

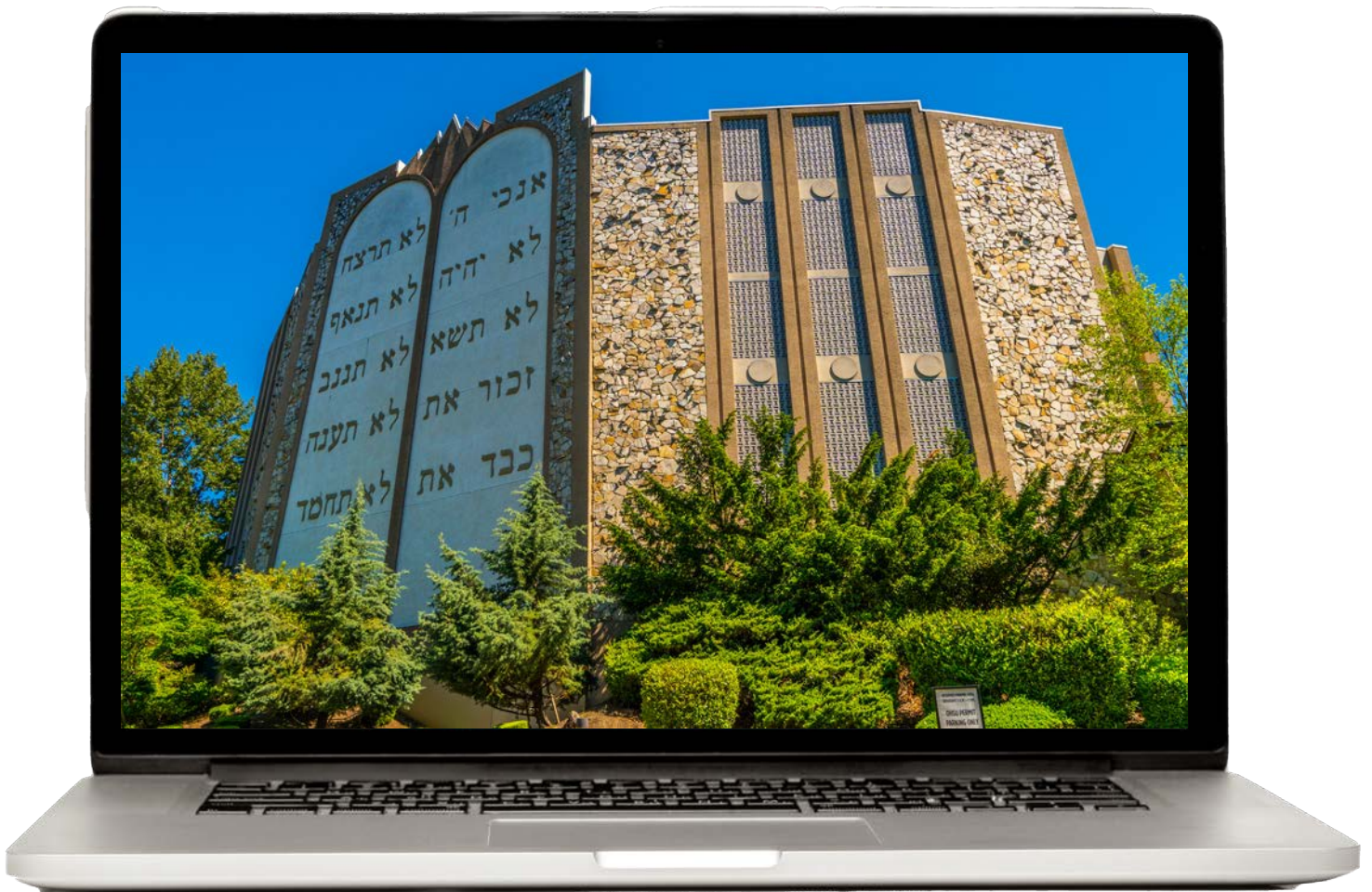
THE

# CHRONICLE

A PUBLICATION OF CONGREGATION NEVEH SHALOM

---

## *The Coronavirus Issue*



# Don't Waste the Moment

By Rabbi David Kosak

Rabbi's Corner

**W**e are a couple of months in. Depending on when you read these words, it might be nearing three months of quarantine as we shelter at home. Now is a turning point, even as some states begin to ease restrictions. In the beginning, even a crisis can seem shiny. It's new, it demands we move quickly to make changes to our daily life—changes to work and home, even to how we shop or feed ourselves.

But there's a point in every crisis when it becomes a slog, where the newness wears off and the humdrum routine sets in. That's the turning point, and it brings with it despair, despondency, irritability, boredom, and impatience. The crisis is still there, only now it is chronic and not acute. Chronic conditions are sometimes harder to treat. They're chronic precisely because an entire set of behaviors has built up around the condition, and those behaviors are often difficult to change.

In a certain sense, life is chronic. That is, we develop a set of behaviors and defenses that allow us to navigate life at a certain level. Could we do better? Sure. Most of us, though, achieve a certain level of functionality and let it go at that. We accept the less-than-ideal. We shrug and say to ourselves, "That's life."

As the novelty of our pandemic is over, our societal restlessness manifests in some anticipated places. Alcohol sales surged 55% in a single week in March. At the beginning of April, Nielsen reported online alcohol sales spiked 243%. The Oregon Liquor Control Commission reported that marijuana sales were up 30% in March. And while domestic violence numbers are notoriously hard to accurately gauge, and often underreported, *The Economist* reported an uptick of 5%.

Other coping methods may be better, but bring their own challenges with them. Internet usage is up 60% for example. Even exercise poses risks according to some sports physicians, and those who do too much or too little increase their health risks. For those exercising excessively, not only does that potentially expose them to disease risk, it may also be a sign we are neglecting other issues.

What all these behaviors show is both an attempt to escape the chronic regularity of our new normal, and the easy fixes we have stumbled upon to make do. At a certain point, we stop noticing the adjustments we have made in our attempts to "self-medicate."

A profound and simple teaching by the Polish Chasidic leader Menahem Mendel of Kotzk comes to mind.

אכן נראה שהעניין בזה, כי האדם בעת שהוא משוקע בסבך הנגיעה אינו מרגיש כלל נגיעתו וידמה לו שהוא תמים; רק בצאתו ממנה אזי מרגיש כי היה נוגע למפרע (אוהל תורה יג)

"See, it appears like this—at the time when a person is stuck in a predicament that personally impacts them, they don't feel its touch, and they imagine that they are pure or blameless. Only after they have exited from it do they realize that it was driving them to their wit's end."

This passage is tricky, because the Kotzker's language has multiple meanings. The word for predicament here also means a thicket or brambles. That's a literally pointed image, and one that is harder to grasp. Could we really walk through yards of thorns and not realize?

Sometimes yes, sometimes no. I have childhood memories of doing just that,



scampering through a neighbor's yard with some buddies—and whether it was adrenaline or just how focused I was on getting out, I stopped paying attention to the scratches. Only on the other side did my attention suddenly shift and the pain set in. I would start to rub my legs frantically in an attempt to reduce the stinging.

To apply this metaphor to our lives, you may have noticed yourself having less productive days, or even occasional days when you feel like you have been working but didn't get anything done. If so, you are stuck in the thicket. It takes so much energy to move through it that there's less left for other tasks.

First, let's cut ourselves some slack, and recognize that's where we all are. No reason to beat ourselves up in the moment.

Simultaneously, we are being offered a deal—a spiritual opportunity if you will. Can we notice what we have done to persist? Can we detect the moment we stopped making adjustments to the sets of habits we have developed during

**Continued on page 10**

# Breakout Rooms and Breaking Barriers

Rabbi's Corner

**By Rabbi Eve Posen**

***It was certainly a Passover that will go down in the history books, filled with plenty of odd memories.***

I went into the holiday with a certain nervous energy: nervous about how I'd get the house ready with my kids home, nervous about getting the shopping done and then about not getting it all done, and nervous about the technological component we'd be expected to use.

At the heart of all this change was the realization that plans to be together in community for this joyous festival were just not going to happen. Our intimate first night seder that's usually just our family of four lost all the positive feelings we associate with this night of togetherness and isolation because all we've had is togetherness and isolation.

On the positive side, living far from our extended families, it's rare for the kids and Duncan and I to attend Passover seders with our families in Michigan and Texas. It's just not a trip that tends to work out. But this year, thanks to the gift of Zoom and the bonus of different

when I led a seder for 116 participant families on Zoom, my mom was even able to sit virtually at the table with us then too.

We were together and yet apart. One of the greatest elements of Passover is the asking of questions, of engaging in conversations that bring about new understandings of our tradition and of our world. How do you do that with over 100 participants on Zoom when only one person can speak and be understood at a time? The answer was breakout rooms.

I took a risk and let the computer assign people randomly into breakout rooms to have smaller, more intimate conversations and discussions. And the result almost made it seem like normal Passover again. Suddenly, congregants



My mom in Detroit even got to meet several congregants.

Our walls are up and our doors are closed, but thanks to modern technology, our barriers were broken down for these few minutes, and new relationships were formed. We're living in strange times, and it's easy to become strangers from each other as we stay more and more to ourselves. However, the message of Passover is to break out of that routine, to connect with our history in a physical way, and to connect with others through the power of questioning and conversation.

May we take these lessons with us into the next weeks and months, and though things won't be as we're used to them, we will find meaningful ways to connect.

---

***"We're living in strange times, and it's easy to become strangers from each other as we stay more and more to ourselves. However, the message of Passover is to break out of that routine, to connect with our history in a physical way, and to connect with others through the power of questioning and conversation."***

---

time zones, the four of us were able to "attend" a first night seder with my family and a second night seder with Duncan's family. And later the second night,

who had never met were in a "room" together discussing the four children. Jews from all over the country were introduced to our congregation.



# Be a Princess If You Wanna

Cantor's Corner

By Cantor Eyal Bitton

Yesterday, my daughter wore her "Belle" gown from *Beauty and the Beast*. Miya, who will be four in June, wore this elegant costume all day. She also wore the golden tiara that goes with it. The day before, she wore her "Elsa" costume from *Frozen*. Again, it's a beautiful, long gown that comes with a wand and a blue, bejewelled tiara. As I looked at her yesterday, I thought, "Why should social distancing stop anyone from being a princess?"

This new bizarre world we find ourselves in is disconcerting. We want to be around people. We, who are members of Neveh Shalom, have chosen to be in a community; we have chosen to be connected to others. What a cruel twist of fate to be robbed of that!

Like all of you, our family has had to adapt to the new reality and it's been a bumpy road. Finding a new way to work is a challenge. Providing full time day care to my young daughter is a challenge. Balancing those two is definitely a challenge. We find a way. We have to.

One of the principal reasons I became a cantor was to impart my passion for

Judaism to others through music and liturgy. Well, now, where are all those "others"? Where is the community?

The community is us and we are all out there, isolated in our homes, reaching for each other. And so, I created various musical events that have been broadcast online. I have made a few musical videos by myself or with my daughter or with members of our congregation. I have organized and presented several online concerts with cantorial colleagues from across the States and Canada. All of these are ways for me to create that connection with community.

Yes, these are efforts to make members of my community and others in the larger community feel connected and less alone. They are efforts to bring joy and comfort to people. They are also as much for myself as they are for others. These activities nurture my soul.

When we get dressed up, generally it is for an outward presentation of ourselves. We're going to a job interview? We get



dressed for the occasion. We're going to a sports event? We get dressed for the occasion. Nowadays, there is less to get dressed up for. There is less need for an outward presentation of who we are.

Seeing my daughter all dressed up when it is not a holiday or to show her friends at Foundation School is a reminder that we need to nurture our own souls. What is it that we need for ourselves to make us feel happy? If it's a princess costume, go ahead, be a princess if you wanna!

## The Chronicle No. 5 ~ May/June 2020

Supported by the Sala Kryszek  
Memorial Publication Fund

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

Subscriptions and member news:  
news@nevehshalom.org

Membership inquiries:  
mcaplan@nevehshalom.org

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

Congregation Neveh Shalom  
2900 SW Peaceful Lane  
Portland, OR 97239  
(503) 246-8831  
www.nevehshalom.org

facebook.org/  
CongregationNevehShalom

Lead Editor and Graphic Designer:  
Brian Rohr

## CONTRIBUTORS

Rabbi David Kosak, Senior Rabbi  
Rabbi Eve Posen, Assistant Rabbi  
Cantor Eyal Bitton  
Mel Berwin, Director of  
Congregational Learning  
Leah Conley, Director of Early  
Education  
Jason Kaufman, President  
Jenn Director Knudsen  
Dena Marshall, Development Director  
Stephen Sirkin  
Mara Woloshin

# Here We Are

By Jason Kaufman, President

President's Corner

**I** know that whatever I write and say will need to be revised in short order. These are words I have said often as we enter a new reality in our kehillah and daily lives surrounding the emergence of Covid-19. Writing this in mid-March, you reading this in May. I might have better luck just putting a crossword puzzle here. But, the reality is I want to share the day it all changed. The day, 3/15/2020, our Executive Board, on short notice, along with Fred and our clergy met for over three hours to come to a conclusion which closed our campus fully until the end of March. I will remember it clearly and often as we move into the future, one that I can't predict: God-willing it has gotten better, God-forbid, it has gotten worse.

We knew when we were meeting that we must be creative, practical, and forward-thinking. Real angst over affecting the lives of our children, b'nai mitzvah simchas, prayer, and even burial of our dead. Things we can't do over or wait on. We understood that as we debated, discussed, and used our own experiences, all we had was trust and faith in ourselves and each other during this difficult time. Leaders being their best selves. I thank our board leaders who have found common ground in this too-often-fractured world. I thank our clergy and our staff led by Fred

for stepping up time and time again. This is what I will miss most and I look forward to being able to share my two-year journey at our annual meeting in June (again, I pray that the words I write aren't changed).

It has been a complete honor to serve this kehillah as President. I would do it again if asked. I know we are in great hands with Glen Coblens coming in as our next President. I ask that you support him as you have so often supported me. We will survive. We are an adaptable people. We will, God-willing, come out of this stronger.

Now back to becoming virtual: our daily minyan. Not an easy task to get 10 people to form a minyan six days a week. Allowing people to say Kaddish. Community and lifelong bonds are formed in this group. The Friday before and the Sunday morning of our meeting, there weren't enough people to form a minyan, which had been happening more frequently. But, the unwavering desire



to hold this important daily ritual is what keeps it going. Imagine being told that tomorrow we need to hold services virtually. Use a technology (Zoom) that we weren't sure would work well for this purpose. Who would show up? Well, almost 30 people did that first day.

---

***"We will survive. We are an adaptable people. We will, God-willing, come out of this stronger."***

---

---

***"Our clergy, staff and lay leaders need to adapt to many factors rapidly coming our way. As does our kehillah."***

---

Let's be clear: we made the right decision that day. On the 16th, the decision was confirmed by the State of Oregon, setting in motion a decision to keep the public safer by severely limiting the gathering of crowds. This is a hard time we face, a once-in-a-generation event. There isn't a magic wand, nor the ability to turn back or forward time. Our clergy, staff and lay leaders need to adapt to many factors rapidly coming our way. As does our kehillah. I am blessed that in the face of adversity, we worked together by using common and practical sense that isn't ruled by fear. And, we ensured we were not angry, which allowed for a lot of good decisions to be made and good people finding ways to become virtual (more on that soon).

We prayed, we laughed, we sung, we found hope. Not having all the prayers available for everyone, but making do with what we did have: a community that is sacred, strong, resilient, practical yet forward-thinking. This is CNS. I hope we find these moments in our kehillah many times over. This is clearly one of the moments I will cherish as President. L'shalom!

# 'Closer Together While Farther Apart': Jewish Life-Cycle Events Meet Covid-19

By Jenn Director Knudsen

Sheltering in place does not keep labor pains from starting, a child from turning 13, a long-ago set wedding date to arrive, or a loved one's heart to stop beating. But it does mean the life-cycle events that mark these passages must be altered. Neveh Shalom's clergy has guided some members of our kehillah through Jewish rites of passage that were changed—but not thwarted—by Covid-19.



Morah Vicki Rotstein, Lily Crow, Mel Berwin, and Deb Freedberg

## Birth

Courtney Furman contacted Rabbi Eve Posen in late-March, just weeks before Courtney's second child—who she knew in advance was a boy—was born. She and her husband, Adam Furman, wanted to know how a *brit milah* would be handled, if carried out at all.

The plans they'd had in place—a community gathering at Neveh Shalom with friends and family, a catered nosh included—might occur at a later date. For now, "I figured the Zoom thing would be the way it would go," Courtney said,

reflecting on her second son's April 8th birth and then April 15th bris.

With mohel Dr. Bruce Birk present alongside mask-wearing grandparents Robin and Abraham Furman in Courtney, Adam, and big brother Jonah's home, the ritual circumcision went ahead as Rabbi Posen via Zoom gave Benjamin Neil his name. An additional 10 people were able to join in on a Zoom call.

"We were still able to do the traditional pieces of the brit, and we still felt our family could support us, even if they weren't there," Adam said. "It still felt like a really special occasion."

## B'nai Mitzvah

As irony might have it, this year's b'nai mitzvah class is the largest in Neveh Shalom history. A number of families with spring and summer simchot have

faced tough decisions about how—and whether—to conduct their child's b'nai mitzvah on their scheduled dates. Clergy have been working hard to create a list of possible options for these families. Below are two b'nai mitzvah families, and the choices they made.

Kristen Ertischek shared that her fourth and youngest child, Eliana (Ella), chose to videotape her two Torah readings and her D'var Torah, which was sent to the community via email, instead of joining the clergy in livestreaming the service.

"Ella decided to have a service at a later date with her friends when the pandemic is resolved," said Kristen, who noted the Shabbat of Ella's bat mitzvah was a tough day that also provided a semblance of closure—for now. "It was sad and somewhat peaceful," Kristen said.

Lily Crow's family chose a different path, where she showed up at shul on her April 18 bat mitzvah date. Though she could not recite her three readings from the Torah scroll, she still led a majority of the service via livestream and in front of (but at a distance from) Rabbi David Kosak, Cantor Eyal Bitton, and her very proud parents, Debra and David Anchel.



Adam, Courtney, & Benjamin Neil Furman, and Dr. Bruce Birk.  
Photo by Robin Furman



While family members and friends were not permitted to attend, some folks got creative. **Mel Berwin, Deb Freedberg, and Morah Vicki Rotstein** paid a surprise visit to cheer on Lily from outside Stampfer Chapel with signs waved in the window. Debra said in addition to a Neveh Shalom-style Kiddush lunch at home (grilled cheese sandwiches, tomato soup, rootbeer floats), Lily received numerous calls and texts from well-wishers all day.

Yes, the Covid-19 confines spawned many disappointments, but the family looks to the bright side.

Said Debra: “We feel Lily will certainly have a story to tell her grandchildren, as it was a unique experience.”

## Wedding

While a Neveh Shalom couple has not yet tied the knot during the pandemic, the shul is prepared for future nuptials' dates should the quarantine still be in place. “[T]here are few moments more joyous than a Jewish wedding,” it says on the synagogue’s website. “Barring further changes in state or federal law, those with weddings [on future dates] can either reschedule them or choose to

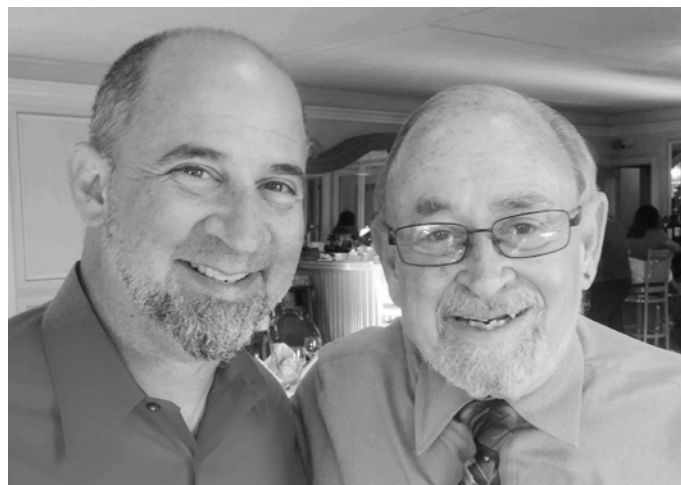
have a small group of 10 people, including clergy, present at your currently slated time.” May we all dance the horah together soon.

## Death

Siblings **Eric Stone** and **Wendy Johnson** were scheduled to head to Oakland, CA, on March 25 to assist their father with important papers. “Instead of reworking his trust and legal documents, we were planning his funeral,” Eric said of the unexpected Thursday, March 26 death of their father, Richard Isaac Stone z”l.

“It was such an unexpected and strange time to be doing anything,” said Stone, reflecting on the need to quickly make appropriate plans for a funeral and shiva minyanim.

“Curiously, the restrictions of Covid-19, in some ways, allowed us to be closer together while being farther apart,” he said.



*Eric Stone with his father Richard Isaac Stone z”l on Father’s Day 2018*

the fact he had only six people physically present at his funeral,” Stone said. He and Johnson plan to convene a celebration of life when such an event is allowed.

And, yet, he said of both the funeral and the three well-attended shiva minyanim the family conducted via Zoom, “It all was positive in a profound way and what was necessary given Covid-19.”

Added Johnson: “Family was able to be part of something at a time when we all really needed to be together.”

## Conclusion

These are interesting times for sure. It is fair to say that none of our clergy, nor their peers, have had the experience of needing to accommodate our rituals in such a way. Yet, with dedication to our community, as well as to our Jewish traditions and faith, they are doing the tireless work to help guide us all through these difficult times.

While their work is always evolving, and the choices change as new news, regulations, or technologies become known, they have shown up in profound ways and we thank them and our board, lay leaders, volunteers, and staff for all that they have done.



*Wendy Stone with her father Richard Isaac Stone z”l, watching their favorite team, the Raiders, together, 2018*

In consultation with Rabbi David Kosak and with technical help from **Brian Rohr and Michelle Caplan**, Stone and Johnson were able to beam the hilltop funeral service to relatives’ devices all over California, Oregon, and elsewhere. Twenty-three families were able to remotely participate in a funeral that was arranged in roughly 24 hours so Richard’s burial could occur before Shabbat.

“He would have hated

# Foundation School

*By Leah Conley, Director of Early Education*

Anyone who has been a part of Foundation School can tell you what a special place it is. And at the heart of what makes it special is our belief that children thrive and grow in community. Not just children, all of us. In everything we do, we strive to create this kind of feeling and this kind of community.

So how do we translate this into the on-line, social-distancing world we've been living in for the past several weeks? I'd love to tell you a little more about what we do at Foundation School, and a story about how we've tried to translate our immersive, experiential community learning approach to the new environment we find ourselves in.

At Foundation School, we believe that nurturing the curiosity of our students and our teachers invites deep and rich learning. To honor this curiosity and the tradition Judaism holds of asking questions, we begin each year with a class-

room question that invites exploration, complex thinking, research, and rich learning. These questions change each year based on genuine and organic connections between teaching teams and their community of learners. Curriculum unfolds based on the interests of the students and where their imaginations take them.

We didn't know what was coming. The world around us changed and we lost our ability to be physically together in the world. Over the past several weeks, we have shifted our school online. Previously we had spent our days exploring together, and suddenly we are in our own homes without our friends all day long. We have shifted from playground, shared meals, and hugs to Zoom sessions, Facebook Live, and FaceTime.

Our amazing Foundation School teachers are creative, hard-working, and flexible, and have created so many opportunities for connection to keep the community we love together. **We believe the most important thing for our students and families during this time is connection.** While there is important academic learning to be had at this age as well, we believe it is most important to focus on space and time for our students to connect with each other as they continue to build their social and emotional skills, and their understanding of the value of community.

This year, one of our 3s/4s classrooms, the Froggies, began their year with the question: "What is radically amazing in our world?" Over the fall and winter, the children practiced daily rituals of searching for amazement in the world around them, and after several months of doing this together as a community, it became a habit.



Social distancing did not stop our students and teachers, however, from moving forward with this habit they had practiced and cemented. Foundation School has adapted and moved to online learning platforms for so much of what we do. But what has stayed the same is the Froggies' habit of searching for radically amazing things that are all around them all the time. It has been radically amazing to me to watch their community Zoom sessions where they still see, find, and discuss what is amazing around them.

This example helps me remember that no matter what is around us, there will always be hope. This too is truly radically amazing.

I hope over the next several months to share stories from our other classrooms so you can have a glimpse into the bright and brilliant future of this youngest generation of our community.

For more information about the work we do at Foundation School or how you can support us, please reach out to me at [lconley@nevehshalom.org](mailto:lconley@nevehshalom.org).



*Froggie Ben Thaxton (R) with his brother Bodie (L) on a Foundation School Zoom call*



# ALIYAH in the Time of Covid

By Mel Berwin, Director of Congregational Learning

**O**ur theme this year in ALIYAH has been “Elu v’Elu” – *this AND that can both be true*. Little did we know how much of a motto that would become as we all shift to creating community in totally new forms as we also face a global pandemic, social isolation, children home from school, lost or changing jobs, significant uncertainty about the future, and a new reliance on technology. Elu v’Elu is the skill of recognizing and holding two (sometimes conflicting) truths at once. Here’s mine right now: this experience is *really* painful and stressful, AND I believe we’ll come through stronger and more resilient as a community. Here’s how our education programs are going:

## ALIYAH (K-6<sup>TH</sup> GRADES)

I won’t sugar coat this. It’s been really difficult to pivot from our dynamic on-site program for 160 children to a totally new environment online in just a few weeks, for families who have diverse circumstances and stresses right now and are overwhelmed by the number of communications coming from every direction (aren’t we all?!). I found it helpful to write out a “values→action” statement to help as we navigated the many different considerations of building, training for, and implementing an online program. Here are a few:

***Jewish education is about connection, and contact matters more than content right now,***

...and therefore, we will prioritize learning activities that allow students to connect with the teacher, with each other, and with relevant Jewish content, rather than focus on Hebrew learning goals.

***Teachers require support, are allowed to make mistakes, and need***



***time to reflect and learn,***

...and therefore, we will prioritize training and reflection time for our teachers, set up classes so that JoAnn and I are available to support them, and provide time to collaboratively reflect on what did and did not go well in this entirely new teaching environment.

***Big moments matter,***

...and therefore, we will design, plan, and implement programming for holidays and end-of-year programs that are participatory, creative, and meaningful.

## DYSLEXIA INCLUSION TRAINING & FUNDRAISER

On March 10, just before the stay-home order, we initiated a fundraiser so that we can train our ALIYAH teachers this summer to teach Hebrew to *all* of our K-6 students in a way that works for the one out of five kids who struggle to learn to read because of dyslexia and other specific language processing challenges. This goal is essential to our vision of inclusion because we believe that every

child deserves to learn in community setting, regardless of learning challenges or disabilities. Our goal is \$5,000, and we have raised half of that so far. If you would like to make a donation, or find out more, please be in touch!

## TICHON (7<sup>TH</sup>-12<sup>TH</sup> GRADES)

We’re meeting weekly with our Tichon students on Zoom. We’ve observed Yom HaShoah and celebrated Yom HaAtzma’ut together. We’ve discussed what the kids are feeling, what they are grateful for, and what dreams they’ve had to let go of. Our 12<sup>th</sup> graders, in particular, have lost the many rituals of finishing high school that they’d expected and imagined for themselves. That’s why it was so important for us to hold our Tichon graduation online on Wednesday, May 20.

I want to personally thank the CNS staff, our incredibly dedicated ALIYAH teachers, JoAnn Bezodis who is my right hand, and the CNS Board for their unwavering support and hard work throughout these weeks and months. This is hard, AND we’ll get through it together.

# Where We Stand Financially

**By Dena Marshall, Development Director**

**T**he other day a four-leaf clover poked its head up from the grass as if to say, “Hiya! Things will get better.” I agree. We are not out of the weeds, but things will get better. Together we will get through this. I’ve enjoyed my Zoom meetings with the committees I staff, catching glimpses of each other’s homes and family lives in the background. Welcome to my kitchen, can I offer you a virtual bowl of chili while we chat? In a pandemic-enforced downshift we reveal our less-polished faces, which brings empathy, which brings more thoughtful decisions, which brings better strategy and policy. I look forward to our future together informed by these changes.

Here’s where we stand in the Development Department. We wrapped up a successful capital campaign and annual giving (AGP) season, and are now in the annual budget process. Our development theme this year will be “focus on the basics: retention and stability.” For you social scientists, think of the base of Maslow’s hierarchy of needs: shelter, health, safety, and community.

Thanks to our leadership’s meticulous early efforts, we have been granted a

Payroll Protection Program (PPP) grant through the CARES Act. We were also awarded \$16,000 from the Federation Covid-19 emergency fund, to minimize the impact of payroll reductions. We’re fortifying our base.

We have also been awarded generous grants through the Stern Grandchildren Fund of OJCF of \$2,500 to support the purchase of equipment and supplies for inclusion learning in Foundation School, and \$1,500 for the Mensches and Mavens intergenerational program. We’re providing nourishment and support for our youth and elderly.

We are awaiting word from OJCYP on two proposals for grants to support a community resilience workshop and additional projects for the Mensches and Mavens program, and from DHS-FEMA Non-Profit Security Grant Program for another grant to support safety and security upgrades on campus. We’re committed to keeping our campus safe and strong.

Looking forward, we’re going to simplify our auction and AGP fundraising events. As of today, 2020 auction sponsorships are at \$21,500, and we’re doing everything we can to keep our sponsors visible,



engaged and well-appreciated. With nearly \$206,000 raised for AGP, we surpassed our 2020 goal. Looking forward to 2021, we’ll keep our AGP goal steady and we’ll make it even easier to give. We’ll introduce a simple subscription option, we’ll lighten up the Kol Nidre appeal, and during High Holy Days we’ll make it easy as pie to drop a pledge card in a basket.

In this time of great uncertainty, we’re taking the base route. It’s time to hunker down and reprioritize, make it easy, clear, and simple. Neveh Shalom, we’ve got this. Together!

---

## ***Don't Waste the Moment, Rabbi Kosak*** *Continued from page 2*

coronavirus? Can we uncover when this pandemic stopped impacting us in an acute way and became chronic?

I had one of those completely unproductive days recently, a response to the chronic toll of the pandemic. The pain set in the next day when I could acknowledge how bad being unproductive made me feel, and was able to reapply myself the next day when I got a lot of projects done that I wanted to.

Our responses to COVID-19 make me think of Dweck’s well-known research comparing fixed and growth oriented mind-sets. A fixed mindset holds that our abilities were carved in stone, and that we were only given a certain capacity in an area. A growth mindset holds that with proper effort, support and strategy, we can achieve better outcomes.

Most of us harbor little bit of both mind-sets, and we don’t always notice when

one or the other comes to the forefront. But if we can notice and make adjustments, then we can claim the gift contained within this horrible pandemic. As it’s been stated, “never let a good crisis go to waste.”

I am hoping you are moving through all this with *chen v’chesed v’rachamim*, with a nice measure of grace and self compassion.

—Rav D

# Virtual Happenings at CNS

*As you have read in these pages, clergy, staff, leaders, and volunteers have made a quick pivot to moving our community's activities and services to an online format with great success. Below is just a sampling of what is being offered. The best way to get the latest information is through our weekly Eblasts. You can sign up at: [news@nevehshalom.org](mailto:news@nevehshalom.org).*

## Ongoing Events

*Please visit the website for links at: [nevehshalom.org/virtual-events](http://nevehshalom.org/virtual-events)*

### **Exercise with Coach Glen Coblens Tuesdays and Thursdays, 10:30am**

Coach Glen Coblens is pleased to offer a dynamic and fun 45-minute, online Zoom workout for all. Guaranteed to be a stress reducer and energy builder. No previous athletic ability required. Focus will be on building core strength.

### **"Through a Lens of Fire: Hasidic Insights on the Torah" with Rav D Wednesdays, 12:30-1:30pm**

From Rabbi Kosak: "Hasidic writings are one of my most trustworthy sources of spiritual connection. These are the texts I privately turn to for nourishment. While I don't always agree with the entirety of their message or their world view, they consistently provide a road map for how to think about being human and sense our connection to all of

creation. If you'd like to join me, we will be exploring these texts together."

### **Socialize and Engage with Your Kehilla Wednesday Nights, 8:00-9:00pm**

Join Rabbi Eve and other congregants for a bit of socializing, ask the rabbi, engage with one another and more. Bring your own evening beverage. PJs welcome!

### **Lunch and Learn with Rabbi Eve Thursdays, 12:30-1:30pm**

Grab your lunch and do a bit of interactive learning with Rabbi Eve. Have a topic to suggest? Email Rabbi Eve at [eposen@nevehshalom.org](mailto:eposen@nevehshalom.org).

### **Women's Torah Study**

#### **Various Sundays, 12:30pm**

Join Mel Berwin for an hour of uplifting study and conversation. RSVP for upcoming dates and login info to: [mberwin@nevehshalom.org](mailto:mberwin@nevehshalom.org).

## One-Time Events

*Please visit the website for links at: [nevehshalom.org/virtual-events](http://nevehshalom.org/virtual-events)*

### **Men's Club Book Club**

#### **Wednesday, May 27, 7:00pm**

Join the Men's Club in reading and discussing the book, *Spies of No Country*, by Matti Friedman. RSVP for Zoom link to Mitch Elovitz: [elovitzclan@comcast.net](mailto:elovitzclan@comcast.net)

### **NxNW Region Women's Education Day Sunday, May 31, 11:00am-1:00pm**

You are invited by the Sisterhood to a special women's education day with classes by Mel Berwin (Women, Modesty, and Power) and Rabbi Eve Posen (Changing the Narrative). To join and receive Zoom link, please email: [coprez22@gmail.com](mailto:coprez22@gmail.com).

### **BookTalk: Wounds into Wisdom**

#### **Sunday, May 31, 2:30pm**

Please join us for this very special BookTalk about the latest book by Rabbi Tirzah Firestone, *Wounds into Wisdom*. RSVP is required: [receptionist@nevehshalom.org](mailto:receptionist@nevehshalom.org)

### **Israel360: An Evening with Yousef Bashir Wednesday, June 3, 5:30pm**

Join us for a conversation with Yousef Bashir, a Palestinian-American from the Gaza Strip who is an accomplished author, speaker, and vigorous advocate of Israeli-Palestinian peace. RSVP: [receptionist@nevehshalom.org](mailto:receptionist@nevehshalom.org). Co-sponsored by Israel360, Mittleman Jewish Community Center, and PDX Hilel.

## Morning Minyan and Shabbat

*Please visit the website for links at: [nevehshalom.org/virtual-services](http://nevehshalom.org/virtual-services)*

### **Morning Minyan**

**Mon-Fri, 7:15am | Sun, 9:00am**

### **Kabbalat Shabbat Service**

**Fridays, 6:15pm**

### **Saturday Morning Shabbat Service**

**Saturdays, 9:30am**

### **Downstairs Minyan Shabbat Service**

**2nd, 4th, 5th Saturdays, 9:30am**

## Young Families

*Please visit the website for links at: [nevehshalom.org/virtual-services](http://nevehshalom.org/virtual-services). For more information, please contact Rabbi Eve at: [eposen@nevehshalom.org](mailto:eposen@nevehshalom.org).*

### **Tot Shabbat**

#### **1st & 3rd Saturdays, 10:30am**

Log into Zoom for a virtual Tot Shabbat. Amy, Levia, Morah Leah, and Rabbi Eve will alternate leading Tot Shabbat until we can gather again in person

### **Young Family Flashlight Havdallah 2nd Saturdays, 6:00pm**

Grab a flashlight and join us for a short reflection on our week, a little singing and Havdallah ritual.

### **4th Fridays Sing-a-Long with Rabbi Eve**

#### **4th Fridays, 5:15pm**

Join Rabbi Eve as she leads our Shabbat service for families on Zoom. We'll do a bit of singing, a story, and blessings.





# Adapting in these Unique Times

By Mara Woloshin

**D**aily we continue to cope with Covid-19 uncertainties. We offer these profiles to illustrate how some of our members are experiencing these changing times.

**Spencer and Betsy Rubin** started PLAY.FIT.FUN as an after-school program, and their business grew from three schools to several dozen. Further expansions evolved from active and empowering programs for children, to corporate team building, with all programs focusing on physical health, well-being, and non-electronic activities.

When the coronavirus hit and in-person gathering stopped, Play.Fit.Fun switched their model to a virtual format to help families with children at home. Spencer says that parents working from home and trying to help their kids learn is stressful, and they are offering programs that can help. A couple of examples are their Zoom Kids Action Class and their Family Game Night, which can be found at [playfitfun.com](http://playfitfun.com).

"As worried as we are about the future, I'm not worried about the future of our company," says Spencer.

**Professors Sara and Joe Safdie** are Oregon newcomers who joined Neveh

Shalom to enjoy an active Jewish community. They had no idea that Pesach would be celebrated virtually. Yet, their online experience sparked new ideas, including video lobbying for a national environmental firm.

The couple is impressed with Neveh Shalom's virtual community outreach: from Rabbi Kosak's fast response to emails, to virtual services.

"I participated in the streaming for Yizkor during Pesach, and initially it felt so strange, especially as I had never met Rabbi Isaak. However, to experience his sense of gentle humor was a pleasure.

"Outreach from the Neveh Shalom congregation has been very meaningful. Even though I have been here such a short time, I feel much more of a sense of community than the shul where we had previously lived," says Sara.

Sara has a shelter-in-place tip, The YIVO Institute for Jewish Research course, "A Journey into Jewish Food," featuring hundreds of never-before-seen archival objects, lectures by leading scholars, and Jewish recipes by renowned chefs: [www.yivo.org](http://www.yivo.org).

**Andrew Fortgang** (Canard and Le Pigeon) worries about state-mandated restaurant closures and staff layoffs at the shuttered restaurants he co-owns. He is grateful for the two Paycheck Protection Program loans received, allowing the rehiring of most of the staff. But he is concerned that funds will run out before he completely reopens.

His new program, Le Pigeon and Canard Cellar Sale, delivers to your home six curated bottles of wine,



*Sara and Joe Safdie*

showcasing a variety of grapes and styles from international wine regions. While this program has brought in revenue, Andrew looks forward to the day when the restaurants will be completely open for business. For takeout menu options and wine delivery: [lepigeon.com](http://lepigeon.com).

**Richard S. Hartoch, MD**, is affiliated with the Veterans Hospital on the OHSU campus. He checks in daily on the health of friends in his home state of New York. He also tracks research surrounding Covid-19. He feels the complete pandemic solution will be a huge international effort by clinical scientists.



*Andrew Fortgang*



*Betsy, Jack, Molly, Spencer, & Emma Rubin*

The entire family is touched by his neighborhood's response to the pandemic. They are treated to a nightly 7pm "concert" of banging pots and pans to salute health care workers and first responders.

And Richard is inspired by CNS. "I really appreciate what Neveh Shalom is doing. I love Rav D's cooking shows on his Facebook account, they are so *haimish*, so personable."

Having streamed the services for the memorial for Rabbi Stampfer, z"l, made Richard comfortable with the virtual

concept. He is a regular attendee of the Morning Minyan services.

"I'm surprised at the number participating. It's nice to see the community coming together."

Still, with his son's Bar Mitzvah around the corner in October, his hope is that by the fall community gatherings are possible.



Catherine, Meira Fiber-Munro, Sam, and Richard Hartoch

## Can Coronavirus Be a Blessing? By Stephen Sirkin

**T**he title of this article clearly seems like a counterintuitive statement in these difficult times. Too many of us are fighting the virus itself, all of us are facing economic challenges along with the uncertainty and boredom of being cooped up in our homes for weeks on end.

We can make it a blessing if, while sheltering in place, we take care of ourselves and try to consider how we would manage another even more disruptive disaster, say the 9.0 scale Cascadia Subduction earthquake. We are resilient and strong, and we are now in training for the really big one.

Let's use this experience to take some time to think about the differences between facing the pandemic and the aftermath of a destructive earthquake. And let it inspire you to prepare.

**Dayenu! The Cascadia Earthquake could be worse...**

**While with Covid-19 our homes are warm and safe.** After the Cascadia Earthquake...they may be physically compromised. Have a plan for optional shelter ranging from a tent to a trailer and store a supply of clothing to protect

you from the weather.

**While with Covid-19 we have grocery stores.** After the Cascadia Earthquake...in a matter of days grocery supplies will be gone. Stock your pantries with at least one month's worth of non-perishable food, toiletries, and medications.

**While with Covid-19 we have water.** After the Cascadia Earthquake...public water will be compromised for weeks to months. Store extra water for your family and your pets. Plan for one gallon per person per day. Identify alternative water sources and have a filtration device to purify it.

**While with Covid-19 we have electricity.** After the Cascadia Earthquake...there will be no lights, no internet, no heat or air conditioning, no using washers or dryers or other appliances. Stock up and regularly rotate your supply of batteries. You might consider solar panel recharging units. Look into the pros and cons of purchasing a household generator. Prepare to be creative.

**While with Covid-19 we have plumbing.** After the Cascadia Earthquake...we will be dealing with more than the issue of not having enough TP! Learn disaster related personal hygiene concepts includ-



ing organizing "pee" and "poo" buckets to manage human waste. Have a supply of Chlorox-style disinfectant on hand.

**While with Covid-19 our essential services are still running smoothly.** After the Cascadia Earthquake...in a matter of days the region's fuel reserves will be depleted. Medical, communications, and financial services will be overwhelmed or unavailable. Make copies of your important documents, store one copy safely, and send a copy to a close friend or relative out of state. Develop and practice emergency plans with your family. Set aside cash or bartering items.

So use this as an opportunity to take some time to plan & prepare. Put aside time over the next few weeks to organize supplies that are in your home and create a list of additional items you will need. For more resources, please visit: [www.oregon.gov/oem/hazardsprep](http://www.oregon.gov/oem/hazardsprep).

# Member News

---

## Kvell With Us

Mazel tov to proud grandparents Raúl and Lidia Krivoy on the birth of their granddaughter Elizabeth Lanford Davis on December 25, 2019 in Atlanta, GA. Baby Ellie and her parents Erica and Keenan Davis and siblings Orli and Abe are all doing well.

Mazel tov to Yaakov Epstein on the birth of his grandson Ilan Kfir Mage Ame, born at home February 19 to parents Natanya Epstein and Jelani Allen, along with older brother Nadav. Everyone is doing well and the boys are blessed to have their wonderful aunt Shoshannah Epstein of Vancouver (WA) nearby. Other proud grandparents are Jill Epstein, of Evanston, IL, and Anthony and Lydia Allen and Tom Stribling, all of Albuquerque.

Mazel Tov to Joshua Weinrobe, son of Anna Davis and Scott Weinrobe, on being elected as Regional Israel Affairs VP for Pinwheel USY.

Mazel tov to Sherry Scheinman on the birth of her first grandchild, Levi Jordan Scheinman, born on April 1 (no joke!) to Portland parents Dan and Blakelee Scheinman. Nana looks forward to being able to hold her grandson when it's safe to do so.

Mazel tov to 12th grader Orly Meyer, daughter of Rich and Erika Meyer, on being accepted to Wesleyan University in Connecticut.

Mazel tov to 12th grader Sam Blauer, son of Doug and Amy Blauer, on being accepted to University of Oregon, Clark Honors College.

Mazel tov to Drs. Alan and Martha Rothstein as they announce the birth of their grandson Micah Rothstein Berger on Friday April 17. The parents are Jessica and Ben Berger of Stamford, Conn.

Mazel Tov to 12th Grader Eli Brenner, son of Monica Brenner and Jon Henrichsen, who will be going into the US Marines as part of the Motor Transport Division.

Kol hakavod to Rich Lufrano and daughter Erez, who are featured on NPR's "Dear Stranger" letter-writing program! Listen here: <https://one.npr.org/i/830419144:832360571>

Mazel Tov to Melissa Bloom and Oren Abu on their wedding on May 12, Lag B'Omer. Guests were able to join in virtually from all over the world in this day of celebration. In joining on this special day and holiday they wanted to spread joy to the world. Mazel tov to Melissa's parents Michael & Jaimee Bloom, siblings Liza & Beth Milliner, Scott & Amy Bloom, Jeramie Bloom & Andrew Thorry. To Oren's family Zmira & Mier Abu, siblings Oriana & Angelo, Shay & Eniav, Alon, Shira & Sharon, Shlomit & Esaf, Tzil, as well as their 14 nieces and nephews.

---

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

We regret to inform you of the passing of Dorothy Nudelman, z"l, beloved wife of Stanford Nudelman (z"l), mother of Roberta (Richard) Cohon, Marvin Nudelman, Marilyn Lakefish (z"l), grandmother of Cara Cohon, Jason Cohon, Andy and Brian Lakefish, Geoffrey Nudelman, sister of Norman (Norma) Silver, and Sarah Hornstein (z"l).

Our condolences to Jenn (David) Director Knudsen on the passing of her uncle, Bruce Nathan Director, z"l, on March 5 in New York City. He was husband to Minnie Johnson, father to Justin and Nick Director, brother to Stuart (Nikki) Director, and Delores Kimmel of Newton, MA.

We regret to inform you of the passing of Marc Tobin, z"l, beloved son of Phil and Patou Tobin, brother to Rachel Tobin Anderson, and grandson to Frieda Tobin.

We regret to inform you of the passing of Ann Adleman, z"l, dear sister of Steven Adleman, sister-in-law of Katherine Moss, and aunt of Jennifer Cullers and Brian Moss.

We are so sorry to inform you of the untimely passing of Jeffrey Babener, z"l, beloved husband of Roz, father of Rebecca Babener, Rachel (Casey) Bage, and Jeremy Babener, and dear grandfather of Sammy and Ani.

We regret to inform you of the passing of our dear congregant, Ron Meyer, z"l. Ron is survived by his wife Taya and their children, Rochelle (Jay) Leisner and Larry Meyer, and sister Marjorie Sherman.

We regret having to inform you of the passing of Myers Milliner (z"l), dear father of our friend and CNS member, Beth (Liza) Milliner.

We regret to inform you of the passing of Zvi (Fred) Hoffman, z"l, beloved father of Aviva (David) Nash and Elana Zegarek, grandfather to Aaron Nash, Daniel Nash, Lainey Nash, and Zachary Zegarek, and dear husband to Zvia Ben Shmuel. Mr. Hoffman lived in Ramat Gan, Israel.

We regret to inform you of the passing of Richard Isaac Stone, z"l, father of Eric (Kat) Stone and Wendy (Doug) Johnson, grandfather to Dante Stone, Matisse Stone, Mason Johnson, and Levi Johnson, and partner of many years to Deborah Pan.

We regret to inform you of the passing of Elsa Stubbs Garcia, z"l, wife of Sara McAulay, mother to Maya, grandmother to Sasha, sister to Joni (Jane Rosevelt) Cady, and aunt to Robin.

We regret to inform you of the passing of Michael Rothstein, z"l, dear brother of Marcy (Ron) Morris. Mr. Rothstein passed away in Van Nuys, California and is also remembered by his son, niece, nephew, and fiancé.

We are sorry to inform you of the passing of Solomon Menashe, z"l, beloved husband of Roslyn, father of JoAnn (Barry) Forman, Marlinda (Bill Lotshaw) Menashe, Elise (Jay Miller) Menashe, and brother of Vic (Toinette) Menashe as well as a loved grandfather and great grandfather.

We regret to inform you of the passing of James Aaron Shrybman, z"l, husband of Rochelle Testa, father of Cory (Jake) Raiton, Anna Shrybman, and Jacob (Menucha) Shrybman, and grandfather of Elliot and Katherine Raiton, and Aria Shrybman. He passed away in Maryland on May 3, 2020.



# The congregation gratefully acknowledges the following contributions:

## Adult Education Fund

**Rena Ziegler:**

In memory of Saul Spiro

## ALIYAH Fund

**Alan & Vicki Rotstein:**

In memory of Robert Greene

In memory of Irwin Holzman

In memory of Sally Levin

In memory of Dr. Eugene Strull

## Annual Giving Campaign

**Bob Swerdlick:**

In memory of Marc Tobin

## Becky Menashe Bookshelf Fund

**Vic & Toinette Menashe:**

In appreciation of the Passover celebration

## Camp Solomon

### Schechter Fund

**Stuart & Reena Davis:**

In memory of Rabbi Joshua Stampfer

**Bari Isaacson:**

In memory of Rabbi Joshua Stampfer

**Randy Katz & Peter Wigmore:**

In memory of Rabbi Joshua Stampfer

**Vic & Toinette Menashe:**

In honor of Jay Holzman

**Ruth Roth:**

In memory of Ethel Cohen

In memory of Jack Cohen

**David & Carol Twain:**

In memory of Susan Twain

In memory of Bobby Capper

## Cantor Ail Music Fund

**Dianne Arensberg:**

In memory of Ida Toff

## Cantor's Discretionary Fund

**Marci & Riley Atkins:**

In honor of the Les Miz concert

**The Goldhammer Family:**

In appreciation of Cantor Bitton

**Amy & Alexander Kaplan:**

In honor of Mila Kaplan's Bat Mitzvah

**Sandra Rabin:**

In appreciation of Cantor Bitton

**Ellen Singer:**

In appreciation of Cantor Bitton

**Mindy & Mark Zeitzer:**

In honor of Noah's Bar Mitzvah

## Cemetery Fund

**Nancy Fruchtengarten:**

In memory of Janet Maylie

In memory of Blossom Volchok

**Rosalie Goodman:**

In memory of Mike Horenstein

**Allison Mudrick:**

In memory of Rae Halpern

In memory of Jake Mudrick

In memory of Larry Mudrick

In memory of Earl Oller

**Steve & Sheryl Rudolph:**

In memory of Hymen Stein

**Nancy Slifman:**

In memory of Goldie Slifman

**Laura Vilderman:**

In memory of Eugene Vilderman

## CHAI/Tikkun Olam Fund

**Barbara Enkelis**

**Gary Peck:**

In memory of Justin Peck

## Charack Kitchen Fund

**Jerrie Roth:**

In memory of Sally Levin

**Allan & Marjorie Sherman:**

In memory of Bernice Friedman

## Charity Food Fund

**Renée Holzman:**

In memory of Mary Rosenberg

## CNS: 150 Funding our Future

**Ben Brody & Michael Martin:**

In honor of Morah Deborah

Freedberg

**Helen Duewel:**

In memory of Rabbi Joshua Stampfer

## Congregant Assistance Fund

**Joyce Loeb:**

In memory of Arnold Frisch

## Donna Jackson Memorial Enrichment Fund

**Rick, Abby, David & Daniel**

**Menashe:**

In memory of Sylvia Jackson

## Elaine & Gloria Schiller Fund

**Thelma Geffen:**

In memory of Marc Lowenthal

In memory of Marc Tobin

## Hy & Myra Jackson

### Elevator Fund

**Jacqueline Constantine:**

In memory of Bertrand Constantine

In memory of Etta Constantine

In memory of Joseph Constantine

In memory of Ronald Meyer

In memory of Edward Notick

In memory of Ruth Notick

In memory of Rita Pearlmutter

**Suzi Fiore:**

In memory of Hy Jackson

**Myra Jackson:**

In memory of Ross Coblens

In memory of Hy Jackson

**Chuck & Harriet Saxe:**

In memory of Adele Saxe

## Feldstein Library Fund

**Elliot & Suzanne Axel:**

In memory of Maurice Goldberg

**Martha & Glen Decherd:**

In memory of Maurine Eve Weil

**Rebecca Eiseman:**

In memory of Hilde Jacob

**Ron Eiseman:**

In memory of Lottie Eisenhardt

In memory of Gerda Eisman

**Julie Gottlieb:**

In memory of Harvey Keller

**Galina Kogan:**

In memory of Aaron Goldhammer

**Michael Olds & Gloria Borg Olds:**

In memory of Irving Borg

**Roberta Weil:**

In memory of Aaron Goldhammer

## Foundation School Fund

**Marci & Riley Atkins:**

In memory of Dr. Eugene Strull

**Melvin & Cathy Berlant:**

In memory of Dr. Eugene Strull

**Suzanne Cox:**

In honor of Richard Hanan &

Suzanne Cox

**The Hochfeld Family:**

In memory of Rabbi Joshua Stampfer

**Herbert Hochfeld:**

In memory of Clara Hochfeld

In memory of Elaine Hochfeld-

Magnin

**Lawrence Huppin:**

In memory of Irwin Holzman

**Randy Katz:**

In memory of Aaron Goldhammer

**Irving Leopold:**

In memory of Samuel Leowpold

In memory of Surretta Miller

In memory of Noralee Weinstein

**Rhoda Leopold:**

In memory of Ruth Wolfstone

**Randi McLenithan:**

In memory of Jack Weinstein

In memory of Marion Weinstein

**Esther Menashe:**

In memory of David Mitchell

**Marcia & Mark Meyer:**

In memory of Rabbi Joshua Stampfer

**Jeanette Moberly:**

In memory of Aaron Goldhammer

**Ron & Marcy Morris:**

In memory of Lee Rothstein

**Ella Ostroff:**

In memory of Magda Eisenberg

**Jeanette Philan:**

In memory of Ronald Meyer

**Jerrie Roth:**

In memory of Robert Greene

**Lawrence Schwartz:**

In memory of Cele Schwartz

**Mylen & Rosalyn Shenker:**

In memory of Jeff Babener

In memory of Dr. Eugene Strull

In memory of Marc Tobin

**Janis Shleifer-Rosenfeld:**

In memory of David Rosenfeld,

Elisa Funes & Ralph Funes

**Norman Wapnick:**

In memory of Charles Wapnick

## General Synagogue Fund

**Revekka Adamidov:**

In memory of Fanya German

**Stan Adams:**

In memory of Pearl Adams

**Leslie & Eva Aigner:**

In memory of Anna Aigner

In memory of Julius Aigner

In memory of Marika Aigner

In memory of Gizella Soltesz

**Nelly Altotsky:**

In memory of Pesya Khaya Katz

In memory of Wolf & Rivka

Rabovitser

**Jeff & Sandy Axel:**

In memory of Jeffrey Babener

**Roz Babener:**

In memory of Jeffrey Babener

**Gloria Bacharach:**

In memory of Moritz Bacharach

In memory of Jasmine Spiegel

**Jerome Barde:**

In memory of Ronald Meyer

**Arnold Barer:**

In memory of Yetta Donin

**Carol Barer:**

In memory of Leonard Donin

**Barbara Bernstein Fant:**

In memory of Percy Bernstein

**Seth & Shoshana Blank:**

In memory of Marc Tobin

# The congregation gratefully acknowledges the following contributions:

**Stan Blauer:**

In memory of Meyer Blauer  
In memory of Rose Blauer

**Stan & Judy Blauer:**

In memory of Irwin Holzman

**Ronald Bockman:**

In memory of Barney Bockman

**Mark Braverman:**

In memory of Frances Braverman  
In memory of Nathan Braverman  
In memory of Yetta Buckman

**Marlene Brenner:**

In memory of Hyman Bookman  
In memory of Shirley Trademan

**Jeb Brownstein:**

In memory of Betty Brownstein  
In memory of Richard Brownstein

**Jeffrey & Laura Burda:**

In memory of Jeffrey Babener

**Barry & Barbara Caplan:**

In memory of Philip Caplan  
In memory of Tillie Caplan

**Steve Caplan:**

In memory of Sandra Caplan

**Margarete Collier:**

In memory of Simon Bursztyn

**Mitch Cooper:**

In memory of Harriet Cooper

**Heidi Duckler:**

In memory of Lawrence Duckler

**Lanny Eason:**

In memory of Edith Eason

**Stanley Eastern:**

In memory of Frances Eastern

**Alan Ellis:**

In memory of Sam Ellis

**Michael Feves:**

In memory of Sadie Feves

**Neesa Galanti:**

In memory of Marie Leton

**Rae Goldenberg:**

In memory of Jeffrey Goldenberg

**Rosalie Goodman:**

In memory of Irwin Holzman

**Isaak Govshiyevich:**

In memory of Dina Govshiyevich

**Joel Grayson:**

In memory of Blossom Volchok

**Jeff Hamburger:**

In memory of Hanna Henner

**Inge Hamburger:**

In memory of Kurt Hamburger  
In memory of Hanna Henner

**Gregory Harris:**

In memory of William Harris

**Shirley Harris:**

In memory of Ronald Meyer

**Janet Hasson:**

In memory of Hannah Cole

**Jay Horenstein:**

In memory of Bette Londer

**Michele and Jeffrey Howard:**

In memory of Norman Howard

**Linda Jessell:**

In memory of Harvey Keller

In memory of Irma Keller

**Jill Johanson-Kubin:**

In memory of Carl Kubin

In memory of Patrick Kubin

**Garry & Judith Kahn:**

In memory of Wilfred Kahn

**Julian Kaufman:**

In memory of Sharon Kagna

In memory of Harold Kaufman

In memory of Harold Myers

In memory of Leone Pollard

In memory of Helen Powles

In memory of Phinneus Stevens

**Gertraud Kobin:**

In memory of Norman Kobin

**Boris & Galina Kogan:**

In memory of Samuil Kogan

**Anna Kumizki:**

In memory of Jeffrey Babener

**Barbara Longaker:**

In memory of Helen Mesher

In memory of Marcus Mesher

**Mia & Ron Mandel:**

In memory of Evelyne Kandel

**Anatoly Markus:**

In memory of Khaya Markus

**Ron Maudsley & Jennifer Tucker:**

In support of Congregation Neveh Shalom

**Ronald & Taya Meyer:**

In memory of Robert Greene

**Jo Ellen Miller:**

In memory of Joseph Adashek

**Samuel Miller:**

In memory of Libby Miller

**Samuel & Jo Ellen Miller:**

In memory of Ronald Meyer

**Simon Morau:**

In memory of Israel Parnus

In memory of Malie Parnus

**Irina & Roman Munblit:**

In memory of Dina Govshiyevich

**Phillip & Sandra Nudelman:**

In memory of Albert Nudelman

**Michael Olds:**

In memory of Jack Olds

**Ella Ostroff:**

In memory of Helen Weisz

In memory of Miklos Weisz

**Mary Peizner:**

In memory of Benjamin Babani

**Richard & Mary Peizner:**

In memory of Irwin Holzman

**Robert Perkel:**

In memory of Keith Goldhammer

**Robert & Harriet Perkel:**

In memory of Harry Goldhammer

In memory of Earl Goldhammer

**Boris & Alla Piatski:**

In memory of Yevgenia Giterman-Faktorovi

**Peter & Nina Pirogovsky:**

In memory of Tsilya Pirogovsky

**Joel Pollack:**

In memory of Bunny Pollack

**Abram & Rimma Press:**

In memory of Gitl Cleyderman

In memory of Broha Press

In memory of Abram Rubinovich

**Enya Rabovitser:**

In memory of Pesya Khaya Katz

In memory of Wolf & Rivka

Rabovitser

**Jack Raiton:**

In memory of Leon Angel

In memory of Katherine Raiton

**Susan & Lawrence Rein:**

In honor of helping others

**Jeffrey Reingold:**

In memory of Louis Sherman

**Bruce & Phyllis Ritchie:**

In memory of Esther Ritchie

**Joeen Rodinsky:**

In memory of Ruth Wolfstone

**Harvey Rosen:**

In memory of Ida Toff

**Alan & Eve Rosenfeld:**

In memory of David Rosenfeld

**Diane Rosenfeld:**

In appreciation of the Virtual Second Seder

**Bob & Helene Rosenthal:**

In memory of Peggy Maduff

In memory of Jennifer Rosenthal

**Fred & Nora Rothstein:**

In memory of Irwin Holzman

In honor of Harvey & Sandy Platt's new granddaughter

In memory of Michael Rothstein

In memory of Dr. Eugene Strull

**Sulamif Rozenfeld:**

In memory of Bella Barash

**Daniel Ruimy:**

In memory of Joseph Ruimy

**Helen Runstein:**

In memory of Richard Brownstein

**Faye Samuels:**

In memory of Jeffrey Babener

**Jane Schindler:**

In memory of Menachem Taiblum

**Larry & Brenda Schwartz:**

In memory of Charlotte Schwartz

**Barbara Schwartz:**

In memory of Mae Weinberg

**Gerald Schwarz:**

In memory of Guste Schwarz

**Maurice Schwarz:**

In memory of Guste Schwarz

**Paul & Susan Shaman:**

In memory of Mary Shaman

**Inna Sheinkman:**

In memory of Grigory Amburg

**Morton Simon:**

In memory of Irwin Holzman

**Ellen Singer:**

In appreciation of Congregation Neveh Shalom

**Stephen & Dana Sirkin:**

In memory of Bruce Nathan Director

In memory of Sally Levin

In memory of Dorothy Nudelman

**Ana Smetana:**

In memory of Mr. & Mrs. Yosef Beizer

In memory of Mr. & Mrs. Pavel

Goldberg

**Robert & Mimi Sorkin:**

In memory of Michael Rothstein

**Dennis Steinberg:**

In memory of Nettie Weiner

**Barbara Steinfeld:**

In memory of Celia Blank

**Michael Titelbaum:**

In memory of Janet Seibert

In memory of Morton Titelbaum

**Peter Tolchinsky:**

In memory of Klara Tolchinskaya

**Larry & Linda Veltman:**

In memory of Eugene Veltman

**Martin Vidgoff:**

In memory of Ben Vidgoff

**Gary Wasserman:**

In memory of Benjamin Wasserman

**Elisa Weger:**

In memory of Mildred Weger

**Paul Weiden:**

In memory of Isabella Kaufman

In memory of Gerda Weiden

**Sherma Wenner:**

In memory of Wolf Fain

In memory of Miriam Goodman

In memory of Norb Wenner

**Larry Wieder:**

In memory of Gertrude Dunis

**Deborah Winer:**

In memory of Milton Winer

**Peter Wollstein:**

In memory of Marianne Wollstein

**Anne Woods****Phyllis Zawel:**

In memory of Ronald Meyer

**Jay Zidell:**

In memory of Emery Zidell

**Raquel Zidell:**

In memory of Sara Mishkin

In memory of Marc Tobin

In memory of Jed Zidell

## Gladys & Joseph Fendel Camp Fund

**Albert & Bette Lynn Menashe:**

In memory of Gladys Fendel

In memory of Fortuna Menashe

# The congregation gratefully acknowledges the following contributions:

**Ruben & Elizabeth Menashe:**  
In memory of Fortuna Menashe  
**Bruce & Sheila Stern:**  
In honor of Amitai Kosak's Bar Mitzvah

**Gumbert Fund**  
**Gerald Gumbert:**  
In memory of Grayce Gumbert

**Honigstock Education Scholarship Fund**  
**Leon Wolf:**  
In honor of Sarah Honigstock's Bat Mitzvah

**Hunger Relief Fund**  
**Sylvia Pearlman:**  
In memory of Jeffrey Babener  
**Lisa Richmond:**  
In honor of Vicki & Alan Rotstein  
**Roberta Ruimy:**  
In memory of Sam Popowcer  
**Rick & Sharyl Vagy:**  
In memory of Myers Milliner

**Israel Scholarship Fund**  
**Rosalie Goodman:**  
In memory of Judith Feinstein

**Judy Isaacs Bookshelf Fund**  
**Victory Levy:**  
In memory of Judy Isaacs

**Leonard Barde Cemetery Enhancement Fund**  
**Carolyn Gorin:**  
In memory of Earl Oller  
**Kathy Hasson & Daniel Schiff:**  
In memory of Dr. Milton Hasson

**Lesch Camp Fund**  
**Jeanette Philan:**  
In memory of David Lesch  
In memory of Dorothy Nudelman  
In memory of Benjiman Philan  
In memory of Max Philan  
**Harold & Jackie Lesch:**  
In memory of David Lesch  
In memory of Dorothy Nudelman

**Lora & Jim Meyer Inclusion Fund**  
**Lora & Jim Meyer:**  
In memory of Ronald Meyer  
In memory of Ruth Meyer  
In memory of Judy Tye  
**Marcia & Mark Meyer:**  
In memory of Susan Marcus

**Joel Mullin & Sheri Katz:**  
In memory of Myers Milliner

**Mark Ail Campership Fund**  
**The Abrams Family:**  
In memory of Marc Tobin  
**David Ail:**  
In memory of Frieda Katzman  
**Sandy Arvin:**  
In memory of Marc Tobin  
**Peter & Donna Erickson:**  
In memory of Marc Tobin  
**Ian & Bev Getreu:**  
In memory of Jeffrey Babener  
In memory of Marc Tobin  
**Stephen Kantor:**  
Rosanne and Albert Levi  
In memory of Marc Tobin  
**Debbie Levine:**  
In memory of Marc Tobin  
**Andrew Murland:**  
In memory of Marc Tobin  
**Michael Olds & Gloria Borg Olds:**  
In memory of Marc Tobin  
**Linda Ostomel:**  
In memory of Marc Tobin  
**Patricia & Phillip Tobin:**  
In memory of Aaron Goldhammer  
**Idelle Weinstein:**  
In memory of Marc Tobin  
**Charlene Zidell:**  
In memory of Marc Tobin  
**Jay Zidell:**  
In memory of Marc Tobin

**Mark and Leah Rubin Foundation School Fund**  
**Linda Ostomel:**  
In memory of Dorothy Nudelman

**Maurice Sussman Mitzvah Fund**  
**Thelma Geffen:**  
In memory of Aaron & Irene Diamond  
In memory of David Spigal

**Milt Horenstein Minyan Fund**  
**Jeff & Sandy Axel:**  
In appreciation of creating a virtual morning minyan  
In appreciation of Mark Sherman  
**Deborah Ball:**  
In appreciation of the morning minyan  
**Leslie Beard:**  
In memory of Gerald Stein

**Anthony & Priscilla Kostiner:**  
In memory of Jeffrey Babener  
In memory of Bruce Director  
In memory of Marc Tobin  
**Larry & Susan Rein:**  
In memory of Lillian Rein  
**Susan Rein:**  
In memory of Hortense Frank  
In memory of Jacob Frank  
**Howard Shapiro:**  
In memory of Lillian Davidson  
In memory of Jennie Shapiro  
**Paul Sher:**  
In memory of Lottie Sher

**Moskowitz Fund**  
**Marci & Riley Atkins:**  
In memory of Gertrude Atkins  
In memory of Marc Tobin  
**Riley Atkins:**  
In honor of Raul & Linda Krivoy  
**Felice Moskowitz:**  
In memory of Edward Moskowitz

**Muriel/Joseph Unkeles Choir Fund**  
**John Barton:**  
In memory of Aaron Goldhammer  
**Phil Kane:**  
In memory of Leo Becker  
In memory of Judith Kane  
In memory of Benjamin Kanefsky

**Prayerbook Fund**  
**Bruce & Susan Winthrop:**  
In memory of Marc Tobin

**Rabbi Isaak Discretionary Fund**  
**The Goldhammer Family:**  
In appreciation of Rabbi Daniel Isaak

**Rabbi Kosak Discretionary Fund**  
**Marci & Riley Atkins:**  
In honor of Amitai Kosak's Bar Mitzvah  
**Mitchell Cogen:**  
In memory of Stephen Cogen  
**Delphine Davis:**  
In memory of Ronald Meyer  
**Leonard DuBoff:**  
In memory of Reuben DuBoff  
**Helen Duewel:**  
In memory of Rabbi Joshua Stampfer  
**Jeffrey Farber:**  
In memory of Edna Callin  
**The Goldhammer Family:**  
In appreciation of Rabbi David Kosak  
**Mel Hoffman:**  
In memory of Michael Hoffman

**Amy & Alexander Kaplan:**  
In honor of Mila Kaplan's Bat Mitzvah  
**Nira Levine:**  
In honor of Amitai Kosak's Bar Mitzvah  
In memory of Leonard Levine  
**Harvey Platt:**  
In memory of Dr. Eugene Strull  
**Ellen Singer:**  
In appreciation of Rabbi David Kosak  
**Larry & Corinne Spiegel:**  
In memory of Jasmine Spiegel  
**Mindy & Mark Zeitzer:**  
In honor of Noah's Bar Mitzvah  
**Jay Zidell:**  
In memory of Min Zidell

**Rabbi Posen Discretionary Fund**  
**Dana Benson-Melnick:**  
In memory of Shirley Slifman Benson  
**Scott A. Bloom:**  
In honor of Rabbi Eve Posen  
**Martha & Glen Decherd:**  
In memory of Aaron Goldhammer  
**Richard & Rozelle Gilman:**  
In honor of Shiri & Matan  
**The Goldhammer Family:**  
In appreciation of Rabbi Eve Posen  
**Amy & Alexander Kaplan:**  
In honor of Mila Kaplan's Bat Mitzvah  
**Margaret Petersen:**  
In appreciation of Rabbi Eve Posen  
**Julia and Dr. Jeffrey Robinson:**  
In appreciation of Rabbi Eve Posen  
**Roberta and Daniel Ruimy:**  
In honor of Alan & Vicki Rotstein  
**Ruby Sachter:**  
In memory of Robert Greene  
**Leonard & Elayne Shapiro:**  
In memory of Aaron Goldhammer  
**Andrew & Christina Shenker:**  
In memory of Aaron Goldhammer  
**Ellen Singer:**  
In appreciation of Rabbi Eve Posen  
**David & Rachel Stein:**  
In appreciation of Rabbi Eve Posen  
**Gary Wasserman:**  
In appreciation of the Virtual Second Seder  
**Julie Welch:**  
In appreciation of Rabbi Eve Posen

**Robbie Ball Memorial Fund for Darfur**  
**Mel Ball:**  
In memory of Rose Ball  
In memory of Tova Goldstein  
In memory of Yisrael Goldstein  
**Mel & Elaine Ball:**  
In memory of Menachem Baldovitch  
In memory of Robert Ball



# The congregation gratefully acknowledges the following contributions:

<b>David &amp; Beverly Kagan:</b> In memory of Robbie Ball	<b>Janice Weiner:</b> In memory of Ronald Meyer	<b>Bruce &amp; Sheila Stern:</b> In memory of Rabbi Joshua Stampfer <b>Frieda Tobin:</b> In memory of Jake Mudrick In memory of Max Mudrick In memory of Marc Tobin In memory of Min Zidell <b>Larry &amp; Linda Veltman:</b> In memory of Rabbi Joshua Stampfer <b>Sherma Wenner:</b> In memory of Rabbi Joshua Stampfer	<b>Jim &amp; Lora Hopfer:</b> In memory of Arnold Hopfer <b>Karen Twain:</b> In memory of Susan Twain
<b>Rosa Wigmore Holocaust Education Fund</b> <b>Jay &amp; Michele Gilbert:</b> In memory of Mitchell Gilbert <b>Randy Katz:</b> In memory of Grace Katz In memory of Irving Katz	<b>Shomrei Teva Fund</b> <b>Susan &amp; David Berniker:</b> In memory of Matt Emlen <b>Yaakov Epstein:</b> In memory of Betty Epstein In memory of Jonathan Epstein	<b>Strauss Youth Action Fund</b> <b>Gordon &amp; Sondra Pearlman:</b> In memory of Leo Pearlman	<b>Weinstein Chapel Fund</b> <b>Patricia &amp; Phil Tobin:</b> In memory of Michael Rothstein <b>Carolyn &amp; Gary Weinstein:</b> In memory of David Dinkin In memory of Ronald Meyer In memory of Dorothy Nudelman In memory of Noralee Weinstein
<b>Rosenberg Playground Fund</b> <b>Toinette Menashe:</b> In memory of Mary Rosenberg	<b>Shuldman Kiddush Fund</b> <b>Ricardo Berdichevsky:</b> In memory of Guillermo Stern <b>Ricardo &amp; Rosana Berdichevsky:</b> In memory of Clara Berdichevsky <b>Jeff Edmundson &amp; Eddy Shuldman:</b> In memory of Eva Lack <b>The Goldhammer Family:</b> In appreciation of Eddy Shuldman	<b>Sylvia Pearlman Membership Fund</b> <b>Jack Schwartz:</b> In memory of Cele Schwartz	<b>Women's League Scholarship</b> <b>Elliot &amp; Suzanne Axel:</b> In memory of Lena Axel In honor of Sheryl and Ray Robert's daughter <b>Melvin &amp; Cathy Berlant:</b> In memory of Tillie Berlant In memory of Gail Rubin <b>Bob &amp; Marla Weiner:</b> In memory of Benjamin Schneider In memory of Harry Schneider
<b>Sala Kryszek Publication Fund</b> <b>The Kryszek Family:</b> In memory of Jakob Kryszek <b>Jerry &amp; Joanne Kryszek:</b> In memory of Sala Kryszek	<b>Sonia Nudelman Floral Fund</b> <b>Jerome &amp; Shirley Nudelman:</b> In memory of Albert Nudelman	<b>Tikkun Olam Fund</b> <b>Diane Kershenbaum:</b> In memory of Jeffrey Babener	
<b>Saperstein Chapel Fund</b> <b>Stan &amp; Judy Blauer:</b> In memory of Ronald Meyer <b>Jo-Ann Bleich:</b> In memory of Ronald Meyer <b>Marlene Brenner:</b> In memory of Ronald Meyer <b>Thelma Geffen:</b> In memory of Ronald Meyer <b>Rosalie Goodman:</b> In memory of Ronald Meyer <b>Myra Jackson:</b> In memory of Ronald Meyer <b>Irving &amp; Rhoda Leopold:</b> In memory of Ronald Meyer <b>Richard Menashe:</b> In memory of Ronald Meyer <b>Ronald &amp; Taya Meyer:</b> In memory of Bernice Friedman <b>Taya Meyer:</b> In appreciation of Rabbi Daniel Isaak In appreciation of Fred Rothstein In memory of Helen Saperstein <b>Barbara Schwartz:</b> In memory of Ronald Meyer	<b>Stampfer Education Fund</b> <b>Stan &amp; Judy Blauer:</b> In memory of Rabbi Joshua Stampfer <b>George &amp; Laurie Fendel:</b> In honor of Sue Garber In honor of Mara Woloshin <b>Ian &amp; Bev Getreu:</b> In memory of Irwin Holzman <b>Ginny Jolstad:</b> In appreciation of Deb Freedberg <b>David &amp; Liz Lippoff:</b> In memory of Rabbi Joshua Stampfer <b>Sandy &amp; Wendi Menashe:</b> In memory of Irwin Holzman <b>Vic &amp; Toinette Menashe:</b> In memory of Jeffrey Babener In honor of Sally Levin In honor of Leah Nepom <b>Sam Newson:</b> In memory of Rabbi Joshua Stampfer <b>Jack &amp; Barbara Schwartz:</b> In memory of Rabbi Joshua Stampfer <b>Steven &amp; Wendy Shain:</b> In memory of Marc Tobin	<b>Toinette Menashe Bookshelf Fund</b> <b>Nira Vine:</b> In memory of Irwin Holzman In memory of Florence Lischen <b>Rosalyn Menashe:</b> In memory of Victor Capeloto <b>Solomon Menashe:</b> In memory of Joanna Menashe <b>Toinette Menashe:</b> In memory of Joseph Rosenberg <b>Jerrie Roth:</b> In memory of Irwin Holzman	<b>Yad B'Yad Comforting Mourners</b> <b>Sarah Coblens:</b> In memory of Ross Coblens <b>Dale Oller:</b> In memory of Jeffrey Babener In memory of Rae Halpern In memory of Larry Mudrick In memory of Max Mudrick In memory of Earl Oller In memory of Sidney Oller In memory of Shirley Oller-Jaffe In memory of Marc Tobin In memory of Emery Zidell In memory of Min Zidell
		<b>Torah Repair Fund</b> <b>Carol Danish:</b> In memory of Irwin Holzman <b>Lisa Marie Lynch:</b> Get well wishes for Lucille Kraiman	<b>Yoni Suher Fund</b> <b>Paul Schleisinger:</b> In appreciation of all clergy and staff at CNS
		<b>USY Travel Fund</b> <b>Jack &amp; Melanie Birnbach:</b> In memory of Max Birnbach	

## Providing Food to Outside In

A big thank you to Rick Botney who delivered \$560 worth of donated groceries to Outside In on behalf of CNS and our Outside In volunteers. Outside In is not serving teens in their build-

ing during this time, but is preparing meals to-go for homeless and at-risk youth. Rick reported, "Erich, the chef with whom I usually interface, was greatly appreciative, and expressed his

gratitude to the synagogue for all we have provided. It was a good feeling to know we have been able to continue to help."



**CAMP SOLOMON**  
EST. 1954  
**SCHECHTER**

*Where Judaism and Joy are one!*  
(206) 447-1967  
[www.campschechter.org](http://www.campschechter.org)



**SUPPORT THE ADVERTISERS  
THAT SUPPORT OUR COMMUNITY**

**HOLMAN'S  
FUNERAL SERVICE**

Family Owned  
and Operated



*Providing Caring, Affordable  
Service to Portland's Jewish  
Community Since 1854*

**503-232-5131**

2610 S.E. Hawthorne Blvd.  
[www.HolmansFuneralService.com](http://www.HolmansFuneralService.com)

**PROTECTING SENIORS NATIONWIDE  
MEDICAL ALERT SYSTEM**



**\$29.95/MO**

**BILLED QUARTERLY**

PLUS  
SPECIAL  
OFFER

**CALL NOW! 1.877.801.5055**  
**WWW.24-7MED.COM**



**WE'RE HIRING  
AD SALES EXECUTIVES**



- Full Time Position with Benefits
- Sales Experience Preferred
- Paid Training
- Overnight Travel Required
- Expense Reimbursement

CONTACT US AT

[careers@4LPi.com](mailto:careers@4LPi.com) • [www.4LPi.com/careers](http://www.4LPi.com/careers)

**AVAILABLE  
FOR A LIMITED TIME**

**ADVERTISE YOUR  
BUSINESS HERE**

Contact **Steve Massien** to place an ad today!  
[smassien@4LPi.com](mailto:smassien@4LPi.com) or (800) 477-4574 x6830

**SPREAD THE WORD**

A Thriving, Vibrant  
Community Matters



**SUPPORT OUR ADVERTISERS**

**AFFORDABLE  
FAMILY  
MEMORIALS.com**

**503-515-7640**

Serving the Jewish  
Cemeteries since 1999  
[afmemorials@comcast.net](mailto:afmemorials@comcast.net)



**D&F Plumbing**  
SINCE 1927

**Call Now!**

**503-536-1855 • 360-693-5516**

[www.dandfplumbing.com](http://www.dandfplumbing.com)

Residential & Commercial

Serving the Greater Portland OR, Metro & SW Vancouver WA, Areas

**OVER 90 YEARS IN BUSINESS**

**Free 5 Point Visual Inspection**

Present this card for

**10% Off Service of \$500 or More**  
**\$35 OFF Service Under \$500**

(Not to be used with other offers or dispatch diagnostic fee)



For ad info. call 1-800-950-9952 • [www.4lp.com](http://www.4lp.com)

Congregation Neveh Shalom, Portland, OR

A 4C 05-0312



Please recycle *The Chronicle* when finished

# Daily Connection from a Distance:

## Virtual Morning Minyan By Jenn Director Knudsen

**C**oronavirus is a history-making phenomenon. Not to be outdone, Neveh Shalom is making history of its own in light of this invisible scourge.

“Our Zoom minyan is the first in the history of Neveh Shalom,” said **Mark Sherman** who, along with **Priscilla Kostiner** and with input from clergy, created Virtual Morning Minyan (VMM for short).

On Sun, March 15, Oregonians learned their state was shutting down the next day. “Everyone was just working like crazy on Sunday,” said Sherman of the all-day endeavor. On Mon, March 16, VMM debuted, at its normal time, at 7:15am. Since then, nearly 110 different community members have logged on, and VMM averages 30 people daily.

Only real difference? VMM comes at you from within your own home rather than Zidell Chapel. Well, maybe there are a few additional differences. But one of its foundational purposes is the same: connection.

“It’s powerful, people needed to be together, to see and hear each other,” Sherman said. “And, boy, was there a lot of power in connection.”

Kostiner said, “These could be the only people you’re going to see all day,” noting there’s more import—if not urgency—now to be together and to check in on one another.

**Sarah Rohr**, after a recent VMM, penned a note of gratitude to Kostiner in which Rohr divulged that her family’s patriarch had recently been relegated to the ICU, so sick was he with Covid-19.

“Though we minyannaires are physically distant, we are ‘walking together’ through the day-to-day,” she wrote, continuing, “minyan has been a healing balm, a deep-learning dive and a refuge.”

A minyannaire at Neveh Shalom for 30 years, **Howard Shapiro** and his wife moved a year ago to Netarts. “The silver lining of the social distancing is the VMM!” he said.

Social distancing or no, Kaddish must still be recited, and morning minyan always has been the place to do so or to support others in their need. **Nigel Freedman** began attending morning



minyan regularly upon the death of his father in December, 2018.

Freedman kept up the practice of daily attendance after the conclusion of his year of reciting Kaddish. “I have decided to become part of the group that helps others say Kaddish when they need a minyan,” he said. “I try to continue with VMM to help others say Kaddish and see the usual gang on Zoom.”

“Before #quarantinelife,” said **Beth Zentzis**, “I attended morning minyan a grand total of once.”

But now, she’s a regular: “I find a regular dose of VMM really does help me stay hopeful and adds momentum to make it a good, productive day. It keeps me connected.”