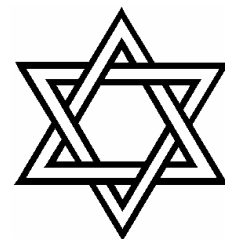


Eastside Voice



The Newsletter of Eastside Kehila
PO Box 86622 — Portland, Oregon 97286
October, 2009

Vol. 18, Issue # 10

Mission Statement

“Our Mission is to further the Spiritual, Educational, and Cultural experiences of our Jewish community.”

Everyone is invited to Eastside Kehila 's Shabbat Dinner— October 9

We look forward to seeing you for Eastside Kehila's monthly Shabbat Dinner and Service at St. Ignatius School, one block north of Powell at 43rd. (3400 SE 43rd Ave.) on Friday, October 9, 2009

Registration is at 5:30 P.M. and candle lighting at 6 P.M. This is followed by Services at 7 P.M., led by Flip Frisch. The evening will end with a sweet potluck Oneg, so please bring a dessert to share. Call ahead for reservations and if you have any questions about prices. Reservations are required. Email us at shalom@ejcop.org or phone (503) 973-5267 by the Monday before the dinner. Please let us know if you have a birthday or anniversary this month.

A raffle will be held for the table decorations—be sure to buy a ticket, \$1 for one or \$5 for eight. And, we are continuing to collect canned and non-perishable goods for the Oregon Food Bank.



President's Message – October 2009

With the High Holidays having just concluded, I got to thinking about the years that have passed and the future of our nation. While there is so much that needs to be righted in order for the United States to fulfill its awesome promise, it is valuable to look back over the past 50 or so years to see that much good has resulted.

We tend to dwell on the negative – and there is plenty to dwell on – but we need to place life today in perspective by looking at the tremendous gains in the area of civil rights:

- It wasn't that long ago that people of color couldn't sit wherever they wanted on a bus, play major league baseball, or go to an integrated school. Now, Barack Obama is President of the United States.
- It wasn't that long ago that homosexuals were societal outcasts, often imprisoned for their sexual orientation. Now, although much more needs to be accomplished in this regard – the barriers are coming down.
- It wasn't that long ago that the "perfect" representative family consisted of kids who looked like Dick and Jane and parents who came straight from the 50's. Now, we are a polyglot nation. While growing pains continue, we are getting to where we should be by inches.
- It wasn't that long ago that constraints and discrimination against women were generally accepted, and women had few choices about how to live their lives. Now, although equitable pay continues to be a challenge, many glass ceilings have shattered and sexism is no longer fashionable.

Continued Page 5

The Simcha Corner— October Birthdays & Anniversaries

**Birthdays: David Silberman, Liz Silberman, Erik Taylor,
Shari Bandes, Andrea Karlin, Lou Klump**



Anniversaries: None known

October Yahrzeit

Pearl Bermann Einhorn (Marjorie Holland 10/28

Gerald Simon (Jennifer Klump)

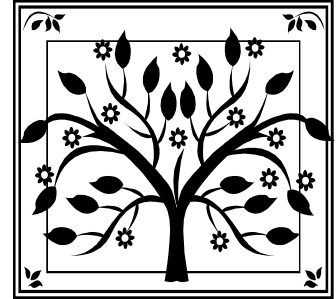
To include your loved one in future Yahrzeit notices, please send his or her name and date of passing to us at our email address: shalom@ejcop.org

Tishrei/Cheshvan 5770 (2009) Torah Portions

Date	Torah Portion	Light Candles—	Shabbat Ends—
Oct 2- <i>Eve 1st Day Sukkot</i>	VEZOT HAB'RACHAH	6:32 PM	
Oct 3- <i>Eve 2nd Day Sukkot</i>		7:32 PM	
Oct 4-			
Oct 9 - <i>Eve Shemini Atzeret</i>		6:19 PM	8:14 PM
Oct 10 <i>Eve Simchat Torah</i>		7:19 PM	Holiday ends: 7:18 PM
Oct 11			
Oct 16- Oct 17	BEREISHIT	6:07 PM	7:07 PM
Oct 23 - Oct 24	NOACH	5:55 PM	6:56 PM
Oct 30- Oct 31	LECH-LECHA	5:44 PM	6:46 PM

TRIBUTES AND CONTRIBUTIONS

A generous contribution to the cemetery account was made by Gerry and Jane Schindler



The Tree of Life

“Rounding up your membership dues or Shabbat dinner check is an easy way to make a contribution to Eastside Jewish Community of Portland.”

The best minister is the human heart; the best teacher is time; the best book is the world; the best friend is G-d.

Yiddish Folk Saying



Eastside Kehila 2009 Schedule

**Event RSVP: shalom@ejcop.org or 503-97E-JCOP
(503-973-5267)**

October 9	Shabbat Service and Dinner
November 13	Shabbat Service and Dinner
December 11	Chanukah Party and Shabbat

Kavanah How We Go Through The Time of Our Life

Kavanah comes from the Hebrew root meaning to direct, intend, focus. In Jewish History and Tradition, the rabbis from Biblical Times to today expounded that living a Jewish life means we must combine both the actions we do, and the intention we bring to those actions. They stressed prayer was not only the act of reading or saying the words of a prayer. If you did not pray with kavanah, actively thinking about the words you were saying, you have not fulfilled the mitzvah to pray.

There is a passage in the Mishna about the mitzvah of hearing the Shofar on Rosh Hashanah. If you are a shepherd and must tend your flock, that is your first obligation according to the Torah. If while tending your flock, you happen to hear the Shofar being blown, the rabbis say that you have not fulfilled the mitzvah. However, if you realize it is Rosh Hashanah and deliberately move your flock to a location where you will be able to hear the Shofar, then you have fulfilled the mitzvah. Fulfilling a mitzvah is not something that happens haphazardly; it is the meeting of an intention—a decision about what you want to do—with the action of doing it.

Rabbi Tracey Rich writes: The minimum level of kavanah is an awareness that one is speaking to God and an intention to fulfill the obligation to pray. If you do not have this minimal level of kavanah, then you are not praying; you are merely reading. In addition, it is preferred that you have a mind free from other thoughts.

There is no multi-tasking while praying because it leads you away from the intention. When Friday evening comes, and the table is set with candles, wine, and challah, and nice dinner has been prepared and is ready to serve. Do you take the time and make the intention to be there; in Eckhart Tolle's (or Ram Dass's for the older crowd) "Be here now! Experience the Power of Now!"

Another example of the confusion that can arise about intention: You are on vacation, doing nothing, having a good time relaxing and doing what you want. You come back restored. The next day you go to work and want to catch up. However, you spend most of the day talking about your vacation, and when you come home you feel qualms or unease about how the day went. This is from not fulfilling your statement about getting something done with the intention to do it. The ideal is living a life with kavanah—being aware of yourself, your surroundings, and your actions needed to fulfill the intentions you have for that time.

Michael Kay

Eastside Kehila Board Members

Board Officers:

President: Rita Cohen King
 Vice President: Sue Sargent
 Treasurer: Rob Boime
 Secretary: Bob Dragoon
 Cemetery Cmte Chair: Michael Kay

Board Members at Large:

Shari Bandes
 Elaine Israel
 Noel King

Board Advisor:

Spiritual Leader Flip Frisch



2235 SE 11th Ave. Portland,
 Oregon
 503-238-8883

**Our thanks to Kettleman's for the
 donation of our Shabbat dinner
 Challahs**

AFFORDABLE FAMILY MEMORIALS

- ☆ **Excellent Quality**
- ☆ **Personal Service**
- ☆ **We come to you**

Flexible Hours
 Please call for an Appointment
 Personal Service since 1988
Jason R. Pope 503-515-7640

President's Message continued...

There are many more examples of how this country is growing up and opening up. We can be future shapers by opening our minds up, by realizing that people are just people – white, black, Hispanic, gay, disabled – who want the same things in their life: peace, contentment, family, friends, and financial security.

Happy New Year and, hopefully, a better new year awaits you!

Rita Cohen King
 President

Eastside Jewish Community of Portland

Post Office Box 86622

Portland, Oregon 97286

Eastside Kehila October 2009 At-A-Glance Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9 Shabbat Service & Dinner	10
11	12	13	14	15 Newsletter Deadline	16	17
18	19	20	21	22	23	24
25	26	27	28 Board Meeting	29	30	31