
Does Oneg appear out of nowhere? *by Marc Steinberg*

Last year as Laurie was leaving for a year in Israel, I agreed to coordinate volunteers to provide Oneg, the gnosch following services. I called and emailed a number of you last summer and you readily volunteered. During the 2012 High Holy Days I wondered if a new process of recruiting volunteers would work. Many of you volunteered during the summer, a busy time in Montana filled with family activities and house guests. Perhaps making announcements about a sign-up sheet in the kitchen/dining area would work. So last September, I and other members of the Ruach Team announced after services that volunteers were needed to provide Onegs and that a sign-up sheet was available.

Looking for Oneg providers suddenly ended as people began signing up spontaneously. I was overwhelmed by the willingness of so many people to take on this responsibility. I would occasionally visit Har Shalom to check the list to ensure there was a volunteer for the next service. Always there would be a person's name on the list for that week and many other names of people willing to provide Oneg during the coming weeks.

Those of you who showed up "out of nowhere" provided great food and support for the time following services when we converse with friends and visitors. We thank you for the Onegs you provided. It reminded me that observing Shabbat is a community experience, a time to enjoy one another, a time to relax, and a time to worship and pray together.

New sign-up sheets for the fall and early winter will be placed on the table against the wall in the dining area. Families or individual oneg providers are needed for all but the last Friday evening and the first Saturday morning of each month when we have potluck Onegs.

Tikkun Olam beyond the walls of Har Shalom

In addition to contributing over 150 pounds of food per year to the Missoula Food Bank, Har Shalom members also meet at the Food Bank in December to help sort food during the holiday food drive. Todah rabah to those of you who filled paper bags for the Food Bank during the high holidays. There is always a collection bin for the Food Bank in the lobby of Har Shalom, and non-perishable donations are welcome at any time.

Har Shalom members also come together every two to three months to help host up to four families through Family Promise Missoula (FPM). Family Promise is a national program of faith congregations dedicated to providing temporary housing and support to families experiencing homelessness. We work with University Congregational Church, where families are housed during our host weeks. Har Shalom members help provide meals and supplies, and some choose to spend evenings at UCC as hosts. Upcoming host weeks are announced through the weekly email. If you would like to be added to a specific email notification list for FPM, contact Robin Abeshaus: robinabeshaus@gmail.com

If you would like more information about Har Shalom's involvement with the Missoula Food Bank or Family Promise, or if you have other ideas for tikkun olam/social justice outreach, please contact Robin Abeshaus at 542-7535 or robinabeshaus@gmail.com

Welcoming a Stranger

Har Shalom gets requests from time to time to help 'wandering' Jews who come to the synagogue in need of a place to sleep, a meal or a few dollars to keep them going. Recently some orthodox kids came by and slept in the building – they were traveling the country and stopping in shuls during Shabbat.

Would your family be willing join others on a list to be called when the need arises in the future? There is no obligation! Simply give us your permission to call you. It's a mitzvah! Please email info@har-shalom.org to join the list.

Bubba's Kikh*

**kikh means "kitchen"*

New Year Apple-Honey Cake *from Robin Abeshaus*

Note from Robin: The apple cake is one I make every year for Rosh Hashanah. It is not your traditional honey cake; I think it is moister and better – and it has both apples and honey for the new year.

Ingredients:

2 ¼ pounds apples, peeled, cored and diced
1 ¼ cup sugar
1 cup plus 2 Tbs butter, softened
¼ cup honey
3 large eggs
3 cups all-purpose flour
2 ½ tsp. baking powder

Directions:

Preheat oven to 350 F. Lightly grease a 13x9 cake pan with 2-inch sides. Line pan with aluminum foil and grease the foil.

Prepare apple mixture:

Thoroughly mix apples and ½ cup of sugar. Let stand while preparing batter.

Prepare batter:

Beat butter until smooth. Add ¾ cup sugar, beat until fluffy.

Beat in honey.

Add eggs, one at a time, beating well in between.

Sift flour with baking powder and stir in to egg mixture.

Add apple mixture, which will be syrupy.

Spread batter in prepared pan.

Bake for 45 minutes, until cake tests done with a toothpick or knife.

Cool in pan on a rack for 20 min.

MAJCO Shabbaton 2013
SAVE THE DATES: Oct 4, 5, 6 at Har Shalom, Missoula, MT
Parshat Noach: Sailing into our Jewish Future!

Friday Oct 4

- 4 to 6:30 pm: Meet, greet, register, preneg (refreshments)
- 6:30 pm: Musical Kabbalat Shabbat
- 7:45 pm: Community Shabbat kosher style potluck dinner and Tisch
(participatory singing and storytelling)

Saturday Oct 5

- 8:30 am: coffee, breads and cakes, yogurt, cereal.
- 9:30 am: Shabbat Shacharit, Seder Kriat HaTorah/parallel small children activity
- 11:30 am: Oneg/Lunch
- 12:45 pm: Afternoon program: Session A
 - Option 1 Contemporary Israel discussion
 - Option 2 Jewish meditation practice, text study, and practicum
 - Option 3 Craft works, suitable for all levels
- 2:30 pm: Afternoon program: Session B
 - Option 1 Parshat Hashavua
 - Option 2 Herod or The Temple Mount and Kotel, history and sanctity
 - Option 3: Craft works, continued
- 4 pm: FREE Time, nap or explore
 - Hike option: Blue Mountain, Pattee Canyon or Rattlesnake trailhead
 - Museum option: Explore the Missoula Art Museum and downtown
 - Nap option: zzzzzzzzzzzzz
- 7:30 pm: Catered, kosher style community dinner at downtown location or private home. Post-dinner program: havdallah and Klez dance, same location (baby sitting options for parents with small children). Teen room get-together for movie, popcorn, cider.

Sunday Oct 6

- 8:30 am: coffee and sundries
- 9 am: Weekday tfilah
- 10 am: MAJCO meeting
- 10 am: Craft projects, finish up,
- 10 am: Israel in this week's news; NY Times, Times of Israel, JPost, Ynet news, Haaretz, Forward

LODGING: Holiday Inn Downtown group rate and home hospitality

Special guests:

Chutzpah! Klezmer Ensemble

Tentative and to be confirmed: Israeli Journalist Yossi Klein HaLevi (by Skype),

Confirmed: Rabbi David Fine, URJ Senior Consultant, Congregational Systems Specialist

Individual \$36 for the Weekend All-inclusive, Student and Elders \$18

Donations welcome

Names _____

Subtotal

of Adults _____ x \$36 = _____

of Students/Elders _____ x \$18 = _____

TOTAL: _____

Please make checks payable to Har Shalom and mail to Har Shalom/PO Box 3715/
Missoula, MT,59806 or make a secure online payment at <http://www.har-shalom.org/Make a Payment>