President's Message: Widening the Circle

Whew! We started the New Year with a whirlwind of activity, positive momentum and accomplishments. As a result, we are widening the circle of people involved with Har Shalom The board has four new members, a full, meaningful year of religious school season has begun, we plan cultural and social programs, participatory services, and are looking to become a better, caring community, responding to the call to tikkun olam (repair the world).

Rosh Hashanah and Yom Kippur saw us to pull every available chair and sofa into the sanctuary to accommodate the crowds. One graduate student, Avi Rascoe, was invaluable in rolling our Torah for the high holiday, book-skipping readings. New community members continue the tradition of quickly finding roles within the congregation.

Over the Sukkot weekend, October 2-4, we hosted a wonderful Shabbaton, involving the Montana Association of Jewish Communities (MAJCO). A personal highlight was getting to spend time with Rabbi Ed Stafman, Bozeman's Bet Shalom resident rabbi. For example, he led a very enlightening study Shabbat afternoon of traditional Jewish text involving health and medical providers.

Our Tuesdays with Morrie event was a great success. Among its many successes is the satisfaction of the wider community knowing that Har Shalom is here and that we put on quality programs. The combination of an extraordinary meal with a very moving adaptation of Mitch Albom's best seller will be remembered for a long time. Many fine contributions and generous bidders helped tremendously in raising ever-welcome funds from the silent auction. Many people helped make this a winner, but I personally recognize three people for their tireless efforts and vision — Sherry Kolenda, Kate Soukonnikov, and Dave Jolles.

As we settle into the calendar of events and work for the remainder of the year, I encourage all to be ready to say yes when called to help and sharing your thoughts about how Har Shalom can expand our value to members and to the wider community.

Callie's Corner: Balancing Act

What a crazy month and a half! Autumn is always full of activity: children starting off a new school year, harvesting from the garden and canning fresh produce before winter. Add to that mix the slew of Jewish holy days and that's it—we're spent! We begin to look forward to the more mellow, hibernation-like pace of winter.

The Hebrew calendar reflects this flow. The month of Tishrei was packed full: Rosh Hashanah, Shabbat Shuva, Yom Kippur, Sukkot, and Simchat Torah. We spin out of our rejoicing and celebratory dance into the quiet, calm, waiting arms of the month of Cheshvan. This Hebrew month is commonly called Mar Cheshvan, bitter Cheshvan, because there are absolutely no holy days (save our weekly holy day of Shabbat) for the entire month. Cheshvan, which began this year on October 19 and continues until Rosh Hodesh Kislev on November 17, is a pause—a chance to be still, to rest, to replenish before the cold of winter.

Medieval Jewish philosopher and physician, Maimonides' central theme in all of his many teachings is that of balance. As a physician, he insists that in order for a person to find spiritual harmony, they must first find physical harmony. In order to find this balance he recommends that a person first discern where in their personality, or physical being, that they have an imbalance. Once that imbalance has been found (such as an overabundance of one quality or another) the person must then move as far to the other extreme of that quality as they can, in order to overcorrect. He suggests that if a person is particularly miserly, that they give extreme amounts of tzedakah, until they find that their miserly tendency has given

(continued on next page)

Board of President: Bert Chessin, 531-5193 **Directors** Vice President & Interim Treasurer:

David Jolles, 549-3656

Secretary: Kate Soukonnikov, 549-0503

Members:

Jeff Bendremer, 493-1908 Tack Cohen, 543-4409 Ted Fitzpatrick, 322-3850 Sherry Kolenda, 251-7996 Rob Natelson, 25l-2266 Larry Stahl, 493-6190 Toba Winston, 777-5541

Nov-Dec '09

Atidaynu School News

We are off to a great start with a wonderful team of teachers including Jody Jakob, Paul Rosen, Jeff Bendremer, Bert Chessin and Sheehan Rosen! Each meeting begins with morning Tfilah after which we break into peer groups for religion and culture lessons. After a snack we get into our Hebrew groups. We're all a little rusty after the long summer break, but things are coming back pretty quickly! Remember that we are meeting twice a month now, so if you miss one meeting, there will be another one sooner. There is still room for more children in all of the groups, so if you're interested or you know someone who is, please contact Erin Craney at erin_craney@hotmail.com for registration information.

The Har Shalom newsletter is written entirely by volunteers. Submissions are always welcome!

The next deadline is December 15 for the January/February 2010 Edition.

Callie's Corner (continued)

way to a more moderate, and therefore appropriately generous level. The Rambam proposes that in this extreme move away from one pole to another, their behavior will naturally move back to center – to balance.

This is what we are experiencing right now in the Hebrew calendar. Cheshvan is here. Next will be the month of Kislev with its singular holiday, Hannukah, our festival of lights. I urge you, whatever your excesses or deficiencies, give yourself the gift of Cheshvan to find balance.

Bikur Cholim: Visiting the Sick Creating a caring community by Laurie Franklin

Har Shalom is full of generous open-hearted folks; I know first-hand because, on more than one occasion of illness, I've been the recipient of caring, restorative visits. The Har Shalom Board is eager to give structure to our corps of caring congregants so that make sure that none of us is lacking the support that enables healing, lifts our spirits, and expresses our sacred relationship with each other and God.

"Bikur cholim" literally means "visiting the sick" and is a core Jewish value. We find the textual foundation for bikur cholim in Torah, in God's visits to Abraham as he recovers from circumcision and the Israelite community's response to Miriam's skin affliction, and in Talmud, in detailed discussions of both the commandment and practices of bikur cholim.

In modern practice, bikur cholim means:

- Visiting someone in hospital or nursing home or visiting the homebound.
- Telephoning a homebound person, especially for holidays and Shabbat.
- Bringing food to a family with a new baby.
- Driving someone to a doctor's appointment.
- Helping a child with homework whose parent is hospitalized.
- Praying together.
- Cooking meals or bringing gift certificates from businesses that deliver food, so a family can make its own food choices.
- Calling from the store, and saying "I am here. What can I pick up for you?"
- Sharing your hobbies, i.e., reading, gardening, baking, singing, or writing.
- Listening.
- · Smiling.

(Thanks to R. Richie Address and R. Isaac Trainin)

What can we do to strengthen and expand our community of caring? Har Shalom has always had an informal network of giving people. Join us as we explore the book *Becoming a Kehillat Chesed: Creating and Sustaining a Caring Congregation* by Harriet Rosen with Rabbi Richard Address, Marcia Hochman and Rabbi Lisa Izes. We'll assess our needs and create a plan for a vital and functional caring community. Fulfilling the commandment of bikur cholim is one of the most sacred actions we can take as individuals and as a congregation. Please watch the Har Shalom weekly email announcements and web site for the first meeting in early December (not yet formally scheduled) and contact Laurie Franklin directly at rossfranklin@msn.com or 546-9368 if you'd like to be part of the initial organizing effort.

The Four Layers: A Kabbalistic Journey with Rabbi Winkler

Rabbi Gershon Winkler's workshop at Har Shalom, Friday, Nov. 6, through Saturday, Nov. 7

Based on the underlying mystical teachings of the Hebrew Creation story, this seminar explores the four layers of our reality on earth, Chaos, Emptiness, Darkness, and Light, and how each and every step, choice, and action, unfolds through these four layers or dimensions. This long–neglected and ancient body of wisdom will help us better grasp the agony and the ecstasy of existence as a human, and help us fine–tune our life walk toward personal healing, enrichment and betterment, as well as foster a more peaceful inner sense while we bide our time on earth. We will explore ancient and early–medieval Hebrew and Aramaic source texts to discover yet–unrevealed layers of insight into the mysteries of Angels and spirits, and of the great elusive force behind all that is—what we so glibly refer to as "God"—as well as the miracle we so condescendingly call "Existence."

Friday, 6pm Shabbat service is free and open to all. Potluck dinner follows. Free Havdalah service, Sat., 6pm. To register for the workshop, contact Marlene (artdogz@msn.com) or Laura (missoulaura@hotmail.com).

Ritual Team Sing Out: Bagels, Ballads, and Bruchas (Blessings!)

Sunday November 22, Noon-2 pm The Ritual Team kicks off its 5770 activities with a come-one-come-all "kumzitz" (get together): Bagels, Ballads and Bruchas! Bring a tune you would like to teach or request one that you'd like to learn. Words can be in Hebrew, Yiddish, Ladino, and English and can be liturgical or not! Make it lunch or brunch: we'll be serving bagels and sundries. Bring kids, guitars, hand drums, fiddles, and let's get into it! Contact Laurie at 546-9368 or rossfranklin@msn.com for more information.

Oh Chanukah! Party Scheduled

Mark your calendar and join us for the annual Har Shalom Chanukah party, Friday, December 18. Callie will be here, so we're combining holiday festivities with a very short family Shabbat service and our traditional latke potluck. Activities begin in the late afternoon and continue into the evening. Maeta's coordinating activities, and would love some help, so contact her at maetadan@hotmail.com or 543-4322. This is one of our most festive events of the year; so gather everyone, young and old for a good time. Here's the tentative schedule:

4:30 – children's activities, cookie decorating, crafts, light snacks provided. Parents and interested adults will have a chance for conversation with Callie around Chanukah-related topics. 5:30 – Shabbat service especially geared toward the young and young-at-heart 6:00 – Vegetarian latke potluck. We'll have frying pans for on-thespot cooking, ovens for warming, so bring your best and compete for the 2009 Latke Royalty Crown. Of course we need apple sauce, sour cream, salads and whatever else you'd like for dinner. On a greening theme, please bring dishes and utensils for your family. 6:45ish – dreidel games, stories, songs

An open letter from Sherry Kolenda, Synagogue for Missoula Chair

Our Tuesdays with Morrie event proved to be a lovely event, with wonderful people, fantastic food, and a moving performance of Tuesdays with Morrie by Allen Secher and Matt Ford. This dinner/theatre evening was truly was a labor of love by all concerned. I would personally like to thank our Capital Campaign committee, Kate Soukonnkov, Bert Chessin, David Jolles, Merce Litfin and Toba Winston—this was the power of the team in action.

In addition, Bob Zingmark created all of our marketing materials; ads, printed menus, playbills, and Har Shalom bookmarks. Lynne Shaara did all of our public relations work.

Two Sisters Catering helped us coordinate the event at their location, provided us with excellent servers, set a beautiful room, and were extremely supportive throughout the months of preparation. Thank you Beth and Susan Higgins. The wine was offered to us at an extremely low cost by George's Distributing—Chelsea Frank thank you for your generosity. Scott MacIntyre, of Badlander Catering, provided a great bar and fantastic bartenders.

We haven't gotten the final tally as far as the amount of money we made as yet, but we did come out ahead by several thousand dollars. But in some ways that's not the most important thing we will have achieved. Even more important than that is that Congregation Har Shalom is now more integrated into the community than ever before. Some people in Missoula that used to ask, "where is the building?" or "I didn't know there was a synagogue in Missoula!" now know who we are, and where we are and THAT we are a great group of people doing great things in Missoula. For that, we should all be proud!

I wish I could tell you our financial needs are over, but of course, we still have a high mountain to climb. As the secular year comes to an end, please consider making a tax-deductible gift to Har Shalom. Contributions may be sent to PO Box 3715, Missoula, MT, 59802 or via credit card on the web at www.har-shalom.org. Click the "Donate" tab on left.

Thank you to everyone!

Main Results of Annual Congregational Meeting

FOUR MEMBERS JOIN THE BOARD

Jeff Bendremer

Jeff is an anthropologist specializing in Native American cultures, the ethics of archaeology and indigenous archaeology. He received my Ph.D. in 1993 from the University of Connecticut. For the past ten years he managed the cultural resource and historic preservation program for the Mohegan Tribe of Connecticut. He was first vice–president and later president of the Hillel at the University of Connecticut. More recently, he sat on the boards of Beth Jacob, a Conservative synagogue in Norwich, Connecticut and B'nai Israel, a Reconstructionist synagogue in Willimantic, Connecticut. He lives up the Rattlesnake with his wife, Danielle, his daughter Allie and his son, Sol.

Jack Cohen

Jack works at the US Forest Service Fire Sciences Laboratory in Missoula where he is one of the scientists conducting fire research related to wildland fire. His specific research concerns the heat transfer physics of ignition and combustion processes related to fire spread and home destruction during wildfires. Jack and his wife, Pat, returned to Missoula in January 1996 having lived here twice previously from 1971–1973 and 1976–1979. They strongly support having Har Shalom established at its current location. They were also active in the reform temple, Beth Israel, when they lived in Macon, Georgia. While growing up in Tucson, Arizona Jack received his Jewish education at reform Temple Emanu–El.

Ted Fitzpatrick

Ted is a Montana-native who spent ten years working around the country as an actuary. Most notably, he converted to Judaism in 1994 after an intensive four-year preparation, two years of which were spent in Israel. Ted recently moved to Montana and plans on embarking on new studies.

Rob Natelson

Rob Natelson has lived in Missoula for more than 22 years, and is a long-time member of Har Shalom. Several years ago, he headed our congregation's committee to revise the bylaws, and he has served on the nominations committee. He is a professor of law at the University of Montana, where he teaches constitutional law. He has a national reputation as

Yahrzeits

The Yahrzeit is the anniversary of a loved one's death according to the Hebrew calendar. The civil date varies from year to year. The Hebrew date is listed first, followed by the current year's civil date in parentheses. Yahrzeit candles should be lit the evening before the date specified. This is because the Jewish day actually begins at sundown on the previous night.

— Cheshvan

17 (11/04) Max Marshall (Connie Campbell's father)

— Kislev

- 11 (11/28) Albert Ginsberg (Beth Leibowitz's father)
- 14 (12/01) Cherrie Steinebach (Tyler Steinebach's mother)
- 15 (12/02) Mildred Shulman (Joy Earls' mother)
- (Joy Earls' mother) 18 (12/05) Bill Weisz (George Weisz's Father)
- 19 (12/06) Barbara Lumpkin (Candy Miller's mother)
- 24 (12/11) Morris Leibowitz (Gary Leibowitz's father)

— Tevet

- 1 (12/18) Jonathan Kast (Sigrun Kuefner's son)
- 4 (1½/21) Fanny Rosenberg (Ed Rosenberg's mother)
- 12 (12/29)Anna Glass (Fern Glass-Boyd's mother)
- 13 (12/30) Bert Genstel (Robbin Kusia's Father)

Main Results of Annual Congregational Meeting (continued)

a scholar in that field, and particularly in the American Founding, and frequently is interviewed in the local and national media. Rob was a prominent figure in Montana political life for about a decade. In 2000, he ran second in a field of five in the primary elections for governor. His wife is Betty, and he has three daughters: Rebecca, Deborah, and Sarah.

Har Shalom Commits to Laurie Franklin as Paid Spiritual Leader Beginning Summer 2010

At the Annual Meeting this past September the membership voted to withdraw from the student rabbi program and to empower the board to negotiate with Laurie Franklin, our current lay leader about the arrangements for her to be our spiritual leader next year. Read more about Laurie at www.har-shalom.org, click on "Our Spiritual Leadership" tab at left.

MAJCO Shabbaton and Hadassah Annual Meeting 2009

Welcoming Visitors in the Sukkah

On the first weekend of Sukkot, Har Shalom welcomed a house-full of Montana "ushpizin" (visitors), fellow Jewish congregations of the Montana Association of Jewish Congregations (MAJCO) and the Montana Chapter of Hadassah, the Women's Zionist Organization of America. The Shabbaton is a precious link between geographically isolated Montana Jewish communities. There was a "good" feeling in the house, a genuine sense of welcoming and many moments of learning, worship and good fun.

We were joined by URJ Union Rabbi, West Region, Rabbi Alan Henkin, who gave us a drash about welcoming, taught us about the History of the Synagogue in America and led a study of Kohelet (Ecclesiastes), the traditional Haftarah text for Sukkot. Rabbi Ed Stafman of Beth Shalom, Bozeman, offered Torah study and led Shabbat Shacharit. Lay leaders Josh Burnim and Laurie Franklin were joined by musician Peter Pundy, to lead Kabbalat Shabbat. Rabbis Stafman and Henkin presented a forum on Jewish ethics and health. Hadassah and MAJCO held their annual meetings, and Hadassah contributed to our ample breakfasts and filled our hallways with a very successful "White Elephant Auction".

Bruce Barrett, Regional Director for the AIPAC Mountain West Region spoke about "Israel and the Region: New Challenges, New Horizons", and lively, friendly discussion followed when Dr. Mike Chessin presented remarks about the positions of the new J-Street organization, a pro-Israel, pro-peace group in the US and Israel.

Har Shalom President Bert Chessin took us all for a ride in the "yellow submarine" school bus for the first-ever Jewish Tour of Missoula. Sigrun Kuefner and Jackie Cohen led an invigorating Saturday morning hike at nearby McClay Flats. The Saturday evening entertainment consisted of the children's skit, klezmer music from Bert and Sonia Chessin and friends, and Israeli dancing. Toba Winston's beautiful Sukkah was expanded by Dave Jolles, Bert Chessin, Rya Hawks, Ted Fitzpatrick and others (we hope we didn't leave anyone out!).

We look forward eagerly to the next Shabbaton, which may be hosted jointly by Flathead Valley congregations Bet Harim and Congregation of the No. Rockies in late spring 2010.

And now, a few (English/Hebrew) words.

HEBREW ENGLISH Hello, good-bye or peace Shalom Good morning Boker tov Erev tov Good evening see you soon L'hitra'ot What's up? Ma nishma Yes Ken No Lo Thank you Toda Slicha Excuse me/I'm sorry Please/You're welcome Bevakasha

What is your name? (male/female) Eich korim lecha/lach?

My name is... Shmi...

How are you? (male/female)

Ma shlomcha/shlomech?

Fine, OK B'seder

Simchat Torah: Pizza, Flags, Bagpipes and Torah

So, have you ever danced with the Torah to the song "Torah, Torah" played on Scottish smallpipes? That's one of the ways we marked the completion of the annual cycle of reading Torah on Saturday, October 10, Erev Simchat Torah. We engaged in the metaphoric ritual of honoring the elders of our community for the last verses of Deuteronomy and the youth for the first verses of Genesis; Sigrun Kuefner, Ed Rosenberg and Trina Valencich were called up to Torah for the "end", and all the children were called up for the "beginning." If you missed this year's celebration of Torah, point yourself toward the next one in 5771 and you just might have another crack at hearing the bagpipes.

High Holy Day Food Drive

This year, we brought 220 pounds of food to the Missoula Food Bank! A great effort, but hunger doesn't stop. Please bring non–perishable food to the synagogue whenever you come by.

Contributions (those given after the newsletter deadline will appear in the next issue)

General Fund Donations:

Josh Epstein

Gil & Debra Gale, in thanks for the New Year

Lois and Harry Goldman, in thanks for High Holy Days

Maeta Kaplan

Craig Kuchel

Dr. Andrea Leiman, in thanks for High Holy Days

Denise Levine, in thanks for High Holy Days

Avi Rascoe, in thanks for High Holy Days

Kate Sells, in thanks for High Holy Days

Julie Serrano, in thanks for High Holy Days

Sue Silverberg, in thanks for the New Year

Beverly Tatz, in thanks for High Holy Days

Toba Winston

A Synagogue for Missoula Campaign Donations:

Barbara Callaghan

George Caras

Florence Chessin

Pat Cohen

Jackie Cohen

Pat Cohen

Erin Craney

Joy Earls

Karen Edwards

Martha Elizabeth

Frieda (Fritzi) Ferguson, in thanks for Rosh Hashanah

Matt Ford

Laurie Franklin

Sheila Getty

Fern Glass

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Kate and Boris Soukonnikov, Patron Level Donation

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Danielle Wozniak

In Memory of:

John Winston

Robert Chervenock

Datsopoulos, MacDonald & Lind

Bob Écherfield

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Maeta Kaplan

Joe Nemeth

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Diana Lurie, Patron Level Donation

Dr. Richard Bien

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Bernard Robin

Melinda Robin

William VanCanagan

In Honor of:

Kenneth Lloyd, thanks to Bob and Merce Zingmark

Marc Semanoff, in honor of Sylvie Semanoff

Toba Winston, in honor of Kate and Sherry for all you do

Siddurim Purchase Fund Donations:

Robin Abeshaus

Suzanne Aboulfadl

Laurie Franklin

Kathy Good

Rya Hawks

Marlene Hutchins

Sigrun Kuefner

Rachel Schaffer, in memory of Bernice/Elliott

Kate and Boris Soukonnikov, in memory of Rose and Harry Kaufman,

in honor of Ruth Lorinczi

Danielle Wozniak



UPCOMING EVENTS CALENDAR

Student rabbi Callie Souther will return in September. Until then, our weekly Friday evening Kabalat Shabbat services are led by lay leader, Laurie Franklin. Snacks are provided before our Shabbat service; if you arrive early you are invited to have a nosh with us. All events, unless otherwise noted, are at Congregation Har Shalom, 3035 S. Russell

Student rabbi appointments: email Callie Souther: csouther@huc.edu

NOVEMBER

Tuesday, 11/4, 5:30–7:30 pm Synagogue for Missoula meeting
Wednesday, 11/4, 7:30–9 pm Chevruta Talmud Study
Friday, 11/6, 6 pm FREE Shabbat services w/Rabbi Gershon
Winkler; 8 pm"The Four Layers" Workshop begins
Saturday, 11/7, 10:30 am Rabbi Winkler / "The Four Layers"

Workshop continues

10 am–noon Torah Study

6 pm FREE Havdalah service with Rabbi Winkler Tuesday, 11/10, 6–8 pm HS Board Meeting Wednesday, 11/11, 7:30–9 pm Chevruta Talmud Study Friday, 11/13, 6 pm Kabalat Shabbat Service with Kiddush

7:15 pm vegetarian potluck*

Saturday, 11/14, 9–10 am Torah Study, 10:30 am–noon Shabbat Shacharit*

Sunday, 11/15, 10 am–noon Atidaynu Sunday School* Wednesday, 11/18, 7:30–9 pm Chevruta Talmud Study Friday, 11/20, 6 pm Kabalat Shabbat Service with Kiddush after service

Saturday, 11/21, 10 am – noon Torah Study
Sunday, 11/22, 10 am – noon Atidaynu Sunday School
Noon–2 pm Bagels, Ballads, and Bruchas!

Wednesday, 11/25, 7:30–9 pm Chevruta Talmud Study Thursday, 11/26, Thanksgiving

Friday, 11/27, 6 pm Kabalat Shabbat Service with Kiddush after service

Saturday, 11/28, 10 am-noon Torah Study

DECEMBER

Wednesday, 12/2, 7:30–9 pm Chevruta Talmud Study Friday, 12/4, 6 pm Kabalat Shabbat Service with Kiddush after service

Saturday, 12/5, 10 am Torah Study

Sunday, 12/6, 10 am – noon Atidaynu Sunday School

Tuesday, 12/8, 6 pm HS Board Meeting

Wednesday, 12/9, 7:30–9 pm Chevruta Talmud Study

Friday, 12/11, 6 pm Kabalat Shabbat Service with Kiddush after service

Light first Chanukkah Candle

Saturday, 12/12, 10 am Torah Study

Wednesday, 12/16, 7:30–9 pm Chevruta Talmud Study

Friday, 12/18, 4:30 pm Kids Chanukkah activities **5:30 pm** Family Kabalat Shabbat Service

6 pm Vegetarian Latke potluck dinner followed by dreidel games, and music

Saturday, 12/19, 9–10 am Torah Study, 10:30 am–noon Shabbat Shacharit*

Sunday, 12/20, 10 am–noon Atidaynu Sunday School* Wednesday, 12/23, 7:30–9 pm Chevruta Talmud Study

Friday, 12/25, 6 pm Kabalat Shabbat Service with Kiddush after service

Saturday, 12/26, 10 am–noon Torah Study Wednesday, 12/30, 7:30–9 pm Chevruta Talmud Study



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