

Mendocino Megillah

Mendocino Coast Jewish Community, September 2009 (5769/5770)

The Jewish Center (Shul) is located at 15071 Caspar Road, Caspar CA.

The MCJC can be reached at (707) 964-6146.

Mail can be sent to PO Box 291, Little River, CA 95456

website: <http://www.mcjc.org> email: mcjcmegillah@mcjc.org

PDF Version: <http://www.mcjc.org/mjoldart/Megillah/MJMM0000.htm>

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Tashlikh - Rosh Hashana, Caspar Beach, 5763 (rge)

Rabbi's Notes: Elul without Ella

By the time this Megillah comes your way, we will already be well into the month of Elul. Just writing that sentence strikes a bit of both joy and dread into my heart. Elul (which begins at sundown on August 20) is the last month of the year – the month given over to self-examination and repair. I often say it's my favorite month of the year – but it certainly isn't the easiest.

Of course this particular Elul has an extra measure of poignancy in it for me, because this will be my first entry into a New Year without my beloved 'Elul partner,' Ella, with me on the material plane. Last year she was already quite ill by the time Elul rolled around, and we couldn't have our customary conversations. But there's a big difference between quite ill and dead, as I learn each day she's still gone. Still, as many of her family and friends have said in these past eight months since her death, she is still here among us in many ways. So what I'd like to do here, both in Ella's honor and in my own need, is to commune with my Elul partner a bit and to gather some of her wisdom for this month ahead.

Every year at about this time the phone would ring, and Ella would say, "We have to schedule our Elul walk..." We'd take a long walk as close to the beginning of the month as we could manage, usually on the Big River haul road, but at least once, years ago, in the prickly brambles surrounding the Elk cemetery where she is now buried. Walking out one direction I would spill out my heart and receive her wise direction. Walking the other direction she would reflect on her year, and I would listen as best I could to her concerns and intentions.

Thinking back this year on those years of plotting out our Elul work together, several themes come back strongly to me now. The most important to me is really a kind of paradox: Ella could hear me go on at length about ways I had hurt and damaged myself and other people. She could completely know and believe that I had behaved in these ways, not minimize them in any way, and she could firmly counsel me to clean up my act. And at the same time she loved me without condition. It's like she could witness my weaknesses in all their gory detail and not hold them against me at all in any way. She could know me as I really am – but somehow none of this alienated Ella from me at all.

Now that she's gone I ask myself: who else holds me in such an unconditionally sweet light? And who else do I love without any kind of resentment or alienation? There are others – I am a lucky and blessed person in that way. But it is quite a gift to be able to see someone clearly as they are, with frailties and struggles and issues galore, and not to love them any less. How do you do that – see someone's weaknesses as well as their strengths, and not close your heart to any of it? I could do with more of that...

I also find myself thinking about Ella's faith that important relationships in life can be mended and healed, even if it takes years and years. I don't want to say more about Ella's work in this light, but I can say that I learned from her that it is worth asking forgiveness even years after having wronged someone, even if you can't imagine that they will ever let go of what went wrong. It is worth trying to right things in one way and then another and then yet another. It is worth doing so even if you have no real hope that they will ever forgive. Even if someone has died, it is worth asking their forgiveness.

Awhile ago I had the experience of someone coming up to me and saying that they had felt bad for a long time about something they had said to me. I didn't even remember the incident, and so it was easy for me to say, "Hey, no problem – of course I forgive you. Don't worry about it." But as I thought about it afterwards, I realized that, even though I didn't

remember the particular words said, I had carried with me a little tinge of uneasy feeling about that person, and I kept a little bit of inner distance from them. And once they reached out to me, that alienation completely melted from my heart, and my fondness and trust is greater than it ever was before. I'm glad that this person approached me even years after the fact, even long after I had ceased thinking I cared about whatever it was. It's always worth trying to repair damaged relationships.

And finally I find myself thinking about water. Ella was, after all, the mikveh lady of our community. And she taught all of us about offering up our kavvanot – our intentions, our commitments – and then giving them over to the water for safekeeping. She used to quote Rabbi Aryeh Kaplan of blessed memory, who said that going into the water of the mikveh was like going into the womb and the grave. Rabbi Kaplan didn't even know about the icy cold water of the Navarro River in the fall – how it literally takes your breath away when you duck under. So I might have all the ferocious intention in the world to be a better person in all my specific ways, with all my plans and my two-colored highlighted Elul timesheet and everything else. And then I walk out into the water, slip below the surface, and it vanishes from my grasp! I'm just a cold, chattering, naked soul in the water of life and death. I always think of water as the closest physical thing I know to God: absolutely necessary and absolutely deadly, continuously shaping the world, always changing forms but never essence. Immersing in the mikveh is like dipping into God-ness.

The moment of stepping out of the river is like few others. There is an exuberance, a newness to it all. It feels so good. Whatever I walked in there with has been stripped away. I hope that my intention will come true – if I can even remember what it was! And that simple, pure hope is a precious thing.

Ella used to talk about praying for “real help.” Her devotional life was deep, though she was never a regular davvener or meditator or anything as far as I know. She prayed for help, and she believed that help – real help – was out there. It wasn't just a matter of her, or my, own fierce intentionality. It was entirely possible that the universe itself would shift – that someone else's heart would soften, that circumstances would change, that new insights would emerge, and healing would become possible where it had not been before.

Love without condition, tenacious commitment to healing relationships, faith in the universe's willingness to shift as we do in the direction of forgiveness and renewal. May the memory of our friend and teacher be a blessing for us all (whether or not you knew her in her lifetime) as we move towards a new year of life. L'shana tovah, my dear community.



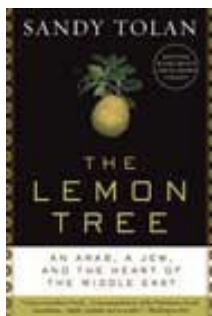
- Rabbi Margaret Holub (c) 2009

Kabbalat Shabbat □

In September we will be celebrating our home Kabbalat Shabbat and dinner on Friday, September 11th at the home of Pamela, Dave, Drew, Scott, and Cole Duncan in Caspar. Please call them at 962-0101 for directions and to let them know you are coming. The monthly Kabbalat Shabbat includes a song-filled short service that begins at 6:00 pm and is followed by a pot luck vegetarian dinner. If you would like to host this wonderful event in your home in future months, contact Mina at 937-1319. In October we would like to have Kabbat Shabbat during Sukkot, Friday October 2nd (the first Friday of the month, since the following week will no longer be Sukkot), but we have not yet determined the location.

MCJC Board meeting dates □

There is no MCJC board meeting scheduled in September because of the holidays. If you would like to attend a meeting please contact Raven Deerwater at raven@taxpractitioner.com so he can let you know the date and include you on the agenda.



Book Group □

The book group will meet Monday September 21st at the home of Rosamond Gumpert Jorgensen Please call Fran Schwartz at 937-1352 if you wish to join us. We will be reading "The Lemon Tree" by Sandy Tolan. This work of non-fiction is the story of the tale of a simple act of faith between two young people - one Israeli, one Palestinian - that symbolizes the hope for peace in the Middle East. In 1967, not long after the Six-Day War, three young Arab men ventured into the town of Ramle, in what is now Jewish Israel. They were cousins, on a pilgrimage to see their childhood homes; their families had been driven out of Palestine nearly twenty years earlier. One cousin had a door slammed in his face, and another found his old house had been converted into a school. But the third, Bashir Al-Khairi, was met at the door by a young woman called Dalia, who invited them in. Books are available at Cheshire Books in Fort Bragg for a 10% discount if you let them know you are in the Jewish Book Group. We welcome new people at any time. We have not yet selected a book for October.

Tisch □

We will have a tisch on Yom Kippur Eve (the usual time for us to have such a lovely dinner) though it will be Sunday instead of Friday. This time we do need an RSVP if you plan to come. Dinner will be at 6:00 before Kol Nidre services at the Caspar Community Center. Please call Mina at 937-1319 or Jessica at 937-2115.

Thank You for Megillah Help □

Thank you to Nona Smith for collating and mailing our summer Megillah. Contact Mina if you'd like to help with this task. It can be done at home in a couple of hours.

Mitzvah Meal: We Fed the Freezer □

In early August we had a "Feed the Freezer" dinner at the shul. We now have a fully stocked freezer with food for anyone in our community who needs some food because they are ill or have any kind of need for sustenance in an emergency. If you are in need of food all you have to do is call one of the members of the Bikkur Cholim committee and we'll let you know how to get it, or send someone for it. The committee is Fran Schwartz at 937-1352, Karen Rakofsky at 937-5522, or Mina Cohen at 937-1319. All food is vegetarian, not spicy, and we have ingredients available if you have any allergies. We had a wonderful time sampling the food before we prepared some for the freezer and to say it's great "comfort" food is an understatement. Thank you to all who came and brought the food and stay tuned for Feed the Freezer Round Two.

Looking to the Future

From time to time members have given additional financial help to MCJC. Upon the sale of a home, stocks or some other positive financial event they have shared their good fortune. Also, several members have remembered MCJC in their wills. These generous acts insure the long term strength and sustainability of the Jewish Community and our shul here on the Coast. We encourage you to do this if you can. (mz)



Torah School Starting in October

Torah school will be resuming in October at Frankies once again this year. We will meet after school starting on Monday, October 12th. Saturday, October 10th we will dedicate the tiles created by our 2009 (5769) torah school class at Simchat Torah celebrations. All are invited to that. If you have a child eligible for Torah School look for a letter coming soon regarding this year's plans. We look forward to another exciting year together. If you are not on our mailing list for elementary aged children please contact Jessica at 937-2115.

TODAH RABAH! (Great Thanks)

For The Following Generous Contributors Who in the Last Month Helped Sustain Our Community

Irving and Marilyn Kreisberg; Karen and Leonardo Bowers; Mina Cohen and Jeff Berenson; Eric Labowitz and Kathy Bailey; Mindy Rosenfeld and Hilleary Burgess; Barton Friedland; Tatanka Russell; Betty Deutsch; Nancy Harris; Jane Boskoff Graeven and Mark Graeven; Mark Gardner; Rena Blauner; Sara and Gerry Kreger; Susan Hofberg; Eileen Lopate; Hyla and Jack Bolsta; Ruth and S.A. Rosenblum Ephraim; Henrietta Bensussen and Kim Hayes; Sydelle Lapidus; Donna Feiner

In Honor of Sherman Juster's 80th birthday: Susan Rubinstein; Rosalie and Arty Holub; Dan Mandelbaum and Benna

Kolinsky; Mark and Deena Zarlin

Phoebe Graubard In Memory of my parents; Susan Miller to the Adele Saxe Tzedakah Fund; Karen Rakofsky to the Bikkur Holim Fund In Memory of my father, Sam Rakofsky; Sandy Glickfeld sending love and healing to Bonnie Sarrow and In Memory of Lynn Stoller

Mendocino Maven by *The Shadow*

It is hard to believe that as I write this, Summer is technically over and Elul is only a few days away. It is time to start preparing for the High Holidays: Rosh Hashana and Yom Kippur, followed by Sukkot, Shemini Atzeret and Simchat Torah. Yet for those of us who live close to the earth, the signs are unmistakable. The starlings are starting to flock, cherries are history and the peaches are almost done and apples are appearing. Here on the coast we can expect more fogless days and some good ocean kayaking days. I find myself delighted to see that the swallows are still here and everything is dry, waiting to be refreshed and reborn with the life giving autumn rains and winter storms.

Bonnie Sarrow is back at home and doing well, after heart surgery in Santa Rosa. She is not driving these days and would probably appreciate a phone call or visit. A somewhat belated Mazel Tov goes out to Marinela Miclea on the birth of her son Colin Samuel, who was born on May 13, 2008 and whose b'rit milah was performed by respected mohel Mark Rubenstein, M.D., in the Bay Area.

Hyla and Jack Bolsta son, Aharon Wheels Bolsta, gave a concert on tabla, oud, mouth harp, bamboo flutes and other instruments in June at the shul. Aharon was up this way to perform with the SF Mime Troupe at Cotton Auditorium.

Sadly, we lost two dear members of our community, with the passing of Sherman Juster and Lynn Stoller over the summer.

I wish you success with your Teshuvah, and hope to see you at the Shul for the HHD's.

הבוט הנש

HIGH HOLY DAYS, 5770

L'Shana Tova. The MCJC Board wishes you and yours a happy and healthy new year. We hope that you will be joining us for the High Holy Day Services. Enclosed you will find a gift from us to you, a directory to help you stay in touch with our community throughout the year.

Selichot:

Saturday, September 12, 8:00 PM. A short, candle-lit later-evening service of preparation for the Holy Days, with chanting and time for looking within.

Rosh Hashana:

Evening service Friday, September 18th 7:30-9:30 pm.

Morning service Saturday, September 19th 10:30 AM-2:00 PM

(Community luncheon following services)*

Afternoon the community will gather at 3:30 PM, for teachings from members of the community, alternative Mincha services, and the famous Sin Buffet, followed by tashlich at Caspar Beach until sunset.

Yom Kippur:

Kol Nidre Sunday, September 27th, 7:30 - 9:30 PM.

Morning service Monday, September 28th 10:30 AM -2:00 PM.

Yizkor (memorial service) is 4:30 - 5:30 PM, Mincha and Ne'ila 5:30 to sundown.

Mikveh:

The mikveh, a prayerful ritual immersion in "living water," is a beautiful traditional way to enter the Holy Days. All women are invited to attend. The mikveh will be held on Friday, September 18th. We will meet at 10 am at the Albion Grocery and carpool together to the Middle Ridge Pond. If you need more information on this or have any questions call Karen Rakofsky at 937-5522.

Yizkor:

The yizkor list is a perpetual list of family members and others close to members of our community who have died. If you have a name to add to the yizkor list, please call Donna at 877-3243 during the day, preferably well in advance of the service. If this person's name has ever been read in our community's yizkor service, you do not need to resubmit it.

Children's Services & Childcare

Rosh Hashana morning (Saturday, September 19th): Childcare 10:30 am-2:30 pm ,
children's service 11:30-noon

Yom Kippur morning (Monday, September 28th): Child care 10:30am-2:00 pm,
children's service 11:30 to noon

If you are not on the mailing list for Torah School and would like information about our upcoming program contact Jessica Grinberg at 937-2115.

General Information:

We anticipate that the shul will be crowded. We encourage you to come early. If you are an elder or disabled, requiring assistance or transportation or if you can provide this assistance during the holidays please call the shul at 964-6146 by Sunday, September 13th.

We are suggesting a contribution of \$150.00 for each adult who is not a contributing member of MCJC. This contribution will help cover costs to the community for providing High Holy Day services. We request that this be paid in advance and sent to P.O. Box 291, Little River, CA. 95456. Alternately, you can mail your contribution afterwards to the above address. As always, no one will be turned away for lack of funds, so please contribute what you can. It is traditional not to handle or discuss money on the holidays. Please make it possible for everyone in our community to worship without having to handle money by sending your payment in advance. If you have any financial questions please call Mark Zarin, our treasurer at 937-0341.

Rosh Hashana Lunch:

Following services on Rosh Hashana before the afternoon service, many people choose to remain at the shul to rest and eat lunch together. If you plan to have lunch at the shul please bring a vegetarian cold dish that can serve 8-10 people. Everything else will be provided.

Erev Yom Kippur Dinner:

If you would like to join us for a Yom Kippur Eve vegetarian Tisch at Caspar Community Center just before Kol Nidre Services, please RSVP to Mina at 937-1319 or Jessica at 937-2115. Dinner will be at 6:00 pm.

Breaking the Fast:

It is customary to break the Yom Kippur fast with a festive meal. We encourage you to invite friends and family to break fast with you following Yom Kippur services. If you would be willing to have additional guests, please call and leave a message at 964-6146 and let us know how many you can host. We particularly need a host whose home is wheelchair accessible. An announcement will be made at Yom Kippur services about locations of break-fasts. Please bring a veggie dish to share if you are planning to attend a break-fast. Everyone is welcome to attend the break-fasts.

Are you Having a Sukkah This Year?

Each year we let the community know about opportunities to "Le'Shev Ba'Sukkah." If you are planning to have a sukkah and would welcome visitors to it, please let Mina know as much ahead of time as possible at 937-1319 so it can be published in the Megillah. Sukkot this year begins on the evening of October 2nd and ends at sundown on Oct. 8th.

Mazon Hunger Campaign

"Corners of Our Fields" For the last eight years, thousands of Jews have given life to the tradition of tzedakah and tikkun olam by supporting a High Holy Days appeal that seeks funds for Mazon: A Jewish Response to Hunger. Our community is a partner with Mazon. The appeal has raised more than \$4.4 million and over 6 million pounds of food. As you look inward during these High Holy Days, Mazon asks that you reach outward to all those in need. Please give to Mazon what you would have spent to feed yourself and your family on Yom Kippur. Our own food bank in Fort Bragg has been a grant recipient from Mazon. Send your donations to 1990 S. Beverly Dr., Suite 260, Los Angeles 90025. You can access Mazon at www.mazon.org.

The Megillah: Have It Your Way

The Mendocino Megillah is generated in two formats: the legacy hardcopy format which is optimized for printing on 8 1/2 x 11 inch paper and the HTML format which is formatted for easy reading on a computer display.

You can subscribe to the hardcopy version and have it mailed to you, you can subscribe to the email version or you can receive both.

If you don't need the hardcopy and want to do your bit to repair the world by going electronic, please email Myra at myrah@mcn.org Todah Rabah! (rge)

Subscription and Notification

If you would like to subscribe to this publication and/or receive email notifications for events, changes, or important news from MCJC contact Myra Beals at myrah@mcn.org or send to P.O. Box 1113, Mendocino. Let her know if you prefer to receive a printed Megillah coming in the mail or by email. If you would like to receive notifications by email please indicate that as well. Subscription to the Megillah is included with a contributing membership of \$200. or more. A subscription alone to the newsletter is \$25. per year. Checks can be made payable to MCJC and mailed to P.O. Box 291, Little River, CA. 95456. (mc)

Editorial Policy

The Mendocino Megillah is published monthly. The deadline for submission of articles is the 10th of the month before desired publication. The editor will include all appropriate material, space permitting with the exception of copyrighted material that does not have permission of the author. The material printed in the Megillah is not the policy or representative of the opinions of the Board of Directors of Mendocino Coast Jewish Community. Divergent opinions are welcome. (mc)

Contributions to the MCJC can be sent to:

MCJC, Box 291, Little River, CA 95456.

Please specify if your contribution is in memory or honor of someone, and please include your name and mailing address. Thanks! (mz)

Using the Shul

If you are opening or closing the shul please double check that the furnace, water heater and lights are all off and that all doors are locked when you leave. THANKS! (rge)

Thanks to Our Underwriters for Supporting the MCJC Megillah and the Community

Albion Doors and Windows: 1000s of recycled windows, French doors, thermal windows, entry doors, new & used * Leaded glass, arches & unique styles * Liquidation prices at 937-0078 in Albion * www.knobsession.com □

Cheshire Books: Eclectic community bookstore located in the heart of downtown Fort Bragg at 363 N. Franklin St. * Open Mon.- Fri. 10:30 am-5:30 pm, Sat. 10:00 am-5:00 pm, & Sun. 11:00 am-3:00 pm * 964-5918 □

College Bound Advising * College search, coaching, and application assistance * Mina Cohen, certified college counselor * Individual consultation and group workshops * Tel: 937-1319 * cbadvising.com □

Frankie's Pizza and Ice Cream Parlor: Homemade pizzas, Cowlick's ice cream and other yummy things to nosh on. Beer and wine available. Live music weekly, all ages welcome. Open daily from 11 - 9 at 44951 Ukiah Street, Mendocino, 937-2436. www.frankiesmendocino.com □

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Phoebe Graubard: Attorney at Law * Wills, trusts, probate, conservatorships * 594 S. Franklin, Fort Bragg, 95437 * 964-3525 * www.mcn.org/a/celr * Member National Academy of Elder Law Attorneys * Wheelchair accessible □

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Richard Green & Co. Certified Public Accountant * 45170 Main Street, Mendocino * 937-5260 * rgcpa@adelphia.net □

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Rosenthal Construction: 703 N. Main St., Fort Bragg * 964-1200 □

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« September 2009 »

Candle lighting times are for Manchester, CA, to generate times for your location go to <http://www.hebcal.com/shabbat/>
MCJC events are **bolded**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4 7:23p Candle lighting	5 □ 10:30am Shabbat Minyan Parashat Ki Tavo 8:52p Havdalah (72 min)
6	7	8	9	10	11 □ 6 pm Kabbalat Shabbat 7:12p Candle lighting	12 10:30am Shabbat Minyan Parashat Nitzavim-Vayeilech 8 pm Selichot 8:41p Havdalah (72 min)
13	14	15	16	17	18 Erev Rosh Hashana 7:01p Candle lighting 7:30p - RH Services	19 Rosh Hashana 5770 8:30p Havdalah (72 min) 10:30a -2:00p 3:30p- RH Services
20 Rosh Hashana II 8:28p	21 □ Book Group Tzom	22	23	24	25 6:50p Candle lighting	26 Parashat Ha'Azinu Shabbat Shuva 8:18p Havdalah (72 min)

Havdalah (72 min)	Gedaliah					
27 □6 p□mTisch Erev Yom Kippur 6:47p Candle lighting 7:30pm Kol Nidre	28 Yom Kippur 8:15p Havdalah (72 min) 10:30a YK Services 4:30p Yizkor	29	30			

MCJC Board & Useful Numbers

* = board member

Rituals and Holidays (including Hevra Kadisha/Cemetery)	Joan Katzeff*	964-9161	jkatzeff@mcn.org
Rituals and Holidays	Donna Montag*	877-3243	montag@mcn.org
Community Care (rides, help when ill)	Karen Rakofsky*	937-5522	nerak@mcn.org
Outreach (new to the community)	Donna Montag*	877-3243	montag@mcn.org
Culture (films/ speakers/ Women's Retreat)	Harriet Bye*	937-3622	bysawyer@mcn.org
Education (adult and children/ library)	Mina Cohen*	937-1319	mcohen@mcn.org
Treasurer (finance and donations)	Mark Zarin*	937-0341	mzarin@mcn.org
Board Secretary	Raven Deerwater*	937-1099	raven@taxpractitioner.com
Building Maintenance	Mark Zarin*	937-0341	mzarin@mcn.org
Building Maintenance	Harriet Bye*	937-3622	bysawyer@mcn.org
Torah School	Jessica Grinberg	937-2115	mcop@mcn.org
Book Group	Fran Schwartz *	937-1352	franamie@cs.com
Megillah Submissions and Website	Bob Evans		bobevans@mcic.org
Name & Address, Subscription Changes	Myra Beals		myrah@mcn.org