

Nishmat Kol Hai: The Breath of Every Life

נשמת כל חי



We are sustained in every moment by our breath. When it is compromised or restricted, our lives are in jeopardy. Yet we mostly take it for granted until that occurs. This year's theme, Nishmat Kol Hai: The Breath of Every Life, turns us toward fuller awareness and appreciation of this vital life force and all it sustains.

Neshamah means "breath" and also "soul." It is our essence, through which we are connected to one another and to all life. Nishmat Kol Hai asks us to listen closely for the breath that is not our own, to awaken to the preciousness of each breath and each soul.

Collectively, we are witnessing the tragic consequences of breath constricted, through illness and through violent oppression. All breath is not yet equally valued. Nishmat Kol Hai demands that we expand our notions of kinship and work to ensure that everyone can breathe freely, and every soul can flourish.

Havurah Shalom

Reconstructionist Community

5781 | 2020-2021





Kehillah



Our Kehillah (Community) goal is to infuse our community with welcoming, relationship building and generosity across generations and among new and longtime members.

Committees

Families with Young Children

This group supports programs for families with young children, such as Shabbat in the Pool.

History

We preserve historical documents and artifacts of our community to share our collective memory and experience.

Kabbalat Shabbat Dinners

Committee members plan and make possible our monthly Kabbalat Shabbat dinners.

Lotsa Helping Hands

This network provides opportunities for

members to support each other during difficult times with rides, meals and visits.

Neighborhoods

The committee develops networks to link Havurah members for intergenerational neighborhood gatherings and support, using the HavuraHood Slack workspace.

Welcome Committee

The Welcome Committee works to ensure our community is welcoming. We host welcome teas for new and prospective members, call new members and inspire all Havurah members to be intentionally welcoming.

Social Groups

Alter Rockers

This group includes members who are retired, or not, who want to have fun. They meet for movies, museum trips, happy hour, trivia nights and more.

Mah Jongg

Longtime players and beginners meet for mah-jongg games.

Movement

Reconstructing Judaism

The Reconstructing Judaism (RJ) liaison for Havurah is responsible for bringing the resources of RJ to Havurah and representing Havurah's needs and opinions at RJ plenum sessions.



Hadracha



Hadracha (Governance) is responsible for steering Havurah Shalom, ensuring that our decision-making processes are in line with our values and mission. Hadracha empowers and supports staff and committees, modeling collaborative governance with a lens of equity, transparency and inclusivity, and ensuring ongoing visioning toward our future and

supporting sustainability throughout Havurah. The committees within Hadracha include Steering, Fundraising, Transparency and Inclusivity, Personnel, Nominating, Geshet, Leadership Development and Finance. Hadracha also includes the Treasurer and Corporate Secretary positions and the Jewish Community Relations Council Representative.



Tikkun Olam



Our Tikkun Olam (Social Action) work seeks to be a force for healing in the world by focusing, organizing and engaging the Havurah community in social justice work.

Committees

Havurah Climate Action Team (HCAT)

HCAT inspires the community to take action on climate through discussions, events, trainings and engagement with other organizations. This fall we will host a panel on air pollution in the Portland Metro area and Get Out the Vote. In the spring, we will team up with other synagogues to co-sponsor a Climate Action Fair for Earth Day, and we'll celebrate Tu B'Shvat with a special service ending in Havdallah.

Metropolitan Alliance for Common Good (MACG)

MACG does broad-based community organizing for issues that impact the larger community. Current action teams include Housing, Immigration and Climate Change/Environmental Justice.

Poverty & Homelessness

Through volunteering, we support the work of Portland Homeless Family Solutions (PHFS) to empower homeless families with children for their long-term housing needs. Havurah is also a member of the Interfaith Alliance on Poverty, an advocacy group of Portland faith-based institutions working on systemic change to reduce homelessness and poverty. Additionally, Havurah supports Lift Urban Portland, which provides food and supports low-income

residents in Northwest and downtown Portland. Through Lift UP, Havurah members volunteer at Vibrant!, rent-subsidized apartments for homeless families.

Havurah: A Sanctuary Congregation

Three partnerships have helped define our projects: with Catholic Charities, we provide support to refugees moving to the Portland area; alongside other congregations in the Interfaith Movement for Immigrant Justice (IMIJ), we advocate on immigration-related public policy issues; and through our partnership with the Ortiz Center, we have developed programs to serve the Ortiz community, including ESL for adults and after-school tutoring for children. We are part of the national HIAS Welcome Campaign and participate in National Refugee Shabbat and other HIAS actions. In the past year, we have also begun supporting a Guatemalan family applying for asylum.

If a topic is of interest, please contact one of its co-chairs.





Our Avodah (Spiritual) work strives to help each community member find their own path to meaning and connection through Jewish practice.

Services & Spiritual Practice

Check online calendar for updates. Childcare is available at our services.

Friday Evenings

Kabbalat Shabbat Dinner & Service

Spirited musical service led by Rabbi Benjamin and Havurah musicians. All are welcome! 6:30 pm Dinner, 7:30 pm Service; Nov. 13, Dec. 11, Jan. 8, Feb. 12, Mar. 12, Apr. 9, May 7, Jun. 11

Dorot – Short & Sweet Shabbat

Casual, family-friendly, music-filled service that begins with candle lighting and Kiddush, followed by prayers, music and vegetarian potluck. Dates TBA

Saturday Mornings for Everyone

Contemplative Shabbat

We will chant verses and spend time in silent prayer or meditation, then connect through Torah discussion and share blessings by chanting a few aliyot. Led by Rabbi Benjamin. 10-12 pm, Sept. 26

Community Minyan

Led by community members and Rabbi Benjamin, this service includes davening, Torah reading and discussion. 10-12 pm, Oct. 3, 10, 24; Nov. 7, 21; Dec. 5, 19, 26; Jan. 2, 9, 23; Feb. 6, 20; Mar. 27; Apr. 3; May 1, 22; Jun. 19; Jul. 10, 31; Aug. 14

Text & Torah

Torah study and bagel nosh followed by a shortened morning service. Led by Diane Chaplin or Rabbi Benjamin. 10-12 pm, Oct. 17—Bereshit; Dec. 12—Vayeshev; Jun. 5—Sh'lach

HIAS Refugee Shabbat

We will join congregations nationwide in dedicating our Shabbat services to honoring refugees and asylum seekers. Mar. 5, 6

Services Especially for Families

Discovering Shabbat Morning:

Learners' Minyan

This upbeat, interactive service focuses on the structure and key themes and prayers of the morning service. Especially for families with youth in Grades 5-7. 10-11:30 am, Mar. 6; Apr. 17

Family Shabbat

Fabulous morning of singing, storytelling and Torah learning. Especially for families with youth in Grades K-6. 10:30-12 pm, Mar. 13

Family Shavuot

Leading up to our Shavuot study session, we'll have a family-friendly celebration. 4:30 pm, Sunday, May 16

Tot Shabbat

Young children (0-5) and parents celebrate with singing, movement, blessings and storytelling. 10:30-11:30 am, Dates TBA

Wednesday Morning Minyan

For all who want a regular prayer practice and for people saying Kaddish. 8:30-9 am (8:15 am on Rosh Chodesh)

Spiritual Practice

Jewish Mindfulness & Meditation

We gather once a week for quiet and spiritual reflection. For folks with meditation experience and those who are curious. 12-1 pm, Tuesdays

Lev Tahor Chanting

Through chanting, guided by teachings from the tradition and interspersed with periods of silent meditation, we cultivate qualities such as compassion and gratitude. Facilitated by Rabbi Benjamin. Dates TBA

Music

Havurah's music is member-led, inclusive and

inspiring. Many parts of our High Holidays liturgy and music, Shabbat services and holiday celebrations are led by members. Havurah has

inspired members to compose beautiful works that have become a part of our congregational heartbeat.

Lifecycles

B'nei Mitzvah Family Programs

Families will be told in advance which workshops they should attend.

B'nei Mitzvah Cohort

Youths being called to the Torah this year will build community and ask, "What does being Jewish and becoming bar, bat or b'nei mitzvah mean to me?" 2-3:30 pm, Sunday, Oct. 11, at Irving Park; 6:45-8:30 pm, Wednesdays, Oct. 21, 28; Nov. 4

Drash Workshop

Rabbi Benjamin will guide students and parents in responding to the text with their own questions and learning how to craft a drash that connects Torah to our lives. 7-8:30 pm, Wednesday, Nov. 4

B'nei Mitzvah Planning Logistics

Planning and setup at Havurah will be addressed by Rachel Pollak, Havurah's Office and Facilities Manager. 11 am, Sunday, Jan. 24

B'nei Mitzvah: Beginning the Journey/Date Selection

This workshop for parents will focus on the rite of passage itself, then on the date selection process. Led by Rabbi Benjamin, Deborah Eisenbach-Budner and the B'nei Mitzvah Committee. 10-12 pm, Sunday, Feb. 21

Whose B'nei Mitzvah Is It Anyway?

Parents explore the hopes and fears that inspire, inform and complicate the planning process. Led by Deborah Eisenbach-Budner

and Laura Orgel, psychologist and child/family therapist. Date TBA

B'nei Mitzvah Tips and Tricks

Come learn as other b'nei mitzvah parents share their hard-won wisdom. Date TBA

Healing, End of Life

High Holidays Cemetery Gathering

We gather to remember our loved ones, led in song and remembrance. Havurah Cemetery, 5656 SW Humphrey Blvd. 1 pm, Sunday, Sept. 27

Annual Cemetery Beautification Day

To beautify our cemetery, please bring garden implements and wear appropriate clothing. 1-3 pm, Sunday, May 23

Refa'einu (Heal Us) Healing Circles

These circles provide sacred space and time to focus on healing and wholeness through contemplative teachings, sacred chant, guided and silent meditations and prayer. Facilitated by Rabbi Benjamin and others. Dates TBA

Bereavement Support

The Ma'avar Committee will provide a professionally led bereavement support group for members. Dates TBA

Drop-in Grief Support Groups

The Bikkur Holim and Ma'avar committees support Havurah Shalom members grieving a death. Sessions are facilitated by Havurah Shalom members experienced in grief support and group facilitation. Dates TBA



Makom



The Makom (Place) Cluster supports, sustains and develops a safe and welcoming home for Havurah's community through the Information Technology, Gardening, Design, Building/Space, Kitchen and Facilities Maintenance committees. In addition, the Safety Committee develops policies, promotes safe practices, makes safety improvements to the building and develops our community's knowledge and skills with regard to safety and security.



Our Limud (Learning) goal is to inspire and empower members of all ages through engagement with Torah while building community through Jewish learning.

Youth Education

This program gives children a foundation for lifelong Jewish learning and engagement while integrating parents and children in a caring Jewish community.

Shabbat School (Grades K-6)

3-5:15 pm on Saturdays; Oct. 3, 17; Nov. 7, 21; Dec. 5, 12; Jan. 9, 23; Feb. 6, 20; Mar. 6, 13; Apr. 3, 17, 24; May 15; Parents Night (no class) Oct. 29; Summit (no class) May 22

Middle School (Grades 7-8) and High School (Grades 9-12)

High School and Middle School meet Wednesday evenings. Please watch your email and the website calendar for dates.

Jewish Parenting & Teaching

Parents of children 0-18, watch the For Your Family email for parenting and teaching programming scheduled over the year.

Adult Learning

Social Action Poetry—For Those Who Seek Justice and Love Literature

We'll read and discuss poems across diverse cultures—poetry of witness that breaks silence, raises awareness and powers social justice. Taught by poets Frances Payne Adler and Herman Asarnow. 7-8:30 pm, Thursdays, Sept. 10, 17, 24; Oct. 1

The Torah of Our Lives: Havurah Spiritual Writing Group

Explore stories in Torah and use the writing process to personally understand the significance of Torah stories in your life. Facilitated by Harriet Cooke and Jenni Besen. 10-person maximum. 7-9 pm, Wednesdays, Oct. 14, 21, 28; Nov. 4, 11, 18, 25; Dec. 2

Beginning Conversational Hebrew

For those who can already read Hebrew but want to expand your vocabulary to hold a conversation. Led by Racheli Ross. 7 pm, Thursdays, Oct. 15, 22, 29; Nov. 5, 12, 19; Dec. 3, 10, 17

Crochet Your Own Kippah

Create a kippah using single crochet. Learn to crochet in the first class, make a kippah in the second. Taught by Sarah Rosenberg. Morning session 10:30 am; evening session 7:30 pm, Wednesdays, Oct. 21, 28

Step into the Living Torah

Beginning in text, we'll play with voice, movement, story, stillness and a bit of silliness to encourage and cultivate personal midrash (Torah-based narrative). Led by Cassandra Sagan. 2-4 pm, Sunday, Nov. 8

"My Word is Like Fire": The Vision, Theology and Voice of the Prophets

We will explore the prophets' theology and worldview, and we'll consider the role of the prophetic voice and approach in our own pursuits of justice, examining tensions between truth and compassion, activism and organizing, and confrontation and relationship-building. Taught by Rabbi Benjamin. 7-8:30 pm, Wednesdays, Jan. 13, 20, 27; Feb 3

Writers' Workshop (for Non-Writers!)

Explore your interest in prose writing! Led by David Kertzner. Participants select one piece to develop in more depth and then share at a culminating and enthusiastically attended Friday Oneg for the Havurah community. 7-9 pm, Thursdays, Jan. 14, 21, 28; Feb. 4, 11, 18, 25; Mar. 4; Oneg Reading 7:30 pm, Friday, Mar. 19

Grappling with White Supremacy and White Nationalism as Jews

We will explore and grapple with where Jews fit, as individuals and as a community, on the minority/majority and oppressed/privileged continuums. Facilitated by members of the IMLrJ Countering White Nationalism cohort. 7 pm, Tuesdays, Jan. 19; Feb. 2, 16; Mar. 2

Intergenerational Conflict and Sexuality in Yiddish Poetry

Using sexuality as a focal point, we will see how Jewish language and culture are used to explore themes of generational conflict, identity and cultural transition. Led by Deborah Eisenbach-Budner. 12 pm, Thursdays, Jan. 21, 28; Feb. 4, 11

Jews of the Middle East and North Africa

This class will focus on the modern history of the Jewish communities of the Middle East and North Africa, 1860 to the present. We'll examine the complex relationship between these communities, the local cultures and European colonialism. We will also discuss the sociology, politics and culture of these communities in Israel today. Taught by Joel Beinin. 7-8:30 pm, Mondays, Feb. 1, 8, 15, 22; Mar. 1, 8, 15, 22

Mountains of Evidence?

We will examine the rise and fall of Masada as history and its uses as a founding myth of Israel. Taught by David Feder. 11-12:30, Sunday, Feb 14

Jewish Understandings of Slavery and Freedom: The Passover Seder Evolves

One of the four names for Pesach is Hag ha-Herut (The Feast of Freedom). Jews in different historical contexts have understood Mitzrayim (the narrow space) differently and therefore freedom has looked different in different generations. We will look at this evolution; one focus will be on the liberation of gender, which has been a hallmark of contemporary seders. Taught by Deborah

Eisenbach-Budner. 7-8:30 pm, Wednesdays, Feb. 24; Mar. 3, 10, 17

Knitting Kippot

For intermediate knitters wanting to get to know other knitters in the community. Yarn and pattern will be provided, along with instruction regarding three skills: double pointed cast on and increase, diamond lace motif and I-cord bind-off. Taught by Marsha Green. 10-12 pm, Sundays, Apr. 4, 11, 18

Begin with Aleph: Learn to Read Hebrew

This course is for beginners. Focusing on basic reading competency, we will uncover bits of Judaism that are only accessible through its original language. Taught by Deborah Eisenbach-Budner, 7-8:30 pm, Wednesdays, Apr. 7, 14, 21, 28; May 5, 12

Adult B'nei Mitzvah

Interested in expanding your Jewish literacy skills, confidence and sense of connection with Judaism? Want to enjoy this process with others and celebrate your Jewish learning in our community? Join a group of adults who will begin a 2.5-year process of learning this spring. Contact Deborah Eisenbach-Budner for more information. Wednesday evenings starting Apr. 7

Jewish Genealogy/Getting Started in Jewish Genealogy

There is much evidence remaining to discover about your own family history. You will leave with tools to continue gathering your own family history and with a mind opened to the possibilities ahead. Taught by Barbara Hershey. 10 am, Sundays, Apr. 11, 18, 25

Sacred Action: Spiritual Tools for Justice Work

In these cohorts, we will explore together Jewish spiritual wisdom that can anchor and guide our work for justice. Drawing from a wide range of texts and various practices, our focus will be on middot, qualities or character traits, that are vital to our engagement in the world. In trusted community, we will examine each middah and its role in our relationships, our vision and our action. In addition to the weekly meetings, guidance will be given for practice and reflection in between sessions. Please contact Rabbi Benjamin if you are interested in participating in a cohort. Facilitated by Rabbi Benjamin. Six sessions, groups meeting throughout the year. Dates TBA

Holidays

Selichot	<i>Saturday, Sept. 12</i>
Rosh Hashanah	<i>Friday-Sunday, Sept. 18-20</i>
Yom Kippur	<i>Monday-Tuesday, Sept. 27-28</i>
Sukkot	<i>Friday-Friday, Oct. 2-9</i>
Shemini Atzeret (Yizkor)	<i>Saturday, Oct. 10</i>
Simchat Torah Celebration	<i>Saturday, Oct. 10</i>
Chanukah Celebration	<i>Sunday, Dec. 13</i>
Tu B'Shvat Seder	<i>Saturday, Jan. 30</i>
Purim Celebration	<i>Thursday, Feb 25</i>
Passover Minyan (Yizkor)	<i>Sunday, Apr. 4</i>
Tikkun Leyl Shavuot	<i>Sunday, May 16</i>

Steering Committee

Ben Walters & Miriam Reshotko
Loree Devery
Julia Lager-Mesulam
Shari Raider
Beth Kaye
Sacha Reich
Stefanie Hausman
Galit Reilly
Bob Brown
Steve Birkel

Co-Presidents
Vice President
Immediate Past President
Treasurer
Corporate Secretary
Avodah (Spiritual Life) Cluster Lead
Kehillah (Community) Cluster Lead
Limud (Education) Cluster Lead
Tikkun Olam (Social Action) Cluster Lead
Makom (Place) Cluster Lead

Havurah Staff

Benjamin Barnett
Adela Basayne
Deborah Eisenbach-Budner
Carrie Kirschner
Brad Pector
Rachel Pollak
Leah Shoshanah

Rabbi
Program Director
Education Director
Assistant Coordinator of Education
Communications & Membership Coordinator
Office & Facilities Manager
Music Coordinator



Havurah Shalom
825 NW 18th Ave
Portland, OR 97209
havurahshalom.org



Find us on Facebook

Additional special events may be scheduled in the future, and dates in this brochure may change, so please check our calendar at havurahshalom.org for updates. At time of printing, all gatherings are scheduled to take place online due to COVID-19 unless otherwise noted. Changes in gathering policy will be announced on our website and email communications. To join us online, email info@havurahshalom.org.