



December 2023  
Vol. 46, Issue 3

# Hakol • הקול

## Love for the Jewish People and the Sanctity of All Life

By Rabbi Benjamin Barnett

On November 18, about seventy of us gathered at Havurah to share and listen. We began by highlighting values at the heart of our gathering. One was *Ahavat Yisrael*, love for the Jewish People, and another *B'tzelem Elohim*, the sanctity of all human life. How those values shape our understanding is unique to each of us, but I feel grateful to be at Havurah, where I believe we all are committed to both of them.

I know that for some, I lean too far in this moment, perhaps, toward *B'tzelem Elohim*. I so value and honor the commitment to *Ahavat Yisrael* that thrives within and among us. It pains me to feel distant in any way from fellow Jews right now, and to know that some view my positions as less committed to our people. But the way those values move in me, as I witness the bombardment and collective punishment inflicted upon the people of Gaza, is to advocate unequivocally for an end to the violence. I can't read about the increasingly catastrophic shortages of food, water and medicine, see the numbers of children killed climb to over 5,000, and accept that this is simply what needs to happen. When I view each Palestinian life also as sacred, it's not because I don't love Israel or care deeply about Israeli Jews, or that I'm not also heartbroken and enraged by the senseless killing and kidnapping of Israelis. It's because this is how I experience *B'tzelem Elohim*.

In truth, though, I see these two



Havuruhniks came together to celebrate Chanukah together in 2016. This year, we will gather for Chanukah at 4:30 pm on Sunday, December 10 at Havurah. [Learn more/RSVP.](#)

values as mutually reinforcing. I recently heard Tareq Baoni, author of *Hamas Contained: The Rise and Pacification of Palestinian Resistance*, assert: "Let's say... Hamas is removed from the equation. There will be an organization committed to armed resistance for the liberation of Palestine emerging the day after." While the Israeli military might eliminate Hamas, with each person killed the seeds are sown for another violent group. With each Palestinian life extinguished, I fear that the long-term safety of Jewish Israelis is compromised. I believe, as leaders in co-existence endeavors like the [Parents' Circle](#), [Standing Together](#), [Hand in Hand](#), and others affirm through their work, that the safety and freedom of Palestinians and Israelis are interdependent. And I, like those leaders, believe that even now.

So I continue to join with other

rabbis, other Jews, and others in multifaith coalitions, including local Palestinians, who share a vision committed to everyone's safety and freedom, to urge our elected officials to push for a permanent ceasefire.

We have a wide tent at Havurah. The first value we named on November 18 was *Sh'lom Bayit* — prioritizing our relationships with one another. I, along with all of Havurah's leadership, see this value as at the heart of who we are. And I write all this in that context, with an open invitation to talk. So please reach out if you're moved to in response to anything I've shared.

As I write, the first group of Israeli hostages are thankfully being released. We hope and pray that this continues, until they all are home with their families. May all Israelis and all Palestinians be safe and protected from further harm.

## Havurah Shalom Staff

**Benjamin Barnett, Rabbi**  
benjamin@havurahshalom.org

**Deborah Eisenbach-Budner,  
Education Director**  
deborah@havurahshalom.org

**Adela Basayne,  
Program Director**  
adela@havurahshalom.org

**Rachel Pollak, Office &  
Facilities Manager**  
rachel@havurahshalom.org

**Shari Raider, Finance Manager**  
shari@havurahshalom.org

**Tara Anderson,  
Participation & Publications  
Coordinator**  
tara@havurahshalom.org

**Carrie Kirschner,  
Youth Education &  
B'nei Mitzvah Program  
Coordinator**  
carrie@havurahshalom.org

## Havurah Simchas

**Email happy  
announcements to:**  
info@havurahshalom.org



# Hakol • הקול

The Voice of Havurah Shalom  
Portland's Jewish Reconstructionist Community

825 NW 18th Ave.  
Portland, OR 97209-2333  
503.248.4662  
havurahshalom.org

[Hakol Contribution Deadline](#)

Thursday, December 21

[Havurah Website Calendar](#)

[Weekly Email \(Hineinu\)](#)

[Contribution Deadline](#)

Tuesdays by Noon

[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.

## Shabbat: Saturday Mornings

### Weekly Torah Study

*9 am, Saturdays, Havurah Shalom and Zoom Room Bet*

An in-depth look at the weekly Torah reading, led by congregants. No prior knowledge or study is necessary.

### Shabbat Morning

*10 am, Saturdays, Havurah Shalom and Zoom Room Aleph*

All are welcome at our Shabbat services, including b'nei mitzvah services.

## B'nei Mitzvah

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

December 16

**Bennet Aliyar**

Child of Alina Aliyar and Sarah Spettel

January 13

**Sophie Wice-Budner**

Child of Leila Wice and Miriam Budner

Please join us in celebration.

## Attending Events via Zoom with Havurah Shalom

Many events at Havurah take place on Zoom only or through a hybrid of in person and Zoom. Event pages on our calendar state the name of any Zoom room to be used (or if there is a special Zoom room).

**How can Havurah members find Zoom login info for an event?** **Option 1:** Look for Zoom room info at the end of every issue of *Hineinu* (our weekly newsletter) within your email inbox and go to the correct Zoom room for your event. **Option 2:** Log in to your Havurah account on our website, click on the Contact tab, go down to Zoom Meeting Rooms, and find the Zoom room login info for the event you want to attend. **Option 3:** RSVP for events to be emailed any Zoom login info. (*Note: Non-members may need to RSVP or, for some gatherings, reach out to our front office in advance to get Zoom info.*)



## CELEBRATIONS

# LET US COME TOGETHER FOR THE FESTIVAL OF LIGHTS!

BRING WARM CLOTHING FOR THE TIKKUN OLAM ROSE HAVEN DRIVE!

BRING LOVINGLY USED ITEMS FOR THE SWAP TABLE!

BRING YOUR KIDS & TEENS FOR THE GAGA PIT & GAMES!

BRING LATKES FOR THE POTLUCK  
AND TASTING CONTEST!



## HAVURAH SHALOM CHANUKAH CELEBRATION

JOIN US FOR CANDLELIGHTING,  
MUSIC AND STORYTELLING

Sunday, December 10th  
4:30 pm  
At Havurah Shalom



Join us in **Zoom Room Aleph**  
at 5:45 pm for candlelighting  
and storytelling

[Click to RSVP](#)

[Sign Up to Be a Greeter](#)

## CELEBRATIONS

### Come join for our Kabbalat Shabbat Celebration: *Friday, December 8*

**Kabbalat Shabbat Celebrations**—a family-friendly oneg followed by a service led by Rabbi Benjamin and Havurah musicians, with dinner afterward. Our monthly Kabbalat Shabbat celebrations take place on the second Friday of each month, October through May. *6 pm Oneg, 6:30 Service, 7:30 Dinner.* All are welcome!

**Want to join for the dinner portion?** Everyone who wants to stay for the dinner needs to go to the Dec. 10 Kabbalat Shabbat event page to [register for dinner](#) in advance (and before all the dinner slots are taken). *Note: For technical reasons, registration may be temporarily paused during the weekend and at other times.* If the dinner registration becomes full to capacity, that will be noted on the Dec. 10 Kabbalat Shabbat event page/the dinner registration page and registration will be closed.

**Just joining for the oneg or the service?** No need to register for that. *(You can also join the service at 6:30 pm via Zoom Room Aleph. Log in to the Havurah website, click on the Contact tab, and go to Zoom Meeting Rooms to find Zoom Room Aleph log-in info.)*

Havurahniks, thank you to all who have signed up—and all who will be signing up—to volunteer at this upcoming Kabbalat Shabbat. [Click to learn how to help out at our Friday, December 8 Kabbalat Shabbat.](#) Volunteer shifts start at just 15 minutes in length.

#### **Before Kabbalat Shabbat & During the Chanukah Party: *Winter Clothing Drive for Rose Haven***

*5 pm to 6 pm, Friday, December 8 and 4:30 pm to 6:30 pm, Sunday, December 10 – Havurah Shalom*

The Havurah Poverty and Homelessness Committee will collect winter coats and other needed items for the women and non-binary folks served by the Rose Haven day shelter. There is a substantial need for community donations this winter. Thank you. **Items most needed:** *adult women's clothing, with a particular need for larger sizes - winter coats, raincoats, waterproof pants, durable pants, waterproof shoes/ boots, hats, gloves, hand warmers, socks, BRAND NEW underwear, and blankets.* Questions? Contact [Gloria Halper](#) or [Marcia Suttenger](#).

**During the Chanukah Party: *HCAAT Living Lightly Gift Tables (a.k.a., the swap tables, but you don't have to bring anything to take from them!)***

*4:30 pm to 6:30 pm, Sunday, December 10 – Havurah Shalom*

Do you have toys, games, puzzles, jewelry, books, woven baskets, blank journals, or other items in your house that you no longer use/need, and are in good shape, that someone – child, teen or adult - might like to receive as a gift? Then bring them to the Chanukah party, and put them on one of the swap tables. Are you looking for a little gift to appreciate yourself or to give to someone else? **Then come check out the swap tables at the Chanukah party. You do not have to bring an item(s) to take an item(s).** All items are free for the taking! Any items left on the tables at the end of the evening will be packed up donated.

# HAVURAH SHALOM

## ***Zoom Edition: You're a Havurah Member – Now What?***

Maybe you are a newer Havurah member, or maybe you have been around for a while and are still curious about how the community is structured and how to engage:

*What does Havurah have to offer me? Where can I find other Havurah members involved in areas I feel passionate about? How do I join a committee, lead a Shabbat service, gather with musicians, find out about Tikkun Olam activities? How are decisions made and what does the Steering Committee actually steer?*

For the answers to these and other questions, join our upcoming discussion with other new and not-so-new members to learn more about the inner workings of Havurah. Find out what issues the community is currently facing. Think about how you can connect with the congregation. Ask questions you have about Havurah and how you can find your place.

Members of the Leadership Development Committee look forward to meeting with you on **Tuesday, December 5 from 7 pm to 8:30 pm in Zoom Room Bet** for conversation, answers and refreshments. (This is an online reprise of the in-person event held in November.) All Havurah members welcome. [RSVP for the Dec. 5 Havurah 101.](#)

## **The Kvetch Invites Your Input**

**By Adele Thompson**

The Kvetch can be so prescriptive. This month it's your turn. Please let us know what you need to make your time in the kitchen go more smoothly.

We suggest (it's just a suggestion!) you start with a self-guided tour. The kitchen door is almost always open. Visit and look around. Check what's available and where it is kept. Do you think some essential equipment is missing or is the obstacle knowing how to use existing equipment? Would you prefer coaching or do you like written instructions? In either case, do you think you will be able to meet your need?

Instructions for the coffee makers and dishwasher are posted but some hands-on orientation may be helpful for both. If your entire cohort is inexperienced, plan ahead and ask Rachel Pollak, our facilities manager, for help or advice.

Certain paper supplies should be on hand, including napkins and towels, but other disposables are usually avoided. Tea and coffee are stocked, as are juice and wine for Kiddush. However, the current goal is a minimalist one: we avoid keeping most extras, bringing in food as needed and removing it afterwards.

There is a tray with keys next to the smaller sink, including one for the oft-featured garbage closet. Have a look in there, too.

Then tell us what you think.

---

***Common Good Project Blue Bag updates:*** There is a box of Bottle Drop bags in the kitchen. Take one if you'd like. As a trial, one has been placed under the sink next to the washer-dryer for cans which appear around the building. (Empty liquid into the sink.) If a bag is full, you can take it to a Bottle Drop depot yourself or put it in the basement and let me know about it ([click Adele Thompson](#) and log in for contact info). Let's see how it goes.

---

As ever, we thank you for your kind attention.



## Not Your Mama's Mahjong

By Leah Hershey

Members who gather at Havurah twice a month to play Mah Jongg are doing more than engaging in an afternoon of friendly competition and social interaction. We are celebrating a beloved Jewish-American tradition dating back nearly a century that is enjoying a revival in Portland and elsewhere.

There are various theories of why the American version of a game brought here from China in the 1920s became such a staple of post-war life for Jewish women who would gather to chat about their families, trade recipes, exchange gossip and plan fundraising activities for philanthropic causes. Some were explored a decade ago in a traveling exhibit from the Contemporary Jewish

Museum in New York City at the Oregon Jewish Museum (when it was still just around the corner from Havurah) and in a book by University of Oregon history professor Annelise Heinz that was a finalist for a 2022 Oregon Book Award.

Why the renewed interest? Nostalgia, perhaps, but also a yearning for the sort of personal interaction we experience less and less of these days. One thing is certain: We are having fun and invite you to join us on the first and third Mondays each month. We can even arrange for newbies to learn the game and if you are not free a Monday afternoon help you explore gathering at more convenient day and time.

Email [Leah Hershey](#) for more information or check the [Havurah calendar](#) (first and third Mondays).

*Why are these women smiling? Join us and find out!*

Havurah's Mah Jongg players pose behind mah jongg tables in the Havurah Shalom Social Hall.



## Steering Decisions in a Difficult Time

By David Kertzner,  
Co-President

It has been just over eight weeks now since the world seemed to tilt and the resulting change in gravity flung many of us to places that we have never known in our experience as Jews.

Amidst the sickening news of October 7 and the response from Israel and the IDF, in our distance from the devastation, one battle that many of us are experiencing, here, is the fight to not lose hope. That is an entirely understandable response given the tragic stories shared by family and friends in Israel, given the death and dislocation of many innocent Palestinians, and given the anti-Semitic and anti-Palestinian vitriol expressed around our country and in some media. Temporary truces and exchanges of hostages and prisoners notwithstanding, the possibility of long-term and widening conflict is the gravest danger of all for all.

The Leadership Team at Havurah Shalom feels that our best choices focus on actions which generate hope, and those which bring our communities together in our grief, fear, despair and love for each other. Our Steering Committee is not in complete agreement on every decision we make – reflecting diverse perspectives in our community, but we are committed to listening and offering any member an opportunity to speak at open meetings and other gatherings, leading to some of the most poignant discussions since October 7 that many of us have ever been part of.

As often as possible, our decision-making process begins with asking Havurah committees and community

---

### Steering Committee

---

members to weigh in. We check our decisions all the time with values we are committed to. The Presidents Team noted two of those values - *pikuah nefesh* and *tikkun olam* - in a letter to the community in early November. Our community focused on other values at Panim el Panim: A Havdalah Gathering to Listen and Share in this Moment, on November 18:

*Sh'lom Bayit*: Prioritizing our commitments to the Havurah community and our relationships with one another

*Ahavat Yisrael*: Our Love for the Jewish People.

*B'tzelem Elohim*: The sanctity of all human life.

*Rahamim*: Care and compassion for all the ways in which we are suffering, and a commitment to patience and understanding with each other.

It is entirely inconvenient, sometimes, but we know that holding our decisions to the light of these values makes us safer, stronger and kinder.

Over the past two months, as of this writing, our expressions of support and engagement include:

Our decision to be one of many Portland Jewish community sponsors of a gathering at Neveh Shalom in October to support Israel, organized by the Jewish Federation of Greater Portland.

A Gathering for Prayer and Support at Havurah to pray for our fellow Jews in Israel and at Havurah, and for the people of Gaza — honoring the humanity and the suffering

of every innocent person caught in this nightmare.

Encouraging individual Havurah members who wish to, to sign a petition generated by Synagogues Rising urging the U.S. government to use its influence to de-escalate the cycle of violence in Israel/Palestine, after a difficult vote by the Steering Committee to not sign onto the petition as a congregation.

Attendance by Havurah members and leaders at a gathering hosted by the Muslim Educational Trust and co-sponsored by 15 other cultural and faith-based organizations to “come together in the spirit of unity, healing, justice, understanding, mercy and peace” and to combat anti-Muslim and anti-Jewish sentiments.

Panim el Panim: A Havdalah Gathering (at Havurah) to Listen and Share in this Moment.

Publicizing a Jewish Federation of Greater Portland Community Gathering at Neveh Shalom to offer hope and solidarity for the Israeli hostages being held in Gaza.

We will continue to work hard on our difficult path as a vibrant, diverse-thinking, Jewish community engaged with other vibrant Jewish communities, welcoming all people who endeavor to care for all human life.

We welcome respectful feedback. Please reach out to Steering Committee members and continue to read Hineinu and Hakol for announcements about other gatherings, for ways you can support communities devastated by violence and war, and to find learning opportunities that help us understand how we got here and how we might come through this tragic moment and continue to repair the world.

## How We've Made a Difference

By Elianne Lieberman

I was recently asked, “What has Havurah’s Climate Action Team (HCAT) accomplished? You’re just one small group?” The answer is – plenty: by inspiring Havurahniks and other individuals to make personal changes, and by working collectively with others to influence elected officials to make the changes we need to move away from a fossil-fuel based society. “You are the wind in our sails,” Senator Merkley’s staff told us.

Together we make a difference.

Here’s highlights of this year’s accomplishments, including how you can still participate.

### **1. Education Leads to Action**

In April we hosted “Electrify Everything” about the value and importance of replacing fossil fuel as a source for heating, cooking, and fueling vehicles. Generating electricity with clean and efficient heat pump technology, induction stoves, roof-top solar or community solar, and purchasing electric cars helps our city, state and country meet carbon reduction goals. The Inflation Reduction Act provides tax refunds to help reduce the cost of electrification. Visit [ElectrifyPDX.org](https://www.electrifypdx.org) and [electrifynow.net](https://www.electrifynow.net) for resources and information.

---

### ***Havurah Climate Action Team (HCAT)***

---

We persuaded Havurah to get solar energy for our building, without having to install solar panels, by signing up for Community Solar. Havurah is now paying less for electricity, and is reducing our carbon footprint. Havurah members have also signed up for community solar. You can too. [www.oregoncsp.org/](https://www.oregoncsp.org/)

Working with the Interfaith Solar Campaign, we educated and inspired four religious organizations throughout the state to put solar panels on their congregation’s roof.

### **2. Working in Coalitions to Influence our Elected Officials**

In January and November we hosted *Rumble on the River* public events brought to you by the same coalition of groups that, through testimony and letter writing, was able to stop the Liquified Natural Gas Depot in Jordan Cove, OR from being built in 2021. Each *Rumble* features panel presentations including the seismic risks related to the fuel tank farms that make up the Critical Energy Infrastructure Hub in Northwest Portland (near Havurah), and the environmental impacts and threats to human health from the

Zenith Oil Export Terminal. The first round of permitting Zenith needs to continue operation was stop by our collective efforts, and we are gearing up to prevent the issuance of Zenith’s next and final permit. Stay up to date by joining Havurah’s Creating Climate Solutions Google Group. (email [Elianne Lieberman](mailto:Elianne.Lieberman@havurah.org))

Through the Google Group we educate members about political lobby and activism opportunities – either testifying or submitting comments on behalf of climate related legislation, and occasionally joining in rallies on behalf of saving the forest and other climate issues.

### **3. Climate Change Solutions the Jewish Way**

HCAT partners with national Jewish climate organizations, Jewish Earth Alliance (JEA) [jewishearthal-  
liance.org](https://www.jewishearthalliance.org) and Dayenu [dayenu.org](https://www.dayenu.org), where Jewish values and teaching are incorporated in trainings and action. In February JEA arranged for HCAT members to meet, by Zoom, with Senator’s Wyden and Merkley staff.

### **4. Getting Inspired, and Renewed by our HCAT Book Group**

It’s never too late to join! We read a few chapters at a time and have an engaging discussion. Details are on Havurah’s online calendar. Contact [Michael Heumann](mailto:Michael.Heumann@havurah.org).



## Rafiki Means Friend

**By David Newman and Laura Orgel**

At the heart of the word “Havurah” is the Hebrew word for friend, “chaver.” Havurah is not only the name of our community, it this year’s theme. In the spirit of expanding the bonds of friendship to include all of humanity, Havurah members David Newman and Laura Orgel founded the Rafiki Village Project in 2016. “Rafiki” is the Kiswahili word for “friend”.

“Rafiki”, or RVP, as it is affectionally called by the locals, has made a long-term commitment to helping the residents of Dumbeta Ward, in Tanzania. Dumbeta Ward

lies on the high desert plateau beneath picturesque Mt Hanang in the Manyara Region of northcentral Tanzania. Its nine villages are home to several tribal groups, including the Barabaig and Iraqw.

RVP is a collaborative partnership that focuses on access to education, health care, clean water, and economic opportunities. RVP’s community-driven approach to development starts with the assumption that the residents of Dumbeta Ward are the best judges of their needs and can organize themselves to meet those needs if provided with key resources. Consistent with this approach, the community makes a substantial contribution to each funded project.

Dumbeta Ward faces many challenges, including food and water insecurity, overcrowded and dilapidated schools, and an overburdened health care clinic. In seven years, the RVP has funded numerous projects, including the construction of water pipelines, construction of new classrooms, buildings, and toilet facilities, and the addition of solar electricity to the Ward’s secondary school. This year they have focused on the construction of a birth center and a school kitchen.

In 2021, the community ranked the construction of a dedicated maternity ward at the local clinic (“Dispensary”) as their number one priority. That year, over 300 infants

*(Continued on page 10)*



In Dumbeta Ward, people construct the new school kitchen.

# TIKKUN OLAM

Primary school students (*right*) and secondary school students (*below*) line up for lunch outside the new kitchen in Dumbeta Ward.



## ***Refiki Means Friend (Cont.)***

were born at the Dispensary, where mothers labored and birthed in exam rooms shared with other patients. Although WHO guidelines recommend that mothers and infants be observed for 24 hours post-partum, they were sent home shortly after giving birth. The new birth center opened this fall. It contains spacious and cheerful laboring and birthing rooms. Now mothers and their newborns get the care and the rest that make for a healthy start.

Hunger is a barrier to learning and many of Dumbeta Ward's children arrive at school having not eaten since the previous day, and with no lunch to look forward to. Prior to 2016, none of the Ward's six public schools had functioning school lunch programs. The Rafiki Village Project has funded the construction of modern kitchens at two of the Ward's six public schools and a third kitchen is currently being built at Dumbeta Primary School. With 900+ students, it is the largest of Ward's schools. At harvest time, parents are expected to donate a year's worth of beans and maize to the school. The food is securely stored in the new kitchens. The community is also responsible for cooking meals, daily cleaning and maintenance. The joy seen on the children's faces as they receive their portion of makande drives home the impact of the kitchen projects.

To learn more about the Rafiki Village Project, visit their website: [www.rafikivillageproject.org](http://www.rafikivillageproject.org).

And [here is the link](#) to sign up for their quarterly newsletter.

# AVODAH

## Rosh Chodesh Tevet: The Moon of Depth

By Andrine de La Rocha

*From the Deep I call to you, Oh Infinite One  
My Grace, please hear my cry  
~Psalm 130*

As we enter into the darkest nights heading toward winter solstice, we long for the light of the moon. Our connection with the sky, earth, fire and water were and are fundamental to our spiritual tradition, as is blessing the new moon and marking cyclical time.

We are gathering (on Zoom in the winter) to celebrate each new moon and invite these cycles into our lives, hearts and bodies. Each month is affiliated with a Hebrew letter, tribe, plant, body part and netivah (path or way of being).

November / Kislev welcomed the Moon of Dreaming, the letter Samech, tribe of Benjamin, and Baalat Ov - the Shamaness.

On Wednesday, December 13, 2023 we will transition into the month of Tevet, the Moon of Depth, the darkest time of the year. We will learn about the letter Ayin, tribe of Dan, the Cinnamon tree, left hand, and path of the Doreshet - the Seeker.

All are welcome as we cycle through the year with learning and ritual. Attendance is open all year; drop in as you are able. May you be renewed, as the moon is renewed!

[Rosh Chodesh Tov Registration](#)



The dark of the moon is displayed in this image.



## Nurturing the Havurah Community through Healing Prayer: The *Misheberach*

By Tivona Reith

The *Misheberach* is one of the central Jewish prayers for those who are ill or recovering from illness, surgery, accidents, or other physical, spiritual, or emotional health challenges. The prayer takes its name from the first two words: “*mi*” and “*sheberach*,” meaning “the One who blessed.” It asks that the One who blessed our ancestors bring about a complete healing for the person for whom the blessing is said. The tradition for healing prayer arises in Torah, when Moses pleads with *Ha-Shem* to heal his sister Miriam (Numbers/*Bamidbar* 12:13).

At Havurah, we say the *Misheberach* whenever we read Torah (on Shabbat and the weekday minyans) and during our Friday services. Those present are invited to say the names of those in need of healing, whether for themselves, a family member, or another Havurah mem-

---

### *Bikkur Holim* Committee

---

ber. Praying for each other in this way is a potent act of nurturing community and forging bonds of connection.

In addition to saying a name at a service, Havurah members can also request healing prayers through our online prayer request portal. This *Misheberach* list is named in honor of Karen Labinger (of blessed memory), a longtime Havurah member who lovingly kept a list of names to read whenever the *Misheberach* was said at Havurah.

To add a name to this list, visit the Havurah website: <https://www.havurahshalom.org/form/misheberach>.

Additionally, if you log in to the Havurah website, you can access the form via the “Need Help” section on

the home page (*on the right-hand side of the home page*). If logged in, you can also find the *Misheberach* form listed under the Services tab of the Havurah website.

Names submitted on the ***Misheberach* form** will be read at all services, if so requested. To keep the list a manageable length for service leaders, **please submit only your name, the names of your relatives, and/or the names of Havurah members. Names submitted will be kept active for one month, unless specified otherwise.**

Moreover, **through the *Misheberach* form itself**, you can also request assistance from Rabbi Benjamin, the Bikkur Holim (Visiting the Sick) Committee, and/or the Lots of Helping Hands Committee. Any such requests for additional support are kept strictly confidential and not shared with the larger community.

### Attention Retired Havurahniks!

If you are required to take a Required Minimum Distribution (RMD) from your retirement account (401k, 403b, etc.) this year and are looking to possibly limit paying income taxes on your RMD, consider donating all or part of your RMD to the Campaign for Havurah! While the Campaign for Havurah hasn’t officially begun, we are accepting early donations as we gear up. Donating your RMD will help the Campaign get off to a great start and it might give you a tax break.

*(Of course, this is not tax advice, and you will need to consult your tax professional to determine the tax impact of any RMD or retirement account donation.)*

For more information about this opportunity, click [here](#). To anyone interested in making an early donation to the Campaign for Havurah, click [here](#).

# AVODAH

## Havurah Music Jams Continue: Second Mondays!

Come play together in community! Bring your enthusiasm and your instrument! **The next jam is Monday, December 11 from 7 pm - 8:30 pm at Havurah Shalom.** The jams will continue monthly on the second Monday of the month. Song sheets will be provided and include a mix of Hanukkah songs, folk, Jewish and popular music. RSVP for the December 11 jam session [here](#). And look to the [Havurah calendar](#) for info on future second-Monday jam sessions.

## Good Grief?!? Welcoming the Complexity of Grief with an Open Heart

*11 am to 12:30 pm, Sunday, January 7 — Havurah Shalom*

The intention of this educational conversation is to help keep our hearts open in times when it's easier to be hardened. We are all carrying grief that has been exacerbated by the current event. Grief impacts people in different ways and different times. We discuss the many layers of grief and facilitate a conversation about the nature of grief as a process including the fear that prevents people from grieving. [RSVP](#)

## Making Loss Matter

*7 pm to 8 pm, Mondays, January 8 to February 12 — Zoom Room Bet*

This six-week class is inspired by Rabbi David Wolpe's book "Making Loss Matter: Creating Meaning in Difficult Times," which explores six kinds of loss — home, dreams, self, love, faith, and life. In his book, Rabbi Wolpe examines how we can use loss as a source of strength rather than despair, and as a generator of purpose and hope. Woven throughout each class session are teachings from a variety of traditional and contemporary Jewish sources, teachings from other traditions (particularly Buddhism), experiential practices, storytelling, and opportunities for self-reflection and *chevruta*/small-group discussion. Led by Tivona Reith, a retired hospice chaplain.

(**Note:** Participants are encouraged to pre-purchase the book (available used on-line) by early January 2024. A limited number of free copies are available as needed.) [RSVP](#)

## Healing the Heart, Soothing the Soul

By Chaplain Candi Wuhrman

The Havurah Ma'avar Committee is offering a 7-Week Grief Process-Support Group for Havurah members.

Each group session will be held virtually Thursday evenings, 5:30 pm - 7:00 pm, beginning January 18 through February 29.

### Ma'avar Committee

Chaplain Candi Wuhrman will facilitate the group with a focus on the dying experience, the impact of the relationship, the things unsaid, making peace within ourselves, for-

giveness, and continuing the relationship after death.

This is open to Havurah members at any stage and with any type of grief. It will be limited to eight to ten participants.

Questions? Contact [Chaplain Candi Wuhrman](#).

## In Hybrid meeting, Book Group to Explore Promises Unfulfilled

2021 Booker Prize winner *The Promise* charts the crash and burn of a white South African family, living on a farm outside Pretoria. The Swarts are gathering for Ma's funeral. The younger generation, Anton and Amor, detest everything the family stands for—not least the failed promise to the Black woman who has worked for them her whole life. After years of service, Salome was promised her own house, her own land ... yet somehow, as each decade passes, that promise remains unfulfilled. The narrator's eye shifts and blinks: moving fluidly between characters, flying into their dreams; deliciously lethal in its observation.

And as the country moves from old deep divisions to its new so-called fairer society, the lost promise of more than just one family hovers behind the novel's title.

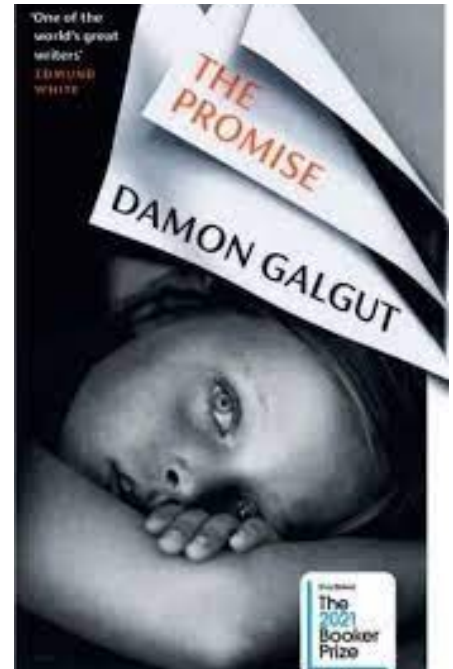
### December Book Led by David Newman

**The Promise**  
by Damon Galgut

Fiction, 293 pages

**Tuesday, December 26**  
**7 pm to 8:30 pm**  
**Havurah Shalom and**  
**Zoom Room Bet**

In this story of a diminished family, sharp and tender emotional truths hit home. Confident, deft and quietly powerful, *The Promise* is literary fiction at its finest.



**RSVP for Zoom info.** (Note: While the Havurah Book Group normally meets on Zoom only, the December meeting is a hybrid event.)

*A poem shared with Havurah Shalom, by Havurahnik Sandy Wolkoff*

### Again

Within hours of the start of this  
new battle  
In a very long war  
The emails and texts started  
The messages to family in Israel  
Friends known here on east and  
west coasts  
Because we  
Are children and family of Holo-  
caust  
Survivors

Within hours  
As the horrors and details of the  
Atrocities were revealed  
Over 1200 murdered  
Whole communities destroyed  
Children lost, murdered  
Grandparents paraded  
Mocked  
Young adults picked up and  
dragged  
From their campsites  
Their cars

In the first hours of the first day  
Numbness and shock  
  
Help did not come running  
Heavy limbed was the initial  
Response  
All of us frozen  
Cold tears filling our eyes  
Again, we whisper  
Again, we ask  
Again, we shout  
This is happening again



# HAVURAH SHALOM

## Reflections

Our community was fortunate enough to have several talented Havurahnik artists submit works in response to Havurah's call for artistic reflections as 5783 was drawing to a close and we approached the Days of Awe. The most recent couple issues of Hakol have included the reflective artworks of our contributors. On the following two pages of this issue of Hakol, you'll find the work of the last in this group of artists: **Leah Hershey**.

Leah Hershey  
Torah Mantle, handwoven



# HAVURAH SHALOM



Leah Hershey  
Pomegranate Tapestry

Leah Hershey  
Aleph Bet Tapestries



## ***Leah Hershey Artist's Statement: Havurah Shalom***

I began my time as a hand weaver producing wearable art that sold well in fashionable New York shops like Saks Fifth Avenue and Henri Bendel. Then, after taking time away to raise a family, I began another career in higher education, eventually administering teacher education programs at Cornell University and, starting in 2005 when my husband and I arrived here, at Portland State. All those years I would look at the loom I had dismantled in the 1980s and wonder whether I would ever return to weaving. That opportunity arrived when I retired in 2011 and reassembled the loom in a weaving studio we built adjacent to our home on Mount Tabor.

This time I pursued projects with an artistic bent, producing items like wall hangings and table runners that sold in group shows, on the annual Mount Tabor Art Walk, and online through my Jersey Girl Etsy site. Along the way the local congregation we had joined asked me to weave two mantels to cover its Torahs. It was as much a spiritual as an artistic experience and sent me in a new direction. I have since produced challah covers that sold at the Oregon Jewish Museum and framed Hebrew letters and a commissioned Hamsa. I look to expanding my collection of handwoven Judaica items and am always open to collaborating on new ideas.

## Gratitudes to Havurahniks!

By Loree Devery,  
Immediate Past President

Thanksgiving has just passed, and Hanukkah is around the corner. We are in that time of year when we are seeking light as the days darken. Practicing gratitude is a great way to bring light into our hearts and lives. This month, we are grateful to the following members for their contributions to Havurah.

Gratitude to the **Participation Work Group, Yshai Boussi, Luz Canate, Cindy Casama, Becky Chiao, Andrea Sanchez, and Karen St. Clair** for their work on drafting a process to address harm and sharing the proposed process with Steering.

Gratitude to **Michael Anderson-Nathe** for reviewing and providing feedback on the frameworks being discussed by the Participation Workgroup.

Special thanks from the Campaign for Havurah Executive Committee to **Alexis Baghdadi** for her excellent project management skills and creative ideas about how to organize our campaign outreach.

Gratitude to **Leah Dawkins** for joining the Geshet Committee and to **Bija Gutoff** for her work on

---

### *Steering Committee*

---

summarizing the first meeting of the Brit Kavod Workgroup.

Gratitude to **Sharon Klin, Julie Walcer, Joel Shipper, Nancy Chestler** for their work getting Havurah music jams up and running.

Hi Ho Core Team extends its deep appreciation to **Ericka Kimball**, who worked with us to develop our survey measures and led us through their analysis.

Deep thanks to **Ted Scheinman** for demonstrating how helping hands can extend beyond committee borders by supporting Bob Choderker during his final months in hospice and keeping our Havurah community informed of his condition.

Thank you to **Stefanie Hausman, Jen Litwin, Adele Thompson, and Ted Scheinman** for stepping in as the de facto planning committee for the Havurah Hanukkah Party.

Gratitude to **Natalie Lerner and KellyAnn Cameron** for their advocacy for housing for new arrivals seeking asylum and work with the Interfaith Movement for

Immigrant Justice (IMIRJ).

Gratitude to **Beka Feathers** for telling her powerful story about the impact of “Wrestling with the Truth of Colonization” classes had upon her at the MACG Assembly.

Much appreciation for **Michael Heumann’s** participation in the MACG Assembly.

Thank you to **Mariah Lebwohl**, and all who contributed, for shepherding the kids’ dream of a gaga pit from fundraising to reality. It’s here! It’s cool!

Appreciation to **Rachel Pollak** for stepping in as the last-minute, one-person kitchen crew for Shabbat nosh.

Gratitude to **Sam Sirkin**, for all the care he gave to organizing end of life care and a Celebration of Life for Barry Sutton.

Havurah is blessed to have so much to be grateful for and so many volunteers who contribute their time and energy to our community. To those of you not named here, but who volunteer to Havurah – thank you! If there are any appreciations you would like mentioned in the future, please contact me by email ([Loree Devery](#)) and I will include them in next month’s Gratitude column.





# HAVURAH SHALOM

## Tributes

### **Kabbalat Shabbat Dinner Donations**

Charlie Rosenblum, in memory of Barry Sutton. May his life inspire us all to look into the eyes of all we meet.

### **Adult Education Fund**

Dale Oller, in memory of Aunt Sadie G. Feves.

### **Educator's Discretionary Fund**

Dale Oller, in memory of Roy Oller.

### **Campaign for Havurah Fund**

Joan Peck, in memory of my father, Samuel Sherwin.

### **Rabbi Discretionary Fund**

Les Schwartz, in memory of Reuben Schwartz.

