



Transforming Our Anger

by Rabbi Benjamin Barnett

Back in the spring, when vaccines became widely available, I found out that an old friend of mine wasn't planning to get vaccinated. There was no medical reason for her decision, she's simply young enough that she assumes that if she gets COVID it won't be serious. She's in a work environment in which most of her co-workers are also unvaccinated. When I initially found this out, I felt really angry. And I have felt angry many times over as I have reflected on her decision. When case numbers were high in the spring and there was a lot of anxiety about whether we would reach our vaccination goals, I thought often about my friend and her colleagues and would get quite stirred up.

Something has shifted within me, though. As the Delta variant has spread and numbers of cases and hospitalizations have surged again, I find myself thinking and feeling differently about my friend and others choosing to remain unvaccinated. It's not that my understanding of public health or the need for vaccination has changed. But I've become more conscious regarding the narratives I spin in my mind, and the anger and judgment that accompanies them. I've begun questioning whether these narratives and emotional reactions are always justified and, more importantly, of any service to me or anyone else.

I imagine that some of you read Sarah Smarsh's op-ed for the New York Times last month, "What to Do with Our COVID Rage." In my opinion, it was a well-needed invitation and challenge to us in the progressive world. The author isn't telling us to stop being angry. She acknowledges that she too feels enraged at those spreading disinformation or blatantly disregarding public health guidance like masking. But she pushes us to examine our anger. She invites us to consider whether it is directed effectively

and in ways that will ultimately benefit, or harm, others and ourselves.

One of the things Smarsh points out is that there is a range of reasons that people choose not to get vaccinated. I am not defending those reasons. Aside from the very small percentage of people who are medically contraindicated from getting the vaccine (yes this is real, and we do have people in our community who are in this situation), I feel strongly that every eligible person should get vaccinated. But Smarsh cautions us to avoid painting all unvaccinated people with a broad brush. Most significantly to me, she asks us to consider how that broad assessment manifests in the "contagious energy" that is anger. "If allowed to explode," she writes, "it will hurt others. If allowed to implode, it will hurt you."

This is vital spiritual wisdom. Alongside it, Smarsh offers equally essential wisdom about anger's transformative potential. Rather than suggesting we deny or repress it, she writes of anger: "I found that it can be the source of a powerful alchemy. If we are up to the task, it could help us create something good together." So that is my invitation and blessing for those of us feeling anger right now. May we pay close attention as it arises, and notice whether it is closing us down or narrowing our perspective. At times, under mindful awareness, it might simply soften or dissolve. At other times, if we keep our hearts open and remain curious, anger's energy can serve as a force for greater clarity and even compassion. In turn, we're more able to discern when and how to speak or act. So in this time, may the anger we feel be transformed and help us "create something good together," in the name of a safer and healthier society for us all.

Contents

From the Rabbi	1
More Whole than Broken	2
Havurah Expansion	3
Book Group	3
Music Opportunity	4
Healing Services	4
Refugee Program	5
Maria & Carlos Update	5
Havurah Helps Kids	5
High Holidays Packet	6-14
Condolences	15
Tributes	15
Gratitude	15
Calendar	16

Hours of Operation

Monday – Thursday

10 am – 4 pm

Friday

10 am – 3 pm

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

October Hakol Submission Deadline

September 15

To find this form, go to 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 and click on the corresponding link.

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Hakol is Havurah Shalom's monthly newsletter that is edited and designed by the Communications & Membership Coordinator. If you have any questions or comments please email him at brad@havurahshalom.org.

More Whole than Broken

by Loree Devery

It was disheartening to announce in early August that we were putting a pause on our effort to reopen the building. As recently as mid-July, the Core Crisis Team had been debating masking protocols and holding community forums to gather member input. The July Hakol was brimming with articles about Havurah emerging back into an in-person community again. Now that has all changed and we are telling you that the building will remain closed until. . . when? We don't know. When it is "safe." Whatever *that* means – and we've definitely learned that it means different things to different people.

What we *do* know is that the current environment of unknown and unpredictable risk brought about by the Delta variant is *not* an environment in which we should be making decisions that won't take effect until late September or early October.

This is an environment where we should mostly keep the building closed and require masks for the few guests who do enter. This is an environment where we need to rethink our in-person gatherings and revise our COVID guidelines.

This unexpected setback felt like brokenness. *"We had a path! We had a process! We had a plan! Maybe it wasn't going to be perfect, but we were going to come together again and gather in person by Simchat Torah."* But now that path felt broken; the plan shattered; the process stopped. It definitely left me feeling dispirited and a bit broken.

Rethinking the disappointment of this setback in terms of *shleimut v'shever* (wholeness and brokenness) made me realize that this break in the path was only a minor break. The disruption caused by the upsurge in the Delta variant was not a brokenness within Havurah and it would not threaten the wholeness of Havurah. We are a community of resilience that will take this bump in the road in stride. This pause is just a minor obstacle to our re-gathering in person. Arguably, by weathering this brokenness together, we reinforce our wholeness.

I also considered the many signs of community wholeness I see at Havurah. Our Elul offerings brought us together in a variety of ways this past month. Our High Holidays will undoubtedly be enriching and meaningful. The youth and adult programming planned for the year ahead will educate and inspire. Our Tikkun Olam efforts give us opportunities to come together to work on repairing the world. These are just a few examples of essential Havurah connections that serve to restore and build wholeness.

Our current "brokenness" of physical separation and social distancing is only temporary. Havurah will certainly withstand another month (or more) of Zoom meetings and services. We will ultimately find our pathway to physical togetherness. Indeed, our coming together in person may be made that much sweeter by having collectively weathered the delay caused by the Delta variant. Let us confront this current manifestation of brokenness with compassion and courage and try to discover the wholeness alongside it.

Steering Votes Yes to Move Forward on Havurah Expansion

by Rachel Shimshak

After two and a half years of research, analysis of our needs, real-estate hunting, and checking-in with all of you, the intrepid members of the “Space Jam” committee delivered a recommendation to Havurah leadership to move forward on building expansion plans. Tuesday evening, August 10, 2021, marked an important and consequential step in the process when Havurah’s Steering Committee accepted our recommendation.

Space Jam’s recommendation includes staying-put in our current location and either building up (no decision on which of several options to choose) or buying a nearby annex to expand our space. It also includes constituting a couple of task forces and additional committees, plus tasking some existing committees, to carry out the next steps in the process. Those steps include short and long-term financial analyses, additional member outreach and input, a capital campaign, and construction planning.

Why do we need more space? A little history is important context to understand our situation. In the 1990’s, our young congregation of 250 or so family units had to move out of the MJCC. We found our current building, and with the generous financial help of many Havurah founders who loaned us money, and the multi-faceted capital campaign we undertook, we bought and renovated our current space. Ultimately, we raised about \$4 million. 100 percent of our members participated in that campaign, and all of the contributions were confidential.

Today, we are a more mature congregation, we have over 470 family units, and we’re jammed in our current space (not enough bathrooms, staff offices, meeting/classrooms, parking, outdoor space, and no commercial kitchen). In 2019, leadership gave our committee the task of evaluating our long-term needs and looking for options that would satisfy those needs.

Here’s what our Space Jam Committee has been doing:

- Evaluating our current needs, and what will be needed in 10-20 years;
- Getting an estimate of what our building is worth (\$2.5M);
- Talking to other area synagogues and the E. Side Commons group about potential partnering;
- Obtaining a broker(s) to help us look for spaces, and touring a bunch (SE, NW, SW, N Portland) including the Bage Building right behind ours;
- Connecting with our original architect to create some CONCEPTUAL drawings for how we could expand our current space, and asking our original contractors to provide cost estimates for:
 - ◊ 1 story addition - \$3.6M
 - ◊ 2 story addition - \$3.8M
 - ◊ Level the building and build a 3-story structure (\$9.3M)

The entire report, plus Questions and Answers, plus previous Hakol articles are available on Havurah’s website here: <https://www.havurahshalom.org/space-jam>

- We provided information at 3 congregational meetings, many Steering meetings, and through articles and blurbs in Hakol and Hineinu;
- We are also trying to get more parking options in the neighborhood.

There are many more steps needed before we can realize the goal of this project, but Steering took a very important step last Tuesday. We are proud of our “vibrant, participatory Jewish community steeped in spirituality, learning, and acts of social responsibility.” We want a good home for our members and our valued staff so we can continue to flourish.

Book Group *Caste: The Origins of our Discontents* Tues., Oct. 5, 7-8:30pm

This new book points to our entire social structure as an unrecognized caste system. Wilkerson points out that we tend to refer to slavery as a “sad, dark chapter” in America when in fact it lasted for hundreds of years — but in order to maintain a social order and an “economy whose bottom gear was torture,” it was necessary to give black people the lowest possible status. White people in turn got top status. In between came the middle castes of Asian, Latino, and indigenous people, and people of African descent. Such a caste system allowed generations of white people to live under the same assumptions of inequality whether their ancestors were slave owners or abolitionists.

Linking the caste systems of America, India, and Nazi Germany, Wilkerson explores eight pillars that underlie caste systems across civilizations, including divine will, bloodlines, stigma, and more. Using riveting stories about people — including Martin Luther King, Jr., baseball’s Satchel Paige, a single father and his tod-

dlar son, Wilkerson herself, and many others — she shows the ways that the insidious undertow of caste is experienced every day. She documents how the Nazis studied the racial systems in America to plan their outcast of the Jews; she discusses why the cruel logic of caste requires that there be a bottom rung for those in the middle to measure themselves against; she writes about the surprising health costs of caste, in depression and life expectancy, and the effects of this hierarchy on our culture and politics. Finally, she points forward to ways America can move beyond the artificial and destructive separations of human divisions, toward hope in our common humanity.

This isn’t an easy book, but it’s extremely important, especially in light of current times. Towards the end of the book, Taylor Branch is quoted as asking, “So the real question would be, if people were given the choice between democracy and whiteness, how many would choose whiteness?”

Discussion led by Laurie Brown & Marjorie Walters.

New Music Learning Opportunity by Ken Lerner

Attention Music Lovers, Song Leaders, Singers, and Instrumentalists!

Havurah is hoping to begin a musical shared learning experience based on a program designed by Joey Weisenberg* and the Rising Song Institute. The first step will create a pilot study group intended to deepen our communal practice of song and niggunim (wordless melodies). We are looking to develop a cohort of 15-20 participants who are interested in being a part of a vibrant process for learning and sharing music as well as growing personal leadership techniques.

The Rising Song program is a guided self-study with access to a library of Joey's music videos, written materials, short instructional videos. All are aimed at widening our exposure to Jewish *nusach* while stimulating thought about where melodies come from, what role they play in elevating prayer, as well as how to teach and/or strengthen community singing,

and much more. People in the pilot group will meet as a regular "class" every other week starting in October or November to share learnings and to sing together. Time and place for the sessions will be determined based on the best timing for most of those who express interest.

Along with your commitment, there is a cost: it's \$18/month, per person (\$54 for the three-month pilot session). This cost, which will be the responsibility of individual participants, allows access to Joey's wide library. Cost should not be a deterrent. Limited subsidies will be available. Our hope is that from this nucleus of participants, we will grow and inspire new music and musicians within our community.

If you are interested in finding out more about this opportunity, please contact Ken Lerner (via email or phone from the directory) with any questions or requests for more information.

** For a sample of Joey Weisenberg's music, try this link:*
<https://youtu.be/WT1Vt9ESZ18>



Refa'einu/Heal Us: A Healing Service

NEW DATES: November 20, February 12, May 14

Refa'einu Healing Services are being offered quarterly on Saturday afternoons. The purpose of these services is to provide sacred space and time to focus on healing and wholeness. Through contemplative teachings, sacred chant, guided and silent meditations, embodied practice, and prayer, we open to healing energy—however it is needed in our lives, our families, our communities, our planet. Service leadership will be facilitated alternately by members of the Bikkur Holim Committee, Rabbi Benjamin, and others.

Karen Mitzner and Tivona Reith will co-facilitate, whether on Zoom, hybrid, or in-person (will be determined before each service). Services are also scheduled for November 20, and February 12, 2022 and May 14, 2022 at 3-4:15pm.

Refa'einu, Yah, v'neirafei—Heal us, Source of All Healing, and we will be healed.

Catholic Charities Refugee Program & Havurah

Back in 2015, when the worldwide refugee crisis reached critical levels, Rabbi Joey called on us as a congregation to take action. Members of the Tikkun Olam Committee reached out to Catholic Charities, one of the agencies in Portland with a resettlement program. At the time, large numbers of refugee families were arriving regularly, and more volunteers were needed. A relationship was established between Havurah and Catholic Charities, with Havurah members setting up apartments, collecting needed items, welcoming newcomers at the airport, serving as "Cultural Navigators" for recently-arrived families, and providing temporary housing. For many of us, this concrete way of "welcoming the stranger" was immensely rewarding.

As refugee arrivals dwindled to near zero levels during the previous presidential administration, our relationship with the Catholic Charities refugee program also faded. However, with the Biden administration's new priorities, refugee families are once more arriving in Portland — and the Sanctuary Committee is committed to renewing our relationship with the resettlement program. For anyone interested in becoming involved in this vital work, the first step is attending one of the monthly Catholic Charities volunteer zoom trainings and acquiring a background check. Please contact Fran Berg of the Sanctuary Committee for more information.

Maria & Carlos: September Update

As we enter a New Year, it's time for an update on Maria and Carlos, also embarking on a new chapter of their lives in America. Asylum-seekers from Guatemala, mother and son are being sponsored by Havurah. This summer they moved from their long-term stay with a Havurah family to an apartment of their own. Thanks to the generous support of the Havurah community, the apartment was furnished with everything necessary to make a comfortable home.

Maria is getting to and from her housekeeping job confidently on public transportation. Her boss is pleased with

Maria's excellent performance. During her lunch break Maria socializes with several Spanish-speaking co-workers, which is providing a sense of community away from home. Maria enjoys keeping busy, and has taken on additional work for a few Havurahniks, including alterations and two regular housecleaning jobs. Despite her busy schedule, Maria has made the time to grow vegetables on her balcony and continue knitting a beautiful multicolored afghan.

Carlos, whose English is more fluent by the day, successfully completed a summer school English course, and presented poetry at a class event in the

school theater. He's

taken bike safety lessons in preparation for his commute to Beaverton High School, where he will be a junior this year. Carlos continues to make notecards featuring his lovely, colorful artwork, which are available directly from him for a donation of \$15 per packet of 8 cards. Carlosartcards@gmail.com.

As their case winds through the immigration system, the Sanctuary Committee will continue to provide Maria and Carlos with support as needed. For now, we celebrate their significant steps toward independence.



Maria and Carlos.

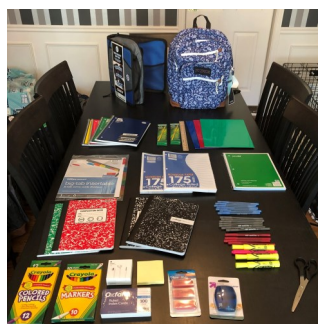
Havurah Helps Kids Start the School Year Right!

For the sixth consecutive year, Havurah members Rachel and John Devlin raised money to purchase backpacks and school supplies for the children being helped by Portland Homeless Family Solutions. On August 11, John delivered 91 backpacks, filled with school supplies and a \$100 gift card for back to school clothes, to the PHFS Family Village campus.

As part of the fundraising drive, John reached out to the Poverty and Homelessness Committee's email list. More than 30 Havurah members responded by making donations to the backpack drive. Havurah members have supported this project since its inception. That support has helped John and Rachel give almost 500 backpacks to PHFS over the last six years.

Havurah has a long-standing volunteer commitment to PHFS (pdxhfs.org), which helps families at risk of homelessness or experiencing homelessness. John first learned about PHFS as a Havurah volunteer in 2016. Since then, John has joined the PHFS Board and now is a member of the PHFS Executive Committee.

If you would like more information about Havurah's involvement with PHFS, you can contact Gloria Halper at losninos6@gmail.com.



Supplies being packed away and headed to kids who need them.

Shanah Tovah

From Havurah Shalom



High Holidays at Havurah Shalom 5782

We have arrived at our season of returning. Welcome home.

Havurah Shalom warmly invites our members and all who wish to join us to celebrate the High Holidays. This year, as always, our programs and services are open to everyone. You can use your computer, tablet or mobile phone to join us. Come on in! We are happy that you are with us, and so ready to see one another again – on screen and in small groups, in our homes and neighborhoods, connecting in fresh ways to renew our sense of community.

Yes, our services will be online – we will log in to our High Holidays Website as we did last year to access all our live events and recorded content. **And, if we so choose, we can come together in groups of our own design to experience all our High Holidays offerings together.** What will you plan? Who will you reach out to? Immediate and extended family? Friends old and new? Neighbors you're meeting through our new HavurahHood initiative? We encourage you to think about what works for you, choose the events you want to participate in, take the initiative to extend invitations, and begin to reconnect.

This High Holidays 2021 packet will help you do that. It should answer

your questions: the who, what, when, where and how of our observances this year. But if you are still wondering about something, please email our office (rachel@havurahshalom.org).

Meeting the Call of this Holy Season

Once again this year, we are offering a rich suite of programs and services to help our community meet the call of this season: To renew ourselves, individually and collectively, for the start of another cycle. To bring our fullest humanity and wisest energy to the moment we live in. We come as we are. Perhaps feeling scarred or broken in places by the hardships of the pandemic, and in need of healing. Bring that. Perhaps feeling the power of new muscles we have had to build during the past year: muscles of resilience, fortitude, patience, determination, flexibility. Perhaps feeling joyous and a bit nervous at the prospect of reconnecting. Bring that, too.

This is your time. You decide which High Holidays events you wish to participate in. Some will be happening live – in real time – such as a morning service. Others are available on-demand, such as recorded music, a mini-drash, or a study guide, so you

choose when you want to listen, watch or read. You can plan it out in advance, creating your own personal agenda from the schedule of events provided on the website. Or you can attend events on the fly. You can change your schedule at any time. You can invite friends and family to join events you are interested in – just as you might save them a seat at services – so you can have a shared experience to reflect on later.

How to Attend Our High Holiday Programs and Services

If you are a member, you will receive an email from the Havurah office with a registration link on Wednesday, Aug. 4. Click on the link to register. On the confirmation page, you'll find a link to the Havurah High Holidays Website. The login there will ask for your name and email address, then you'll be sent a verification code. This is to help keep us secure in our virtual tent.

Once logged in, you can browse, RSVP for and attend programming and services, edit your profile, connect with friends, and access music and more. That's all you need to do to easily connect with our many High Holiday offerings.

If you are not a member, you can find the registration link on our website, www.havurahshalom.org. We are proud to continue our tradition of offering ticketless High Holidays to anyone who

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Welcome home at our season of returning, con'd

wishes to attend and as always, we welcome your donations.

Our High Holidays programs kick off during the month of Elul, and will continue through Rosh Hashanah, Yom Kippur, Sukkot and Simchat Torah. You will find a complete schedule of services in this document, on the Havurah website, and in the Havurah High Holidays website.

Please Support This Mitzvah

We are able to offer High Holiday programs and services to our entire

community thanks to generous contributions of time from Havurah members and staff – and to generous donations of dollars from those who support this mitzvah.

This year, we have invested in a professional quality event management solution, at significant cost, to serve as the platform for our services. Your contribution will help underwrite the expenses we incur in providing High Holiday programs and services to our entire community. We greatly appreciate your support.

To make a donation, you may visit [the donations page on our website](#) or mail a check to:

Havurah Shalom
825 NW 18th Avenue
Portland, OR 97209

Need Help? We Are Here!

We are here to help. If you have a technology question, please email info@havurahshalom.org. We have tech support volunteers standing by to help you.

Tashlich

Neighborhood captains are in the process of planning Tashlich events. Stay tuned for more Tashlich news in the next few weeks. We still are short some neighborhood captains. If you're interested, please contact Sandy Ramirez.

Lulavs & Etrogs

To purchase lulavs and Etrogs locally this year, please visit Portland Kollel's online Lulav and Etrog Shuk (market). [Order online here.](#)

Machzor Lending

Library

Aug. 18-Sept. 3—Borrow one of our (still) new Kol Haneshamah machzorim to follow along with services at home! [Sign up for a pick-up slot or to volunteer to help as a lending librarian.](#)

Drashot Soon Due

The deadline to offer a mini-drash is **Aug. 24!** Email yours to rachel@havurahshalom.org.





High Holidays 5782/2021

SERVICE SCHEDULE

Selichot

Saturday, Aug. 28

8:00 pm Selichot Service

Rosh Hashanah

Monday, Sept. 6

7:30 pm Erev Rosh Hashanah Service

Tuesday, Sept. 7

9:00 am Lobby Room
9:30 Rosh Hashanah Morning Service
11:00 Torah Service, Shofar Service
12:30 pm Lobby Room
12:15 Membership Tabling
12:30 Meet Tikkun Olam
3:00 Family Service
(with children ages 0-10)

Wednesday, Sept. 8

9:30 am Rosh Hashanah Morning Service
10:30 Torah Service
11:45 Shofar Service
12:15 pm Lobby Room

Cemetery Gathering

Sunday, Sept. 12

1:00 pm Song and Remembrance at the
Havurah Cemetery 5656 SW
Humphrey Blvd.

Yom Kippur

Wednesday, Sept. 15

6:45 pm Kol Nidre/Evening Service

Thursday, Sept. 16

9:00 am Lobby Room
9:30 Yom Kippur Morning Service
10:00 Family Service
(with children ages 0-10)
11:00 Torah and Haftarah Services
12:30 pm Membership Tabling
1:20 Tikkun Olam Discussion
2:30 Contemplative Service
4:00 Yizkor
5:30 Mincha Service and Jonah
6:00 Ne'ilah/Closing Service

Shmeini Atzeret

Tuesday, September 28

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

Simchat Torah

Tuesday, Sept. 28

6 pm Simchat Torah Celebration

Services are free and open to all. They will take place online via the Havurah High Holidays Website, which opens for registration Aug. 4. Visit www.havurahshalom.org after that date to register. We look forward to being with you!



Classes and More in the Month of Elul

Havurah's High Holidays Website Launch Party

Sunday, Aug. 8
7-8 pm

Sign in and say hi to all your friends at our High Holidays Website Launch Party. There will be games, schmoozing, and more as we welcome in the month of Elul.

Elul Workshop - Embodied Teshuvah

Amanda Davidowitz
Sunday, Aug. 8
10 am

This workshop is an invitation to take an individual journey of introspection, self-compassion and forgiveness in the presence of community. Congregation member Amanda Davidowitz (Inspired Heart Wellness) will guide you through meditation, breath, yoga postures and journal exercises designed to create an experience of compassionate *heshbon ha-nefesh* ("soul accounting") and intention setting as we approach the Days of Awe. While the Hebrew word *teshuvah* is usually translated as repentance, it literally means "to return." This auspicious time in the Jewish calendar is an opportunity to return to self, to your values, to community and to your connection with the Divine.

Wear comfortable clothes that you can move in. Have a journal and pen or pencil. You may also want to have a meditation cushion, sofa cushion, firm pillow or a sturdy chair. Yoga mat and other props are not necessary but you may use them if you have them. Bring water or tea and get cozy!

Accessibility Note: Amanda will be incorporating seated, reclining and standing postures into this workshop. All seated postures can be done either in a sturdy chair or on the floor. Yoga will be slow, gentle and accessible. During the workshop you are encouraged to either follow along or do what feels right for your body. If you have specific physical needs or questions about accessibility, please email Amanda in advance at inspiredheartwellness@gmail.com.

Forgiveness in Judaism and for One Another

Karen Mitzner
Mondays, Aug. 9, 16, 23
2-3:30 pm

Forgiveness heals our own hearts and offers healing to others. Our Jewish tradition is rich in stories, laws and teachings about reconciliation and forgiveness. Led by Karen Mitzner, this series of three workshops will examine highlights from our tradition for inspiration and guidance. We will weave these teachings with insights from psychologists and our own wisdom and experience to deepen our practice of reconciliation and forgiveness.

Sessions will address the following questions: What is forgiveness? What is reconciliation? Why forgive? What makes forgiveness often so hard? In order to forgive, what is most important?

As a group, we will discuss how to cultivate compassion toward ourselves and toward others. Robert Karen's idea of "emotional monotheism" in forgiveness work will be explored. We'll [Continued on next page](#)

Classes and More in the Month of Elul

also examine what makes a good apology and tease apart the work of forgiving ourselves, as well as other people. The importance of reparations will be discussed, as well as other topics the group may raise.

We will also examine contemporary stories of forgiveness work, like Simon Wiesenthal's *The Sunflower*, that convey this topic's complexity. As we work, we'll use some meditative forgiveness practices to assist us.

Sound the Shofar

Led by Andrine de la Rocha, Howard Patterson and Diane Chaplin
Every day except Shabbat, Aug. 9 to Sept. 5
4 pm

"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!

Elul Mindfulness & Meditation

Tuesdays, Aug. 10, 17, 24, 31
12:00 pm

We gather to find some moments of quiet and shalom. Led by Rabbi Benjamin, Adela Basayne, or Nancy Becker.

Life Story Midrash:

Uncovering Deeper Meaning in Our Life Stories

Led by Tivona Reith
Wednesdays, Aug. 11, 18, 25; Sept. 1
7-8:30 pm

The ancient rabbis used *midrash*—meaning inquiry—to create new stories that helped explain contradictions, fill in the gaps, or just generally make sense of Biblical stories. Life Story Midrash is a process developed by Rabbi Dayle Friedman to do the same thing with our

own life stories. With permission from Rabbi Friedman and facilitated by Havurah member Tivona Reith, we will use this process to focus on those personal stories that beckon our attention as we approach the High Holy Days.

Over a four-week period, we will study traditional examples of midrash, and then creatively explore and re-write episodes from our own life, with an eye toward “embracing our fragmented stories as a coherent, meaningful narrative.”

There will be time during each 90-minute session for individual writing and for *chevruta* (paired discussion). Participants may also choose to do additional writing or reflection between each session.

Israel's Occupation, Jewish Tradition and Collective Responsibility

Facilitated by Rabbi Benjamin and Joel Beinon
Wednesday, Aug. 11 and Sunday, Aug. 22
7-8:30 pm

During this season of *heshbon hanefesh*—honest self-examination—leading up to the Days of Awe, we will spend these sessions examining aspects of Israel's occupation of the Palestinians and reflect on what our learning asks of us as Jews. Rabbi Benjamin will present Jewish texts as a framework for us to grapple with issues such as Jewish power and our relationship to the other, and Joel will guide us in engaging with contemporary analysis from various organizations. There will be some reading in preparation for each session.

Shtiebelach – Conversations and Creations

Led by Buff Neretin
Wednesdays, Aug. 11 and 25
6:30 pm

The High Holy Days are fast approaching! It's time to start thinking about making private spaces into Holy Places... and preparing to invite folks to join you in worship.

Don't know where to start? Come join us for informal conversation. We'll talk about creating our *shtiebelach* (plural for *shtiebel*, or “little shul”) and *mishkanim* (tabernacles).

Continued on next page

Classes and More in the Month of Elul

We'll discuss what to gather together (e.g., seating, fabric, candlesticks, ritual objects, Tanachim, tallitot, wooden/metal/glass boxes or solid paper crates (for the mishkan) etc.)

What will make it meaningful for you and yours?

Instructions and diagrams for creating your own Aron Kodesh will be available.

"40 Days of Teshuvah" Film and Discussion

Adela Basayne

Thursday, Aug. 12, 11-noon

(first session) and Tuesday Aug. 17, 7-8:30 pm (second session)

Havurah joins the Inside Out Wisdom and Action Project and the Reconstructing Judaism movement in showing the film 40 Days of Teshuvah. Last summer, Yehudah Webster and Jews for Racial and Economic Justice (JFREJ) protested for 40 days, culminating with Tisha B'Av.

The film offers a powerful model for integrating Jewish spiritual tools and technologies like prayer, teshuvah and Mussar into the work of social change in general and racial justice in particular.

Kabbalat Shabbat for Elul

J.D. Kleinke and Friends

Friday, Aug. 13

7 pm

A special welcoming of Shabbat for during the month of Elul. Music and meditations on the meaning of return and renewal.

Refa'einu Healing Service

Co-facilitated by Karen Mitzner and Tivona Reith

Saturday, Aug. 14

3-4:15 pm

Refa'einu Healing Services provide sacred space and time to focus on healing and wholeness. Through contemplative teachings, sacred chant, guided and silent meditations, embodied practice, and prayer, we open to healing energy—however it is needed in our lives, fam-

ilies, communities, planet. Refa'einu, Yah, v'neirafei—Heal us, Source of All Healing, and we will be healed.

Jewish New Year Cooking 101

Jenn Louis

Monday, Aug. 16

6:30-7:30 pm

Prepare for the holidays with some new Jewish foods from countries around the world. Cook along or watch the demonstration as Jenn tells stories of dish origins and how Jewish foods from around the world make up today's Israeli cuisine.

"Why Should You Hang on to That Old Shmita?"

Monday, Aug. 23

7-8:30 pm

This coming year is a shmita year, which occurs every seven years beginning at Rosh Hashanah. It is a time of rest and release for the earth and people in debt. Join us for a short program examining the shmita year, from its Biblical origins and ancient practice to modern examples of literal observance.

Catch us again during the service break on Yom Kippur for a guided discussion on exploring opportunities for your own shmita observance.

Across the year 5782, the Tikkun Olam cluster will be holding a series of events centered on contemporary concepts of shmita and how to connect to those concepts. A variety of monthly events are planned, thematically connected to the Jewish calendar, and there will be options at each for those who want to continue the work. Topics include food, consumerism, climate and the financial world, and we know you will help us find others. Look for more details in Hineinu, Hakol and the Havurah calendar.

Lev Tahor Chanting Circle

Facilitated by Rabbi Benjamin

Thursday, Aug. 19, 7-8 pm

We gather in community for an evening of contemplative practice, chanting interspersed with silence, guided by teachings from the tradition. In the spirit of this month of Elul, we will focus on

Continued on next page

Classes and More in the Month of Elul

opening and directing our hearts toward teshuvah—return and renewal. Everyone is welcome, no experience or musical ability required.

Cemetery Clean-Up

Barbara Gundle and Dave Weil
Sunday, Aug. 22, 1-3 pm
Havurah Cemetery

Get together with the Cemetery Committee to keep the space beautiful. The Cemetery and Garden Committees are co-sponsoring this event; all Havurah members, their friends and families are welcome to attend.

Be Antiracist: Participating in an Antiracism Journaling Group

Adela Basayne
Thursday, Aug. 26
7-8 pm

The daily practice of being antiracist can be supported by working through our internalized white supremacy in a small group, sharing our personal learnings. This hour will introduce a model for forming an antiracism

journaling group and support for getting one started.

Young People's High Holiday Discussion (HS and College Welcome!)

David Kertzner
Monday, Aug. 30 and Monday, Sept. 13
6 pm

Following a successful peer-led Young People's Discussion Program during Shavuot, our community will be facilitating two more 90-minute sessions for teens and the college crowd: one during Elul (Aug. 2021) and one during the High Holidays (Sept. 6-16).

Jewish Soul for the New Year

Diane Chaplin
Tuesday, Sept 7
6:30 pm

Havurah member Diane Chaplin plays a solo cello livestream performance on the evening of the first day of Rosh Hashanah. Welcome the New Year with the rich and poignant sound of the cello in music by Israeli composers, a Sephardic prayer, Klezmer and more.

How to Connect to Havurah's High Holidays Website

All programming, from Elul to High Holiday Services, will take place in our virtual tent, a website where you can add events to your personal schedule and attend using special links to our secure Zoom rooms.

Register, then Log In: On Wednesday, Aug. 4, members will receive an email with a link to register to enter the High Holidays site. Registration is simple—just one short form and hit submit. Your confirmation page will show a link to the Havurah High Holidays Website. The login there will ask for your name and email address, then you'll be sent a verification code. This is to help keep us secure.

Once logged in, you can browse, RSVP for and attend programming and services, edit your profile, connect with friends, and access music and more.

Joining Sessions: To attend an event, navigate to the session page on the site. A link to join the Zoom room will appear five minutes before the start time. (You may need to reload the page.)

All Are Welcome: Please feel free to invite friends and family by sending them the link you receive Wednesday, Aug. 4, or direct them to www.havurahshalom.org.

Need help? Email info@havurahshalom.org.

Making the World a Better Place

Tikkun Olam

Keeping Busy for High Holidays

Meet Tikkun Olam

Tuesday, Sept. 7, 12:30-2 pm
(Rosh Hashanah Day 1)

Tikkun Olam at Havurah Shalom is composed of four committees, each doing meaningful work in a different area: the Climate Action Team, Poverty and Homelessness, Sanctuary, and the Metropolitan Alliance for Common Good. Whether it's through direct action, education, volunteering, partnering with other organizations or lobbying, there are many ways to take part in our work. Visit us during the service break on Rosh Hashanah to chat about the opportunities we all have to make a difference.

Tikkun Olam Yom Kippur Discussion

Thursday, Sept. 16, 1:20-2:20 pm

The Tikkun Olam committees will lead a discussion on a timely subject during the rest period between Yom Kippur services.

Tzedakah Project

Every year, the Tikkun Olam Cluster picks one or more organization to support for our High Holidays Tzedakah Project, usually by gathering needed items. This year, we are helping two wonderful organizations!

We're collecting household and

Shmita – A Year to Let the Earth Rest

The Shmita year is a Sabbatical Year of release, where farmers were released from planting so the land could rest, and all debts are to be released and forgiven. Rosh Hashanah begins our next year of shmita. Yet how can we emulate this Torah guidance in our own lives and in the life of our community in light of the climate emergency and urgent immigrant and poverty crises of our times? Please join our Havurah Tikkun Olam cluster throughout the year to explore our urgent realities in the light of Torah's commandments regarding the shmita year.

Attend the Elul workshop **August 23** for an overview of Shmita and our monthly discussions and participate in the Yom Kippur afternoon discussion. Then look for the details on the Havurah calendar for each month's offering. From illuminating hikes to a regenerative economic discussion, to sustaining our mental health, and more, join us for connection and inspiration as we tackle the paradox of Torah teachings during urgent times.

personal items for both Portland Homeless Family Solutions (PHFS) and Lift Urban Portland. You can drop them off at Havurah Shalom by appointment.

For Portland Homeless Family Solutions (PHFS):

[Here is a list of necessities](#), plus these are needed too:

- Full-size shampoo, conditioner, body wash, and lotion (men, women and kids)
- Deodorant (men and women)
- Baby powder and baby lotion
- Dish soap, hand soap, various cleaning supplies
- Small and large laundry detergent (nice to have some of each)
- White, light blue or light green twin and full sheet sets
- White twin and full comforters
- White, light blue or light green

hand towels, bath towels and washcloths

For Lift UP:

- All varieties shelf-stable milk (dairy/non-Dairy, unsweetened)
- Proteins (nut butters/tuna/shelf-stable tofu)
- Coffee/Tea
- Canned Fruit or Vegetables
- Whole Grain Pasta
- Brown Rice
- Low-Sodium Vegetables (140 mgs or less), Soup
- Ready-to-Eat Items (microwavable)
- Kosher Items (all are welcome)

This year we are also suggesting financial donations as an alternative. Thank you for your continued support!

[PHFS](#) | [LiftUP](#)

What's On Demand?

A wealth of High Holidays-focused music, video and learning can be found at the Havurah High Holidays Website. This media was produced by our own talented fellow congregants and is shared with the community in love and hopes for a sweet and happy New Year. Here is a sample list of what's available.

Music

Havurah Virtual Choir

The Havurah Virtual Choir is a group of singers who came together last year to produce music using the magic of digital tools! Produced by Enie Vaisburd and edited by Enie Vaisburd, Megan Koler, and Beth Segal.

Instrumental Bliss

Performances by Andrew Ehrlich and Shera Sinell.

Mixtapes

Contemplative Cello

Diane Chaplin

MixTape: Family Music

Steven Mesulam and Rachael Duke

MixTape: Songs of Turning

Ilene Safyan, Margie Rosenthal, Barbara Slader, Ken Lerner, Beth Hamon, Chaim Wolin, Rabbi Benjamin, Justin Carroll, Barry Lavine

MixTape: Morning Songs

Ken Lerner, Chaim Wolin, Maria Lisa Johnson, Susan Brenner, Natalie Lerner

Jewish Ritual How-To

DIY Tashlich

- ◆ An Eco-Sensitive Alternative Tashlich Ritual for Those Unable to Access Flowing Water
- ◆ Booklet for Performing Tashlich at Home



Your Home Sanctuary for the High Holidays: Preparing Your Mikdash M'at—Bija Gutoff

A Reconstructionist Havdalah

Diane Chaplin, Howard Patterson, Andrine de la Rocha, and David de la Rocha

Hear the Shofar

Howard Patterson, Andrine de la Rocha, Diane Chaplin

Videos For the Family

Keren McCord and Oren Kosansky

- ◆ Apple and Honey Celebrate Rosh Hashanah
- ◆ Apple and Honey Celebrate Simchat

Fun and Groovy Music Videos for the Family

Steven Mesulam and Rachael Duke

- ◆ Shabbat Shibbity
- ◆ Ufros Aleinu
- ◆ Avinu Malkenu
- ◆ Tree of Life (music by Richard Silverman)

Condolences

Doris Susanne Adelberg Orgel, mother of Laura Orgel, mother-in-law of David Newman, and grandmother of Jennifer, Seth and Tamarah, passed away August 4.

Robert Hastings, father of Julie Hastings, father-in-law of Oren Kosansky, and grandfather of Mica and Tali, passed away August 22.

General Contributions

Adele and Jack Thompson, in memory of our parents, Evelyn & Sam Diamond and Armella & Jack Thompson..

Melinda Buhl and Richard Koven, in honor of Ella's bat mitzvah and Rabbi Benjamin, Deborah and everyone who was so helpful throughout.

Joan and Dave Weil, in memory of Doris Susanne Adelberg Orgel.

Sivia Kaye, in memory of Harry and Lily Karansky, with love and longing for my parents. The High Holidays were such a memorable part of my Brooklyn childhood; in memory of Bernard Kaye, with loving memories of sharing these special days together; in memory of Ann Surick, with loving memories of the Sephardic shul in Brooklyn where we always met on the High Holidays; and in memory of Bertha and Jacob Surick, with wonderful memories of breaking the fast each year with my grandparents.

Sivia Kaye, in honor of Vivy Kaye Diamond, with excitement and special good wishes as you start law school in Michigan.

Tikkun Olam Fund

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

Miriam Reshotko, in memory of my mother, Adina Reshotko, on the first anniversary of her death. I miss her every day!

Havurah Endowment Fund

Sy Chestler, in memory of my father, Sidney Chestler, my mother, Golda Chestler, and my brother Herb Chestler.

Susan Baillet and Herman Asarnow, in memory of Herman's parents, Barney and Celina Asarnow.

Nancy Spigal, in memory of Harvey Spigal. We miss you!

Rabbi Discretionary Fund

Charles and Marsha Green, in memory of William Eugene Briggs.

Gratitude

by Miriam Reshotko

As we approach the New Year, we are in a time of deep self-reflection. It is, as always, of great importance to practice gratitude for all the wonderful contributions which make our community active, engaging, warm, welcoming, and supportive. While there are too many people and groups to thank all of them here, what follows are some examples of the contributions for which we give thanks:

To the T & I committee for keeping the pulse on new initiatives at Havurah and helping all adhere to and implement the Transparency and Inclusivity guidelines that were approved by Steering within the last few years.

To the Anti-Racism and Belonging Group for drafting a detailed statement of work and publicizing it through Hakol to the broader community.

To Brad Pector and Miryam Brewer for their work on the B'Yachad Annual Participation Pledge that will go out shortly after Yom Kippur.

To the Core Crisis Team who held the community forums, quickly pulled together the vaccination poll, and to all

the community members who participated or gave honest feedback by email, voicing their honest and heartfelt opinions and feelings.

To Bija Guttoff for her abounding High Holiday communications contributions, and all staff and volunteers for their astounding annual effort to make our holidays so special.

To Stefanie Hausman for neighborhood High Holiday collaboration, and to all the neighborhood captains, including those who stepped up recently, for planning and supporting neighborhood events during Elul and the Chagim.

To Kathy Gordon, Natalie Lerner, and Sue Danielson for their planning for the racial justice meeting agendas and creative use of Zoom room breakout sessions.

To the Countering White Nationalism cohort, Chris Coughlin, Adela Basayne, Bob Brown, and Sue Danielson, for their support and thinking in moving the racial justice formation forward.

To Rabbi Benjamin who has helped TO leaders have the courage to ask for

help and not take on sole responsibility for the racial justice work.

To Joseph, our courtyard clean-up steward, for regularly picking up garbage for a small stipend. Due to his work, our grounds are staying much cleaner overall. Joseph has been helping us out in spite of undergoing chemotherapy recently, so a special shout out for his devotion and his hard work on our behalf, and may he achieve complete healing.

To Elyse Hill and Ben Anderson-Nathe for taking on the Teen Engagement Committee and serving as advisors to the teens.

And to all those many, many tasks that were not mentioned, thank you! We are a community because of each of you and your participation however, that may look. If there is something you would like mentioned please send it to Miriam Reshotko (email listed in the member directory – please put “gratitude” in the subject line) to be included next month. Wishing everyone a happy and healthy New Year, filled with many blessings and so much to be grateful more.

September 2021

Sun	Mon	Tues	Wed	Thu	Fri	Sat
<p>29 <u>Eul 21</u></p> <p>6:30am Sunrise Selichot Service at Irving Park 4:00pm Sound the Shofar</p>	<p>30 <u>Eul 22</u></p> <p>4:00pm Sound the Shofar 6:00pm Young People's High Holiday Discussion</p>	<p>31 <u>Eul 23</u></p> <p>12:00pm Eul Mindfulness & Meditation 4:00pm Sound the Shofar 7:00pm Israel-Palestine Committee Meeting</p>	<p>1 <u>Eul 24</u></p> <p>8:30am Morning Minyan 4:00pm Sound the Shofar 7:00pm Life Story Midrash</p>	<p>2 <u>Eul 25</u></p> <p>4:00pm Sound the Shofar</p>	<p>3 <u>Eul 26</u></p> <p>4:00pm Sound the Shofar 7:27pm Candle Lighting</p>	<p>4 <u>Eul 27</u></p> <p>Nitzavim 10:00am Community Minyan 8:33pm Havdalah</p>
<p>5 <u>Eul 28</u></p> <p>4:00pm Sound the Shofar</p>	<p>6 <u>Eul 29</u></p> <p>Erev Rosh Hashana Admin:Labor Day Office Closed for Labor Day 7:21pm Candle Lighting</p>	<p>7 <u>Tishrei 1</u></p> <p>Rosh Hashana Tashlich Office Closed for Rosh Hashana 6:30pm Jewish Soul for the New Year 8:19pm Candle Lighting</p>	<p>8 <u>Tishrei 2</u></p> <p>Rosh Hashana Office Closed for Rosh Hashana 8:26pm Havdalah</p>	<p>9 <u>Tishrei 3</u></p> <p>Fast of Gedalia</p>	<p>10 <u>Tishrei 4</u></p> <p>7:14pm Candle Lighting</p>	<p>11 <u>Tishrei 5</u></p> <p>Shabbat Shuva Vayeleich 10:00am Contemplative Shabbat 8:20pm Havdalah</p>
<p>12 <u>Tishrei 6</u></p> <p>1:00pm High Holidays Cemetery Gathering</p>	<p>13 <u>Tishrei 7</u></p> <p>6:00pm Young People's High Holiday Discussion</p>	<p>14 <u>Tishrei 8</u></p> <p>Hakol Deadline 12:00pm Jewish Mindfulness & Meditation</p>	<p>15 <u>Tishrei 9</u></p> <p>Erev Yom Kippur 8:30am Morning Minyan 7:04pm Candle Lighting</p>	<p>16 <u>Tishrei 10</u></p> <p>Yom Kippur Yizkor Office Closed for Yom Kippur 8:10pm Havdalah</p>	<p>17 <u>Tishrei 11</u></p> <p>7:00pm Candle Lighting</p>	<p>18 <u>Tishrei 12</u></p> <p>HaAzinu 10:00am Community Minyan 8:06pm Havdalah</p>
<p>19 <u>Tishrei 13</u></p>	<p>20 <u>Tishrei 14</u></p> <p>Erev Sukkot 6:54pm Candle Lighting</p>	<p>21 <u>Tishrei 15</u></p> <p>Sukkot Office Closed for First Day of Sukkot 7:52pm Candle Lighting</p>	<p>22 <u>Tishrei 16</u></p> <p>Sukkot Office Closed for First Day of Sukkot 8:30am Morning Minyan 7:59pm Havdalah</p>	<p>23 <u>Tishrei 17</u></p> <p>Chol Hamoed Sukkot 4:30pm Ale Rockers Sukkot in the Sukkah 6:30pm Steering Meeting</p>	<p>24 <u>Tishrei 18</u></p> <p>Chol Hamoed Sukkot 6:47pm Candle Lighting</p>	<p>25 <u>Tishrei 19</u></p> <p>Chol Hamoed Sukkot 10:00am Community Minyan 3:00pm Shabbat School 7:53pm Havdalah</p>
<p>26 <u>Tishrei 20</u></p> <p>Chol Hamoed Sukkot</p>	<p>27 <u>Tishrei 21</u></p> <p>Hoshana Rabah 6:41pm Candle Lighting</p>	<p>28 <u>Tishrei 22</u></p> <p>Simni Atzeret Yizkor Office Closed for Simni Atzeret 8:15am Morning Minyan (Yizkor) 7:39pm Candle Lighting</p>	<p>29 <u>Tishrei 23</u></p> <p>Simchat Torah Office Closed for Simchat Torah 7:45pm Havdalah</p>	<p>30 <u>Tishrei 24</u></p> <p>4:30pm Alter Rocker Happy Hour</p>	<p>1 <u>Tishrei 25</u></p> <p>6:33pm Candle Lighting</p>	<p>2 <u>Tishrei 26</u></p> <p>Shabbat Mevarchim Beresit 10:00am Bat Mitzvah of Sophie Nathe 7:39pm Havdalah</p>