

# Winter 2015-2016 News

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## Laurie's Letter

### Choosing to be Jewish

Maybe you thought this column was about conversion? Not! It's about Jewish identity in our time. Not long ago (my grandparents' and parents' generations), being Jewish in the USA was a challenge. Greater society wasn't particularly accepting. In my grandparent's time, if you didn't work on Saturday for a gentile employer, you couldn't keep a job. In my parent's time, the Second World War was an equalizer, but there were still many Christian-only jobs, neighborhoods, and exclusive clubs. Jews, whether religious or secular, tended to live in their own neighborhoods, often by choice so as to be near community, but often driven by restrictive rental or sale covenants. Jewish community was a safe haven, a place to make connections for jobs, a location to shop for Jewish foods, a social security network, a hedge against a more hostile external society. This is an old pattern, repeated in many versions throughout the world, replicated in the USA as Jewish immigrants came to this country.



Laurie Franklin

Remarkably, Jewish immigrants at the turn of the 19th and into the 20th century experienced relatively rapid assimilation into American life. They and/or their children learned English, went to college, got decent jobs, and earned enough income to buy property and integrate into society. They witnessed first-hand the dissolution of boundaries to full participation in American life. The survival value of intentional Jewish community diminished.

So, where does that leave us today? What do we gain when we make intentional community as Jews? To be sure, we can help each other with jobs, needs, and advocacy, although we can argue that our open society and social service network make those roles less pressing than before. We can survive without each other. Or can we?

I suggest that Jewish community is more important than ever because we need it for our spiritual survival. Torah is a constantly guiding force, provoking us to clarify our values and live ethical lives; our work as advocates for a just society flows from Torah. Praise of the Divine is healing and elevating; our siddur is a bundle of affirmations and expressions of gratitude, reinforcing thoughtful, caring action, enhanced self-knowledge, and inner peace. We gather for joy and sorrow, to celebrate and support. We listen to each other, we accommodate our differences of opinion and approach, and we grow as people and as community because we do. Our Jewish community, Har Shalom, is a place of holy friends.

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## President Holly Kingsford's Column

It's difficult to imagine that 2015 is about to end. The pages of the planner are lopsided. Thoughts of taxes due swirl on the brain.

But the biggest big deal for my family is Hanukkah, which is approaching quickly as I write. Remembering my teen years, it seemed like the radio played unintelligible Christmas music for months and months. I would rather listen to Richard Harris' version of the song "Someone left a cake out in the rain", which was popular at that time and was equally troublesome and confusing. My brothers and sisters and I would sing it together in the worst and most annoying off-tune way because we hated it so.



Holly Kingsford

Being a family of Hebrew School nerds, we celebrated the holidays with gusto. My mother would take out a large wooden Star of David that someone built before we were aware. We had it always. She would wrap it in foil and then wind lights around it. It would take place of pride in whatever house we called home, in front of the picture window. And wrapped presents would appear around the base of it which we were allowed to open one each night. We played dreidel and ate chocolate gelt. We were a family of eight and my father was the sole breadwinner. Presents for us were a vinyl wallet, a pair of socks. Simple gifts. I would open the wallet, hoping for some gelt, but inside would be just a bit of tissue paper. It's sad to think that my mother couldn't have scraped up even a quarter to put inside as a surprise. She had her hands full of babies and responsibilities and we were grateful.

Later, when we graduated from Hebrew School and made friends in public high school, we learned about ski trips, new clothes and other fancy gifts that caused us to wonder what we missed out on for so many years.

There are many mixed marriages in the community, mine included. The winter season means so many different things to each one of us. It's cookies, latkes, sufganiyot (donuts), tinsel, a tree in the living room

(why a tree?). And while we focus on the domestic side of life, the weather can be cold outside but we are consumed with thoughts of surprises, gifts, family and decorations. However you do winter, I hope you will be blessed with every wonderful thing and much happiness!

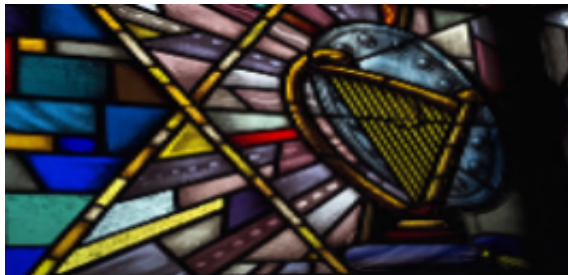
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### **Atidaynu News**

#### *Atidaynu means "Our Future"*

Welcome Winter! All of the Atidaynu kids have been busily working in their classes and preparing for the Chanukah party. I am so proud of our support of Family Promise! In October, four families worked together to prepare and serve two dinners and the kids donated a total of \$146 of their own Tzedakah money to support the ongoing needs of the families we serve during our host weeks. Chaval al hazman! (Amazing!) We are gearing up for a long break for school winter holiday, and this is a friendly reminder to pull out those Hebrew books a couple times. We always have room for more...interested in Atidaynu or know someone who might be? Contact Sheehan at [rosens@montana.com](mailto:rosens@montana.com) or call 406.642-6527 for more information.



### **Hanukkah Party - December 12**

When: Saturday at 5 pm

It's time to celebrate the Hanukkah Lights. Bring latkes, your hanukkiah and your dancing shoes. We'll eat latkes, we'll dance, we'll spin the dreidel. Come celebrate the Festival of Lights at Har Shalom.

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### **Tikkun Olam: Family Promise**

See the Atidaynu news for our recent contributions. The Atidaynu families are extremely generous and are getting a lot out of helping. Our next host week with our partner congregations will be December 27 through January 2. Since this is over the school winter holidays, I hope that some more of you, the greater Har Shalom family, will step up to help. Here are some ideas: Help set up (December 27) or take down (January 3) the bedding at the University Congregational Church, 2 hour commitment. Cook and serve a meal one evening during the week, dinner is served at 6pm, plan to be there at 5:30 and stay until everything is cleaned up. Host during the evening from 5pm till 8:30pm, this means you greet the families when they arrive at 5pm, make sure dinner is being put together by the cooks, and hang out with families until overnight hosts arrive. If you are interested in helping with any of these activities, please contact Sheehan at [rosens@montana.com](mailto:rosens@montana.com) or call 406 642 6527 for more information.

### **Annual Meeting Recap by Holly Kingsford**

For those of you who missed the opportunity to nosh, qvetch and qvell with us at the annual meeting, here is a recap for you.

After a delicious lunch (you should have been there!), Laurie gave a warm welcome. We nominated our Board for next year. I will remain as President. Pat Cohen will stay in her role as Vice-President. Bert is still Immediate Past President (even though it isn't so immediate anymore). Lida is chair of Education/Social Action. The Treasurer position was offered to Yael Winston and although she has done an amazing job on an interim basis, she would like to us find someone else for the position. Other open positions include Education Chair on the Operating Committee. It looks as though we may have a Chair for Membership at the Operating Committee level.

We spent some time reviewing the budget and discussing our financial status. In a handful of years, we will have completed the Mitzvah of paying off the second mortgage on our building. It is a point of great appreciation to all who have worked so hard and given so generously that we are in this position. Yet there is still a way to go.

We discussed the new annual contribution system which replaces the Dues model. We are not a country club. We don't have a means test for membership. Anyone who has a heart to participate may do so at the level at which they are able. We divvied up expenses and realized that we need about \$1200 per member to make ends meet. Some people can give more and some less. It all works out in the end.

There was excitement over the new chairs that have been ordered for the Sanctuary. A friend from the East Coast has generously offered to purchase the chairs for us. We have been doing our due diligence and decided on a comfortable chair that will be a beautiful addition to the other improvements in the sanctuary.

Members had an opportunity to share what they enjoy about Har Shalom. Finally, we left with visions of the upcoming Hanukkah party dancing in our heads.

We hope you will join us next year. The news just keeps getting better and better!

### **Charitable Giving - Sherry Kolenda**

We are working on another challenge gift to help pay off our second mortgage. It will match what you contribute before the end of this year. The details of it will be announced later in December.

### **Charitable Giving Using Life Insurance - Holly Kingsford**

Giving feels good. Many of us, given the choice, would love to support charitable causes that promote our ideals. But many of us also feel we do not have the wealth needed to make a meaningful contribution to charity. Using life insurance can provide much needed leverage to your charitable aspirations.

How does it work?

One example is for the donor to apply for a life insurance policy in which the charity is beneficiary. The donor makes annual tax-deductible gifts to the organization, which then pays the premiums. At the insured's death, the life insurance company pays the life insurance proceeds to the charity.

Life insurance can be a powerful tool to help you give back to your community and promote your ideals.

For more information, please call Holly at 207-2078.

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### **Book Review by Jackie Cohen**

**A Replacement Life** by Boris Fishman, 316 pages

When 25-year-old Slava Gelman gets a phone call that his cherished grandmother died, his world implodes. As a child he emigrated from Russia with his extended family, then escaped his stifling, Russian-Jewish upbringing in Brooklyn, for Manhattan's bright lights. An aspiring writer, he is an entry-level fact-checker whose story ideas never break the tony magazine's pages.

As a Holocaust survivor, his grandmother was entitled to restitution from the German government, but she didn't apply before her death. Although her widowed husband, Slava's grandfather, escaped the war by hiding in Uzbekistan, he implores Slava to forge the required narrative of her life, substituting grandfather's name. Slava concedes and soon is fabricating stories for Brooklyn's elderly Soviet emigre community to claim restitution. As Slava immerses himself in the horrific world of elderly Soviet Jews who lived desperate lives before and after immigration, reality blurs with historical memories, and his meaningless Manhattan existence conflicts with his awakening filiality and celebrated status among the emigrants as a writer.

Peppered with descriptive treasures, such as: "Like a Soviet high-rise, each floor of Berta was stuffed beyond capacity," Fishman's humor and self-deprecation keep the book from bogging down in revelations and epiphanies. In powerful concluding scenes, Slava must wrestle with and answer how to tell lies and stay honest and how to live in this new world with old world emotions and identity.

### **Interactive presentation: Get Your Healthiest in 2016**

**How to Overcome Obstacles and Achieve Real Health**

**Sat., Jan. 30, 11am - 12:30pm at Har Shalom (accompanied by a light brunch)**

Do you want to lose weight, increase energy or overcome illness or injury?

Based on her new book, *Everyday Healing*, this interactive presentation with Janette Hillis-Jaffe is for anyone who wants to improve their health. Using reflection exercises, success stories, and medical research, you will:

- \* Create an inspiring health goal,
- \* Increase your support to achieve that goal.
- \* Develop a concrete, personalized plan to propel you towards better health.

### ***Get on the Fast Track to Health***

*It will never rain roses. When we want to have more roses, we must plant more trees.* -George Eliot

My husband and I call 2002 to 2008 "the dark years." I had one of those mysterious illnesses where I went from being high energy to feeling like I had the flu for six years, complete with body aches, vertigo, a chronic cough, fever and debilitating fatigue. It was ugly.

After six years of trying every conventional and alternative treatment under the sun, I finally healed myself with a raw-vegetables-and-green-juice diet. The crazy thing? I was encouraged to try that diet in

the first year of my illness. My reaction: Laughter. There was no way I was going to try something that "extreme" with two small children and a part-time job. I waited half a decade to try it, until I was so desperate that I felt I had no choice. Now I'm on a mission to make sure others don't wait as long as I did to find their path to health.

Don't worry. I am not recommending my healing diet for everybody (although more fresh veggies in some form are always a good thing.) Whether we want to lose weight, increase energy or overcome serious illness or injury, we all have our own unique path to health. The sooner that you get the support you need, fully take charge of and commit to your healing, the better chance you have to find and stick to yours.

What does "take charge of your healing" really mean? It's when you:

\* Educate yourself about your health challenge(s) and take time to research a variety of treatment options.

\* Make regular time in your schedule for nurturing your body and soul with self-care practices like exercise, healthy eating, sufficient sleep, and meditation or prayer.

\* Be willing to try new things, take risks, and drop old identities (for example, trade a self-perception as a night owl for an early riser).

\* Know how precious you are and that you are worth all the resources it takes to heal.

\* **This is the most important piece:** Get support to do all of the earlier suggestions, because it can feel impossible. I know.

That list can be overwhelming. So remember: Rebbe Nachman of Breslov, an 18th Century Hassidic rabbi famously said, "A little bit is also good." Making just one move towards taking charge of your health can often open a whole world of possibilities.

This article is an adapted excerpt from Janette Hillis-Jaffe's new book, *Everyday Healing: Stand Up, Take Charge and Get Your Health Back . . . One Day at a Time* (July 2015, New Page Books.) Janette is a sought-after coach and consultant, with a Masters in public health from the Harvard School of Public Health. She will be giving an interactive workshop on "Getting Your Healthiest in 2016" (accompanied by a light brunch) at Har Shalom at 11am on Sunday, January 30. See the calendar for more details.

## Yahrzeits

### KISLEV

19 ( December 1 )  
Barbara Lumpkin  
Candy Miller's mother  
24 ( December 6 )  
Morris Leibowitz  
Gary Leibowitz's father

### TEVET

1 ( December 13 )  
Jonathan Kast  
Sigrun Kuefner's son  
4 ( December 16 )  
Fanny Rosenberg  
Ed Rosenberg's mother  
12 ( December 24 ) Anna Glass  
Fern Glass-Boyd's mother  
13 ( December 25 )  
Bert Genstel,  
Robbin Kusia's father  
18 ( December 30 )  
Doris Rosenberg  
Ed Rosenberg's sister  
24 ( January 5 ) Leonard Moon  
Julie Moon's husband, Bei  
Ruetten's father, Madison and  
Julia Ruetten's grandfather  
24 ( January 5 )  
Clemence Klein  
Lance Klein's father  
28 ( January 9 )  
Beatrice Nashel  
Elizabeth Howard's  
grandmother

## Yahrzeits (con't)

### ADAR I (con't)

3 ( February 12 ) Albert Belsky  
Jill Belsky's father  
5 ( February 14 ) Peter Weil  
Susanne Woyciechowicz's  
uncle  
14 ( February 23 ) Victor Tevah  
Anita Aronofsky's father  
14 ( February 23 )  
William Rosenberg  
Ed Rosenberg's father  
28 ( March 8 ) David Kooris  
Jeff Kooris' father

## Donations & Tributes

### Abrahamic Reunion

Suzanne Aboulfadl  
Jeannette Rankin Peace Center  
**Capital Fund/Building Fund**  
Joy & Mark Earls  
Paul Isaac  
Lawrence Schacht Foundation  
Jeffrey & Karen Rosenthal  
Peggie & Ed  
Schlesinger/Brunsvold  
Melissa Winston

### Contributions

Suzanne Aboulfadl  
Bernard Backer  
Jennifer A. Calder  
Bert & Carol Chessin  
Devorah Harris  
Pamela Hogle  
Marlene Hutchins

## Todah Rabah

### Todah Rabah

To **Lida Running Crane** for her generous donation to improve the front of our building and to **Paul Kingsford, Bert Chessin, Dave Jolles, Paul Running Crane and Josh McCloud** for contributing time and effort to the project. **Jack Cohen, Justin Rosenbaum, Josh McCloud, Dave Jolles** for getting the Hanukkiah permanently located at the front of the building. **Tzofiya Harris and the Craft Club** for the beautiful "Shalom" in the lobby and **Dev Harris Errecart** for refurbishing the frame. **Lida Running Crane and family** for spearheading our September Missoula Food Bank drive, **Lida Running Crane, Kate Soukonnikov, the Craft Club and all the anonymous donors** to the hat, scarf, glove and socks drive for Lowell and Porter schools, the Watson Children's Center, and the Poverello Center. The High Holiday Torah readers: **Bert Chessin, Holly Kingsford, Madelyn**

28 ( January 9 ) Marcia Fields  
Robbin Kusia's mother

### **SHEVAT**

3 ( January 13 ) Bertha Zoot  
Beverly Tatz's mother  
14 ( January 24 ) Harold Lurie  
Diana Lurie's father  
17 ( January 27 )  
George Shulman  
Joy Earls' father  
20 ( January 30 )  
Sharon Auerbach,  
Richard Auerbach's wife  
21 ( January 31 )  
Lillian Shapiro Tuchinsky  
Toba and Laura Winston's  
mother/grandmother

### **ADAR I**

2 ( February 11 )  
Betsy Ellen Glass  
Holly Kingsford's sister  
2 ( February 11 )  
Michael Hendricks  
Z'Eva Singer's husband  
3 ( February 12 ) Ethel Cohen  
Jackie Cohen's mother

Intellitek, Inc.  
Thomas Kimmell  
Paul & Holly Kingsford  
Nina Resnick  
Lida Running Crane  
Boris & Kate Soukonnikov  
Lauren Weinstock  
Melissa Winston

### **Rabbi Fund**

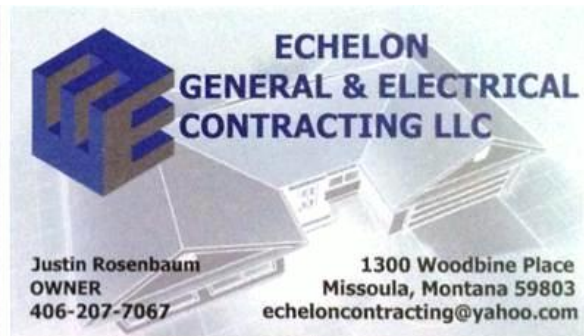
Alice & Charles Byrne  
Matt Ereksen  
Dev & Kyle Errecart  
Marianne Spitzform  
Cate Tucker  
Western Montana Spiritual  
Development

### **Honors and Memorials**

Jack & Patricia Cohen *in  
Memory of Flora Cohen*  
Joy & Mark Earls *in Memory of  
Mildred Shulman*  
Dev & Kyle Errecart *in Honor or  
Rabbi Seshar*  
Craig & Joan Kuchel  
Dennis & Ruth Sokol *in Memory  
of Larry Stineford*  
Janet Tatz & David Morey *in  
Memory of Irving Tatz*

**Semanoff, Matt Semanoff,  
and Keith Jakob.** Kudos to  
Cellist **Fern Glass Boyd** for  
yet another deeply affecting Kol  
Nidre. To **Robin Abeshaus**  
for behind-the-scenes stocking  
of kitchen supplies. **Elise  
Foster** for arranging the post-  
Yom Kippur break-the-fast.  
**Sherry Kolenda and Bert  
Chessin** for the Rosh  
Hashanah round challot. The  
entire **leadership team** for  
planning and carrying out both  
a successful retreat and annual  
meeting. To the teachers and  
helpers of Atidaynu: **Sheehan  
and Paul Rosen, Jody  
Jakob, Bert Chessin, Eli  
Rosen, Eiise and Mia  
Foster** for creating a lively,  
rich, welcoming atmosphere  
that educates, encourages, and  
excites our children. **Ari  
Margo**, our office admin., for  
technical expertise and great  
meeting minutes. **Toba  
Winston and Esther  
Chessin** for "Its Raining  
Rhinestones" and Arbonne  
fundraisers for Har Shalom.

**Todah Rabah to the following businesses for providing services to Har Shalom**



### **Laurie Franklin and Administrative Office Hours**

Laurie's office hours are Tuesdays, 1-4 pm and by appointment. Call Laurie to make an appointment at 546-9368 or email [laurief@har-shalom.org](mailto:laurief@har-shalom.org)

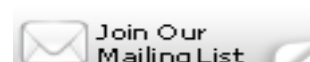
Office Hours with our Administrator, Ari, are Tuesdays and Fridays, noon to 4 pm.  
Contact him at 406-549-9595 or email [ari@har-shalom.org](mailto:ari@har-shalom.org)

### **Board of Directors**

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Secretary: Lida Running Crane 406-241-2566 | [lidarunningcrane@yahoo.com](mailto:lidarunningcrane@yahoo.com)  
Past President: Bert Chessin 406-531-5193 | [bchessin@aol.com](mailto:bchessin@aol.com)

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