promote these efforts in our congregation. Committee strives to explore, deepen, and of our work at Havurah, the Racial Justice work. While we center racial justice in all areas outside organizations already doing similar social justice, which can include working with in which we work on specific issues related to supremacy. Second, social justice organizing, and conversations about race and white educate ourselves through readings, webinars, individual education/reckoning, where we encompassing two scopes of work. First, This committee acts as an umbrella The Havurah Racial Justice Committee

Immigrant Justice Morthwest. Immigrant Justice and the Jewish Coalition for with agencies such as Interfaith Movement for participate in political action efforts and events and Refugee Shabbat. Additionally, we participated annually in the HIAS Immigrant our community to teach English. We have ni səəgutər bns stnsrgimmi dtiw qu bərisq agency. Individual committee members are will receive from the Portland resettlement support they need to supplement what they an Afghan family and will provide whatever The Sanctuary Committee has also "adopted" court to determine if their request is granted. will continue until the family has its day in family seeking asylum, and our commitment work, has walked alongside a Guatemalan the Havurah community, through committee welcome the stranger. For over two years, action and direct service work in an effort to The Sanctuary Committee engages in political Havurah: A Sanctuary Congregation

organizations through volunteer time, financial

organizations that we believe reflect the values

held by the Havurah community. We support

supports the work of many nonprofit The Poverty & Homelessness Committee

mental and physical disabilities. inequity, racial/sexual discrimination, and by those who face unaffordable housing, wage isolation, loneliness, and violence experienced the ongoing goal to reduce the hardships, ni etsoovbe evitoe ne ed bne ytinummoo vital that Havurah continue to educate our asjor issues in Portland. We believe it is Poverty and homelessness continue to be Poverty & Homelessness

local indigenous community on issues affecting environmental justice, and partnering with our include health equity, climate change/ organizations. Current MACG action teams Havurah and the other 25 MACG member Core Team is the primary interface between member organizations. Havurah's MACG leadership and organizer training to its as community organizers, MACG offers the larger community. To be effective community organizing for issues that impact organization. MACG does broad-based Havurah Shalom is a MACG member

Metropolitan Alliance for Common Good

timely actions. Creating Climate Solutions email list for and support with one another. Join the committee meetings to share ideas, energy, We welcome new members to our monthly coalitions working towards climate solutions. can do as individuals, and partnering with includes the personal and political, what we with other organizations. Our activism education, events, training, and collaboration promotes taking action on climate through Inspired by Jewish values and wisdom, HCAT (TADH) meaT noita Action Team (HCAT) Finance, Fundraising, Transparency & Finance, Fundraising, Transparency & Inclusivity, Personnel, Mominating, Gesher, Leadership Development, Anti-Racism & Belonging, and Cemetery. Hadracha also includes the Treasurer, Corporate Secretary, and Recording Secretary positions and and Recording Secretary positions and the Jewish Community Relations Council Representative.

sustainability throughout Havurah and endeavors to be future-looking as we lead and strives to operate with equity, transparency, and inclusivity. The Hadracha cluster supports Hadracha (Governance) is responsible for steering Havurah Shalom and ensuring that our decision-making processes are in line with our values and mission. Hadracha empowers and supports staff and committees and models collaborative governance that and models collaborative governance that strives to operate with equity transparency



## Hadracha



səweb bbuol Longtime players and beginners meet for mah Mah Jongg

nights, and more. for movies, museum trips, happy hour, trivia who want to socialize and have fun. We meet We are a group of retirees (and non-retirees!), Alter Rockers

#### Social Groups Movement

members to be intentionally welcoming. call new members, and inspire all Havurah prospective members. We host welcome teas, We provide a warm welcome to new and Welcome Committee

Havurah's needs and opinions at RJ plenums.

resources of RJ to Havurah and representing

Havurah is responsible for bringing the

The Reconstructing Judaism liaison for

Reconstructing Judaism

seders and more. for Tashlich, Chanukah, Shabbat dinners, for intergenerational neighborhood gatherings We develop networks to link Havurah members **Neighborhoods** 

dinners to bring people together. We organize congregational Kabbalat Shabbat Kabbalat Shabbat Dinners

rides, meals, and visits. support each other during difficult times with We provide opportunities for members to Lotsa Helping Hands

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

children, such as Tot Shabbat and Shabbat in We support programs for families with young Families with Young Children

## Committees

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



## Kehillah



## Committees

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



## malO nuddiT 🎑





donations, and advocacy work.

# Holidays 🥾



Selichot

Rosh Hashanah

**Yom Kippur** 

Sunday-Sunday, Oct. 9-16 Sukkot

Shemini Atzeret (Yizkor) Monday, Oct. 17

Tuesday, Oct. 17 **Simchat Torah Celebration** 

Sunday, Dec. 18 **Chanukah Celebration** 

Tu B'Shvat

**Purim Celebration** 

**Passover Minyan (Yizkor)** Tikkun Leyl Shavuot

## **Steering Committee**

Loree Devery & Oren Kosansky, Co-Presidents David Kertzner, Vice President Ben Walters, Immediate Past President Jenni Besen, Treasurer Katherine McDowell, Corporate Secretary Anita Haeems, Recording Secretary Cindy Merrill, Avodah (Spiritual Life) Cluster Lead Karen Ballard, Kehillah (Community) Cluster Lead Michelle Bobowick, Limud (Education) Cluster Lead Bob Brown, Tikkun Olam (Social Action) Cluster Lead Joel Bettridge, Makom (Place) Cluster Lead

## **Havurah Staff**

Adela Basayne, Program Director Deborah Eisenbach-Budner, Education Director Carrie Kirschner, Youth Education & B'nei Mitzvah Program Coordinator Rachel Pollak, Office & Facilities Manager



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

Find us on Facebook

please check our calendar at havurahshalom.org for



**Teshuvah: Returning** 

# תשובה

Teshuvah—repentance, though literally return—is the core practice of our most sacred season. It is also a foundational practice of our lives. The gates of teshuvah, say the sages, are always open. We can always choose to turn toward learning and growth, toward acknowledging harm, making amends, and holding each other lovingly accountable. We return seasonally, daily, hourly.

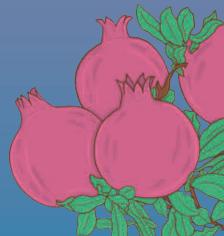
Teshuvah means discovering our most essential and generous selves, remembering our deepest aspirations, and coming back to one another in new ways. As we return to community in person, each of us at our own pace, we can embrace this moment as one of genuine teshuvah.

We return to what is, not what was. How will we move forward toward our next incarnation—as individuals, as communities, and as a society? What must we bring with us, and what do we need to leave behind?

## Reconstructionist Community

5783 | 2022-2023 Program







Our Limud (Learning) goal is to inspire and empower members of all ages through



## **Services & Spiritual Practice**

#### Friday Evenings

#### **Kabbalat Shabbat Dinner & Service**

A family-friendly oneg followed by a service led by Rabbi Benjamin and Havurah musicians, with dinner afterward. All are welcome! 6 pm Oneg, 6:30 Service, 7:30 Dinner, Oct. 14; Nov. 11; Dec. 9; Jan. 13; Feb. 10; Mar. 10; Apr. 14; May 12

#### **HIAS Refugee Shabbat**

We will join congregations nationwide in dedicating our Shabbat services to honoring refugees and asylum seekers. 7 pm, Feb. 3

### **Saturday Mornings for Everyone**

#### Community Minyan

Led by community members and Rabbi Benjamin, this service includes davening, Torah reading, and discussion. 10-12 pm, Sept. 10, 24; Oct. 8, 15; Nov. 19; Dec. 10, 24, 31; Jan. 7, 21, 28; Feb. 11, 25; Mar. 18; Apr. 1, 8; May 20, 27; Jun. 3, 17; Jul. 1, 15, 29; Aug. 5, 12, 19, 26

### **Contemplative Shabbat**

We will chant verses and spend time in silent prayer or meditation, then connect through Torah discussion and share blessings. Led by Rabbi Benjamin. 10-12 pm, Oct. 1; Jan. 7; May 13

#### **Saturday Services Especially** for Families

#### **Tot Shabbat**

Young children (0-5) and parents celebrate with singing, movement, blessings, and storytelling. 10:30-11:30 am, Sept. 10; Oct. 15; Nov. 19; Jan. 21; Feb. 25; Mar. 18; May 13; Jun. 17

#### **Discovering Shabbat Morning:** Learners' Minyan

This interactive service focuses on the structure, key themes, and prayers of the morning service. Especially for families with youth in Grades 5-7. 10-11:30 am, Nov. 5; Apr. 22

#### **Family Shabbat**

Fabulous morning of singing, storytelling, and Torah learning. Especially for families with youth in Grades K-6. 10:30-12 pm, Mar. 11

### **Wednesday Morning Minyan**

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

### **Spiritual Practice**

### Jewish Mindfulness & Meditation

We gather once a week for quiet and spiritual reflection. For folks with all levels of meditation exposure and experience. 12-1 pm, Tuesdays

#### **Lev Tahor Chanting**

We gather in community for an evening of contemplative practice, chanting interspersed with silence, guided by teachings from the tradition. Facilitated by Rabbi Benjamin. Dates

#### **Weekly Torah Study**

An in-depth look at the weekly parsha, led by congregants. 9-10 am, Saturdays

#### **Music & the Music Committee**

Havurah's music is member led, inclusive, and inspiring. Many parts of our liturgies and celebrations are led by members. Havurah has inspired members to compose beautiful works that have become a part of our congregational

The Havurah Shalom Music Committee works with both experienced and aspirational musicians to deepen the musical resonance of our services, and to develop special music events, artist-in-residence programs, and other opportunities to explore how music can inform and enrich everyone's communal and personal Jewish life.

## ——— Lifecycles

## B'nei Mitzvah Family Programs

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

## B'nei Mitzvah Cohort

Youths being called to the Torah this year will build community and ask, "What does being Jewish and becoming bar, bat, or b'nei mitzvah mean to me?" Led by Rabbi Benjamin. 6:45-8 pm, Wednesdays, Oct. 19, 26; Nov. 2, 9

## B'nei Mitzvah Planning Logistics

A walk through the B'nei Mitzvah Handbook with Carrie Kirschner, Havurah's Madricha, or Youth Education & B'nei Mitzvah Program Coordinator. 7 pm, Wednesday, Nov. 2, 7:30 pm

#### B'nei Mitzvah: Beginning the Journey/Date Selection

This workshop for parents will focus on the rite of passage itself and the date-selection process. Led by Rabbi Benjamin, Deborah Eisenbach-Budner, and the B'nei Mitzvah

Committee. 10-12 pm, Sunday, Feb. 26

## **Drash & Service Workshop**

Rabbi Benjamin will guide students and parents in responding to the text with their own questions and walk through the Shabbat morning service. 7 pm, Thursday, Jun. 1

## Whose B'nei Mitzvah Is It Anyway?

Parents explore the hopes and fears that inspire, inform, and complicate the planning process. Led by Deborah Eisenbach-Budner and Laura Orgel, psychologist and child/family therapist. 3:10 pm, Saturday, Apr. 29

## B'nei Mitzvah Event Planning 101

We will break the event planning process into

manageable steps. Led by Chari Smith. 7-8:30 pm, Thursday, May 4

## Healing, End of Life

## **High Holidays Cemetery Gathering**

We gather to remember our loved ones, led in song and remembrance. Havurah Cemetery, 5656 SW Humphrey Blvd. 1 pm, Sunday, Oct. 2

## Die For: Improving the Quality of Your Life"

The Ma'avar Committee will conduct an educational series about the different stages of life, from health to illness, aging, and end of life. 7 pm, Nov. 17; Dec. 15; Jan. 19; Feb. 16; Mar. 16; Apr. 20; May 18; Jun. 15; Jul. 20

## **Annual Cemetery Beautification Day**

To beautify our cemetery, please bring garden implements and wear appropriate clothing. 2 pm, Sunday, May 21

## Refa'einu (Heal Us) Healing Circles

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

## **Bereavement Support**

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

## **Drop-in Grief Support Groups**

The Bikkur Ḥolim and Ma'avar committees support Havurah Shalom members grieving a death. Dates TBA

## Makom 🧆



The Makom (Place) Cluster supports, sustains, and develops a safe and welcoming home for Havurah's community through the Information Technology, Gardening, Design, Long-Term Space Planning, Kitchen, and Building Maintenance committees. In addition, the Safety Committee promotes safe practices and enhances our community's knowledge and skills with regard to safety and security through regular trainings for staff and members.

## Youth Education -

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

#### **Shabbat School (Grades K-6)**

3-5:15 pm on Saturdays; Oct. 8, 15; Nov. 5, 19; Dec. 3, 10; Jan. 7, 21, 28; Feb. 11, 25; Mar. 4; Apr. 8, 15, 29; May 13

#### Middle School (Grades 7-8)

6:30-8:30 pm on Wednesdays; Oct. 19, 26; Nov. 2, 9, 16, 30; Dec. 7, 14; Jan 11, 18, 25;

#### **High School (Grades 9-12)**

Oct. 12, 19, 26; Nov. 2, 9, 16, 30; Dec. 7, 14; Jan. 11, 18, 25; Feb. 1, 8, 15, 22; Mar. 1, 8, 15, 22

## **Adult Learning**

#### **Book Group**

The Havurah Book Group is a venue for discussion of complex, controversial issues. We encourage members to engage one another through sharing ideas and knowledge. Books chosen by the group are discussed in monthly meetings. Members come to discussions that interest them. 7 pm, Tuesdays, Sept. 20; Oct. 25; Nov. 22; Dec. 27; Jan. 24; Feb. 28; Mar. 28; Apr. 25; May 23; Jun. 27; Jul. 25

#### **Creative Writing Sessions**

Writing prompts and short writing sessions will get your creative juices flowing in this nonjudgmental environment open to writers and non-writers alike. 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. 7 pm, Thursdays, Sept. 29; Oct. 13, 20, 27; Nov. 3, 10, 17; Dec. 1, 8, 15

#### **Intermediate Hebrew**

Practice Hebrew and learn new vocabulary by listening to Israeli songs and watching video clips. We will discuss lyrics, make connections to different topics, and practice using the new vocabulary through games and conversations. Led by Racheli Ross. 7 pm, Thursdays, Oct. 27; Nov. 3, 10, 17; Dec. 1, 8

## **Defining Jewish Identity: Communal**

Responses to Interfaith Marriage & Families Starting with biblical texts and finishing with contemporary responsa from a variety of Jewish movements, we will explore how Jewish communities have defined Jewish identity and the boundaries of who is a Jew in response to interfaith families. Led by Sarah Liebman. 8 pm, Thursdays, Oct. 27; Nov. 3, 10

## What is Reconstructionism?

A three-part series on the history, beliefs, and practices of the Reconstructing Judaism movement with which Havurah Shalom is affiliated. Led by Rabbi Maurice Harris, Associate Director for Thriving Communities and Israel Affairs Specialist at Reconstructing Judaism. 5 pm, Wednesdays, Oct. 26; Nov. 2, 9

## **Art of the Hamsa**

We will study the history and meaning of the hamsa symbol and its part in Jewish life and culture. Then we will design a piece for our homes from clay, mixed media, drawing, painting, or fabric. Led by Carolina Martinez. 3:30 pm, Sunday, Nov. 6

#### **Music of Jews of the Middle East** and North Africa

A māgam is an Arabic and Ottoman Turkish musical mode used in Mizraḥi and Sephardic Jewish communities. We will learn historical background, hear it live on the oud, and even sing and play it together on instruments. Led by Channing Dodson. 2 pm, Sundays, Oct. 23, 30; Nov. 6, 13

## **Voices and Visions**

Let's explore Jewish identity and philosophy through contemporary art! The Grinspoon Foundation (of PJ Library fame) asked contemporary artists to visually interpret key quotations from great Jewish thinkers. The results are rich and thought-provoking. Led by Sarah Liebman. 11 am, Sunday, Dec. 4

## **Tallit Class**

We will learn how the tzitzit, or fringe, of a tallit transforms a simple cloth into a sacred garment. And then you will create your own tallit by tying the tzitzit, learning the meaning of the gematria wound and knotted into the holy fringe. Led by Laine Barbanell Schipper. 1 pm, Sundays, Dec. 4, 18

## **Design Your Own Chanukah Card!**

Create beautiful Chanukah cards to give to friends and loved ones! We will look at various Chanukah symbols to discern what we want to adorn our cards with and use colored pencils to illustrate them. Led by Carolina Martinez. 3:30 pm, Sunday, Dec. 11

#### **Palestinian Voices**

A selection of Palestinian voices in their own terms—unmediated by Western or Israeli media or organizations with a political agenda—using a selection of films, poetry, prose, and music (and depending on Covid conditions, food). Led by Joel Beinin. 7 pm, Wednesdays, Jan. 11, 18, 25; Feb. 1, 8, 15, 22; Mar. 1

#### Seeking God's Face: An Overview of **Mystical Judaism**

Delve into the history of Jewish mysticism, sample ancient Kabbalistic texts and contemporary mystical writings, become acquainted with Hasidic rebbes and their enduring stories, and explore selected mystical concepts and practices. Led by Tivona Reith. 7 pm, Mondays, Jan. 23, 30; Feb. 6, 13

#### **Learn Trope**

This beautiful, ancient system is a treat to learn and inspiring to sing. Learn everything you need to become a proud leyner (Torah chanter). Led by Ken Lerner. 7 pm, Thursdays, Feb. 16, 23; Mar. 2, 9, 16

## Finding Your Way In to Jewish Ritual

We will be riffing on tradition with the freedom that comes with Reconstructing Judaism. Sam Sirkin will share his approach to making Jewish practice accessible while allowing participants to share their experiences. We will also reflect on a few pieces by thinkers such as Rabbi Abraham Joshua Heschel and Art Green. Led by Sam Sirkin. 7 pm, Mondays, Apr. 10, 17, 24

## **Knitting Kippot Class**

Learn to make a kippah like the ones the b'nei mitzvah class is wearing! This class is for knitters who have intermediate knitting skills and a desire to get to know other knitters in the community. Led by Marsha Green. 10 am, Sundays, Apr. 16, 23, 30

## **Conversational Hebrew Through Song**

Join us in learning beginner-level Hebrew through children's and other simple songs. In class, we will practice the new vocabulary in games and conversations, and at home you'll listen to a premade playlist to help you learn the words while singing along. Led by Racheli Ross. 7 pm, Thursdays, Apr. 20, 27; May 4, 11, 18

## **Grappling with White Nationalism as Jews**

Through readings, writing prompts and discussion, this class will explore and help us grapple with where Jews fit, as individuals and as a community, on the minority/majority and oppressed/privileged continuums. Please bring your openness to new ideas and your capacity to engage in experiential learning. Dates TBA

#### Reparations: An Opportunity to Learn, Discuss, and Act

Offered by the Havurah Racial Justice Committee, this 5-session class will help us 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. Jewish values and texts will be integrated throughout. 5 sessions in the spring, dates TBA. For more information, contact TikkunOlam@ HavurahShalom.org. 5 sessions in the spring. Dates TBA

#### **Sacred Action: Spiritual Practice for Community and Justice Work**

In these cohorts, we engage with Jewish spiritual wisdom and practices that nurture and guide our efforts in community and for a more just and loving world. In trusted community, we explore middot, or "soul traits"—through practice, study, and reflection—and examine how they manifest in our relationships and actions. Cohorts meet for several weeks, with direction for ongoing practice in between sessions, including connection with a learning partner. Contact Rabbi Benjamin if you are interested in participating. Dates TBA