Building our capacity to keep ourselves safe

By Rabbi Benjamin Barnett

This month we'll gather in person at High Holidays for the first time since 2019. While some of us will join online, a large number will be at the Tiffany Center, and with this comes renewed attention to the issue of security. As it has been for many years, a main element of our security will be the off-duty police officers we hire to be present at the entrance to the building.

For some of us, in the face of ongoing antisemitism and violence in general, police presence feels appropriate and reassuring. For others, it feels problematic. Over these last few years, the conversation around public safety in our country has changed dramatically. There has been a marked rise in awareness and a challenging of assumptions regarding how law enforcement functions in our society. So it is understandable that some of us question whether we should have police at our services. In light of this tension, a group of us began to examine the question of police presence at High Holidays. We did not begin early enough or move swiftly enough to expand the conversation among the community as we would need to, but I hope it is a process we will return to following this year's holidays. These were some of the guestions raised:

- In what ways do police make us safer, and in what ways do they not?
- How else might we imagine security for High Holidays?



Naomi Granek-Brown took some time to help the Kitchen Remodel crew remove dishes from the kitchen in advance of a deep clean. Mazel tov on her upcoming bat Mitzvah!

 Can we build our own capacity to respond and keep ourselves safe?

There was a wide range of responses to these questions, as I'm sure there would be within Havurah as a whole. What emerged most clearly from our conversations is a vision of us building our own capacity to keep ourselves safe. This might be independent of whether or not we choose to maintain a police presence at High Holidays or any other time.

What skills and expertise are present among us already, and what training can we do to help us be prepared to respond to threats? We may ultimately decide that a police presence is appropriate, or maybe we will determine that we are safest by drawing off of our own resources, perhaps in partnership

with other faith communities.

Whatever choices we make, building our own capacity can and should be a top priority.

In this discussion, Psalm 27 (the "Aḥat Sha'alti" psalm) comes to mind. It's a psalm of seeking protection from those who would cause us harm. The core image is not a walled-off fortress, though, but a sukkah — a shelter that protects against certain elements but remains open. If we lose that openness, we surrender a core part of our mission. So our security structures must not only protect against violent actors, but also align with our values and tend to the whole picture of what creates a safe and welcoming community for everyone. May we navigate this tension with wisdom, and with care for one another and all who enter our doors.

Havurah Shalom Staff

Benjamin Barnett, Rabbi benjamin@havurahshalom.org

Adela Basayne, Program Director adela@havurahshalom.org

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

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

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

B'nei Mitzvah

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

Sept. 3 **Dorothy Korin**

Child of Tatum and Saul Korin

Sept. 17

Naomi Granek-Brown

Child of Elise Granek and Mark Brown and

Margot Kirshbaum

Child of Beth Englander and Jan Kirshbaum

Oct. 22

Lyla and Violet Maxen

Children of Rachel Plotinsky and Eric Maxen

Oct. 29

Yon Zalkow-Blue

Child of Sheri Blue and Yuvi Zalkow and

Jacob Handelsman

Child of Julie Endress and Amiel Handelsman

Please join us in celebration and welcome her to our community. Mazel tov!

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 October 21

Misheberach List Form

Weekly Email Contribution Deadline Tuesdays by Noon

Condolences

Liz Hershey, sister of Barbara Hershey and aunt of Kyla Hershey-Wilson, passed away Aug. 17.

Lillian Katz, mother of Rachell Keys, mother-in-law of Patrick Keys, and grandmother of Marissa Keys, passed away Aug. 6. **Havurah Shalom**: Our mission is to provide a vibrant, diverse, participatory Jewish community steeped in spirituality, learning, and acts of social responsibility. As we enact our mission, we are guided by these values.

Hours of Operation

The office is closed while staff largely work from home due to Covid, but is open by arrangement. Staff can be reached during business hours.

Tributes

Havurah Endowment Fund

Arleen Slive, to all of the wonderful Havurah members who helped organize me. Thank you.

General Contributions

Dorothy Kleinman, in honor of my great grandson, Lucas Harlow Jones.

Adult Education Fund

Monica Moriarty and Bill Kwitman, in memory of Ben Kwitman.

Adela Basayne and Nick Iliinsky, in memory of Jacob Babat.

Tikkun Olam Fund

Carol Gelfer and Joe Sullivan, in loving memory of Florine Gelfer.

Rabbi Discretionary Fund

Harriet and Richard Steinberg, in memory of Mary Goldstein, sister of Harriet Steinberg, sister-in-law of Rick Steinberg.

Publication Notice

Due to staff bandwidth during the High Holidays, there will be no October issue of Hakol. Please plan your announcement schedules accordingly. Staff is always here to help you get your messages out.

HADRACHA

On Teshuvah—And How We Return

By David Kertzner Steering Vice President

As we read in the August Hakol, our Congregational Theme for the coming year, Teshuvah–Returning, means discovering our most essential and generous selves, remembering our deepest aspirations, and coming back to one another in new ways. For me, coming back includes a return to Steering this year after serving ten years ago. Two months into my new role, I see discovery and remembrance, as well, in almost every aspect of the work of our community, most of all in how we envision the future.

Last March, Debbi Nadell asked me to consider joining Steering as Vice-President—a four-year commitment just as I am becoming an empty nester! Unsure about that decision, I called on my superpower—the voice of my mother in my ear—and said yes.

Okay... in reality, I called several Havurah ex-presidents and others whose leadership over the years begins with the word inspirational.

What I heard: We are very much alive as a Jewish community. We have not gotten to this point by accident. Most of all, we need to have vision, return to our building, make music and feel our presence.

How could I not say Yes?

Ten years ago, as an at-large Steering member, I wrote an article for Hakol drawing on my simplified view of Judaism: epic history, miracles, reflection, philosophical evolution, repeat. Miracles make for great storytelling, so I wrote about teaching a Shabbat School class at the Havurah cemetery.

My piece recounted speaking to the class about my sometimeshomeless younger brother who had

Steering Committee

died long ago of cancer at 27. We discussed the tradition of shoveling dirt onto the casket at burial and how the act of shoveling brings closure to an earthly life but also facilitates renewal—like planting a seed which becomes a tree. I felt familiar pangs of anger and sadness.

The miracle that day? Cleaning gravestones. I picked the gravestone of the man who 'brought pastrami to the west'—I am not joking—and, lo and behold, he was born on my brother's birthday, Feb. 7. I reflected, laughed at the joke and recognized my need to turn—to renew myself.

These days, we more frequently observe moments of our <u>community</u> returning:

A return to celebration. In July, Charlotte Wise was a bat mitzvah. When she finished reading her last Torah portion, her uncle jumped up and pulled family members into a joyful and loud Siman Tov u'Mazal Tov hora before the Bima and 75 inperson attendees. Zoom guests beamed from the jumbotron, the joy in the room palpable. Two years before, Charlotte's brother Quinley's bar mitzvah had been remote-only from an unnaturally quiet Covidemptied sanctuary.

A return to connection. I recently participated in an in-person Safety Training to help us be prepared for unlikely, but possible horrific acts of terrorist violence. We also discussed if and how to engage with houseless visitors to our courtyard. Before we started, a conversation broke out!

No Zoom windows. No 'you're muted!' No digital hand-raising. Just people, some I had never met, sharing authors and book titles about Judaism.

On Steering now: A return to collective purpose. The challenges ahead will call on us to remember Teshuvah and guard against our tendency to polarize—playing out so destructively, now, on local and national stages. Difficult, but answerable questions:

What are the boundaries for our courtyard and how do we express lovingkindness for those in need?

How do we maintain our vision of a participatory community while necessarily growing our incredible professional staff?

Once we identify the building we want, can we raise the large amount of capital we will need to get there?

To our Community: Our most essential and generous selves and our many new members. We need to know each other. We need eye contact and body movement. We need to share our pain and resolve our conflicts more often in person. I am certain that pretty much everyone needs to kvell over our joys, especially our children. We need to return to the sanctuary, together, to sing and pray, celebrate, meditate, laugh, argue, and act with loving-kindness towards one another.

In these coming months including the High Holidays, our goal is to return to Havurah in a healthy and safe manner that honors each person's sense of security. Come to Havurah as often as you can. Stay as long as you can. Parking might be challenging. Seeing people living in uncomfortable ways might be difficult. But we need to return and sing our songs together.

TIKKUN OLAM

New Reparations Class: An Opportunity to Learn, Discuss, Act

By Kathy Gordon, Julia Lager-Mesulam, Bob Brown, Rabbi Benjamin

Class will take place at 6:30 pm, Oct. 18, 25; Nov. 1, 15, 22 – in person – RSVP

The Havurah Racial Justice Committee is pleased to offer a class on reparations. We hope it will spark interest in this extremely important and complex issue. The 5-session class offers an opportunity to study and reflect on some of the writings of prominent thought leaders on the topic of reparations for Black Ameri-

Racial Justice Committee

cans as a path to restorative justice.

Class materials will include articles and videos. Important objectives of these discussions will be to gain a more accurate historical narrative about intentional government policies that led to the wealth gap, the lack of equity in housing and education, and the over-representation of people of color in the criminal legal systems and some examples of repa-

rations that have occurred or are in process.

Jewish values and texts will be integrated throughout. We hope that a deeper understanding of the issue may lead to action.

Class size will be limited to 12 people to allow for active participation. The classes will be in-person, but we will make accommodations for people to attend virtually. It is the hope that we will offer this class again in the spring to allow for more members to participate. For more information or to express interest in participating, contact Tik-kunOlam@HavurahShalom.org.

Catching Up with Maria and Carlos' Journey

As fall approaches, we are sharing the latest news of Maria and Carlos, Guatemalan asylum-seekers being sponsored by Havurah. Maria enjoys her housekeeping job at Rose Schnitzer Manor, where she is a valued employee, known for being hard -working and reliable. She takes pride in supporting herself and her son, and in being seen as a leader by co-workers and supervisors. Her English is much improved.

Carlos got a job at a bowling alley this summer, where he handed out prizes in the arcade and worked in guest services. He has developed a social life and had an enjoyable summer with both work and friends. Now a senior at Beaverton High School, he is continuing to work at his job during the school year.

The Sanctuary Committee Core Team working with Maria and Carlos held a picnic in July to meet in person and celebrate summer. Most of the team were there, along with Maria and Carlos, and banh mi and bocce ball were enjoyed by all!

However, this good news is balanced with difficult developments on the immigration front. In its journey through our broken immigration system, Maria's claim for asylum has taken an unexpected turn, one perhaps

offering greater potential for a positive resolution, but also bringing new challenges. The Core Team has retained an attorney, who is helping Maria and Carlos navigate this process and shepherd their case through



The Core Team enjoyed a picnic with Maria and Carlos in July.

the system. As the path ahead grows clearer, we may be asking the Havurah community for renewed financial support for the family.

More details will be provided in our next update.

TIKKUN OLAM

Together we can make a difference on climate

By HCAT and Elianne Lieberman

A question that periodically comes up in our work on reducing global warming is what is more impactful: changing personal habits that will reduce our individual carbon footprint, or working with others in the political arena to enact policies and laws on the local, state and federal level that will combat climate change and promote environmental justice? We have concluded that both are necessary.

On Aug. 1, the Climate Action Team (HCAT) signed onto a letter asking the EPA to give California a "waiver" from the less strict federal standards that regulate the harmful emissions of commercial trucks. Oregon, along with six other Western states, already passed stricter Clean Truck Rules. Without California's waiver, Oregon would not be able to meet its greenhouse gas and air pollution reduction goals.

Working with others to make our voices heard is a powerful tool that both empowers the action-taker and makes a difference.

Senator Jeff Merkley's staff told us that hearing from constituents is the wind in his sails and vital to his work. It's an important tool when talking to fellow senators about supporting bills.

Havurah Climate **Action Team**

The Jewish Earth Alliance (jewishearthalliance.org) knows these principles. Their mission is to raise a collective, strong, consistent Jewish voice in Washington, D.C., through timely monthly actions. Their website has the step-by-step info you need to take action and a link to their Youtube channel of inspirational speakers. Havurah is a partner organization. You're welcome to join their informative monthly meetings the third Tuesday of each month from 5 to 6 pm. For Rosh Hashanah, they are asking us to send a Rosh Hashanah New Year message to our members of Congress to ask them to keep working to save our planet home by supporting generous appropriations for clean energy, adaptations to the changing climate, and protections for communities at risk.

If you would like to be informed of upcoming actions where your input—through a telephone call, email or written comment—will make a difference, email info@havurahshalom.org and ask to be

put on HCAT's creating-climate-

solutions listserv.

October HCAT Programs

Please join us for the following October programs. The dates will be announced in the weekly Hineinu email and put on the website calendar.

Solar Power

HCAT, a co-sponsor of the Oregon Interfaith Solar campaign, will be hosting a Zoom presentation related to the advantages of solar power, the process of installing them on your home or business, and how to get involved with community solar—a way to benefit from solar power if your house is not a good fit for solar panels.

We'll also look at the Oregon synagogues that already have solar installations.

Book Group

We recently completed "Braiding Sweetgrass" by Robin Wall Kimmerer. People were moved by the book, expressed gratitude for the meaningful insights that relate to our lives, and found numerous links to Jewish teachings.

We'll start a new discussion group, reading a few chapters at a time, of an equally engaging book after High Holidays.

Guidelines Posted for Tikkun Olam Mailing Lists

The guidelines for using the various Havurah Tikkun Olam email lists have been posted.

You can find the guidelines on the Havurah website under Committees>

Tikkun Olam Cluster.

Hopefully, these guidelines will answer questions about the purpose and use of these email lists.

If you have questions, please

email Bob Brown at TikkunOlam@HavurahShalom.org.

> -Bob Brown Cluster Lead for Tikkun Olam

Tikkun Olam Food

Elul Food Drive

Drop-Off Date at Havurah Shalom

Sunday, Sept. 18, 11-1 pm

If more convenient, please check with your Havurahood Captain as some have offered to be drop off locations. If you are not sure who your captain is, please check with Stefanie Hausman.

Elul is approaching, giving us time to prepare for the High Holidays. In thinking about others, Our Poverty and Homelessness Committee is conducting a food drive during the month of Elul to benefit The Common Good Project.

Originally named The Homeless Relief Initiative, its continuing mission is to provide meals to homeless people in several Northeast tent communities. Food delivery, along with hot meals, continues under the name of The Common Good Project.

Please donate to our food drive by bringing the following items to Havurah Shalom on the dates specified above.

Much time and conscientious effort have gone into developing this list of foods, which will withstand the street tent community conditions and which many at the camps appreciate.

These items are left with people in addition to a hot meal. They are easy to eat without cooking facilities, can be opened without a can opener, and are soft to accommodate dental issues.

Non-Perishable Foods Needed

Canned fruit with pull-tops

Canned vegetables with pull-tops

Gatorade, juices, sodas

Granola bars/bars of any sort

Instant oatmeal

Chips or popcorn

Any stew or hearty item with pull-tops

Cookies, crackers, chips and snacks

Nuts

Dried fruit

Sippable vegetables (like for little kids)

Applesauce (no glass)

Candy (There is a big sweet teeth out there!)

Nut butter (no glass)

Jelly (no glass)

Honey

Shelf-stable milk (dairy and non-dairy, not powdered, please)

Powdered chocolate milk mix

Instant soups and foods (ramen is a favorite)

Tikkun Olam Tzedakah Projects

Tzedakah Projects

Havurah's Tikkun Olam Poverty and Homelessness Committee is once again organizing the High Holiday Tzedakah Project. We have selected two of our partner nonprofit organizations whose <u>mission and values</u> we feel strongly reflect those of Havurah.

The Common Good Project serves our homeless neighbors with food, clothing and opportunities to earn a wage. Rose Haven Day Shelter and Community Center serves women and children at their new facility close to Havurah. (More information can be found on our <u>P&H page</u> on <u>Havurah's website</u> under the Committees tab).

All items should be brought to the fourth floor of the Tiffany Center during Erev Rosh Hashanah, the first day of Rosh Hashanah, Erev Yom Kippur, and through end of services on Yom Kippur. You can also check with your HavurahHood Captain to see if items can be dropped off with them. Stephanie Hausmann has the most current HavurahHood Captain list.

Rose Haven Donation List

Gently Used:

Bras

Women's leggings

Blankets

Rolling carts/suitcases/backpacks with wheels

Towels

Pet supplies

New:

Women's underwear Women's socks

Baby wipes

First aid kits

The Common Good Project Donation List

Canned fruit with pull-tops Canned vegetables with pull-tops Gatorade, juices, sodas Granola bars/bars of any sort Instant oatmeal Chips or popcorn

Any stew or hearty item with pull-tops

Cookies, crackers, chips and snacks

Nuts

Dried fruit

Sippable vegetables (like for little kids)

Applesauce (no glass)

Candy (There is a big sweet teeth out there!)

Nut butter (no glass)

Jelly (no glass)

Honey

Shelf-stable milk (dairy and non-dairy, not pow-

dered, please)

Powdered chocolate milk mix

Instant soups and foods (ramen is a favorite)

Clothing:

7

New underwear (women's s/m, men's m/l). Men

prefer cotton boxer briefs.

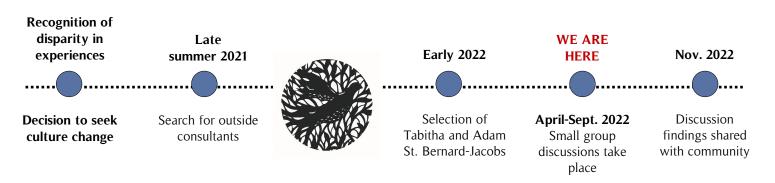
Socks for men and women, matching, if used

Questions about our Elul Food Drive or our HH Tzedakah Project? Please contact Gloria Halper.

Hayurah Shalom

TIKKUN OLAM

Shifting Culture & Enhancing Belonging at Havurah



Where We Are and Where We Are Going

Since May 2021, Havurah Shalom's Anti-Racism and Belonging Work Group has written 10 articles for Hakol, initially describing the need for anti-racism work to be done.

To restate, based on the lived experiences of some of our members, it is clear that not all members experience Havurah as a welcoming place. Indeed, some members (and specifically our BIPOC—Black, Indigenous, and People of Color—members) have reported negative interactions ranging from indifference and invisibility to active hostility.

In addition, some of Havurah's current structures and ways of carrying out our work may be based in white dominant patterns, thinking, and ways of being that knowingly and unknowingly perpetuate inequities or contribute to patterns of exclusion and harm.

The goal of the work proposed by the Anti-Racism and Belonging Work Group is to embed anti-racist work throughout Havurah to support the alignment of our actions, beliefs, and values with our identity as a multi-racial, multi-ethnic, multicultural community, so that all mem-

Anti-Racism and Belonging Workgroup

bers, and especially our members who identify as BIPOC, experience belonging and be valued as members of this community.

This is culture change, and it takes time, awareness, and a commitment to unlearning old patterns and adopting new ones.

The initial phase of this process, collecting experiences to build community awareness of how Havurah is and is not living up to our welcoming and inclusive values, needed to be conducted by people outside our community. Engaging in this work is a profound act of Teshuvah, to recognize, acknowledge and make amends ultimately for where we have missed the mark as a community.

The search for outside consultants began in late summer 2021, and selection of <u>Tabitha and Adam St. Bernard-Jacobs</u> took place in early 2022. Since April 2022, discussion groups selected through selfidentified affinity groups—BIPOC members, multiracial families, past presidents, Steering, staff, and so on—have met.

In September, there are three more groups available to join, specifically for people who have taught in Shabbat School on <u>Sept.</u> 9; and open to white members who haven't yet had a chance to participate on <u>Sept. 11</u> and <u>Sept. 18</u>.

To date, participants report having felt safe and have been very open to sharing their experiences. The groups have been opportunities to hear the experience of others and really listen—to pause, and listen with our whole selves and be open to process what is being shared (raising awareness). They also have the opportunity to be introspective and examine their own perspectives and roles in the process.

Tabitha and Adam will share the findings to the work group and Steering Committee after the chagim, and to the entire congregation on Sunday, Nov. 6 at 10 am. Then, together, we will decide what comes next.

Members of the Anti-Racism and Belonging Workgroup (listed in alphabetical order) include Michael Anderson-Nathe, Rabbi Benjamin Barnett, Bob Brown, Chris Coughlin, Alanna Hein, Maria Lisa Johnson, and Karen St. Clair. Bob Brown and Chris Coughlin serve as points of contact. Please reach out to them with any questions.

UPCOMING EVENTS

Creative Writing Class for Adults

7 pm, Thursdays starting Sept. 29 – Zoom Room Gimel

Tap into your creative side with this 10-session writing workshop open to writers and non-writers alike. Yuvi will provide writing prompts and facilitate short writing sessions to get your creative juices flowing in this non-judgmental environment. You can use these prompts to discover important things about yourself and your family, or you can just have some fun writing a zany story about Jewish robots and matzoh

Participants can (optionally) develop a piece from the workshop and share it at a reading at the end of the session. Led by Yuvi Zalkow, author of two novels and a handful of short stories.

Session starts on September 29 (but we will skip October 6). Group size limited to 8.

Simchat Torah

6:30 to 8 pm, Monday, October 17, at Havurah Shalom

Simchat Torah means "Rejoicing in the Torah." On Simchat Torah, we celebrate the conclusion of our annual Torah reading cycle and the beginning of another. We read the last Torah portion, then the first chapter of Genesis, remembering that the Torah is a circle of life that never ends. On Simchat Torah, we sing and dance with the Torah. As many people as possible are given the honor of carrying a Torah scroll, and as many people as possible are given the honor of an aliyah (reciting a blessing over the Torah reading). Children are called up for an aliyah, too. Torah brings sweetness to the lives of all of us!

Join us for a family-friendly and joyous celebration featuring music and dancing with the Torah!

Kabbalat Shabbat volunteers needed

By Marni Glick and Sally Hersh

We are looking for volunteers to lead a few tasks for Kabbalat Shabbat, which is resuming monthly for eight months beginning October 14.

You will be helping us pilot a new format this year, in which a catered dinner will take place *after* the service instead of before it. This will hopefully make the service accessible to a wider group of people, including families with children.

There will be a light oneg/nosh available thirty minutes before the service. Dinner, for folks with reservations, will follow the service.

We are looking for people to coordinate volunteers for these tasks:

Kabbalat Shabbat Committee

- greeters/door monitors
- set-up and take-down of the oneg/nosh
- set-up for dinner
- clean-up after dinner

These are easy, fun tasks and provide an opportunity to get to know and connect with others at Havurah. Co-leads are welcome! Volunteer leads will not be involved in recruitment, just organizing the volunteers the day of the event. Please contact Marni Glick and Sally Hersh with questions or interest.

See Joey Weisenberg on Sept. 18

On Sunday, Sept. 18, at 4:30 pm we are all invited to sing with acclaimed musician, author and teacher Joey Weisenberg, who will be sharing his music at Congregation Shaarie Torah, 920 NW 25th Avenue. Join other music lovers to raise your voice and lift your spirit in the days leading up to the High Holidays. This is a rare opportunity for our community, which draws so much strength and inspiration from music.

As sponsors of this event, Havurah Shalom has 50 free tickets for our members. Please RSVP for a free ticket using this form. Once our block of tickets is gone, you may purchase additional tickets from the Shaarie Torah website.



HIGH HOLIDAYS

Everything you need to know about High Holidays

We have almost reached the time of our largest annual gathering, the fall High Holy Days season. During the two years our normal observances were suspended due to the pandemic, our congregation has grown significantly. We are eager to meet and get to know our new members. We are eager to see our old friends. During the holiday season we will welcome everyone and blend and strengthen our communal bonds.

This season will be a milestone, a homecoming, a celebration of resilience. We will begin a new year as a newly invigorated Havurah. "Hineinu! *Here we are.*"

As you likely know by now, we will be at the Tiffany Center in person for the major services (Erev and Day One Rosh Hashanah, Erev and Yom Kippur) and at Havurah and various parks for other High Holidays events. If you can attend in person, that's wonderful. If you decide to join us online, that's also wonderful. Please take care of yourself. However you arrive, know that you are welcome.

You have received your <u>High Holidays Information Packet</u> via email. If you haven't yet had a chance to read it, now is a great time to dive in.

In the packet you'll find everything you need to know, including:

- Elul events starting now
- Complete schedule of services
- How to pitch in: volunteering, donating and tzedakah project
- Deadline for submitting your mini-drash
- Covid policies, security, parking and passenger drop-off area
- Links to machzor, songbook and music
- Child care, seating areas for families and people using wheel-

High Holidays Planning Committee

chairs, nursing spaces, snack spaces

 How to attend services remotely (via YouTube for services at Tiffany Center, via Zoom for services at Havurah)

... and so much more. The packet should answer your questions. If not, please contact in-

fo@havurahshalom.org.

In some ways this year will feel like a return to what we knew—and in some ways it will be different. Here are a few highlights:

What's the Same?

- We will gather in person for Rosh Hashanah, Yom Kippur, Tashlich
- We will host a luncheon at Havurah after services on the second day of Rosh Hashanah

What's Different?

- We will make name tags available at services to help everyone—our many new members and our longtime members—learn names and feel welcome
- There will be no Erev Rosh Hashanah dinner
- There will be no communal Break Fast

What's Happening During Elul?

We enter the High Holidays season with many opportunities to learn and grow together. Highlights include the "This is Real" book discussion groups led by Deborah and Adela; the Teshuvah class led by Rabbi Benjamin; the Anti-Racism and Be-

longing discussion groups; the Joey Weisenberg concert; and the Selichot service. Read this issue of Hakol and your High Holidays packet for details on all these offerings.

Come Raise the Barn with Us! Many Volunteer Spots Are Open!

Most people know that work parties are fun. They are! The energy is contagious. But we forget. And we are rusty after two years apart. So take a moment to remember the last Havurah crew you were on, before or during or after services-arranging flowers, welcoming people at the door, taking down the "tent"-and how good it feels to reconnect with old friends and make new ones while doing the job at hand. Sign up to use a skill you have or learn a new one. Come share stories about all the things that have happened since we last saw each other. You'll finish the task feeling good - and knowing you made a hands-on contribution to the creation of our High Holidays. Volunteering is one of the most meaningful ways we belong to our community. We need your ideas, enthusiasm and help. Sign up here!

How You Can Help

- You can <u>volunteer</u> for a work party or specific task (see barnraising above).
- You can <u>donate</u> money to help cover the costs of the High Holidays, our largest annual gathering.
- You can contribute goods or money to our communal tzedakah project (a food drive).

Information about volunteering, the food drive, and making donations is in your High Holidays packet.

High Holiday Service Schedule

5783/2022

Selihot

Saturday, Sept. 17

8:00 pm Seliḥot Service

(Havurah Shalom & online)

Rosh Hashanah

Sunday, Sept. 25

1:00 pm A Sweet New Year to You: Welcoming

the High Holidays, for Families with

Children ages 0-11

(Sellwood Park, Picnic Area D)

7:30 Erev Rosh Hashanah Service

(Tiffany Center & online)

Monday, Sept. 26

9:30 am	Morning Service/Shacharit		
	(Tiffany Center & online)		
10:30	Torah Service		
11:30	Children's Aliya		
11:50	Shofar Service		
12:15 pm	Musaf/Additional Service		
4:00	Foothills Park Westside Tashlich		
4:30	Rosh Hashanah Outdoor Family Service		
	& BYOPicnic, for Families		
	with Children ages 6-12		
	(Peninsula Park)		

Tuesday, Sept. 27

9:30 am	Rosh Hashanah Morning Service		
	(Havurah Shalom & online)		
10:30	Torah Service		
11:45	Shofar Service		
12:15 pm	Musaf/Additional Service		
1:00	Community Luncheon		

(Havurah Shalom)

Days of Awe

Days of Awe-some Text Study

See Page 3 for dates/times

Sunday, Oct. 2

12:00 pm	Tashlich for Everyone
	(George Rogers Park)
2:00	Song and Remembrance
	(Havurah Cemetery)

Yom Kippur

Tuesday, Oct. 4

7:00 pm Kol Nidre/Evening Service

(Tiffany Center & online)

Wednesday, Oct. 5

9:30 am	Morning Service/Shacharit	
	(Tiffany Center & online)	
10:45	Torah Service	
12:15 pm	Musaf/Additional Service	
2:00	Tikkun Olam Discussion (4th Floor)	
2:00	Days of Awe-some Discussion (online)	
2:00	Family Snacks	
3:00	Meditation	
3:30	Family Service for ages 6-14 (2nd Floor)	
4:15	Yizkor/Memorial Prayers	
4:45	Mincha Service and Book of Jonah	
5:45	Ne'ilah/Closing Service	
6:45	Shofar and Havdalah	

Shemini Atzeret

Monday, Oct. 17

8:15-9:30 am Shacharit Service with Yizkor

(Havurah Shalom & online)

Simchat Torah

Monday, Oct. 17

6:00 pm Simchat Torah Celebration

(Havurah Shalom & online)

Services are free and open to all. Most will take place in person and online. We look forward to being with you!

Elul and Holiday Happenings

Elul, the month preceding the High Holy Days of Awe, begins this year on Aug. 28. This year we are focusing on Teshuvah, the practice of return and renewal traditional at this time of year, and Havurah's theme for 5783. Please consider joining one or more of these activities designed to support your personal practice. **KEY:** ZM for Zoom, HYB for Hybrid, IP for In Person

(ZM/HYB) *This is Real and You Are Completely Unprepared*: Book Study Gatherings

Whether you've read the book before, or this is your first time, R. Alan Lew's book can deepen our experience of the High Holidays as a journey of personal transformation. We'll meet four times to share our reflections on the ideas and practices in different chapters. Come to one, some or all. Led by Adela Basayne and Deborah Eisenbach-Budner.

- Approaching Rosh Hashanah and the Days of Awe (Ch. 5-7) – Sept. 11, 7 pm in Zoom Room Bet – RSVP
- Yom Kippur and Sukkot (Ch. 8-10 and epilogue) –
 Oct. 9. 7 pm in the Havurah Shalom Sukkah RSVP

We have purchased several copies of the book, available to members on a first-come basis in the office.

(ZM) Sound the Shofar

11:30 am, Every day except Shabbat, Aug. 28 to Sept. 23, in Zoom Room Shofar

"When the Shofar is sounded, hear, all you inhabitants of the world." Isaiah 18:13

It is customary to hear the sound of the Shofar every day of Elul. To observe this custom, Andrine de la Rocha, Howard Patterson and Diane Chaplin will sound the Shofar every afternoon during the month of Elul, except for Shabbos. They will use the traditional Shofar calls and give a bit of kavanot each time. Each session will last only a few minutes, so be prompt or you'll miss it! Led by Andrine de la Rocha, Howard Patterson and Diane Chaplin.

(HYB) Contemplative Practice to Support Teshuvah

7 pm, Sept. 7, 14, 21 in person at Havurah Shalom and in Zoom Room Neshamah

In these sessions we will gather to engage with the sacred work of this season: Teshuvah—repentance and repair. Working with the spiritual tools of Mussar—applied Jewish ethics—and meditation, we will practice and reflect together, examining where we have caused harm and lovingly holding ourselves accountable to make amends and grow as we enter the new year. Led by Rabbi Benjamin.

(ZM) Anti-Racism and Belonging Conversations

The last three conversation groups of this phase of Havurah's important project will be held in September. Led by our consultants Tabitha and Adam St. Bernard-Jacobs.

- *For White Members Not in Other Groups* Friday, Sept. 9, 10-11:30, in Zoom Room Bet <u>RSVP</u>
- *For Parent Teachers and Teachers* Sunday Sept. 11, 10-11:30, in Zoom Room Bet **RSVP**
- *For White Members not in other groups* Sunday, Sept. 18, 10-11:30, in Zoom Room Bet <u>RSVP</u>

(HYB) Selihot Service

8 pm, Saturday, Sept. 17, in person at Havurah Shalom and in Zoom Room Neshamah

The Saturday before Rosh Hashana, we gather to begin to ready our hearts for the compassion and forgiveness the High Holidays ask of us.

(IP) Joey Weisenberg Elul Concert

4:30 pm, Sunday, Sept. 18, Shaarie Torah, 920 NW 25th Ave

We are all invited to sing with acclaimed musician, author and teacher Joey Weisenberg, who will be sharing his music at Congregation Shaarie Torah. Join other music lovers to raise your voice and lift your spirit in the days leading up to the High Holidays. This is a rare opportunity for our community, which draws so much strength and inspiration from music.

As sponsors of this event, Havurah Shalom has **50 free tickets** for our members. <u>Please RSVP for a free ticket using this form</u>. Once our block of tickets is gone, you may purchase additional tickets from the <u>Shaarie Torah website</u>.

Elul and Holiday Happenings

(IP) A Sweet Year to You – Families Beginning the New Year Together

Sunday, Sept. 25, 1 pm, Sellwood Park, Picnic Area D (due west of playground)

This outdoor Rosh Hashanah gathering will start with singing and celebration. Then, activities especially for families with 0-to 5-year-old children and/or 6- to 11-year-old children will help everyone enter the new year in community.

(IP) Foothills Park Beaverton/Westside Tashlich 4 pm, Monday, Sept. 26

We will have a Tashlich service open to all Havurah members. More information to come. Please contact Beth Shreve if you're interested in participating.

(IP) Rosh Hashanah Family Service (& Optional Bring-Your-Own Picnic Dinner)

Monday, Sept. 26, 4:30-5:15 service, followed by bring-yourown picnic (and utensils) dinner, at Peninsula Park

All are welcome at this service geared towards families with youth roughly aged 6-12; all ages are welcome. We will enjoy music, traditional Rosh Hashanah prayers, shofar blowing, and kid-friendly intention-setting for the new year. Whether or not you're staying for dinner, please feel free to bring apples, honey and challah—and a shofar if you have one—to close our service. Led by Hannah Treuhaft and Alicia Jo Rabins.

We welcome musicians to join in the songs! We won't be rehearsing, but if you play an instrument and feel comfortable preparing on your own with mp3s/charts, please email Alicia Jo Rabins.

(ZM) Days of Awe-some: Text, Talk & Teshuvah

7:30-8:30 pm, Sept. 26-29; Oct. 1-3; Oct. 5 during Yom Kippur service break at 2 pm, Zoom Room Neshamah

We will meet evenings on most of the days between Rosh Hashanah and Yom Kippur, and as a bonus on Yom Kippur during the service break.

We gather to indulge in Inquiry, Intention and Introspection around themes of the ten Days of Awe, with a focus on turning and returning to the One. All are welcome.

Each evening we will read an excerpt from *The Book of Days*, by Rabbi Jill Hammer, and/or other texts, make time for guided contemplation, and share reflections about teshuvah in small groups.

(IP) Yom Kippur Family Service

3:30–4:15 pm, Wednesday, October 5, at the Tiffany Center

All are welcome! Service is geared toward families with children ages 5-11. We explore the themes of Yom Kippur and sing some of the beloved songs of this holiday. Our service is participatory—with lots of singing, skits and humor. We get right to the heart of the matter of teshuvah, returning to our best selves. We are holding this service later in the day so that families can easily stay for the Mincha service with teen leadership and for Ne'ilah, our short and sweet closing service to Yom Kippur.

(IP) Simchat Torah Celebration

6:00 pm, Monday, Oct. 17, at Havurah Shalom

Simchat Torah means "Rejoicing in the Torah." On Simchat Torah, we celebrate the conclusion of our annual Torah reading cycle and the beginning of another. We read the last Torah portion, then the first chapter of Genesis, remembering that the Torah is a circle of life that never ends. On Simchat Torah, we sing and dance with the Torah. As many people as possible are given the honor of carrying a Torah scroll, and as many people as possible are given the honor of an aliyah (reciting a blessing over the Torah reading). Children are called up for an aliyah, too. Torah brings sweetness to the lives of all of us!

Join us for a family-friendly and joyous celebration featuring music and dancing with the Torah!

Prepare for the Holidays

Volunteer Sign-Up

High Holidays at Havurah Shalom is driven by member volunteers! Spots are open now for all types of essential contributions. Please <u>look at the schedule and our needs and sign up</u> for something today!

Donate to High Holidays at Havurah Shalom

Year to year, Havurah Shalom is a home for all who wish to celebrate the High Holy Days. Please consider a contribution to join in our mitzvah.

RSVP For Free Childcare

Childcare is free! We will offer childcare during all services, open to all. You can check in without RSVPing, but for planning purposes, we'd be grateful for the <u>help with our headcount</u>.

Resources and Information

Lulavs and Etrogs

Havurah is no longer ordering lulavs and Etrogs, but you can purchase them directly from the Kollel, which has an <u>online shop here</u>, or <u>Everything Jewish</u>.

Havurah Shalom Sukkah

We will be building our sukkah again this year! Check out the volunteer sign-up if you'd like to help raise it or take it down. Visit yourself or with friends and family between Oct. 10 and 19. Groups wishing to hold gatherings in the sukkah should email Rachel Pollak (rachel@havurahshalom.org) to reserve a time.

Mask Policy at the Tiffany Center and Havurah Shalom

Masks are strongly encouraged but not required. We ask that everyone be respectful and understanding of each other's decisions in this area. N95 masks will be available.

Resources and Information

Machzors and Songbooks

Our new machzors, purchased two years ago to replace the set recently laid to rest in our community genizah, will take their first trip to the Tiffany Center this year! All 700 of them are needed for the large number of people expected to attend. If you will be attending online, a digital copy of the machzor and the songbook are available here:

Machzor PDF | Songbook PDF

Family Seating

To enhance accessibility, we will once again be designating the "stage-left" area of the main seating area at the Tiffany Center as a reserved space for families with small children and those with mobility and accessibility challenges, as well as their families and companions.

Family Snacks for Yom Kippur

At 2 pm on Yom Kippur, snacks will be available for children and anyone else not observing the fast day. We understand there are many reasons not to fast and that everyone needs fuel. Come nosh and spend a little casual time with others between services. (This is another opportunity for those looking to volunteer!)

Nursing Mother Space

Nursing is encouraged wherever you're comfortable at Havurah spaces. You'll also find signage on the second floor directing you to a comfortable private space, should you wish.

Drop-off Spaces

Look for information soon about spaces where you can be dropped off close to the Tiffany Center and Havurah Shalom during the holidays.

Parking

Parking is a challenge near the Tiffany Center and near Havurah Shalom. We encourage you to arrive early and make a plan. We will arrange drop-off areas in case you need to park farther than any of your passengers may be able to walk. Look for location details closer to the holidays. This page helpfully lists some parking options near the Tiffany Center. Near Havurah, here are some options. Here is our page with some public transport options to Havurah. Please Note: We no longer have an arrangement with Legacy for parking at their lot. Especially as it will be a business day for them, we ask you not to park there.

Security

Security is essential to a safe holiday. At the Tiffany Center, we will have two uniformed police officers stationed outside. Everyone entering will be asked to have their bags checked by professional checkers. A team of volunteers will patrol the space to ensure people are following safety rules and that everything is in order. The same will be the case at Havurah Shalom on Rosh Hashanah Day 2, minus the bag checkers. If you have questions about our preparations, please contact Rachel Pollak (rachel@havurahshalom.org).

Havurah Shalom 15

High Holiday Links & Locations

Here are links to view High Holiday services online:

Zoom Room Neshamah

We will use this Zoom room for Selihot on Saturday, Sept. 17 and for the second day of Rosh Hashanah, which will take place in person at Havurah Shalom. It will be a Zoom meeting format in which participants can see each other.

To connect, click the link above, or use the information below:

Meeting ID: 840 4579 8192

Passcode: 5783

Youtube Streaming

We will use a Youtube stream to broadcast all services taking place at the Tiffany Center except for the Yom Kippur Family Service, which will not be online. This is a one-way format, allowing those at home to view the services but not to be seen by other participants.

Zoom Room Shofar

We will use this Zoom room for programming such as the daily shofar blast.

To connect, click the link above, or use the information below:

Meeting ID: 895 5929 6630

Passcode: 5783

The addresses for our venues are:

Havurah Shalom

825 NW 18th Ave. Portland, OR 97209

The Tiffany Center

1410 SW Morrison St Portland, OR 97205

HADRACHA

Gratitude to Havurahniks

By Ben Walters Steering Past-President

We approach the Days of *Yamim Nora'im* (Days of Awe), thinking of *Teshuvah*, literally return but also repentance. Actively engaging in *Teshuvah* can lead to rediscovering our generous selves, remembering our deeper aspirations, and turning to one another in new ways. As we will be returning to community in person, it is important to acknowledge gratitude for the wonderful contributions which make our Havurah community engaging, warm, welcoming, and supportive.

While there are too many people and groups to thank each of them individually, what follows are some examples of the contributions for which we give thanks:

- To Sandy Bacharach, for her time in serving as co-chair of the Transparency and Inclusivity Committee. The Committee will miss her many good insights and her great note taking skills. Best wishes to Sandy as she starts her newest adventure in graduate school.
- To the many volunteers who are engaged in serving on the Staffing Task Force; to everyone who provided feedback to the Staffing Task Force; and for staff who continue to do the work of many!
- To those who keep showing up to engage in the Racial Justice Committee, and to those who are new to the Committee.
- To Michael Rice for his excellent *Hakol* article introducing us to the Darmani family, and to the Afghan Family Support Group for their on-going efforts in organizing assistance.
- To those engaged in exploring the establishment of a Refugee and Immigrant Fund within Havurah to provide assistance to immigrant and refugee families in need of financial support.
- To Kristine Munholland, for stepping up to chair the Safety Committee within Makom.

- To the Havurah Shalom Israel/ Palestine Committee, for their efforts in co-sponsoring another round of thought- provoking conversations about Israel/ Palestine beginning after High Holidays.
- To the High Holidays Planning Committee, for all that they do, and to Bija Gutoff in in helping with communications for Havurah on the many upcoming High Holiday activities.
- To Fran Berg, for her efforts on the Kitchen Project, which is in the final stages of completion. Some minor tasks remain on the checklist, but it is close to being done and reopening!
- To the Space Jam Committee, staff and some Steering members, for working on a potential lease of space at the church at NW Irving and 18th (in addition to what Havurah already leases).
- To Andy Waxman, for stepping into co-chair for the newly formed Teen Engagement Committee; to Moriah Cordova, for her engagement as a teen leader in creating the Teen Engagement Committee at Havurah Shalom; and to Galit Reilly and Eve Berry, for their dedication, persistence, and commitment in the formation of the Teen Engagement Committee.
- To the many persons who contribute their time and energy to Havurah who have not otherwise been specifically mentioned—thank you! Havurah exists as a community because of each of your many contributions, in whatever form these may be given.

If there are any appreciations you think should be mentioned in the future, please contact Ben Walters (email listed in the member directory – please put "Gratitude" in the subject line).

Havurah is blessed to have so much to be grateful for!

SAVE THE DATES! Nov. 19 and 20

Our scholars in virtual residence this year will be Rabbi David Jaffe and Yehuda Webster from the <u>Inside Out Wisdom and Action Project</u>. The IOWA Project work helps social changemakers develop Jewish spiritual practices and connect to Jewish spiritual wisdom like Mussar.

We will combine their presentations with on-site activities led by Rabbi Benjamin and a cohort of Havurahniks who were trained this summer in the IOWA methods. More details soon.

17

SEPTEMBER 2022

Up-to-date information including Zoom rooms, event descriptions and any changes in plan can be found on the website calendar.

Etw Rosh Hashana 2:00pm (IP) A Sweet Year to You - Families Beginning the New Year Together 8:45pm Candle Lighting 7:30pm (HYB) Erev Rosh Hashanah Service	Selichot - 1st Night 10:00am Anti-Racism & Belonging Conversation Group for White Members 10:00am New Family Shabbat School Orientation 11:00am (IP) Elul Food Drive 11:30am (ZM) Sound the Shofar 4:30pm Joey Weisenberg Event Perza Party	10.00am Anti-Racism & Belonging Conversation Group for Parent Teachers & Staff 11:30am (ZM) Sound the Shofar 2:00pm The Lullaby Project 7:00pm (ZM) "This Is Real" Book Discussion	4 <u>EM 8</u> 11:30am (ZM) Sound the Shofar	Sunday 28 Rosh Chodesh Elul 11:30am (2M) Sound the Shofar 7:00pm (HYB) This Is Real" Book Discussion
Rosh Hashana Tashlich Office Closed for Rosh 9:30am (HYD) Rosh Hashanah Senices 4:00pm (IP) Foothills Park (Beaverton/Westside) Tashlich 4:30pm Outdoor Rosh Hashana Family Senice 7:30pm (ZM) Days of Awe-some: Text, Talk & Teshuvah Teshuvah	Selichot 11:30am (ZM) Sound the Shofar 1:00pm (IP) Mahjong Group 5:30pm (ZM) HCAT Meeting	12 <u>Etul 16</u> 11:30am (ZM) Sound the Shofar	Admin:Labor Day Office Closed for Labor 11:30am (ZM) Sound the Shofar 1:00pm (IP) Mahjong Group	Monday 29 Etul 2 11:30am (ZM) Sound the Shofar 3:00pm (IP) Bnei Mitzvah Run-through
27 Tishrei 2 Afford Closed for Rosh Office Closed for Rosh 9:30am Rosh Hashanah Services 1:00pm Community Luncheon 7:30pm (ZM) Days of Awe-some: Text, Talk & Teshuvah 7:49pm Havdalah	20 <u>Elul 24</u> 11:30am (ZM) Sound the Shofar 12:20pm (HYB) Jewish Mindfulness & Meditation	11:30am (ZM) Sound the Shofar 12:30pm (HYB) Jewish Mindfulness & Meditation 6:30pm (ZM) Steering Meeting	Ejul 10 11:30am (ZM) Sound the Shofar 12:30pm (HYB) Jewish Mindfulness & Meditation	Tuesday 30 Etul 3 11:30am (ZM) Sound the Shofar 12:00pm (HYB) Jewish Mindfulness & Meditation
28 <u>Tishrei 3</u> Fast of Gedelia 8:30am (HYB) Morning Minyan 7:30pm (2M) Days of Awre-some: Text. Talk & Teshuvah	21 Ebi 25 Selichot 8:30am (HYB) Morning Minyan 11:30am (ZM) Sound the Shofar 7:00pm (HYB) Contemplative Practice to Support Teshuvah	8:30am (HYB) Morning Minyan 11:30am (ZM) Sound the Shofar 7:00pm (HYB) Contemplative Practice to Support Teshuvah	Elul 11 8:30am (HYB) Morning Minyan 11:30am (ZM) Sound the Shofar 7:00pm (HYB) Contemplative Practice to Support Teshuvah	Wednesday 31 Elul 4 8:30am (HYB) Morning Minyan 11:30am (ZM) Sound the Shofar
29 Tishrei 4 Selichot AYT 7-00pm (ZM) Creative Writing Sessions 7-30pm (ZM) Days of Awe-some: Text, Talk & Teshuvah	22 EM/26 Selichot 11:30am (ZM) Sound the Shofar	15 Elul 19 11:30am (ZM) Sound the Shofar 3:00pm Bat Mitzvah Runthrough	8 Elul 12 11:30am (ZM) Sound the Shofar 7:00pm (ZM) Racial Justice Committee Meeting	Thursday 1 Elul 5 11:30am (ZM) Sound the Shofar 12:00pm (ZM) Interfaith Alliance on Poverty First Thursday Meeting
30 <u>Tishrei 5</u> Selichot AYT 6:35pm Candle Lighting	23 <u>Ebi 27</u> Selichot 11:30am (ZM) Sound the Shofar 6:49pm Candle Lighting	10-00am (IP) Banot Mitzvah Run-through 11:30am (ZM) Sound the Shofar 7:02pm Candle Lighting	10:00am (ZM) Anti-Racism & Belonging Conversation Group for White Members Not in Other Groups Sound the Shofar 7:16pm Candle Lighting 7:30pm (IP) Tentative Parry	2 Etut 6 11:00am (IP) Binei Mitzvah Run-through 11:30am (ZM) Sound the Shofar 7:29pm Candle Lighting
Shabbat Shuva Vayeilech 8:00am (HYB) Weekly Torah Study 7:30pm (ZM) Days of Awe-some: Text, Talk & Teshuvah 7:41pm Havdalah	24 Ebil 28 Nitzavim 8:00am (HYB) Weekdy Torah Study 10:00am (HYB) Community Minyan 7:55pm Havdalah	Selichot - 1st Saturday Ki Tavo 8:00am (HYB) Weekdy Torah Study 10:00am Banot Mitzvah of Naomi Granek-Brown and Margot Kirschbaum 8:00pm Selihot Service 8:08pm Havdalah	10 Elul 14 8:00am (HYB) Weekly Torah Study 10:00am (HYB) Community Minyan 10:30am (IP) Tot Shabbat 8:22pm Hawdalah	Saturday Shoftim Shoftim Shoftim Shoftim Shoftim Shoftim Shoftim Shoftim HYB) Weekly Torah Study 10:00am Bat Mitzvah of Dorothy Korin B.35pm Hawdalah