

### Atidaynu\* News

by Sheehan Rosen

\*Atidaynu means "our future."

Stay tuned; we are taking a summer break.

### B'nai Mitzvah Sat., July 27

Ari Jaffe will celebrate his Bar Mitzvah on July 27 at 11 am. The Jaffe family invites the Har Shalom community to join them at this special time.

### Har Shalom Summer Camp with "Soul Train" August 12 – 16

Put August 12 – 16 on your kids' calendar, because a Jewish camp experience is as important as any other experience in establishing positive, lifetime connections with Judaism. We welcome back the Soul Train-sponsored counselors Tamar and Rachel with new ideas for our kids and families. A broader outdoor, recreational and cultural program is in store. A couple of highlights include an overnight camping experience with hiking and exploring. Thursday evening, August 15th, will be a community evening around a campfire with music, Israeli songs, and, of course, food.

Look for registration forms in the Har Shalom weekly and at [www.har-shalom.org](http://www.har-shalom.org). Tell others that camp is open to kids who have not attended Atidaynu. As you can see, we will need adult chaperones; you do not need to have a kid in camp to help out. Contact Bert (531.5193) or Marguerite (549.8595) with questions or offers to help.



### PRESIDENT'S COLUMN by Bert Chessin

*Shalom bayit*, harmony in the home, is a Jewish concept that I would like to apply to community, as well. Diversities of character, of opinion, of approaches to life, working in a coordinated fashion, provide the strength, color, and energy that make a congregation a living organism. Just as the Jewish morning prayer thanks the eternal each day for the necessary functioning of each of our organs and body systems, we are blessed with generous families and western Montana communities to keep this congregation vibrant. I am awed by how well and how uniquely it works.

We, of course, are happy to have Laurie Franklin back. She continues to grow with our community and strengthens the institution that we are. This past year has prodded us to step up in a spirit of *shalom bayit* and we are the better for it. I have seen personal growth and commitments that bode well for Har Shalom. I hope you have experienced it as well.

It is also the time of year to renew our volunteer and financial commitments. A recent letter asking for your new or continuing support should have been sent to you. If one was not received, please contact the Har Shalom office (406.549.9595 or [HarShalomMsla@gmail.com](mailto:HarShalomMsla@gmail.com)) or visit the Har Shalom website ([har-shalom.org](http://har-shalom.org)) to find out how you can help—through volunteering, learning, teaching, and financial support. Be a voice in the dialogue that we need to be successful, help define who we are, lend an ear to others who may not easily speak up, and look for new and creative ways to bring a bit of Eden to our kehillah (community.)

Enjoy the summer light, renew yourself *b'midbar* (wilderness or desert), experience community in a new way, and keep the *shalom bayit*.

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

#### Don't be surprised...

...If you hear from me in the next few months, asking to talk with you! Now that I'm back from my year in Israel, I want to visit with everyone in our congregation to reconnect, find out how YOUR year has been, and talk about the things on your mind.

When I left Har Shalom last summer, I imagined that I'd come back to a community that had learned to fill some of the roles I usually performed, and that it would be a positive and enriching experience for those who did. Now that I'm here, I see that it went further than I imagined, and Har Shalom is stronger for it. Many of you stepped up to lead services for the first time or had the chance to exercise relatively new service-leading muscles. Some of you studied (and taught!) Hebrew. You were holiday and special event planners, community volunteers, and you showed up connected with each other in new ways. As a result, our little corner of the Jewish world is more cohesive and is filled with good spirit.

So, I'm looking forward to hearing about your perspectives and dreams. Let's have a cuppa tea and talk. Soon.

### Worlds Apart Workshop, Wednesday, July 24

Jewish and Native American history meet in the third annual Worlds Apart Workshop at Har Shalom July 24. Once again we host the wonderful teachers' workshop, Worlds Apart but Not Strangers: Holocaust Education and Indian Education for All on Wednesday July 24 from 9 am to 6 pm. The workshop introduces public school teachers to elements of history and culture they have not deeply understood before.

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#### Board of Directors

**President:** Bert Chessin, 531-5193

**Vice President:** Sherry Kolenda, 251-7996

**Treasurer:** David Jolles, 728-3344

**Secretary:** Kate Soukonnikov, 549-0503

#### Members at Large:

Alex Fradkin, 549-2364

Holly Kingsford, 207-2078

Toba Winston, 777-3100

The Har Shalom newsletter is written entirely by volunteers. Submissions are welcome. **Next deadline: August 17 for Sep/Oct '13 issue** Send corrections or comments about this newsletter to Pat Cohen, editor, at [cohenpc@aol.com](mailto:cohenpc@aol.com)

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## WORLDS APART (continued from first page)

Wednesday is devoted primarily to Holocaust and Jewish cultural events and traditions. There will be a number of speakers and exercises during the day. Lunch is on your own and there will be a pizza party afterwards around 6. Har Shalom members are invited to participate at no charge.

For more information, email [info@har-shalom.org](mailto:info@har-shalom.org) or call Kate Soukonnikov at 549-0503.

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## “Fly Fishing—The Sacred Art” Thursday, July 25

Rabbi Eric Eisenkramer will talk about and sign his book, *Fly Fishing-The Sacred Art*, on July 25, at 7 pm at Har Shalom in Missoula. Everyone is invited to learn about this unique exploration of fly-fishing as a spiritual practice.

Written with an Episcopal priest, Rev. Michael Attas, the authors share what fly-fishing has to teach us about reflection, awe and the wonder of the natural world, the benefits of solitude, the blessing of community and the search for the Divine. Tapping the wisdom in the Christian and Jewish traditions and their own geographically diverse experiences on the water, they show how time spent on the stream can help you navigate the currents and eddies of your own inner journey.

The book signing is sponsored by Fact & Fiction bookstore, there will be plenty of copies to purchase! For more information, email [info@har-shalom.org](mailto:info@har-shalom.org) or call 549-0503.

For more info about the rabbi and his book, visit <http://theflyfishingrabbi.blogspot.com/p/my-book.html>

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## High Holy Days and Fall holiday Schedule 2013

Prepare yourself. High Holy Days come early in September. Here is the schedule for Har Shalom.

S'lichot	Saturday, August 31 9 pm Candlelight Service
Erev Rosh Hashana	Wednesday, September 4 7:30 pm
Rosh Hashana I	Thursday, September 5 9 am Family service 10 am General Service (Families welcome)
Rosh Hashana II	Friday, September 6 7:30 pm Potluck and Kabbalat Shabbat at Greenough Park
Yom Kippur	Friday, September 13 7:30 pm Kol Nidre
	Saturday, September 14 9 am Family service 10 am General service (Families welcome) 5:30 pm Yizkor 6:30 pm Mincha/Maariv/Neilah 8:30 pm Havdallah/Break the Fast
Sukkot	Friday, September 20 7 pm Service in the Sukkah, weather-permitting; Sukkot potluck
Simchat Torah	Friday, September 27 7 pm Service (we unroll the whole Torah!) followed by Oneg

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**Link for 2013 Missoula Jewish calendar: <http://bit.ly/10bJD02>**

*Note: Customize the calendar for different locations, more or less information, Torah portions, Shabbat and Havdalah candle lighting times, major and minor holidays, and Hebrew dates.*

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## Southern Jewish Cooking with Rhonda Stahl

We might need to change Rhonda's web title to Southern Jewish Chinese cooking with this recipe. But it's delicious, and relatively simple to make. Visit her cooking blog: [likeablackjewishmama.blogspot.com](http://likeablackjewishmama.blogspot.com)

### Ramen Egg Foo Yung

*Yield: Each package makes about 4 pancakes.*

#### Ingredients

4 packages of Ramen Noodles  
4 eggs  
garlic powder

#### Directions

- Prepare Ramen noodles. (I just nuke them for 6 minutes in the microwave after adding water.)
- Once the ramen noodles are done, drain the hot water and add cold water to "shock" (cool) the noodles down (rest the noodles in the cool water for a minute or two, then drain).
- In a separate dish mix the 4 eggs and the packets of ramen noodles seasoning and some garlic powder.
- Pour the egg mixture into the cold noodles, sprinkle with another dash of garlic powder and other spices, as desired, and mix with your hands till noodles are coated with the egg mixture.
- Using your hands, CAREFULLY place about 3/4 cup the mixture, adding about a T of the egg mixture to each pancake into the skillet (note: I prefer using cast iron) and cook 6-8 minutes or until bottom of pancake is browned.

- Carefully flip and cook 5-6 minutes or until bottom is browned. Remove from skillet and place pancakes on paper-towel lined dish.

This recipe is very open to personal adjustments. . . add veggies like peas and carrots or broccoli. This recipe can also be adjusted to — more or less — by the proportion of one egg per package of ramen noodles.

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## Family Promise

*Family Promise Missoula* celebrated its one-year anniversary in May. Family Promise is a national interfaith program dedicated to providing housing for families that are experiencing homelessness. Har Shalom is one of Missoula's support congregations, and has been a part of Family Promise Missoula (FPM) since its inception.

In its first year, FPM offered housing and support services to 21 families, a total of 73 people. The following is an excerpt from Dean Thompson, Family Promise Director, on the occasion of FPM's first birthday:

*Families came into Family Promise and experienced a safe place to 'catch their breath'. There was someone there to listen when a family member had an incredibly bad day; there were shoes for children who had misplaced theirs; there were birthday celebrations, jack-o-lantern carving, and an environment that said "things are going to be okay." Families left the program with at least some of the following: furnishings and household goods for their new homes; jobs or connections to possible employers; a secure knowledge that their community cared about them. Thank you to all those volunteers who helped to make this first year happen.*

If you would like more information about FPM, or would like to add your name to the volunteer list, please contact Robin Abeshaus at 542-7535 or robinabeshaus@gmail.com.

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## Hospice Support Groups

Hospice of Missoula Care Giver Support Group meets Tuesdays from 12 – 1:30 at the Buttercup Café, 1221 Helen Ave. (University area) from July 9 to August 20.

Beginning August 20, there will be a Grief and Loss Support Group meeting Tuesday evenings 6:30 – 8 pm at the board room of the Missoula Public Library. This session runs from August 20 to September 24.

These sessions are free and open to the public. Call 543-4408 for more information.

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## MAJCO Shabbaton 2013

SAVE THE DATES: October 4, 5, 6 at Har Shalom, Missoula, MT

Har Shalom is hosting the Montana Association of Jewish Communities Shabbaton in early fall, so please save the dates. More news to come soon.

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**From the Har Shalom Library** by Toba Winston

Jewish Meditation A Practical Guide by Aryeh Kaplan

This book is a guide to Jewish meditation that would be useful for anyone, from a beginner to someone who has years of experience meditating. It covers mantra meditation, contemplation and visualization within a Jewish context. It shows us how to use meditative techniques to enhance prayer using the *Amidah* and the *Shema*.

Aryeh Kaplan, who died in 1983 at the age of 48, was a well-known Orthodox rabbi who taught meditation. He was the author of many books on a variety of subjects. Harold Kushner, writing about this book said, "At a time when Jews are rediscovering their hunger for spirituality, Kaplan's clear and comprehensive book could well be one of the most important Jewish books of our times."

This book is in the library to check out, but I encourage anyone serious about adding Jewish meditation to their life to buy the book. It will become a reference for a more spiritual meditation.

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## 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.*

### AV

5 (July 12) Dorothy Cohen Martin  
Marilyn Dayries' mother

11 (July 18) Betty Ann Schreiberman  
Sheryl Alexander's mother

16 (July 23) Barbara Goren  
Carolyn Goren's sister

18 (July 25) Hank Butzel  
Har Shalom community member

19 (July 26) Dora Spector  
Ellen Silverglat's mother

21 (July 28) Morris L. Goren  
Carolyn Goren's father

21 (July 28) Averil Sherman  
Suzanne Aboufaddl's mother

### ELUL

13 (August 19) George Lorinczi  
Kate Soukonnikov's father

14 (August 20) Nancy Polishuk  
Jackie Cohen's sister

17 (August 23) Ann Goldberg  
Richard Goldberg's mother

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## Todah Rabah

To **Sheehan Rosen** for supporting our Atidaynu program. **Kate Soukonnikov** for engaging Rabbi Whiman to assist Har Shalom while Laurie Franklin was away. To **Laurie Franklin** for spending many late nights helping Har Shalom while in Israel. To **Madelyn and Marc Semanoff** for donating books to the Har Shalom library. **Greg Cohn**, for special support with Hazon Cross USA Ride. **Bendremer-Wozniak** family, for donations-in-kind to Har Shalom's kitchen.



P.O. Box 3715, Missoula, MT 59806

RETURN SERVICE REQUESTED

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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.

### General Donations

Melissa Baggett  
Bravo Catering  
Kate Soukonnikov  
Marc and Debra Steinberg  
Larry Stineford

### Honors and Memorials

Jack and Pat Cohen – In Memory of Flora Cohen



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## Support Har Shalom with a tax-free gift from your IRA *by Toba Winston*

Looking for the way to make the most tax-effective gift to Har Shalom? Congress recently extended a law that allows people 70½ or older to make tax-free charitable gifts using funds transferred directly from their IRAs. You can transfer up to \$100,000 through the end of the year.

Every donation, large or small, is greatly appreciated. To learn more, contact Har Shalom's Treasurer.

*Every circumstance is different; Har Shalom is not giving out tax advice. Each potential donor should consult a personal tax professional before making an IRA transfer to Har Shalom.*