



## Nishmat Kol Hai: The Breath of Every Life

# נשמת כל חי

This is an excerpt from Rabbi Benjamin's talk on Erev Rosh Hashanah. The full talk can be seen [here](#).

**A**t first, we translated this year's theme as, "The Breath of All Life," before changing it to "The Breath of Every Life." Because to say "all life" is not the same as saying every life. This life right here, and this one, and this one — they each matter.

It is in this spirit that the rabbis teach that anyone who takes a life is considered to have "destroyed an entire world," and anyone who saves a life is regarded as if they "sustained an entire world." Not simply an essential part of the world, but each life in and of itself an *olam maleh* — an entire world.

In order to build a world in which all life can breathe freely, we must look first toward those lives and communities in which the capacity to breathe is already most compromised.

*Rabbi Yehoshua ben Levi met Eliyahu (Elijah) while the prophet was standing at the entrance to the cave of Rabbi Shimon bar Yohai...He asked Eliyahu...: "When will the Moshiah (the Messiah) come?" Eliyahu answered, "Go and ask him..." Rabbi Yehoshua was amazed: "You mean I could find him, talk to him—now? Where is he?" Eliyahu said, "You can find him at the gates of Rome." "How will I recognize him at the gates of Rome?" asked Rabbi Yehoshua. Eliyahu told him, "There he sits among the lepers whom you will find unwinding all of their bandages at the same time and then covering their sores with clean bandages. The Moshiah is the only one who unwinds and rewinds his bandages one at a time, thinking, 'I want to be ready at a moment's notice if I am called'."*

Could Jewish tradition here be any more explicit? The Moshiah is not simply sitting among the lepers, he is one of them. The figure imagined as heralding in a new era of righteousness and harmony in the world, is in this current incarna-

tion the quintessential outcast. The one who is marginalized and dehumanized. Let's spell it out: The path to the Messianic era begins with those whose lives, in the eyes of society, matter less.

Our task is to emulate that embodied kinship. As we will hear the prophet Isaiah demand on Yom Kippur morning, what is truly required on that most sacred day is "to share [our] bread with those who starve, to bring the wretched poor into [our] house, to clothe someone [we] see who is naked."

What would this really look like in our lives and community? As we talk about creating a world truly centered around mutual care and obligation, what is really being asked of us? Because it can be pretty uncomfortable down there at the gates of Rome. Unsettling and even frightening, being proximate to those who are cast aside, targeted, denied dignity and humanity. To get out there and get close enough to distinguish how many

bandages at a time each person is removing — that's proximate. Some of you do it. Some of you live it. And you have my utmost admiration and honor. And there are many ways to be in

kinship, each of us to our own capacity and readiness. I know that in this year we are now beginning, I feel called to get closer. Let's accompany one another on that path.

Rabbi Yehoshua went to Rome and did get to ask when the Messiah would come. "'Today,' said the leper." Today? Rabbi Yehoshua couldn't believe it. And he was discouraged when it didn't happen. Until Eliyahu explained that the Moshiah was quoting a verse: "Today, if to his Voice you really listen..." That voice urging us to share our bread, to clothe someone who is naked. That voice affirming that each life is an entire world. That collective voice of communities crying out to breathe free. If we really listen and respond to that voice, to each of those voices, then today friends, right now, even amidst loss and peril, we already are building that world.

*In order to build a world in which all life can breathe freely, we must look first toward those lives and communities in which the capacity to breathe is already most compromised.*

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## Hours of Operation

**Monday – Thursday**  
10:00 am – 4:00 pm

**Friday**  
10:00 am – 3:00 pm

The office will be closed until further notice. You can still reach staff during these hours.

## October Hakol Submission Deadline

**Thursday, October 15**

To find this form, go to [havurahshalom.org/submit](http://havurahshalom.org/submit) and click on the corresponding link.

## Weekly Email Deadline

**Every Tuesday at noon**

To find this form, go to [havurahshalom.org/submit](http://havurahshalom.org/submit) and click on the corresponding link.

## Havurah Staff

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*Hakol is Havurah Shalom's monthly newsletter that is edited, designed, and (usually) printed in-house by staff.*

## Events

### Discussion on White Supremacy, White Nationalism, and Anti-Semitism

Wednesday, Oct. 7, 7-8:30pm

Havurah's Countering White Nationalism cohort invites you to join us on the High Holiday platform for a conversation about the differences between white supremacy and white nationalism, including the role anti-Semitism plays within the white nationalist movement. We will use [a talk](#) (password: 8K?.4\$4) as the starting place for our conversation. This talk was part of the Interfaith Movement for Immigrant Justice (IMIJ) cohort work we participated in last spring. Eric Ward, the Executive Director of the Western States Center, covers a lot, so we suggest that you watch the video before we meet, although we will watch it together with some key questions to consider. We will focus on the first 36 minutes of the video. You might also be interested in reading [this article](#) by Eric Ward as background information. If you have questions contact Chris Coughlin, Sue Danielson, or Bob Brown.

### Conversational Hebrew עברית מדוברת

Thursdays at 7pm, Oct. 15 - Dec. 17 (not Nov. 26)

Can you read Hebrew and the prayerbook? Do you understand some of the words? If so, would you like to be able to use the language in basic conversations with others? This class is for those of you who can already read Hebrew and have a very beginning knowledge of the language but want to expand your vocabulary to hold a conversation in Hebrew. We will spend time each week practicing new vocabulary in a fun, casual environment. Led by Racheli Karlinsky Ross.

### The Torah of Our Lives: Havurah Spiritual Writing Group

Wednesdays at 7pm, Oct. 14 - Dec. 2

With intention and focus, writing can be a spiritual practice. The words showing up on the page often surprise the writer themselves. Writing can emerge from the depths of our soul, and how we eventually choose to frame our thoughts and experiences can shape our spiritual development. Torah is our core spiritual writing that includes the commandment to write. The book of Numbers ends with God commanding Moses to write the steps of our journey. Near the end of Deuteronomy God tells Moses to write our story into a song. Starting October 14, with Beresheet, In Beginning, please join Harriet Cooke and Jenni Besen for an eight-week journey into spiritual writing using prompts from Torah that we weave into our lives. Each evening will begin with a summary of the week's Torah portion and pearls from commentary. We will then have two timed free writes from prompts from the portion, followed by optional, but encouraged, sharing. All that is required is a journal. There is an optional opportunity to choose a portion to study, summarize, and choose the writing prompts. Facilitation by Harriet Cooke, who has been trained and led groups with Write Around Portland, then led an eight-year writing group with congregation P'nai Or. 10 people maximum.



# Our New Music Coordinator

Leah Shoshanah (aka Leah Cowen) is a cantorial soloist, singer, songwriter, guitarist and educator who hails originally from Chicago. She has been working with communities around the country to lead prayer through music and facilitate community singing since she started playing guitar in 2011.

As a songwriter, Leah writes both secular and Jewish songs in a myriad of genres. Her original compositions of prayers (re)set traditional liturgy with Hebrew and English lyrics to reflect an evolving understanding of G!d and justice in our world today.

Leah has released two albums and toured the world with her music. Last summer, she played 50 shows in the small towns of Germany as part of a movie premiere tour for a documentary about sailing. Her other claim to fame is having sung in a production of Bizet's Carmen in Johannesburg South Africa.

When she isn't singing on the stage, bima or, these days, the Zoom room, Leah enjoys painting, biking, swimming, gardening, hiking, playing tennis and practicing yoga.

Leah has a degree in Journalism from UW Madison and she is a certified Yoga teacher. Her skills in research, asking questions and writing help her to write nuanced Jewish music with very carefully chosen verbs.



Leah Shoshanah

## Leah Shoshanah's First Kabbalat Shabbat at Havurah

*Friday, Oct. 30 at 7:30pm*

Please join us Leah Shoshanah, our new Music Coordinator, brings her musical and spiritual gifts to Kabbalat Shabbat at Havurah for the first time. In coordination with other leaders, she will help us welcome Shabbat as we welcome her into our community.

To listen to Leah's music and learn more, visit [www.leahshoshanah.com](http://www.leahshoshanah.com).

# Havurah Climate Action Team News

by Harriet Cooke

As election day approaches, the Climate Action Team has identified many ways we can make our environmental views known.

We are going directly to the politicians. This summer the congregation approved our participation in the national group, Jewish Earth Alliance. Each month they send us an Action Alert on a particular climate issue. We will use the background they provide and our personal (Jewish) perspective to write our members of Congress. Our letters are emailed to Washington where volunteers hand deliver them. October letters will spring from the environmental example of Sukkot. The Jewish Earth Alliance's interesting FAQ sheet discusses the value of this personal approach. Check out their website [jewishearthalliance.org](http://jewishearthalliance.org) for the most recent action.

Some members are going directly to voters in partisan and nonpartisan ways. The Sierra Club, for example is sponsoring letter-writing campaigns in several swing states. They provide names, addresses, and a bare bones letter which the volunteer expands.

Vote Forward and Swing Left

(partisan) are other sponsors of letter-writing drives. Locally Ecumenical Ministries of Oregon is conducting voter outreach through their Just Vote training and support for climate justice voters.

Face to face contacts are known to be far more effective than conventional TV ads or anonymous mailings. This year, without face to face exposure, some members are texting and phoning voters as well as writing personal hand addressed letters.

The Environmental Voter Project has researched and reasoned that it is easier to change voting behavior than political opinions and that voting is a habit that is sensitive to social pressure. They target the surprisingly large share of committed environmentalists who are registered but do not vote and have them agree to vote this year. The goal is to increase the votes and show politicians, based on the new numbers, that climate is an important issue to their constituents.

Follow ups show that these various personal contacts affect elections by numbers that sound small, maybe just 2 or 3 percentage points, but that is a

meaningful result in modern elections.

In other news, Havurah has become a co-signer to a series of letters addressed to particular sources of Portland's polluted air. These individual industrial polluters are asked by affected neighborhoods to voluntarily mitigate the conditions causing the problem. Portland Clean Air has been assisting neighborhood associations with these direct efforts which have resulted in several agreements.

Upcoming celebration! Ecumenical Ministries of Oregon is holding a virtual celebration of this "season of creation," Sunday afternoon, October 4, 2:30-4pm.

This interfaith celebration will focus on regional creation and sustainability goals, the roots in our spiritual traditions, and actions for our involvement. HCAT member Harriet Cooke will present from our Jewish perspective. Registration is at EMO/OIPL Season of Creation. (That's the Oregon Interfaith Power and Light.)

Contact the individual organizations mentioned to participate in their voter projects.

# Poverty & Homelessness Committee Update

by Gloria Halper

## Interfaith Alliance on Poverty

As members of this organization any Havurah members can join an IAP ad hoc group. These groups form throughout the year, for some period of time to tackle some particular issue, dig into an area needing research, etc. Recently an IAP ad hoc group met to put together a packet to help IAP congregations understand better the underlying causes of poverty. The group also wanted people to have some answers to comments such as we often hear; homeless people are lazy, wanting a hand out, or are on drugs. This link will take you to their [amazing document](#).

The document can be somewhat overwhelming just as the topic is; unfortunately there is not just one cause for poverty, yet an intertwining of causes. A special "thank you" to Sue Danielson for her help with the book selections. Please contact Steve Rudman or Gloria Halper if you are interested in IAP ad hoc opportunities.

## Portland Homeless Family Solutions

PHFS is starting virtual orientations. Please let Gloria Halper know if you are interested in "attending" to volunteer with PHFS or even to just find out more about this organization before taking your next step. PHFS is having their annual Family Reunion fund raiser on October 9th. More information is on their website: <http://www.pdxhfs.org/> or contact PHFS board member and Havurah member John Devlin.

## Lift Up Portland

LiftUP Please contact Jenn Louis if you are interested in their work around food insecurity.





# Being Transparent About Transparency

by Loree Devery

Someone once told me that the best way to communicate a message is to tell your audience what you are going to tell them, then tell them what you want to tell them, then tell them what you just told them. This short article fits into the first category of that piece of advice. I am here to tell you what we are going to be telling you.

In June 2020, the Steering Committee adopted [Guidelines for Increasing Transparency and Inclusivity in Congregational Decisions](#). This thoughtful and comprehensive guidance envisions a Havurah where our actions are clearly communicated and our opportunities are openly publicized; a Havurah with fewer barriers to access; a Havurah where our opinions are sought and valued; a Havurah where we all feel a part “of.”

These are lofty goals to be sure. And perfect adherence to each element of every guideline in every circumstance is unrealistic. But, with the Guidelines as a touchstone, we can aspire to keeping the principles of transparency and inclusivity at the

forefront of our communication and decision-making processes. Simply put, we can do better and now we have a tool to use to help guide us. Thanks to the efforts of the Transparency & Inclusivity Committee – working across clusters, committees, and demographics – we now have a well-articulated set of frameworks to turn to in order to test our actions. We have a new lens through which to consider our behavior.

Next month there will be a more comprehensive article discussing the Guidelines and explaining how we hope to weave them into the fabric of our congregation. That will be the article that tells you in more detail about our transparency and inclusivity aspirations and goals. That will be the article that tells you what we want to tell you. In the meantime, I hope this short piece has been a useful preview of the main attraction and gotten you thinking about how these Guidelines might help us to move towards being a more inclusive and transparent community.

## Space Jam Committee: To Infinity & Beyond!

by Loree Devery

To infinity and beyond? Maybe not. But, maybe up to a second story and beyond! This is an option we are exploring now.

To make sure we examine all reasonable options to relieve Havurah’s space jam, the committee contacted our original architect, Richard Brown, to get more information about the possibility of adding a second story to our existing building. We met with Richard and his partner, Hope Telford, of Telford+Brown Studio Architecture, in mid-August and they walked us through some rough ideas of possible second floor space configurations. The rough sketches looked promising and the prospect of “building up” felt excit-

ing. We asked them for a feasibility proposal.

In late August, we received a “Proposal for Building Expansion Feasibility Study” from Telford+Brown, which was presented to the Steering Committee at its September 8 meeting. The Steering Committee reviewed the rough sketches of the potential build-ups, thoroughly examined the Feasibility Study proposal, and ultimately voted to approve an expenditure of \$9630 to Telford+Brown to prepare the proposed Feasibility Study. Even if we ultimately decide that “building up” is not the best choice for our community, the Steering Committee agreed that we would need the information provided in

the Feasibility Study in order to compare the cost of “staying put” versus “moving elsewhere.”

The work on the Feasibility Study will commence after High Holidays, and while that effort is moving forward, the Space Jam Committee will continue to push ahead on other fronts. With our broker, we will be investigating and identifying what buildings are on the market in the Portland area that might suit our needs. We will also actively research what religious buildings are currently on the market, or might be in the near future.

In short, our space odyssey continues, and we appreciate your continued engagement as we explore our options.

### We hope you are enjoying the new community brochure!

Whether you received it in the mail or you have seen it on our website, we hope you’re excited about what we have in store this year at Havurah. All of our events and classes will still be on Zoom until further notice. See the Havurah Calendar on our website for Zoom details.

As we have seen over the past seven months and over High Holidays, we can make meaningful connections, even if it means meeting over Zoom. We have more possibilities in store too, so look forward to new opportunities! If you haven’t seen the community brochure yet, [click here](#).

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

**October 31**

Ella Korin

Child of Tatum & Saul Korin

**November 14**

Louisa Way

Child of Barbara & Jana Hopfinger

**November 28**

Eitan Feder

Child of Adinah Miller & David Feder

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

## Condolences

Adina Reshotko, mother of Miriam Reshotko, mother-in-law of Lee Gordon, grandmother of Amit, Nadav and Maia Gordon, passed away September 15.

Phu Thanh Cong, father of Khin Cong, father-in-law of Amy Cong, grandfather of Kobe and Micah, passed away October 1.

## Tributes

### General Contributions

Anne M. Goldberg, in honor of Rachel Pollak for her assiduous attention and dedication to keeping the workings of our congregation running smoothly... and especially for her ongoing, seemingly 24-hour support for these glorious High Holy Days. We couldn't do any of it without you.

Anne M. Goldberg, in honor of Brad Pector, whose often behind-the-scenes stealthy and steady intelligence and diligence makes it all possible. Thank you so much Brad!

### High Holidays Contributions

Janice and Mark Kettler, in honor of the incredible team that created and produced the most awesome and inspiring High Holidays services. Yasher Koach!

Patrice Kaplan, in memory of Malvern, Beatrice and Sharon Kaplan.

Nancy and Dennis Siegman, in honor of all involved in the wonderful and warm High Holiday services. Thank you!

Rich Eichen, in memory of Yonah Geller, Elizabeth Geller, Milton Eichen and Evelyn Eichen.

Dr. Surah Hirsch, in loving memory of my parents: Louis and Doris Hirsch for Kol Nidre and Yiskor.

### Adult Education Fund

Monica Moriarty and Bill Kwitman, in loving memory of Ann Kwitman.

Monica Moriarty and Bill Kwitman, in loving memory of Sophie Kwitman, the grandmother I never knew.

### Tikkun Olam Fund

Fran and Tom Berg, in memory of Lou Cohn, beloved Father and Grandfather.

### Rabbi Discretionary Fund

Anne M. Goldberg, in honor of Rabbi Benjamin: With great gratitude for the abundance of light and love he so generously shares with us.

Miriam and Joel Beinin, in honor of Rabbi Benjamin's participation in the Black Lives Matter demonstrations and his inspiring call to action on Erev Rosh Hashanah.

Harriet and Richard Steinberg, in memory of Gussie Goldfine, mother of Harriet Steinberg.

Sacha Reich and Aaron Pearlman, in memory of Lainye Elise Heiles.

Michelle Bobowick and Chuck Veneklase, in honor of the B'nei Mitzvah – Mazol Tov!

## Gratitude

by the Steering Committee

At the writing of this we have been living with heavy smoke and the worst air quality in the world for over a week. While on these days it may be harder to feel gratitude, we continue to have so many things to be grateful for about our unique and special community. Simply being part of this community brings us strength, resiliency, and inspiration. Every single one of us is part of creating our community. Thank you everyone!

We of course want to call out some specific people and activities that occurred in August and September. To Joel Beinin, Robert Trachtenberg and the eight presenters for organizing the Immigration, Refugee, and Sanctuary in Word and Image event. The event had wonderful poetry, prose, and visual content and had about 25 participants.

To Debby, Steve, Kathy, Deb, David, Shari, Chris, and all the other people supporting Maria and Carlos. We look forward to the chance to introduce them in person to the Havurah community.

Thanks to Joan Peck, and the Space Jam Committee for reaching out to the original architect for our building to evaluate the cost and feasibility of putting a second story on our existing building. We appreciate your continued energy on this important project.

To those who are working on figuring out our holiday planning not including High Holidays. Thank you for finding ways to make those celebrations and rituals occur in a sustainable, fun, and community-building manner.

Thank you to the Welcome Committee for planning and holding such a warm Havurah Chai Hi Soiree for new and prospective members!

Much gratitude to our Finance Committee members for sharing their time and expertise with the Havurah community.

Gesher would like to express gratitude to the Transparency and Inclusivity Committee for its efforts to bring those values into an intentional practice in our community.

To those on Personnel Committee who provide thoughtful guidance on changes on the Personnel Handbook for all staff.

To everyone involved in High Holiday planning, to those who lead events during Elul that inspired us, taught us and created community and to our exceptional staff for their passion, creativity and stamina in building our virtual tent and providing such nourishing and uplifting services for the community.

If there is something you would like to have mentioned please connect with Julia Lager-Mesulam at [lager-mes@gmail.com](mailto:lager-mes@gmail.com) to be included next month.

# October 2020

Sun	Mon	Tues	Wed	Thu	Fri	Sat
<p>4 <u>Tishrei 16</u></p> <p>Sukkot</p> <p>7:34pm Havdalah</p>	<p>5 <u>Tishrei 17</u></p> <p>Chol Hamoed Sukkot</p>	<p>6 <u>Tishrei 18</u></p> <p>Chol Hamoed Sukkot</p> <p>12:00pm Jewish Mindfulness &amp; Meditation</p> <p>7:00pm HCAT Meeting</p> <p>7:00pm BIPOC Community Meet-Up</p>	<p>7 <u>Tishrei 19</u></p> <p>Chol Hamoed Sukkot</p> <p>8:30am Morning Minyan</p> <p>7:00pm Discussion on White Supremacy, White Nationalism and Anti-Semitism</p>	<p>8 <u>Tishrei 20</u></p> <p>Chol Hamoed Sukkot</p>	<p>9 <u>Tishrei 21</u></p> <p>Hoshana Rabah</p> <p>6:16pm Candle Lighting</p> <p>7:30pm Kabbalat Shabbat Service</p>	<p>10 <u>Tishrei 22</u></p> <p>Shmini Atzeret</p> <p>Yizkor</p> <p>10:00am Yizkor Shmini Atzeret</p> <p>5:30pm Simchat Torah Celebration</p> <p>7:15pm Candle Lighting</p>
<p>11 <u>Tishrei 23</u></p> <p>Simchat Torah</p> <p><b>Grade 5 Transition Projects</b></p> <p>2:00pm Bnei Mitzvah Cohort</p> <p>7:21pm Havdalah</p>	<p>12 <u>Tishrei 24</u></p> <p><b>Admin:Columbus Day</b></p>	<p>13 <u>Tishrei 25</u></p> <p>12:00pm Jewish Mindfulness &amp; Meditation</p> <p>6:30pm Steering Meeting</p>	<p>14 <u>Tishrei 26</u></p> <p>8:30am Morning Minyan</p> <p>6:30pm HS/MS Orientation</p> <p>7:00pm Spiritual Writing Group</p>	<p>15 <u>Tishrei 27</u></p> <p><b>Hakol Deadline</b></p> <p>7:00pm Beginning Conversational Hebrew</p>	<p>16 <u>Tishrei 28</u></p> <p>6:04pm Candle Lighting</p> <p>7:30pm Kabbalat Shabbat Service</p>	<p>17 <u>Tishrei 29</u></p> <p>Shabbat Mevarchim Bereshit</p> <p>10:00am Text and Torah: Bereshit</p> <p>3:00pm Shabbat School</p> <p>5:30pm Kindergarten</p> <p>Kenilua Night</p> <p>7:10pm Havdalah</p>
<p>18 <u>Tishrei 30</u></p> <p>Rosh Chodesh Chesvan</p> <p>11:00am High School</p>	<p>19 <u>Cheshvan 1</u></p> <p>Rosh Chodesh Chesvan</p>	<p>20 <u>Cheshvan 2</u></p> <p>12:00pm Jewish Mindfulness &amp; Meditation</p>	<p>21 <u>Cheshvan 3</u></p> <p>8:30am Morning Minyan</p> <p>10:30am Crochet Your Own Kippah AM Session</p> <p>6:30pm High School</p> <p>7:00pm Spiritual Writing Group</p> <p>7:00pm Bnei Mitzvah Cohort</p> <p>7:30pm Crochet Your Own Kippah PM Session</p>	<p>22 <u>Cheshvan 4</u></p> <p>7:00pm Beginning Conversational Hebrew</p>	<p>23 <u>Cheshvan 5</u></p> <p>5:52pm Candle Lighting</p> <p>7:30pm Kabbalat Shabbat Service</p>	<p>24 <u>Cheshvan 6</u></p> <p>Noach</p> <p>10:00am Community Minyan</p> <p>6:59pm Havdalah</p>
<p>25 <u>Cheshvan 7</u></p>	<p>26 <u>Cheshvan 8</u></p>	<p>27 <u>Cheshvan 9</u></p> <p>12:00pm Jewish Mindfulness &amp; Meditation</p> <p>7:00pm Book Group: Between the World and Me by Ta-Nehisi Coates</p>	<p>28 <u>Cheshvan 10</u></p> <p>8:30am Morning Minyan</p> <p>10:30am Crochet Your Own Kippah AM Session</p> <p>6:30pm High School</p> <p>7:00pm Spiritual Writing Group</p> <p>7:00pm Bnei Mitzvah Cohort</p> <p>7:30pm Crochet Your Own Kippah PM Session</p>	<p>29 <u>Cheshvan 11</u></p> <p>7:00pm Beginning Conversational Hebrew</p> <p>7:00pm Shabbat School</p> <p>Parent Night K-3</p>	<p>30 <u>Cheshvan 12</u></p> <p>5:41pm Candle Lighting</p> <p>7:30pm Kabbalat Shabbat Service</p>	<p>31 <u>Cheshvan 13</u></p> <p>Lech Lecha</p> <p>10:00am Bat Mitzvah of Elia Korn</p> <p>6:48pm Havdalah</p>

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