

THE  
CHRONICLE

A PUBLICATION OF CONGREGATION NEVEH SHALOM



# High Holy Days

Reflecting on Ourselves and the World

# Filling Our Tanks

By Rabbi David Kosak

Rabbi's Corner



That's how our conversation began. Turned out that after his years in the swamps and jungles of 'Nam, he was one of the writers for Sanford and Sons and wrote movie and television scripts. I loved Red Foxx, and Sanford and Son was a childhood favorite. I mimicked the heart attack Red Foxx constantly feigned on the show to indicate my appreciation, and he nodded, not particularly impressed.

Instead, he looked at me with his piercing and direct eyes. "I've been

behaviors, but also the thoughts that lead us to take those actions. Finding ways to make those changes, however, is not always easy. Many religions and even 12 step programs have incorporated prayer as a powerful tool to help us make change. Yet if we are honest, prayer risks becoming a habitual action in which we become distracted by our problems or the thoughts that race through our heads.

*Chazal, Our Sages of Old*, were aware of how difficult prayer can be. In the Talmud, we read:

אין עומדין להתפלל אלא מתוך כוונה ראש.  
חסידים הראשונים היו שוהין שעה אחת,  
ומתפללין, כדי שיכאנו לבם לאביהם שבשמים.  
אפילו המלך שואל בשלומן — לא ישיבנו,  
ואפילו נחש כרוך על עקבו — לא יפסיק.

*Continued on page 19*

**T**he gas station and convenience store on Old State Highway 127 was the last place to fuel up and restock before entering Death Valley.

Shoshone is the first town from Tecopa on the way to Death Valley and supports a population of a few dozen as well as the most expensive gas I had yet encountered during my sabbatical.

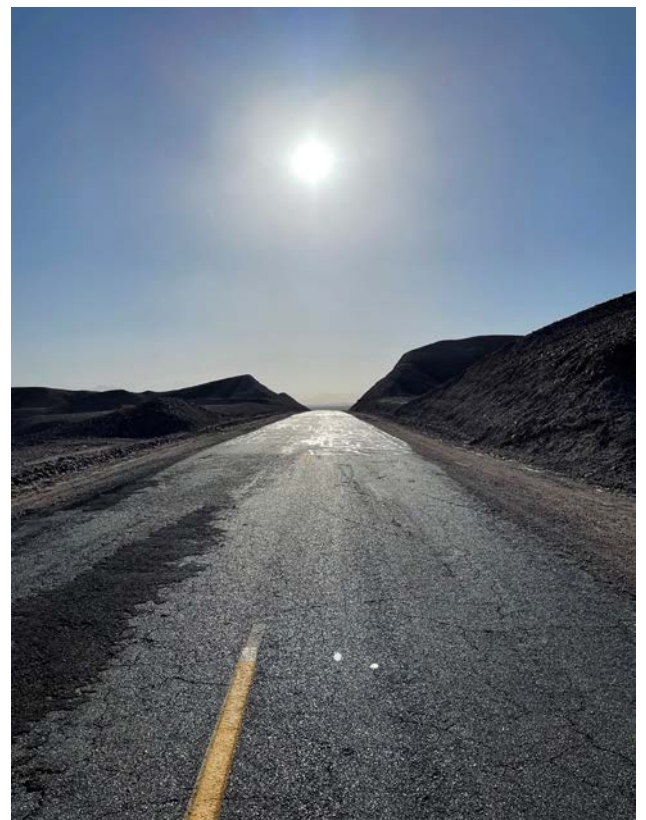
Not wanting to get caught in Death Valley with less than a full tank of gas and five gallons of drinking water, I willingly paid the surcharge. Sometimes, you just have to pay more.

The Charles Brown convenience store lady brewed a fresh pot of coffee for me. While I waited outside, a Vietnam veteran got out of a light tan older pickup truck. The landscape is so stark here that I absent-mindedly commented that it looked like the end of the world. "Well, that depends on where you've been and how you view things, doesn't it?" he replied.

where you are. After I came back from 'Nam, I also wandered. Be careful," he cautioned. "Three months is a long time, and your family wants you to come home." That choked me up. "I want to go home to them also." "Yeah, but first you need to do this. Sometimes a person needs to change directions, try something new. Good luck to you."

After the past two years, I think we all need to try something new and recharge so that we can come home to ourselves and live joyously. Don't we deserve that?

*Teshuvah*, our Jewish process of atonement, is based on this notion of turning and is an invitation to change not only our



*Road to Nowhere, Tecopa, CA.*



# How Will You Show Up?

By Rabbi Eve Posen

Rabbi's Corner



from his recent circumcision, and all of a sudden, these three messengers from God appear, are welcomed in, and invade their space. Next, we come upon the events of Sodom and Gomorrah. God puts Abraham to work again, but the task is not easy, and righteous people are nowhere to be found.

Abraham must have known he was special before this: all this God calling out to him, special directions, fathering a child at an incredibly old age, yet there is no mention of his acknowledgement of this. Abraham continues on after the failed attempt at saving Sodom

God calls out, and Abraham answers, ready to serve, ready to follow God's directions. Abraham is not alone; on every task, God accompanies Abraham, a silent partner, until the time is right to intervene.

"You are not alone; I am here with you." Michael Jackson may have made these lyrics popular, but the text of the Rosh Hashanah Torah reading teaches us more about this concept and God than any Michael Jackson song ever could. When we are alone, or feeling alone, perhaps we need to take the time to look for the *HINEINI* moments in our lives. Perhaps God is calling out to us, but we just can't quite hear it. Perhaps we must engage in this dialogue and take a second to recognize as Avimelech did: God is with you in all that you do!

**A**pproaching the High Holy Day season is always a mixed bag for me. On the one hand, I love the renewal of spirit and connection that comes when the synagogue is filled with community, the intense prayers, and focus. On the other hand, I sit in dread of what I'm going to preach on, how I will stay focused, and when I will sleep? It isn't nerves, per se: this conundrum is more about deciding how I can and will show up for our community.

The Torah reading for *Rosh Hashanah* is my touchstone and guide to answering this question. The reading has many different images of God accompanying Abraham, Sarah, and Hagar. It begins with Abraham and Sarah minding their business in the desert as Abraham heals

and Gomorrah and moves onto his encounters with Avimelech. Abraham and Avimelech make an oath and the latter points out to Abraham that God is with him in all that he does. It is a powerful message evidenced by the encounters with God of Sarah, Hagar, and Abraham.

Once again, Abraham moves on with his life, but God calls out to him to take his son, his only son, the son that he loves, Isaac, and sacrifice him. Abraham exhibits an incredible amount of faith and takes Isaac with him to Mount Moriah. And then, as he is about to commit the ultimate act of trust in God, God calls out to him once more, and this time, Abraham answers *HINENI*, HERE I AM, I AM HERE, READY, I BELIEVE.

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***"The Torah reading for Rosh Hashanah is my touchstone and guide to answering this question."***

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As we prepare to reflect on the year that was and look toward the year to come, may we be blessed with the strength and ability to see those things we are too busy to see during the week, to hear those subtle voices of a silent traveling companion, and to stand up with courage and say *HINENI*, HERE I AM, ready to do my part in the world. May we never feel alone, and recognize that God is here with us.

# Fantastic!

Cantor's Corner

**By Cantor Eyal Bitton**

I'll never forget an older gentleman who was in the Montreal Yiddish Theatre with me. Every time I'd greet him with, "Hi! How are you?" he'd look me in the eye, smile, and answer enthusiastically, "Fantastic!"

Is it true that someone can feel fantastic all the time? Is that even possible? I realized that this older fellow was governing his own outlook on life. He was the one deciding whether he was miserable, fine, or fantastic, and he was going to choose to be fantastic!

So much change has happened in our society over the past year or two. So much polarization and demonization of the other has taken place. So much trust in pillars of our society has been shaken. So much has changed in terms of the safety and stability of the Jewish community in the US and Canada. Anti-Jewish incidents are on the rise. Many Jews are questioning whether they are truly integrated and accepted in the American landscape. How, then, can things be fantastic?

On a visit to Israel when I was 17, my tour group walked through Hezekiah's

Tunnel in Jerusalem, mentioned in the Bible (2 Kings 20:20). I walked through it knowing that I was making a tangible connection with my heritage and with the *Tanach*. Ahead of us, a group of Israeli soldiers began singing, their voices thundering and echoing in the dark tunnel: "*Kol ha'olam kulo gesher tzar me'od, gesher tzar me'od... V'ha'ikar, v'ha'ikar lo l'fached klal*" – "The entire world is a very narrow bridge; the essential thing is not to be afraid."

Rabbi Nachman of Breslov's words and that moment continue to resonate within me. If the world is a narrow bridge, then we can easily fall off. We are in peril. Instead of treading with trepidation, we must not be afraid. We make the choice to embrace the values that have been imparted to us and forge ahead.

As we approach the High Holy Days, we become aware that God is judging us. Let us forge ahead, unafraid because we are firm in our identity, unafraid to stand by the values and legacy that we



have been given. I choose to remind myself that I should not fear how I am seen by the world—but by God.

Like the Israeli soldiers in Hezekiah's Tunnel, may our voices on these Days of Awe rise in unison to a thunderous and triumphant expression of joy, camaraderie, and community. This is how we cross the narrow bridge. Like my elderly friend in Yiddish Theatre, let us choose our own outlook—let us choose not to be miserable or just fine, but to be fantastic.

## The Chronicle No. 1 ~ Sept/Oct 2022

Supported by the Sala Kryszek  
Memorial Publication Fund

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# I Was Just Thinking About You...

President's Corner

**By Liza Milliner, CNS President**

*"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel" - Maya Angelou.*



empty. She answered the phone, and we spoke for about thirty minutes. Don't ask me what we talked about as I don't recall all the details. What I do remember, and still feel three days later, is the overwhelming comfort, happiness, and connection that our semi-brief yet impactful phone call gave me. Taking the time and making that concerted effort to reach out directly for a chat instead of going with the normal text exchange truly made all

My hope is for each of you to take this new year to re-engage with our *Kehillah Kedoshah* and continue to be part of an encouraging community that puts a smile on everyone's face.

In an article written in *Psychology Today* by Shala Nicely, "The Need to Feel Seen," she stated five things that she personally is going to do to make a more concerted effort to see others:

- *Learn and remember the names of people I interact with and/or see frequently*
- *If I can do something simple to help someone else feel seen and get their needs met, I'm going to do it*
- *I'm going to stay off my phone when I'm with others*
- *I'm going to make eye contact with people and smile when I'm out, especially while wearing a mask*
- *I'm going to continue supporting the efforts of people and groups who aren't or don't feel seen, including Black Lives Matter*

**H**ow many times have you dreaded going somewhere or doing something only to discover afterwards that it wasn't as bad as you had imagined it to be? In fact, you may have ended up truly enjoying it, and dare I say, look forward to doing it again!

The other day I had a random thought that popped in my head which made me think of a friend who I had not spoken with in a very long time. I was about to send a text saying "Hey, just wanted to let you know I was thinking of you and hope all is well" because I was too busy to do more. I didn't think it would make a big difference if I sent a text versus a phone call; however, I decided to pick up my phone and call her because it had been such a long time, so a text just felt

the difference in my day, and hopefully hers as well.

As we return to in-person services and High Holiday services this year, you may be feeling a little nervous or reluctant. You may wish you could stay home in your pajamas and watch services for another year, but I encourage and challenge you to come to services in person. Feeling seen by others and participating in social connection is a basic human need that can help promote mental and emotional well-being. How wonderful do you feel when someone remembers your name or a story you've shared with them? That feeling of being heard and seen impacts the chemicals in our bodies and brains that will make you desire to do it again!

I ask each of you, what can you do to help someone feel seen? What is it that you need to feel seen? I invite you to email me at [president@nevehshalom.org](mailto:president@nevehshalom.org) with your thoughts and ideas.

L'shanah tovah. May 5783 bring health and happiness to us all!





## Upcoming B'nai Mitzvah



### **Aaron Solomin | September 3**

Aaron Isidore Solomin is the son of Rabbi Rachel Solomin and Joshua Solomin, brother of Ezra, and grandchild of Avrom and Debbie Solomin and Shelley Copeland. He is an eighth grader at ACCESS Academy and loves reading, computers, and science.



### **Ruth Crever | September 10**

Ruth Crever is the daughter of Jamie Sherman and John Crever, sister to Ori Marcu and Edith Crever, and granddaughter of Marsha Sherman and Charles Sherman, and Mike Crever and Margaret St. John. She is a 7th Grader at Laurelhurst K-8 School. Ruth is on the gymnastics team and loves playing Roblox online with friends.



### **Nathan Smetana | October 22**

Nathan Smetana is the son of Aleksandr and Rebecca Smetana, older brother to Samuel Smetana, and grandson to Yakov and Anna Smetana, Dana Castle, and Susan Spriggs. Nathan is a 7th grader at Beaverton Academy of Science and Engineering. Nathan loves playing tennis and is an avid fan of all sports. He also enjoys spending time with his friends, family, and his dog, Rocky.



### **Brooklyn Rosman | October 29**

Brooklyn Nicole Rosman is the daughter of Stewart and Staci Rosman, sister to Maya, granddaughter to Joyce, z"l and Steve Singer of Portland, and Marty and Grace Rosman of Sarasota, Florida. Brooklyn will be a 7th grader at Rosemont Middle School. She enjoys riding her scooter, walking dogs, and playing Roblox. She also enjoys playing with friends and aspires to complete *Zelda: Breath of the Wild*.

# Reflecting on ourselves and the world

Mel's Corner

**By Mel Berwin, Director of Congregational Learning**

*"Life is so terrible and beautiful at the same time. Do I have the capacity to hold it all in my heart?" - Mary Pipher*



**T**his line from Mary Pipher's wonderful recent article, "How I Build a Good Day When I'm Full of Despair at the World" (June 28, *New York Times*) feels like the theme of our lives right now, as well as a legitimate theme every year for our High Holy Day season. During the month of Elul (this year beginning on August 28), we take stock of ourselves: are we where we need to be in our lives? Who are we in our families, in our communities, and in the world? How do we bring our actions into line with our values in a more consistent way?

Many of us have been despairing recently as our country becomes more polarized, with extreme views, language, and actions becoming more commonplace; as the climate crisis is at our doorsteps with increasing heat waves, fires, floods, and storms, and as our political and so-

cial service systems have failed to meet the needs of our friends, families, and communities during one crisis after another.

Pipher, a clinical psychologist and beloved author, reflects at age 75 about this despair and how to cope with it: "The most informed and

compassionate among us are the most vulnerable to despair. We understand the brokenness and the sorrow in our own and faraway communities. We are also fully aware of all the things we cannot change. Staying focused on the light in the world is hard work....In times like these, we need world-class coping skills just to stay fully awake, enjoy our lives and be of service to others."

Again, her language speaks to me in this season. Elul demands us to open our eyes to what we need of the world and what the world needs from us. During this month, I usually retreat with my journal into the forest, find a spot surrounded by the reassuring presence of fresh air and the canopy of green, and spend the day taking stock, setting my intentions for the new year ahead.

What are we doing that fills us up? I have plenty of critique for the way "self-

care" has entered our vocabulary as a tool of consumerism, but I also understand, deeply, how important it is for us to find the rituals and the experiences that delight our senses, refill our cups, bring laughter to our hearts, and renew our energy, even momentarily, to face our responsibilities and to be of service. Pipher takes to heart the advice from her grandmother, to "be the person you want to live with every day of your life... and leave the world a better place." It's a simple line that is a whole-life-challenge to implement.

Mary Pipher's language also speaks to me as an educator. She is correct that we need "world-class coping skills" – skills most of us were not taught as children and that schools are not equipped to teach yet either. In ALIYAH we do strive to teach these skills.

Pipher calls on us "to stay fully awake, enjoy our lives and be of service to others."

Staying awake in the context of education is "attentiveness." It is our job as educators to attend to our children, to pay close attention to their needs, even and especially when they might not be able to express them on their own, to apply non-judgmental observation and curiosity so that we can collaborate in problem solving with our students so they can fully participate to the best of their ability in our learning community. We also teach our children how to attend to each other, through the deep listening and curiosity

***Continued on page 15***



# Grief During the High Holidays: Connection and Clarity

**By Nadine Menashe**

**B**ecause my family immigrated to the United States from the Soviet Union, I didn't grow up with holiday services at all. Like many Russian-speaking Jewish families, we would gather around the table to celebrate Jewish holidays but never knew exactly how to celebrate them properly or say any prayers. My parents still did everything they could, from sending me to preschool and day camps at the MJCC, to encouraging me to create my own Jewish community when I left the nest. After finding my own way in Judaism, I eventually married the Jewish man of my dreams and became much more involved in Jewish traditions. My in-laws always included my family in celebrations, but I think my parents still felt like it was someone else's traditions, never their own.

My mother Svetlana died just days before Rosh Hashanah in 2020. She immigrated with my grandparents in the early 90s and created an ideal life for our family. She was the perfect mom, so her loss has created an unimaginable hole in my heart. There is nothing I miss more than enjoying her cooking around the dinner table as a family. I knew that my life was never going to be the same again.

When she was gone, I so desperately needed comfort. I wanted to show up on the morning of Rosh Hashanah to a synagogue full of family, friends, acquaintances, and even strangers who would hug me and share their

mourning. But how does mourning look during Covid times? Instead, I woke up to a Zoom service at my kitchen table, feeling more alone than I had ever felt before. I was mourning my mom, the absence of community, and the loss of normalcy. Why was I looking for comfort in a holiday that my mom didn't even celebrate?

In 2021, it quickly became clear that we were in for another year of online services. I felt the pit in my stomach of the deep grief that the holidays caused for me the last year. Was dreading the High Holidays my new normal? This time, I decided to make food the focus of my holiday. Food was the one thing that always brought my family together, whether it was a regular Tuesday night dinner or a big celebration. I put on Rabbi Posen's Zoom service in the background and got to work on crafting a special meal to share with my husband. Every time I

kneaded the challah dough, seasoned the onions, or seared the brisket, I felt my mom's love coursing through me. Cooking for family was my mother's celebration, and the best way that I could honor her. The cadence of my dear rabbi's voice in the background completed the ambiance, allowing me the opportunity to bridge my new life as a practicing Jew with the traditions of my own family which were rooted in hearty meats and festive salads.

This year, I can't wait to get back to services in person. Maybe Rosh Hashanah wasn't my mom's tradition, but it is mine now. I'm looking forward to clutching my husband's hand as we greet people we haven't seen in a few years and giving Rabbi Posen a big hug. But more important than the service, I can't wait to connect with my mom in the kitchen and hold appreciation for all the ways she encouraged Judaism in our home through food and togetherness.



*Nadine and her husband, Alex, with Svetlana, Nadine's mom, the night they got engaged*



# How We Use Language: Changing *They* to *We*

**By Stephin Sirkin**

**T**hey..." Be honest, have you ever found yourself referring to some aspect of Neveh Shalom using that word? "I can't believe 'they' did this or 'they' did that?" I find that both perfectly natural and strangely inappropriate because, if you really think about it, Neveh Shalom is "us." It is "you," "me," and it is "we." It is the collective Jewish experience of close to 2,000 people coming from 820 family units spread from Hillsboro to Happy Valley and from Wilsonville to Vancouver and beyond. It is when we attend a service or participate in a minyan. It is a funeral, a birth, a b'nai mitzvah, teen engagement, young professionals, senior programs, social action, making a *motsi* with synagogue friends, and so much more. It provides Jewish avenues to enrich you and your family's lives. It is our amazing clergy, professional staff, and volunteers working tirelessly to bring quality and meaning to everything that Neveh Shalom offers.



*Steve Sirkin at a Neveh Shalom Chanukah party wearing an article of clothing his daughter had purchased for each member of the family. It is now in the possession of his granddaughter.*

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***If you really think about it, Neveh Shalom is "us." It is "you," "me," and it is "we." It is the collective Jewish experience of close to 2,000 people coming from 820 family units.***

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So please understand that, while it's tempting to see Neveh Shalom as something different from each of us individually, Neveh Shalom doesn't exist without

the individual contributions of each and every one of us. Services are made more meaningful through our collective voices raised gently in prayer. The minyan offers human support at the most difficult of times. This support is reinforced by a caring clergy to whom we have collectively provided the financial resources to hire and retain. We share so much in an amazing campus that we've all supported through our dues, and when we could, gifts. Without our collective "we," Neveh Shalom wouldn't be the special place it is: it would just wither and die.

Whether you, or your family, have been members for days or decades, you are

part of 153 years of tradition in Portland and thousands of years beyond for the Jewish people. It is a tradition that annually commemorates a time, over three thousand years ago, when "we," not "they," were slaves.

So next time you reflect upon some aspect of, or experience with, Neveh Shalom, choose to describe it using "we." Where things were meaningful and done exceptionally well, celebrate what "we" did. Where "we" fall short, think in terms of how "we" can do better. And, to the extent you are able, offer whatever you can to help "us" to continue to thrive.

# Parenting and Teaching in Difficult Times

By Candace Rothstein

Uncertainty is the new normal in 2022. For parents of young children, this feels especially true.

Trying to raise a preschool-age child is challenging even under the best of circumstances, but this year, Foundation School parents found themselves trying to juggle temper tantrums *and* a continued global pandemic. Meal prepping *and* a constant barrage of ever-more-devastating news stories from around the country and the world.

How can parents talk to their children about what is happening all around them? How can they balance the onus of raising good, informed citizens of our world with protecting their children from knowing about the worst of the news?

Mr. Rogers once said, "When I was a boy and I would see scary things in the news,

my mother would say to me, 'Look for the helpers. You will always find people who are helping.'"

Many of our Foundation School families feel the same in their approach to parenting in uncertain times. Victoria Fogle, mom to three young children, says, "It is not an easy task to keep it all together, so we start by trying to focus on the things we have control over: the way we respect those in our community, how we show up for our kids, etc.... Everything else, we just take it one step at a time, answer questions as they come, in hopes that those small improvements add up and have a real impact over time."

One of the most impactful efforts of our parent community this year was the Ukrainian refugee drive. A Foundation School mom of two, Rebecca Gerber Kahn, reached out to the families of Foundation School, who responded in droves. Parents brought carloads of donated items, so much so that the hallways of the synagogue were filled; it took several truckloads to transport the items to the warehouse where they were sent off to those who needed it most.

Despite the hardships of the year, children were able to see their parents modeling for them how they could re-



*Puppets are a great way to explain tough concepts to young children. On Shabbat, Morah Candace uses the Mitzvah Mouse puppet to tell stories from the Torah and relate them to lessons they can learn even at the youngest age.*



*Havi, age 2, packs a suitcase of items to donate. "It is kind to share," she says.*

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***"Children were able to see their parents modeling for them how they could respond to those in need, how they could be the 'helpers' when others were hurting and in need."***

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spond to those in need, how they could be the "helpers" when others were hurting and in need.





Parents donated carloads of items for the Ukrainian refugee drive and used this as an opportunity to talk to their children about being helpers in the community.

In the older Pre-K class, the teachers asked me how much they could share with the students about the Ukrainian drive. I suggested that they start by asking the children what they already knew. One child, Nava, understood the need for our help. "They're in a war, but they don't want to be, and some people lost all their stuff."

Another Pre-K student in Foundation School, said, "We looked through our whole house and our neighbors gave us so much stuff, too. The people in Ukraine need all this more than we do."

Children are so much more capable than we give them credit for. Foundation School mom of two, Hailey Bernstein, shared these words from psychologist Dr. Becky Kennedy. "It all comes back to that core value of *truth over comfort*—mean-

ing, in our family, we prioritize talking about things that are true over talking about things that are comfortable. Honest, direct information with real words shared from a loving, trusted adult...this is what helps children feel safe. This is what builds resilience."

The High Holy Days are a time to slow down, reflect on the last year, and look toward a new one. As parents look toward an uncertain future, it's important to keep communication open and honest with our children and to remember that connection and trust with children is paramount to raising good citizens of the world.

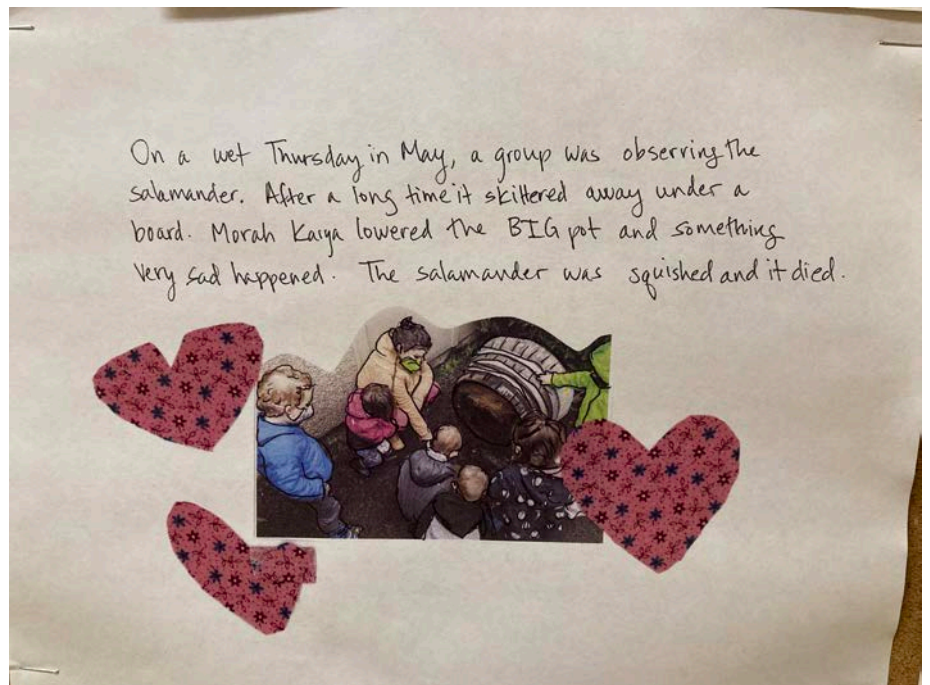
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***"Children are so much more capable than we give them credit for."***

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"It's a constant challenge," says Hailey Bernstein, "but when I'm with my kids, I'm trying to just slow down, be in the moment, feel grateful, hopeful and laugh."

"Just one thing at a time," she says.



Talking about death is never easy, but Morah Kaiya was able to broach the topic with her class of two-year-olds. After a salamander died in their play area, Kaiya wrote a story-book about the experience. The children created rituals around the burial of the salamander and talked about their own understandings of death. For weeks afterward, the children buried insects that had died and processed the concept of death in their own ways.



# Making a Movie During a Pandemic - The Making of *Shattered: How Women Broke The Glass Ceiling in Oregon Politics*

By Jodi Garber-Simon

**H**ave you ever realized that there was an important story not being told? In early 2021, I realized that even though Multnomah County was being run by an all-female elected board of commissioners, apart from a few newspaper stories, nobody had really told that story. In fact, at that moment, the state was being run by a whole bunch of women: a female governor, speaker of the house, secretary of state, and the Oregon House of Representatives was about to flip to majority female for the first time. I wanted to figure out how all these women were holding elected office at the same time. This was not the norm in most states in America, so it seemed to me that something was going very right in Oregon. I wanted to figure out what it was. I am sure I ranted a bit, stepped up on my feminist soapbox, and actually asked something like “Why hasn’t anyone told this story?” At which point, my husband, who always dreams big, said, “Let’s make a movie.”

The first interviews for *Shattered: How Women Broke the Glass Ceiling in Oregon Politics* were conducted during the height of COVID, sometime in the spring of 2021. I remember asking each woman I interviewed if she was okay with being maskless for the shoot. We filmed in the Multnomah County building, which was still mostly empty. It felt a bit strange to be starting something at that moment. I think we had experienced so many cancellations and disappointments since spring of the previous year that making a plan, a plan to make a movie, felt rather bold.

While I am in marketing and communications now, I was a newspaper journalist

for my first career. It had been a long time since I’d sat down and interviewed anyone, so it felt really good. I left the first day of filming feeling invigorated and excited about the story we were telling. What really left me stunned was what the women had to say. Each woman had her own story about overcoming sexism and other forms of discrimination on her way to elected office; as a result, each woman wanted to help inspire young girls to believe they could do anything. It’s not often as a journalist that the story you go in hoping to tell exceeds your expectations, but in this case, that is exactly what happened.

It took a little over a year, but in spring of 2022 we were wrapping up the editing of my new documentary. We not only interviewed all the Multnomah County Commissioners, but we also captured the moment the Oregon House of Representatives flipped to majority female for the first time as Rep. Andrea Valderamma took her seat. We also had an amazing conversation with former governor, Barbara Roberts, who helped fill in some of the earlier history of women in politics in Oregon.



I am really proud of this movie. I’m proud of the amazing team that came together to make it, of the women featured, and of the hopeful message the film conveys. The past two and a half years have been the most trying in my lifetime. It seems like another disaster is announced on the news every few weeks. An endless series of bumps in the road appear, some of them mountains. Yet, if we look closely, there are so many positive stories we can tell. I’m honored to have been able to tell one of them.



Jodi interviews Multnomah County Commissioner Susheela Jayapal for the movie *Shattered*.

# Neveh Shalom Happenings

*Please enjoy this sampling of what is being offered at Neveh Shalom. 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). Please visit the website for links at: [nevehshalom.org/calendar](http://nevehshalom.org/calendar).*

## **Musical Midrash Project**

**Sundays, 8:00am and Mondays, 6:00pm**

Join Mark Sherman as he shares his original songs based on the weekly Torah reading. [musicalmidrash.com/events](http://musicalmidrash.com/events).

## **Sisterhood Interfaith/BIPOC Meetings**

**Wednesday, Sept 7, Oct 12, 7:00pm**

Women of different backgrounds come together to discuss questions of faith and confronting social justice issues. RSVP: [smallfryeterp@icloud.com](mailto:smallfryeterp@icloud.com).

## **Conservative Judaism Explained**

**Thursday, Sept 8, 7pm with Mel Berwin**

An engaging opportunity to learn about our movement's name, values, and distinguishing features. Open to all.

## **Women's Torah Study**

**Saturday, Sept 10, Oct 8, 22, 12:30pm**

Join Mel Berwin for an hour of uplifting study and conversation. In-person. RSVP: [mberwin@nevehshalom.org](mailto:mberwin@nevehshalom.org).

## **Back to Shul**

**Sunday, September 11, 12:00-2:00pm**

Let's celebrate and gather as a kehillah/ community for some music, food, and fun! RSVP: [nevehshalom.org/b2s2022](http://nevehshalom.org/b2s2022).

## **Shroud Crowd**

**Sunday, September 11, 2:00-4:00pm**

Help create traditional burial clothing to be used by the Chevra Kavod haMet. Contact: [sandyaxel@msn.com](mailto:sandyaxel@msn.com).

## **Q&A for: Beginning Hebrew & Machon Ivrit**

**Tuesday, Sept 13, 7:00pm with teachers**  
Orientation to our Hebrew classes and levels. Meet the teachers, explore the syllabus, and get help with registration.

## **Sisterhood Board Meetings**

**Thursdays, Sept 22, Oct 27, 7:00pm**

For details, please contact Michelle Ilimori-Goldenberg: [smallfryeterp@icloud.com](mailto:smallfryeterp@icloud.com).

## **Two Worlds: A Rock and Soul Selichot Experience - Saturday, Sept 17, 8:00pm**

Prepare for the High Holy Days in a moving, meaningful way through music connecting us to the ways we are striving, forgiving, and seeking.

## **Intro to Siddur Basics & Hebrew for Prayer**

**Wednesday, Sept 21, 6:30pm**  
Interested in joining one of our Synagogue Skills courses this year? Come meet the teacher and hear more about these offerings.

## **High Holy Days Food Drive**

**September 26-October 5**

CNS will once again hold our High Holiday food drive to support Neighborhood House. Please bring non-perishable food items to the collection bins located inside the front gate between Rosh Hashanah and Yom Kippur.

## **Couples and Conversation**

**Sundays, Oct 9, 16, 30, Nov 6**

Join Rabbi Eve for a unique workshop series for parents raising children in interfaith families.

## **Sukkah Build and Decoration**

**Sunday, Oct 9. Build | 7:30-10:30am**

**Decorate: 10:30am-12pm**

Join the Men's Club and the Sisterhood for our annual Sukkah build and decoration following Yom Kippur in the Holzman Plaza. The tear-down will be on Sunday, October 23, 8-11am.

## **Sukkot Happenings**

**October 9-16**

Please check out our Sukkot happenings: [nevehshalom.org/sukkot5783](http://nevehshalom.org/sukkot5783).

## **Erev Simchat Torah: A Celebration**

**Monday, October 17, 6:00pm: Dinner | 7:00pm: Ma'ariv Service & Hakafot**

Join us in celebrating the renewal of the Torah at our Simchat Torah happening.

## **Torah Flora!**

**Sunday, October 23, 1:00-3:00pm**

Join environmental educator Jeanell Innerarity for an exploration into some of the most botanically and culturally relevant plants of the Torah. RSVP: [iraider@nevehshalom.org](mailto:iraider@nevehshalom.org)

## **Sisterhood Book Club**

**Monday, October 24, 7:00pm**

Book: *Winter Garden*, by Kristin Hannah. RSVP: [dianeandjosh@hotmail.com](mailto:dianeandjosh@hotmail.com).

## **Fred Rothstein Retirement Party**

**Sunday, October 30, Happy Hour**

After over 22 years, Executive Director Fred Rothstein is retiring. You are invited to help send him off in style!

## **Morning Minyan and Shabbat Services**

*Please visit the website for more info:*

[nevehshalom.org/current-services](http://nevehshalom.org/current-services)

## **Morning Minyan**

**Monday-Friday, 7:15am/Sundays, 9:00am**

## **Kabbalat Shabbat Service**

**Fridays, 6:15pm**

## **Kol Shabbat**

**2nd Fridays, 7:15pm**

Join a lay-led, voices-only Erev Shabbat service. All ages and stages welcome.

## **Saturday Morning Shabbat Service**

**Saturdays, 9:30am**

- **Meditation Shabbat, 1st Saturdays**
- **Learner's Shabbat, 4th Saturdays**

## **Downstairs Minyan Shabbat Service**

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

## **Young Families**

*For more information, please contact Rabbi Eve at: [eposen@nevehshalom.org](mailto:eposen@nevehshalom.org).*

## **Kiddush Club (K-5th Grade)**

**1st and 3rd Saturdays, 10:00am**

Morah Sarah Rohr and Moreh Gershon Liberman alternate leading Kiddush Club.

## **Tot Shabbat (Ages 0-5)**

**1st and 3rd Saturdays, 10:30am**

Join young families as we greet Shabbos Mouse and have all the usual Tot Shabbat fun.

## **4th Fridays Shabbat w/ Rabbi Eve**

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

Join Rabbi Eve as she leads a Shabbat service for families (ages 0-10). There'll be singing, a story, and blessings.

# Member News

**From Morah Vicki Rotstein:** “*Todah rab-bah*, thank you very much, to all who attended my celebration in honor and recognition of teaching 30+ years in ALIYAH, Religious School, and what was once known as Sunday School. The morning was filled in person with friends, family, hugs, dancing, and stories. In appreciation, Ha’morah Vicki”

**A Message from Morah Deb Freedberg:** Thank you for the wonderful Happy Hour celebration on Friday, July 8, and for the beautiful gifts. It has been such an honor to be a part of this *kehillah kedosha*. *L’hitraot*, Deb Freedberg.

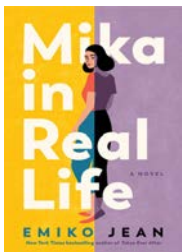
**Mazel Tov on the marriage of new members Britt & Jake Barnett.** Britt is the daughter of **Felicia and Todd Rosenthal**, and **Jake** is the son of Annella and Lawrence Barnett, of Manchester. They were married on July 10 in Portland.

**Mazel tov to CNS member Mindy Zeitzer**, who is the new board chair of the Jewish Federation of Greater Portland.



**Mazel tov to Glen Coblens** on coaching the Masters 45+ Basketball Team for the USA in the 21st World Maccabiah Games in Israel. This was his 12th time representing Team USA. According to Glen, “This was another incredible experience with Mia and Levi as well as 13 amazing guys who are now my ‘brothers’ and their families.”

**Mazel tov to CNS member Joe Safdie**, who gave a poetry reading on July 18 on KBOO (90.7 FM) from several of his books, including his most recent one, *The Oregon Trail*.



**Mazel tov to Emiko Coughlin (and her proud mother-in-law, Elaine Coughlin)** on her latest book, *Mika in Real Life*, which was released on Tuesday, August 2, with special press and an interview

on the “Good Morning America” (ABC) morning show.

**Mazel tov to Jodi Garber-Simon** whose documentary film *SHATTERED: How Women Broke the Glass Ceiling in Oregon Politics* premiered on Thursday, August 18. (More on page 12)

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

Our condolences to **Thelma Geffen** on the passing of her beloved brother **Bernard (Bernie) Lowenthal, z”l**, on June 16. He is also remembered by sister **Joy Epstein**.

Our condolences to **Caryn (Robert) Cohen** on the passing of her father, **Herbert Levin, z”l**, on June 27 in Delray Beach, Florida (formerly of Philadelphia, PA) at the age of 99. He is also lovingly remembered by his wife, **Marlene Levin** of Delray Beach, FL; his children, **Ronald (Carol)** of Boynton Beach FL, and **Laurie Levin (Lesa Faris)** of Arlington VA; his sister **Shirley (Irving, z”l)** Solomon of Boynton Beach, FL, and sister-in-law **Shirley (Bernard, z”l)** Dash of Boynton Beach FL; and his grandchildren **Jay (Andrea)**, **Marc**, **Eric Levin**, **Chase and Micayla Cohen**, and **Jenna Levin**. The funeral took place on July 1.

We are sad to let you know of the passing of **Mel Campf (z”l)** at the age of 84. He is loved and remembered by his wife **Susan Campf**; his sons **David** and **Scott Campf**; sister **Joan Campf**, and grandchild **Shrieve Archer**.

We are sad to let you know of the passing of our longtime congregant, **Jean Hasson, z”l** on July 6th at the age of 100. **Jean** was preceded in death by her husband of 70 years, **Milton Hasson**. She is loved and remembered by her children, **Suzanne Lowy**, **Kathy Hasson**, and **Mark Hasson**; her grandchildren, **Lisa Luethe**, **Brian Lowy** and **Shira Hasson Schiff**; and great-grandchildren, **Madeline Luethe**, **Ted Luethe**, **Grace Lowy**, **Eilah Ziliak**, and **Ezri Ziliak**.

We are sad to let you know of the passing on July 13th of **Raisa Perlina (z”l)** at the age of 85. She is loved and remembered by her daughter **Ella Stern**, granddaughter **Anna (Michael Lipke) Stern Lipke**, and two great-grandchildren, **Samuel** and **Alexis Lipke**.

We are sad to let you know of the passing of our longtime congregant, **JoEllen Miller** on July 5th at the age of 90. **JoEllen** was preceded in death by her husband **Samuel A. Miller**. She is loved and remembered by her daughters, **Robin (Steve) Rayel**, **Cheryl (Bud) Peizner**, and **Jody (Rob) Twain**, as well as seven grandchildren, **Steven (Sarah) Rayel**, **Lauren Rayel**, **Elise (David) Alexander**, **Aaron (Liat Turkenitz, bride-to-be) Peizner**, **Gabriel (Devin) Peizner**, **Madelyn (Tygh McGilvrey, husband-to-be) Twain**, and **Eli Twain**; and four great-grandchildren, **Samuel Rayel**, **Avery Joy Alexander**, **Isaiah Alexander**, and **Jacob Alexander**.

We are sad to let you know of the passing of **Melvin Swire (z”l)** at the age of 95. He was predeceased by his dear wife, **Janet Swire**, and is loved and remembered by his son, **David (Sally) Swire**; daughter, **Karen (Larry) Renicker**; granddaughter, **Ellen (Matt) Bronstein**; grandson, **Sam (Ziva) Swire**; granddaughter, **Natalie Swire**; grandson, **Evan Ferns**, and two great-grandsons.

Our condolences to **Carolyn (Gary) Weinstein** on the passing of her sister, **Joyce F. Saltzman, z”l**, on July 21 in Bulverde, Texas, at the age of 90. **Joyce** was preceded in death by her loving husband, **Irving (Irv) Saltzman, z”l**; parents, **Violet & Jacob Rapoport, z”l**, and sister, **Sharon Hardwick, z”l**. **Joyce** is also survived by her son, **Jay (Carmen) Saltzman**; grandchildren **Sarita Saltzman**, **Joshua Saltzman**, **Veronica Espinoza**, **Monica Barrera**, and **Jessica Carlos**; eleven great-grandchildren, and five great-great-grandchildren. The funeral was held on July 26.

We are sad to let you know of the passing of our long-time member **Shirley Hodes (z”l)** at the age of 95. She is loved and remembered by her husband of nearly 75 years, **Stanley Hodes**, son, **Greg (Chris) Hodes**, daughter, **Francine (Mark) Abolofia**, grandchildren, **Emily (Bill) Shields**, **Spencer (Marisa) Hodes**, **Beth Hodes**, **Rey Abolofia**, **Jay (Ruth) Abolofia**, and eight great-grandchildren.



# Welcoming our Newest Members

*We would like to introduce you to members of our congregational family who have joined within the last year. Say hi and introduce yourself to these fresh faces around our congregation. We have many new faces at CNS and would like everyone to know each other and connect!*

Corinne Altotsky  
Rebecca Boston  
Brittany & Jake Barnett  
Rebecca Cambreleng  
Kasandria Carpenter  
Walker & Nicole Clark  
Debra & Dave Coltoff  
Graham & Adele Creme  
Julia & Evan Daigneault  
Meredith Degnan  
& Conrad Macon  
Daniel Engelman  
& Nasya Kamrat  
Colby & Kaila Feves  
Arizona Foster & Aviva Schultz  
Alta & Omri Franco

Debbie Frank  
Gary & Heidi Grenley  
Anneka Henry  
Joseph Hollcraft  
Shainah & Brian Horowitz  
Eliana Hurwich-Reiss  
& Kenneth Greenbaum  
Cheryl & Dae-Jin Joseph  
Carolee Kawer  
& George Starbuck  
Darryl & David Kuperstock  
David Lee & Jessica Bonner  
Erin & Jason Levin  
Lev & Kathryn Levy  
Hailey Lofdahl & Mikhail Bondarew  
Michael & Vera Logan

Shawn & Stephanie Menashe  
Amanda Middleton  
Stephan Nance  
Jonah Novikov & Shara Novikova  
Andrew Olshin  
& Rebecca Mischel  
Perry-Scidmore Household  
Iris & Bud Polatsch  
Madeline Pommier  
Carsten & Margot Presley  
Caitlin Rethwish  
& Nathan Mizrachi  
Jeff Richmond  
Jacqueline Rose  
Scott Rosenthal & Sarah Molinoff  
Michal Rubin & Nicholas Gammon

Robert & Nicole Sacks  
Shelley Selph  
Edward & Cheryl Shane  
Bella Sheykman  
& Yury Shoykhet  
Nimrod & Keren Shuall  
Leah Silber & Yehuda Katz  
Barbara & David Slader  
Sharon Stern & Stephen Rallison  
Ari Sternberg & Mary Darin  
Alison & Britton Taylor  
Kati Van Lierde & Arthur Molinoff  
John von Colditz  
Vicki Weiner  
Zia Wiles  
Sarah Zupnik



## New Member Jackie Rose

**Question:** How does your family find meaning during the High Holy Days?

**Answer:** When I first started to write this, my initial reaction was that in light of this broken world, I find no meaning in anything. The "how does your family..." part of the question also made me hesitate. My family consists of myself and my partner; she is the light of my life.

And yet, I actually do find meaning in our upcoming holidays. They remind me that I am Jewish and part of a vast tribe. When life seems so hard, I can channel the strength of millions because I belong to that tribe. The High Holidays are a new beginning. As my father used to say, "Where there's life, there's hope."

## Mel Berwin's Article *Continued from Page 7*

practice of "hevruta"—partnered learning and conversation.

Enjoyment in education is key! We want our children to love being Jewish, to find comfort in the rituals and community, and delight in the sensory experiences of holidays and traditions. Snuggling with goats on Lag Ba'Omer, making Hamantaschen or Ojos de Haman on Purim, enjoying Wednesday night dinners with friends, and creating comic book heroes in an elective on Sunday mornings—these aren't tangential to our cur-

riculum but core to the experiences that build literacy and inspire curiosity in our traditions, history, and people.

Being of service to others: this is what community is all about. It means being here for each other, attending to each other's needs with the full awareness that sometimes we are on the giving end and sometimes on the receiving end. Whether participating in a minyan; cooking or bringing a home-cooked meal or groceries to someone struggling; welcoming new classmates and helping

them find their way around; joining a community social action project, or creating their own mitzvah project in honor of b'nai mitzvah, our students are offered opportunities each day to be helpful, pay attention to the needs of others, and receive help as well.

I wish each of you a reflective Elul and a new year full of blessings. May we all enjoy the beauty in our world, be awake to the despair, and find the skills we need to live up to who we are called to be at this time of our lives.

# The Congregation gratefully acknowledges the following contributions:

## **A.E. ROSENBERG LECTURE FUND**

### **in memory of**

Stanley Constantine from Gary Constantine

## **ADULT EDUCATION FUND**

### **in appreciation of**

Deb Freedberg from Dana & Jeremy Sacks

## **ALIYAH DONATION**

### **in appreciation of**

Vicki Rotstein from Jacob & Jaimie Harper

### **in honor of**

Fred Rothstein from Bridget Cross & Karen Twain  
Deb Freedberg from Gary & Sylvia Pearlman  
Jason & Rachel Nelson from Jennifer Director Knudsen & David Knudsen  
Vicki Rotstein from Rick, Abby, David & Daniel Menashe  
**in memory of**  
Stan Eastern from Sandy & Wendi Menashe  
Rebecca Schaeffer from Benson & Danna Schaeffer

## **BECKY MENASHE BOOKSHELF FUND**

### **in memory of**

Solomon Ezra Menashe from Donna Jackson  
Solomon Ezra Menashe from Rick, Abby, David, and Daniel Menashe

## **BUILDING FUND**

### **in memory of**

Norm Wapnick from Sandy & Wendi Menashe

## **CAMP SOLOMON SCHECHTER FUND**

### **in appreciation of**

Wendy & Steven Shain from Lindsey & Nathan Shain

### **in memory of**

Stanley Eastern from David & Carol Twain  
Jo Ellen Miller from Bridget Cross & Karen Twain

## **CANTOR'S DISCRETIONARY FUND**

### **in appreciation of**

Cantor Eyal Bitton from Alexander & Amy Kaplan  
Cantor Eyal Bitton from Bev Eastern & Family  
Cantor Eyal Bitton from Stephen & Diana Sirkin

## **CEMETERY FUND**

### **in memory of**

Gussie Cooper from Wynne Cooper  
Dick Goodman from Rosalie Goodman  
Harold Goodman from Rosalie Goodman  
Manya Govshiyevich from Laura Vilderman  
Lev Govshiyevich from Laura Vilderman  
Ann Grant from Judy Menache  
Harry Hoffman from Marvin & Barbara Wolf  
Larry Mudrick from Robin Woodward

Iosif Talal from Gennady & Irina Talal  
Bob Weinstein from Idelle Weinstein & Family

## **CNS150: FUNDING OUR FUTURE**

### **in memory of**

Stan Eastern from Jan Weiner  
Joyce Saltzman from Al & Judy Weingard  
Joyce Saltzman from Robert & Arleen Zucker  
Joyce Saltzman from Samuel Gottlieb & Carolyn Gorin  
Joyce Saltzman from Stephen & Diana Sirkin

## **DAVID & ROSALIE LESCH CAMP FUND**

### **in memory of**

Albrecht Bacharach from Harold & Jacqueline Lesch  
Stan Eastern from Jeanette Philan

## **DONNA JACKSON MEMBERSHIP**

### **ENRICHMENT FUND**

### **in memory of**

Nat Jackson from Donna Jackson  
Nat Jackson from Myra Jackson  
Sam A. Silver from Donna Jackson

## **EDDY SHULDMAN DOWNSTAIRS**

### **KIDDUSH LUNCHEON FUND**

### **in memory of**

Rita Wolfson from Marvin Wolfson

## **ELAINE & GLORIA SCHILLER**

### **BOOKSHELF FUND**

### **in memory of**

Ben J. Lowenthal from Thelma Geffen  
Bernie Lowenthal from Myra Jackson  
Bernie Lowenthal from Thelma Geffen

## **FELDSTEIN LIBRARY FUND**

### **in memory of**

Charlotte Eiseman from Ronald Eiseman  
Arthur Eisenhardt from Ronald Eiseman  
Jaye Gottlieb from Julie Gottlieb  
David Sachter from Sheryl Sachter-Rudolph  
Blanche Stein from Steve Rudolph

## **FOUNDATION SCHOOL FUND**

### **In honor of**

Jason & Rachel Nelson from Cantor Eyal Bitton & Michèle Tredger

### **in memory of**

Irv Cohon from Richard Cohon  
Stan Eastern from Jerrie Roth  
Stan Eastern from Lawrence & Sandra Huppin  
Irving Leopold from Michael Leopold  
Irving Leopold from Rhoda Leopold  
Jo Ellen Miller from Richard & Mary Peizner  
Jo Ellen Miller from Rosalie Goodman  
Jo Ellen Miller from Stan & Judy Blauer  
Miriam Myers from Conrad & Abby Myers  
Harry Rodinsky from Rhoda Leopold  
Seymour Singer from Ellen Singer  
Louis Weger from Elisa Weger

## **GENERAL SYNAGOGUE FUND**

### **in appreciation of**

Deb Freedberg from Sue & Elliot Axel

### **in honor of**

Michelle Caplan from Jeff & Sandy Axel  
Fred & Nora Rothstein from Jeff & Sandy Axel

### **in memory of**

Anna Aigner from Eva Aigner  
Marika Aigner from Eva Aigner  
Albrecht Bacharach from Laurence & Corinne Spiegel  
Jack Jacob Bader from Kathleen Woodley  
Gaby Barde from Ralph Miller  
Oscar Berdichevsky from Mario Berdichevsky  
Judith Berdichevsky from Mario Berdichevsky  
Jack Berman from Richard & Barbara Dreyfus  
Minnie Brandow from Mark Braverman  
Marvin Brenner from Mark Brenner  
Marvin Brenner from Michele Brenner  
Myriam Burda from Jeffrey Burda  
Benny Cukier from Peggy Cukier  
Morris Drogin from Jay Drogin  
Stan Eastern from Lois Kaplan Glickman  
Stan Eastern from Marge & Allan Sherman  
Stan Eastern from Michael & Gloria Borg Olds  
Stan Eastern from Myra Jackson  
Stan Eastern from The Rudolph Family  
Ethel Ehrlich from Bernice Gevurtz  
Cecilia Dolores Gregory from Chris Feves  
Robert Epstein from Jeff & Sandy Axel  
Bertha Esformes from Maria Esformes  
Lou Fant from Barbara Bernstein Fant  
Miriam Fass from Stephen Fass  
Dick Goodman from Lorraine Lichtman  
Lila Rosenfield Goodman from Bernice Gevurtz  
Manya Govshiyevich from Roman Govshiyevich  
Lev Govshiyevich from Roman Govshiyevich  
Inge Hamburger from Jeff Hamburger  
Jean Hasson from Gary & Sylvia Pearlman  
Jean Hasson from Priscilla & Tony Kostiner  
Jean Hasson from Rosalind Babener  
Jean Hasson from Sue & Elliot Axel  
Morris Kapel from Barbara Blumenthal  
Harold Kaufman from Julian Kaufman  
Carole Kaufman from Julian Kaufman  
Lev Khodorovskiy from Mikhail Khodorovskiy  
Eleonora Litvin Khvoynitzka from Boris Litvin  
Sofia Kogan from Boris & Galina Kogan  
Florence Leventhal from Suzan Wapnick  
Harry Lomsky from Geri Matin  
Bernie Lowenthal from Marge & Allan Sherman  
Jo Ellen Miller from Jerry Barde  
Jo Ellen Miller from Marge & Allan Sherman  
Jo Ellen Miller from Marlene Brenner  
Jo Ellen Miller from Sue & Elliot Axel  
John H. Miller from Ralph & Sandra Miller

Donald Momb from Caleb Momb  
Manya Morgulis from Galina Kogan  
Seymour Mutnick from Jeffrey Mutnick  
Debra Nudelman from Robert & Holly Cohn  
Rose Weinstein Olds from Michael & Gloria Borg Olds  
Igor Perepelitsky from Nadejda Perpelitsky  
Israel Pereplyotchik from Leonid Pereplyotchik  
Joyce Perkel Winkler from Robert Perkel  
Raisa Perlina from Larry Packouz  
Frances Petersen from Barbara Bernstein Fant  
Robert Pollack from Cary Pollack  
Leone Pollard from Julian Kaufman  
Edward Potter from Irving Potter  
Mark Raphael from Rosalyn Andronescu  
Caren Reese-Krepel from Richard Krepel  
Richard Reingold from Jeffrey Reingold  
David Rogoway from Roberta Taskar  
Lillian Rosen & Albert Rosen from Mark & Cindy Braverman  
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Samuel Schaffer from Bill & Carmela Schaffer  
Allen Shainsky from Mike & Janice Shainsky  
Bernard Shevach from The Shevach Group, LLC  
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Lubov Shternberg from Boris Shternberg  
Elizaveta Smetana from Yakov Smetana  
Moritz Spiegel from Eva Aigner  
Melody Steinberg from Dennis Steinberg  
Len Stevens from Julian Kaufman  
Esther Sturman from David Sturman  
Morris Titelbaum from Michael Titelbaum  
Arlene Rae Weger from Elisa Weger  
Sidney Weger from Elisa Weger  
Robert Weingard from Allan & Judy Weingard  
Robert Marvin Weinstein from Leslie Kelinson

## **HONIGSTOCK EDUCATIONAL**

### **SCHOLARSHIP FUND**

### **in memory of**

Tillie Kaufman from Bruce & Sheila Stern

## **HUNGER RELIEF FUND**

### **in honor of**

Barbara & Barry Caplan from Renée Holzman

### **in memory of**

Sidney Spiegel from Laurence & Corinne Spiegel  
Jean Hasson from Myra Jackson  
Jean Hasson from Victor & Toinette Menashe  
Donald Pearlman from Shirley Pearlman  
Sidney Spiegel from Laurence & Corinne Spiegel

## **HY & MYRA JACKSON ELEVATOR FUND**

### **in memory of**

Ethel Ehrlich from Myra Jackson

# The Congregation gratefully acknowledges the following contributions:

Harry Jackson from Myra Jackson  
Heidi Leher Kaplan from Howard &  
Wendy David  
Joseph Montrose from Myra Jackson

## **ITAI DEWAR ADULT HEBREW LEARNING FUND**

### **in appreciation of**

Deb Freedberg from Amanda Middleton  
Deb Freedberg from Stephanie Arnheim  
& John Sheldon  
**in honor of**  
Deb Freedberg from Brian Scott &  
Marianne Zarkin  
Deb Freedberg from Margaret Petersen  
Deb Freedberg from Raul & Lidia Krivoy

## **JUDY ISAACS BOOKSHELF FUND**

### **in memory of**

Gertrude Isaacs from Victor Levy

## **KESHET FUND**

### **in honor of**

Dori Sirkin from Liza & Beth Milliner

## **L.J. ROSENBERG PLAYGROUND FUND**

### **in memory of**

Natalie Leher from Wendy David

## **LEONARD BARDE CEMETERY ENHANCEMENT FUND**

### **in honor of**

Sydney Baer from Sam Gottlieb &  
Carolyn Gorin  
Larry Barde from Sam Gottlieb &  
Carolyn Gorin  
Jerry Barde from Sam Gottlieb &  
Carolyn Gorin  
**in memory of**  
Gaby Barde from Jerome Barde  
Goldie Barde from Samuel Gottlieb &  
Carolyn Gorin  
Jean Hasson from Samuel Gottlieb &  
Carolyn Gorin

## **LORA AND JIM MEYER INCLUSION FUND**

### **in honor of**

Glen Coblens from Bridget Cross &  
Karen Twain  
Lora Meyer from Marcia, Mark, Alex,  
Shana and Mike Meyer

## **LOUIS ROSENBERG BOOKSHELF FUND**

### **in honor of**

Max Holzman from Victor & Toinette  
Menashe

### **in memory of**

Louis J. Rosenberg from Toinette  
Menashe

## **MAURICE SUSSMAN MITZVAH FUND**

### **in memory of**

Bernie Lowenthal from Thelma Geffen  
& Joy Epstein  
Howard Sussman from Thelma  
Lowenthal Geffen

## **MENSCHES & MAVENS FUND**

### **in honor of**

Dori Sirkin from Raul & Lidia Krivoy  
**in memory of**  
Jean Hasson from Sandy & Wendi  
Menashe

Mildred C. Kahn from Garry & Judith  
Kahn  
Joyce F. Saltzman from Raul & Lidia  
Krivoy

## **MILT HORENSTEIN MORNING MINYAN FUND**

### **in appreciation of**

Fred Rothstein from Lee & Jane Mopper  
**in honor of**  
Mayan Schwartz from Nan & Allan Lipton  
**in memory of**  
Marvin Brenner from Marlene Brenner  
Stan Eastern from Anthony & Priscilla  
Kostiner  
Marlene Lazarus from Jeffrey Lazarus  
Fanny Lazarus from Jeffrey Lazarus  
Lewis B. Lazarus from Jeffrey Lazarus  
Jo Ellen Miller from Lora Meyer  
Jo Ellen Miller from Nan & Allan Lipton  
Jo Ellen Miller from Priscilla & Tony  
Kostiner  
Jo Ellen Miller from Rosalind Babener  
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# Rabbi Kosak's Article *Continued from Page 2*



*Where the Land Empties Out, near Death Valley, CA*

"One needs a settled mind in order to pray. The early pious masters would meditate an hour before praying, so that they would be prepared to focus their hearts and minds on God. Having done so, external distractions, such as

the demands of a king or a snake, would not intrude on this deep state."

Years ago, when Rabbi Alan Lew was still alive, he incorporated a full-on meditation session each day before the daily minyan. It was a powerful practice that really helped, although we were never tested by having a snake wind itself around our ankle!

Many years later, the idea of sitting for an hour is impractical for most people. Yet many of the benefits of meditation can be achieved with far less time. This

year, after the High Holidays, we will be dedicating one Shabbat morning a month to a Meditation Shabbat. In place of a sermon, we will use that time to practice different forms of meditation; some will be Jewish and are quite an-

cient, as the Talmud above makes clear, others are derived from secular or eastern practices. For those who have trouble sitting and just breathing, it's useful to understand that many activities are meditational in nature.

Why do this at all? Like that vet at the gas station in Shoshone, we have all been through our own battles the past few years. Our reserves have been drawn down and the weariness that many are dealing with makes it harder to accurately reflect on ourselves or the world. For some, this attrition of the soul has been subtle because it crept up on us slowly. In other words, many of us aren't the best judges of how we are doing right now, somewhat like the old fable of the frog in hot water.

But even if we are doing well, the Talmudic Sages are reminding us that there is an even more optimal state we can get to. It is possible to live with joy. It is possible and necessary to change directions. As we head into a new Jewish year, that is what I want for our community. We deserve joy.

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