

A Message From Board Member Linda Rifkin

Are you looking for ways to participate in our Jewish community ?
I have a couple of ideas!

You will find within any Jewish community a group of individuals who perform several roles to support a person at their death. First we have the ritual washing of the body in preparation for burial. Known as *tahara*, it involves placing the deceased (*haMet*) in a shroud before they are placed in the casket. Community members then serve as *shomrim*: sitting near *haMet* when they are in the casket, reciting Psalms, keeping the soul company until it is time for the funeral.

The people who perform *tahara* (and who are also sometimes *shomrim*) is known as the *Chevra Kaddisha*. In Portland, because of the numerous synagogues of different affiliations, there is an Orthodox observant only *Chevra Kaddisha* and all other synagogues participate in a collective called: *Chevra Kavod haMet*.

Also within the *Chevra Kavod haMet* is the Shroud Crowd which meets on a Sunday afternoon from 2-4p at Neveh Shalom, to sew shrouds. No experience is necessary and everyone is welcome to participate in the process of preparing material to be sewn and sew the cut pattern pieces together.

I participate in both groups as I am able. It is a rewarding way for me to give back to the Jewish community at large. Would you like to join me?

For further information : www.chevrakavodhamet.org

Rabbah D'vorah had hip surgery at the end of January. If you would like to know how you can help in their recovery, please visit:

<https://www.caringbridge.org/visit/debrakolodny>

*Please join us for our regularly scheduled programming this month. We especially hope you join us for Shabbat morning service **Saturday, February 16th 10:00 AM** at Rabbah's home - where healing blessings will be graciously welcomed. As they are still in recovery, they will be hosting the service, but not leading services.*

More information about Shabbat services - and other happenings - can be found in the Upcoming Events section of this newsletter.

A Bissel Torah From Our Rabbah

esterday we read in Torah of our crossing the broken waters of the Sea of Reeds. We did it then and we do it today. We leave mitzrayim, the narrow place of our oppression and degradation, of our hopelessness, pain, death, of our separation from Spirit and from ourselves.

We can't do it alone. We ask for help. We get it.

Yah helps.

Moses the humble prophet and spokesperson and civic leader who has not an ounce of arrogance, who knows enough to ask for help from his brother helps.

So Aharon helps. Aharon who holds the key to our alchemical, shamanic, earth centered/heaven integrated, indigenously grounded restorative justice and healing technology helps.

And though it is not in the text until we have crossed the sea, we know that Miryam is

vital to helping us move through this transition too. Miryam, the embodied prophet who knows how song and dance enable humans to find sympathetic resonance with one another and with Spirit, helps.

So with the help of leaders who have no blueprint whatsoever for how to lead from Spirit, but who somehow know how to live in right relationship with the land, and with one another, and how to heal through Spirit, and how to connect us to one another as if we are one being, we make it to the shores of our liberation.

Who are your personal and our collective humble leaders who integrate Spirit and healing and justice and song and joy to lead us to the next incarnation of humanity?

How will YOU be one of those leaders, taking us forward into millennia filled with peace and prosperity, restoration and reparation, joy and gorgeous cultural explosion?

Writing this on the eve of TuB'shvat, I wish you celebratory connection to our natural world and a month of blossoming into the fullness of your beautiful, delightful gifts.

B'ahava/With love,

Rabbah D'vorah 1/20/19

New Membership Option

Through the wonders of modern technology we are inviting out of town folks and others who can't be physically present to drink from the well of our joyous prayer and learn from Rabbah D'vorah and our whole community through our deep Torah discussions.

Starting in January we will be Zooming our twice monthly (2nd and 3rd) Shabbat morning services live! You can be with us, even if you can't be in the room. We start at 10 am and end at 12:30 pm, and we will also be saving the services on a link so you can access it at any time.

We would so love to have you join us! If this sounds like something you'd be interested in, we are offering it for just \$240 a year donation, which comes out to only \$10 per service. You can pay via paypal with a monthly recurring donation of \$20, or a one time

payment (<http://bit.ly/2uFu9N1>) or by sending a check made out to **As the Spirit Moves Us** sent to Rabbah D'vorah at 3651 SW Custer Street, 97219,

In addition to sending your payment, email us to confirm your intent, so we will be sure to send you the Zoom information for our first Zoomed service: January 12, 2019.

FEBRUARY'S HAPPENINGS:

Shabbat Morning Service

Saturday, February 9th, 2019 10:00 am - 12:30 pm

Central Lutheran Church 1820 NE 21st Street PDX 97212

**This space is accessible in all ways--front entrance, gathering room, bathroom.*

On Second Saturdays we lift our voices in prayer together from 10-12 and then dive deeply into meditation and mystical Torah study from 12-12:30. Together we will open Judaism's deep well of wisdom through the lens of the Zohar, Sfat Emet, and other mystical commentators. If you yearn for a beautiful Shabbat morning service in an intimate environment, this service is for you. Can't wait to see you!

Shabbat Morning Service

Saturday, February 16th, 2019 10:00 am - 12:30 pm

3561 SW Custer St PDX 97219

Join us at the home of Rabbah D'vorah - greet Rabbah for the first time after their surgery and offer healing blessings at their my home.

**This space has two steps at its entrance after a walkway with an incline to the door, but we have a portable ramp that converts it into a wheelchair accessible entryway. The bathroom does not have grab bars.*

On Third Saturdays we lift our voices in prayer together from 10-12 and then explore the Torah portion from 12-12:30 using the lush foliage outside the windows. This service integrates one of the best qualities of our previous Torah hikes and elevates our intracconnectedness with nature and all of Creation. And once again, if you yearn for a beautiful Shabbat morning service in an intimate environment, this service is for you. Can't wait to see you!

Friday Night With the Rabbah

Friday, February 22nd 2019, 7:00 pm - 9:00 pm

3561 SW Custer St PDX 97219

**This space has two steps at its entrance after a walkway with an incline to the door, but we have a portable ramp that converts it into a wheelchair accessible entryway. The bathroom does not have grab bars.*

Join us at the home of Rabbah D'vorah - after a virtual candle lighting, we will gather in beloved community to learn a little, sing a little, talk a lot and eat a beautiful meal.

Please bring the following according to last name:

A-E: Entrée (fish or vegetarian)

F-G: Gluten free dessert

H-M: Entrée (fish or vegetarian)

N-O: Vegetable side dish no dairy

P-S: Salad

T-Z: Wine or Juice

Vigils, marches and gatherings are popping up every week!

Stay tuned via this newsletter and/or:

- Our [Facebook page](#) has the latest news and updates
- [Keep up with the latest Spirit Led Justice Alliance Action Alert HERE!](#)
- Or sign up to receive the Portland Spirit Led Justice Alliance Weekly Action Alert right to your email [HERE!](#)

Want to support Portland's UnShul? Donate using our PayPal link:

<http://bit.ly/2uFu9N1>

COMMUNITY HAPPENINGS

You are invited to a Shabbaton Weekend, February 15-17, 2019 with acclaimed musician, author, and teacher, Joey Weisenberg.

He will enliven our spirits and lead us in intimate prayer and joyous song. Sunday, he will lead a very special singing workshop. Join Shaarie Torah for this once in a lifetime experience!

All events will take place at Congregation Shaarie Torah, 920 NW 25th Ave, Portland, OR 97210

[To RSVP or for more info click here!](#)

Please consider spending Shabbat morning (Saturday, February 16th) with the UnShul at Rabbah D'vorah's home to offer healing blessings and share in a beautiful service!

WEEKEND IN QUEST 2019 in Astoria, March 1, 2, 3 (Friday - Sunday)

Portland's UnShul is a co-sponsor!

PROGRAM HIGHLIGHTS

- Poems and Prayers: Modern Jewish Writers Reinterpreting Tradition
- Scholar in Residence: Professor Naomi Sokoloff, University of Washington, Seattle

In addition to the study sessions, they will gather for:

- Shabbat services Friday evening and Saturday morning, led by Ilene Safyan
- Five meals together: catered Friday and Saturday dinners, catered Saturday lunch, and (for those staying overnight at the hotel) Saturday and Sunday breakfasts
- Enjoyable Saturday evening program.

For more information:

<http://www.weekendinquest.org/>

Fundraising and Friendraising

The UnShul is an inspiring, truly grassroots community that works on a small budget to pay for only the essentials needed: a few bills and the small salary of our Rabbi, someone we can be proud to call our leader in faith and social justice. But, we are much larger than the support we give to our leaders, we are a growing community of individuals who are each pouring our love and energy into something larger that in turn feeds us all. The donations we give bolster our community, but they also have the power to bolster our individual spirits. There are a lot of things we **have to** pay for in our lives. The UnShul is one important way we can exercise empowering **choice** in where we spend our money. Paying into the UnShul which then in turn pays us back tenfold in spiritual growth and mutual support is exponentially beneficial to you, our community and the intersecting communities to which we belong. If you haven't joined as a congregational member yet, reach out and make it official!

Visit our website to join and learn more:

<https://www.asthespiritmovesus.com/unshul/>

Make a donation today!

<http://bit.ly/2uFu9N1>
