

THE
CHRONICLE

OF CONGREGATION NEVEH SHALOM



**UNPLUGGED:
THE SHABBAT ISSUE**

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PAJE Teaching by Mel Berwin & Adam Schechter



Foundation School Purim Celebration



Education Director Mel Berwin and ALIYAH Teacher Adam Schechter presented a class on creating an education environment that works for LGBTQ+ kids (and everyone else) on Sunday, March 11 as part of PAJE's (Portland Area Jewish Educators) learning opportunity.

ALIYAH 5th Grade Wedding of Shava and Michael Feinstein



Community Purim Celebration



KOIN 6 News Tour (Auction Sign-Up Party)



The Anxiety of Shabbat and the Struggle of Release

By Rabbi David Kosak

One of the most important books of Jewish spirituality was almost never written.

Six weeks before Germany overran Poland, a destiny-tossed soul was smuggled out of Poland by Julian Morgenstern, who labored to obtain visas for endangered German Jewish scholars. Morgenstern was an important scholar in his own right, and a past luminary of the Reform world. Yet saving the mind and soul of Abraham Joshua Heschel may fairly be considered Morgenstern's greatest life achievement.

For while it was the West that saved Heschel's skin, it is Heschel who came to save the soul of the West. Writing in what must have been his fifth language or so, he penned *The Sabbath* in English. He wrote as an outsider, speaking to a world which did not understand its excesses. He stood as a refugee from a world of Jewish culture that had ceased to exist. He was the ferryman, connecting that world to the banks of the larger Western world. Between those two realms, he carried a message, like the last beacon from a lost but spiritually superior civilization.

In *The Sabbath*, Heschel, without ever uttering an accusing word, described where our Western civilization had gone astray: "To gain control of the world of space is certainly one of our tasks. The danger begins when in gaining power in the realm of space we forfeit all aspirations in the realm of time. There is a realm of time where the goal is not to have but to be, not to own but to give, not to control but to share, not to subdue but to be in accord. Life goes wrong when the control of space, the acquisition of things of space, becomes our sole concern."

Heschel certainly understood that our world valorizes the "type A" personality, the do-er who is always engaged in achievement. Even more than in his day, we limit our aspirations in time to what we can achieve.

We impose this on our children, urging them to live highly curated lives distinguished by superior academics and extensive extracurricular activities. Tremendous quantities of research demonstrate how well our children understand that they are not loved unconditionally, and consequently that their self-worth hangs on their doing and not their being.¹

We are hardly unfair in this regard, as we adults tether ourselves to our cell phones, lean in to our careers, and feel unmoored if we sit and engage in no productive activity, no list-making or crossing-off-of-lists.

And so we have built a world on foundations of anxiety, where the best stay constantly occupied and the rest medicate themselves with opioids, alcohol, and now, everywhere in Oregon with the dispensaries, marijuana. A world which over the last decade has seen a drastic rise in the incidence of anxiety, depression, and attempts at suicide.

Thankfully, people are coming to understand Heschel's prescient wisdom. Our researchers and clinicians confirm what happens when we don't heed his advice. There's even a diffuse movement – and you'll read about that on pages 8-9 – to reclaim an unplugged day. Across the country, small groups of people are attempting to fashion a Sabbath of the spirit for themselves. These are positive advances.



Yet what needs to be explicated is how very difficult a full Shabbat is for us as Americans. We have been running so long from the anxiety our world provokes in us, that when we finally become still, it catches up to us.

A practice of stillness, in other words, will initially increase anxiety, not reduce it.

That's why it is useful to recall how Heschel noted that we "must fight for inner liberty to remain independent of the enslavement of the material world." Getting free of the almost invisible ways in which anxiety plagues us is not easy, but it is essential. We must move through the anxiety that Shabbat observance initially produces secure in the faith that ultimately it will be deeply restorative to our souls, our humanity, our families, and our communities.

Continued on page 4

School or Shul?

Rabbi's Corner

By Rabbi Eve Posen

When you're a rabbi and spend the majority of your time in the synagogue building (and especially when your kids go to school in that same building), your family tends to see the building as just an extension of home. The most frequently asked question in our house is, "Is it a school day or a shul day?" Which means, of course, "Is this a day when we go to school and I have to wear my school clothes, or is it Shabbat and can I wear my fancy Shabbat shoes and play with my friends while you work?" The difference seems subtle, but there's a clear distinction for my children, and one that helps us establish the notion of a day apart.

As a rabbi I rarely get a Shabbat off to calmly sit, tune out, and refresh myself. While I don't usually have my phone with me at all times on Shabbat, I am "plugged in" to the congregation, leading services, listening to updates from congregants, hosting potluck dinners. When you're working in the same place every day, it

can be difficult to create a separation for Shabbat.

Because everything blended together and the kids couldn't necessarily keep track of the days of the week, Duncan and I realized we needed to create Shabbat rituals for our family that took place in the home in addition to the synagogue. For example, since both children are actively making art every day, Shabbat is a day without creation for us. We encourage art and crafting six days a week, but on Shabbat we turn from our paints and markers to our blocks instead. We turn from our rushed and hurried dinners to a fun picnic in Mommy's office before leading Friday night services.

Shabbat is about ritual, but not just the ritual of lighting candles and making challah. It is about the ritual you create with your family to make it a day apart. We have more fun on Shabbat because we connect with each other outside of our regular routine and push ourselves to make it a different day than the rest of the week.



Obviously we all spend varying amounts of time in the synagogue building – some more than others – and the idea is to divide your time in ways that make it special for you and your family.

The Anxiety of Shabbat *continued from Page 3*

Since it is, however, a battle, here are some concrete tools to help us in this endeavor:

- 1. Visualize success.** We need a goal and an incentive to encourage us in this discipline. *Imagine the most peaceful experiences you have had. Try to relive that emotion, then carry the feeling over into an image of Shabbat practice.* The point is to show us the path back to Shabbat.
- 2. Exposure Therapy.** We can't suddenly find the keys to this palace of liberated time. Rather we need to take small steps and experience

small successes. That means add on a few Shabbat practices. Don't rush through meals; rather, sing some songs or engage in Jewish learning. If we take on too much at once, we will increase our anxiety to a place of discomfort. As with many areas of life, slow and steady wins the race to inner freedom.

- 3. Have support.** Just like a personal trainer, we need an individual, group, or community who can support us when we need support, but push us when our progress stalls. We all must overcome "shabbat plateau syndrome" where we grow too com-

fortable in how we currently observe the day.

Finally, two teasers – the new *Yedid Nefesh bencher* and Living Room Shabbat – both coming soon to enhance our communal shabbat experiences.

Wishing you all a gut Shabbos and Shabbat shalom,
Rav D

¹50% increase in depression the last 11 years and a 30% increase in suicidal completions. <https://www.medpagetoday.com/blogs/kevinmd/64557>

Updates from Steve

President's Corner

By Stephen Blake

I have been sitting in front of my computer thinking about writing my last column for *The Chronicle* as President of Congregation Neveh Shalom. I believe I had mentioned in a previous issue of *The Chronicle* that writing this column has probably been the most difficult part of being President. This is the only part of the job I will not miss. In every other way it has been my honor and pleasure to serve our *kehillah* and to work with our hardworking professional staff and dedicated volunteers.

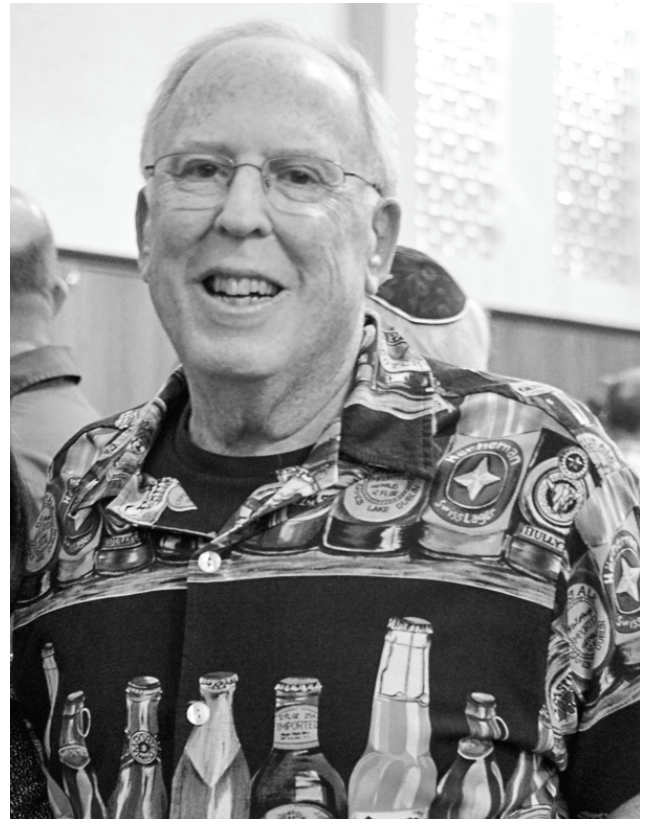
When I think about what has occurred in the last two years, it is easy to understand how the time has flown. There have not been many dull moments. We had the search for a new cantor and have been blessed with the addition of Cantor Bitton. The decision was made to have Rabbi Posen become our Assistant Rabbi. Rabbi Kosak's contract has been renewed for another seven years. We now have a strong clergy team who will be there to assist us in personal ways and to lead Congregation Neveh Shalom into the future. We have seen the growth of our educational programs under the enthusiastic leadership of Mel Berwin and Leah Conley. It

is a joy to see so many children actively involved in our schools, in our Shabbat programs, and participating in various ways at services throughout the year.

In honor of Congregation Neveh Shalom's upcoming 150th anniversary in 2019, we are embarking on the CNS 150 Campaign. This will be a year of celebration with a variety of programming and special events. In order to continue to grow and prosper, there will be a fundraising arm of the campaign to insure our future financial stability.

I would like to take this opportunity to thank all of the volunteers on our Executive Committee and Board for the hard work and long hours these jobs require. I thank the members of our professional staff for all they do, and especially our Executive Director Fred Rothstein for his council and friendship. I am

grateful to our clergy for their dedication to our community and personally for their friendship and support. And most of all, I want to thank my wife, Toby, for her patience, support, and writing abilities.



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My Shabbat Tapestry

By Cantor Eyal Bitton

Cantor's Corner

When I think of Shabbat growing up, here's what comes to mind: Kiddush. *LeMivtza al Rifta*. Food. Family. Synagogue. Great music. Harmony. Friends. Community. Tennis. Street hockey. Downtown. Record stores.

Shabbat has always been a central part of my life. As a child in Kinshasa, Zaire – where there was no kosher food and no synagogue – my family would always have Friday evening Kiddush. One of my family's traditions was – and is – to sing *LeMivtza al Rifta*. It's a Moroccan custom to sing this Aramaic poem by 16th-century Ashkenazi Kabbalist Rabbi Isaac Luria just before the *Motzi*. My choral arrangement of this piece can be heard on YouTube performed by Ottawa Choir Musica Ebraica.

Later, in Montreal, after my Bar Mitzvah, I joined my synagogue choir. The experience was as much social as it was spiritual. Everyone in the choir was an instrumental part of the service and we had great pride in knowing that. We weren't singing "kid-friendly" songs. We weren't a token. We were a crowning jewel of the synagogue and a key part of the service. We learned

every word of the Saturday morning service. We learned how to pray. We also grew up together. We talked about music, movies, family, school, possible romantic interests, and more.

On a typical Shabbat as a teenager, I'd get to the synagogue by 8:45am and sing (and talk with friends) until noon. I'd come home to eat a great Shabbat lunch (dafina – which is like cholent) with my family. I'd then get together with my best friend who lived a couple of blocks away and play tennis against the local high school wall or street hockey. Or I'd get on the city bus, transfer to the metro (subway), go downtown, and meet another one of my friends. We'd walk up and down Ste. Catherine, hitting every record store, with a special stop at Rock En Stock, which focused on heavy metal records.

These are all great memories. And they aren't only one thing; they are multiple things which, together, form a Shabbat



tapestry. In my mind's eye, it's a beautiful tapestry, filled with vignettes. These vignettes are filled with spirituality, prayer, Torah, family, food, music, community, and friendship.

Everyone has a Shabbat tapestry. I try my best – and I know that my fellow clergy at CNS, Rabbis Kosak and Posen, do as well – to contribute a positive vignette to your Shabbat tapestry.

Upcoming B'nai Mitzvah



Jordan Ertischek – May 5

Jordan is the son of Kristen and Benjamin Ertischek, and brother to Sam, Madeline and Ella. He is the grandson of Sharon Elliott and Jacqui and Mark (z'l) Ertischek. Jordan is a 7th-grade honor student at Robert Gray Middle School and is a weekly volunteer at Bridlemile Elementary. He has participated in Lego Robotics and is active in Boy Scouts. Jordan has a black belt in Taekwondo and enjoys playing point guard in the Wilson Youth Basketball program. Jordan is also a loyal Camp Solomon Schechter camper.



Sethen Becker Wendrow & Levi Cermak Wendrow – May 19

Sethen and Levi Wendrow are the sons of Michael and Susanne Wendrow, brothers to Rael and Noah. Proud grandparents are Bert and Laurie Rogoway (Portland, OR) and Eta Wendrow (Highland Park, IL).

Sethen is a 7th grader at Da Vinci Arts Middle School and plays the saxophone in the Jazz and Advanced Band. When he's not playing the sax, he is involved in after-school computer programming and soccer, and he is currently honing his skills with a skateboard. Mazel tov on his upcoming simcha!

Levi is a 7th grader at Sunnyside Environmental School, where he has found his niche in their hands-on education environment and has been involved in the school play as a lighting tech. He enjoys playing soccer, creating original robotic models out of Lego, and is an avid model railroader along with his father. Mazel tov as he becomes a bar mitzvah!



Edith Crever – May 26

Edith Crever is the daughter of proud parents Jamie Sherman and John Crever, and sister to Ori Marcu and Ruth Crever. She is the granddaughter of Marsha Sherman and Charles Edward Sherman, and Mike Crever and Margaret St. John. Edith is a 7th grader at Ockley-Green Middle school, where she has distinguished herself as an artist, is a member of ORA (Oregon Artist Association) she recently had her painting feature on the commemorative poster for the 2018 PDX Jazz Festival.



Lucy Blauer – June 16

Lucy Blauer is the daughter of Doug and Amy Blauer and younger sister to Sam. Proud grandparents are Stan and Judy Blauer (Portland, OR) and Tom and Jo Ann Hornsten (Seattle, WA). Lucy is a 7th grader at Robert Gray Middle School, less than a block from where her great-grandparents used to live! Lucy is funny, creative, easy going and an extraordinary friend. She loves photography, traveling to new places, and playing and watching basketball. Lucy is counting the days until her sixth summer at B'nai B'rith Camp.



Jacob Glass – June 23

Jacob is the youngest child of Sarah and Jonathan Glass and sibling to Hannah and Abby. Proud grandparents are CNS members Garry and Judith Kahn and Lucy Glass of Toronto. Jacob is an inquisitive and enthusiastic 7th-grade student at Portland Jewish Academy and a happy camper at Camp Solomon Schechter for the past six summers. He has many varied interests and skills, including creative writing, gymnastics, international diplomacy, and peacemaking. Jacob likes hanging out with his friends, playing board games, and watching *Downton Abbey*. Jacob loves to travel to new places and also enjoys returning to favorite locales such as his grandparents' beach house in Seaside, Oregon.

Shabbat: The Original Movement to Unplug

By Mel Berwin, Director of Congregational Learning

Some people are surprised to learn that I didn't grow up in an observant household. In fact, I like to tell this story about my parents "trying on" Shabbat when I was young:

My brother, sister, and I all went to Sunday School, and my parents, who were both raised as completely secular Jews, decided that they should start a Shabbat dinner ritual in our household so that our practice was more consistent with what we were learning at synagogue. We started with the three basic Shabbat blessings: over lighting candles, drinking wine, and eating challah. We didn't keep kosher in general, but my dad had decided that on this one meal a week, we would separate milk and meat. The problem was that my mom remembered chicken from her grandparents' house on Shabbat evenings growing up, and my sister was obsessed with challah and butter. So my dad (always the scientist) declared that if fish was considered "parve" (neither dairy nor meat) by the rabbis, chicken should be too, since chickens don't produce milk. Thus our great Jewish Shabbat experiment began, with one "kosher" meal a week that included chicken and butter.



Mel Berwin and her family

But the experiment of Shabbat for our family turned into a ritual that stuck. We learned the longer version of the Kiddush, we sometimes attended synagogue on Friday evenings, and those Friday meals were as "sacred" as anything in our household: as teens, we were expected to be home on Friday nights. We often invited friends. My friends growing up in St. Paul, MN were all non-Jews, and ended up learning the long Kiddush too.

I might not have always appreciated our required Shabbat family meal back then, but something about it also "stuck" for me, and a foundation of my parenting has been keeping Shabbat with my family. Between leaving home at 18 and having my first child at 29, I learned about and tried on more of the traditions of Shabbat, including unplugging all technology, not spending money, not traveling (I make the exception of driving in order to celebrate Shabbat more fully with friends and community), attending synagogue services, and celebrating Havdalah when we see three stars. There are Shabbat laws that I don't keep, but these are the ones that have remained meaningful for me.

Interestingly, in this new age of personal technology, phone addiction, "screenagers," and mounting concern about the effects of social media on our mental health, social skills, and relationships, there are movements gaining steam within not-as-observant Jewish

circles to "unplug" and reclaim even just one Shabbat ritual. These movements encourage a "technology Shabbat" as a healthy way to step back from our phones and computers and focus on our relationships and hobbies. They don't necessarily care whether you do anything else traditional on Shabbat — they're not checking whether you go to shul or whether you eat chicken, with or

"I might not have always appreciated our required Shabbat family meal back then, but something about it also "stuck" for me, and a foundation of my parenting has been keeping Shabbat with my family."

without butter — they are primarily promoting a day-long unplug from screens.

Reboot, a Jewish organization that "affirms the value of Jewish traditions and creates new ways for people to make them their own," appeals to millennials and others that want a DIY approach to Jewish ritual. They created a National Day of Unplugging (www.nationaldayofunplugging.com) and #unplug, offering to send folks "cell phone sleeping bags" as swag to help them participate in a "24-hour global respite from technology to connect with ourselves, our loved ones and our communities in real time."

Tiffany Shlain, an American filmmaker, author, and public speaker who is regarded as an internet pioneer, created a number of documentaries about why we all need "technology Shabbats."

Other Ways to Honor Shabbat

There are so many ways to think about Shabbat, and a chance to unplug is just one of them. In Exodus we hear “Six days shall you labor and on the seventh day shall you rest.” The 39 original laws that define the types of “labor” forbidden on Shabbat are activities required for creating food and shelter (sowing, plowing, reaping, grinding, sifting, kneading, baking, kindling a fire, extinguishing a fire...). And while our daily activities relating to these categories of productivity may have shifted significantly throughout the generations, I believe that taking a weekly break from our busy, productive lives is an important way to “reset our soul,” as Shlain says. What are the activities we could abstain from on Shabbat that would allow us to experience more meaning, gratitude, and connection each week? Here are a few ideas:

Not changing Nature. Shabbat is a day to let the earth rest as well as ourselves. What nature do you encounter that you might normally alter that you could let rest on Shabbat? Think about your gardens, about the “nature” you encounter in your house and when you’re out in your neighborhood.

Not leaving our mark on the world. Humans value industry and productivity. We can’t even count the number of ways we leave our mark during our work week. What if we tried to leave no mark over Shabbat—not creating or destroying any new “thing” (document, product, art work, contract)? How would that change your experience of Shabbat?

Not engaging in commerce. None of us can escape the constant consumerism of our society for long. Not only are we bombarded with advertisements and one-click options for buying products or donating to causes, we are also constantly judging people and objects based on value, worth, and status. If we put all of these activities and even thoughts aside one day a week, how would it change how we see ourselves and the others around us?

Shlain, who founded the Webby Awards and co-founded the International Academy of Digital Arts and Sciences, describes why her family began this tradition:

“We take a Technology Shabbat. It was too much: all the tools, all the technology... it was just hurting my brain. And also my father was dying, and I really started to think a lot about time, and how to be more present with the people I love that were right in front of me, instead of looking at all the people who aren’t right in front of me. So every week on Friday night, (we’re not super religious, I’m way more into the rituals of it), we light the candles and turn off our cell phones and the computers and any screen for a day. It’s fantastic, it’s changed my life. We do all the things that you don’t do when you’re addicted to your screens. I feel like I get to reset my soul every week.”

You can see her documentaries on this topic here: <http://www.letitriple.org/about/tiffany-shlain/technology-shabbats>.

There is, of course, more to Shabbat than an unplug from technology. And



Tiffany Shlain from The Future Starts Here

as much as technology connects us throughout the week, it’s true that we spend less time interacting with our family and friends in front of us when we’re all plugged in all the time. As my kids have gotten older, they have more independence and are making some of their own choices about Shabbat observance. But just as I appreciated the consistency of our Shabbat ritual growing up, my kids also recognize how

many important conversations and long-term memories they’ve created with our family and friends through unplugging, joining family and friends at our Shabbat table, and coming to services with our community.

Mayim Bialik, American actress and neuroscientist known for her roles on TV in *Blossom* and *The Big Bang Theory*, sums it up this way:

“You know those advertisements for races for various causes? The ones where happy participants in a 10K race bravely declare to the cameras: ‘I’m doing it for my mom/sister/brother/father/partner?’ Well, if I were making a video about why I run the marathon of 25 hours of potential bliss known as Shabbat, I would declare the following: ‘I’m doing it for my kids.’ Let me explain. Shabbat is an island of stillness in a week of frenetic movement, a respite in the madness of our culture’s obsession with consuming, creating, spending, making, and doing. Shabbat is a day of simply, gloriously, and beautifully just being. We are, after all, human beings, not human doings.”

Young Family Shabbat

By Eadie Kaltenbacher

Neveh Shalom offers a robust selection of Shabbat programming for young families. Every first and third Saturday at 10:15am, children age five and younger meet at the Zidell Chapel for Tot Shabbat. At the same time, children from kindergarten through 2nd grade meet in a nearby classroom for Kiddush Club. These services are specifically designed to engage our youngest souls in a meaningful Shabbat experience. In the paragraphs below, some of our up-and-coming community members share their favorite part of Tot Shabbat/Kiddush Club, and their parents share their thoughts on how these programs enhance their family Shabbat experience.

Osherow Family



“I like learning with the teachers, having the Torah to carry, and celebrating Shabbat with my friends.” Amelia, age 5

“Tot Shabbat enhances our family’s Shabbat experience by providing a space in a community where we can celebrate Shabbat as a family that’s safe for even the youngest ones. Because it’s open to all, we have the honor of meeting new friends each week, which we appreciate; we love inviting friends and extended family to join in the Tot Shabbat fun.” - Mia and Dave

Photo: Amelia and Colette with Shabbat candlestick holders and kiddush cups

Stein Family



“Getting to ride on the bus and going to the big kid service [Kiddush Club].” Julia, age 4

“Take bus to Bim Bam!” Daniel, age 2 [Bim Bam is Daniel’s term for synagogue because of the song.]

“Tot Shabbat, and now Kiddish Club, have been a regular part of our lives for roughly five years. It has helped us become part of a strong community, developing friendships for us and our children. Having a place where we can bring our children and not worry about looks from other congregants or having to keep them quiet or otherwise occupied makes Shabbat a more social event for us. The kids love getting there early to load up all of the plush Torahs, play in Zidell Chapel, and greet fellow congregants as they arrive to join us for services and kiddush.” - David and Rachel

Photo: Daniel and Julia with Shabbat candles and tzedakah box

Gatke Family



“My favorite part is when Rabbi Eve gives everyone a job during the Torah service, like opening the ark or dressing the Torah.” Miriam, age 5

“During Shabbat at home we light the candles and say the blessing, as well as recap our favorite events of the past week. We appreciate that the Kiddush Club brings another level to our Shabbat experience through the rabbi’s stories, bringing song into the holy time and also providing us the opportunity to connect with other families with young children in our community.” - Jessica and Brandon

Photo: Miriam doing the blessing over the Shabbat candles

Barish Family



“Getting to help with the Torah at Kiddush Club.” Elijah, age 5

“Shabbos mouse! He is very cute and soft!” Samara, age 3

“I would say that the thing that has most enhanced our Shabbat experience is the people. Tot Shabbat and Kiddush Club have helped our family find community within the greater Neveh Shalom community. It is a big congregation and attending Tot Shabbat regularly has really helped us carve out a small(er) social niche and create some lasting friendships that have helped us really feel like we belong. I would also say that having a service that allows our kids to access Judaism at their level is really important – when my kids clearly feel comfortable, I am able to relax and enjoy the Shabbat experience. I also see Tot Shabbat and Kiddush Club as models for how I can effectively engage and teach Judaism to my kids. It can be my roadmap

when I am starting to introduce a Jewish concept or holiday to my children. I often revert to a song or Shabbos mouse story that we heard at Tot Shabbat as my jumping off place for the conversation with my kids.” - Callie and Noah

Photo: Elijah and Samara with Callie’s homemade challah and Kiddush cup

Altman Family



“Dancing with the Torah!” Shira, age 2

“Shira wants to go in the chapel every day when leaving Foundation School to dance with the baby Torahs! The Tot Shabbat experience allows our daughter to enjoy Shabbat in a kid-friendly setting, and encourages her to learn from older children about the Shabbat rituals and the Torah.” - Ari and Rachele

Photo: Shira and Ari with Shabbat candles and guitar, two important elements of every Shabbat at their home.

Shulruff Family



“Adon Olam. I like almost everything about it!” Asher, age 7

“The cream cheese and bagel at the end.” Esther, age 4

“We love the kids programming at Neveh because our kids have a joyful experience of Judaism and Jewish community. Asher literally runs to Aliyah, and both kids are really sad if we can’t make it to shul on a Tot Shabbat/Kiddush Club Shabbat.” - Toby and Jim

Photo: Esther and Asher with Shabbat candles

Kaltenbacher Family



“Hearing stories about God. And the juice and challah at the end.” Zachary, age 6

“Singing the Tot Shabbat song.” Mitchell, age 2

“Tot Shabbat and Kiddush Club have enhanced both our children’s and our own connection to Jewish activities. As transplants to Portland, Shabbat at Neveh has helped us build friendships, and we now regularly share Shabbat and holidays with our friends outside of synagogue too. Our children look forward to participating at Neveh and love the activities there – it’s an integral part of our life.” - Eadie and Jason

Photo: Mitchell and Zachary with candlestick holders and tzedakah box

Shabbat: The Great "Hook" in my Jewish Life

By Mark Sherman

Mark Sherman was asked the question, "Is Shabbat the most important Jewish holiday?" Below is his response.



Mark Sherman

Imagine you are listening to a song. Ask yourself, what is the most important element of that song? Is it the instrumentation that characterizes each note? Is it the pulsing rhythm from measure to measure? Is it the appeal of the refrain? Is it the overarching structure of the song?

To my mind, all of the elements of a great song are present simultaneously and play off each other. I want to use the metaphor of music to describe how I experience Shabbat in connection with other cycles of Jewish life.

Shabbat is perhaps the great "hook" in the song of my Jewish life. The Jewish week is like a phrase – six days of active pursuits that resolve into a lovely refrain of incredible sweetness. The yearning for that refrain draws me through life from week to week.

Along with Shabbat, there are multiple rhythms that define my Jewish experience. The mitzvot are part of the daily pulse that creates a rhythm and tension between the holy and the ordinary. The annual holidays give shape to the seasonal cycles – the Jewish community's shared story line from the liberation of Pesach, to the Shavuot revelation at Sinai, to the soul searching of the High Holidays and the joyful appreciation of Sukkot. Life cycle events – my own and those

of people close to me – mark the sacred chapters of intertwined lives. All of these cycles happen within the even larger arc extending from beginning of time to the completion we envision as *HaOlam HaBa*.

If you are asking yourself the question about what is the most important holiday, I would suggest paying close attention to the Jewish rhythms in your own life. What are the patterns that connect you to your ancestors, your people, your deepest self, and your highest awareness? You might feel those rhythms in different ways every day, every week, every year, and even at apparently random moments.

Hopefully, you will find a way to cultivate an appreciation for how Shabbat makes a weekly phrase just for you, a release from the tensions of daily striving, a time of exquisite joy and gratitude, a shift of attention from the fleeting to the constant and complete.

We all play out the songs of our lives in different ways. One of the nice things about Shabbat is joining together with others to create the experience of Shabbat together as a community. I look forward to sharing Shabbat with you at shul.



Photo by Kevin Klein

Shabbat Observance

By Jenn Director Knudsen

At sundown on Friday nights, the Jewish world comes together as Shabbat comes in. But the way in which Jews mark the liturgically-defined end of the week differs from family to family. Neveh Shalom families represent a microcosm of the diverse Jewish world and, thus, the varied ways to observe the Sabbath.

Leah Conley, director of Foundation School, grew up in Los Angeles in a *shomer Shabbos* home, attending shul every week. “It has been hard for our family to find the right fit” for how to observe Shabbat, she explains. “Josh is not Jewish, but we really feel that ALIYAH has been a partner for our family, helping to figure out which traditions work for us and how.”

She refers to the Shabbat box that her two children, Elliot and Amelia, brought home from their Sunday morning and weekday classes. Each child in ALIYAH makes a personally-decorated box filled with ritual handmade items: candle holders, challah cover, kiddush cup. It also includes traditional blessings, explains Mel Berwin, Director of Congregational Learning.

Conley says, “Since making the Shabbat boxes in ALIYAH, we celebrate Shabbat together on Friday nights more often than we ever had before. The kids are so proud of their Shabbat boxes and want to use them every week.”

The Spurr family, who made Lake Oswego home after a recent move from New Jersey, includes two post-b’nai mitzvah kids. Penelope is a competitive swimmer, and Max also competes in the pool, both as a swimmer and water polo player.

“Because of competing obligations – sometimes on Friday nights, often very early Saturday mornings – we normally celebrate Shabbat with just the immediate family,” says Amy of herself, husband David, and their teens.

“Our favorite Shabbat celebration is quite typical,” Amy continues. “It usually consists of baking homemade challah, having another family over, and enjoying each other’s company after a long week. David is our in-home pasta chef, making homemade pepper pappardelle pasta, gnocchi, or rigatoni.”

Amy says neither she nor David grew up in a Shabbat-observant home but wanted Jewish ritual to be part of the family they would create; celebrating Shabbat as consistently as possible is key. “We wanted a constant reminder of Judaism in our lives.”

"Shabbat is a time when we are consciously present in our spiritual lives, and in this way we keep our lives separate from the ordinary."

Darryl and Sherryll Mleynek have two adult children, Leah and Benjamin. Sherryll says that now that the children no longer are at home, she and Darryl “celebrate Shabbat by being ‘Shabbat conscious,’” as she calls it.

For example, she says, “We stop working, sometimes light candles, sometimes have kiddush, and recite ha’motzi.” The family always maintained its steadfast pursuit of social justice and the parents



Darryl and Sherryll Mleynek

stick to that mentality. “Over our mantel is a commissioned piece of art that reads ‘Tzedek Tzedek Terdof,’ meaning ‘Justice, justice, shall you pursue.’ It is the essence of our beliefs,” she adds.

“Last Shabbat, we lit a memorial candle for the Parkland victims,” Sherryll says, referring to the 17 students tragically gunned down by a teenage gunman at a high school in Parkland, FL. “Such an act is the outgrowth of our Shabbat consciousness.” She continues, “Our home is filled with Judaica, which is an affirmation of our tradition and reflects our immersion in the pursuit of social justice.”

Both academics, Sherryll and Darryl for years taught at the University of Hawaii; there, they founded a Jewish community. At home in Portland, they’ve been part of and continue to celebrate the conclusion of Shabbat, Havdallah, with a small group of likeminded Jewish friends.

The couple agree that “Shabbat is a time when we are consciously present in our spiritual lives, and in this way we keep our lives separate from the ordinary. On Shabbat, we affirm the joy we have shared for 56 years, making that a time to honor our blessings.”

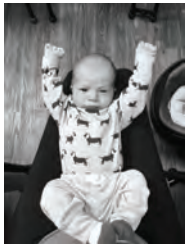
Member News

Kvell With Us



Mazel Tov to Edith Crever (parents John Crever and Jaime Sherman) whose artwork won the "Best In Show" Grand Prize in Portland Art Museum's recent education outreach program, "Jazz In The Schools."

Mazel tov to Melissa Bloom, who became the new owner of *Yo Zone* on Thursday, March 1. After a great seven years, **Nora and Fred Rothstein** have sold the shop to focus on their new role as first-time grandparents.



Mazel Tov to Rosanne and Al Levi on welcoming to the world a beautiful grandchild, Isaac Simon Levi, born on Feb 14. Parents Tory and Shelly Levi are doing great. They live in Phoenix, AZ.

Baking with Bubbe – Young adults from Moishe House had a great time baking with our Neveh Shalom bubbes – **Carol Biederman and Laurie Fendel**. We hope to do more in the future!



JoAnn & Chris Bezodis want to kvell about their daughter, **Faith Dickerson Shipley**, who was just awarded "Instructor of the year for Marine Corps Combat Support Schools." This is a photo of her receiving her Navy & Marine Corps Achievement Medal and plaque.

Mazel tov to Steve and Dana Sirkin on being featured in the *Happy Valley Monthly* in an article about the Happy Valley Jewish community connecting together.

Join Jaimee and Michael Bloom in celebrating the exciting news that their daughter, **Jeramie Bloom**, has become engaged to **Andrew Thorry**. Andrew got to ask the "5th question" at Passover. They live in LA and will be getting married this summer.

We are delighted to report that we were able to place eighteen community members in need of a Passover Seder with others who were graciously able to open up their home. Thank you to everyone who made sure that all who were in need were able to find a place to celebrate!



Micah Antick-Oslund deeply enjoyed his trip to Israel with the Portland Jewish Academy this past March.

Mazel Tov to Diana Kay Lubarsky who published her first book of poetry entitled *Fighting the Dragon*. You can learn more about the book by visiting: <http://www.lulu.com> and searching for the title.

Yihi Zichram Baruch – Our condolences to CNS members who have recently lost loved ones:

We regret having to inform you of the passing of Seymour F. Bernstein (z"l), of Pompton Plains, New Jersey on Tuesday evening, March 13th, at the age of 98. He was the beloved husband of Shirley Bernstein; devoted father of Leonard (Ellan) Bernstein, Sol (Risa) Bernstein, Jay (Beatrice) Bernstein, and Maxine (Davis) Hart; and grandfather of Eli and Evan, Matthew, Benji, Raizel, Ari, Suzanne, Eliana, Coby, Lisa, and Marcy. He was an esteemed CPA and served his country proudly as a pilot in WWII and Korea.

Our condolences to Andrew (Amanda) Zvibleman on the passing of his dear grandfather, **Irvin Zvibleman (z"l)**. He's the great-grandfather to **Ella Ruth and Emmet Zakkai**.

Our condolences to Micah (Deborah) Barany on the passing of his beloved father, **Ron Barany, z"l**, in Oakland, CA.

We regret to inform you of the sudden and unexpected passing at age 45 of Miriam Chana (Mariana) Voznaya (z"l), beloved daughter of our members **Andrey Kononov and Yevgeniya Kononova**, sister of Galina Wardak, and mother of Edward and Karina.

We regret to inform you of the passing of **Mary Greenberg Weinsoft (z"l)**, widow of Jerome Greenberg and Bernard Weinsoft, mother of **Bary (Lori), Robert (Karen), Curt (Bev) Greenberg, and Michelle (Stephen) Sholkoff**. She was grandmother to nine grandchildren and 13 great-grandchildren.

We regret to inform you of the passing of **Boris Gurfinkel (z"l)**, beloved husband of **Yevgeniya Chizhik**, father of **Misha (Ella)** and **Igor**, brother to **Manya Govshiyevich, Lysia Polonsky** and **Klara Gurfinkel**, grandmother and great grandmother.

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in memory of Gizella Soltesz

Leslie Aigner:

in memory of Julius Aigner

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in appreciation of Itai Dewar

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in honor of our 3-year

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Geffen

get well wishes for Wendy

Liebreich

get well wishes for Carolyn

Weinstein

get well wishes for Evelyn

Freedman

get well wishes for Lois Shenker

in memory of your mother

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get well wishes for Stan Blauer

in memory of Samuel Leopold

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in memory of Moisey Minkin

in memory of Yuriy Goldman

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in memory of Harvey Keller

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get well wishes for Wendy Liebreich

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in memory of Esfir Shkolnik

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in memory of Roza Ambyrg

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in memory of Evelyne Mandel

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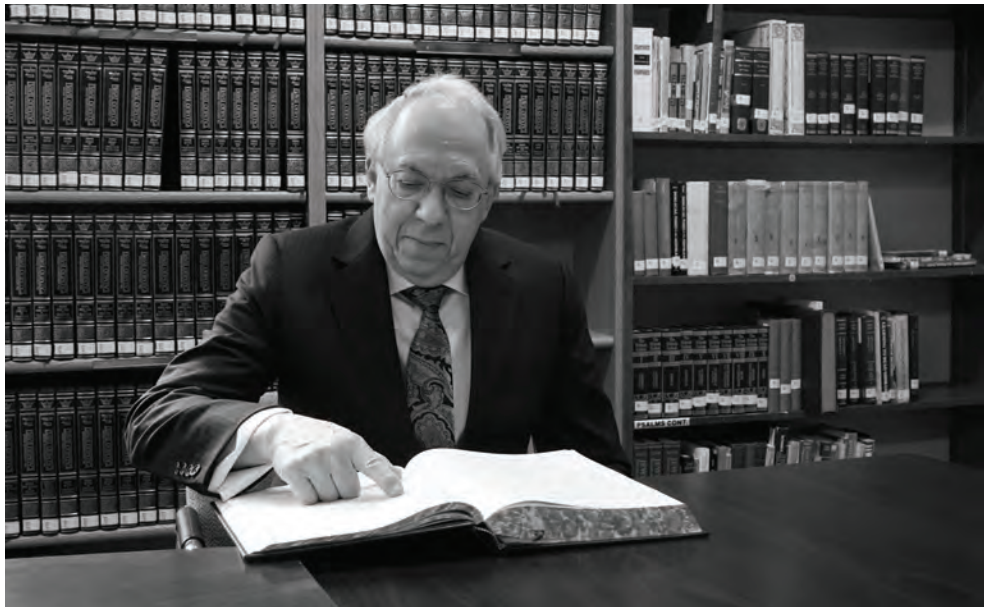
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A Further Introduction to the Feldstein Library's Beit Midrash

By Gary P. Laroff

Congregation Neveh Shalom has the largest library of Jewish history and literature in the Pacific Northwest. Most of this is in our main library just through the double doors of the Beit Midrash. Back in March 2016, I wrote an article about the Feldstein Library's Beit Midrash and commented on our extensive English (and Hebrew) resources in the areas of Tanach, Mishnah, and Talmud. But many projects require a broader perspective in the frequently more exciting areas of Jewish History, *halachah*, *aggadah* and mysticism.



Gary P. Laroff in the Feldstein Library's Beit Midrash

Often when reading or writing about Tanach, you will need to resolve problems in the interpretation of difficult passages. Ever wonder how the rabbi and your teachers come up with those great homiletic stories and sermons as well as *aggadot* and occasionally *halachot* that everyone finds so engrossing? Ever wonder how you too can find those running commentaries on specific passages in the Tanach? The answer is the Midrash!

The Midrash is the fast-reading genre of rabbinic literature which contains those always-fascinating homilies and stories of Torah texts. The Talmud tells of stories where entire congregations would leave Talmud lectures and instead run to hear stories from the Midrash. Our Beit Midrash has two full sets of the Soncino Midrash, just waiting for you to learn these exciting stories.

We have all heard of specific Jewish laws that we think we understand but want to quickly look up. The *Code of Jewish Law*, also called the *Kitzer Shulchan Aruch*, is a one-volume place to look. When you want to read about a slightly broader area of law, such as “What is meant by a vow and what is an oath?” or “What are the requirements for building a legal sukkah?” the most comprehensive but easy-to-read source is the Rambam’s *Mishneh Torah*. And the best version of the *Mishneh Torah* in modern American English is the multi-volume set in our Beit Midrash.

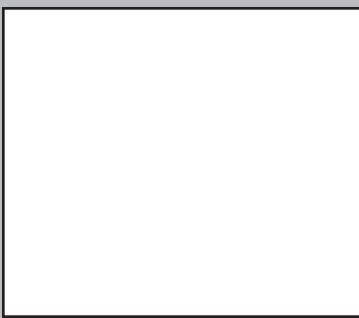
Some people are into Jewish mysticism but are put off by the secular kabbalistic works. If this is the way you think, consider looking at one of our many books on the Zohar or Kabbalah. The Zohar is the foundational work in the

literature of Jewish mystical thought known as Kabbalah. The Beit Midrash has a full set of the English *Zohar* from Soncino and a growing set of the new *Pritzker Zohar* plus more than a shelf of Zohar and Kabbalah related books.


For deeper intellectual texts we have the leading English language editions of books such as the Rambam’s *Guide for the Perplexed*. For your Jewish reading pleasure, from Tanach to Talmud, and *aggadah* to Kabbalah, the Feldstein Library’s Beit Midrash is the place to go.

Library hours during May are: Sunday 9am-12pm, Tuesday 9am-5pm and Wednesday 1-8:30pm. The summer hours will begin June 1st and are: Sunday 9am-2pm, Tuesday/Wednesday 11am-4pm, and Thursdays 9am-1pm.

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The Community of
 Welcoming Congregations
 Providing a Voice for LGBTQ & Allied People of Faith

Please recycle The Chronicle when finished

A Favorite Shabbat Recipe by Carol Biederman: Moroccan Chicken with Apricots

Yields: 4-6 servings

1 tsp ground cinnamon
 ½ tsp ground cardamom
 1½ tsp ground ginger
 1 tsp turmeric
 1 tsp black pepper
 1¼ tsp salt
 3 Tbsp olive oil
 3 lbs chicken thighs or mixed thighs and
 breasts; can use off the bone, but the
 bones give good flavor

1 large onion, halved, then slivered
 4 garlic cloves, finely chopped
 1 handful of fresh cilantro or parsley,
 chopped; save a bit for garnish
 1½ c. water
 1 Tbsp sugar, or honey to taste, optional
 1 (3-inch) cinnamon stick
 1 c. carrot slices, cut medium thick
 ½ c. dried apricots, chopped
 ¼ c. slivered almonds (for garnish)



1) Stir ground cinnamon, ground ginger, cardamom, turmeric, pepper, 1 teaspoon salt. Coat the chicken with the spice mixture. Let marinate at least two hours, or overnight.

2) Heat 2 tablespoons of oil in a large, heavy-bottomed pot, over moderate heat until hot. Brown half of chicken, skin sides down, about 8 minutes. Flip, cook about 3 minutes more, then transfer to a platter.

3) Cook the remaining chicken. Do not clean out pot. Scrape up all the good browned bits, add remaining tablespoon oil, onion, and carrots, and cook uncovered, stirring frequently, until soft.

4) Add garlic, and cook, stirring occasionally, about 2 minutes.

5) Add water, cinnamon stick, apricots, chicken, cilantro or parsley, and any juices accumulated on plate. Reduce

heat slightly, and simmer, covered, 45 minutes. Make sure pot does not get too dry, add a little liquid if necessary. Add the remaining salt and sugar or honey if necessary.

6) Before serving, top with remaining cilantro/parsley and almonds.

7) Serve with couscous or rice, and a chopped cucumber and tomato salad.

B'tayavon!

5778
2018

May iyar sivan



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>APRIL S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30</p>	<p>JUNE S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30</p>	<p>1 16 iyar 7:15am Morning Minyan 5:00pm Talmud Class 7:00pm Machon Ivrit</p>	<p>2 17 iyar 7:15am Morning Minyan 4:30pm ALIYAH Tour</p>	<p>3 18 iyar 7:15am Morning Minyan 10:00am R. Isaak Class 3:15pm Bible Class R. Isaak 6:30pm Hebrew for Prayer 7:00pm Executive Committee 7:35pm Siddur Basics LAG BA'OMER</p>	<p>4 19 iyar 8:04pm 7:15am Morning Minyan 6:15pm Kabbalat Shabbat with Ilene Safyan</p>	<p>5 20 iyar 9:05pm Jordan Ertischek Bar Mitzvah 9:00am Shabbat Services 10:00am Torah Troop 10:15am Tot Shabbat 10:15am Kiddush Club <i>Emor</i></p>
<p>6 21 iyar 9:00am Morning Minyan 9:30am ALIYAH Lag B'Omer Celebration 6:30pm Pirkei Imahot Discussion</p>	<p>7 22 iyar 7:15am Morning Minyan 7:15pm Koleinu Rehearsal</p>	<p>8 23 iyar 7:15am Morning Minyan 2:00pm Wondering Jews 5:00pm Talmud Class 7:00pm Machon Ivrit 7:00pm Sisterhood Board</p>	<p>9 24 iyar 7:15am Morning Minyan 6:30pm Membership Committee</p>	<p>10 25 iyar See Below</p>	<p>11 26 iyar 8:12pm 7:15am Morning Minyan 6:15pm Soul Shabbat - A Musical Kabbalat Shabbat Experience</p>	<p>12 27 iyar 9:13pm 9:00am Combined Shabbat Services 12:30pm Women's Torah Study <i>Behar-Bechukotai</i></p>
<p>13 28 iyar 9:00am Morning Minyan 10:00am Mishna Berurah Class 12:00pm Outside In Cooking MOTHER'S DAY YOM YERUSHALAYIM</p>	<p>14 29 iyar 7:15am Morning Minyan 7:15pm Koleinu Rehearsal</p>	<p>15 1 sivan 7:00am Morning Minyan 4:15pm ALIYAH Last Tuesday Class 5:00pm Talmud Class 7:00pm Machon Ivrit ROSH CHODESH</p>	<p>16 2 sivan 7:15am Morning Minyan 4:15pm ALIYAH Last Wednesday Class 7:00pm Cantor Bitton's King David: A Theatrical Concert</p>	<p>17 3 sivan 7:15am Morning Minyan 10:00am R. Isaak Class 3:15pm Bible Class R. Isaak 6:30pm Hebrew for Prayer 7:00pm Board of Directors 7:35pm Siddur Basics</p>	<p>18 4 sivan 8:20pm 7:15am Morning Minyan 6:15pm Kabbalat Shabbat</p>	<p>19 5 sivan 9:21pm Levi & Seth Wendrow B'nai Mitzvah See Below <i>Bemidbar EREV SHAVUOT</i></p>
<p>20 6 sivan ALIYAH Last Sunday Class 9:00am Shavuot Services 4:45pm Young Families Shavuot Experience 5:30pm Cooking at the Foot of the Mountain Shavuot Event SHAVUOT</p>	<p>21 7 sivan OFFICE CLOSED 9:00am Shavuot Services and Yizkor VICTORIA DAY CANADA YIZKOR SHAVUOT</p>	<p>22 8 sivan 7:15am Morning Minyan 5:00pm Talmud Class</p>	<p>23 9 sivan 7:15am Morning Minyan 6:30pm Tichon Graduation</p>	<p>24 10 sivan 7:15am Morning Minyan 10:00am Cemetery Committee 10:00am R. Isaak Class 1:30pm Ethical Will Class 3:15pm Bible Class R. Isaak</p>	<p>25 11 sivan 8:28pm 7:15am Morning Minyan 5:15pm 4th Friday w/ R. Eve 6:15pm Kabbalat Shabbat</p>	<p>26 12 sivan 9:29pm Edith Crever Bat Mitzvah 9:00am Shabbat Services 9:30am Downstairs Minyan <i>Naso</i></p>
<p>27 13 sivan 9:00am Morning Minyan</p>	<p>28 14 sivan OFFICE CLOSED 9:00am Morning Minyan MEMORIAL DAY</p>	<p>29 15 sivan 7:15am Morning Minyan 5:00pm Talmud Class</p>	<p>30 16 sivan 7:15am Morning Minyan</p>	<p>31 17 sivan 7:15am Morning Minyan 10:00am R. Isaak Class 1:30pm Ethical Will Class 3:15pm Bible Class R. Isaak</p>	<p>For ALIYAH/TICHON schedule, please visit: nevehshalom.org/aliyah-k-6 or nevehshalom.org/aliyah-7-12 ALIYAH Jewish Learning Program for K-12</p>	<p>For Foundation School schedule, please visit: foundationschoolpdx.org Neveh Shalom Foundation School Watch Us Grow!</p>

May 10: 7:15am Morning Minyan, 10:00am R. Isaak Class, 11:00am Building & Grounds, 3:00pm Nosh & Drash w/ Rabbi Eve at MJCC, 3:15pm Bible Class R. Isaak, 6:30pm Hebrew for Prayer, 7:00pm Sisterhood Board Meeting, 7:35pm Siddur Basics

May 19: 9:00am Shabbat Services, 10:00am Torah Troop, 10:15am Tot Shabbat, 10:15am Kiddush Club, 5:30pm Shavuot Services and Limmud

Mark Your Calendars And Join Congregation

Talmud Class with Rabbi Stampfer
Tuesdays, 5:00pm, R. Stampfer's home
Join our Emeritus Rabbi for weekly study of our sacred texts. Free.

Bible Class with Rabbi Isaak
Thursdays, 3:15pm, Room 111
Weekly learning and discussion with Rabbi Emeritus, Daniel Isaak. Free.

Adventures with the Mishna Berurah:
A Course in Jewish Literacy
Sundays, 10:00-11:15am, Birnbach Hall
The Mishnah Berurah is the last generally accepted code of Jewish law and custom. For beginners to advanced students. RSVP: kwilkins@nevehshalom.org. Free.

Kabbalat Shabbat with Ilene Safyan
Friday: May 4 & June 1, 6:15pm
Join us for this special Kabbalat Shabbat accompanied by Ilene Safyan.

ALIYAH Lag B'omer: Kids and Family Back-to-Nature Day (ages 0-12 and parents)
Sunday, May 6, 9:30-11:30am
Join us for art projects, music & dance, rustic pita making, active games, an Israeli shuk and, of course, goats! All are welcome (ages 0-12 and parents), FREE

to all! More info: jbezodis@nevehshalom.org. Co-sponsored by PJ Library.

Pirkei Imahot Final Discussion
Sun, May 6, 6:30pm, Room 102
This will be the final get together in our year-long study series and we will be joined by Rabbi Eve Posen. It will be filled with enlightening discussion and meaningful learning. All are welcome. Contact kgoldhammer@nevehshalom.org.

Wondering Jews Tea at Two - Free
Tues, May 8, 2:00pm, Stampfer Chapel
HomeInstead will offer a "fall" prevention workshop. More info: programs@nevehshalom.org.

Nosh & Drash with Rabbi Eve Posen
Thurs, May 10, June 15, 3:00pm, MJCC
May: Pirkei Avot/Imahot; **June:** Rosh Hodesh Torah. Free.

Soul Shabbat - A Musical Experience
Fri, May 11, 6:15pm, Stampfer Chapel
Please join us for a musically enhanced Friday evening service with Cantor Eyal Bitton, guest soloists, and the Soul Shabbat Musical Ensemble.

Women's Torah Study
Sat, May 12, 12:30pm, Room 111, Free
Join Mel Berwin for uplifting learning and conversation—all levels welcome!

Cantor Eyal Bitton's King David the Musical - A Theatrical Concert
Wed, May 16, 7:00pm, Main Sanctuary
This original musical by Cantor Eyal Bitton tells the dramatic tale of one of the greatest heroes in the Bible, King David. It's a story of heroism, jealousy, power, passion, and love. This musical has had several productions in Montreal, Toronto, and Hong Kong, and will make its Portland premiere at CNS in a theatrical concert format. Featuring Cantor Eyal Bitton, Michele Tredger, guest performers, Congregation Neveh Shalom's choir, and a band. Tickets: \$18/members, \$25/non-members. Purchase tickets at tinyurl.com/CNSKingDavid2018

Ethical Will Class with Laurie Fendel
Thurs, May 24-June 14, 1:30pm, Rm 111
Pass on your beliefs and life lessons in a written form to your children and grandchildren. Explore content that you might include and put together a plan for your writing. RSVP: jbezodis@nevehshalom.org.

Shavuot 5778 - Schedule of events

Saturday, May 19, 5:30-9:15pm - Erev Shavuot Limmud Learning: Services, cheesecake and teachings.

Sunday, May 20:
9:00am - Shavuot Morning Service

4:45pm - Young Family Shavuot (Ages 0-5): Interactive storytelling, snacks, yoga and more. Please RSVP to: eposen@nevehshalom.org

5:30pm - Israel360 Presents: Cooking at the Foot of the Mountain - Food demos & a delicious parve/vegan meal! Birnbach Hall. Join Rav D and Tal Caspi, award-winning chef of Aviv restaurant, for cooking demos intermixed with rich stories about international Jewish cuisine. An incredible parve/vegan meal will follow. Free learning sessions after dinner.

Members: \$14/Adults, \$7/Kids, \$36/Max Per Family
Non-Members: \$18/Adults, \$10/Kids
RSVP Required By 5/16: tinyurl.com/CNSshavuot5778

Monday, May 21, 9:00am - Shavuot Morning Service w/ Yizkor



Please note: programs are subject to change, please contact the office for more information.

Neveh Shalom For These Great Programs!

Men's Club Brunch & Talk with Rabbi Stampfer - Sun, June 3, 9:45am

Join the Men's Club for a nosh and talk with Rabbi Stampfer. The topic in honor of Israel's 70th birthday: The role of the 1956 Sinai campaign in Israel's history. Free and open to everyone. Contact Mitch Elovitz: elovitzclan@comcast.net.

Men's Club Poker Tournament Sunday, June 3, 4:00pm

Please join Men's Club at their annual Texas Hold 'Em Tournament. Registration is \$40 by May 29 and your donation supports Youth Education and Camp Scholarship programs. RSVP and more info: nevehshalomevent.maxgiving.com

Pages & Pixels - Marjorie Morningstar by Herman Wouk

Sun, June 3, 4:00pm, Stampfer Chapel
Marjorie Morningstar is about a starry-eyed young nineteen year old who is released from the social constraints of her traditional Jewish family when she leaves New York to accept the job of her dreams. After discussing the book, we will watch the 1958 film version with Gene Kelly and Natalie Wood. For more information, contact Kaiya Goldhammer, kgoldhammer@nevehshalom.org.

Wondering Jews Visit the Rose Garden Tues, June 12, 11:00am, FREE

Join others 65+ for a special trip to the International Rose Garden. More info: programs@nevehshalom.org.

Pride Shabbat Service & Dinner Friday, June 15, 5:45pm

Kick off Pride Weekend with a warm and welcoming Shabbat dinner! All LGBTQ individuals and allies are welcome (CNS members and non-members are welcome). \$12/adult, \$6/child. 5:45pm: Drinks and Schmooze; 6:15pm: Shabbat Evening Service; 7:15pm: Shabbat Dinner. RSVP: tinyurl.com/cnspride2018. More info: mberwin@nevehshalom.org.

Portland Pride Parade Sunday, June 17, Time TBA

All are encouraged to join the CNS and greater Portland Jewish community at this year's Portland Pride Parade. More info: lizam410@gmail.com.

CNS Annual Meeting

Thursday, June 28, 7:00pm

Please join the whole CNS community at our annual meeting. This is an opportunity to:

- Meet the 2018-19 Board of Directors
- Hear about the highlights of the past year
- Celebrate our accomplishments
- Understand our goals
- Explore what is up and coming
- Schmooze with your fellow community members



Snacks and drinks will be provided. For more information, please call the front office at 503.246.8831.

We hope to see you there!

Young Family & Youth

Young Family Tot Shabbat (0-5 years)

1st and 3rd Saturdays, 10:15am
Zidell Chapel Join other young families for singing, dancing, stories, indoor picnic-style lunch and Shabbat fun.

Kiddush Club for K-2nd Graders

1st and 3rd Saturdays, 10:15am
Room 19. Join other families for prayer, singing, conversation and fun followed by an indoor picnic-style lunch.

Torah Troop for 3rd-5th Graders

1st and 3rd Saturdays, 10:00am
Meet in the MAIN service for the beginning of the Torah service, and then come out for a fun lesson on the Torah portion (parsha) of the week. Return to the service to help lead Adon Olam, and join the community for lunch!

Kindergarten/New Family ALIYAH Tours

Wed, May 2, 4:30pm
Join Director Mel Berwin for a tour of our ALIYAH program. To RSVP, please contact: mberwin@nevehshalom.org.

Fourth Fridays with Rabbi Eve (age 0-6)

Friday, May 25 & June 22, 5:15pm
Welcomes Shabbat with music and sto-

ries, potluck dinner to follow. Contact Rabbi Eve for location: eposen@nevehshalom.org. Co-sponsored by PJ Library.

Storytime with Rabbi Eve at Hillsdale Farmer's Market - Sunday, June 10, 10:00am, Rieke Playground

Join Rabbi Eve at Rieke Playground for a special story. Fun for all ages! Co-sponsored by PJ Library.

Shoreshim Young Families Hike

Saturday, June 30, 3:00pm, Tryon Creek
Convene with nature and your Shoreshim friends as we explore the trail. Snacks will be provided. Bring your friends! More: eposen@nevehshalom.org

Lend a Hand

Never Again Coalition Monthly Meeting

Mondays: May 7, June 4, 7:00pm

Meet at Congregation Kol Shalom.

Cooking for Outside In

Sunday, May 13, June 10, 12:00-2:00pm
Meet in the CNS Kitchen to do a mitzvah and help feed homeless teens. Info: Rick Botney, 8888octopus8888@gmail.com.

5778
2018

June

sivan
tammuz



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>MAY S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31</p>	<p>JULY S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31</p>	<p>For ALIYAH/TICHON schedule, please visit: nevehshalom.org/aliyah-k-6 or nevehshalom.org/aliyah-7-12</p> 	<p>For Foundation School schedule, please visit: foundationschoolpdx.org</p> 		<p>1 18 sivan 8:34pm </p> <p>7:15am Morning Minyan</p> <p>6:15pm Kabbalat Shabbat with Ilene Safyan</p> <p>6:30pm Sisterhood Shabbat Dinner, Offsite</p>	<p>2 19 sivan 9:35pm </p> <p>9:00am Shabbat Services 10:00am Torah Troop 10:15am Tot Shabbat 10:15am Kiddush Club</p> <p><i>Beha'alotecha</i></p>
<p>3 20 sivan</p> <p>9:00am Morning Minyan 9:45am Men's Club Brunch & Talk with R. Stampfer 4:00pm Men's Club Poker Tournament 4:00pm Pages & Pixels</p>	<p>4 21 sivan</p> <p>7:15am Morning Minyan</p>	<p>5 22 sivan</p> <p>7:15am Morning Minyan</p> <p>5:00pm Talmud Class</p>	<p>6 23 sivan</p> <p>7:15am Morning Minyan</p>	<p>7 24 sivan</p> <p>7:15am Morning Minyan 10:00am R. Isaak Class 1:30pm Ethical Will Class 3:15pm Bible Class R. Isaak 7:00pm Executive Committee</p>	<p>8 25 sivan 8:39pm </p> <p>7:15am Morning Minyan</p> <p>6:15pm Kabbalat Shabbat</p>	<p>9 26 sivan 9:40pm </p> <p>9:00am Combined Shabbat Services</p> <p><i>Shelach</i></p>
<p>10 27 sivan</p> <p>9:00am Morning Minyan 10:00am Storytime w/ R. Eve at Hillsdale Farmer's Market 12:00pm Outside In Cooking 11:30am Sisterhood End of Year Picnic, Offsite</p>	<p>11 28 sivan</p> <p>7:15am Morning Minyan</p>	<p>12 29 sivan</p> <p>7:15am Morning Minyan 11:00am Wondering Jews Visit the Rose Garden 5:00pm Talmud Class</p>	<p>13 30 sivan</p> <p>7:00am Morning Minyan</p> <p>6:30pm Membership Committee</p> <p>ROSH CHODESH</p>	<p>14 1 tammuz</p> <p>See Below</p> <p>FLAG DAY ROSH CHODESH</p>	<p>15 2 tammuz 8:43pm </p> <p>7:15am Morning Minyan</p> <p>5:45pm Pride Drinks & Schmooze 6:15pm Pride Kabbalat Shabbat w/ Dinner Following</p>	<p>16 3 tammuz 9:43pm </p> <p>Lucy Blauer Bat Mitzvah 9:00am Shabbat Services 10:00am Torah Troop 10:15am Tot Shabbat 10:15am Kiddush Club</p> <p><i>Korach</i></p>
<p>17 4 tammuz</p> <p>PRIDE PARADE 9:00am Morning Minyan 10:00am Ritual Committee</p> <p>FATHER'S DAY</p>	<p>18 5 tammuz</p> <p>7:15am Morning Minyan</p>	<p>19 6 tammuz</p> <p>7:15am Morning Minyan</p> <p>5:00pm Talmud Class</p>	<p>20 7 tammuz</p> <p>7:15am Morning Minyan</p>	<p>21 8 tammuz</p> <p>7:15am Morning Minyan 10:00am R. Isaak Class 3:15pm Bible Class R. Isaak</p> <p>SUMMER BEGINS</p>	<p>22 9 tammuz 8:45pm </p> <p>7:15am Morning Minyan</p> <p>5:15pm 4th Friday w/ R. Eve 6:15pm Kabbalat Shabbat</p>	<p>23 10 tammuz 9:45pm </p> <p>Jacob Glass Bar Mitzvah 9:00am Shabbat Services 9:30am Downstairs Minyan</p> <p><i>Chukat</i></p>
<p>24 11 tammuz</p> <p>9:00am Morning Minyan</p>	<p>25 12 tammuz</p> <p>7:15am Morning Minyan</p>	<p>26 13 tammuz</p> <p>7:15am Morning Minyan</p> <p>5:00pm Talmud Class</p>	<p>27 14 tammuz</p> <p>7:15am Morning Minyan</p>	<p>28 15 tammuz</p> <p>7:15am Morning Minyan 10:00am Cemetery Committee 10:00am R. Isaak Class 3:15pm Bible Class R. Isaak 7:00pm CNS Annual Meeting</p>	<p>29 16 tammuz 8:35pm </p> <p>7:15am Morning Minyan</p> <p>6:15pm Kabbalat Shabbat</p>	<p>30 17 tammuz 9:45pm </p> <p>9:00am Combined Shabbat Services 3:00pm Shoreshim Young Family Hike at Tryon Creek</p> <p><i>Balak</i></p>

June 14 - 7:00am Morning Minyan, 10:00am R. Isaak Class, 11:00am Building & Grounds, 1:30pm Ethical Will Class, 3:00pm Nosh & Drash w/ Rabbi Eve at MJCC, 3:15pm Bible Class R. Isaak, 7:00pm Sisterhood Meeting

ART
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PITA
MAKING
SHUK
GOATS



B'OMMER

LAG

**SUNDAY
MAY 6
9:30-
11:30AM**

KIDS AND FAMILY BACK-TO-NATURE DAY

All are welcome (ages 0-12 and parents), FREE to all! Non-members of CNS, please RSVP to JoAnn Bezodis 503.293.7309 jbezodis@nevehshalom.org.
2900 SW Peaceful Lane, Portland, OR 97239

Texas Hold'em

A Neveh Shalom Men's Club Charity Tournament
Proceeds Benefit Youth Education Scholarships

Sunday, June 3, 2018

Birnbach Hall, Congregation Neveh Shalom

Doors open: 4:00pm ~ Tournament: 5:00-9:00pm

Two levels of support are available:

PLAYER: \$40/registration

EVENT SPONSOR: \$100/registration, free
add-on, and acknowledgement

REGISTRATION DUE DATE: May 29, 2018

Registrations post marked after May 29 will cost \$10 more.

Register now to hold your spot for this fantastic event. Your registration includes:
coffee, soft drinks, beer, hors d'oeuvres, bagels & spreads and tournament play.

Event is open to men and women 18 and over.

You will be playing for a prize pool of \$700*.

Top 6 players will earn prizes. Add-ons and re-buys will be available.

CHARITY TEXAS HOLD'EM POKER TOURNAMENT

Register on-line at <https://nevehshalomevent.maxgiving.com>

To pay by check, please make it out to **Neveh Shalom Men's Club** and mail your check and the bottom of this form
by May 29, 2018 (Registrations post marked after May 29 will cost \$10 more) to:

Neveh Shalom Men's Club c/o Dick Cohon, 14020 SW Barlow Ct., Beaverton OR 97008

Circle your level of support: Event Sponsor / Player Amount Enclosed: _____

Name: _____ Address: _____

Phone: _____ Email: _____

You will receive email confirmation and reminders. Sorry no refunds, but substitutions are permitted. Your registration fee is tax deductible as permitted by law. Approximate value of donation is \$30. You must be 21 or over to consume alcoholic beverages. This Texas Hold 'Em tournament will be run by Ubetcha Entertainment and all tournament rules and decisions are at the sole discretion of the Tournament Director.

*Our prize pool of \$700 is based on 50 paid registrations and will be in the form of Visa gift cards.





CONGREGATION NEVEH SHALOM
PRESENTS



Cantor Eyal Bitton's

KING DAVID: THE MUSICAL

A theatrical concert



WEDNESDAY, MAY 16, 7:00PM

\$18/members ~ \$25/non-members

Tickets & info: nevehshalom.org/kingdavid2018



CONGREGATION NEVEH SHALOM

Shavuot

MAY 19

EREV SHAVUOT LIMMUD LEARNING • 5:30-9:15PM
SERVICES • CHEESECAKE • LIMMUD/TEACHINGS

MAY 20

YOUNG FAMILY SHAVUOT EXPERIENCE (AGES 0-5) • 4:45PM
INTERACTIVE STORYTELLING • SNACKS • AND MORE

MAY 20

ISRAEL360 PRESENTS: COOKING AT THE FOOT OF THE MOUNTAIN - FOOD DEMOS & PARVE/VEGAN MEAL! • 5:30PM

JOIN RAV D AND TAL CASPI, AWARD-WINNING CHEF OF AVIV RESTAURANT, FOR COOKING DEMOS INTERMIXED WITH RICH STORIES ABOUT INTERNATIONAL JEWISH CUISINE. AN INCREDIBLE PARVE/VEGAN MEAL WILL FOLLOW. FREE LEARNING SESSIONS AFTER DINNER.



COOKING DEMOS AND DINNER PRICING:

MEMBERS: \$14/ADULTS • \$7/KIDS • \$36/MAX PER FAMILY

NON-MEMBERS: \$18/ADULTS • \$10/KIDS

RSVP REQUIRED BY 5/16: NEVEHSHALOM.ORG/SHAVUOT5778

SHAVUOT MORNING SERVICES AT 9:00AM ON MAY 20 & 21.
YIZKOR WILL TAKE PLACE ON MAY 21 IMMEDIATELY AFTER THE TORAH SERVICE.

2900 SW PEACEFUL LANE • PORTLAND • OREGON • 503.246.8831



NEVEH
SHALOM'S
**PRIDE
WEEKEND
AT CNS**
nevehshalom.org/pride2018

**PRIDE SHABBAT SERVICE
AND DINNER**
FRI, JUNE 15, 5:45PM
Join us for our annual Pride Shabbat service and dinner. Drinks at 5:45pm, Services start at 6:15pm and dinner at 7:00pm. \$12 /adult, \$6/child. RSVP to: tinyurl.com/cnspride2018

PORTLAND PRIDE PARADE ~ SUN, JUNE 17, TIME TBA
CNS joins our whole Jewish community to march in the Pride Parade as "Jewish Pride Greater PDX." Contact: lizam410@gmail.com



Summer with

Congregation

Neveh Shalom

Your checklist for fun all summer long!

Throughout the Summer

- Each Friday, Bring in Shabbat outdoors on our lovely plaza (weather permitting)
- 1st & 3rd Saturdays – Join other families for Tot Shabbat (ages 0-5) and Kiddush Club (K-2)

June

- Fri, June 1 Kabbalat Shabbat with Ilene Safyan
- Sun, June 3 Men's Club Texas Hold'Em Poker Tournament
- Sun, June 3 Pages and Pixels explores "Marjorie Morningstar" by Herman Wouk
- Sun, June 10 Storytime w/ Rabbi Eve @ Hillsdale Farmer's Market
- Sun, June 10 Outside In Cooking in the CNS Kitchen
- Sun, June 10 Sisterhood end of year picnic
- Tues, June 12 Wondering Jews visit the Rose Garden
- Fri, June 15 CNS Keshet Pride Shabbat Evening
- Sun, June 17 Portland Pride Parade
- Fri, June 22 Join Rabbi Eve for 4th Friday Shabbat with music and stories (ages 0-5)
- Sun, June 24 See musician Lior Ben-Hur at the MJCC
- Thurs, June 28 Annual Congregational Meeting
- Sat, June 30 Young families enjoy a Shabbat hike at Tryon Creek

July

- Sun, July 15 Storytime w/ Rabbi Eve @ Hillsdale Farmer's Market
- Sun, July 15 Pages and Pixels explores "I Am Forbidden" by Anouk Markovitz
- Sun, July 15 Young families berry picking at Smith Berry Barn
- Mon, July 18 Wondering Jews field trip to the Hogan Butte Nature Park
- Fri, July 27 Join Rabbi Eve for 4th Friday Shabbat with music and stories (ages 0-5)
- Thu, July 26 See the band Moshav at the MJCC
- Sun, July 29 Storytime w/ Rabbi Eve @ Hillsdale Farmer's Market

August

- Fri, August 3 Kabbalat Shabbat with Ilene Safyan
- Tue, August 7 Wondering Jews explore the Lan Su Chinese Garden
- Sun, August 12 Storytime w/ Rabbi Eve @ Hillsdale Farmer's Market
- Sun, August 19 Enjoy the Local Musician Day at the MJCC
- Thu, August 23 Young families play at CNS during Messy Art (ages 0-5)
- Fri, August 24 Join Rabbi Eve for 4th Friday Shabbat with music and stories (ages 0-5)
- Sun, August 26 Back to Shul! Join us for music, food & fun

Go to www.nevehshalom.org for full event details

Share your pictures with us at: facebook.com/CongregationNevehShalom



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