

Kol HaLev Happenings

Newsletter of Cleveland's Reconstructionist Community

January 2010

Explore and Enjoy Shabbat Creatively

Are you inspired by the Shabbat service or by specific Torah portions? Beginning on January 9, we will start a monthly series on the second Shabbat of each month that will be an opportunity for us to explore and share both the Shabbat service and the *parashiyot* for the month through our own creativity. If you have already been inspired to write a poem, story, draw or paint something, compose a chant or song or dance that is inspired by Shabbat, this is the opportunity for you to share your creation and be inspired by others. If you want to explore Shabbat or the Torah *parashiyot* through creative means, this is the opportunity you've been waiting for. If you think you might want to explore Shabbat or the Torah portions through creative expression but aren't certain where to start, or if you just want to experience what others have done, come join us! Everyone is welcome whether you have created something you wish to share, or you wish to experience what others have created. Our first meeting will be January 9 at 10 a.m. at the home of Greg and Lois Selker.

Contact Greg Selker, Sue Wolpert, Robin Holzman or Barb Truitt for more information.

Celebrate Tu B'Shvat at a TGIS Potluck

On Friday, January 29, everyone is invited to celebrate Tu B'shvat (the New Year for the

Trees) at individual home Shabbat potluck dinners. the TGIS (Thank Goodness Its Shabbat) dinners have been a very popular way for KHL members to get more acquainted with each other in small groups, as well as sharing Shabbat. This month the TGIS dinner will be a double celebration combining Shabbat and Tu B'Shvat.

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Bat Mitzvah

We celebrate
as our daughter

Hadassah Naomi Goodman

is called to the Torah as a Bat Mitzvah
Saturday, January 16, 2010 at 9:30 A.M.

Kol HaLev Reconstructionist Community
(The Ratner School)

Bruce and Brenda Goodman

New Members

b'ruchim haba'im

Please welcome new members
Bruce and Celia Jennings
and their children
Richard, 24, Alexandra, 21 and Emily, 18

We look forward to seeing you at future
Kol HaLev events

From Our President - Allen Binstock

I want to use my message this month to talk about two recent community events and two events that are coming up in January. Each of these events demonstrates how our members enrich KHL as well as the larger Jewish and world communities.

On December 5, I had the great pleasure to co-lead Shabbat services with our rabbinic intern, Simcha Zevit. KHL was one of over 90 congregations in the US participating in Human Rights Shabbat during the first two weeks of December. As a human rights activist myself for over 35 years, I welcomed Simcha's invitation to join her on the bima to lead a service that focused on the Universal Declaration of Human Rights and our Jewish connections to the human rights agenda.

For this particular service, Simcha and I chose to focus on the many ways that women around the world are deprived of their human rights. Simcha did a masterful job of weaving together the Shabbat prayer service with educational elements about the plight of women. She put a great deal of work into preparing the service, and I know I speak for all those in attendance when I say that it was a moving and meaningful Shabbat. This service affirmed for me what I have always known of my impulse to engage in human rights activity, whether it involved writing letters to free prisoners of conscience as part of an Amnesty International campaign or picketing back in the 1980's to highlight the plight of Soviet Jewry: that it is rooted in my Jewish beliefs that we are all one. What better way to express the oneness spoken of in the Shema than to sympathize with and take action on behalf of the victims of rape in Darfur or the imprisoned leader of a pro-democracy movement in Myanmar.

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DIRECTORY		
Office 2245 Warrensville Center Road, #215 University Heights, OH 44118, www.kolhalev.net	Office Manager Judy Herdering 216-320-1498	
Officers President Allen Binstock First Vice President Greg Selker Vice President--Administration Alan Weinstein Vice President--Programming Lynn Liebling Secretary Judy Harris Treasurer Ami Kopstein Board Members at Large Barry Epstein Leah Gilbert Greg Millas Mimi Plevin-Foust Robin Shell Barbara Truitt Judy Vida Ex Officio Board Members Past President - Sue Pelleg Rabbi Steve Segar Founding Rabbi Jeffrey Schein Director of Youth and Family Education Robyn Novick	Committee Chairs Adult Education Sue & Eric Kisch Cemetery Mike Armin Child Care Coordinator Traci Elgart Development Vacant Finance Vacant Hesed Marianne Lax High Holy Days Nancy Hecht Claudia Weissman Holidays Deb Schein Kiddush Coordinator Robin Shell Membership Judy Vida Renee Siegel Newsletter Editor Sue Weidenbaum Newsletter Proofreader Beth Friedman-Romell	Rabbi Liaison Barry Epstein Selma Gwatkin Ratner Liaison Michael Caputo Religious Practices Barbara Truitt Tikkun Olam Vacant Torah Study Anna Kelman Usher Corps Mike Armin Webkeeper David Conn Tech Support Brian Miller Weekly Update Ron Kohn Youth and Family Education Kirby Date
Deadline for the February issue is Friday, January 15, 2010		

Rabbinic Corner — Rabbi Steve Segar

Rabbi Steve's column will not appear this month due to his being on sabbatical. His column will return in next month's newsletter.

Celebrate Tu B'Shvat at a TGIS Potluck

(continued from page 1)

Please volunteer to host or to be a guest. Hosts decide how many guests they would like, and they coordinate their potluck. We'll supply the Tu B'Shvat materials and match up guests and hosts. If you've been a guest at one of the dinners, you might want to try being a host. It is fun and easy. And if you've never come to a TGIS dinner, now is the time to start!

Please contact Renee Siegel to volunteer and to RSVP (renee-siegel@sbcglobal.net) or contact Judy Vida (Judyvida@sbcglobal.net or 440-646-1390) for more information.

From Our President - Allen Binstock

(continued from page 2)

It is my fervent hope that Kol HaLev will continue to participate every December in the Human Rights Shabbat event. There is no better way to express the yearning for freedom that is central to our religious beliefs. I want to thank Simcha again for the hard work and dedication she put into making this such a meaningful service. I also want to thank Sue Pelleg for assisting with the music for the service and to our congregants who volunteered during the service to read the bios of some current women who have been victimized in various parts of the world.

On December 15, I gathered up much of my extended *mishpocha* and, like many of our KHL members, attended the Hanukkah concert that Shawn Zevit gave at Siegel College. What a wonderful event and yet another reminder of what a gift we have in Shawn. The concert was a fundraiser for Kol Rina, a new local Jewish singing society, as well as for the Tikkun Olam fund of the Cleveland Board of Rabbis. Shawn was joined on stage by the Kol Rina choir as well as by HaZamir, a Jewish youth choir directed by my sister-in-law, Sharon Shaffer. One of Shawn's backup musicians on the drums was our own Greg Selker. The music was fabulous, and I can't wait until my next opportunity to hear Shawn or, for that matter, Kol Rina or HaZamir.

Now let me highlight two events coming up in January which are co-sponsored by Kol HaLev. The first is Hodesh Limud/Month of Jewish Study. Every year our own Lynn Liebling puts together this month of Jewish learning opportunities, and the program is every bit as wonderful this year as it has been in the past. The opening program is on Sunday, January 17, at 7:30 p.m. at Siegel College. It will feature Rabbi Lawrence Kushner, one of my favorite authors on Jewish themes. The month of study closes on February 14 with a symposium on environmental issues. As in the past, many of our own KHL members will be teaching courses as part of Hodesh Limud. They include Mark Davidson, Barbara Epstein, Eric Kisch, Rabbi Steve, and Rabbi Shawn Zevit. I hope our members will support Hodesh Limud and show up in the same large numbers as in the past.

The other event that KHL is co-sponsoring is a visit by Rabbi Jeff Roth from Thursday, January 21, through Sunday, January 24. Information for Rabbi Roth's visit can be found in this newsletter (see pp. 10-11). I know that all of our members who participate in the KHL Mindful Judaism group are particularly excited about Rabbi Roth's visit. Our group has been using one of his books as a basis for discussing and practicing Jewish meditation. I know this will be a unique learning opportunity and I encourage you all to participate.

Allen

Board Report

At the December 14 board meeting, treasurer Ami Kopstein reported that the Silent Auction was a great success and netted approximately \$6,000 for the congregation. However, dues collection, unrestricted contributions, and Sacred Space donations are falling short of expectations, so the congregation faces a deficit for this fiscal year. A year-end appeal, including a matching grant of up to \$3,000, has been distributed to the membership.

Attendees at the Board Workday (November 12, 2009) divided into three groups: Finance, Marketing, and Participation/Membership. Each group developed a list of strategies and tactics. The next step is to prioritize these suggestions and determine which elements will be done, by whom, and when.

The Legacy Grant Oversight Committee has been reconvened to study and possibly develop a new grant application focusing on enhancing music in all aspects of Kol HaLev programming.

The next board meeting will be held on Monday, January 11, 2010, at 7:30 p.m. at the home of Judy Harris and Alan Lipson.

Judy Harris

Contributions

Kol HaLev gratefully acknowledges the following contributions:

- Barbara Epstein in honor of the b'nai mitzvah of Steven Friedman-Romell and Ravi Lesser
- Karin Hess-Hopkins to Rabbi's Discretionary Fund in honor of August Cayce Malemud's bris
- Ron Kohn in commemoration of the yahrzeit of Adolph Kohn
- Robyn Novick in honor of Jean Miller's 50th birthday
- Nancy Rubel in honor of Shawn Zevit's and Jean Miller's 50th birthdays
- Judy Vida and Peter Gray in honor of Shawn Zevit's and Jean Miller's big birthdays; in honor of the b'nai mitzvah of Ravi Lesser and Steven Friedman-Romell, and in commemoration of the yahrzeit of Judy Vida's daughter, Jo Hana Goldberg
- Kevin and Sue Weidenbaum in honor of the bar mitzvah of Steven Friedman-Romell

Kol HaLev thanks the following members for end-of-year donations that are being matched by a generous anonymous donor:

- Mike and Kareen Caputo
- Abe and Muriel Chasin
- Glenda Kupersmith
- Zelda Lipton
- Jeffrey Sunshine and Helen Salz
- Sue and Kevin Weidenbaum
- Jeffrey and Claudia Weissman
- Chris Antenucci and Mike Raddock to Rabbi's Discretionary Fund in honor of Jean Miller's birthday
- Ralph and Selma Gwatkin in honor of Mark Kamionkowski's recent wedding
- Sam and Anna Kelman in honor of Jean Miller's and Shawn Zevit's birthdays, in honor of the b'nai mitzvah of Ravi Lesser and Steven Friedman-Romell, in commemoration of the yahrzeits of Sam's parents, Julius and Asnat Kelman

Camp JRF Camperships: Increased Grants Available

Kol HaLev and the Jewish Education Center of Cleveland (JECC) will again provide grants to help families defray the cost for children attending Camp JRF for their **first or second** time. JECC has also announced that it will be increasing the maximum grant this year to \$1,000. If you are interested in applying for one of these camperships, please contact Alan Weinstein (216-687-3758 or alan.weinstein@law.csuohio.edu). Please note that first priority will be given to children enrolled in the Kol HaLev education program.

In addition, and separate from the above grant program, Kol HaLev will attempt to provide financial assistance for families who want to send a child to Camp JRF for year three or beyond. If your family intends to request such assistance, please contact Alan Weinstein as soon as possible.

Started in 2002, Camp JRF has grown from 39 campers from 12 JRF communities in Summer 2002 to 340 campers from almost 50 communities in Summer 2009. This growth in enrollment has also included a broadening of ages. Camp JRF now has programs for youngsters between 8 and 17 years of age. Energetic and creative staff members come from the United States, Canada, and Israel, and Camp JRF senior staff includes students from the Reconstructionist Rabbinical College.

In 2006 Camp JRF moved to its new permanent facility located on 130 acres of beautifully wooded land in the Pocono Mountains. Cabins for campers are equipped with toilets and showers and each cabin has a porch. Campers take their meals in a newly renovated dining hall (capacity of 400 people) with a fully equipped kosher kitchen. In the event that a camper requires medical assistance, there is a 24-hour health clinic within 5 minutes of the camp and the Scranton Community Medical Center is within 20 minutes of the camp.

Features and amenities of the camp site include:

- a heated six-lane pool with attached changing area and hot tub
- a private four-acre lake with sandy beach, water trampoline, and small boats
- an Arts Center with individual rooms for pottery, crafts, cooking, cloth screening, industrial arts, and more
- an indoor/outdoor theater with seating for 360, dual-level stage, and adjoining classrooms
- large outdoor pavilions for gymnastics, dance, sports, and education
- sports fields for baseball, soccer, lacrosse, and group games
- basketball courts, sand volleyball courts, tennis courts, and roller hockey rink
- an indoor facility with theater, gymnastics, and skating equipment
- high and low ropes course elements
- multiple streams and hiking trails
- fully equipped health center

For more information about Camp JRF visit their web site at <http://www.campjrf.org/>

Honorable Menschen

Many thanks to Anita Cohn for coming up with an idea to encourage our members to make our potlucks more sustainable.

Hagiga Happenings

In my career I have had the opportunity to work for many organizations. When I am asked how my position at Kol HaLev compares with others, I share that this is the most special community that I have ever encountered. Two experiences that I have recently had show the incredibly supportive nature of this community.

In November I attended the RENA (Reconstructionist Educators of North America) biennial conference at JRC (Jewish Reconstructionist Congregation) in Evanston, IL. As a veteran of many Jewish education conferences and a member of many Jewish education networks in Cleveland, I can tell you that it was a fabulous conference! The conference was organized by educators from several JRF congregations, and every participant presented on an area of strength. Everything came to fruition due solely to the dedication of the members of the organization.

Frequently when one returns from an education conference, she has a handful of new ideas, a few new contacts and lots of spirit. When I returned from the RENA conference, I not only had new ideas, but I also felt invigorated and inspired by my colleagues and the work that they are doing; yet I never imagined that I would have become a part of a network created to meet the diverse needs of the field. Educators openly sharing their work and freely giving their intellectual property is not a phenomenon that I have regularly encountered. On the contrary, most educators are proprietary of their materials and are highly secretive of their work. This is just one example of the incredible community found in the Reconstructionist movement.

The other example I wish to share with you happened here at Kol HaLev. Last month the community came together to celebrate Chanukah at the Intergenerational Chanukah program at the Ratner School. Thanks to the tremendous number of volunteers in our community, there was really something for everyone: making sufganiot (Israeli style donuts), playing dreidel games, playing music, debating, doing art projects (making chanukiot and stained glass pictures), or just spending time with friends and family. The energy was felt by all who attended. What made the event special is that it was Kol HaLev simply being Kol HaLev. What an amazing community!

I hope you had a wonderful holiday, too.

Robyn Novick

Women's Brunch and Discussion

Join with the women of Kol HaLev to continue our exploration of the "Spiritual Lights Hidden in the Lives of Jewish Women," in a discussion led by Selma Gwatkin. The stimulating and thought-provoking conversation at the November brunch left many years yet to uncover as we shared the passions, concerns, hopes, fears, and loves of women in history as well as our own.

This month's meeting will be Sunday, January 24, from 10:00 a.m. to noon at the home of Leah Kamionkowski. Spend the first hour of the morning visiting with old and new friends over bagels and coffee, and join the discussion during the second hour. Feel free to join for all or part of the morning. Prior participation is not necessary. Directions will follow in the weekly update. To RSVP or for questions, contact Irene Immerman (irene_immerman@keybank.com).

Join Us for "A Conscious Journey of Eldering"

A SIX-SESSION JOURNEY CULMINATING WITH A SHABBAT CELEBRATION OF KHL ELDERS

At KHL, we value the opportunity to learn, grow and celebrate together at every stage and phase of life. Sometimes our learning or celebration is acknowledged in the form of Jewish ritual, as in a baby naming, a bar or bat mitzvah, and other life cycle occasions we are all familiar with. KHL's strategic plan sets a communal goal to "develop and share thoughtful rituals," and to "explore and create rituals around life cycle events and transitions." Sadly, elders in our society have little ritual to mark or frame their experiences, and the major transitions of adulthood beyond marriage and having children go largely unmarked. Towards this end, we are embarking on "A Conscious Journey of Eldering", a six-session program in which we will learn about Jewish views on aging, and reflect upon our own relationship to growing older. This learning and reflection process will culminate in KHL's first "Elders Shabbat," a Shabbat service and ritual that will honor and celebrate the eldering stage of life and the elders of our community.

At the beginning of the twenty first century, we are at the beginning of a "revolution in longevity." As an increasingly large proportion of the Jewish population reaches their elder years, Jewish communities across the country are developing creative and meaningful ways to ensure that elders are given every opportunity to both give and receive from involvement in congregational life. These efforts seek to fulfill Torah's mandate: "*lifnei sayyah takum*" (rise up before the elders). This verse can be interpreted to mean that we need to "rise *to* the process of eldering," making this stage of life rich with meaning, cultivating the wisdom of our years, honoring both where we have come from and what elders have yet to bring forward.

Our Conscious Eldering program will be held every two to three weeks between February and May, concluding with a Shabbat morning service on May 22. Together we will explore Jewish texts on aging, the rewards and challenges of this stage of life, spirituality and personal transformation, and tools for harvesting the wisdom of life experience during elder years. Aside from the six-session series, there will be an opportunity for participants in the program to work with Hagigah, our Shabbat morning educational program, sharing some of their wisdom with our children. In addition, participants in the program will help to create structures to further integrate elders in the generational mix of our congregation's life in an ongoing way. Examples of such structures include having our elders as mentors for b'nai mitzvah students, becoming "adoptive grandparents" for families with young children, and becoming resources for other elders to design their own eldering rituals in the future.

If you are interested in deepening your own relationship to what it means to be growing older, from both a Jewish and a personal perspective, this program is for you. Whether you have just started to see yourself as "getting older," are facing retirement or other later life transitions, or have considered yourself an elder for many years already, you are invited to join us.

The program will be facilitated by Simcha Zevit, our rabbinic intern. **The six sessions will be scheduled on Tuesdays, beginning February 2, either from 9:30 - 11:30 a.m. OR from 7:00-9:00 p.m., depending on which of these times meets the needs of the majority of interested participants.** Please be in touch with Simcha at sgs118@aol.com, or call the Kol HaLev office at 216-320-1498 to let us know of your interest, and whether you can make mornings only, evenings only, or whether either time can work for you. Your e-mail or phone call indicating your interest and preferred meeting time needs to be received no later than January 15. We will get back to all who showed an interest with a final decision as to meeting times by January 20. Feel free to call Simcha at 216-292-1137 if you would like further information.

Chug HaSefer—Book Discussion Circle

The book group will meet on Thursday, January 28, at 7:30 p.m. at Peter Gray and Judy Vida's home to discuss *A Woman in Jerusalem* by A. B. Yehoshua. When a non-Jewish immigrant to Jerusalem is killed in a terrorist bombing, the search for her identity raises "questions of morality, dignity, identity, nationality and belonging." This novel by one of Israel's foremost writers has been called "a work of Chekhovian grace, grief, wit and compassion."

The book for the February 25 meeting will be *Old Men at Midnight* by Chaim Potok. Ruth Ness will be the discussion leader and hostess for the February meeting.

For more information contact Peter Gray at p.gray1@sbcglobal.net or 440-646-1390.

All KHL members are welcome to attend.

Kol HaLev Communications and Marketing Committee

"The Kol HaLev Communications and Marketing Committee is seeking volunteers! Contact David Conn (david@estophile.com or 724-982-0505) or Deena Epstein (deenaeps@gmail.com or 216-321-9218) for details!"

Explore The New Kol HaLev Website

Among the many resources there, you can enjoy
Rabbi Steve's archived sermons and columns
www.kolhalev.net

Workshops for Shabbat Kehillah, January 30

Bubbie's Kitchen: Food Memories and Family Stories

The foods we make often have powerful memories associated with them. Come share family stories of learning to cook, preparing food and spending time with family at the table. This will be a two-session workshop (January and February). At the second session, we will each prepare one special recipe for the community potluck and share family stories about that food at the workshop. You may attend one or both sessions. All ages are welcome (Facilitated by Jean Miller)

Jewish Rituals

Simcha Zevit, our rabbinic intern, will be starting a Shabbat Kehillah series on rituals, beginning with "The Power of Jewish Ritual: Tradition and Innovation." On future Shabbatot Kehillot, Simcha will offer workshops on Shabbat rituals, the rituals of tefilah (prayer), the rituals of mourning, and more. You do not have to attend all of the sessions to participate.

Games!

Intergenerational games led by our youth group.

Meditation

Leader TBA

TGIS & Tu B'Shevat

Celebrate Shabbat and Tu B'Shevat, *the New Year of the Trees*, with Kol HaLev families in the warmth of a home.

Friday, January 29, 2010/ 15 Shevat 5770

You bring the *ruach* (spirit) and a dish to share, we provide the holiday material and a Seder leader. Hosts and guests wanted!
Something for people of all ages.



To volunteer or to RSVP, contact Renee Siegel,
renee-siegel@sbcglobal.net.
For more information, contact Judy Vida,
judyvida@sbcglobal.net or 440-646-1390.

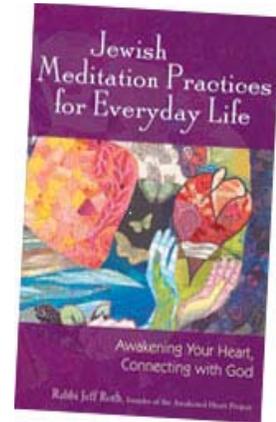
Jewish-Muslim Dialogue Series Set to Begin

As mentioned in the November newsletter, Kol HaLev is embarking on a new tikkun olam initiative to develop a relationship with members of a mosque in Brecksville. This program is taking place under the auspices of InterAct Cleveland, an interfaith community-building organization that Kol HaLev and Rabbi Steve have been involved in for several years. It was gratifying to see that there were a number of members who contacted the office about their general interest in participating in this program in response to the article in the November newsletter.

We now have an actual date, place and time for our first event and would like to confirm that there will be 8-10 Kol HaLev members who can attend. The gathering will take place on Sunday, January 31, from 3-5 p.m. at the Unity Center in Brecksville. Some of the time will be devoted to structured conversations that will help members of both groups get to know one another better, and some of the time will be more unstructured and provide time for informal conversation. The planning group has decided to keep the numbers small for the first event, so if there are more than 10 Kol HaLev members who would like to attend, we will create a waiting list. We expect that other events down the road will allow for larger numbers of participants. Please be in touch with Judy Herdering at the Kol HaLev office (judy@kolhalev.net) to sign up for this special opportunity.

A Weekend with Rabbi Jeff Roth
“Jewish Meditation: The Wisdom of the Awakened Heart”
January 21st - 24th, 2010

Rabbi Jeff Roth is the founder and director of the Awakened Heart Project, dedicated to promoting Jewish contemplative techniques that develop *a heart of wisdom and compassion*. He is an experienced meditation teacher and facilitator of Jewish retreats, and the author of *Jewish Meditation Practices for Everyday Life*. Rabbi Roth is a co-founder of Elat Chayyim where he served as Executive Director and Spiritual Director for 13 years.



Thursday night January 21 7:00-9:00 PM, Siegal College
26500 Shaker Blvd. Beachwood
Jewish Meditation: A Path to Wisdom Kindness and Compassion

Join Rabbi Jeff Roth for an introduction to the purpose and practices of contemporary Jewish meditation. Using his newly published book, *Jewish Meditation Practices for Everyday Life*, Rabbi Roth will demonstrate how Jewish meditation can help us to uncover the obstacles to clear seeing that result in greed, a judgmental nature and unskillful behavior. These tools can help us experience the Divine Presence in our own lives and to act with more kindness to all those with whom our lives intersect.

To register for this program, call 216-464-4050.

For more information, contact Lynn Liebling, at ext. 150 or lliebling@siegalcollege.edu

Friday January 22, 9AM-4PM

Rabbi Roth will be available by appointment for individual psycho-spiritual counseling sessions which can help one develop practices to foster greater insight into life from a holistic spiritual perspective.

Sessions will be held at the office of Dr. Nancy L. Rubel, PhD, LLC , 23220 Chagrin Blvd., Suite 305.. E-mail Rabbi Roth at jeff@awakenedheartproject.org for an appointment.

Friday evening, 8:00 PM, Kabbalat Shabbat service at Kol Halev
The Lillian & Betty Ratner School, 27575 Shaker Blvd., Pepper Pike

Through chant, prayer, silence and teaching we will explore the Sabbath as a vehicle to break through the sense of isolation that often accompanies us as human beings, and to experience a sense of the Divine that pervades all Being.

Shabbat morning, January 23, 9-10 AM at Congregation Shaarey Tikvah
26811 Fairmount Boulevard, Beachwood

An hour of Jewish meditation, exploring the connection between the breath and the four letter Divine name that captures Judaism's sense of God. Using silence to attune the heart/mind to the Divine Presence is a powerful preparation for the Shabbat morning prayers.

Shabbat Morning Service, 10:15 AM at Kol Halev
The Ratner School, 27575 Shaker Blvd., Pepper Pike

The morning will combine chanting of parts of the morning liturgy with introductions to the meaning of the chants. Following each chant there will be some silent time for contemplating the words and allowing them to impact one's consciousness. This prayer practice allows for the cultivation of wholesome mind states fostering an appreciation of the Divine Presence that pervades existence. The morning will include a Torah service. Potluck lunch follows our prayers (Please bring only parve or dairy, and nut-free foods).

Saturday afternoon, January 23, 3:30 – 6:30 PM at Congregation Bethaynu
27900 Gates Mills Boulevard, Pepper Pike
Introduction to Jewish Mindfulness Meditation

This experiential and didactic workshop will allow participants time to practice an approach to meditation that integrates body and mind experiences. Through direct attention to the sensations of the body as well as the mental processes that accompany them it is possible to begin to understand the nature of the "self." It is in the very nature of the challenge of life as a human being that we lose a sense of the Divine Presence. Through didactic presentations on this approach and the time to practice with the teachings, participants will learn the basic skills needed to continue practice on their own. The workshop will include time for question and answers as well. The evening will finish with Havdalah.

Sunday Workshop, January 24, 10:30AM-4:30 PM
Congregation Shaarey Tikvah, 26811 Fairmount Boulevard, Beachwood
Opening the Heart through Meditation

In this daylong workshop, we will learn a practice of repeating phrases of blessing in one's own mind. This practice allows the cultivation of wholesome mind-states that increase the possibility of developing a compassionate heart towards oneself and towards all other beings as well. The day will focus on practice and be supported by instructions as well as Q&A sessions. This practice is a powerful antidote to negative self-criticism and harsh feelings towards others. In support of the practice participants will be asked to refrain from talking to each other until the end of the afternoon. Lunch will be provided. A \$20 registration fee covers facilities and lunch. Additional donations for the teaching will be appreciated.

TO REGISTER for any Friday evening through Sunday service or workshop, email Simcha Zevit at HaMakomCleve@aol.com no later than January 15. There is no fee for these events, (except the Sunday workshop), but donations to the Awakened Heart Project will be appreciated. For further information or questions contact Simcha Zevit at 216-292-1137.

WEEKEND SPONSORED BY: The Awakened Heart Project, Congregation Bethaynu, Congregation Shaarey Tikvah, HaMakom, Kol HaLev, Nancy L. Rubel, PhD, LLC, and Mindful Moments, Siegal College

Harvest Moon Gala and Silent Auction Follow Up

Congratulations to everyone on a wonderful silent auction! The auction raised over \$5,000, but we have not yet erased our projected deficit, so items that did not sell are now being offered to the general membership. You may see pictures of these items at

<http://picasaweb.google.com/robin.shell/HarvestMoonGalaAndSilentAuction?feat=directlink>.

Please note that you can pay more than the “minimum price,” but you cannot pay less. You tell us what you are willing to pay for the item. If no minimum is shown, make an offer. If you would like one of these items, please contact Robin Shell at 216-658-0658 or rshell@bernsockner.com. If more than one person contacts Robin, it will go to the person offering the most money.

Thank you once again for a job well done!

Alan Weinstein, Leah Gilbert, Mimi Plevin-Foust and Robin Shell

Item No.	Description	Retail Value	Min. Price
101 & 102	VACATION RENTAL: One week stay in condo in Hollywood, Florida. 1200 sq. ft., with a balcony on A1A right between the ocean and inter-coastal with no buildings in between in either direction. Five minute drive to shopping in Hallendale and about the same to get to great restaurants in Hollywood. Right off of a boardwalk running along the ocean for several miles. The building has two outdoor pools, exercise rooms, card rooms and party rooms, etc. One bedroom, which can be made into two. The condo is fully equipped including a large screen TV. (Dates: Any one week starting mid-March through mid-November.) In addition to the winning bid, the winner will need to pay electric costs and up to \$100 in cleaning fees. Condo must be left in clean condition. Donor: Sam and Anna Kelman	\$2,000	\$700
104	VACATION RENTAL: One week at Dan Klein and Nancy Rubel’s lake house on Keuka Lake on the New York Finger Lakes (Dates: During September or October, 2010. Specific dates will need to be worked out with Dan and Nancy prior to 4/1/10, and the weeks of Labor Day and Columbus Day are not available). In addition to the winning bid, the winner will need to cover the \$300 cleaning and maintenance fees and supply their own linens. To see pictures of the lake house: go to www.fingerlakespremierproperties.com - click on Vacation Rentals and search by Address (15836 West Lake Rd.) or name (Keuka on the Rise) under the Keuka Lake listings. Donor: Dan Klein and Nancy Rubel	\$900	\$450
173	SOUPS HAVE ALWAYS MADE SAVOURY SATISFYING MEALS. LEARN HOW TO MAKE THEM QUICKLY AND “SKINNY.” A COOKING CLASS IN “SKINNY” SOUPS. At a time TBD by Selma and the winning bidders, Selma will teach you how to make 4 skinny soups, including a southwestern soup, that you will taste as you make them. Please bring at least two 2 cup plastic containers so you may take some soup home with you. There is a min/max of 4 people per class. EACH INDIVIDUAL IN THE CLASS IS \$25. If you would like to bring a friend or two, sign up for each spot you want and for each spot, you will need to pay the \$25 bid. First bid, first served. Donor: Selma Gwatkin	There are only 3 spaces available	\$25
183	A CHALLAH MAKING WORKSHOP for four people to be held after Pesach (date to be determine by participants and Anna). Learn how to make challah. We will make and bake a challah (with the help of a bread maker). You will take one warm, delicious challah home. This is a great recipe which has been perfected over the years. EACH INDIVIDUAL IN THE CLASS IS \$20. If you would like to bring a friend or two, sign up for each spot you want and for each spot, you will need to pay the \$20 bid. First bid, first served. Donor: Anna Kelman	There is only 1 space available	\$20

Item No.	Description	Retail Value	Min. Price
251	Pottery Clay Glazed SCULPTURE of a forest woman inspired by African Sculpture created by Michelle Cooper, a friend of Anita Cohn's. Winning bidder may go to an art store to buy hooks to hang the sculpture. Donor: Michelle Cooper	Priceless	
252	Original ARTWORK by Greg Millas entitled "Eclectic Ecstasy #7" (Medium: marker on bristol board) (unmounted) Donor: Greg Millas	\$200	\$20
253	BLUE VASE painted by Albert. Donor: Kevin and Sue Weidenbaum	\$250	
263	PHOTOGRAPH of the Grand Canyon. Donor: Art Biagiante	Priceless	\$30
351	BLOUSE made by Esperanza Threads – 100% cotton (size small) Donor: Anonymous	\$47	
403	INTRO TO JAZZ Evening for up to 6 people by jazz lover and saxophonist/pianist Chuck Hersch (date TBD by participants and Chuck.) Who's good, what to listen for, all questions answered. We'll provide great music; you bring the wine! There is a max of 6 people per class. EACH INDIVIDUAL IN THE CLASS IS \$20. If you would like to bring a friend or two, sign up for each spot you want and for each spot, you will need to pay the \$20 bid. First bid, first served. Donor: Chuck Hersch	There are only 6 spaces available	\$20
406	LEARN TO PLAY JAZZ improvisation with jazz saxophonist/pianist Chuck Hersch (if you play an instrument). Two ½ hour lessons. Donor: Chuck Hersch	\$120	\$20
408	2 hour-long FOLK GUITAR LESSONS. The lessons will concentrate on learning to play chords and do simple strums in order to accompany yourself on the guitar while you sing folk songs. Student must have own guitar. Donor: David Steinweg	Priceless	\$20
456	Ceramic MENORAH. Donor: Larry and Jodi Solomon	\$120	
608	Israeli PERFUME BOTTLE. Donor: Anita Cohn	\$15	
610	Glass VASE in green, yellow and red. Donor: Kevin and Sue Weidenbaum	\$10	
611	Ceramic VASE in white, blue, red and green. Donor: Kevin and Sue Weidenbaum	\$10	
705	HANDMADE BAG. Donor: Fine Points	\$68	
802	2 hours of HEBREW TUTORING. Donor: Anita Cohn	\$50	\$5
803	2 hours of HEBREW TUTORING. Donor: Anita Cohn	\$50	\$5
805	Modern Hebrew language TUTORING sessions (5 sessions - 45 minutes each), for beginning, intermediate, or advanced students in my home. Donor: Bill Marcus	\$150	\$50
808	STUDY SESSION about the flow of the Shachrit (Morning) Service with Sue Wolpert - Find out about the order of the service and discover new ways to connect more personally with the morning prayer service. Donor: Sue Wolpert	Priceless	\$25
815	1 ¼ hour RELAXATION TRAINING AND TRAINING IN SELF-HYPNOSIS, including deep breathing, deep muscle relaxation and visualization. Self-hypnosis has been shown to be particularly helpful with insomnia and pain management. The winner can bring up to 3 friends. Donor: Adina Davidson	\$125	\$35
823	BOOK READ AND DISCUSSION (for up to 15 people): The Blessing of a Skinned Knee by Wendy Mogul... coping with and even creating "adversity" for our kids... Jewish parenting. EACH INDIVIDUAL IN THE CLASS IS \$18. If you would like to bring a friend or two, sign up for each spot you want and for each spot, you will need to pay the \$18 bid. First bid, first served. Donor: Jeff and Deb Schein	There are only 15 spaces available	\$18

Item No.	Description	Retail Value	Min. Price
829	ZUMBA FITNESS class led by Amy Brodsky (This class will take place after services on Saturday January 30, 2010 from 1:15 – 2:15 in the social hall). The class can accommodate 30 people. EACH INDIVIDUAL IN THE CLASS IS \$10. If you would like to bring a friend or two, sign up for each spot you want and for each spot, you will need to pay the \$10 bid. First bid, first served. Donor: Amy Brodsky	There are only 26 spaces available	\$10
834	Gift Certificate for 8 week session for 2 people to attend TAI CHI Classes. Donor: Tai Chi Institute of Cleveland	\$200	\$25
904	A 6-pack of gift subscriptions to THE FUNNY TIMES . Funny Times is a monthly left-leaning cartoon and humor newspaper for intelligent people. Your friends or family can join the 70,000 other subscribers who rise above it all by laughing at the news, politics, and the craziness of everyday life . Take care of everyone on your Chanukah gift list with a gift of humor which lasts all year. Six one year subscriptions. Donor: Sue Wolpert and Ray Lesser	\$120	\$50

Yahrzeits

They are now a part of us as we remember them.

Members of Kol HaLev will mark the following yahrzeits during January:

Julius Kelman – father of Sam Kelman
Sadie Ritz (Sussel) – mother of Muriel Chasin
Eli Samplin Marks – father of Phyllis Maris
Sophie Weidenbaum – mother of Kevin Weidenbaum
Shirley Korman – mother of Neil Korman
Jacob Festinger – father of Anna Kelman
Sol Fink – father of Judy Harris
Sue Smith – mother of Barbara Truitt
Aaron Josef Zevit (Ahron Yosef) – grandfather of Shawn Zevit

JANUARY 2010 KOL HALEV CALENDAR

Saturday 2 10:15 a.m. - **Shabbat Service** preceded by Torah discussion at 9:30 a.m. in Ratner Chapel; *Vayehi*; service leader, Rabbi Steve; Torah discussion leader, Rabbi Steve; Kiddush co-hosted by Judy Vida and Peter Gray in commemoration of their daughter's yahrzeit, and Sura Villa and Rabbi Shawn and Simcha Zevit in honor the 7th yartzheit of Shawn's grandfather Aaron Yosef Zevit and what would have been his grandmother Rose Zevit's 100th birthday

Saturday 9 10:00 a.m. - **Explore the parasha of Shemot and the shabbat morning service** at the home of Greg and Lois Selker, 3275 Belvoir Boulevard, Beachwood. See newsletter article on page 1 for more information

Monday 11 8:00 a.m. – **Schmooze with the Rabbi** at the Stone Oven on Chagrin Boulevard

(continued on page 15)

JANUARY 2010 KOL HALEV CALENDAR

(continued from page 14)

- Monday 11 7:30 p.m. – **Board Meeting** at the home of Judy Harris and Alan Lipson, 30751 Ainsworth Drive, Pepper Pike, 440-461-1162; all Kol HaLev members are welcome
- Saturday 16 9:30 a.m. **Shabbat Morning Service/Bat Mitzvah of Naomi Goodman** at Ratner; *Vaera*; Service leaders: Rabbi Steve and Naomi; Kiddush hosted by Bruce and Brenda Goodman in honor of their daughter Naomi's Bat Mitzvah
- Sunday 17 7:30 p.m. – **Opening Program of Hodesh Limud** at Siegal College
- Thursday 21 – Sunday 24 – **A Weekend with Rabbi Jeff Roth at Siegal College**
- Friday 22 8:00 p.m. **Kabbalat Shabbat Service** in Ratner Chapel with special guest Rabbi Jeff Roth; oneg hosted by Allen Binstock (note: time has been corrected from original issue of the newsletter).
- Saturday 23 10:00 a.m. **Shabbat Service** with meditation focus in Ratner Chapel; *Exodus*; Service leader: Rabbi Jeff Roth; Potluck hosted by Michael and Irene Immerman
Please join us Saturday, January 23 for a potluck lunch following Shabbat Services. The dishes should be vegetarian/dairy or pareve and SHOULD NOT CONTAIN NUTS. Please bring enough for 8-10.
A-H - Main Dish
I-P - Appetizer Salad
Q-Z – Dessert or Drink
In keeping with our goal of becoming a more sustainable community, we encourage members to bring their own reuseable plates, cups, utensils and napkins to our potluck.
- Sunday 24 10:00 a.m. – noon – **Women's Brunch and Discussion** at the home of Leah Kamionkowski, 9 Chelsea Court, Beachwood, 216-464-2940
- Wednesday 27 7:30 p.m.-**Mindful Jewish Practice** at the home of Molly Berger, 19744 Chagrin Boulevard; Shaker Heights, 216-752-5434
- Thursday 28 7:30 p.m. - **Book Group** at the home of Judy Vida and Peter Gray; 5246 Dogwood Trail, Lyndhurst; 440-646-1390 or p.gray1@sbcglobal.net
- Friday 29 **Tu B'Shvat at a TGIS Potluck** at individual member's home (see article on pages 1-3)
- Saturday 30 10:00 a.m. **Shabbat Kehillah/Community Shabbat** at Ratner School; *B'shalach*
10:00-11:00 - range of intergenerational *Chugim* or workshops
11:00-12:00 – Shabbat Morning Service led by Rabbi Steve and KHL members of many ages
Potluck co-hosted by Barb Truitt in memory of her parents, by Art and Sue Biagianti, and by Chuck Hersch and Shahin Afnan
Please join us Saturday, January 30 for a potluck lunch following Shabbat Services. The dishes should be vegetarian/dairy or pareve and SHOULD NOT CONTAIN NUTS. Please bring enough for 8-10.
A-H - Dessert or Drink
I-P - Main Dish
Q-Z – Appetizer Salad
In keeping with our goal of becoming a more sustainable community, we encourage members to bring their own reuseable plates, cups, utensils and napkins to our potluck.
- Sunday 31 3:00 – 5:00 p.m. – **Jewish-Muslim Dialogue Series** – see article on page 9

Kol HaLev Happenings

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