

Chadeish Yameinu News

Vol. 1 No. 3

Renew Our Days

Summer 2003

Rebbe's Corner

Dearest Chevra,

As these words go to press we have just celebrated the holiday of Shavuot, which commemorates the receiving of the Ten Commandments and the Torah in a big communal "ah-hah" at Mount Sinai. Shavuot is the only holiday for which we are not given a date. The Torah simply tells us to count seven weeks from Passover. (The name "Shavuot" means "weeks.") What this does is integrally link these two holidays one to the other. This teaches us that the receiving of Torah is tied to our freedom. In other words, along with our freedom comes the responsibility of Torah. But are we ready for that responsibility?

We might first remind ourselves... what is Torah?

As we have studied together, "Torah" has many meanings. It is not only the scroll containing the first five books of the Bible. It also is all the wisdom of the ages that has come to us from that first "ah-hah," and continues to come to us *even in the present moment*.

As Rabbi Yonason Gershom has taught, there was a great Chassidic rabbi known as the Kotzker Rebbe. He was once asked why Shavuot is called "the season of the *giving* of our Torah" rather than "the season of the *receiving* of our Torah." The reason, said the Kotzker, is that the Torah was given only once, on Mt. Sinai. So we commemorate that sacred event, because it had a clear beginning and an end. However, we continue to receive the Torah, each according to his or her own understanding, right down to the present day. How, then, could we commemorate "receiving" when the process is not finished?

Just as Passover cannot really be properly

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CY Participates in Interfaith Seder

About 100 participants from Chadeish Yameinu, Trinity Presbyterian Church, the Interfaith Peace Coalition, and the community at large joined together for a moving and enjoyable Interfaith Peace Seder on April 17. There was a spirit of humor and cooperation throughout.

We used a Haggadah featuring peace prayers from a number of traditions (which Shalom Braveman had posted to our listserv), and added to past years' haggadot with contributions from Rev. Brian Lyke of Trinity Presbyterian, original songs by Michelle Hodah, and a stirring version of the Passover story sung to the theme of the Brady Bunch that Shira found. The high spirit was boosted by music provided by Reb Eli, Michelle and Shira and Tom Wichelman from Trinity. As director of "Camp Exodus," Michelle used a few puppets, some Passover coloring books and a lot of charisma to keep the kids involved and adorable.

As the person privileged to provide continuity to the ongoing seder, I was particularly proud to share the Chadeish Yameinu brand of Jewish Renewal. I called it "newish re-Jewel," stressing our adoption of the spiritual and political openings since the '60s which invite us to experience Jewish tradition more fully and personally.

Many images linger in my memory, but the women dancing through the group to Miriam's song, and those of us who stayed to the end singing "Let Peace Begin With Me" arm in arm are among my favorites.

— Zalmo BloomBecker

"Ruach b'Assiya"

CY Puts Spirit into Action with Elder Co-Caring

We are thankfully all aging. That has its pluses; it also has its not-so-pluses. One of the not-so-pluses is the possibility of the need for long term care, which can be so difficult for all involved.

An exciting development flowing from several elder year visioning get-togethers at Jeanne Rosen's home is the possibility of creating a "formal" co-caring aspect to our community. The concept is somewhat like a Bikor Cholim (visiting the sick) group, but focused on the intensive informal care needs often encountered by people in older age (this doesn't preclude a "traditional" Bikor Cholim group or the possibility of co-housing for CY too).

An outline-for-discussion of what might be involved follows. Whether you make/made the meeting or not, we seek your thoughts and suggestions. Please contact Shlomo Cooperstein (655-8670 or SC@1S4Life.com) or Jeanne Rosen (685-8350 or JeanneRosen18@cs.com) with any input you can provide or for information about future meetings.

May we be able to both bless and help ourselves with Ruach b'Assiya (Spirit in Action).

Discussion Outline of the Ruach B'Assiya (Spirit in Action) Concept

Vision

The CY Community is available to assist its Members with non-skilled long-term care needs. This Community effort and benefit is known as Ruach B'Assiya (Spirit in Action).

Participation

All Members of CY for more than X years are eligible to fully participate. Participation involves Giving and/or Receiving help, though all are certainly welcome to give and, as reasonable, help will be extended to those not yet eligible.

Giving Help

At the heart of Ruach B'Assiya is assisting while healthy. The intergenerational nature of this concept is fundamental. In this case intergeneration includes the diversity of the skills, experience, availability, and preferences of the CY Community, as well as people from different age bands.

Receiving Help

To receive help, a CY Member or his or her primary (usually family) caregiver initiates the need for help initially and periodically thereafter as it evolves. A key relief, though, is that coordinating the help does not rest with the person needing care or their primary caregivers.

Types of Help

Helping involves doing and helping Participants with:

- ◆ "Errand" types of Instrumental Activities of Daily Living (IADL's) such as shopping, meal preparation, taking medicines, making out checks, or just "plain" companionship or being there overnight;
- ◆ More basic Activities of Daily Living (ADL's) such as walking, transferring, dressing; bathing; eating; or toileting; and
- ◆ Coordinating the help.

As feasible, some such help is available to participants with non-skilled long-term care needs of their parents or siblings who are living locally.

Coordinating Help

Scheduling help is facilitated by dynamic databases. The latter is privately and securely maintained on the Internet. Access to this database, though, by Receivers and Givers, is not essential - a Giving function is accessing the database for people who aren't able to do so themselves.

Join Temple Beth-El's Meditation Group

This ongoing meditation group is open to anyone and is led by a Chadeish Yameinu member, Eitel Herring. It meets every Tuesday from 7:30-8:30 p.m. in the sanctuary at Temple Beth-El.

Drop in any time to participate. The session begins with nine minutes of walking meditation, nine minutes of chanting and 36 minutes of silence.

Family Learning Begins at CY

Lots of cute kids, involved parents, yummy pot luck offerings and inspired and inspiring leadership by Reb Eli, Nina and Maia contributed to a great beginning to Chadeish Yameinu's Family Learning Program on April 27. While Maia helped the young ones experience their Jewish individuality and the joy of togetherness, parents and the more mature children delved into parshat Kedoshim together.

We began with a visualization about holy things, places and people which Nina led. "I found it very relaxing," reported Genna BloomBecker. She also enjoyed the costumed play Nina wrote and directed which dramatized different aspects of God. Ron Lacey stole the show as Vito Godlione, portraying the powerful face of God.

The discussion of holiness and the analysis of text showed considerable interest and involvement on the part of the whole group, including our future b'nei mitzvah.

With this encouraging group is looking forward to its next family learning session on Sunday, June 8, from 10:00-11:00 at the home of Maia and Jason.

-- Zalma BloomBecker

Rebbe's Corner

(Continued from page 1)

celebrated without preparation, so Torah cannot be properly received without preparation. These seven weeks give us the opportunity to prepare ourselves. Many in our community observe the "Counting of the Omer," literally counting the days from Pesach to Shavuot. Many also observe customs deriving from the teachings of the Kabbalah that ask us to notice specific qualities of G*dliness in the world that correspond with each of these 49 days. By doing so, we not only count the days, but we make each day count. As it is written, "teach us to treasure each day that we open our hearts to Your wisdom."

All of us have the opportunity to prepare ourselves for our own deep understanding of G*d's call... by noticing the world around us; by opening ourselves to how G*d is calling to us at this time; and by making our days count. As Rabbi Abraham Joshua Heschel taught, G*d speaks to us in the form of a question... the answer lies in how we live our lives.

Reb Eli

Purchase Reb Eli's CD of Carlebach Nigguns and Support CY

A year or two ago, our own Reb Eli created a CD with Rabbi Arnie Sleutelberg of Congregation Shir Tikvah in Troy, MI. It is a recording of niggumim, melodies sung without words. These melodies are primarily, but not only, Shlomo Carlebach tunes.

The CD was intended as a teaching tool for Rabbi Sleutelberg's congregation in learning these melodies.

Reb Eli is now offering this CD to those interested in purchasing it for \$18. All proceeds from the CD sales will be donated to Chadeish Yameinu. They will be available at the Wednesday evening adult education classes or you can call Reb Eli to place an order. His phone number is 425-5879.

Ongoing CY Adult Ed

Our weekly adult education class, taught every Wednesday evening by Reb Eli, continues to be a highlight of the week for many of us.

According to Evy Bernstein, "The Wednesday night class with Reb Eli, and the always interesting guest teachers, has become a highlight of my week. I feel acceptance and support in my personal journey toward learning about and exploring the ancient religion I was born into. My ignorance and questioning is always met with tolerance, patience, and respect by Reb Eli and everyone in the class, and I appreciate the sharing of feelings and information by all involved." She concludes, "I never leave class without a feeling of peace and fulfillment in my quest for connection with our history, and faith."

In the coming months we will explore a group of Psalms known as the Psalms of Ascent, continue looking at the deep, spiritual significance of holidays as they come up, and proceed down some new paths of exploration in response to suggestions from the group.

We meet every Wednesday evening, 7:00-8:30PM, in Room 809 at Cabrillo College on Soquel Dr. in Aptos. Parking is close by in lots I (that's "eye") and P. There are vending machines in the lots that take quarters only. It costs 4 quarters to park for the evening.

All classes are free, drop in, and open to all. Please join us for this very special opportunity to engage in lively study with friends and our exceptionally gifted teacher, Reb Eli. Classes will continue through June 18th.

Kabbalat Shavuot

by Tom Shmuel Rooth

Three years ago, I found Jewish Renewal in Chadeish Yameinu, bringing with me a smattering of Hebrew and ritual I remembered from my youth. Looking to return to Judaism after years of non-practice, I had attended a few CY services led by Lori, Michelle, and Shira, and felt great warmth and welcome to daven with them. I felt enlivened by the music, emboldened by how much I remembered, and intimidated by how little I knew compared to the group's members.

When Shira invited me to attend a Shavuot service at the Pacific Cultural Center, hosted by several Jewish groups, I didn't know what was being celebrated. Shavuot wasn't celebrated in the Reform Temple where I was bar mitzvahed and confirmed.

The service was held in a small room, not the main hall, and the place was packed. Food covered the tables; I brought a box of strawberries I bought at a roadside stand on the drive from Hollister. Some people looked familiar from a couple of services I had attended with Chadeish Yameinu. Everyone was talking. Talking about college, talking about where they lived or had traveled from, talking about their home congregations, talking about having no home congregation. Someone asked me if I had studied all night. At the time, I had no idea why she asked me that. Before the evening ended, I would learn what she meant, and come away with a true sense of renewal and a clearer sense of my own Jewishness.

The service, led by K'vod Wieder, surprised me

and overwhelmed me with joy. The storytelling, the singing, the announcements of weddings and travels and mitzvot, the davening, the dancing, lifted me higher than any service of my youth. For me, just as every year we celebrate Pesach and count the Omer on our way to receive the Torah at Mount Sinai, that night was like finding holiness and joining the community of G-d at the end of a long journey. I felt as though I had shaken off my spiritual shackles and found a path to learning in Renewal.

On Shavuot we celebrate the Feast of Weeks and First Fruits, and the miracle of receiving the Torah. We commemorate the joy of beginnings and learn about our highest potential. Shavuot is the revelation of all that we are called to become. It celebrates the birth of our culture, law and rituals, hence the tradition of pulling an all-nighter studying Torah, Talmud, and texts by Jewish scholars.

Lately, I've been feeling more like it's the New Year, a time of cleansing and redirecting energy, as I look to train for and begin a new career. Reb Eli explained to me that Shavuot is one of four new years we can celebrate each year, that spiritual energies at this time can feel very much like Rosh Hashanah.

So much to learn, and such a joy to do so.

For me, this season will always carry the special meaning of renewal. I gladly receive the freedom of obligation to pray, to study, and to practice.

In this spirit, then, may all of us be blessed: Tov Kabbalat Shavuot.

"Toda Raba" for Donations

The CY Coordinating Council would like to acknowledge both general and siddurim donations made by the following individuals and organizations:

Herbert and Lillian Safran

- ♦ In honor of Marian Cohen and her many selfless works for numerous Jewish and secular organizations, especially her current role as national president of the UOTS (United Order of True Sisters), an organization for cancer survivors.
- ♦ In honor of Leonard Cohen, for supporting and encouraging his wife Marian and enabling her to continue providing time and untiring efforts to help lead their synagogue in assisting senior citizens.
- ♦ In honor of our nephew, Eli Cohen.
- ♦ The Garden

Shalom & Michaela Braveman:

- ♦ In appreciation for the efforts put forth by Rabbi Eli Cohen, Michelle Newman, Reb Lori Klein, Shira Belford and all the others from CY who joined us on Saturday, April 5 at our house for a special Shabbat, Seudah Shelishit, Havdalah, Chanukat Ha Bayit and Melave Malkah blessing our new home.

Jeanne Rosen

- ♦ In honor of Leah Kushner's Bat Mitzvah

Lynn LeRose

- ♦ In honor of Pam Ernst's Conversion
- ♦ In honor of Leah Kushner's Bat Mitzvah
- ♦ In honor of Jo Koven's birthday
- ♦ In honor of George Carvalho and Sarah Your'gs baby naming of Shulamit-Ruby Esther

CY Shabbat Schedule June-August 2003

We have Shabbat services on selected Friday nights and Saturday mornings. Friday night services at the Garden are especially family friendly, so bring your children. They are welcome to stay throughout the service, and we also have separate children's programming available at those services.

Reb Eli is not with us during July and August. This is a great time for others to lead services. If you would like to lead or co-lead, or be the creative push behind something kind of leaderless this summer, please contact Shira at 426-9271 or E-mail her at belf@earthlink.net.

Friday, June 6 - Kabbalat Shabbat (the second night of Shavuot)

Led by Reb Eli Cohen

Time: 7pm, followed by oneg. If your last name begins with M-Z, please bring a box of tea or a finger-food snack to share.

Place: The Garden, 3070 Prather Lane (see directions below)

Friday-Sunday, June 13-15 - Shabbaton
(See last page of newsletter for details.)

Saturday, June 21 - Shacharit service

Led by Reb Eli Cohen

Time: 10am, followed by vegetarian potluck lunch (vegan dishes also appreciated) at around 1pm.

Place: Home of Diane & Dick Klein, 800 Larsen Rd., Aptos, 688-1154. (see directions below)

Saturday, June 28 - Shacharit service

Led by Lori Klein and Shira Belford

Time: 10am, followed by vegetarian potluck lunch (vegan dishes also appreciated) at around 1pm.

Place: Home of Lori & Irene, 1911B Courtyard Drive (see directions below)

Saturday, July 12 - Havdallah and Talk
with LisaBeth Kaplan

Time: 7 p.m.

Place: home of Lori Klein and Irene Reti, 1911 B Courtyard Drive

LisaBeth Kaplan, who lives in Carmel Valley, was a member of an interfaith Peacebuilders delegation sent by the Fellowship of Reconciliation to meet with people in the Middle East this past winter. For two weeks, they traveled through Jordan, Lebanon, Israel, and Palestine/the territories. She then spent two weeks as a volunteer riding ambulance shifts in the West Bank. On July 12, 2003, beginning at 7 p.m., she will speak to us about her experiences. Once night falls, we will celebrate Havdalah together.

For more info: Lori Klein at 479-7629 or send an E-mail to leahblum@cruzio.com.

Friday, August 29

Shabbat & Rosh Chodesh Elul Ritual & Poetry Festival

Time: 7:00 p.m.

We will welcome Shabbat and Rosh Chodesh Elul with singing and poetry and meditation. Not a service but a time for sacred reading and singing and sharing. Bring poetry or songs you have written, or just bring your ears and voice and presence! Location to be announced. If you are interested, please contact Lori Klein at 479-7629 or leahblum@cruzio.com, and let her know if you would prefer to attend this event as part of a Shabbat camping experience, or in her home. Please also let her know if you want to help plan this special, sacred event!

High Holy Day Services: Erev Rosh Hashanah, Sept. 26, Rosh Hashanah Sept. 27; Kol Nidre, Oct. 5, Yom Kippur, Oct. 6.

Directions to The Garden, 3070 Prather Lane:

Going North on Hwy 1: Take Soquel Ave. Exit. Go right at light on Soquel. Go through 3 lights. The very next left after Thurber is Prather. It looks like a driveway. It is directly across from Sutter Surgical Center parking lot. If you pass the Skyview Theater (or flea market), you've gone a few yards too far. The last house on the right before the park is 3070.

Going South on Hwy 1: Take Soquel Ave exit. Go right all the way over the freeway and pass through 4 lights. Follow same as above (second paragraph).

PARKING: Please don't park in front of residences.

Directions to Lori & Irene's, 1911 B Courtyard Drive, 479-7629: Take 41st Ave toward beach. Turn left on Capitola Rd. Turn left on 44th. Go about 2 blocks to Grace St., turn left. Courtyard Dr. is immediately on the right. Look for parking on Grace. 1911B is on the left in the 2nd group of townhouses.

Directions to Diane and Dick's, 800 Larsen Rd., Aptos, 688-1154: Take freeway exit for Seacliff-Aptos coming from the north or Rio del Mar coming from the south. Follow Soquel Dr. to Trout Gulch Rd. Turn north and use the Aptos Post Office as a carpooling location. Continue north on Trout Gulch. Stay left at first Y intersection. Continue about 2 miles until second Y intersection. Trout Gulch makes a sharp right and Larsen Rd. is left of center going up the hill. Note school bus shelter with Larsen Rd. sign. Come up the hill 9/10th of a mile. Look for redwood and wire fence and tile sign on the right.

Tribute Gift

To honor special people and occasions

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My Gift is a Tribute _____ in honor of _____ in memory of

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Please notify the following about this gift:

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Chadeish Yameinu
—Renew Our Days—
 PO Box 3578
 Santa Cruz, CA 95063-3578

Place an Ad in Chadeish Yameinu News

Classified ads cost \$18 for 4 lines, \$36 for 9 lines. Professional listings cost \$18/listing (4 lines). One line consists of approximately 5-7 words. Class listings cost \$18/listing (6 lines).

E-mailed ads/listings to Nina Amir Lacey at cpywrtcom@aol.com. Mail payments to Chadeish Yameinu, P.O. Box 3578, Santa Cruz, CA 95063-3578 before the deadline. For more information, you can call Nina at 408-395-1776.

CY News is mailed on a quarterly basis. Deadlines for the next issue is August 10th.

Classified Ads

Book: "The Heart of the Circle: A Guide to Drumming," by Holly Blue Hawkins (ISBN 1-58091-0025-4) available from your local bookseller, or online from Amazon or B&N. <http://home.earthlink.net/~hollyblue>.

Professional Listing

Editor/Writer. Non-fiction book editing (copy and/or content). Ghost writing "as told to" or "with no credit." Rewriting. Nina Amir, 408-395-1776, Namir@purespiritcommunications.com.

Chadeish Yameinu

Renew Our Days

Post Office Box 3578

Santa Cruz, CA

95063-3578

Chadeish Yameinu is an egalitarian Jewish Renewal havurah. Our Shabbat and Holiday services are led by our part-time student rabbi, Eli Cohen, and our lay leaders. We enjoy participatory davenen, Torah study, chanting, singing, dancing, and bibliodrama. Wednesday night is Adult Education night, with exciting classes taught by Reb Eli and occasional guest teachers.

We invite you to support Chadeish Yameinu. It is only with the energy and resources of many passionate people that our dreams can come true! Any questions? Call Etie! at (831) 426-9432, etie!@aol.com.

To join an action group or get more info:

- Shabbat: Diana Bernbaum, (831) 458-1063; dibernbaum@yahoo.com
- Adult Education: Jeanne Rosen (831) 685-8350; JeanneRosen18@cs.com
- Children's Programming: Maia Zohara (831) 475-6242; zoharita@aol.com
- Social Action: Shlomo Cooperstein: (831) 655-8670; sc@is4life.com
- Fundraising - Zalmo Bloombecker: (831) 475-3327; Anudnic@aol.com
- Outreach: Zalmo Bloombecker: (831) 475-3327; Anudnic@aol.com

Please check one below:

Enclosed is my yearly donation for \$_____ (\$200 - \$1000) to be a Chadeish Yameinu supporter.

I will pledge _____ per month (minimum \$18). Enclosed is my first payment. Please contact me about arranging a direct deposit for my monthly contribution.

Enclosed is a contribution of \$72 to keep me on the mailing list so that I may get notices about events and information inviting my participation.

**Please make your check to "Chadeish Yameinu."
Send to P.O. Box 3578, Santa Cruz, CA 95063-3578**

Name _____

Address _____

Home phone _____ Work phone _____

Email address _____

Special Shabbaton with Rabbi Marmorstein

Come to the special Santa Cruz Shabbaton on June 13, 14 and 15 with Rabbi Itzhak Marmorstein. From Friday evening through Sunday morning we will fill Shabbat with ecstatic song, music, dance, prayer, and more delight in neo-Chassidic Torah study.

Rabbi Marmorstein has been a student and teacher of Torah and Kabbalah for the past 30 years. He has the unique distinction of having received smicha (rabbinic ordination) from Rabbi Zalman Nechemia Goldberg of Jerusalem, Rabbi Shlomo Carlebach (tz"l) and Rabbi Zalman Schachter-Shalomi.

Reb Marmorstein is one of the pre-eminent interpreters in the world today of the teachings and poetry of Rabbi Abraham Kook. His teaching spans from Sefer Yetzira, the first book of Kabbalah to the contemporary and radical mysticism of Rav Kook. Reb Itzhak is a practitioner and teacher of Ophanim, a recently-emerged Kabbalistic Yoga and meditation practice. He is also the author of MILA YOMIT: the Torah, Word by Word—A Cyber Learning Journey.

Shabbaton programs will include:

- The Light of Rav Kook: the contemporary and

very profound Torah of Rav Kook, who teaches that the work of this generation includes opening the gates of and serving the transformation from (Torah of Judgment to Torah of Love.

- "Embodying the Tree of Life: learn Ophanim, embodying the energy and teachings of the Hebrew letters.
- "The Zohar on this week's parsha, Parshat Nasso: the priestly blessing and more
- "Music, Music, Music: the Mystical Poetry of Rav Kook. Bring your drums, guitars, tambourines...
- Plus, some Reb Shlomo (tz"l) storytelling and niggunim (Mamash! so sweet, so deep, so holy).

Donation requested is \$60-100 per person for the entire Shabbaton. For just one segment, donation requested is \$25. No one will be turned away because of lack of funds. Please, make your check out to Chadeish Yameinu and mail before June 9 and send c/o: Howie Schneider, 1424 Glen Canyon Road, Santa Cruz, CA 95060. The Shabbaton will be at the Roismans in La Selva Beach.

Call Reb Eli (831/-425-5879) with questions.