



August 2023  
Vol. 45, Issue 10

# Hakol • הקול

## Into This Season with Gentleness

By Rabbi Benjamin Barnett

I've been reading the poet Ross Gay's beautiful collection of short essays, *The Book of Delights*. I'm sure I'll share more during the High Holidays, but I wanted to offer a passage now that has been resonating for me.

It's one that, in my mind, provides essential guidance as we head toward our season of Teshuvah, repentance and repair.

He's describing a moment when, sitting in a cafe, he sees a man preparing to leave who, upon noticing the rain outside, opens his umbrella while still inside. "I saw him giggle to himself," Gay writes, "realizing, I think, what he had done...and so lowered his umbrella and walked quickly out, with a smirk that today I read as a smirk of gentleness, of self-forgiveness." Gay then offers this reflection on the incident: "Do you ever think of yourself, late to your meeting or peed your pants some or sent the private e-mail to the group or burned the soup or ordered your cortado with your fly down or snot on your face or opened your umbrella in the bakery, as the cutest little thing?"

*The Book of Delights* is filled with touching moments like this one. Often humorous, consistently loving, kind, and gentle — toward others as well as the author himself. These qualities of gentleness and light-heartedness are what moves me so much about this passage. The truth is that when I do something foolish or make a mistake or ruin something I'm working on, I often do not actu-



Second-graders at Transition Project in 2015 are pleased to be helping others.

ally give myself that kind of grace. And in our culture, I know I am far from alone.

Which is why I wanted to share this passage now. Rosh Hodesh Elul, the beginning of our 40-day season of Teshuvah, falls on August 16 this year, so we will soon begin that period of honest self-examination, reflecting on where we have caused harm and how we aspire to change. However we choose to or are able to, I encourage us each to embrace this season in some way. And as we do, I urge us to heed Ross Gay's wisdom. If we approach our self-accounting primarily through a lens of disappointment and judgment, we will likely entrench ourselves further in patterns we are hoping to upend. Gentleness and self-forgiveness

aren't just nice add-ons. They are crucial portals toward growth and transformation.

Jack Kornfield writes of how the Zen master Shunryu Suzuki told a disciple, "You are perfect just the way you are. And...there is still room for improvement!" This paradox is one we'd be wise to embrace as we begin our season of self-accounting and personal repair once again.

So as we enter this season, may it be love and kindness — for one another, ourselves, and our world — which guide us. May we be gentle with ourselves in all the ways we need to be, so that we coax out the true longing through which we might more fully become who we aspire to be.

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# Hakol • הקול

The Voice of Havurah Shalom  
Portland's Jewish Reconstructionist Community

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### Hakol Contribution Deadline

Thursday, August 17  
(third Thursday)

### Weekly Email (Hineinu)

Contribution Deadline  
Tuesdays by Noon

### Havurah Website Calendar

### Misheberach List Form

**Havurah Shalom:** Our mission is to provide a vibrant, diverse, participatory Jewish community steeped in spirituality, learning, and acts of social responsibility.

## Condolences

**Lawrence Kettler**, father of Mark, father-in-law of Janice, grandfather of Adam and Brian, died on July 9.

**Stephen Joel Fierberg**, father of Susan Fierberg and father-in-law of Greg Potter, died on July 10.

Your caring thoughts and prayers are welcome.

## B'nei Mitzvah

Havurah will call to the Torah the following B'nei Mitzvah:

September 2

**Roger BobowickVenekase**  
Child of Michelle Bobowick and Chuck Venekase

September 9

**Abraham Cogan**  
Child of Danielle Pacifico-Cogan and Daniel Cogan.

## Regular Services at Havurah

All are welcome at our services. Our [website calendar](#) provides dates and times for each. All services are hybrid, taking place at Havurah Shalom and in Zoom Room Aleph.

**Shabbat Morning**  
Saturday Mornings, 10-12 pm  
B'nei mitzvah will also take place at this time.

**Morning Minyan**  
Wednesday Mornings, 8:30-9 am

### **Kabbalat Shabbat**

Monthly, and now features nosh beforehand and an optional dinner afterward. Check calendar for schedule and to RSVP.

The **Spiritual Life Committee** welcomes any who would like to join in on planning and leading services. Our community Shabbat services are lay-led and rely on a core of volunteers with Rabbi Benjamin. Please contact the Havurah office.

## Brief Historical Overview of Israel's Founding

### Impact on Palestinians will be focus of two Elul events

*Many American Jews are reading more about Israel and have concerns about democracy there. We invite you to come learn more about the origins of the State of Israel, and what some of the good thinkers of our time have to say about it. Regardless of your opinions about what should happen next, please join us for this deep dive into one of the issues in Israel that many American Jews may not be aware of.*

The Israel/Palestine Committee is sponsoring two Elul events that encourage Havurah members to think about our role, as Jews, in how Palestinians have been treated by Israel since the founding, and how we can contribute to supporting human rights and justice for Palestinians. As with other Expanding the Conversation events that we have co-sponsored, we do not necessarily endorse the views espoused by the speakers.

Tuesday, August 29 at 5 pm – Join this nationally-organized webinar with Middle East scholar Peter Beinart presenting: **“Reparations and the Palestinian Right of Return as a Form of *Teshuvah* for the Nakba.”**

Tuesday, September 5 at 7 pm – Rabbi Benjamin will lead a Havurah-only conversation about the Beinart event. **Check the Elul information packet, the Havurah calendar, or Hineinu for details.**

We encourage reading the recent article by Peter Beinart: [“Teshuvah:](#)

### Israel/Palestine Committee

[A Jewish Case for Refugee Return: Given our history, how can Jews deny another people the right to return to their homeland?”](#)

Below is a brief overview on the history of Israel's founding, including excerpts from Daniel Sokatch's book, *Can We Talk About Israel?* and Peter Beinart's article:

Virtually all historians now agree **that in the eighteen months after Israel was created by the UN in 1947, more than 700,000 Palestinians fled from their homes, and most agree that virtually all fled because they were driven out by Israelis.** Beinart points out that “the argument against refugee return begins with a series of myths about what happened in 1948, which allow Israeli and American Jewish leaders to claim that Palestinians effectively expelled themselves.” Beinart also disputes the claim that some Jews make that because Israel accepted a comparable number of Jews from Arab states, and because those states did not accept the Palestinians, Israel has no obligation to the descendants of those who fled.

The story about what happened after the UN announced plans to create two states from British Mandate Palestine is complex and replete with violence and atrocities committed by Jews and Arabs. Despite Jews only constituting about one third of the population, the Jewish state was allotted 55% of the land and the Arab state 42.5%. The remaining

2.5% (Jerusalem and Bethlehem area) was to be internationally administered.

Sokatch writes, “[T]he leadership of Palestine's Jewish community – pragmatic, desperate to provide a haven for survivors of the Holocaust...accepted the plan. The Palestinian Arab leadership...joined with the governments of neighboring Arab countries in rejecting the proposal...But the UN partition plan was never implemented. Instead, Palestine descended into war.”

Beinart writes, “Zionist leaders accepted the UN partition plan on paper while undoing it on the ground...What the establishment Jewish narrative omits is that the vast majority of Palestinians forced from their homes committed no violence at all...Their presence was intolerable not because they had personally threatened Jews but because they threatened the demography of a Jewish state.” The proposed Jewish state was going to contain approximately 47% Palestinians and, with WWII so recent, Zionist leaders saw this as a threat to our survival.

After eighteen months of fighting, on July 20, 1949, an armistice agreement was signed between Israel and neighboring Arab states, giving Israel 78% of the territory, and giving the West Bank and East Jerusalem to Jordan. Sokatch writes, “Israel calls the Arab-Israeli War of 1947-48, the War of Independence. Palestinian Arabs call it the Nakba, the ‘catastrophe’ of their dispossession from their land. Like so much else in this conflict, both narratives are true...Today, the specter of forced population transfer is not dead at all. It is alive and well in some cor-

*(Continued on page 7)*

# HADRACHA

## The Kitchen Kvetch Reads the Signs

By Adele Thompson

I have a friend, and you probably have one too, whose car is thickly plastered with bumper stickers, an album of her social passions. It's amusing but also confusing, trying to read and sort out all those important messages. You may have a similar response if you try to make sense of the signs in an unfamiliar place, in this case the Havurah kitchen.

Today we offer a leisurely review of some of the instructions and advice currently posted, knowing that when you're in the middle of an action, you might be able to pay attention to only one or two at a time (*think of spotting ODOT highway signs while driving*). Keep in mind that there may be important guidelines which are not listed here. We hope they are broadly understood.

The overall goal is signage that is necessary, clear, succinct, and professional-looking.

Sanitation rules dictate that all items used for cooking and serving be washed in the dishwasher. Caterers are aware of this requirement, which is not posted, but members may need reminders. Instructions for washing the little kiddush cups are photo-illustrated.

Signs request no leftovers be stored in the kitchen, so when you provide food, bring a few small containers if you hope to distribute the

leftovers.

Recycling posters provided by the city answer most questions, and further information can be found at [RecycleOrNot.org](http://RecycleOrNot.org) or you can contact [Metro's Recycling Hotline](http://Metro's Recycling Hotline). Please learn the system if you are participating in it.

The kvetch offers ongoing instruction on one point, namely, the difference between residential and commercial green bins. To summarize, at Havurah, soiled paper napkins and pizza boxes are classified as garbage, although you may choose to take these home, where you can treat them as compost. The kvetch almost always supports this route.

The freezer has a temperature readout that everyone using the kitchen should glance at: the goal is something below zero. Let Rachel know of deviations. Refrigerator temperatures should be 40° or lower. There is no built-in thermometer in our refrigerator so portable ones have been placed there from time to time, but they have disappeared so quickly people were not aware of them. Suggestions are welcome.

The little white compost container with the wooden lid near the sink is closest to our heart now as we try to maintain sanitation in the garbage closet. With this in mind, we have written several important reminders on strips of masking tape placed on the lid. This fragile effort is our main defense against a putrid green compost bin. Appreciate that you may be

the main link for success.

A recap on composting at Havurah:

- \*In Havurah's compost bins: food only; no paper goods. (City rule.)

- \*Don't overload the compostable bags. (They are not particularly strong. Instead, use a new one.)

- \*Tie closed the compost bag that is full enough, then take it to the garbage closet—perhaps supporting it on a tray—and place it in the green bin. Do NOT forcefully throw the green compost bags. (Unlike thick garbage bags, they are not made for strength.) Rinse and dry the little white compost container as needed.

- \*No liquids. (They are heavy and messy. Drain watery portions of waste into the sink before putting foods in the bucket.)

- \*Put only bagged food waste into the green bin. (No yard debris; another city rule. Yard debris can also be taken home.)

The garbage closet is accessed from the courtyard. A key to the garbage closet is kept in the kitchen.

Summer brings this related reminder: rinse and drain wine and juice bottles to avoid fruit fly infestations.

*The Kvetch tends to assume an omniscient tone, but she appreciates that **you** are the heart as well as the driver of what happens in our building. Your care is deeply appreciated.*



# AVODAH

## Cemetery Committee Inaugurates New Benches

In the spring of 2022, a congregant sent a note to the Cemetery Committee about the only bench near the gravesites. The concern was that one bench was not enough.

Now, we're happy to announce that when you next visit the congregational cemetery, you will see three new benches. Two are in Section B, overlooking the gravesites and the Tualatin Valley beyond. The other has been added to Section A. It is north of the existing bench, and both now face towards the gravesites.

Many thanks to our partners in this process, Metro and Ben Lebwohl of Wildwood Playgrounds. Their help and guidance were invaluable. And, a special shoutout to former Steering member Ben Walters, who supported the committee's work at every turn.

This year-long process to enhance visitor experience in our sacred space is only one part of our work.

Please know that committee members are available for consultation concerning any questions about burial planning. One of us can join folks for a walk through the site and discuss options being considered. There is also good information on the website under the [Life Cycle tab](#), [End of Life](#).

Current committee members are Dave Weil, Evan King, and David Ellenberg.

*Note:* The congregational cemetery is part of the Jones Pioneer Cemetery, one of the many Metro over-sees.

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### Cemetery Committee

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Above, Ben Lebwohl of Wildwood Playgrounds, Ben Walters, and David Ellenberg stand where one of the new benches was eventually installed (right). As with all things at Havurah Shalom, the new benches were the work of many hands.



## Jews Should Proudly and Loudly Advocate for Justice for Palestinians

By Rabbi Joey Wolf  
and Joel Beinin

*We realize that within our community there are differing opinions about Israel/Palestine. We understand that many of these opinions are held passionately, and none are held in bad faith. If, after reading this, you feel moved to reach out, please contact Joel Beinin, whose contact information is in the directory.*

For half a year, Jewish Israelis have been protesting in the streets in the name of preserving their democracy while forbidding any mention of the fifty-six-year military occupation of the West Bank, the imprisonment of Gaza, and the denial of the equal rights of Palestinian citizens. We say enough. Enough of the pretense of calm, of solutions leading nowhere, enough of “military operations.” Enough of the expansion of settlements, of right-wing terror, the bastardization of Torah. Another people with a long history of living on the land goes unrecognized, diminished, erased. They are being killed by Jewish pogromists, aerial bombings causing mass civilian casualties, and soldiers on autopilot. They suffer from torture and the imprisonment of children.

We who call for action are also concerned for the security and well-being of family, friends, and colleagues in Israel. Some of us are apprehensive that sharp criticism of Israel may divide the Jewish community or encourage antisemitism.

But we echo leading Jewish figures (in politics, in scholarship, in

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### Committee Name

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the literary culture) who from the earliest days of the Zionist project were chagrined by the single-mindedness of the champions of the *Yishuv*. They saw the Palestinian Arabs who lived in the land being swept aside, figuratively, and literally. They challenged the military vanguard, prime ministers, and industrialists in the moment, or they pored over the archival evidence of ethnic cleansing and cultural erasure after the fact.

How did we get here?

The Psalmist cried out, “A song of ascents. When God restores those who return to Zion, we were like dreamers.” (Psalm 126:1) Our twentieth century dreamers were religious traditionalists, atheistic youth, poets, and workers – all fleeing the shtetl, poverty, and antisemitism. Yiddishist Bundists and communists imagined their homeland was where they fought, hoped to remake Europe, and rejected Palestine. Hebraist poets and farmers germinated an ancient holy language with a contemporary lexicon and imagined creating a new Jew and a better life in a place where their ancestors once lived and some Jews always lived. On a scale we can scarcely imagine today, and amidst a ferment of political insurgency, they envisioned a better world. The dreams often conflicted with one another.

Many in this country and in Israel grew up in the aftermath of these

dreams having come to fruition or having been compromised. Others have been born into an era when the dreams are reduced to shallow rhetoric, philanthropic slogans, and propaganda. Or we grew up thinking that those who returned to Zion could live at peace with their neighbors, that the dreams were still achievable. We hoped that the stewards of their political order would observe the injunction that, “The strangers who reside with you shall be to you as your citizens; you shall love each one as yourself, for you were strangers in the land of Egypt” (Leviticus 19:34), lest we become “like all the other nations,” tribalists, opportunists.

Our existence as a people is framed by a mytho-historical relationship to the Land of Israel, so many Jews imagined the realpolitik establishment of a state that sought to provide a much-needed refuge for Jews tormented by persecution and mass murder as the realization of a dream. Dreamers today confront the unfolding apartheid system we behold.

Some of us worry that international human rights agencies like [Human Rights Watch](#), [Amnesty International](#), and the [Special Rapporteur on the Situation of Human Rights in the Palestinian Territories Occupied since 1967](#) that have charged Israel with the crime of apartheid may be motivated by antisemitism or insufficient appreciation for the precarity of Jewish existence.

B’Tselem – The Israeli Information Center for Human Rights in the Occupied Territories – published a

(Continued on page 7)

## HADRACHA

# *Con'd: Jews Should Proudly and Loudly Advocate for Justice for Palestinians*

(Continued from page 6)

harsh characterization of the State of Israel: “[A regime of Jewish supremacy from the Jordan River to the Mediterranean Sea: This is apartheid.](#)” B’Tselem is a respected organization with a record of years of solid, research-based work that has been applauded by much of the international human rights advocacy community, including many Jews. Their report cannot reasonably be dismissed as ill-informed or motivated by antisemitism. Some of us learned about the B’Tselem report during Elul 5781/August-September 2021. But we haven’t embraced it or discussed it much since then.

Our Torah tells us, “Justice, justice shall you pursue, that you may thrive and occupy the land that יהוה (YHVH) your God is giving you.” (Deuteronomy 16:20) A legitimate Jewish government must be a just regime ruling, “Not by might, nor by power, but by My spirit.” (Zechariah 4:6) Isaiah, who prophesied the return of the Israelite tribes to Jerusalem, tells us that the restoration of Jewish rule, “is too

little.” Rather, we are to be “a light unto the nations...” (Isaiah 49:6) The State of Israel should grant all the Palestinians over whom it rules – citizens, residents, and those under

Jews are ethically obliged to speak truth to the power of the Israeli state and to raise our voices when it daily violates the rights and dignity of Palestinians in ways that lead to the deaths of individuals and to their social death as a collective so that we are not complicit in their oppression by our silence.

military occupation – equal rights to those of Jewish citizens.

Torah tells us, “Do not be a talebearer among your people. Do not

stand idly by the blood of your neighbor.” (Leviticus 19:16) Why do these two injunctions appear in the same verse? The Provençal commentator Gersonides (1288-1344) sees this link between them: “This second prohibition (against standing idly by) follows the first one (against being talebearers), in order to indicate that telling a tale can result in homicide. . . . Whoever has the ability – whether through their rhetoric or advocacy – to save someone from death and fails to do so, violates the prohibition against standing idly by the blood of your neighbor.”

Jews are ethically obliged to speak truth to the power of the Israeli state and to raise our voices when it daily violates the rights and dignity of Palestinians in ways that lead to the deaths of individuals and to their social death as a collective so that we are not complicit in their oppression by our silence. We should do this both for the sake of Palestinians as our fellow human beings and for our own sake as Jews who celebrate Torah’s teachings about the sanctity of life. Dreamers know this.

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## *Con'd: Historical Overview of Israel's Founding*

(Continued from page 3)

ners of the hard right in Israel, including those in power,” as manifest in the ever-expanding Israeli settlements, heightened settler violence and current Israel policy. Militant extremists on both sides demand the expulsion of the other side from the river to the sea.

Lastly, Beinart asks, what does all this mean for

us as Jews today? He believes we need Teshuvah – generally translated as repentance – for the damage done by Jews during the Nakba: “**The longer the Nakba continues, the deeper this Jewish moral exile becomes. By facing it squarely and beginning a process of repair, both Jews and Palestinians, in different ways, can start to come home.**”

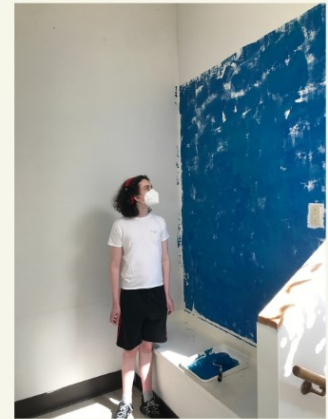


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# HAVURAH TEENS EDITION

Information for Teens 7th-12th and their families

We had a great day painting one of our Teen Room walls and the entryway to the Annex. We are on our way to making the Havurah Annex feel like home.



**High  
Holidays  
2023**

Do you have fun decorating and making a space feel comfy? We would love teen helpers to make our High Holiday Teens Room a homey space to hang with snacks, activities and more. If you are interested, email [annamafchir@gmail.com](mailto:annamafchir@gmail.com) and we will add you to the list.

## Teen Engagement Committee

We need your and your teen's help in keeping the momentum going as, together, we develop engaging opportunities for them to connect.

**First Tuesday of the month from 7-8 in Zoom Room Hey**

**Please join us on AUGUST 1st**

Help us support our youth in building community.



# HCAT and Dayenu

Judi Soloway

Havurah's Climate Action Team (HCAT) has been meeting, presenting informative programs, and encouraging our fellow Havurahniks to take climate-related action since 2017!

Our newest endeavor has been hosting a book club, where we spend several months reading and discussing each book. So far, we've delved into indigenous philosophy and the climate, the wisdom of the forest, and navigating the climate crises with grief, hope, and gallows humor.

We're writing letters and making phone calls to support climate legislation on the state and national level, adding our voices to the comment section of proposed federal rules, and talking to friends and family.

With support from the Jewish Earth Alliance (Havurah is a member organization), we've met with our members of Congress, expressing our views on protecting our planet and urging them to vote on measures that further that protection. Check out [Jewish Earth Alliance's website](#), which includes a monthly action to contact our members of Congress to ask them to act on specific legislation that will "protect all people and heal our precious Earth."

In the past month, Havurah's

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## Havurah Climate Action Committee

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Steering Committee has approved HCAT's request to be affiliated with [Dayenu, a Jewish Call to Climate Action](#). Dayenu is a national organization that offers a multitude of resources and support for taking multi-generational collective climate action. They offer support from the national office to do the work locally

Havurah is formally  
joining the Rose City  
Dayenu Circle, which  
will be the platform  
from which we'll  
continue to take local  
action.

in what they call Dayenu Circles. Havurah is formally joining the Rose City Dayenu Circle, which will be the platform from which we'll continue to take local action, such as the 2021 Pesach *Move Your Dough* campaign. Rabbi Benjamin eloquently addressed our members and allies from other groups who showed up to support the action, including the Unitarian Universalist Church and Portland Extinction Rebellion, as we

protested outside the downtown Portland Chase Bank. We delivered a letter to Chase Bank asking them to stop funding the extraction of fossil fuels.

Here's an excerpt from Dayenu's website to give you a picture of their philosophy:

***We are committed to building power from the ground up. We recognize that everyone has a stake in confronting this crisis. That's why we're building a movement through deliberate recruitment, storytelling, training, mentorship, authentic leadership opportunities, and volunteer engagement. Understanding how the climate crisis impacts us and our families directly allows us to work in solidarity with others and build power.***

You can read more of their principles [here](#).

We're excited to be supported by Dayenu and invite you to join us as we take a variety of actions to mitigate and prepare for the changes in the climate that we already see taking place. It is so much easier—and definitely more fun—to join together to see what we can try in order to make a difference.

Contact [Harriet Cooke](#) or [Elianne Lieberman](#) if you want more information about HCAT or Dayenu, if you want to join us as we read our next book, and/or if you want to be added to the "creating-climate-solutions" e-mail list.

# HADRACHA

## *The JDC Explores Havurahnik's Family History*

By Michael Rice

I was born in Paris in 1947, when my father was with the American Jewish Joint Distribution Committee (JDC). He had earlier spent 1945 to 1946 with the JDC in Austria and Germany, resettling Holocaust survivors, including special housing for orphans.

After home leave, he was posted to the Paris JDC office, and my mother and older brother Bill were able to join him. We were in Paris until 1948, when my father was posted to JDC in Geneva, as a liaison with international refugee organizations.

This year, Jane and I watched a JDC webinar by Laura Hobson Faure on her book, *A Jewish Marshall Plan*, about how American Jewish organizations helped rebuild the French community in the '40s and '50s. Laura is chair of modern Jewish history at the Sorbonne. She wrote the book in French, and then translated it.

I reached out to Laura. JDC's work is a key part of the book, and she had seen many Rice items in the JDC records. She asked about my aunt, my father's sister Elizabeth Rice, also with the JDC in Paris. I knew very little about Aunt Liz' work in Paris.

Jane and I were in Paris in May, and we had a great meeting with Laura.

She helped me contact JDC Archives people about the Rice records. I learned that Aunt Liz had a key role in the Paris office.

My brother and I had a close relationship with Aunt Liz, but she never spoke at all about her Paris time. Aunt Liz passed away in 1995.

JDC archivists put together this



blog post about Aunt Liz, our family, and the role of women in JDC work.

My father's career served the needs of refugees around the world through the JDC, and later with HIAS and the Chicago Jewish Federation.

Jane and I are gratified to work with the Havurah community on support for refugees and immigrants.

Please take a look at [the blog post](#) ("Seeking Aunt Liz: A JDC kid



gets a surprise from the JDC Archives," by Ayala Levin-Kruss, Senior Processing Archivist).

# ELUL AND HIGH HOLIDAYS PREVIEW

## *Save the Date: Yom Kippur Afternoon Education Program Monday, Sept. 25*

The Sanctuary Committee and the Climate Action Team will host a discussion about the growing connection between immigration/refugee issues and climate change. The Racial Justice and Poverty and Homelessness committees will join us, as global warming disproportionately affects people of color and people living in poverty. The issues are complex. Our goals are to begin to educate ourselves and create a place for discussion. The session will have a panel with brief presentations from each committee. Ideally, some ideas for positive actions will arise. Stay tuned for more details in Hineinu and the next Hakol. We welcome input from all Havurah members. Look for more information in the September Hakol and the High Holiday announcements. Please contact Larry Jacobson, Harriet Cooke, or Kathy Gordon.

### **High Holidays Packets Arriving Soon!**

By the middle of August you will receive your High Holidays packet via email. It will contain everything you need to know about our upcoming High Holidays season, from Elul through Rosh Hashanah, Yom Kippur, Sukkot and Simchat Torah. You'll find service dates, times and locations; special class offerings; ways to volunteer; child care information; safety guidelines; and information about meals, tzedakah, parking, our annual theme, and more. So look to your inbox for your all-in-one High Holidays guide.

### **Songs of Teshuvah/Turning Sing-Along**

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 singalong.

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!

## **High Holidays Tzedakah Project**

The Tikkun Olam Poverty and Homelessness Committee is once again sponsoring the Tzedakah Project for High Holidays at the Tiffany Center. This year we are enlarging our request for donations to include books for the Rose Haven Day Shelter ([rosehaven.org](http://rosehaven.org)) for women and children. Rose Haven's book requests: novels, self-help, and art books are all popular. Children's books and fiction for youth will also be appreciated.

We will also be collecting for Lift Up Portland ([liftupurbanportland.org](http://liftupurbanportland.org)) They are working on completing their list, which currently has Nut Butter—any kind—on it. The final list will be in Hineinu and in our September Hakol along with any other updates for this year's HH Tzedakah Project. The HH Tzedakah Project collection items are usually in the HH Packet as well. Collection baskets/boxes will have lists attached.

The Poverty and Homelessness Committee will oversee delivery of all donations collected during our High Holidays. We want to thank the other Tikkun Olam committees for their help; it's a project that requires a lot of schlepping!! And much appreciation to our Havurah community for incredible generosity.

Questions: Gloria Halper



# HIGH HOLIDAYS

## What Are Your Reflections This Year?

### Voices of Our Community: Please Offer Your Reflections in Words or Art

Friends, how are you? What are you thinking and feeling at this moment, and as we approach the High Holidays? How do you see your connection to our community? You are warmly encouraged to reflect on any aspect of these questions, including (but not limited to) our annual theme.

You can create your Reflection in any medium – **words (prose or poetry, written or recorded), song, video or art**. All Havurah members, including adults, teens and children, are welcome to submit a Reflection. (*Note that Reflections are what we used to call mini-drashot.*) If you wish to discuss your ideas or receive editing support, please contact Rachel Pollak or Rabbi Benjamin.

**The deadline is Wednesday, August 23.** Send your completed Reflection – in text, recording or photos of your art – via email to [rachel.pollak@havurahshalom.org](mailto:rachel.pollak@havurahshalom.org) with the subject line *Reflection 2023*.

Please keep your writing under 400 words and your recording under three minutes. If you create art – painting, drawing, sculpture, textile, pottery, jewelry, photography, or any other medium – please send a photo of your work and complete this [form](#). Art will be shared via an art show on our website.

### Congregational Theme for 5784 (2023-2024)

#### חבורה Havurah

At the heart of the word Havurah is *haver*, friend. Its root means connect or join – knots we tie, words we compose, joints anchoring a structure, friendships that sustain us. Aligned with our grass-roots origins, through all the ways we each participate today, we are creating a Havurah in which

each human strand is valuable, unique and necessary.

We are re-learning to connect and creating new ways of doing so. And we are re-examining what it means to belong. We treasure the bonds that unite us, recognizing that some need to be strengthened while others need to be loosened as we honor who we each are and who, together, we are becoming.

***How can each of us nurture and be nurtured by the bonds that form Havurah today?***

## ***This Year With the Book Group***

The Book Group has voted on their new reading and discussion schedule for 2023 to 2024, with meetings resuming this September! Check out the list and come to any meeting that interests you.

<u><b>Date</b></u>	<u><b>Name of Book</b></u>	<u><b>Author</b></u>	<u><b>Discussion Leader</b></u>
9/26/2023	The Treeline	Ben Rawlence	Harriet Cooke
10/24/2023	Comrades and Chicken Ranchers	Kenneth Kann	Holly Hugnung
11/28/2023	The Dark Queens	Shelley Pukak	Maude Naroli
12/26/2023	The Promise	David Galgut	David Newman
1/23/2024	The Best Strangers in the World	Ari Shapiro	Beth Kaye
2/27/2024	Apierogon	Colum McCann	Marjorie Walters
3/26/2024	Horse	Geraldine Brooks	Leah Hershey
4/30/2024	Lincoln in the Bardo	George Saunders	David Newman
5/28/2024	Whatever Happened to Antisemitism	Anthony Lerman	Joel Beinin
6/25/2024	All I Know and Love	Judith Frank	Beth Kaye
7/23/2024	Learning from the Germans	Susan Neiman	Harrier Cooke

### **Meaningful, Paid Teaching Opportunities at Havurah Shalom**

Teach Beginning Hebrew Reading to Havurah Youth  
Before Shabbat School on Saturdays - 16 Sessions - [Click Here to Learn More](#)

Teach Havurah 7th and 8th Graders Jewish Cooking & Culture  
Wednesday Evenings - 6 to 12 Sessions - [Click Here to Learn More](#)

Interested? Know someone who might be? Reach out to [Deborah Eisenbach-Budner](#)  
**Havurah Shalom Education Director, with any questions you might have!**

# CELEBRATE ELUL

5783 | 2023



with  
Havurah Shalom

**E**lul, the last month in the Hebrew calendar, marks a time of transition, reflection, and preparation leading directly into the Days of Awe, the ten-day period of High Holidays beginning with Rosh Hashanah and ending with Yom Kippur.

At Havurah, our Elul programming creates opportunities to ready ourselves individually and communally for the High Holidays, to connect and reconnect with others in the community, to begin and continue Jewish practices, and to nurture new or longstanding interests and relationships that continue beyond the High Holidays and throughout the year.

We are thrilled to share a rich variety of classes, workshops and experiences. Please check out our schedule and sign up!

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## Classes and Events

### Creative Ways to Express Your Grief

Sundays, Aug. 6, 20; Wednesday, Sept. 6 — 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

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# ELUL OFFERINGS

(Continued from page 14)

space for any feelings that come up during our time together to share stories and memories.

## 1-Session High Holiday Greeter and Usher Training

### 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

Led by Jessica Anderson of Secure Communities Network. High Holidays greeters and ushers do way more than it looks! In addition to welcoming people to services and handing out machzors with a friendly smile, they are always keeping out a watchful eye for people who may need help, and doing their best to keep us safe. In this hour-long session, we will learn how to help people having medical or psychological emergencies, how to be aware of our surroundings, and what the best practices are for emergencies specifically at the Tiffany Center and Havurah Shalom, where our High Holidays services will be taking place. Have some fun in the session, come out more knowledgeable than before, and then sign up to greet and usher when volunteer sign-ups open August 15!

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.)

## 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.

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# ELUL OFFERINGS

*(Continued from page 15)*

## 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. This program will require walk-

ing about 1.5 miles on uneven and 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

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

*(Continued on page 17)*

# ELUL OFFERINGS

*(Continued from page 16)*

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

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.

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# ELUL OFFERINGS

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## **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 — Bybee Park

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.

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

Date and Time TBD

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.

## ELUL OFFERINGS

# MARCH: Havuraniks come out for Pride



### Tributes

#### General Contributions

Adela Basayne and Nick Illinsky, in memory of my stepfather, Jacob Babat, and all the Babats who perished in the Shoah, which he alone survived.

Wendy and Steve Rudman, in loving memory of Melvin Rudman.

#### Adult Education Fund

Monica Moriarty and Bill Kwitman, in memory of my father Ben Kwitman, who pursued learning all his life.

#### Educator's Discretionary Fund

Rachell Keys, in honor of Deborah Eisenbach-Budner, Sarah Shine, Marty Brown, and Sam Sirkin. Thank you for supporting our family as Marissa became a bat mitzvah.

Dale Oller, in memory of Mark Kettler's father.

#### Tikkun Olam Fund

Nancy Gordon-Zwerling, for my mother, Jean L. Gordon, who taught me how to live life in kindness and strength.

Steven Goldberg in memory of my wife, Linda Boise.

#### Refugee and Immigrant Fund

Robin Flamm, in memory of Bev Miller.

#### Building Fund

Rachel Shimshak and David Barenberg, in memory of my father, Jack Shimshak, on his yahrzeit.

Judy Steinberger, in honor of Mike Morris. In appreciation of your kindness.

#### Rabbi Discretionary Fund

Shirley Sachs, in honor of my 100th Birthday.

Alanna Hein and Evan King, in memory of Joanne & Myron King.

Kate and Jossi Davidson, in honor of my mother Shirley Sachs' 100th birthday.



## Gratitude

### Loree Devery Immediate Past-President

Every month we have many Havurah members, groups, and staff to thank for their varied and unique contributions to our community. Assembling this list and writing this column are the responsibility of the Immediate Past President. This is my first effort at putting this list together, and I am truly inspired by this list of gratu- tudes. So many of you do so much that we can't possi- bly acknowledge them all here, but here are some exam- ples of the contributions for which we are grateful.

- To all the Havurah members who took the time to attend our annual Congregational Meeting last month, and to our presenters, organizers, and tech helpers.
- To Hank Kaplan and Keren McCord for leading the Bonim group these past several years.
- To those who participated in the one-on-one inter- views with Rose City Philanthropy, and everyone who completed their community-wide survey about the fundraising campaign.
- To the Feasibility Study Work Group. We would not have completed the feasibility study on time without Loree Devery's careful leadership, and the participa- tion of Rachel Shimshak, Nancy Becker, David Fuks, David Kertzner, and Herman Asarnow.
- To Ben Lebwohl, Wildwood Playgrounds, and Ben Walters for their work in connection with the new benches in the Havurah cemetery.

### Steering Committee

- To Karen Westerman for her ex- traordinary contribution over the years (decades!) as the primary Havurah vol- unteer managing finances. Karen will continue to serve as Co-Chair of the Finance Committee and be working closely with our new Finance Manager.
- To the Leadership Development Committee for their thoughtful work on onboarding new members of Steering.
- To Harriet and Rick Steinberg for assisting the Immi- grant Mutual Aid Coalition.
- To Harriet Steinberg for setting up a legislative ad- vocacy meeting with Lori Chavez-DeRemer's staff.
- To Rachel Shimshak and Tara Anderson for updating the Avodah Cluster map and adding pages to the website.
- To existing steering committee members for their warm welcome to incoming steering members.
- To committee chairs/co-chairs for their continued work.
- To those many, many Havurahniks whose tasks are not mentioned here – thank you!

We are a community because of each of you and your individual contributions and participation. If you would like to have an individual or group recognized, reach out to me, Loree Devery. My email is in the membership directory.

### Video Recording of Havurah's 2023 Congregational Meeting

Havurahniks, check out [the video recording of Havurah's 2023 Congregational Meeting](#) held on June 11. Havurah member sign-in required. *Please note: Dropbox files will stream the first hour, then cut off. To see the entire video, please download and view.*