

THE
CHRONICLE
A PUBLICATION OF CONGREGATION NEVEH SHALOM

THE LEV SHALEM



ISSUE

Learning to Read the Map Across

Rabbi's Corner

By Rabbi David Kosak



Several months ago, the synagogue's senior staff gathered to brainstorm our annual theme for the year; what we came up with is *Lev Shalem*, Hebrew for a full or complete heart. Our purpose was simple. We knew that while the pandemic was over, the impact of the pandemic was not. We had all lost something valuable and would need to find, if not a way back to what was, the tools that would allow us to live richly and fully again. What was taken from each of us by global forces beyond our control will require our full intention to recover.

In this issue of *The Chronicle*, you will come across what *Lev Shalem* means to some of our key staff, as well as how we intend to offer programming this year that intentionally provides the blocks we need to rebuild what the pandemic took. Because we don't have all the answers, this theme is posed as a question: *What would it mean to learn, love, and lead with a full heart?*

People in the larger society sometimes

wonder what religion is for. This is what it is for: Religion is that human endeavor which answers our deepest set of questions—what life is for—and at its best, does so by looking at the human in the broadest and most holistic manner possible. Religion, or certainly Judaism, proposes that humans are those beings who live in relationship to ourselves, our families and small groups, within larger societies, and in a vast web that connects us to all of life, ultimately pointing us to the transcendental level of existence as well—what for simplicity's sake, we will here call God. Judaism, as a religion of questions, examines each of those sets of relationships in an ongoing, open-ended manner. After a massive upheaval such as the pandemic, many of the answers that we had in the past to those questions of how to live with ourselves, others, all of life, and that which undergirds life, were lost. Some need to be recovered, others need to be retranslated for our time, while new answers also need to be created.

The above may seem deeply philosophical, yet both statistics and history bear out these claims. In countless arenas, our global society is in disarray. Children of many ages lost years of learning that they are unlikely to recover; some economists assume that our youth who went through the pandemic will suffer a lifetime reduction in wages because of the lost and delayed educational and emotional development. Violence, mental illness, crumbling institutions—there is a very long list....

On a historical basis, both the Shoah for Jews, and the Lisbon Earthquake of 1755 for Western civilization, provide context for how these large shocks can dismem-

ber so much of what we had taken for granted; this is important, for when we are caught in the storm's aftermath, it is not always easy to see what is lost and what we need to regain.

To best explain the work we have in front of us as a synagogue, as a society, and as a nation, it might be helpful to take a trip down memory lane. I hope you will humor me as I reflect on my generation's experiences growing up because it provides a useful and concrete way to conceptualize our global task.

A Map From Before and After

More than any other group, Generation X lived across the divide of the digital world. We grew up in the fully analog world, playing outdoors for hours, interacting with one another more or less as humanity had for thousands of years. We were alive before and after ATMs came to market, allowing people to get money at any hour of the night. We were kids as Commodore, Atari, IBM, and Apple released the first home computers and as scientists created the internet. We learned to read paper maps because even portable GPS units hadn't come to market, let alone cellphone mapping.

We were also young enough to adapt very quickly to these changes. We lived across. While my generation was not considered digital natives, we were the bridge generation, the first adapters. Our brains were young enough and malleable enough; in our collective memory is the experience of what it meant to live before and after. That matters, just as knowing how to read a paper map

Continued on page 3

matters, for GPS presents only what is in front of you, your next turn, or a small overview. Paper maps laid out the entire journey and ensured that everyone traveling understood their trip was a journey that could point to where they had been as well as where they were headed. They allowed us to tangibly mark the experiences that happened along the way.

Still, having a large map unfolded on the dining room table or the car seat couldn't tell you what the trip would be like, or how it would change you. It simply gave a sense of the scope of the adventure. Our annual theme is therefore posed as a question. *What would it mean to learn, love, and lead with a full heart?* That is a question that individually we each need to answer; nonetheless, the contours of having a *lev shalem* are well known, and many elements of living with a full heart repeat cross-culturally.

A Heart Map Across the Globe

For example, in Finnish culture, possessing a *rehti sydän* or *koko sydämellä*, indicates one's honesty, integrity, sincerity, generosity, authenticity, and loyalty. It is the basis of a moral life played out in relationship to others.

A full heart in Korea apparently represents a similar set of values of being

fully committed, sincere, and devoted to a person or an activity. The behaviors associated with a full heart include demonstrating genuine passion, enthusiasm, and dedication in one's actions and feelings.

The Japanese envelop these Korean and Finnish values and expand them beyond the interpersonal realm, for such complete dedication and perseverance can also be committed to a cause or task. Those familiar with the Japanese business concept of *Kaizen* can see how this devotion to continual improvement isn't merely about profit and loss but is an approach to living deeply with the intentions of a full, dedicated heart.

Turning to some of the values imbedded in First Nations' cultures moves us into another, deeply relevant quadrant of meaning in our exploration of *lev shalem*. For many Native American peoples, such as our friends with Shoshone background who spoke at a Friday night service last year, whole heartedness touches upon a connection with nature and our spiritual wholeness. In other words, harmony is an essential attribute of living with a whole heart.

The Jewish Map to a Lev Shalem

These cross-cultural insights can deepen our appreciation of whole-heartedness. Moreover, Maimonides, one of our greatest sages, argued ecumenically, "Accept the truth, whatever its source." There is something inherently Jewish about learning from non-Jewish sources, even while maintaining our own unique set of values. Our Jewish intellectual curiosity is itself a form of open, full-heartedness, for in the Bible, the *lev* or heart was the seat of both our emotions and intellect.



Oftentimes, the overlap in values is a tangible example of our shared humanity. That same notion of sincerity and integrity that are core elements of wholeheartedness in non-Jewish culture have strong corollaries. In Exodus 25:11, instructions are given for how to make the ancient ark: *Overlay it with pure gold—overlay it inside and out—and make upon it a gold molding round about.*

When a Torah sage's insides and outsides don't match, such a person can't really be considered to be a Torah Sage. We need to exert effort to achieve this sort of harmonious spirit.

The Talmud derives from this verse that a *talmid hacham she tocho aino k'boro aino talmid hacham*. In English, when a Torah sage's insides and outsides don't match, such a person can't really be considered to be a Torah Sage. We need to exert effort to achieve this sort of harmonious spirit, for while it is easy enough to espouse beautiful concepts, it takes tremendous personal growth

Continued on page 4





someone beyond the pale are no longer reserved for mass murderers—it is part of the sickness of a society that is driven by an unhealthy belief in perfection. Yet without *teshuvah*/forgiveness, it is impossible to have a whole heart. A desire to repair our relationships springs out of a sense of spiritual generosity and of social need. If it seems like our efforts will never be accepted,

that our more animalistic ego drives soften in the face of our whole-hearted values. Moreover, in both this and later Jewish sources, we find an injunction to seek our mental health, just as the Torah enjoins us to *v'rapo, y'rapeh. Heal, you must heal* (Exodus 21:19). This focus on mental health will find its place in the ALIYAH/Tichon curriculum as well as in continuing opportunities to develop our mindfulness skills.

As valuable as our shared human insights of whole-heartedness are, demonstrated by the strong similarities across many cultures, Judaism's conception of a whole heart weighs the attributes differently; it even includes an element or two that don't appear in the evaluations of secular society. As we approach the High Holy Days, "*teshuvah* and forgiveness" is a unit of whole-heartedness that seems sorely missing from our civil society. *Teshuvah* and forgiveness acknowledge that to be human is to err; the unit provides a mechanism to correct our errors; it also assumes a culture that will accept the rehabilitated individual back into society. A person's past failings don't permanently mark or scar the individual.

Part of our societal breakdown is that we don't truly believe this anymore. The sorts of actions that now seem to make

there is no need to seek repair; additionally, this creates a sense of despair and an equivalent rejection of society, both of which we see all around us. So important is this need that one Midrashic fable argues that God created several worlds before our own, all of which crumbled and failed because they lacked *teshuvah*.

Teshuvah reminds us that we are all connected. As one small indication of this heart-felt connection, Foundation School and the rest of the CNS community will be invited to send out *Lev Notes*, small, beautifully designed notes that will allow us to let others know we care.

While much more could be said about Judaism's conception of a *lev shalem*, any account that left out a commitment to God would be incomplete. It is fundamental, even as it is also true that there are many non-theistic or atheistic Jews. Given that, it will be most productive to frame the transcendent quality of a *lev shalem* in the broadest terms. Humans possess a sense of awe that needs to be regularly fed by uplifting experiences that allow us to feel deeply our small place in a larger whole. We also are endowed with a strong sense of purity and righteousness, which when incorrectly utilized,

polarize us, but when connected to a holy sense of the transcendent, direct us to live our own lives from a place of deep humility as we strive to improve ourselves.

Reading the Map Across

When it comes to the pandemic, I suspect that almost all adults can now view themselves as members of a symbolic Generation X. We are the bridge generation, the ones who remember, to varying degrees, the before and after times. Yet in this, we also need to maintain a sense of humility, one I learned from my grandfather. My maternal grandparents were world travelers who saved and skimmed so they could see the world. Their 1918 home had a stand-alone garage, something not uncommon back East. Thumbtacked to the exposed studs of the garage were maps of their travels; grandpa had taken a red pen to mark every road they had taken. As we walked around, he would note points of interest, indicating what happened there. One time, though, I pointed at a spot that caught my curiosity. Although it had a red line running beside it, Grandpa had forgotten.

It's not that we aren't living with whole hearts. Our community can hold its head high for CNS congregants walk the talk, allowing honesty, integrity, sincerity, generosity, authenticity, and loyalty to inspire us. We seek the spiritual; we try to apologize and try to forgive. We know we are not perfect, yet as a group, we are dedicated to living with a *lev shalem*. Simultaneously, like my grandfather, important things have been forgotten. That's what it means to be a bridge generation. That is why, as we begin our new year, we will allow questions to guide us in recovering the answers we need to be our best selves. ***Lev Shalem: What would it mean to learn, love, and lead with a full heart?*** Let's find out together.

Shanah tovah u'metukah,
Rav D

With All Your Everything

Rabbi's Corner

By Rabbi Eve Posen

What does it mean to learn, love, and lead with a whole heart? This is the question that, as a community, we will be exploring this year. One way of examining this concept is to ask what your “whole heart” actually is.

In the beginning of the *V'ahavta*, the paragraph after the *Shema*, we are asked to love G'd with all our heart, with all our soul, and “*u'v'chol me'odecha*.” That last phrase is often translated as “with all your might,” but I prefer the translation “with all your everything.” To love with all your everything is the definition of a whole-body experience, and if that's not being whole-hearted, I'm not sure what is.

When was the last time you did something “with all your everything”? Between parenthood and the work I do with young families, my mind goes to how children act in the world. Specifically, toddlers fully embody the idea of doing things whole-heartedly. When they're happy, they jump, dance, and

run with reckless abandon, and when they're not happy, they scream, cry, and rage with the same all-encompassing vigor. Existing in the world is a full heart/whole body experience for toddlers, which is a reminder to us that there are opportunities for adults to adopt that outlook too.

I can hear your reaction now: “But Rabbi Eve, that sounds like a recipe for burnout. How can I possibly put all of me into everything all the time?” And you're right. The responsibilities of adulthood don't always mesh with an “all in, all the time” approach. The secret is discovering those learning, loving, leading moments that give you enough of a spark to then explore them fully. Where have you dipped your toe in the water, but now you're finally ready to take the plunge?



Throughout the year, we will explore what it means to show up with your whole heart. Perhaps you'll feel re-energized. Perhaps you might feel a tad foolish. Perhaps you'll learn or be inspired to learn. But I promise I'll meet you here with all my everything, ready to jump in with you.

The Chronicle No. 1 ~ Sept/Oct 2023

Supported by the Sala Kryszek
Memorial Publication Fund

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

Subscriptions and member news:
news@nevehshalom.org

Membership inquiries:
mcaplan@nevehshalom.org

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

CHRONICLE COMMITTEE

Jenn Director Knudsen (Chair)
Selma Duckler
Emily Silverman
Mel Berwin
Michelle Caplan
Brian Rohr
Sara Safdie

Lead Editor and Graphic Designer:
Brian Rohr

Copy Editor: Sara Safdie

CONTRIBUTORS

Mel Berwin, Director of
Congregational Learning
Cantor Eyal Bitton
Rabbi David Kosak, Senior Rabbi
Liza Milliner, President
Rabbi Eve Posen, Associate Rabbi
Lisa Richmond, Program Director
Brian Rohr, Communications Coordinator
Sarah Rohr, Youth Activities Advisor
Cory Willson, Foundation School Director

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



Upcoming B'nai Mitzvah



Asher Shulruff | September 2

Ash is the son of Toby and Jim Shulruff, big brother to Rachill , and grandson to Dorothy and Jerry McAden (z"l), Daniel Shulruff (z"l), Valerie White, and Warren Cremer (z"l). Ash is a rising 8th grade homeschooler. Ash loves *Minecraft*, mixing beats and dropping rhymes, gaga, soccer, tennis, piano, making jokes, reading, and drawing.



Leo Schwartz | September 9

Leo Schwartz is the son of Talia and Greg Schwartz, favorite brother to Maya and Nina, and grandson to Bracha Loren and Steven and Anne Schwartz. Leo is an 8th grader at Cheldelin Middle School and loves playing baseball, spending time with his friends, and entertaining his family with his wit and sense of humor. Leo's cats Smiley and Ozzy are his biggest fans!



Elliot Conley | October 14

Elliot Conley is the son of Leah and Josh Conley and big brother to Amelia. He is a Foundation School graduate and Aliyah student since kindergarten. Elliot is now a 7th grade student at Rowe Middle School. In his spare time, he enjoys playing drums, hanging out with his friends, and playing video games. He also loves his dog, Genghis Conley.



Hannah Gluckman | October 21

Hannah Reese Gluckman is the daughter of Lindsay and Tyler Gluckman, sister to Lainey, and granddaughter to Shari and Richard Miller (z"l) of Scottsdale, AZ, and Cathy Gluckman of Portland. Hannah is a 7th grade student at the French International School of Oregon. In her spare time, Hannah enjoys her summers at camp in Wisconsin, playing soccer, hanging out with friends, and being with her dog, Millie.

The Way We Were: Embracing Wholehearted Reflection

Cantor's Corner

By Cantor Eyal Bitton

At my “L’Chayim Hollywood” concert this past June, my wife, Michèle Tredger, closed the show with a stunning rendition of the Barbra Streisand song, *The Way We Were* (written by Alan and Marilyn Bergman, and Marvin Hamlisch). A few weeks later, the song was sung broken-heartedly at the shiva for Miriam Cohen (z”l), mother of **Lisa Greenfield**. That utterly beautiful song, which resonates with so many people, echoes in my head as I look forward to the New Year.

Memories are indeed the cornerstones of our lives. They shape us, guide us, and remind us of the people we love and the community we belong to. Memories can be both beautiful, evoking misty watercolor paintings of cherished moments, and painful, prompting us to repress certain experiences that are too difficult to confront. However, even when we try to forget, the memories we share with others will always remain, beckoning us to explore the depths of our emotions and connections.

The High Holy Days present a sacred opportunity to engage in a process of wholehearted repentance, known as *teshuvah*. As the shofar sounds during the Rosh Hashanah Musaf service, the prayer *HaYom Harat Olam* (Today the World Is Born Anew) resonates through the synagogue, reminding us of the potential for renewal and rejuvenation in the upcoming year. This period of introspection allows us to reflect on the relationships we have with others and seek forgiveness where necessary, aiming to reach a sense of wholeness within ourselves and our communities.

The essence of *Lev Shalem*, or wholeheartedness, is deeply embedded in the High Holy Days. To learn, love, and lead with our whole hearts, we must first confront our past with honesty and vulnerability. Just as memories can be both joyous and painful, our actions and choices may have caused harm to others, intentionally or unintentionally. The process of *teshuvah* enables us to examine our deeds, acknowledge our mistakes, and take steps towards repairing the ruptured bonds with our loved ones and community.

HaYom Harat Olam calls for a profound transformation. It serves as a reminder that each day is an opportunity for rebirth and self-improvement. The prayer implores divine guidance in shedding our past baggage, paving the way for a future marked by compassion, understanding, and growth. As we seek forgiveness from those we have wronged, we also endeavor to cultivate a stronger connection with God and the larger Jewish people, fostering a deeper sense of spiritual fulfillment and unity.

Through the lens of *Lev Shalem*, the High Holy Days become a time not only for reflecting on “the way we were” but also for envisioning “the way we want to be.” This soul-searching journey is both challenging and rewarding as it requires us to delve into our vulnerabilities and confront our shortcomings honestly. However, by doing so, we open the door to personal growth and renewal, aim-



ing to become the best versions of ourselves in the year ahead.

As we reflect on the power of memory, we are reminded of the profound impact our actions have on others. The relationships we cultivate with our loved ones and our community are woven into the fabric of our memories. Embracing *Lev Shalem* during this sacred time empowers us to mend broken bonds and forge stronger connections, fostering a sense of unity and collective responsibility.

As the High Holy Days approach, let us embrace the spirit of *Lev Shalem*, infusing our reflections with wholeheartedness. Let us confront our past with humility, seeking forgiveness and making amends with those we have wronged. Let us embark on a journey of personal growth, guided by divine wisdom and driven by the desire to be better versions of ourselves. By learning, loving, and leading with our whole hearts, we can create a new year filled with compassion, empathy, and understanding – a year that exemplifies the true essence of *Lev Shalem*.

Embark on this Season Together

President's Corner

By Liza Milliner, CNS President

With the High Holy Days fast approaching, I am filled with a sense of anticipation and hope. This sacred time offers us the opportunity to reflect on our past, seek forgiveness and renewal, and recommit ourselves to our spiritual journey. The theme of *Lev Shalem* – learning, loving, and leading with our whole heart – is especially relevant as we embark on this meaningful season together.

Learning with Our Whole Heart

In this New Year, let us approach our tradition with a thirst for knowledge and understanding. Learning with our whole heart means approaching the study of our sacred texts and traditions with passion, curiosity, and an open mind. It means seeking wisdom not only from the words on the pages but also from the experiences and insights of our fellow congregants. Together, we form a vibrant tapestry of diverse perspectives; by learning from one another, we enrich our spiritual growth as a community. In the upcoming year, sign up for a class or program at CNS to help enrich the CNS community as well as yourself.

Loving with Our Whole Heart

As we learn and grow together, it is imperative to infuse our actions with love and compassion. Loving with our whole heart means being kind and understanding, extending a helping hand to those in need, and celebrating each other's joys and triumphs. Love binds us together, creating an inclusive and nurturing space where everyone feels

valued and embraced. Let us remember that love is the foundation on which we build a harmonious and flourishing congregation. During this season of reflection, let us take the time to mend broken relationships, forgive those who have hurt us, and ask for forgiveness from those we have wronged. By embracing love and reconciliation, we create a supportive community.

Leading with Our Whole Heart

Our lay leaders, staff, and clergy are committed to leading with their whole hearts, but leadership is not confined to individuals: it is a collective responsibility. All members of this congregation have the capacity to lead in their own unique way. Leading with our whole heart means actively engaging in the life of our congregation, volunteering our time and talents, and participating in decision-making processes that shape our community's future.

As I mentioned last year, we must encourage and empower each other to step into leadership roles, recognizing the diversity each person brings. Together, we can create a thriving, inclusive, and dynamic congregation that continues to grow throughout the year.

As we enter the New Year and prepare



Leadership is not confined to individuals; it is a collective responsibility.

for the High Holy Days, let us embrace *lev shalem* – learning, loving, and leading with our whole heart. Together, we can nurture a vibrant and spiritually fulfilling community that uplifts and inspires all its members. May the coming year be filled with abundant blessings, growth, and a profound connection with one another.

Wishing you all *Shanah Tovah Umetukah*, a good and sweet year!

Lev Shalem—With Whole Hearts

Mel's Corner

By Mel Berwin, Director of Congregational Learning



ence, and fulfillment, and what we are still yearning for. *How can we, as a community, help care for each other in ways that add healing and purpose to our own and each other's lives?*

With that question in mind, we have created new initiatives in our education programming that aim to bring all ages of learners together to connect and share. Here are some of the highlights:

resources, and uplift on the first Monday of the month, starting in October.

B'nai Mitzvah preparation for 6th grade families: A newly designed program bringing 6th grade parents together with kids and clergy to fully prepare for the ritual, spiritual, and logistical sides of our coming-of-age experience. It will be led by new B'nai Mitzvah Coordinator, Leora Lubliner.

Youth Activities with heart and soul: New under the umbrella of educational programs are Youth Activities for 3rd-12th graders led by Sarah Rohr. *See her article on page 12-13 for more info.*

What does it mean to learn, love, and lead with a whole heart? This question is the inquiry and invitation we will use to explore our connection to each other and to Judaism throughout our education programs this year. Many of us are still feeling the effects of the radical rupture of our lives, activities, and relationships during the pandemic. At the same time, many of us used it as an opportunity to weigh our priorities and take new directions over the past few years. Some of us are still trying to find our way back to a sense of normalcy or fulfillment.

In choosing the idea of whole-heartedness (*lev shalem*) for our congregational theme this year, it's not that we imagine that we're all walking around with a sense of enlightenment or wholehearted *shalem* (peace or completeness) post-pandemic, but just the opposite: it's an invitation to notice what fills our hearts and souls with meaning, pres-

Parent Text and Art program on Sunday mornings: Artist and ALIYAH parent Cheryl Joseph will be facilitating a monthly drop-in program for K-6 parents on Sundays this year, focusing on the language and concepts of our Jewish year.

Intergenerational Storytelling: Teens and adults are invited to a year-long program on Wednesday evenings to develop and share brief, impactful personal stories of our lives that invite all to see the shared humanity in our diverse congregation.

Women's Torah Study: Delve into traditional text and contemporary *Midrash* on the theme of wholeheartedness on Shabbat afternoons with a diverse and supportive group of women.

Support for families who are caring for struggling kids: How do we maintain our own equilibrium as parents when our kids are struggling? Join a monthly support group for parents with kids of all ages and challenges for conversation,

For information about any of these programs, please watch for our Program Guide or contact Mel Berwin, mberwin@nevehshalom.org.

ALIYAH Meet & Greet at Back to Shul!

ALIYAH K-6 families, we are excited to begin a new year of ALIYAH. While classes and tutoring don't start until October, we have an opportunity to meet your teachers and each other at Back to Shul on Sun., Sept. 10. Lunch will begin at 12:30pm, and the classroom meet & greet for families will be from 1:15-2:15pm with brief presentations by teachers in each classroom at 1:15pm and 1:45pm. 3rd -12th graders will also have the chance to meet our new Youth Activities team in Room 102 for snacks & swag.

Be sure to RSVP for Back to Shul at: nevehshalom.org/b2s23.

What Lev Shalem Means at Foundation School

By Cory Willson, Foundation School Director

At Foundation School, *Lev Shalem* means meeting children, families, each other, and the community with a whole heart. This is a felt sense, part of an intentional practice, and mirrors the kind of world we want for our young children who will be the next to shape it. Some examples of what we cultivate are a sense of balance; strong self-care; a peaceful environment (*shalom bayit*); a caring community (*kehillah*); gratitude for ourselves and others; respect (*kavod*), and authenticity. At the center of this is the ability to listen, pay attention, and understand each other (*shema*). It speaks to a curiosity and a willingness to learn about the other. It also speaks to meeting our work with an open and empathetic heart, as well as assuming the best of others in our perceptions, words, and actions (*b'tzelem elohim*).

We plan to achieve this in a few ways. We will be offering some parent education opportunities on topics our com-

munity has expressed interest in, doing this through the lens of *Lev Shalem*. We will be sending out bi-weekly emails from our administration team with a focus on our wholehearted themes and practices. These themes will be a part of all our staff training; we will look at a new theme each month that will have an impact on the curriculum, classroom environment, and our staff and community directly. Lastly, we will be sending Lev Notes out as a community; we will be including Cedar Sinai in this beautiful exercise as well as celebrating *Lev Shalem* in other ways around Jewish holidays and traditions.

Our hope in focusing on a wholehearted approach to our work and our lives is that we feel the deep connection to our community and ourselves in

a way that creates ripple effects of love, kindness, and gratitude within our community and beyond.

A year-long focus on *Lev Shalem* has the potential to shift people from the inside out, so we are meeting this commitment with a whole heart! The children at Foundation School have a natural way of exuding *Lev Shalem* in all that they do. In this way, we look forward to being both the guides and the students as we make a commitment to come from a place that brings



Foundation School children know a thing or two about Lev Shalem already. They build community with their whole hearts!

our whole heart to the forefront of our views and behaviors.

I asked the *morot* and *morim* to share what they thought it meant to live and work from a place of *Lev Shalem*.

Morah Shana Evans: “Living my life with a whole heart at Foundation School as a *morah* and as a mama means connecting with children and families and building lasting friendships. This is done with my whole heart. What a wonderfully unique job I hold to see them all grow and blossom in this community. It makes me think about what this all means to them and how it shapes the future. I also think about what this commitment to wholeheartedness means inside my home with my own sweet daughter, Stella.”

Continued on next page



Foundation School Early Childhood educators participate in ongoing professional development so they can offer wholehearted, meaningful opportunities for our community.

The Lens Through Which We Consider Programming

By Lisa Richmond, Program Director

I don't always feel like I have a whole heart. Most of the time I'm just trying to get by – work stress, the pile of wrinkled laundry waiting to be folded, bad things happening in the world, and the dishes – oy! – the dishes! And it's scary to go out into the world with this noise and *tsuris*. There's a vulnerability to it.

As much as I feel like hiding sometimes, I never regret seeking out community. By being with people who have Jewish values, shared experiences, shared culture, and shared stories, my heart starts to feel whole – I feel present and alive.

Wise Women lunch, a casual and fun social gathering that we have the third Thursday of each month, is an exemplar

of this community. Women who are sitting together, schmoozing, and laughing. Then someone will share a story: "When I was living on a kibbutz..." or "When I had my Bat Mitzvah..." my heart is whole and I'm present because I'm with people who care and connect.

Similarly, our Young Adult gatherings, a trip to Kindness Farm, cooking for Outside In, bringing soup to a community member in need as part of the Hesed Committee, or showing up for a perspective-changing discussion with Israel 360, remind me again and again of the power of community.

Shabbat on the Plaza throughout the summer has been a vibrant whole-hearted experience! The familiar tunes



Our Wise Women community

in such a serene setting helps quiet the noise. Staying after for the elaborate *oneg* is an opportunity to eat, schmooze, and sometimes even pet dogs (dogs exist in a constant state of whole-heartedness).

The lens through which we consider all programming this year is whole-heartedness. It is not a requirement to be whole-hearted when you come, but to get closer to it with the support of your community. We hope you'll consider joining us so we can help one another move toward this goal.

Foundation School Continued

Morah Wendy Rosenfield: "Showing compassion with your whole heart involves genuine care, understanding, and empathy towards others. This helps you develop a deeper sense of compassion. Active listening means giving your undivided attention when someone is sharing their thoughts, feelings, or prob-

lems. Lastly, practicing non-judgment means you avoid jumping to conclusions or making assumptions about others."

Morah Lisa Harpster: "As a teacher and a certified play enthusiast, I've discovered the ultimate formula for success: sprinkle every task with laughter, add

a pinch of whimsy, and top it off with a silly dance break. So, my fellow fun-loving adventurers, let's dive headfirst into our craft and live life like we are permanently stuck in a game of tag, because when we play with a whole heart, we become unstoppable forces of joy and mischief!"

New Youth Activities Programs with Heart & Soul

By Sarah E. Rohr, Youth Activities Advisor



Our Youth Activities Team: Yoni Kahn, Sarah Rohr, Leora Lubliner, and Eden Ferede Harrell

I recently heard that the word *lev* originally meant “mind of the heart” rather than “heart.” This phrase feels very apt for those who work with youths. Working with youths means we are called to transcend logic and listen for the “words beneath the words” in order to hear our children’s needs, hopes, aspirations, confusion, and heartaches. It requires the work of the heart, the mind, and the soul.

Wholehearted living has been a lifelong aspiration of mine, and it’s an ambition I bring into my role running the new iteration of our 3rd-12th grade Youth Activities Programs. This year, Youth Activities aims to bring our youths and teens offerings that connect them to each other as well as to fun, kind, and caring adults, and to Jewish rituals, holidays, and values.

We have an outstanding team leading the way, including **Leora Lubliner, Eden Ferede, and Yoni Kahn**; we are now un-

der the leadership of our Director of Congregational Learning, **Mel Berwin**. (YAFE, our Youth and Families programming for young families with children through 2nd grade, remains led by **Rabbi Eve Posen** and her team).

We can’t wait to spend time together with our youth this year! (See page 14-15 for specific dates and programs this fall.)

Our Youth Activities team includes:

Eden Ferede Harrell

My name is Eden Ferede Harrell and I’m 33 years old. My parents immigrated from Ethiopia to Israel; I was born and raised in Israel. I speak English and He-



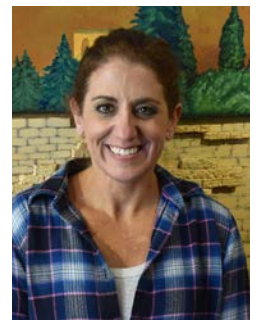
brew and know some sentences in Tigryna (my parent’s native language), but I wish to know more so I can have another secret language to use here!

I got married recently to the love of my life, Patrick, and together we are raising our Frenchie Bulldog Ruckus (aka Hamodi). I have been working with students in Portland for the past four years, and I’m looking forward to working with many age groups at Neveh Shalom, including teens and young adults.

I want all our youth to know who they are and where they came from, to understand the meaning of peoplehood, and that we’re all connected.

Leora Lubliner

I am a seasoned educator with extensive experience working within the Jewish community. Over the course of my career, I have worked as a teacher, tutor, camp counselor, drama specialist, mental health counselor, and advocate for children and teens. I am originally from the Bay Area, but I moved to Portland last year.



In addition to teaching Hebrew and Judaics in ALIYAH and tutoring B’nai Mitzvah students, I am excited to be stepping in as the new B’nai Mitzvah Coordinator this year. I look forward to these new roles supporting students and families through all these intersecting programs!

Continued on next page

Writing Lev Notes

By Brian Rohr

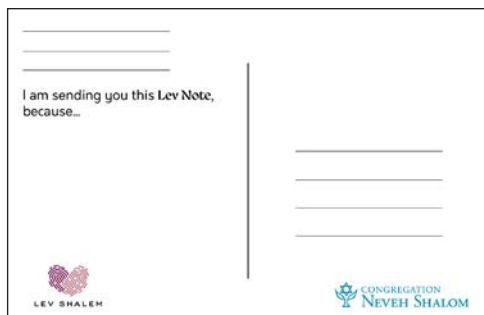
This High Holy Days you will notice something new and unique being handed out with the Machzor prayer books. In celebration of our theme of *Lev Shalem*, we will be providing Lev Notes, that is, notes from the heart. These are specially designed postcards that we will pass out in packages of five

to encourage our congregants to write notes of appreciation to each other.

Maybe there is someone who helped you out in a particular way. You can send them a Lev Note of appreciation.

Maybe you were called forth to read the daily psalm at Morning Minyan, which touched you that you were asked. You can send a Lev Note sharing how much it meant to you.

Maybe an ALIYAH, Tichon, or Foundation School teacher really showed up for your child in a special way. Send any of those teachers a Lev Note to articulate what it means that they are in your child's life.



There are many ways and many reasons to send notes to each other. As the clergy and staff of Neveh Shalom, we believe that a part of living wholehearted is to feel gratitude and share your appreciations with others, letting them know how special they are, and what their presence means to you.

Youth Activities Team *Continued*

Sarah Rohr



In addition to being Youth Engagement Activities Advisor, I have been teaching in Aliyah for seven years, the past two as the 6th Grade/ *Kitah Vav* teacher. I am an at-large member of the Jewish Community Relations Council, with a particular affinity for Legislative Advocacy. I've also served as a Mikvah guide to over fifty girls, women, and female-identified folk at

Rachel's Well Community Mikvah. My loves: being with my family, attending morning minyan, growing a rich and meaningful prayer life, turning our grassy yard into a bird and bee sanctuary, painting, writing poetry and songs, and making soup.

My motto for this year: "The only way to get it together, is together" (Rabbi Zalman Schacter Shalomi).

Yoni Kahn



I am an Oregon attorney and public policy expert specializing in the fields of Health Care and Housing. I earned a Master's degree from the Jewish Theological Seminary and studied Talmud at the Pardes Institute of Jewish Studies in Jerusalem. I live in Portland with my wife and two children. Also, I am proud to be a member of Neveh Shalom and the Portland Jewish Community.

I hope to welcome the Talmudic concept of *mahloket* (contradiction) into Jewish youth programming. We are all surrounded by a lot of "noise" as we navigate our way through the world. It can be challenging to make sense of the multitude of opinions that engulf us when it comes to making all sorts of decisions, both big and small. Each of us has an opportunity to appreciate contradictions on our quest to think for ourselves, for which Jewish text provides a beautiful guide.

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. Please visit the website for links at: nevehshalom.org/calendar.

Shevet Meditation Group

1st, 3rd, & 4th Saturdays of the month, 30 mins. after the end of Shabbat services (around 12:35pm), Stampfer Chapel
All are welcome. *SHEVET* is a new meditation group at Neveh Shalom, melding ancient and modern Jewish meditation practices with traditional awareness practices.

Cooking for Outside In

Sunday, Sept. 3 & Oct. 15, 12:00pm
Cook a meal to feed homeless teens. Contact: 8888octopus8888@gmail.com

Camp-Style Games for 3rd-6th Graders

Sunday, September 3, 3:00-5:00pm
Join other youth for camp-style games to bring the fun of summer into the year! nevehshalom.org/youthactivities23.

Sisterhood Interfaith/BIPOC Meetings

Wednesday, Sept. 6, Oct. 4, 7:00pm
Women of different backgrounds come together to discuss questions of faith and confronting social justice issues. RSVP: smallfryeterp@icloud.com.

Conservative Judaism Explained with Mel Berwin

Thursday, September 7, 7:00pm
Whether you're a new member or simply seeking greater clarity, you're invited to attend this engaging opportunity to learn about our movement's name, values, and distinguishing features.

Back to Shul 2023

Sunday, September 10, 12:30-2:30pm
Join us for music, food, and fun, a program fair to get more involved, and our ALIYAH meet-and-greet with teachers. Please RSVP at nevehshalom.org/b2s23.

Sisterhood Board Meetings

Thur., Sept. 28, Oct. 26, 7:00pm
For details, please contact Michelle limori-Goldenberg: smallfryeterp@icloud.com.

Shroud Crowd

Interested in participating to help create traditional burial clothing to be used by the *Chevra Kavod haMet*. Contact: sandyaxel@msn.com.

Wise Women Social Brown Bag Lunch

Thursday, Oct. 5, & 19, 12:00pm
Socialize and empower one another in a casual environment.

3rd-4th Grade Lunch & Games

Sunday, October 22, 12:15pm
Join other 3rd-4th graders for lunch and fun: nevehshalom.org/youthactivities23.

Sisterhood Book Club

Monday, Oct. 23 (no Sept.), 7:00pm
Discussion of *First Friends*, by Gary Ginsburg. RSVP: jenkal@comcast.net

Women's Torah Study

Saturday, October 28, 12:30pm
Join Mel Berwin for an hour of uplifting study and conversation. In-person.

5th-6th Grade Lunch & Games

Sunday, October 29, 12:15pm
Join other 5th-6th graders for lunch and fun: nevehshalom.org/youthactivities23.

Morning Minyan and Shabbat Services

Please visit the website for more info: nevehshalom.org/current-services

Morning Minyan

Monday-Friday, 7:15am (7am Jewish holidays and Rosh Chodesh; 9am US holidays); Sundays, 9:00am

Kol Shabbat

2nd Fridays, 7:15pm
Lay-led, voices-only service. All are welcome.

Saturday Morning Shabbat Service

Saturdays, 9:30am
Meditation Shabbat, 1st Saturdays

Downstairs Minyan Shabbat Service

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

Youth & Young Families

For more information, please contact Rabbi Eve at: eposen@nevehshalom.org.

Kiddush Club (K-3rd Grade)

1st and 3rd Saturdays, 10:30am
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 gather together for some Tot Shabbat fun.

4th Fridays Shabbat w/Rabbi Eve

4th Fridays, 5:15pm
Rabbi Eve leads Shabbat for families (ages 0-10), with singing, a story, and blessings.



Special High Holy Days Happenings

Form more HHD information, please visit nevehshalom.org/hhd5784.

HHD Food Drive: Operation Isaiah September 16-September 25

CNS is proud to once again hold our HHD Food Drive to support Neighborhood House. This annual collection is in keeping with Isaiah's Yom Kippur directive against empty piety: don't merely fast, but feed the hungry, and clothe the naked!

Heart & Soul: A Rock and Traditional Selichot Experience

Saturday, September 9, 8:00pm

Join us for a musical Selichot celebration. Combine the traditional with the contemporary as Rabbi Kosak and Cantor Bitton integrate traditional High Holy Day melodies with pop and rock music.

NEW THIS YEAR! Teen Rosh Hashanah Experience

Saturday, September 16, 12:00-1:00pm

Together, Neveh teens will mark the Jewish New Year with an upbeat and meaningful gathering on RH including games, meditation, and a creative process to take hold of the gift our ancestors offered: the challenge to cultivate peace in our lives and our community. Led by Sarah Rohr, Leora Lubliner, and Eden Ferede Harrell.

NEW THIS YEAR! Teachings From the Heart with the CNS Clergy

Saturday, September 16, 7:15pm

There is an ancient teaching that the way you begin your year is a sign for how it will proceed. Let's begin our year with wholehearted community. Join your CNS clergy as we mark the flow of Rosh Hashanah from one day to the next.

Shanah: A Whole Family 2nd Day Rosh Hashanah Exploration

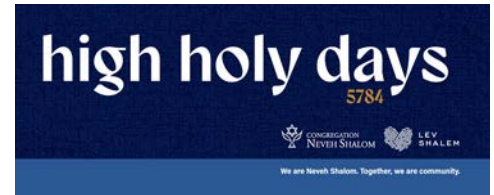
Sunday, September 17, 10:00am

Families with kids ages 0-12, join us on the 2nd day of Rosh Hashanah as we celebrate the Birthday of the World! Hear the shofar, make and taste freshly pressed apple cider, experience *Tashlich*, family-friendly hiking, and more fun! Bring your own container for cider! Questions? eposen@nevehshalom.org.

NEW THIS YEAR! Kol Nidre for Teens

Sunday, September 24, 6:30pm

Teens are invited to a creative experience with Sarah Rohr, Leora Lubliner, and Eden Ferede Harrell. We'll create a ritual to let go of what's not working in our lives and relish what is.



NEW THIS YEAR! Adult Simchat Torah in 5-D: Date, Dinner, Drinks, Dance, & Davening

Saturday, October 7, 6:30pm

This year, the adults are going to celebrate the conclusion of the Torah in grand style on Saturday night, with a D for each of the Five Books of Moses. Join us for an adult **date** night, with **drinks, dancing, dinner, and davening**. To warm the night up, we'll go south of the border, enjoying margaritas and a Mexican fiesta, all while celebrating the Book that's kept us together all these years. There'll even be a band, so make your reservations early to save your spot.

NEW THIS YEAR! Simchat Torah Youth Fun (0-6th Grade)

Sunday, October 7, 10:30am

Join Rabbi Eve Posen and Morah Sarah Rohr for Torah fun. Dance with a Torah and explore the creation story through art and drama.

Sukkot Happenings

Sukkah Building & Decoration

Build: Wed., Sept. 27, 7:30am

Decorate: Thu., Sept. 28, 10:30am

Join the Men's Club and Sisterhood for our annual Sukkah build and decoration on the Holzman Plaza. *The tear-down will be on Monday, October 9, 7:30-9am.*

Teen Service Project in the Sukkah

Sunday, October 1, 2:00pm

Join Neveh teens in a service project in the Sukkah to benefit Community Warehouse. We will shake the lulav and roll silverware for families in need. Light snack and refreshments will be served! nevehshalom.org/hhdteen5784

Young Adult Happy Hour

Sunday, October 1, 5:00pm

CNS clergy and staff invite young adults to schmooze in the Sukkah while enjoying appetizers and drinks. RSVP by 9/27: nevehshalom.org/YAHH23

Intergenerational Women's Program

Monday, October 2, 5:30pm

Women of all ages are invited to gather with Rabbi Eve Posen and others to learn in this friendly and empowering setting.

Men's Club/Sisterhood Night in Sukkah

Tuesday, October 3, 6:00pm

Enjoy a dairy potluck together this Sukkot. Shake the lulav, eat, and be merry.

ALIYAH K-6th Grade Family Dinner

Wednesday, October 4, 5:45pm

Join us for a warm and friendly dinner in the Sukkah! 3rd-6th grade forest treasure hunt at 6:15pm. RSVP required: nevehshalom.org/ALIYAHSukkot2023

Wise Women & Wondering Jews

Thursday, October 5, 12:00pm

Join other seniors and empty-nesters for this fun social lunch in the Sukkah!

Foundation School Families Pizza in the Sukkah

Thursday, October 5, 5:00pm

Spend time with your child's teachers and other families! RSVP: crothstein@nevehshalom.org

Member News

Mazel tov to Neil Simon on his graduation from Portland State University with his Master in Public Administration.

Mazel tov to Susan Greenberg on her promotion to becoming the new Executive Director at Jewish Family and Child Service (JFCS).

Mazel tov to Evan Bernstein who was recently named "Executive of the Year" by the *Portland Business Journal* for his work at Pacific NW Properties.

MAZEL TOV! The Khavul family welcomed new baby **Golda Louise** on July 6. Mom (**Gina**) and baby are doing well; Dad (**Mike**) is overjoyed, and sisters (**Raya, Miriam, and Leah**) are thrilled with the newest addition to the crew.



Nancy Diamond is proud to announce that her son-in-law, Lt. Commander Brendan Good, Health Facilities Planner & Project Officer in the US Navy, has graduated from UCSD's School of Global Policy and Strategy with a Master's in Advanced Studies in International Affairs, Asian Pacific and Latin America Security tracks.

Mazel tov to member Jonathan Singer and Dan Scheinman (son of member **Sherry Scheinman**) on being recognized at *Portland Business Journal's* "40 under 40" celebration on July 13. Jonathan says, "I love this wonderful city and am proud to be a small part of helping build community here, whether through my legal work in the real estate and development sphere with Barg Singer Hoesly, my philanthropic work as Chair of the Oregon Jewish Community Foundation and elsewhere, my involvement in civic affairs, or my time connecting with family, friends, and neighbors." Sherry writes about her son, "Dan was selected as one of the top 40 rising professionals in Portland for his many years of setting team records for partnership revenues while working with the Portland Trail Blazers and more recently for the success of establishing his company, Priority Partnerships, in which he uses the power of sports and entertainment to create high impact sponsorships for brands, teams, and events in the Pacific NW and beyond."

Mazel tov to Mitch Elovitz who performed as part of Rock Voices Portland, a rock choir, on Sunday, August 6, in Lake Oswego.

Mazel tov to Tichon Art Teacher, Youki Iimori, son of **Michelle Iimori-Goldenberg and Randall Goldenberg**, whose painting is going to be in the juried

art exhibit at the Vancouver Arts and Music Festival the beginning of August!

We are delighted to share the news of the birth of Matan Emlen Reid, son of Ariella and Joshua Reid in Seattle, grandson of **Matt, z"l and Elana Emlen**, and Wallace Reid & Jayne Carlin, great-grandson of **Rabbi Joshua & Goldie Stampfer, z"l** and Arthur, z"l and Bitsy Emlen, and great-nephew of **Carol Stampfer**.



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

We regret to inform you of the passing of CNS member **Terry Abrahamson, z"l**, who died on June 11. She was predeceased by her husband, **Richard Abrahamson, z"l**, and is lovingly remembered by her sons Benjamin Abrahamson and Nathan Abrahamson.

We regret to inform you of the passing of CNS member **Mira Shoykhet, z"l**, who died on June 14. She is lovingly remembered by her brother **Yury (Bella Sheykman) Shoykhet** and her son Alexander Apopyan.

We regret to inform you of the passing of CNS member **Sima Govshiyevich, z"l**, who died on June 21. She is lovingly remembered by her husband, **Isaak Govshiyevich**; her granddaughter, Elena (Gene Telengator) Goshiyevich; great-granddaughter, Diana Telengator; and her cousin, Peter (Alla) Tolchinsky.

We regret having to inform you of the passing of Miriam Avivah Cohen (z"l), mother of **Lisa Cohen (Scott) Greenfield**. She was beloved by so many, and her passing will leave an enormous void. She was preceded in death by William (z"l), her husband of 50 years. Miriam is remembered by her brother Eli Dubrow, her sister Ruth Kremer, her two adoring daughters (**Lisa & Nancy**), and five precious grandchildren (**Mayah, Tali**, Sophie, Daniel, and Jack).

We regret having to inform you of the passing of Rev. Jeffry Barnes, z"l, on July 3. He is lovingly remembered by his wife Shirley; children, **Arzélle (Jeff) McAllister**, Rachel (Chris) Hertel, and Prairie (Cal) Bryant; grandchildren, **Méabh** and **Ziva**, Aled Hertel, Amalia Prohofskey, Aneurin and Auggie Bryant, and great-grandchild, Grey Prohofskey.

We regret to inform you of the passing of CNS member and past-president, **Arnold Cogan, z"l**, on Friday, July 14. He is lovingly remembered by his wife of 70 years, **Elaine Cogan**; children Leonard Cogan, Mark (PJ) Cogan, and Suzanne (Bob) Van Brocklin; sisters **Carol Koranda** and Judy Ross; grandchildren Elizabeth, Kate, Meg, David, Annabelle, and Rodrigo; and great-grandchildren Jovie and Remy. Arnold was a president of CNS from 1988-1990, and a long-time supporter of the congregation.

The congregation gratefully acknowledges the following contributions:

A.E. ROSENBERG LECTURE FUND

in memory of

Stan Constantine from Gary Constantine

ADULT EDUCATION FUND

in honor of

Sheri Cordova from Jack & Melanie Birnbach

ALIYAH DONATION

in memory of

Mark Raphael from Rosalyn Andronesco
Sidney Weger from Elisa Weger
Arline Rae Weger from Elisa Weger

ALIYAH DONATION

in memory of

Sam Schwartz from Lawrence & Elizabeth Schwartz

BECKY MENASHE BOOKSHELF FUND

in memory of

Sol Ezra Menashe from Sandy and Wendi Menashe
Samuel Schaffer from Bill & Carmela Schaffer

CAMP SOLOMON SCHECHTER FUND

in honor of

Vic Menashe from Ben & Ian Getreu

in memory of

Harold Goodman from Sharlene & David Harvey

CANTOR'S DISCRETIONARY FUND

in appreciation of

Cantor Eyal Bitton from Anne Glickman
Cantor Eyal Bitton from Miriam Berlin

CEMETERY FUND

in memory of

Marvin Brenner from Marlene Brenner
Harold Goodman from Rosalie Goodman
Ann Grant from Judy Menache
Bill Hoffman from Marvin & Barbara Wolf
Edward Nottick from Jacqueline Constantine
Rich Peizner's brother from Marlene Brenner
Iosif Talal from Gennady & Irina Talal & Family

CNS150: FUNDING OUR FUTURE

in memory of

Eugene Abrams from Marlene Abrams

DAVID & ROSALIE LESCH CAMP FUND

in memory of

Albrecht Bacharach from Harold & Jacqueline Lesch
Robby Whorton from Jeanette Philan

DONNA JACKSON MEMBERSHIP ENRICHMENT FUND

in honor of

Nat W. Jackson from Myra Jackson

EDDY SHULDMAN DOWNSTAIRS KIDDUSH LUNCHEON FUND

in memory of

Ricardo Berdichevsky from Rosana Berdichevsky

ELAINE & GLORIA SCHILLER

BOOKSHELF FUND

in memory of

Ben J. Lowenthal from Thelma Geffen

FELDSTEIN LIBRARY FUND

in memory of

Douglass Decherd from Glenn & Martha Decherd
Charlotte Eiseman from Ronald & Rebecca Eiseman
Arthur Eisenhardt from Ronald & Rebecca Eiseman
Matthew Rudolph from Steve Rudolph & Sheryl Sachter-Rudolph
Terry Lorraine Rudolph from Steve Rudolph & Sheryl Sachter-Rudolph
David Sachter from Steve Rudolph & Sheryl Sachter-Rudolph
Blanche Stein from Steve Rudolph & Sheryl Sachter-Rudolph

FOUNDATION SCHOOL - STAFF

APPRECIATION

in memory of

Jillian Ben Ezra from Conrad & Abby Myers

FOUNDATION SCHOOL FUND

in honor of

Mary & Richard Peizner from Rosalie Goodman

in memory of

Jaye Gottlieb from Julie Gottlieb
Irving Leopold from Rhoda Leopold
Miriam Myers from Conrad & Abby Myers
Harry Rodinsky from Rhoda Leopold
Danna Schaeffer from Benson Schaeffer
Rebecca Schaeffer from Benson Schaeffer
Seymour Singer from Ellen Singer & Eamon Molloy

GENERAL SYNAGOGUE FUND

get well wishes for

Geri Luxenberg from Elliot & Suzanne Axel

in memory of

Mr. & Mrs. Joseph Beizer from Leonid & Ana Smetana
Marvin Brenner from Robert Greene & Michele Brenner
Marvin Brenner from William Brenner & Julia Waco
Ellen Bursztyn from Margarete Collier
Michail Chernobelsky from Naum & Deena Chernobelsky
Arnold Cogan from Alan & Eve Rosenfeld
Arnold Cogan from Allan & Susan Abravanel
Arnold Cogan from Joseph Maser & Marsha Lipets-Maser
Arnold Cogan from Mathew Epstein
Lois David from Howard & Wendy David
Aaron David Matza from Richard & Judith Matza
Cecilia Dolores Gregory from Michael & Chris Feves
Bertha Esformas from Maria Esformes
Ida Fox from Dana & Jeremy Sacks
Mr. & Mrs. Pavel Golberg from Leonid & Ana Smetana
Jacob Hamburger from Jeff Hamburger
Carole Kaufman from Julian Kaufman
Nina Khatayevich from Yevgeniy Khatayevich

Irving Leopold from Michael & Gretchen Leopold

Harry Lomsky from Geri Matin
Ruth Melzer from Alan Melzer
Ida Miroshnik from Moisey & Faina Talal
Igor Perepelitsky from Nadejda Perepelitsky
Henry Raiton from Jack & Joanne Raiton
Steven Ray Berry from Bonnie Berry
Abraam Resman from Sharlota & Jane Aginsky
Betty Schneiderman from Martin & Sharyn Schneiderman
Menasha Shkolnik from Roza Markus
Elizaveta Smetana from Yakov & Anna Smetana
Esther Sturman from David Sturman

GENERAL SYNAGOGUE FUND

get well wishes for

Sheri Cordova from Jack & Barbara Cordova

in appreciation of

Fred Rothstein from Rick & Sharyl Vagy

in honor of

Fred Rothstein from Jeffrey Menashe & Wendy Gutmann

Bob Sorkin from Samuel Gottlieb & Carolyn Gorin

in memory of

Gaby Barde from Ralph Miller
Jeffry Barnes from Noah Kressel & Lisa Katon
Judith Berdichevsky from Mario Berdichevsky
Jack Berman from Barbara Dreyfus
Minnie Brandow from Mark & Cindy Braverman
Marvin Brenner from Mark Brenner
Arnold Cogan from Alan Blank & Ellyn Sternfield
Arnold Cogan from Jerry & Gayle Marger
Arnold Cogan from Stephen & Beverly Bookin
Leigh Cohn from Robert & Holly Cohn
Stanley Constantine from Dan & Bonnie English
Stanley Constantine from John & Sandra Fulcher
Lou Fant from Barbara Bernstein Fant
Dick Goodman from Lorraine Lichtman
Jean Greenberg from Nelson & Bela Friedman
Eleanor Haas from Adam Haas
Inge Hamburger from Jeff Hamburger
Mildred C. Kahn from Gary & Judith Kahn
Irv Leopold from Gary & Heidi Grenley
Eleonora Litvin Khvoynitzka from Boris Litvin
Edward Miller from Sheila Gelber
John H. Miller from Ralph Miller
David Nelson from Marlene Abrams
Joyce Perkel Winkler from Robert & Harriet Perkel
Frances Petersen from Barbara Bernstein Fant
Alan Philip Ostrow from Stephen & Claudine Ostrow
Francine Reingold from Jeffrey Reingold
Albert Rosen from Mark & Cindy Braverman
Lillian Rosen from Mark & Cindy Braverman
Revka Rosenbaum from Simon Moraru
Morris Titelbaum from Michael & Barbara Titelbaum
Sveta Tolchinskaya from Peter & Alla Tolchinsky
Sigmund Weissner from Steven & Tess Caplan
Jerome Zeffren from Paul & Joan Sher

GLADYS & JOSEPH FENDEL CAMP FUND

get well wishes for

Mara Woloshin from Laurie & George Fendel

in honor of

Laurie and George Fendel from Jack & Melanie Birnbach
Benny Woloshin from Laurie & George Fendel

HESED CARING FUND

in appreciation of

Abraham's Closet from Helaine Gross

in honor of

Sheri Cordova from Jack & Barbara Schwartz

in memory of

Joseph Cordova from Lee & Sheri Cordova
Robert Avram Golden from Lee & Sheri Cordova
Anna Reiser from Lee & Sheri Cordova

HONIGSTOCK EDUCATIONAL SCHOLARSHIP FUND

in memory of

Tillie Kaufman from Bruce & Sheila Stern

HUNGER RELIEF FUND

in appreciation of

Brian Suher from Victor & Toinette Menashe

in honor of

Bev & Ian Getreu from Victor & Toinette Menashe

Sara and Liad from Sandy and Wendi Menashe

in memory of

Arnold Cogan from Victor & Toinette Menashe
Michael Andrew Katz from Sue Katz
Bertha Oxman from Harvey & Ruth Oxman
Joseph Rosenberg from Victor & Toinette Menashe
Solomon Smith from Sue Katz

HY & MYRA JACKSON ELEVATOR FUND

in memory of

Stanley Constantine from Jacqueline Constantine
Joseph Constantine from Jacqueline Constantine
Ethel Ehrlich from Susan & Leonard Moskowitz
Harry Jackson from Myra Jackson
Heidi Leher Kaplan from Howard & Wendy David
Natalie Leher from Howard & Wendy David
Barney Liebreich from Geraldine Roth
Joseph Montrose from Myra Jackson
Ike Roth from Geraldine Roth

ITAI DEWAR ADULT HEBREW LEARNING FUND

in honor of

Dana Sirkin from Jack & Melanie Birnbach

LEAH/MARK RUBIN FS FUND

in memory of

Harold J. Cohan from Harvey & Ruth Oxman

Continued on page 19

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

Affordable Family Memorials

CALL FOR AN APPOINTMENT

(503) 515-7640

affordablefamilymemorials.com

"Memorials Made By Our Family for Yours"

SIX POINTS TO CONSIDER

1. Strict adherence to Jewish burial & funeral customs
2. Close to Ahavai Shalom Cemetery
3. Well-established facilities
4. Available 24 hours a day, seven days a week
5. Personalized & affordable
6. Plenty of parking



Call 503.246.6488
or visit
bit.ly/ShalomRiverView

LET'S GROW YOUR BUSINESS

Place Your Ad Here
and Support Our Congregation!

**CONTACT ME
Shannon Miller**

smiller1@4LPi.com
(800) 950-9952 x2257

**THRIVE
LOCALLY**

**Home Instead
SENIOR CARE**

to us, it's personal.

COMPANIONSHIP
PERSONAL CARE
ADVANCED CARE

503.894.8796

www.HomeInstead.com/805



Oregon
Jewish
Community
Foundation

Your Philanthropic Partner —
Assuring Jewish Tomorrows

503.248.9328 | OJCF.org

Party Supplies Balloon Bar Paper Goods
Gifts Balloon Installations Gift Wrap



8112 SW Beaverton Hillsdale Hwy
503.719.6416

www.cheerstoyoupartygoods.com



Send flowers in Portland for \$28 with free delivery.
We deliver little bunches every Wednesday and Friday
within the Portland metro area.

www.onelittlebunch.com



Cedar Sinai Park
love. honor. respect.



Aging Your Way!

- Have a voice and be heard
- Know others and be known
- Be fulfilled and achieve your life goals
- Care tailored to each person

cedarsinainpark.org | (503) 535-4004

Independent/Assisted Living | Post-Acute Rehab | Long-Term Care | Sinai In-Home Care | Adult Day Services



ARE YOU REACHING THE MEMBERS IN YOUR COMMUNITY?

To advertise here
visit lpicommunities.com/adcreator

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



Authorized
Provider

SafeStreets

833-287-3502



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Congregation Neveh Shalom, Portland, OR

A 4C 05-0312

The congregation gratefully acknowledges the following contributions:

LEONARD BARDE CEMETERY ENHANCEMENT FUND

in memory of

Gaby Barde from Jerome Barde
Goldie Barde from Carolyn Gorin & Family

MARK AIL CAMBERSHIP FUND

in memory of

SaraBelle Ail from David & Shelley Ail
Hilda Gross from David & Shelley Ail

MAURICE SUSSMAN MITZVAH FUND

in memory of

Howard Sussman from Thelma
Lowenthal Geffen

MILT HORENSTEIN MORNING MINYAN FUND

get well wishes for

Alan Blank from Tony & Priscilla Kostiner
Sheri Cordova from Tony & Priscilla Kostiner
Sharyn Schneiderman from Tony &
Priscilla Kostiner

in memory of

Arnold Cogan from Tony & Priscilla Kostiner
Miriam Avivah Cohen from Tony &
Priscilla Kostiner
Rose Schwartz Conway from Judd &
Anne Koppel Conway
Celia Dickson Koppel from Judd & Anne
Koppel Conway
Marlene Lazarus from Jeffrey Lazarus
Fanny Lazarus from Jeffrey Lazarus
Philip Shapiro from Howard & Petra
Shapiro
Esther Ushman from David & Roxanne
Ushman
John Ushman from David & Roxanne
Ushman

MOSKOWITZ FUND

get well wishes for

Marci Atkins from Jack & Melanie
Birnback

PRAYERBOOK FUND

in memory of

Arnold Cogan from Brian Scott &
Marianne Zarkin

RABBI ISAAK DISCRETIONARY FUND

in memory of

Arnold Cogan from Lisa Marie &
Michael Lynch

RABBI JOSHUA STAMPFER EDUCATION FUND

in honor of

Toinette & Vic Menashe from Richard &
Mary Peizner
Alan Rosenfeld from Richard & Mary Peizner
Fred Rothstein from Anthony & Priscilla
Kostiner
Fred Rothstein from Garry & Judith Kahn
Fred Rothstein from Jack & Melanie Birnback
Fred Rothstein from Kathy Hasson &
Dan Schiff
Fred Rothstein from Marty & Sharyn
Schneiderman
Fred Rothstein from Melvin & Cathy Berlant
Fred Rothstein from Ronald & Rebecca
Eiseman

RABBI KOSAK DISCRETIONARY FUND

in appreciation of

Rabbi Daniel Isaak from Miriam Berlin
Rabbi Daniel Pressman from Miriam Berlin
Rabbi David Kosak from Miriam Berlin

RABBI POSEN DISCRETIONARY FUND

in memory of

Rev. Jeffry Barnes from The Sapoznikow
Family
Ben Benson from Jeffrey Melnick &
Dana Benson-Melnick
Lillian & Gilbert Sussman from Arden &
Lois Shenker

ROBBIE BALL MEMORIAL FUND FOR DARFUR

in memory of

Jack Goldstein from Melvyn & Elaine Ball
Minnette S. Salmenson from Marty &
Sharyn Schneiderman

ROSA WIGMORE HOLOCAUST EDUCATION FUND

in memory of

Louis Wigmore from Peter Wigmore &
Randy Katz

SAPERSTEIN CHAPEL FUND

in memory of

Sylvan S. Saperstein from Taya Meyer
& Family

SISTERHOOD SCHOLARSHIP FUND

in honor of

Bob Weiner from Dana, Ben & Corina
Weinstein

in memory of

Gussie Cooper from Elliot & Suzanne Axel
Enid Lee Watsky from Elliot & Suzanne Axel
Enid Lee Watsky from Jack & Melanie
Birnback
Enid Lee Watsky from Joshua & Elisa Stevens
Enid Lee Watsky from Lisa Marie &
Michael Lynch
Enid Lee Watsky from Samuel Gottlieb
& Carolyn Gorin

SYLVIA PEARLMAN MEMBERSHIP ENHANCEMENT FUND

in memory of

Arnold Cogan from Gary & Sylvia Pearlman
Sam Schwartz from Jack & Barbara Schwartz

TIKKUN OLAM FUND

in memory of

Arnold Cogan from Bob & Lesley Glasgow
Enid Lee Watsky from Seth & Susan Garber

TOINETTE MENASHE BOOKSHELF FUND in honor of

Toinette & Victor Menashe from Jeffrey
Menashe & Wendy Gutmann
Toinette & Victor Menashe from Rosalie
Goodman

in memory of

Louis J. Rosenberg from Victor &
Toinette Menashe
David Solomon Menashe from Rosalyn
Menashe
David Solomon Menashe from Victor &
Toinette Menashe

TORAH REPAIR FUND

in honor of

Priscilla Kostiner from Gary & Carolyn
Weinstein

in memory of

Phyllis Roberts Spielman from Sheri Katz
& Joel Mullin

USY/KADIMA/JR KADIMA

in memory of

Arnold Hopper from Jim Hopper

WEINSTEIN CHAPEL FUND

in memory of

Jacob Rapoport from Gary & Carolyn
Weinstein
Joyce Rapoport Saltzman from Gary &
Carolyn Weinstein

YONI SUHER FUND

in honor of

Dave and Debbie Menashe from Sandy
and Wendi Menashe

in memory of

Arnold Cogan from Debbie Menashe
Arnold Cogan from Stephen & Diana Sirkin

VIVA LA MATZO BALL

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

MOTHER'S FOOD FOREVER

Breakfast • Lunch • Dinner

MOTHER'S

BISTRO & BAR

mothersbistro.com
503.464.1122
121 SW 3rd Ave
Portland, OR





Please recycle *The Chronicle* when finished

Wondering Jews visit OJMCHE



Shabbat on the Plaza



YAFE park hangout



Sisterhood hike to Cape Horn



NEVEH SHALOM'S

BACK TO SHUL 2023

**Sunday,
September 10
12:30-2:30pm**

**Congregation Neveh Shalom
2900 SW Peaceful Lane, PDX**

TIKKUN OLAM DRIVE

- School Supplies drive benefiting Barnes Elementary School
- Please bring NEW school supplies to help kids kick off the school year



Registration at:
nevehshalom.org/b2s23
Or scan the QR code



✱ Hot Dog Lunch!

✱ Library Grand (Re)opening

✱ ALIYAH Meet & Greet

✱ Music, Activities, & More!



CONGREGATION
NEVEH SHALOM

SHANAH: A WHOLE FAMILY 2ND DAY ROSH HASHANAH EXPLORATION



HAPPY BIRTHDAY... TO THE WORLD!

September 17, 10:00am | Congregation Neveh Shalom | Free

Join us for a Birthday Party for the World! For families with kids ages 0-12. Hear the shofar, make and taste freshly pressed apple cider, experience Tashlich (symbolic reflection on our missteps over the past year), family-friendly hiking, and more fun! Bring your own container for cider if you'd like to take some home! Questions, contact: eposen@nevehshalom.org.

