

## PRESIDENT'S COLUMN by Holly Kingsford

My busy life doesn't give me much opportunity to read. That's why I assigned the book entitled *G-d is a Verb, Kabbalah and the Practice of Mystical Judaism*, by Rabbi David A. Cooper, to the Rosh Chodesh group—so I would make time to read it myself.

Here's a juicy nugget: "One's actions, particularly deeds of loving-kindness profoundly impact upon the Universe. Minor actions can have significant consequences; one's fame and fortune can pivot on a single twist of fate; everything happening to us is connected with a complex weave of variables. Moreover, angelic forces are associated with our thoughts, words and deeds. Deep spiritual work can open the gates of heaven; a spiritual master can be profoundly attuned to one's destiny and holy sparks can be raised by an act as simple as offering a pinch of snuff."

This is the kind of thing that makes my heart race and goose bumps rise on my flesh. When we visit the sick in hospital, raise money for the future of our spiritual home or perform other seemingly mundane tasks, we are actually opening the gates of heaven. When we are in need of something missing from our lives, we look at how we can help ourselves. And the answer to this question is, we help ourselves by serving others. It is much like the story of the peasant whose mother-in-law moves in and he complains about the lack of space in his crowded home. After inviting his livestock into the house and then expelling them, he realizes that he has all the space he ever needed. So it is with our lives. Often our problems loom large, but in service to others, we soon realize how fortunate we are.

The blessing is that our holy community supports us through the adventures of life and in this growing and learning process, the heavenly realm rejoices with us. If you have ever received an email from me, you would know that my signature reads: What do you appreciate about your life today? And I have to say that I appreciate being involved in a community of spirits that work together to advance the boundaries of the Universe! I appreciate you!

## LAURIE'S LETTER by Laurie Franklin, Student Rabbi and Spiritual Leader

### Yearning, Giving, and Tshuvah

#### Yearning

Many of us come to Jewish community because we are actively seeking something that's missing in our lives. When I arrived in Montana in 2002, I was not a practicing Jew. I sought out Har Shalom because I was looking for connection. I wasn't drawn to worship; it was unfamiliar and confusing to me. But I hoped to find others who celebrated my beloved home-based holidays like Pesach and Chanukah. I found much more. I learned that Judaism has a deeply spiritual tradition, one that emphasizes not only prayer and learning but meditation, gratitude, and love of the natural world, a tradition that teaches us to ask questions and holds as a holy given that we have different views about the same issues. I also learned that helping others is central to our tradition. When we help others, we are living the instruction of Vayikra (Leviticus) 19:18, "V'ahavata l'rayacha kamocha"; that is, "Love your neighbor as yourself". Funny, we show up at the synagogue door, needy, and find that the taking care of others is part of filling the void.

#### Giving

Har Shalom president Holly Kingsford writes, "Often our problems loom large, but in service to others, we soon realize how fortunate we are." Well said! We can find holiness in the act of helping. That's one reason Har Shalom is now a full partner with the Missoula Inter-faith Collaborative (MIC). In winter and spring, Har Shalom volunteers Lida Running Crane, Ilana McCloud, and Boris Soukonnikov conducted listening sessions with Har Shalomians, as

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# Jul-Aug '14

## Atidaynu\* News

by Sheehan Rosen

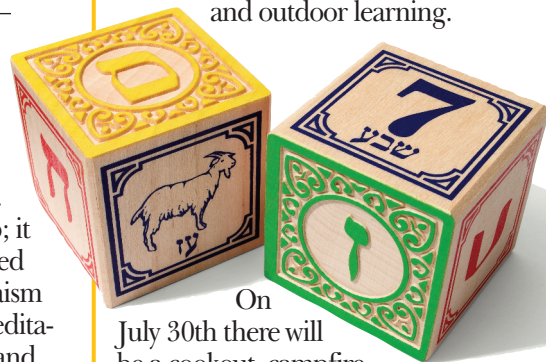
\*Atidaynu means "our future."

We are off for the summer. Hope you are having a safe and a fun one!  
contact rosens@montana.com

## Soul Train Summer Camp at Har Shalom

### July 28 to August 1

Israeli counselors, Rachel Rune and Chen Rettig, will be with us from July 28 through August 1. There will be many activities to stimulate campers, including arts and crafts, singing and dancing, outdoor activities, and experiencing Israeli and Jewish culture. Children from ages four to 13 are welcome to join in this annual camp. We will have an afternoon at Splash Montana, a walk in the woods, and outdoor games at Boyd Park, so that each day is balanced between indoor and outdoor learning.



On

July 30th there will be a cookout, campfire song, and sleepover in the Bitterroot valley for the whole community. Daily snacks provided, but families provide a bag lunch. Daily from 9 am to 3 pm. Open to all children, members and non-members. See Har Shalom's website for the registration form. Call Bert at 406/531-5193 for more information.

**Board of Directors**  
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The Har Shalom newsletter is written entirely by volunteers. Submissions are welcome.  
Next deadline: Aug 17 for Sep/Oct '14 issue  
Send corrections or comments about this newsletter to Pat Cohen, editor, at cohenpc@aol.com

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## LAURIE'S LETTER (continued from first page)

did Casey Dunning and Jen Barile of MIC. Their combined samples included 24 people, a healthy fraction of our 50-plus-member community. Through listening sessions, they identified the issues we are passionate about. At the top of the list are children and youth, families, discrimination and homelessness, with emphasis on direct, supportive interaction and mentoring. You can see those results on the Har Shalom website.

Next steps? Right now, we're comparing our passions with needs expressed by local organizations and looking for good matches. Among the possibilities are adopting a local school or social service provider. The needs are great and our choices are many. This fall, we'll ask for your opinions again so together, we can choose the focus of our volunteer work. Being part of a larger, community-based effort lightens the task for each of us and has greater effect on the needs we seek to fill.

### Tshuvah

In the fourth week of August, we enter the month of Elul, the beginning of the season of Tshuvah, return, that leads us to the Days of Awe. Our deep yearnings provide opportunities for growth and centering. Our tradition teaches that we can elevate our spiritual capital through acts of loving-kindness, aka *chesed*, and *tikkun olam*, aka repair of the world. My blessing for all of us (me, too, why not!)\* is that our yearnings lead us to giving, and that our giving brings us a finer appreciation of our lives and a true sense of living Torah.

\*With fond thanks to Pardes Institute of Jewish Studies, Jerusalem, where I learned this blessing formula.

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## 'Worlds Apart but Not Strangers' workshop returns to Har Shalom Wednesday, July 23

For the fourth year, a writing workshop entitled *Worlds Apart But Not Strangers: Holocaust Education and Indian Education for All* returns to Missoula, and Har Shalom will host the course Wednesday, July 23rd.

The week-long session trains Montana teachers to be able to introduce their students to the Holocaust and to Indian tragedies. The teachers, Wendy Warren and Brenda Johnston, have honored Har Shalom by holding one day of classes at the synagogue, concentrating on Jewish history and culture.

The Wednesday session is open to all Har Shalom members at no cost. Kate and Boris Soukonnikov will speak about their families' experiences in the Shoah, in Ukraine and Hungary. Laurie Franklin will introduce the Jewish perspective to the group, Bert Chessin and Mike Chessin will speak about Jewish history in Montana. More details will be coming. Please watch for info in the weekly. If you do not get our weekly email, please send a note to [info@har-shalom.org](mailto:info@har-shalom.org).

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## Women's Rosh Chodesh June 28, July 28, August 26 at 5:30



Please mark our next three dates for Rosh Chodesh on Saturday, June 28, Monday, July 28, and Tuesday, August 26. In June, we will be meeting at the pavillion at Greenough Park for a hike. In July and August, Aimee Ryan will be leading yoga at Har Shalom.

We are reading *G-d is a Verb, Kabbalah and the Practice of Mystical Judaism*, by Rabbi David A. Cooper.

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## Todah Rabah

• To Joyce Latimer, Pat Cohen, Alice and Charlie Byrn for their help with hosting Family Promise guests in June.  
• To Holly Kingsford, Kate Soukonnikov, Marc Steinberg, Lida Running Crane, Bert Chessin for serving on the Har Shalom Board of Directors.  
• To Har Shalom from the Missoula Food Bank. We delivered 16 pounds of food in the past month.

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## A poem

### Dichotomies

God, you have created us with a  
desire for your freedom  
And a fear to choose its vast path,

An ability to do battle  
with each other  
Yet a yearning for the practice  
of peace,

With instructions to seek  
your good counsel  
But a weakness for choosing  
the wrong,

With a need for your  
methods of healing  
But a bent  
just to do-our-own-thing,

With a love for your concept  
of justice  
But deceived by  
the judgment of man,

With an ability to love  
all our neighbors  
But not as much as ourselves.

We need the embrace  
of your guidance  
As we learn the truth of your ways,

And respect for the depth  
of your teachings  
As the way of reflecting your light.

—JOYCE LATIMER, MIDNIGHT 6/9/14

## Parking lot repairs and improvements scheduled for first half of August

Har Shalom's parking lot behind the building will be closed for several days in early August. Specific days will be announced in the weekly emails. Repairs to the drain and dry well, and repaving in places will take place to remove the puddle that forms with rain and snowmelt. Painting of the lot will also be performed. Following that, there will be a reversal of traffic flow with conspicuous signs to improve safety.

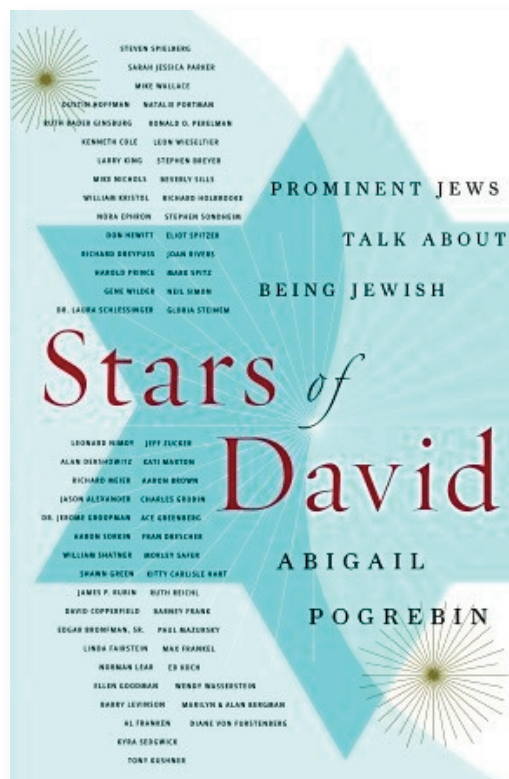
## Toba's Book Review

### STARS OF DAVID ~ PROMINENT JEWS TALK ABOUT BEING JEWISH BY ABIGAIL POGREBIN

This is a very interesting book of short stories that is easy to pick up and hard to put down. It is fascinating to hear 62 well-known high achievers talk about being Jewish. I will not give you a list of who is in the book because I am unable to select just a few names out of the 62 (and for the sake of brevity, I will not list all 62). Some of the stories are quite funny and some are very emotional. They are highly personal stories from people we think we know—stories that peel back a new layer. Their stories are so varied and tell something about the famous person, a story that has probably never been told before.

The author is a very talented interviewer and writer having worked as a producer for Charlie Rose, Bill Moyers, and 60 Minutes—for Mike Wallace and Ed Bradley. She states in the prologue that she wrote this book because she has a curiosity that is in part motivated by the fact that she is Jewish but is not sure how Jewish she is. She says: "I was interested in what people who happen to be Jewish and happen to be famous think about being Jewish today when a la carte Judaism is the norm and when strict observance and fervent Zionism has largely fallen away."

I read this book and it got me thinking about how Jewish I am. I suspect if you read it, you too will enjoy it and will begin reflecting on that question.



## Yahrzeits

*The Yahrzeit is the Hebrew-calendar anniversary of a loved one's death. The Hebrew date is invariant and is computed on the basis of the day and time of the deceased's passing, but the corresponding civil calendar date changes each year.*

*In the list below, the Hebrew date appears listed first, followed by the current year's civil date in parentheses. Yahrzeit candles are traditionally lit the evening before the specified date because the Jewish day begins at sunset of the previous day. At Har Shalom, we read our congregants' Yahrzeits and recite the Mourner's Kaddish at the Shabbat service before the Hebrew calendar Yahrzeit date.*

*If you would like to add a Yahrzeit to the Har Shalom list, please contact our office at 549-9595 or email [info@har-shalom.org](mailto:info@har-shalom.org).*

## TAMUZ

9 (July 7) Flora Cohen

Jack Cohen's grandmother

16 (July 14) Samuel Nashel

Elizabeth Howard's grandfather

22 (July 20) Irving I. Schuldberg

David Schuldberg's father

## AV

5 (August 1) Dorothy Cohen Martin

Marilyn Dayries' mother

11 (August 7) Betty Ann Schreiberman

Sheryl Alexander's mother

16 (August 12) Barbara Goren

Carolyn Goren's sister

18 (August 14) Hank Butzel

Har Shalom community member

19 (August 15) Dora Spector

Ellen Silverglat's mother

21 (August 17) Morris L. Goren

Carolyn Goren's father

21 (August 17) Averil Sherman

Suzanne Aboufaddl's mother

## Support Har Shalom with a tax-free gift from your IRA

Looking for the way to make the most tax-effective gift to Har Shalom? See if you qualify to make tax-free charitable gifts using funds transferred directly from your IRAs.

*Har Shalom is not giving out tax advice. Consult a tax professional before making an IRA transfer to Har Shalom.*





P.O. Box 3715, Missoula, MT 59806

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## Donations and Tributes

We are grateful to our current and past contributors. Every donation, regardless of size, is deeply appreciated. Making tributes and memorials is a wonderful way to honor someone and support the Jewish community.

To make a donation, pay membership dues or religious school fees, visit us online at [har-shalom.org](http://har-shalom.org) and click on the “NEW: Make secure credit card payments here” link. Or, use your bank’s FREE “Bill Pay” feature. Or mail your payment to Har Shalom at PO Box 3715, Missoula 59806. Please specify the intention of your donation: Memorial; Honor; Membership; Capital Campaign; school, camp, or special event fee. If you use a credit card, please consider adding 2% to your donation to cover our credit card fees.

### **Capital Campaign**

Bruce Barrett

Zoli Browne

Ed Rosenberg and

Trina Valencich

Michael and Laura Stevenson

### **Honors and Memorials**

Toba Winston – In Honor of Holly Kingsford

### **Rabbi Fund**

Melissa Baggett

