

CELEBRATE

ELUL

5783 | 2023



with
Havurah Shalom

Havurah Shalom is celebrating the Hebrew month of Elul! As Elul precedes Rosh Hashanah and Yom Kippur, we use this time for study, reflection, and mental and spiritual preparation. All are invited to attend our gatherings, which span spiritual, text-based, political, ecological and creative topics. We hope you will find them enriching, fun, moving, and worthwhile.

To learn more about a listing or to RSVP, please click the title to go to our website. When you RSVP, a Zoom link will be emailed for any classes taking place online. Where the location is listed as Havurah Shalom, the event will take place at our building at 825 NW 18th Ave. If you have any questions, please email the event leader or info@havurahshalom.org.

Classes and Events

Safety and Situational Awareness: Useful Skills For Greeters, Ushers, and All Members

[Session 1](#): 1 pm, Sunday, Aug. 13 — Zoom Room Heh

[Session 2](#): 6:30 pm, Wednesday, Sept. 6 — Zoom Room Heh

[Session 3](#): 1 pm, Sunday, Sept. 10 — Havurah Shalom

Choose your session!

During Elul, all Havurah members are warmly encouraged to sign up for our safety and awareness training, listed in the Elul offerings as Greeter and Usher Training. While anyone who is interested in ushering at High Holidays or in being a greeter at High Holidays and at Havurah throughout the year is encouraged to take this training, it's not just for greeters and ushers! This training gives you valuable skills around situational awareness, welcoming, and de-escalation (among others) that can benefit everyone. You will learn how to respond appropriately to challenging sit-

uations that can come up in anyone's life — at home, at work, at school, or out in the community. There will be three identical offerings of this one-hour class, two on Zoom and one in person at Havurah.

Questions? Please reach out to Joel Bettridge or [Rachel Pollak](#).

Make Your Own Tallit

4 pm, Sunday, August 13 — Havurah Shalom

This is a tallit making class for anyone who has ever wanted to create their own, taught in person at Havurah by Laine Barbanell Schipper and Carolina Martinez.

Laine will teach about the history of tallitot and demonstrate how to tie tzitzit. We will practice tying the tzitzit after Laine explains the knotting. We will have string available for practicing.

We will also have a design component facilitated by Carolina, where we will discuss materials (cotton, linen, silk, satin, a shawl) and decoration types for the tallitot (sewing, appliqué, embroidery, fabric or silk paint). We will talk about sizes of tallitot and the type of atarot (the neckline element that sometimes has the prayer for donning a tallit). We will also talk about tallit clips. All of this is to ensure the tallit you create fits well, so you can proudly wear it.

Life Story Midrash: Uncovering Deeper Meaning in Our Life Stories

7 pm, Tuesdays, Aug. 15, 22, 29 — Zoom Room Dalet

Led by Tivona Reith. The ancient rabbis used midrash—meaning "inquiry"—to create new stories that explained contradictions, filled in gaps, or explored deeper meaning in Biblical stories. Using "Life Story Midrash" developed by Rabbi Dayle Friedman, we will "inquire" into our own life stories through individual writing and chevruta (paired) discussion. We will study traditional midrash, and then creatively reimagine and rewrite personal stories that—as we approach the High Holy Days—beckon our attention, with an eye toward "embracing our fragmented stories as a coherent, meaningful narrative." (Each class builds on the next, so participants are strongly encouraged to attend all three sessions.)

Hebrew for Prayer: A Close Look at Avinu Malkeynu and Other Prayers

6:30 pm, Wednesday, Aug. 16 — Havurah Shalom

Led by Patty Magid-Volk. Come explore Avinu Malkeynu and other key prayers of the High Holiday liturgy. We will be looking through the lens of Hebrew grammar and vocabulary in order to gain some translation skills and find essential meanings of the prayer(s). It is helpful to be able to decode the aleph-bet, although not necessary if you are comfortable with transliteration.

Family Storytelling for Rosh Hashanah

6:30, Thursday, Aug. 17 — Zoom Room Bet

Eric Kimmel will be telling three stories from his Rosh Hashanah book Days of Awe. Join us on Zoom with your elementary-aged kids for a fun way to welcome in the High Holiday season.

Daily Shofar

Aug 18. through Sept. 15 (except Shabbat) — <https://www.havurahshalom.org/event/daily-shofar-blast.html>

Daily Elul Kavannah and Shofar blasts will be posted on the Havurah Shalom Facebook page by Diane Chaplin, Howard Patterson & Andrine de la Rocha. [Visit the page here](#) for the daily post.

Creative Ways to Express Your Grief

Sundays, Aug. 20; Sept. 3 — Zoom Room Bet

First and third classes take place 2-4 pm; second class takes place noon to 2 pm

Led by Ericka Kimball and Carolina Martinez. In these three sessions, we will develop creative ways to honor and memorialize loved ones we have lost. We welcome you to come into the space at any place emotionally you are at with grief you hold in your heart. We will share ideas for coping that first year and beyond, from a mental/emotional level to a creative level (however that looks for you—all ways are important and valued), and we will hold a safe space for any feelings that come up during our time together to share stories and memories.

Exploring Jewish Humor

2 pm, Sunday, Aug. 20 — Havurah Shalom and Zoom Room Dalet

Author and playwright David Fuks will share his perspective on Jewish humor as a source of resilience and as a response to struggle and anger. David will share a few stories and ten-minute one act plays as well as a few favorite jokes. Please join us for an afternoon of affectionately shared insight.

Songs of Teshuvah/Turning Sing-A-Long

7 pm, Monday, Aug. 21 — Havurah Shalom

Led by the Havurah Music-Makers. Usher in Elul, the month leading up to High Holidays, with song! Join us at Havurah as we get into the spirit of the season with a full-throated group sing-along. We will till the soil of our souls through songs, both familiar and new, in English and in Hebrew, on teshuvah, transformation, and welcoming the new year. No experience necessary. Just bring your enthusiasm for singing in community! Contact Julie Walcer for questions.

Kabbalah for T'shuvah

7 pm, Thursdays Aug. 24, 31; Sept. 7, 14 — Havurah Shalom

Led by Harriet Cooke. Four-week class for exploring our understanding of and relationship with God for T'shuvah. Through meditation, journaling, reading and discussing excerpts from Rabbi Alan Lew's book, "This is Real and You are Completely Unprepared", and Rabbi Abner Weiss's book, "Connecting to God, Ancient Kabbalah and Modern Psychology", we'll turn the ideas of Elul into the practice of Elul. Limit 10 participants.

Return of the Beavers: A Walk Along Fanno Creek

8:30 am, Sunday, Aug. 27 — Fanno Creek

Led by Jeffry Gottfried. This walk/hike will focus on the environmental transformation of an urban/suburban watershed by beavers. We'll observe and discuss the rise in the water table and resulting growth in vegetation, underground storage of water, flood control and learn about the positive effects of the return of beaver to the Fanno Creek watershed. Please note this program will require walking about 1.5 miles on uneven and at times muddy ground.

Temperature Tapestry Climate Project

Session 1: 10 am, Sunday Aug. 27 — Havurah Shalom

Session 2: 11:15 am, Sunday, Aug. 27 — Zoom Room Heh

Choose your session!

Led by Judi Soloway. Want to be part of another meaningful art installation at Havurah? Let's gather and get Creative for the Climate! We will be knitting, crocheting, weaving, etc. a tapestry that tracks the temperature during different times in history up to the present for Portland, Oregon. Coordinating colors, we will make stripes representing the temperature. For example, red for the hottest and purple or blue for the coldest, with other colors representing in-between temps. Using weather data, we will make rows that designate the high temperature for that day in Portland. We will meet at Havurah in person and then right after virtually to get started together.

Conversation About Our Pilgrimage to the Deep South: Reckoning with Our Shameful History of Racism

3 pm, Sunday, Aug. 27 — Havurah Shalom

Led by Barbara Gundle, Bob Brown, Karen Sherman and Denny Karas. An informal discussion about the pilgrimage taken by four Havurah members in March to Alabama and Georgia with 200 other Reconstructionist Jews from around the US, including twenty Jews of color, some of whom were rabbis of color. Highlights were Bryan Stevenson's Legacy Museum and Memorial to lynching victims, the Rosa Parks Museum, hearing from survivors of Bloody Sunday in Selma, and attending Sunday church service at the Ebenezer Baptist church, founded by Martin Luther King, Jr.

Ice Cream Social with Our Houseless Neighbors

7 pm, Sunday, Aug. 27 — Havurah Shalom

The Poverty and Homelessness Committee will be holding a face-to-face social gathering in our courtyard for Elul. As a way of saying thank you to all who appreciate and respect our courtyard space, and to remind us to recognize each other's basic humanity, we will hold a simple ice cream social where people can sit together and enjoy a treat. Not to discuss social problems, not to offer service, just share with folks who so often can feel invisible—a small way of gaining understanding for all who attend. We believe this event is in the spirit of Tikum Olam and Teshuvah. Questions? Please reach

out to Steve Rudman or Gloria Halper, from the Poverty and Homelessness Committee.

[Peter Beinart: Reparations and the Palestinian Right of Return as a Form of Teshuva](#)

5 pm, Tuesday, Aug. 29 — Outside Zoom Room

Peter Beinart will soon take part in a nationally organized and conducted conversation with Rabbi Laurie Zimmerman of Reconstructionist Congregation Shaarei Shamayim. He will discuss Reparations and the Palestinian Right of Return as a Form of Teshuvah for the Nakba. This event is co-sponsored by the Israel/Palestine Committee. The following week, Rabbi Benjamin will lead a Havurah discussion on the issues Beinart addresses. Questions? Please reach out to Lee Gordon or Joel Beinin.

The Play of Turning and Returning

[Session 1](#): 7 pm, Wednesday, Aug. 30 — Havurah Shalom

[Session 2](#): 7 pm, Thursday, Aug. 31 — Zoom Room
Heh

Choose your session!

Led by Cassandra Sagan. Using simple, incremental birthright practices of story, voice, movement, and stillness, we'll enter the text and discover our own personal midrash, stories, chochma flashes (insights, ahas!). Open to everyone: cultural creatives and recovering serious people, newbies and scholars. Childcare will be provided.

[Intro Meeting: Chodesh Tov! Mazel Tov!](#)

7 pm, Wednesday, Aug. 30 — TBA

Led by Andrine de la Rocha. On the full moon of Elul, come to the introductory meeting of Havurah's gender-inclusive New Moon group. We will learn and celebrate each Rosh Chodesh through the year with ancient and contemporary ritual. Open to any and all genders, inviting each to connect with our closest heavenly body, the Moon. We will meet outside, weather permitting. Bringing masks is encouraged. Bring a chair or blanket to sit on if desired. If there is a weather issue, we may meet on zoom instead.

[Discussion of Beinart Talk with Rabbi Benjamin](#)

7 pm, Tuesday, Sept. 5 — Havurah Shalom and Zoom Room Dalet

A week following Peter Beinart's talk on "Reparations and the Palestinian Right of Return as a Form of Teshuvah for the Nakba", Rabbi Benjamin will lead a Torah and values-based discussion of the complex issues raised.

[Jonah: A Deep Dive During Elul](#)

7 pm, Tuesday, Sept. 5 — Havurah Shalom

Join Emily Simon to learn and discuss many of the myriad interpretations of Jonah—all the way from Herman Melville to feminist theorists, to our very own previous Havurah teen drashes (and if you don't remember the teen drashes—it's even more reason to come!). Expect to have a good time, find out what resonates for the class, and then... if you are willing... be prepared to participate in the Mincha service on Yom Kippur. Readings will be emailed ahead of class. Familiarity with the Jonah story is much appreciated but not required.

[A Reparations Primer](#)

6 pm, Wednesday, Sept. 6 — Zoom Room Dalet

Led by Bob Brown. Considerations about reparations are complicated. This causes any meaningful discussion about reparations not to go anywhere. This discussion will not answer many questions but will provide a framework for thinking about what it means to plan for a reparations program. The hope is that people will learn the language and tools to discuss reparations. This discussion might also motivate people to participate in our 5-part class offering about reparations offered by the Racial Justice Committee in the fall.

[Growing a Tree of Intentions After the Al Chet](#)

7 pm, Thursday, Sept. 7 — Havurah Shalom

Led by Elianne Lieberman. How do you make baring your soul (anonymously) fun? By participating in a ribbon tree project! Participate in this kick-off event of the Ribbon Tree Project, a way to inspire each other as we begin the new Jewish year. The Yom Kippur Al Chet prayer has us examine where we "missed the mark" in the past year. After taking a closer look at the prayer, and using a Tikkun Olam (repairing the world) lens and personal reflectional time, we'll start creating a tree of intentions and hope for the coming year.

[Birding at Bybee](#)

10 am, Sunday, Sept. 10 — Smith & Bybee Wetlands Natural Area

Meet outside at Smith & Bybee Wetlands Natural Area in North Portland for a leisurely walk on the paved Interlakes Trail to look for birds. Join experienced birders Cindy and Andrew Merrill to see how many different species we can find and identify together. Birding expertise is not required, but interest in nature is helpful. Wheelchairs and strollers are welcome, but *bikes and dogs are not permitted*.

[Make Your Own Tzedakah Box](#)

2 pm, Sunday Sept. 10 — Zoom Room Heh

Led by Carolina Martinez. Make your own tzedakah box using a wooden box from the craft store! All ages are invited, and this is a great project to do with friends or family.

Let's learn together about the Jewish concept of a tzedakah boxes, and then talk about organizations or causes we might want to donate our tzedakah money to, that feel near and dear to our hearts. We will have a short breakout room time to chat with fellow students about

the topics we discussed. Then we will have an hour to make the boxes. Please RSVP to receive the supply list and handouts in advance.

We will decorate with Elmer's glue and colored papers: tissue paper, origami paper, wrapping paper, collage paper. When complete, we will paint a layer of matte acrylic medium over it to seal the paper, then dry it with a hair dryer. Or you can paint the box with acrylic paint and dry it the same way, sealing it with the matte acrylic finish as a top coat. We will pick a Jewish design or symbol(s) to place on the tzedakah box either during or after the first layer of decoration. If you want to attach beads, sequins, or jewels with a glue gun, have those ready at home too.

At the end, you will have a precious place to put tzedakah money before it goes to the charity of your choice.

[Music Makers Jam Session: Jewish and Folk Songs of Returning/Teshuvah](#)

7 pm, Monday, Sept. 11 — Havurah Shalom

Play music with fellow Havurah Music Makers at an Elul themed Jewish and folk music jam session. Bring music to share. Questions? Contact Julie Walcer.

Looking for High Holidays information? Complete information including service schedules, Tashlich, and volunteering opportunities will be published and emailed to members on August 15. If you have any questions, please email info@havurahshalom.org. We look forward to celebrating with you!