hit me: they weren't hills at all. No, they were giant Krispy Kreme doughnuts!

Yes, this was a real dream. Now, de-

spite the apparent silliness of this dream, I was witnessing something special: the great beauty of the Jewish people and the great beauty of the land of Israel. The land of Israel was, to me, beautiful, and, yes, even sweet and delicious!

In reality, besides the land of Israel itself being beautiful (and delicious), the food of Israel is just phenomenal. It's one of the highlights of any trip to Israel. Beyond the food

itself, what it represents is a beautiful commentary on the Jewish people.

In America, if you ask someone to list Jewish foods for Passover, for Hanukkah, and in general, they'll mention foods like matzah ball soup, latkes, kugel, blintzes, smoked meat sandwiches, bagels with

cream cheese and lox, and others. Ask someone in Israel to do the same and the list will be very different. Why is that? Because the Jewish community of Israel, in contrast to that of the States, is much more of a melting pot.

Israel's Jewish population is a far greater mix of Ashkenazi, Sephardi, and Mizrachi than America's Jewish population.



And that demographic reality is reflected in their food. Before the *Shema* on Shabbat, we recite *Vahavienu l'shalom m'arba kanfot ha'aretz*, "Bring us safely from the four corners of the earth, and lead us in dignity to our land." Israel is the Jewish homeland and is the home of Jews from around the world. Jews who fled Europe found a home in Israel. Jews who were ethnically cleansed from the Arab world found a home in Israel. And they brought their food along with them.

This land indeed flows with milk and honey, with the foods of Jews from the four corners of the earth, and with Krispy Kreme doughnut deliciousness.

## Harvesting Joy Continued from page 2

are invisibly embedded into everyday practices. So it's no surprise that our Neveh Shalom community has been involved in sharing our blessings for so many generations. We engage in so many programs, food drives and activities to care for those who need our love the most.

We should feel good about that. I hope you will enjoy this issue of the Chronicle and learning about the small, consistent actions we take that indeed make us a *kehila kedosha*, a holy community. *B'Tayavon*, Rav D

## **Where We Are**

## By Jason Kaufman, President

eems like yesterday we were celebrating the new decade! Yet, we find ourselves moving from March into April, from winter into spring, God willing. On the secular calendar many of us will enjoy spring break, traveling to warmer climates to get away from our cold and rainy season (after 24 winters, I have learned it isn't that bad). On the Jewish calendar, we celebrate two of my favorite holidays - Purim and Pesach two holidays that allow us to recount both the persecution that Jews have faced and surmounted, and the joy that came from this triumph.

Purim and Pesach provide us the same lesson — communal gathering — Purim in a public setting and Passover in our homes. This allows us to remember the times when our community withstood oppression together. It is important to us as Jews and as members of CNS to honor this and ensure that Jewish life survives today by participating in the wonderful rituals of these holidays. Purim offers a unique opportunity for raucous fun while Pesach offers a unique opportunity for getting creative with meals! However you celebrate Purim and Passover,

I hope you will take some time to join us at CNS and celebrate the triumph of the Jewish people over adversity. I look forward to building our community, and strengthening our connection!

Soon you will see some changes to our security, including a new access system used to enter the building. We will learn and adapt our procedures as needed, doing everything we can to prepare and protect ourselves from those intent on doing harm. Please know that while there are some measures that we will not discuss, I invite you to reach out with questions or concerns. We are proud that we received a large grant from the Department of Homeland Security to pay for quite a bit of the work being done and we thank Dena Marshall and our security committee for their work in securing these funds and ensuring that we selected a vendor to meet our needs now and in the future. In addition, thank you to those who contributed to CNS 150, allowing us to cover the remaining cost.

Finally, we will be submitting revised bylaws for a vote in June at our annual meeting. Before then we will communicate these changes and have the ability to ask



questions. We owe it to our kehillah to bring these up to date so that we can operate in a modern, efficient manner. Look for additional information soon.

I am honored and blessed to lead our kehillah.

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

#### The Chronicle No. 4 ~ March/April 2020

Supported by the Sala Kryszek Memorial Publication Fund

**Cover photo:** Galina Kogan's festive table filled with delicacies including borscht, vegetable stew, blinis, and winter beet potato salad.

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## Noah Zeitzer | March 7

Noah is the son of Mindy and Mark Zeitzer and is the eldest brother to Ari and Ezra. He is the grandson of Evelyn & Leon Zeitzer (Phoenix, AZ) and Tricia & Gary Friedlander (Phoenix, AZ), and great-grandson to Joselyn Klasky (Downey, CA). Noah is a 7th grader at Portland Jewish Academy. He enjoys reading, playing and watching basketball, and running cross country. This past year, he ran in the middle school state championship where he achieved his personal best time running a 3K at 12:58 minutes. Noah also attends summer camp at Camp Solomon Schechter.



## Amitai Kosak | March 14

Amitai Kosak is the son of Rabbi David and Laura Kosak, younger brother to Shayah, grandson of Judy and Al z"I Kosak (New Rochelle, NY), Marilyn Beck (Pacific Grove, CA), and Vern Beck (Portland, OR). Ami is a 7th grader at Portland Jewish Academy. He enjoys playing basketball and hanging out with friends. For his Bar Mitzvah project, Ami is working hard to raise \$1000 in support of the National Parks. To participate, please go to: <a href="https://fundraise.nationalparks.org/fundraiser/2529958">https://fundraise.nationalparks.org/fundraiser/2529958</a>. Thank you! Ami's parents and entire family are proud of him and love watching him grow up. Rav D and Laura warmly welcome the entire CNS community to attend their family simcha.



## Tessa Wolpin-Kohl | Fri, March 20

Tessa Wolpin-Kohl is the daughter of proud parents Blyma Wolpin and Richard Kohl, twin sister of Danielle, and granddaughter of Phylia and Marvin Kohl, Sara Wolpin (z"l) and David Wolpin (z"l). She is a seventh grader at The International School of Beaverton, where she enjoys writing poetry and working her way through the library. She loves history, decorating cakes, Harry Potter, and every animal ever born, especially her cat Motek and rescue dog Skittles.



## Danielle Wolpin-Kohl | Sat, March 21

Danielle Wolpin-Kohl is the daughter of proud parents Blyma Wolpin and Richard Kohl, the twin sister of Tessa, and granddaughter of Phylia and Marvin Kohl, Sara Wolpin (z"l) and David Wolpin (z"l). She is a seventh grader at The International School of Beaverton, where she enjoys studying Japanese and working on the theatre stage crew. She loves stand-up paddle boarding, cooking, reading, annoying her sister, and snuggling with her cat Motek and rescue dog Skittles.





## Nina Schwartz | April 4

Nina Liat Schwartz is a 7th grader in Corvallis, OR, where she is an enthusiastic student and talented guitar player. Nina also enjoys tennis, plays the saxophone as part of Collegium Band, and loves spending time with her friends and family. Her parents are Talia and Gregory Schwartz, grandparents are Bracha Loren, and Ann and Steven Schwartz. Nina is younger sister to Maya and older sister to Leo, who she always finds a way to make laugh with her bright and fun personality.



## Ella Ertischek | April 11

Ella is the daughter or Kristen and Benjamin Ertischek, younger sister of Samuel, Madeline, and Jordan. She is the granddaughter of Sharon Elliott and Mark (z"l) and Jacqui Ertischek. Ella is a 7th grader at Robert Gray Middle School. She enjoys playing basketball, cross country running, and Spanish. She loves attending Camp Solomon Schechter and spending time with her dog, Rudy.



## Lily Crow | April 18

Lily Crow is the daughter of Debra Anchel and Michael Crow, stepdaughter of David Anchel, younger sister to Evan Crow, stepsister of Keryn Anchel, and granddaughter to Sandy King (Philadelphia), Edward and Judith Anchel (New York), and Bonnie Crow (Los Angeles). Lily is a well-rounded student at Robert Gray Middle School. She loves working on her acting chops at The Studio Northwest, skiing at Mount Hood Meadows, spending time with friends, and pampering her cats Todd and Keith. Lily's friends love her sincerity and always want to spend more time with her. Her passion for acting may lead her to a career in Hollywood.



## **Scott Wiley | April 25**

Scott is the son of Beth Buck and Shawn Wiley, brother to Keira, and the grandson of Brenda and Jacob Buck and Nancy and the late Evans Wiley. He is a 7th grader at Conestoga Middle School. Scott enjoys taekwondo, skateboarding, video games, spending time with his friends, and especially his summers at Camp Solomon Schechter.

## Food, Gathering, and Purpose

## By Mel Berwin

y mom once told me "spirituality is in the kitchen." She doesn't believe in God, never needed synagogue, and has little interest in Jewish laws, but from the time we moved to Minnesota in the early '70s, the framework of our lives was built by our chosen family of other Jewish transplants, gathering for holiday and Shabbat dinners with each other, year after year. My sister and I both became more interested in the Jewish laws and formal religious community than my parents, but we also picked up my mom's knack for cooking and hosting meals. My sister runs a kosher catering business in her Orthodox community in Overland Park, Kansas, and my mom still brings a large batch of gefilte fish to her friends in Minnesota each year. Hosting an evolving community of dear friends here in Portland is among my favorite rituals, and my kids have grown up appreciating the rhythm of Jewish time that incorporates abundant meals and good friends at our table. Meals and gatherings are an indelible part of Jewish ritual and community. And yet.

I read a book this summer that changed the game of these rituals for me. Priya Parker's book The Art of Gathering encourages us to decide why we're really gathering. It's not enough, she says, to hold a dinner party or a bar mitzvah or wedding without a clear, unique, and disputable purpose. By disputable, she means committing to a bold, sharp purpose that provides a filter for our decision-making. The purpose of your wedding, she explains, could be "a ceremonial repayment to your parents for all they have done for you as you set off to build your own family" or it could be "a melding of a new couple with the tribe of people with whom they feel the most open" - and each of these bold

purposes of the wedding ceremony would help them decide who to invite, or not, as well as how to choose a space and set the tone for the gathering.

As I read Parker's book, with its clear guidelines and vivid examples taken from gatherings as diverse as courtrooms to the *New York Times* to baby showers to walks with friends, I began rethinking the gatherings I would be hosting over the next few months: our ALIYAH teacher training meetings, family services for the High Holidays, and my own Rosh Hashana dinner.

All of a sudden, holding these gatherings just because "we always do" was no longer a good enough purpose. I challenged myself to dig down and really consider the bold purpose of each gathering. Instead of "meeting each other and learning what we'd need to know for the year," my first teacher training became about "creating the culture we wish to see in our classrooms," and because of that refined purpose, I added a more meaningful way for our teachers to get to know each other, more opportunity to reflect on what we learned together that day and how to translate it to our classrooms, and more intentional use of new teaching tools. For our family services, instead of "a developmentally appropriate service for kids and parents" my new purpose became "fostering meaningful moments for each family related to the big themes of the Holy Days," and that new purpose led me to redesign our space to take leaders out of the center view, allow families to see each other better, remove some of the prayers and add niggunim (wordless melodies), and make the blessing of families a highlight of the service. For my own Rosh Hashanah



gathering, I decided the unique theme would be an intimate and celebratory gathering of close friends who could hold intentions with each other for the new year. It was still my annual dinner, with good friends and a delicious feast, but the tone and conversation changed when we each discussed an intention or area of mastery we hoped to attain in the new year.

Parker notes about ritualized occasions: "Many of the ritualized gatherings in our more intimate spheres...have been repeated over time such that we become emotionally attached to the form long after it accurately reflects the values or belief systems of the people participating in it." This year, I've taken that advice to heart. In our religious life, educational programs, and home rituals, which forms are we still enacting that have outlived our values around them? What is the unique and disputable purpose of each of our gatherings that can inform how-and why-we gather, and make each of these moments more meaningful for all involved? I'd love to hear your thoughts!

## **Honoring Dietary Restrictions**

## By Jenn Director Knudsen

ewing to the laws of kashrut is a religious obligation for many and, by definition, a series of dietary restrictions. Keeping kosher means you'll not enjoy a nice fillet of kosher beef with a side Caesar salad festooned with parmesan. In the same vein, a vegetarian avoids that nice fillet in the first place.

One could argue that keeping kosher and eating a vegetarian diet are choices. But for many in our community, making certain choices about whether or not to consume a certain food is not an option. For many people medical reasons require them to eliminate from their diets specific foods or food groups.

Food intolerances are on the rise, as are religious institutions' recognition of them, said **Mindy Zeitzer**, Ph.D., M.B.E., R.N., a visiting assistant professor of nursing at Linfield School of Nursing. "It's definitely a growing trend...and diet plays a huge role in any condition," be it health or illness, she said.

How does Neveh Shalom honor congregants' dietary restrictions, such as Celiac, dairy and gluten intolerances, nut allergies and the like?

"We tell all families they are welcome and that we will make it work," said **Leah Conley**, Foundation School's director. The early childhood education program cares for 100 children ages one to five.

Foundation School is kosher-dairy and nut- and meat-free to ensure everyone can be included in community meals, Conley emphasized. And policy updates occur when students with certain needs enter the community so that all can participate and no one is singled out.

"There were several years when we did not serve hummus because we had



a child in the school with a sesame allergy, and we did not want her to feel excluded," Conley said.

Kathy Wolfson, perhaps best known as "Morah Kathy," is Foundation School's main point-person for dietary issues. She said, "We have an allergy list for each classroom in the kitchen and in every classroom so all of the staff are aware of every child's needs. Especially if the child has an EpiPen" for food allergies that could result in anaphylaxis.

Neveh Shalom's ALIYAH and Tichon education programs, which enroll 225 students ages kindergarten through high school senior, also have great awareness of students' dietary restrictions and flexible ways of honoring them.

Mel Berwin, director of congregational learning, ticks off a number of foods and food ingredients that are no-nos for some kids: gluten, nuts, eggs, dairy. Like her Foundation School counterparts, Berwin and her teaching staff know who

has dietary restrictions but avoid calling them out.

"We don't single out the GF (gluten-free) kids and give them Rice Chex while everyone else gets pretzels—we know who our kids with allergies are, but anyone can eat Rice Chex whether they're gluten-free or not, so as to reduce any stigma," Berwin said. She added that food itself isn't the only bugaboo to avoid in special cases; Play-Doh is a trigger for people with Celiac so it's avoided in classrooms where students have the condition.

Berwin continued, "For me, I'm used to paying attention to ingredients because of kashrut, and it's not much different to pay attention to gluten or eggs or dairy or nut ingredients. Also, bottom line: our synagogue and educational environment should be comfortable for all."

Exactly, said Zeitzer, the professor of

Continued on page 14

# Service and Food Nourish Our Community By Mia Osherow

heri Cordova is passionate about cooking for people. "When I can provide a homecooked meal, I feel doubly blessed in that I am able to help a family in our congregation; I get to do something I am good at and enjoy!" says The Hesed Committee cochair. The Hesed Committee, created by Cordova and Barb Schwartz, took shape two years ago. Hesed comes together to lend a helping hand to members in the community that need assistance. Cordova goes on to share, "Providing food is the most basic kind of need we can fill. Judaism leads us to respond to the plight of others."

Gemilut Hasadim is the pillar that commands us to "give of loving kindness." This mitzvah, in addition to tzedakah, motivates the kehillah at Neveh Shalom to offer our four ongoing service projects related to providing nourishing meals for others.



Gentleman who received soup from the Soup to the Streets program. Photo used by permission from Rabbi Kosak

Once a month, Neveh Shalom members gather in the CNS kitchen to prepare a nourishing meal for 100 homeless youth at Outside In, which offers a drop-in day program that offers teens and young adults the opportunity to share hot meals and connect with a supportive and caring community. Rick Botney, head chef of cooking for Outside In for the last three years, says that cooking is spiritual and "service work is imperative." No organization provides meals for Outside In as consistently as the Neveh Shalom community. Botney shares, "I am certain that providing meals can only help to make the lives of these young people less difficult."

Rachel Stein helps to organize the meal train program for Shoreshim young families by coordinating a family's needs, preferences, and other details. She says that the gift of food is a way to alleviate the stress of a having a new baby in the family.

Of receiving home-cooked food via a meal train, **Danica Wnuk** shares, "When I had my third child, I was so grateful to have had the support of a meal train. It was an amazing gift not to worry about prepping nourishing food...[and] on caring for my new child. We received meals from close friends as well as acquaintances, the openness and willingness to support each other made my family feel embraced."

Naomi Leavitt, long-time Neveh Shalom member and parent of two, states, "I truly feel that a meal can nourish both the body and soul; having the ability to do that for someone that needs it is amazing...it shows love and caring. It can symbolize support and community. It can signify the beauty of sharing and giving."

Soup to the Streets is an opportunity to come together at Rabbi Kosak's home to prepare a meal and go into the urban



Mia and Dave's daughter Amelia, helping out at Outside In Cooking, 2019

center to directly feed those who need it the most. Initially inspired by the homelessness he encountered as a college student in New York City, Rabbi Kosak's interest surged when he recommitted to working with this population during a sermon he gave early during his tenure as rabbi at Neveh Shalom. To simplify it, "the Torah repeatedly enjoins us to care for the downtrodden, the hungry, and the poor," Kosak reports. The unique part of this program is that the food is taken directly to the recipients. When we pass out the food, we do so "wherever our houseless neighbors reside." Callie and Noah Barish got involved with this program as a way to do direct community service with their family. "Soup to the Streets, it sounded like an ideal program. Because our kids are young, they could easily get engaged in making and packing sandwiches," shares Noah.

In closing, I share a thought from Wnuk, "Once you are supported by a group, you can't help but feel even more deeply committed to the community--to give back in whatever ways you can so that others can feel just as supported and loved."

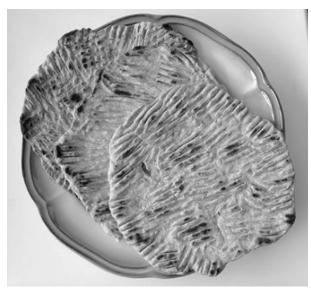
# Bread of Our Affliction, Symbol of Our Freedom: A Deeper Delve Into the Meaning of Matzah By Victoria Spitz

hether you spell it matzo, matzoh, matza, or matzah, most Jews and Gentiles alike are familiar with "the bread of affliction" eaten primarily during Passover in commemoration of the Hebrew slaves' exodus from Egypt. Most, too, are familiar with its origins: after much convincing and 10 disastrous plagues, Egypt's pharaoh agreed to let Moses' enslaved people go. The Jews had to leave their homes so quickly as they were pursued by pharaoh – who had since changed his mind about releasing his free labor force that they didn't have time to properly prepare bread for their journey; instead, they sustained themselves with an unleavened mixture of flour and water flattened and baked quickly (in less than 18 minutes, since that's the amount of time scholars say you have before the dough starts to rise) during their ensuing week-long trek through the desert. The Torah recounts how God commanded, "seven days shalt thou eat unleavened bread..., the bread of affliction; for in haste didst thou come forth out of the land of Egypt" (Deuteronomy 16:3).

While most matzah today is machinemade and baked at a factory into the uniform squares of brittle crackers we're accustomed to finding at the supermarket, ancient, "authentic" matzah was a thicker, softer, hand-made variety more closely resembling rounds of pita (not your bubbe's matzah, but your bubbe's bubbe's matzah). Some Sephardic Jews still prepare matzah in this style as opposed to the modern-day automated method of matzah production.

But why continue eating "the bread of affliction?" In Rhapsody in Schmaltz:

Yiddish Food and Why We Can't Stop Eating It, Michael Wex explains, "now we eat it because we don't have to eat it." Because today's Jews are free to make their own choices the rest of the year, they eat matzah during Passover to commemorate the time, and arguably many times throughout history, when Jews had no other choice, "that thou mayest remember the day when thou camest forth out of the land of Egypt all the days of thy life" (Deuteronomy 16:3).



Soft Passover matzah (Source: toogoodtopassover.com)

I would argue that there are perhaps even deeper rea-

sons to eat seder matzahs, I'shem matzot mitzvah, for the sake of the mitzvah of matzah. For the past year, I've served as Vice President of the Board of Directors of Mitzvah Matzos (mitzvahmatzos. org), a registered 501(c)(3) non-profit with two goals: to educate and raise awareness about the approximately 40 million slaves in the world today (over a guarter of whom are children), and to donate all profits from baking and selling Kosher for Passover soft matzot to organizations with established track records fighting human trafficking and helping survivors find their paths to independence and freedom. Not only does soft matzah more accurately represent what Jews celebrated Passover with for most of Jewish history, but instead of lining the pockets of multi-million-dollar corporations, all proceeds benefit those in the greatest need. Known as "poor bread" and "the bread of affliction," matzah simultaneously serves as a symbol for the plight of victims of human trafficking, as well as the key to their freedom. In this way, to partake of soft matzah during Passover is a mitzvah in a mitzvah: both to enjoy the experience of the matzah God commanded us to eat during this time of the year, and to practice *tikkun olam*, a Jewish concept defined by acts of kindness performed to repair the world.

This is not to promote the views or aims of a single organization (I just happen to be personally involved in this one), but to encourage deeper thought into the meaning of matzah. It is not enough merely to imagine a time when our ancestors were persecuted, oppressed, and enslaved, and to thank our lucky stars that we are free when so many millions of people find themselves at the hands of modern-day pharaohs. The celebration of our own freedom, therefore, must be accompanied by efforts to bring about the liberation of all people. In the words of the oft-quoted Emma Lazarus, "until we are all free, we are none of us free."

# Jewish Food Traditions from Around the World By Eadie Kaltenbacher

NS member Galina Kogan grew up in Kiev during a time when it was part of the USSR. She lived in a small two-room (not two-bedroom!) apartment with her parents, brother, grandmother, and uncle. Despite the small space, they frequently hosted out-of-town family and friends visiting the city. Food was the foundation of these gatherings, any kind of celebration, and family life in general.

Popular dishes usually included potatoes, meat, and bread. Dairy was often limited due to post-war food shortages, but sour cream was available and used in salads as a dressing. Yogurt was not well-known, but kefir was a staple. Galina described how farmers markets were a good place to shop, because they had more variety than the stores, and usually better prices too.

Borscht was a well-loved dish in her family, and it was made with plenty of vegetables as well as bone broth or meat mixed in. Galina described it as hearty and flavorful, quite unlike the "weak beet-flavored water" we find in American stores today.

At that time, religion was strictly prohibited by the state. In response, many Jewish families maintained their traditions through food. For Rosh Hashanah, Galina's family made a sweet and sour stew with meat and potatoes, topped with gingerbread-like cookies (essech fleish). For Hanukkah: potato latkes with sour cream, and for Purim hamentashen with poppy seeds.

For Passover, Galina's grandmother would make the risky journey to the only shul for miles around to get a pillowcase of matzah. The pillowcase was the only way to carry the handmade irregularly



The power of love and the power of food! Harvey and Esther Nathanson—the mechutunem (their son's in-laws) of Galina and Boris Kogan—have Russian heritage, but were born and grew up in Pittsburgh never having tasted real Eastern European food. According to Galina, "When I first made a Russian dinner for the family, they fell in love with borscht. In this photo, Harvey is 83 and though he has severe kidney problems, he still enjoyed his favorite soup. This was the last time we had the opportunity to visit them in Pittsburgh in September 2019. Harvey died two months later, in November 2019."

shaped matzot, and the children loved this special treat.

Galina and her husband **Boris** moved to the USA in 1979, and to Portland in 1990. They knew Rabbi Stampfer, z"I through a mutual friend, and joined CNS that same year. They have two sons: Peter (Elinor) and Daniel (Caitlin), and three grandchildren: Benjamin (12), Samuel (7), and Jackson (4).

Members Raul and Lidia Krivoy also joined CNS in 1990. While they were raised in Argentina, on the other side of the world, they nevertheless shared many common dishes due to their Ashkenazi background. Both sets of their parents came from Eastern Europe (what is now Belarus and Ukraine) and immigrated to Argentina recently married or with young children.

Raul and Lidia each grew up with child-hood dishes echoing Galina's remembrances: borscht with meat and vegetables, sweet and sour beef stew, and many potato dishes including Lidia's mother's famous potato kugel. However, there was more dairy available in their environment, so they described additional mouth-watering dishes: rich kreplach filled with cheese in a cream sauce, and buttery shortbread cookies with chocolate swirls making delicate patterns.

While the foundation of their food was Ashkenazic, both Raul and Lidia's families added a South American twist to their dishes. Raul described *locro*, a traditional Argentinian stew made with sausage, for which his family substituted beef. They also learned to enjoy and make empanadas (both meat and veg-

etarian), and *humita*, a stew made with corn meal, corn, and squash.

For holidays, Raul reminisced about two kinds of cake for Rosh Hashanah: dark leicaj (a traditional honey cake) and white leicaj (plain white cake without honey). For Purim, hamentashen would be filled with quince jam and walnuts. Quince jam was also used mixed with crushed peanuts and lemon zest as the filling for delicious strudel that were prepared for the High Holidays and other special occasions.

Raul's mother was famous for her upside-down apple cake made with matzah meal for Passover. Another traditional Passover dish was matzah balls (kneidlach), although the balls were

much smaller and harder than the North American style, and served in a meat-tomato sauce rather than a broth.

Food was a central theme to their homes and to each of their family gatherings, and Raul and Lidia have passed on their recipes to their children. Each of their children enjoy cooking and making traditional recipes, as well as adapting them. When Raul and Lidia travel to visit their children, they bring homemade frozen empanadas to stock their freezers and share with their grandchildren. They have two daughters: Jessica (David) and Erica (Keenan), and a son Brian, as well as five grandchildren: Orli (5), Noemi (4), Abe (2), Zahava (9 months), and Ellie (1 month).



Raul and Lidia Krivoy's son Brian filling their famous homemade empanadas.

## **Food and Philanthropy**

## By Dena Marshall

hat does food have to do with philanthropy? In Deuteronomy, food philanthropy meant leaving the corners of our fields for those in most need. In our ancient passover tradition, we invite the wandering prophet Elijah into our homes for seder. Today, food philanthropy is a combination of volunteering, donating items, and giving money.

Volunteers who spend an afternoon at the community soup kitchen, neighbors who set out donations for the mail carriers canned food drive, and donors who send money to hunger-focused campaigns are all engaged in food philanthropy. There is no disconnect between food and philanthropy for Jews: to share food or food skills, is tzedakah.

In Oregon, a state with some of the best restaurants, weakest school systems,



and highest hunger rates in the country, Jews are responding to the clear call to action. Rabbi Kosak's Soup to the Streets program delivers hot meals to the houseless in cold winter months. Ronit Gerard's Stone Soup provides food service industry training to homeless women. Jason Skipton's Growing Gardens programs teach gardening to

young children and prison inmates in Portland metro area, delivering fresh food and job skills to institutional tables where they never existed before. And at the national advocacy level there's Mazon, the Jewish response to hunger (www.mazon.org). Sharing food, teaching food production skills, and giving money to hunger-based campaigns are all part of food philanthropy.

While volunteering or donating alone does not necessarily make one a philanthropist, devoting consistent time and resources to a cause, together with financial commitments, does.

The next time you sit down to a fabulous meal, consider donating one-tenth the value of that feast to charity. Give a little of your time to Soup to the Streets, Stone Soup, or Growing Gardens. Teach your children to grow vegetables and cook fresh meals. Be a food philanthropist. It's a mitzvah!

## **Member News**

#### **Kvell With Us**

Mazel tov to Steve and Dana Sirkin on the birth of their second granddaughter Xyla Brown, on 1/2/2020 in New Orleans at 5 lb. 14 oz. 18.75 inches long. Parents Laura Faye and Marcus Brown are doing well.

Mazel tov to Ken Klein and Jenn Director Knudsen on the continued success of their new YouTube show called Jewish Oregon TV. Explore at: tinyurl.com/jewishoregonTV

Mazel tov to Carolyn Weinstein. A non-profit organization, Urban Tour Groups, that she has volunteered for for over 20 years was honored for over 50 years of service in Portland. Carolyn was present to receive the honor.

Mazel tov to Vicki and Alan Rotstein on their 50th wedding anniversary! In celebration of it, they got married (again), renewing their vows as part of the ALIYAH 5th grade lifecycle program.

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

We regret to inform you of the passing of **Gina Rosenfield**, **z"I**, beloved mother of **Barry (Wendy) Rosenfield**, wife of Michael Rosenfield and grandmother to **Allie and Sammie Rosenfield**.

We regret having to inform you of the passing of Jay Bodner (z"I), beloved husband of Robin Bodner, father to Elana, Rob (Tara) Bodner and Jeremy (Sharon) Bodner, son of Molly Bodner, and brother to Floyd (Laura) Bodner.

We regret to inform you of the passing of our beloved emeritus rabbi, Rabbi Joshua Stampfer, z"I. In addition to our great communal loss, this is a deep personal loss for his children, Shaul (Sylviane) Stampfer, Nehama (Rod) Glowgower, Meir (Claire) Stampfer, Elana (Matt, z"I) Emlen, and daughter-in-law Carol (Noam, z"I) Stampfer, as well as 20 grandchildren, and 16 great-grandchildren.

Our condolences to the family of **Bruce Gordon Spiegel**, **z"l**, who passed away on Sunday, December 29. He is survived by his siblings **Larry (Corinne) Spiegel**, Don (Debbie) Spiegel, and Harriet (Mark) Spiegel.

We are so sad to inform you of the unexpected and untimely passing of Aaron George Goldhammer (z"I), husband of CNS librarian and Foundation School teacher, Kaiya Goldhammer, father of Paul and Shoshi Goldhammer, son of long time CNS members, Harry and Mary Goldhammer, and brother to Sarah Goldhammer, Kristi (Fazlon) Goldhammer, Valerie Bryant, and Stephanie (Jeremy) Braukman.

We regret having to inform you of the passing of **Annette Levin**, **z"I**, beloved aunt of **Trudi (Mel Hoffman) Stone**, mother to Michael Levin and Sheryl (Ed) Warren, grandmother of Gwen, Lisa, Allen, Rachael, Anna & Daniel, and great-grandmother of Maya, Ethan, Wyatt, Chloe, Evie, Brennan & Robert.

## **Honoring Dietary Restrictions**

nursing. "If there's a student in the class or a regular, say, at Kiddush lunch, it's important to make accommodations to ensure they can be there and feel comfortable being part of the community."

Meeting all dietary-restriction needs is no easy feat, said Allen Levine, owner of Century Catering, which handles Neveh Shalom's in-house meal preparation. "But that's what this business is."

Zeitzer emphasizes the importance of "dual responsibility." Yes, the synagogue needs to be aware of and honor dietary restrictions, but those -- including parents of kids -- with the medical issues need to self-advocate.

"If I or my kids were to have an allergy or a dietary restriction, it's my responsibility to let someone know it exists," she said. "Religious communities cannot automatically as-

## Continued from page 9

sume knowledge of all allergies so individuals must speak up to advocate for themselves so they can fully participate in the community."

**Michelle limori-Goldenberg** is gluten-intolerant and allergic to "any and all dairy products," she said. While perhaps more could be done internally, like labeling dishes' ingredients, she said, she self-advocates and praises staff for ensuring her restrictions are honored for Kiddush and events she attends.

Imori-Goldenberg is among the many interviewed for this article who offer a special shout-out to Carmen Borg who declined to be interviewed but who always is laser-focused on those whose dietary restrictions she never fails to honor.

Speak up, join in, and eat!

Please note that all contributions in memory of Rabbi Joshua Stampfer, z"I were printed separately in the special Rabbi Stampfer Chronicle issue. You can find that issue at: nevehshalom.org/chronicle

#### **ALIYAH Donation**

**Bonnie Berry:** 

In memory of Elanor Wilbur & Rodney Wilbur Jerry & Lisa Eckstein

#### **Annual Giving** Campaign

**David Cordova & Michelle Coe:** In Memory of Mr. Allen Altmark **Eric and Marissa Richardson** Samuel Silverberg & Anne Johnston:

In honor of Deb Freedberg **Ellen Singer & Eamon Molloy** 

#### **Becky Menashe Bookshelf Fund**

**Rosalie Goodman:** 

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## **Bernstein Environmental Bookshelf Fund**

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Sandy & Wendi Menashe: In honor of Rosalyn Menashe

Sharyl & Rick Vagy: In Memory of Matt Emlen In Memory of Samuel Abolofia

## **Cantor Ail Music Fund**

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In appreciation of Cantor Bitton

## Cantor Bitton's **Discretionary Fund**

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CNS 150 - Programs **Donald & Barbara Stephens:** In honor of David & Katy Axel

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In memory of Hilde Jacob

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Vic & Toinette Menashe: In memory of Aaron Goldhammer

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In honor of the birth of Xyla
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In memory of Anne Shuldman **Barb Gordon:** 

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#### Mark Rosenberg & Ilene Safyan:

In honor of Eddy Shuldman

Arden & Lois Shenker:

In honor of Adena Kaufman

## Sim Shalom Prayer Book Fund 2019-20

Norman & Kathy Chusid:

In memory of Sam Abolofia

#### Soble Renovation Fund

**Del & Sandey Fields:**In memory of Samuel Soble

Shirley Nudelman:

In memory of Ida Soble

## Sonia Nudelman Floral Fund

Jerome & Shirley Nudelman: In memory of Sonia Nudelman Phillip & Sandra Nudelman: In memory of Sonia Nudelman

## Stampfer Discretionary Fund

Thomas & Julie Diamond: In memory of Matt Emlen

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In memory of Matt Emlen **Joyce Loeb:** 

In honor of Toinette Menashe **Leah Nepom:** 

In honor of Toinette Menashe
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In memory of Daniel Peizner

Martin & Beverly Zell:

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## Stampfer Lecture Fund

Robert & Jeannie Rosenthal: In memory of David & Lillian Weiner

## Sylvia Pearlman Membership

Ronald & Barbara Blumenthal: In memory of Charlotte Kapel

#### Dave & Sharlene Harvey:

In appreciation of Gary Pearlman Gary & Sylvia Pearlman:

In memory of Anne Pearlman
In memory of Cele Schwartz

#### Toinette Menashe Bookshelf Fund

#### **Rosalie Goodman:**

In honor of Toinette Menashe In memory of Aaron Goldhammer

Hannah Simon Lauer:

In memory of Ellen Perlman Simon

## Jeffrey Menashe & Wendy Gutmann:

In honor of Toinette Menashe **Jerrie Roth:** 

In honor of Mary Peizner
Marlinda Menashe & Bill
Lotshaw:

In honor of Toinette Menashe Sandy & Wendi Menashe: In honor of Toinette Menashe Sylvia & Gary Pearlman:

In honor of Toinette Menashe Richard & Mary Peizner:
In honor of Toinette Menashe

Norman & Suzan Wapnick: In honor of Toinette Menashe

## Torah Repair Fund

**Alan Blank & Ellyn Sternfield:** For a new set of Rimonim for a

Torah

Mike, Barbie & Gary Enkelis: In honor of Priscilla & Tony Kostiner

Kathy Hasson & Daniel Schiff: In honor of Meira Hava

#### **USY Events**

Bruce & Phyllis Ritchie: In memory of Jack Ritchie

## **USY Travel Fund**

Lidia & Raul Krivoy:

In honor of Adena Kaufman

## Weinstein Chapel Fund

#### **Carol Danish:**

In memory of Ronald Weinstein **Del & Sandey Fields:** 

In memory of Ron Weinstein

#### **Weinstein Foundation:**

In memory of Ron Weinstein's beloved parents

#### Allan & Nancy Lipton:

In memory of Ronald Weinstein In memory of Aaron Goldhammer

#### Carolyn & Gary Weinstein:

In memory of Jay Bodner In memory of Samuel Abolofia In memory of Max Weinstein

## Women's League Membership

Mel & Cathy Berlant:

In honor Stephen & Dana Sirkin's granddaughter

## Women's League Scholarship

#### Marla Weiner:

In memory of David & Rhea Weinstein

#### **Bob Weiner:**

In memory of Jerome Weiner

## Yad B'Yad Comforting Mourners

#### Dale Oller:

In memory of Arnold Frisch In memory of Jay Bodner In memory of Robert & Rebecca Mudrick

#### **Helen Runstein:**

In memory of Al Brownstein

Joan & Paul Sher:

In memory of Matthew Emlen

#### Yoni Suher Fund

Brian Suher & Barbara Atlas:

In honor of Yoni, z"l & Uri Suher



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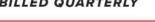
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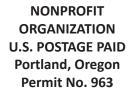
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Need a space for a meeting or event? Neveh Shalom has facilities and equipment available to rent at special member rates. Contact Lisa Richmond, Irichmond@nevehshalom.org, (503) 293-7317.

## "All You Need Is Love" CNS Auction Sunday, April 19, 2020

halom Chaverim!

We are Doug Blauer and Glen Coblens, the co-chairs for the upcoming CNS auction, "All You Need is Love."

In the 1970s we were two young kids running the halls of Sunday school, taking Bar Mitzvah classes with Cantor Dinkin, learning how to make challah with Mini Bell, and growing up under the leadership of Rabbi Stampfer, z"l. Doug sent his kids to Foundation School, we have volunteered for committees, and are now proud Board members.



Our love for Neveh Shalom runs deep because our Jewish identities were formed here, our families have become enlightened here, and our growth as Jews has been strengthened here. Becoming leaders has placed us in a position of responsibility, and we understand the impact that a healthy and vibrant synagogue can have on its members. CNS is a special

place, and we want to be sure all the incredible families that make up our kehillah are supported, challenged, comforted, and fulfilled here.

We believe in strengthening the Jewish community for today and future generations, and we were honored when asked to co-chair the auction. We love what our community stands for and who we stand



by. We love our members, clergy team, staff, volunteers, and our fellow board members. This appreciation and affection inspired our decision to make this upcoming auction one based on LOVE. We are proud of the celebration we are putting together and look forward to sharing it with you. It's going to be uplifting, fun, meaningful, and memorable.

We will be sending out information about the auction over the next several weeks. Please save the date and come out that night to help celebrate our kehillah like never before!

Wishing you love and strength!
-Doug Blauer and Glen Coblens

57802020

## March

## adar nisan



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5 adar	2 6 adar	<sup>7</sup> adar	4 8 adar	5 9 adar	6 10 adar 5:48pm	7 11 adar 6:49pm
9:00am Morning Minyan 10:00am Men's Club Meeting	7:15am Morning Minyan	7:15am Morning Minyan	7:15am Morning Minyan	7:15am Morning Minyan	7:15am Morning Minyan	Noah Zeitzer Bar Mitzvah 9:00am Shabbat Services
11:00am Foundation School Walk-a-thon 11:00am Mah Jongg Tournament	7:15pm Koleinu Choir	5:00pm Talmud Class	2:00pm Wondering Jews: Hamentaschen & Blessings 7:00pm Membership Meeting	3:15pm Bible Class R. Isaak 7:00pm Executive Committee	6:15pm Kabbalat Shabbat w/ llene Safyan	10:00am Torah Troop 10:15am Tot Shabbat 10:15am Kiddush Club Tetzaveh SHABBAT ZACHOR
8 12 adar	9 13 adar	10 14 adar	11 15 adar	12 16 adar	13 17 adar 6:57pm	18 adar <b>7:59pm</b>
9:00am Morning Minyan	7:15am Morning Minyan 5:15pm Young Family Purim Program	7:00am Morning Minyan	7:15am Morning Minyan 8:30am Active Threat Training	7:15am Morning Minyan 10:00am Building & Grounds	7:15am Morning Minyan	Amitai Kosak Bar Mitzvah 9:00am Shabbat Services
<b>4:00pm</b> To Conceal or To Reveal: A Purim Mask-Making Class	<b>5:45pm</b> Purim Dinner <b>6:30pm</b> Megillah Reading	5:00pm Talmud Class	7:00pm Leadership Workshop	3:15pm Bible Class R. Isaak 7:00pm Sisterhood Board	6:15pm SHIR! A Musical Shabbat	12:30pm Women's Torah Study
	FAST OF ESTHER MEGILLAH READING	PURIM	SHUSHAN PURIM			Ki Tisa SHABBAT PARAH
15 19 adar	16 20 adar	17 21 adar	18 22 adar	19 23 adar	20 24 adar 7:06pm	21 25 adar 8:08pm
9:00am Morning Minyan 12:00pm Outside In Cooking	7:15am Morning Minyan	7:15am Morning Minyan	7:15am Morning Minyan	7:15am Morning Minyan	Tessa Wolpin-Kohl Bat Mitzvah	Danielle Wolpin-Kohl Bat Mitzvah
3:00pm Musical Midrash Project	<b>6:00pm</b> Soup to the Streets <b>7:15pm</b> Koleinu Choir	5:00pm Talmud Class	6:00pm Anti-semitism on College Campuses Workshop	<b>3:15pm</b> Bible Class R. Isaak <b>7:00pm</b> Board of Directors	7:15am Morning Minyan	See below
4:00pm Book Talk: Famous Father Girl					6:15pm Kabbalat Shabbat 7:15pm Kol Shabbat	Vayakhel/Pekude SHABBAT HACHODESH
26 adar	27 adar	24 28 adar	25 29 adar	26 1 nisan	27 2 nisan 7:16pm	28 3 nisan 8:17pm
ALL CLASSES CANCELLED 9:00am Morning Minyan 9:40am Poet Kim Stafford	7:15am Morning Minyan 7:15pm Koleinu Choir	ALL CLASSES CANCELLED 7:15am Morning Minyan	ALL CLASSES CANCELLED 7:15am Morning Minyan	7:00am Morning Minyan 3:15pm Bible Class R. Isaak	7:15am Morning Minyan 5:15pm 4th Friday w/ R. Eve 6:15pm Kabbalat Shabbat	9:00am Combined Shabbat Services
Brunch & Talk	Tropin reieme enem	5:00pm Talmud Class		- Cropin Bible Glass I a Isaaa		12:30pm Women's Torah Study
				ROSH CHODESH		Vayikra
29 4 nisan	30 <sup>5 nisan</sup>	31 6 nisan	FEBRUARY	APRIL	For <b>ALIYAH/TICHON</b> schedule, please visit:	For <b>Foundation School</b> schedule, please visit:
ALL CLASSES CANCELLED 9:00am Morning Minyan	7:15am Morning Minyan	7:15am Morning Minyan	<b>SMTWTFS</b> 1 2 3 4 5 6 7 8	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11	nevehshalom.org/aliyah-k-6 or nevehshalom.org/	
2:00pm Shroud Crowd	<b>7:00pm</b> SOUL: Songs of Unity & Liberation	5:00pm Talmud Class	9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29	12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	aliyah-7-12	recent Shalom Foundation School
			25 24 25 20 27 20 29	20 27 20 29 30	Jewish Learning Program for R-12	Watch Us Grow!

## Mark Your Calendars and Join Congregation

Talmud Class Tuesdays, 5:00pm, Room 111

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

#### Mah Jongg Tournament Sunday, March 1, 11:00am

A fun-filled day of Mah Jongg and friendship. Info: Elisa Stevens (503) 929-1680.

## Wondering Jews: Hamentaschen & Blessings: Wed, March 4, 2:00pm

Join presenters Laurie Fendel and Harold Odhiambo for a special program all about blessings, family ties, & how we are connected, regardless of religion and cultures. Please RSVP to: programs@nevehshalom.org.

## Jared Blank's Story w/ ALIYAH Sunday, March 8, 11:00am

Dyslexia Inclusion superhero Jared Blank tells his inspiring story of overcoming dyslexia and becoming a World Marathon Challenge achiever. Join us to hear his inspiring story and support ALI-YAH's inclusion efforts!

## To Conceal or Reveal: A Purim Mask Making Class: Sun, March 8, 4:00pm

Join Rabbi Eve and Morah Ilana Jaffe-Lewis for an evening of learning and mask-making. For Adults of all ages. \$10. RSVP: tinyurl.com/cnsmaskmaking

## Pajama Purim Celebration Monday, March 9, 5:45pm

bit.ly/2SXYgZx.

Come in your favorite PJ's for CNS' annual dinner and Pajama Purim celebration w/ full Megillah reading and musical entertainment. Everyone is welcome. RSVP for dinner at: tinyurl.com/CNSPurim5780

DHS Active Shooter Response Training Wednesday, March 11, 8:30am-4:00pm Join us for an important active shooter training in partnership with the Department of Homeland Security. Register:

## 2nd Night Community Passover Seder Thursday, April 9, 6:30pm

Join the CNS community and Rabbi Posen for a 2nd night seder for all. Together we'll engage in the traditional text of our seder, add some modern traditions, and find ourselves in the narrative of our people. There'll be a wiggle space for little ones and engaging discussions for those who want to join. \$40/Adult | \$30/Child | \$135 Family Max.

RSVP: tinyurl.com/CNSPassover5780



Also, Please join us for Pesach services at 9am: April 9, 10, 15, & 16 (Yizkor)

## SHIR! A Musical Shabbat Friday, March 13, 6:15pm

Immerse yourself in the musical "ruach" of Kabbalat Shabbat and make it a truly uplifting experience - with C. Bitton, the Koleinu Choir, & the SHIR Musical Ensemble.

Women's Torah Study
Sat, Mar 14, 28, Apr 11, 25, 12:30pm
Join Mel Berwin for uplifting learning & conversation – all levels welcome!

## Musical Midrash Project w/ Mark Sherman Sunday, March 15, 3:00pm

Hear the Shemot section of Mark Sherman's work on a year-long project using melody and translation to draw out lyrical texts from each weekly Torah reading.

## Book Talk: Famous Father Girl: A Memoir of Growing Up Bernstein by Jamie Bernstein: Sun, March 15, 4:00pm

Join fellow community members while discussing this memoir by the oldest daughter of revered composer Leonard Bernstein.

## Antisemitism on College Campuses Workshop, Wed, March 18, 6:00pm

Teens, parents, and community members, please join us for a Stand With Us program bringing experts to explain and discuss: antisemitism vs. legitimate criticism of Israel; the evolv-

ing face of the BDS movement; and knowing your rights: how to respond and who can help. Dinner included. \$10/individual or \$15/family. RSVP: tinyurl.com/CNSCollegeCampus20

## Kol Shabbat - Voice of Shabbat Friday, Mar 20, Apr 17, 7:15pm

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

## Talk by Poet Laureate Kim Stafford Sunday, March 22, 9:40am

Oregon Poet Laureate Kim Stafford will offer up his unique wisdom as part of the Men's Club Brunch & Speaker series. \$5 suggested. Free for Men's Club members.

## SOUL: Songs of Unity & Liberation Monday, March 30, 7:00pm

Cantor Bitton conducts the Koleinu Choir & a string quartet in this pre-Passover evening of chamber and choral music. It will feature beautiful renditions of songs addressing the themes of unity and liberation.

#### Dad's Night Out (Pesach) Thursday, April 2, 7:30pm

Dads who raised/are raising Jewish kids are invited for a fun night out. \$5 donation. RSVP to programs@nevehshalom.org.

## Neveh Shalom for These Great Programs!

## From Miriam to Midge: A Woman's Journey to Liberation, Thu, April 2, 6:00pm

Join Rabbi Eve and the women of CNS in exploring the central themes of Pesach from a personal perspective, using art, written word, and conversation. For women of all ages and stages. \$18 per person includes supplies, drinks, appetizers and dessert. RSVP: tinyurl.com/fmtm2020

## Shomrei Teva Pesach Hike Sunday, April 12, 10:00am

Join us for a beautiful, easy hike at Tualatin Hills Nature Park. We'll stroll amidst the forests, open areas, creeks, and trails, making several stops for reflections on Jewish teachings, nature, and Pesach. All ages welcome. No pets. Bring a Pesach treat to share. RSVP: yaakovme@gmail.com.

## Film Club: *A Fortunate Man* Sunday, April 12, 4:00pm

Watch and discuss interesting films with other CNS members. This film is about a gifted engineer who flees his austere roots to pursue wealth and success among Copenhagen's elite, but the pride propelling him threatens to be his ruin.

## Wondering Jews: A Taste of Life Wednesday, April 22, 2:00pm

Two special talks, one special afternoon: With Age Comes Wisdom; and More Control Over Your Life! Health Care Self-Advocacy. RSVP: programs@nevehshalom.org

#### Men's Club Speaker Series - Yom Hashoah Sunday, April 26, 9:40am

Please join the Men's Club for their popular brunch speaker series with a Yom Hashoah speaker. \$5 suggested. Free for Men's Club members.

## Bridging Voices Youth Chorus & Friends Sunday, April 26, 2:00pm

CNS's music program & CNS Keshet is proud to invite you to a Sunday afternoon concert featuring Bridging Voices LGBTQ+ and Allied Youth Chorus, the Rose Schnitzer Manor Choir, & the Koleinu Choir.

## **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

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

## Young Family Purim Celebration Monday, March 9, 5:15pm

Join other young families for activities before the main Purim festivities. Contact: eposen@nevehshalom.org.

## Fourth Fridays w/ Rabbi Eve (age 0-6) Friday, March 27, 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.

## Jr. Kadima/Kadima Chocolate Seder Sunday, April 5, 3:00pm

3-8th graders are invited to enjoy a special chocolate seder. RSVP: eposen@nevehshalom.org.

## CNS Family Shabbat Experience at Camp Solomon Schechter April 24-26, 2020

Families with children 0-2nd grade join together at camp to celebrate Shabbat with family friendly services, activities & games. Sign up at: tinyurl.com/CNSFamilyCamp2020.

## Lend a Hand

#### **Outside In Cooking**

#### Sunday, Mar 15, Apr 26, 12:00pm

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

## "ALL You Need Is Love" CNS Auction 2020

Sunday, April 19, 5:00pm



There is nothing that you can do that can't be done, and making this night extra special can't be done without all of us coming together! Please join us to show our kehilla and CNS some love.

More info at: nevehshalom.org/auction2020

#### Soup to the Streets Monday, March 16, 6:00pm

Gather at Rabbi Kosak's home to prepare a hot meal and go to the streets to directly feed those that need it the most. RSVP for address: lrichmond@nevehshalom.org.

#### **Shroud Crowd**

#### Sun, March 29, 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.

## Habitat for Humanity Build Sunday, April 5, 9:00am

Join CNS and Bilal Mosque. No building skills required, Habitat trains you on the site. RSVP to Steve Sirkin stevejew18@ frontier.com or 503-680-7006.

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



## nisan iyar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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 <b>Foundation School</b> schedule, please visit: foundationschoolpdx.org	7 nisan 7:15am Morning Minyan	7:15am Morning Minyan 3:15pm Bible Class R. Isaak 6:00pm Women's Passover Event 7:00pm Executive Committee 7:30pm Dad's Night Out	9 nisan 7:25pm 7:15am Morning Minyan 6:15pm Kabbalat Shabbat w/ Ilene Safyan	Nina Schwartz Bat Mitzvah 9:00am Shabbat Services 10:00am Torah Troop 10:15am Tot Shabbat 10:15am Kiddush Club Tzav SHABBAT HAGADOL
9:00am Morning Minyan 9:00am Habitat for Humanity 3:00pm Jr. Kadima/Kadima Chocolate Seder	6 7:15am Morning Minyan 7:15pm Koleinu Choir	7 ALL CLASSES CANCELLED 7:15am Morning Minyan 5:00pm Talmud Class	OFFICE CLOSES EARLY ALL CLASSES CANCELLED 7:00am Morning Minyan & Siyuum	OFFICE CLOSED ALL CLASSES CANCELLED 9:00am Pesach Service 6:30pm 2nd Night Community Seder	16 nisan 7:34pm OFFICE CLOSED 9:00am Pesach Service 6:15pm: Kabbalat Shabbat	17 nisan 8:35pm Eliana Ertischek Bat Mitzvah 9:00am Shabbat Pesach Services 9:30am Downstairs Minyan 12:30pm Women's Torah Study INTERMEDIATE DAY
12 18 nisan ALL CLASSES CANCELLED See below  EASTER INTERMEDIATE DAY	13 7:00am Morning Minyan Chol HaMaod Pesach 7:15pm Koleinu Choir	20 nisan 7:39pm 7:00am Morning Minyan Chol HaMaod Pesach 5:00pm Talmud Class	PASSOVER	PASSOVER  22 nisan 8:44pm  OFFICE CLOSED 9:00am Pesach Services w/ Yizkor  YIZKOR PASSOVER	7:15am Morning Minyan 6:15pm Kabbalat Shabbat 7:15pm Kol Shabbat	24 nisan 8:44pm Elily Crow Bat Mitzvah 9:00am Shabbat Services 10:00am Torah Troop 10:15am Tot Shabbat 10:15am Kiddush Club
9:00am Morning Minyan 10:00am Men's Club Board 5:00pm CNS Auction	26 nisan 7:15am Morning Minyan 7:15pm Koleinu Choir	27 nisan 7:15am Morning Minyan 5:00pm Talmud Class	28 nisan 7:15am Morning Minyan 2:00pm Wondering Jews	29 nisan 7:15am Morning Minyan 7:00pm Sisterhood Board	24 30 nisan 7:52pm FAMILY CAMP AT CSS 7:00am Morning Minyan 6:15pm Kabbalat Shabbat	1 iyar 8:53pm FAMILY CAMP AT CSS Scott Wiley Bar Mitzvah 9:00am Shabbat Services 9:30am Downstairs Minyan 12:30pm Women's Torah Study Tazria-Metzora ROSH CHODESH
2 iyar  FAMILY CAMP AT CSS 9:00am Morning Minyan 9:40am Men's Club Brunch and Speaker Series 12:00pm Outside In Cooking 2:00pm Bridging Voices Chorus Performance	27 7:15am Morning Minyan 7:15pm Koleinu Choir	28 7:15am Morning Minyan 5:00pm Talmud Class  YOM HAZIKARON	5 iyar 7:00am Morning Minyan	7:15am Morning Minyan 3:15pm Bible Class R. Isaak 7:00pm Board of Directors	MAY 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 2431 25 26 27 28 29 30	

## **CONGREGATION NEVEH SHALOM**

# TO CONCEAL OR TO REVEAL

A Purim Mask-Making Class

SUNDAY, MARCH 8, 4:00-6:00PM \$10 / RSVP: TINYURL.COM/CNSMASKMAKING

## Why do we wear costumes on Purim? Is it to conceal or to reveal?

Join Rabbi Eve and Morah Ilana Jaffe-Lewis for an evening of learning and mask-making. Participants will explore the ideas of showing our true selves vs. the parts of ourselves that we hide. For Adults of all ages. No experience required. Come ready to talk, learn, share, and create. Light nosh provided.







Don't feel like getting all dressed up for once? Perfect!

Come in your favorite PJ's for CNS' annual dinner and Pajama Purim celebration with full Megillah reading and musical entertainment between chapters. Everyone is welcome.

Dinner: \$14/Adult, \$7/Child, \$42/Family Max.
\*This dinner is included with the Young Family Shul Pass. You will still need to RSVP

RSVP for dinner at: tinyurl.com/CNSPurim5780





Congregation Neveh Shalom Presents

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## A PRE-PASSOVER CONCERT

Koleinu Choir Neveh Shalom String Quartet Musical Director: Cantor Eyal Bitton

Monday, March 30, 2020 Stampfer Chapel 7:00 PM FREE







A WOMAN'S PASSOVER EVENT: THE JOURNEY TO LIBERATION



## THURSDAY, APRIL 2, 6:00PM

\$18 | RSVP: tinyurl.com/fmtm2020

Join Rabbi Eve and the women of CNS in exploring the central themes of Pesach from a personal perspective, using art, written word, and conversation. For adult women of all ages and stages. Includes supplies, drinks, appetizers, and dessert.



Congregation Neveh Shalom 2900 SW Peaceful Lane | PDX 503.246.8831 | nevehshalom.org Congregation Neveh Shalom's

## 2nd Night Community Passover Seder

## Thursday, April 9 6:00pm

Join Rabbi Posen for an engaging 2nd night seder. This is a seder for all community members. Together we'll engage in the traditional text of our seder, add some modern traditions and find ourselves in the narrative of our people. There will be wiggle space for little ones who can't sit the whole time and engaging discussions for those who want to join. We'll have a little bit of everything.

\$40 Per Adult | \$30 Per Child | \$135 Family Max

RSVP: tinyurl.com/CNSPassover5780



Congregation Neveh Shalom 2900 SW Peaceful Lane, Portland, OR 97239 503.246.8831 | receptionist@nevehshalom.org





Sunday, April 19, 2020

Doors open at 5pm.

Congregation Neveh Shalom 2900 SW Peaceful Lane Portland, OR 97239

For sponsorship, donations and tickets visit nevenshalom.org/auction2020 or 503-246-8831

