




## Song of Peace in Sonoma Valley

August 2009/5769 Av/Elul	Rabbi's Letter Jack Gabriel	President's Message Bonny Lasky
<p><b>Inside this issue.....</b></p> <p>Mahalo Outdoor Shabbat Service</p> <p>High Holy Days Information and Schedule</p> <p>Calendar</p> <p>....and much more</p> 	<p><b><u>"In the Heat of the Summer"</u></b></p> <p>There is a Midrashic teaching that after God created the World, and rested a bit, G!D looked for something worthy of G!D's focus. So, He/She took on the second most difficult task in the new Creation, of helping people find and stay with their Beloved life partners.</p> <p>What makes this so difficult? Our tradition teaches that each of us has a <i>Yatzer Ha'Tov</i> and a <i>Yatzer Ha'Rah</i> (<i>an inclination to do good and an inclination to do evil</i>). In a relationship, as much as we try to follow the <i>Yatzer Ha'Tov</i>, the <i>Yatzer Ha'Rah</i> still, occasionally, <i>leaks out</i>. It's that mischievous, irritable, argumentative, and kvetchy inclination that manifests all kinds of difficulties for couples.</p> <p>If we feel threatened or insulted, the <i>Yatzer Ha'Rah</i> is happy to be triggered. What follows is anger and nastiness. This is especially something to beware of during the hot months of Summer. We schlep around in the heat, dehydrate, stick to our clothes, and become thin-skinned.</p> <p>How do we stay cool in relationships while everything around us is wilting? Perhaps Harville Hendrix and his approach to couples therapy can help. In his book, <u>Getting the Love You Want</u>, he says we choose partners whom we think can help heal us. I think that process is viable if it triggers our <i>Yatzer Ha'Tov</i>,</p> <p style="text-align: right;"><i>Concluded on page 5</i></p>	<p>For over two years Sy has encouraged me to become President of the Congregation. The very thought of it scared me into a catatonic state. So I always politely declined stating "I know my limits – I am a worker bee not a queen bee." Over the past two years as I have found working with people like Sy, Gili, Judi, David, Adley, Maxine, Lori, Lorri, Laura, Lee, Peggy, Susan, Celia, Richard, Eileen, Arvam, Sandra, Gary, Sam, Sally, et al was fun, exciting and rewarding. But as great as that experience was it didn't convince me to be President.</p> <p>It wasn't until Sy asked me to Chair the Nominating Committee for our 2009-2010 Board of Directors that the fear began to wane. I talked to 20 or more members. I found nine members who understood the importance, responsibility and the work that needed to be done on behalf of our Congregation and felt honored and excited about being asked to uphold the Shir Shalom Mission statement. They are: Jennifer Bernstein-Lewis, Marvin Diamond, Maxine Gordon, Celia Lenson, Carol Marcus, Betsy Surtshin, and Gwen Watson. They join with our present directors: Lori Bremner, Lee Morgan Brown, Lori Goldman, Adley Hochstadt, Mara Kahn, Sam Friend and David Schoenbach. If you know any or all of these people you know why I suddenly lost my fear and became excited about the prospect of taking on this leadership role.</p> <p><b><u>Leadership</u></b> is described in Wikipedia as the "process of social influence in which one person can enlist the aid and support of others in the accomplishment of a common task". Once I read this I knew that the new Board would be able to work together to: set goals, create events, raise funds, and see that Congregation Shir Shalom remains a viable sanctuary for</p> <p style="text-align: right;"><i>Concluded on page 5</i></p>

**CONGREGATION  
SHIR SHALOM**

Rabbi Jack Gabriel

**Board of Directors**

Bonnie Lasky, President:

769.1778 [bglasky@att.net](mailto:bglasky@att.net)

Celia Lenson, 1st Vice President

257.3498 [celialenson@att.net](mailto:celialenson@att.net)

Lee Morgan Brown, 2nd Vice President

939.1104 [leeamorgan@pacbell.net](mailto:leeamorgan@pacbell.net)

Lori Bremner, Treasurer:

363.1263 [loribrem@gmail.com](mailto:loribrem@gmail.com)

Maxine Gordon, Secretary:

343.1135 [ruthie4u@comcast.net](mailto:ruthie4u@comcast.net)

Jennifer Bernstein-Lewis

658.1829 [jblewis@guidedogs.com](mailto:jblewis@guidedogs.com)

Marvin Diamond

996.9850 [mldiamond@earthlink.net](mailto:mldiamond@earthlink.net)

Sam Friend

996.4412 [sfriend@ehsd.co.contra-costa.ca.us](mailto:sfriend@ehsd.co.contra-costa.ca.us)

Lori Goldman

939.2738 [loriknits@hotmail.com](mailto:loriknits@hotmail.com)

Adley Hochstadt

996.1389 [adley@vom.com](mailto:adley@vom.com)

Mara Kahn

935.6272 [marakahn@gmail.com](mailto:marakahn@gmail.com)

Carol Marcus

996.4926 [cmmwa@comcast.net](mailto:cmmwa@comcast.net)

David Schoenbach

938.0110 [davidsch@sonic.net](mailto:davidsch@sonic.net)

Betsy Surtshin

252.9039 [asbrr@comcast.net](mailto:asbrr@comcast.net)

Gwen Watson

938.5601 [gwatson@sonic.net](mailto:gwatson@sonic.net)

**School Director**

Susan Jebrock

707.938.5425 [Sjlj814@aol.com](mailto:Sjlj814@aol.com)

**Newsletter Staff**

Peggy Feuer, Editor

Bonnie Lasky, Photographer

David Schoenbach, Website

Items for newsletter are due the 16th of each month.

Send to Peggy Feuer, P.O. Box 2248, Sonoma 95476

or e-mail [peggyf@vom.com](mailto:peggyf@vom.com)

Published monthly except July

Congregation Website: [www.shir-shalom.org](http://www.shir-shalom.org)

Telephone: 707.935.3636

Contributions/Donations: Send to

Congregation Shir Shalom,

252 West Spain Street,

Sonoma, California 95476

*Menschenings*.....

*Mitzvot*.....

*Menschenings*.....

*Mitzvot*.....

*Mazel Tov*

**The Congregation Gratefully  
Appreciates Generous Donations**

**General Fund**

From David Artson

From Lori Bremner

From Julie Diamond

From Peggy Hammett and Rudy Lacoé

From Henry B and Bonnie G Lasky

From Sy and Harriet Lenz

From Carol Marcus and William Willer

**Yahrzeit**

From Robert and Linda Alwitt

*In loving memory of Sarah Alwetz*

From David Artson

*In loving memory of Jerome Grotzky*

From Norman and Susan Goldstein

*In loving memory of Louis Goldstein*

From Lotte Klugman

*In loving memory of Else Lehman*

From Leonard and Sandra Leib

*In loving memory of*

*Muriel Brown Martin,*

mother of Steve Martin & Lynn Blankfort

From Esther Norton

*In memory of Sadie Pollock*

From Muriel Robbins

*In memory of Allen Shainsky*

From Phillips Wagner

*In loving memory of Albert Phillips*



## .....and More

### High Holy Days Information

We look forward to sharing the New Year observance with you. Rabbi Jack will lead us in prayer assisted by Bella Bogart, leading us in song. The **schedule** is on the last page of this newsletter.

We encourage you to participate in **Project Mitzvah**, as it is traditional to assist with food for the needy during this time. Please bring non-perishable food items to any service. These will be collected and donated to FISH for distribution to people in need in Sonoma.

Our tradition reminds us to fulfill the mitzvah of Yahrzeit by performing an act of charity in loving memory of our loved ones. Please add names to our **Memorial Roll**, which will be read and distributed at the Yiskor Service on Yom Kippur. Please see page XX for information.

In order to make your High Holy Days experience as pleasant as possible, all Shir Shalom members, their guests and other adults must show their tickets upon entry into the sanctuary for all services. Please see page XX for **non-member ticket** information.

If you have any questions or concerns please contact Bonnie Lasky at 707-769-1778 or email [bglasky@att.net](mailto:bglasky@att.net)

Our website has HHD information and a calendar of events: <http://www.shir-shalom.org>

#### "Our Children are Our Future"

Become a member of the children's education committee and help shape Jewish education for the future generation of our congregation. Please contact Gili 415.637.8819, Amy Hummel-Alper 939.9701 [aaalper@hotmail.com](mailto:aaalper@hotmail.com) or Casey Tucker 539.7326 [kcdc@sonic.net](mailto:kcdc@sonic.net)

## WAITING FOR YOUR CALL Committee and Activity Chairs

### Adult Education

Susan Cohen 939.6637 [susancohen@ix.netcom.com](mailto:susancohen@ix.netcom.com)

Phyllis Shnairson 939.7519 [phylish@netzero.net](mailto:phylish@netzero.net)

### Calendar Mavens

Maxine Gordon 343.1135 [ruthie4u@comcast.net](mailto:ruthie4u@comcast.net)

Laura Clein 938.3858 [sales@consciousconsignment.com](mailto:sales@consciousconsignment.com)

### Caring

Ann Clark Attinson 933.9430 [ladyann@sonic.net](mailto:ladyann@sonic.net)

Pamela Sachs 938.7001 [psk219@aol.com](mailto:psk219@aol.com)

### Children's Education

Amy Hummel-Alper 939.9701 [aaalper@hotmail.com](mailto:aaalper@hotmail.com)

Casey Tucker 539.7326 [kcdc@sonic.net](mailto:kcdc@sonic.net)

### Development

Mark Hummel 939.9701 [hummelmark@hotmail.com](mailto:hummelmark@hotmail.com)

David Schoenbach 938.0110 [davidsch@sonic.net](mailto:davidsch@sonic.net)

### Directory & Roster

Mara Kahn 935.6272 [marakahn@gmail.com](mailto:marakahn@gmail.com)

### Dues & Finance

Lori Bremner 996.9829 [loribrem@gmail.com](mailto:loribrem@gmail.com)

### Festivals, Family Shabbat

Lee Morgan Brown 939.1104 [leeamorgan@pacbell.net](mailto:leeamorgan@pacbell.net)

### Liaison JCA

Gwen Watson 938.5601 [gwatson@sonic.net](mailto:gwatson@sonic.net)

### Membership

Mara Kahn 935.6272 [marakahn@comcast.net](mailto:marakahn@comcast.net)

### Men's Club

Gary Greenberg 707-935-5880 [gary@leadingtechnologysales.com](mailto:gary@leadingtechnologysales.com)

### Music & Art Festival

David Schoenbach 938.0110 [davidsch@sonic.net](mailto:davidsch@sonic.net)

### Newsletter Noodge

Peggy Feuer, editor 938.2981 [peggyf@vom.com](mailto:peggyf@vom.com)

Bonnie Lasky, photographer 769.1778 [bglasky@att.net](mailto:bglasky@att.net)

### Office Managers

Adley Hochstadt 996.1389 [adley@vom.com](mailto:adley@vom.com)

Maxine Gordon

### Oneg/Kiddush Coordinators

Lori Goldman 939.2738 [loriknits@hotmail.com](mailto:loriknits@hotmail.com)

Michele Samson 933.8512 [michelesamson@sbcglobal.net](mailto:michelesamson@sbcglobal.net)

### Shamash

Adley Hochstadt 996.1389 [adley@vom.com](mailto:adley@vom.com)

Sam Friend 996.4412

### Sisterhood

Eileen Greenberg 935.5880 [eileen@leadingtechnologysales.com](mailto:eileen@leadingtechnologysales.com)

Lorri Kaufman 938.4494 [lorrikaufman@comcast.net](mailto:lorrikaufman@comcast.net)

### Social Action

Sally Brian 996.3355 [sbrian@sbcglobal.net](mailto:sbrian@sbcglobal.net)

Peggy Feuer 938.2981 [peggyf@vom.com](mailto:peggyf@vom.com)

Laura Clein 938.3858 [sales@consciousconsignment.com](mailto:sales@consciousconsignment.com)

### Volunteer Coordinators

Laura Clein 938.3858 [sales@consciousconsignment.com](mailto:sales@consciousconsignment.com)

Barbara Sachs-Senn 933.9794 [barbsachs@aol.com](mailto:barbsachs@aol.com)

### Website

Bonnie Lasky, photographer 769.1778 [bglasky@att.net](mailto:bglasky@att.net)

David Schoenbach 938.0110 [davidsch@sonic.net](mailto:davidsch@sonic.net)

### Worship

Neal Attinson 933.9430 [scoop@sonic.net](mailto:scoop@sonic.net)

Richard Lenson 257.3498 [naplen@earthlink.net](mailto:naplen@earthlink.net)

### Yahrzeit

Celia Lenson 257.3498 [celialenson@att.net](mailto:celialenson@att.net)

## Sisterhood happenings

—Eileen Greenberg

### YOM KIPPUR BREAK THE FAST

This year's Break The Fast is being sponsored by the Sisterhood of Shir Shalom. Come enjoy a spread of all the Jewish delicacies "**Just Like Mama Used To Make**"!!!! Sisterhood is hosting this, but we need members to sign up to make **KUGELS** and **BAKED GOODS** and help **SET UP & CLEAN UP**. In order to make this a success, we need volunteers from our synagogue to sign up for this by **September 1<sup>st</sup>**!!!

We hope to see all of you at Closing Services for Yom Kippur and at Shir Shalom's Annual Break The Fast.

Eileen Greenberg     [eileen@leadingtechnologysales.com](mailto:eileen@leadingtechnologysales.com)     935-5880

Congregation Shir Shalom

## MAHALO OUTDOOR FRIDAY NIGHT SERVICES

Come bring in the Sabbath  
at Rabbi Jack's and Pamela's new digs !  
Wear your comfortable Hawaiian Shirt,  
Mumu, shorts or swim suit. We will  
sway to the beauty of the music of  
Shabbat and partake in friendship,  
song, and an Hawaiian Oneg.



\*FRIDAY, AUGUST 21, 2009  
\*7:30 P.M. ONEG  
FOLLOWING SERVICES.  
\*733 SONOMA VISTA DRIVE  
(2 BLOCKS NORTH OF  
CRAIG AVENUE OFF  
ARNOLD DRIVE.)  
\*PARKING IS LIMITED;  
CONSIDER CAR POOLING  
WITH A FRIEND!  
\*BRING SOMEONE YOU'D  
LIKE US ALL TO MEET.  
\*BRING A DRINK TO SHARE

RSVP by 8/18/09:  
[psk219@aol.com](mailto:psk219@aol.com) or  
707-938-7001 or  
707-935-3636

**Rabbi's Letter**  
Conclusion from page 1

our inclination and desire to make things work. Instead of reacting negatively to someone who irritates us, the *Yatzer Ha'Tov* says, "Be compassionate. Why is this person upset? Obviously, something's not going well in his or her life. I'll be empathetic and listen. He's not picking on me because he wants to, he's hurting ."

The other nice thing about the *Yatzer Ha'Tov* is that it can keep us from spiraling out of control, even when our first reaction is hostile. The *Yatzer Ha'Tov* says, "Whoa! You didn't really mean that. Take it back. Make up with him or her."

In the heat of the summer, let's find time, patience and understanding for the ones we love. Our automatic responses are not necessarily our best ones. If we are aware of our two inclinations, let's follow the one that creates soothing peace rather than the one that supports ugly battles.

In this way, we honor God's work of putting us together with our Beloveds. In this way, we can make the summer a time of joy rather than a time of struggle.

Looking forward to seeing you at the August "Mahalo Friday Night Service" at Pamela's and my home on Friday, August 21<sup>st</sup> at 7:30 p.m.

With Many Blessings,

Rabbi Jack

**SHIR SHALOM HISTORY PROJECT**

**Survey Form available by contacting the office  
or  
Bonnie Lasky, at [bglasky@att.net](mailto:bglasky@att.net)**

**President's Message**  
Conclusion from page 1

Judaism and resource to our Jewish and non-Jewish community. I also knew the year ahead was going to be filled with fun, energy, excitement and accomplishments because these people are all "doers" (they see what needs to be done and they do it). It has been said, "There are people who make things happen, there are people who watch things happen, and there are people who wonder what happened. To be successful, you need to be a person who makes things happen.." Fortunately for CSS you have 15 people who are going to make things happen with your help.

I hope that you will make time to get to know your Directors, and talk with them, as they are your representatives, looking out for your best interest. Please remember to thank them for the time and energy they are giving to insure we maintain our Jewish community in Sonoma.

In closing, I would like to say thank you to Sy Lenz! We will never fully grasp the positive impact you have had on CSS over the combined eight years you served as President. Gili Drori, thank you for all you have done for CSS and for being a friend, a role model and mentor. Thank you, Lori Kaufman who was very effective advisor on the Rabbi Search Committee and on the Board. To Lee Schein who is the best cheerleader and support person. Last but not least thanks to Casey Tucker who's quiet, calm voice of reason always put us back on track at the Board meetings. The CSS community is indebted to you all. The foundation has been well laid by the hard work of all these people, making me feel confident to continue building Shir Shalom together in the New Year.

## Those Three Little Words

I usually like a sweet after dinner. Yes, I know that dessert is a bad habit, but I do try to be mindful of calorie intake and often choose a low-fat ice cream sandwich or something similar.

So one night a few months back after we finished dinner, I strolled out to the kitchen to get dessert. Because Neal and I like to watch "Frasier" re-runs during our meal, he had it "paused" while I left the room. Fretful that I was taking too long I called out, "I'll be right there, honey!" to which he replied, "Take your time!" I cannot believe the effect it had on me. After a day of rushing from here to there, always hurrying, and always trying to do something more quickly, having his loving permission to take as long as I needed was a true gift.

When I came back into the room, I told him so. And, a few nights later when the tables were turned – he was out in the kitchen and I was waiting for him – before he even said anything to me I called out, "Honey, take your time!" He came back out to the living room smiling and said, "You know what? That really works – I felt better when you said that!"

Since then, not only have Neal and I developed the habit of saying "take your time" to each other often, but I've practiced giving this precious gift to supermarket clerks, waiters, and other retail workers who are accustomed to being rushed. When I'm at the store and the clerk apologizes because she's had to ring something up twice, I say, "That's okay, I'm not in any hurry" – *even if I am.*

We are a hurry-up culture. Fast food, faster Internet connections, and everybody wants everything done yesterday. We've been well-informed about the effects of this lifestyle on our own health, and many of us have taken steps to combat the stress of a rushed existence, with deep breathing, yoga, and meditation. But while we're busy taking care of ourselves, it can be good to remember that we have the power to extend that care to others.

Just remember the three little words that everyone is longing to hear: Take your time! Say them, and watch the transformation – it's magical.

**Reviving an old feature; here is the first recipe with a Jewish heart. Bonnie Lasky hopes you will enjoy! Please follow her lead and submit your own ideas for next month's newsletter:**

You know when you go to Costco and you can't resist the big bunch of bananas for \$1.70, but then you end up with very ripe bananas before you can eat them all, well here is what you do: You make "Mitzvah Banana Nut Bread" and bring them to an Oneg! For an all around Mitzvah!

### Recipe:

Makes 1 19-by-5-by-3-inch loaf or 16 mini loaves if you use the silicone mini loaf form  
Preheat oven to 350 degrees.

### Ingredients:

1/2 cup (1 stick) butter, at room temperature, plus more for pan –  
(I always freeze my butter – so I put in the microwave for 25 seconds turn it and do another 25 seconds. Then you will have room temperature butter that is easy to incorporate with the sugar and eggs.)  
1 cup granulated sugar  
2 large eggs  
1 1/2 cups unbleached flour  
1 teaspoon baking soda  
1 teaspoon salt  
1 cup mashed very ripe bananas  
1/2 cup low fat yogurt  
1 teaspoon vanilla  
1/2 cup chopped walnuts or pecans

### Directions:

Preheat oven to 350 degrees. I like to use the silicone mini loaf forms because you don't have to butter it and after cooling they pop right out. But you can use whatever works for you.

Butter a 9-by-5-by-3-inch loaf pan; set aside. In an electric mixer fitted with the paddle attachment, cream butter and sugar until light and fluffy. Add eggs, and beat to incorporate.

In a medium bowl, whisk together flour, baking soda, and salt. Add to the butter mixture, and mix until just combined. Add bananas, sour cream, and vanilla; mix to combine. Stir in nuts, and pour into prepared pan.

Bake until a cake tester inserted into the center of the cake comes out clean, about 1 hour 10 minutes. Let rest in pan for 10 minutes, then turn out onto a rack to cool.

Please contact me if you have any questions or problems with this recipe. Bonnie Lasky –  
bglasky@att.net

**Yahrzeits  
To Be Observed in**

**August**

**Pepi Ingber Bader**  
Great Grandmother of Peggy Feuer

**Vera Barbier**  
**Nathan Blumberg**  
Grandfather of Judi Shapiro

**Albert Brown**  
Father of Robert Brown

**Margaret Caefield**  
Remembered by  
Susan & David Reber

**Simone Dessayer**  
Mother of Rayne Dessayer

**Ronda Heard-Durham**  
Sister of Joyce Revis

**Arthur Feuer**  
Father of Peggy Feuer

**Al Geffen**  
Father of Heidi Geffen

**Ruth Gordon**  
Mother of Maxine Gordon

**Bella Greenberg**  
Mother of Gary Greenberg

**Sonya Habas**  
Mother of Paul Habas

**Rosaline Hanson**  
Mother of Lori Goldman

**Tillie Leib Higgins**  
Mother of Sandra Higgins

**Mira Keizer**  
Aunt of Daniel Sondheim

**Regina Klurstein**  
Mother of Shirley Diamond

**Minnie Lenz**  
Mother of Sy Lenz

**Hermann Lowenberg**  
Grandfather of Jeannette Newman

**Celia Rosenberg**  
Remembered by Jerold Rosenberg

**Gladys Sachs**  
Mother of Pamela Sachs &  
Barbara Sachs Senn

**Martin Sapper**  
Father of Howard Sapper

**Matilde Schectman**  
Mother of Rabbi Jack Gabriel &  
Sara Schechtman

# august 2009

S	M	T	W	TH	F	S
						1 10:00am Lay Led Torah Study
<b>Branka Sondheim</b> Mother of Dan Sondheim <b>Dorothy Olsaine</b> Mother of Ed Stolman <b>Emma Tarshis</b> Mother of Anne Pincus <b>Sam Tarshis</b> Father of Anne Pincus <b>Wilma Thorton</b> Aunt of Anita Silver		<b>Adolph Tiefenthal</b> Father of Bill Tiefenthal <b>Joseph Weingarten</b> Fathter of Monroe Wingate <b>Lorraine Wiech</b> <b>Henriette Zuntz</b> Mother of Michael Zuntz				
2 CSS Picnic Morton's Resort Gary 935.5880	3	4 6:30-8pm Membership Com.Mtg. Mara 935.6272	5	6	7	8 9:00am Torah Study 10:30am Shabbat Service
9	10	11	12	13	14	15 10:00am Lay Led Torah Study
16	17	18	19	20	21 730- 8:45 PM Mahalo Shabbat Service & Oneg See pg.X	22 10-noon Lay Led Torah Study
23	24	25 7-10pm Board Mtg.	26	27	28	29
30	31	Children's Education: Save the Date: Parent meeting on <b>September 9th</b> and the first Shabbat School session will be on <b>September 11</b> .				

**Yahrzeits  
To Be Observed in**

*September*

**Morris Alewitz**

Remembered by Robert & Linda Alwitt

**Shirley Balzarine**

Mother of Rori Habas

**Sylvia Cohen**

Mother of Stanley Cohen

**Joe Diamond**

Father of Marvin Diamond

**Robert Egger**

Father of Howard Egger-Bovet

**Max Friedman**

Father of Judi Shapiro

**Ruth Laco**

Mother of Rudy Laco

**Thelma B. Lasky**

Mother of Henry Lasky

**Maurice Lenz**

Father of Sy Lenz

**Lloyd Levine**

Uncle of Susan Jebrock

**Gail Lutolf**

Wife of Bob Lutolf

**Kurt Salomon**

Remembered by Howard & Lillian Weil

**Marc Sanders**

Father of Jerry Sanders

**Amanda Sheean**

Friend of Kurt and Carol Krauthamer

**Hilda Sondheim**

Grandmother of Daniel Sondheim

**Flora Spivak**

Mother of Eugene Spivak

**Beatrice Weil**

Remembered by Howard & Lillian Weil

**Arthur Weinberger**

Father of Andy Weinberger

**Abraham Weiner**

Remembered by Irene & William Markey

**Mildred Winograd**

Mother of Sandra Leib



252 West Spain Street A Sonoma, CA 95476 A 707-935-3636

email: [info@shir-shalom.org](mailto:info@shir-shalom.org) A website <http://www.shir-shalom.org>

**Non-Member High Holy Day Services Tickets**

**A tax-deductible contribution of \$180.00 per Adult ticket is suggested - courtesy tickets for children under 18. Your donation includes a complimentary 4-month membership. If you join Congregation Shir Shalom before January 1, 2010, your donation will be credited toward your annual synagogue dues.**

I/ We are enclosing a contribution of \$ \_\_\_\_\_

Number of tickets requested \_\_\_\_\_

We accept checks - Visa/MasterCard by mail (call for credit card information) or you may use PayPal at our website <http://www.shir-shalom.org/donations/>.

**Tickets will be held at "will call" Please print clearly**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Hm/Work/Cell

Email: \_\_\_\_\_

(Non-CSS member will be provided courtesy tickets if you have your Congregation mail or email us confirmation that you are a member in good standing. A small donation would be appreciated to cover our administrative cost.)

Your tickets will entitle you to all services, which will take place at Congregation Shir Shalom, 252 West Spain Street in Burlingame Hall. Yom Kippur Day will take place in the sanctuary. Break the Fast will be in Burlingame Hall starting at 7:35 p.m. Contrary to Jewish Standard Time, please be advised that all services will begin promptly!

If you have any questions or concerns please contact Bonnie Lasky at 707-769-1778 or email [bglasky@att.net](mailto:bglasky@att.net)

Our website has HHD information and a calendar of events: <http://www.shir-shalom.org>

L'Shanah Tovah,

*Bonnie Lasky*

Coordinator, Congregation Shir Shalom High Holy Days

**Congregation Shir Shalom's Yom Kippur Memorial Roll 2009**  
**10 Tishri 5770**  
**September 28, 2009**

As our New Year begins, the Yizkor Memorial Roll is being updated for the High Holy Days. This Memorial Roll will be distributed at the Yizkor Memorial Services. This year, we will have two Yizkor Services: one in the Sanctuary led by Cantor Bella Bogart and another at the Mountain Cemetery, 90 First Street West, in Sonoma, led by Rabbi Jack.

If you wish to add names of your loved ones, please add the name and date of death. Our tradition reminds us that to fulfill the mitzvah of Yahrzeit, it is customary to perform an act of charity in loving memory of our loved ones. If you have any questions, please send an e-mail to [celialenson@att.net](mailto:celialenson@att.net).

**Celia Lenson**  
**1114 Clark Street, Napa, CA 94559**  
**[celialenson@att.net](mailto:celialenson@att.net)**  
**707-290-2535**

Must be received no **later than September 20, 2009.** We regret we will not be able to add names after that date.

"I don't know what tomorrow will bring; how, then, can I know what lies beyond this life of mine? Yet I know this: I can so live what lies beyond this life of mine? Yet I know this: I can so live that others bless me when I am gone. Help me, O Compassionate, in my struggle to be a blessing."

*Rabbi Chaim Stern (1930-2001)*

**YIZKOR BOOK OF REMEMBRANCE**

**Name of Deceased (Please Print Clearly) Date of Death (MM/DD/YY)**

(1) \_\_\_\_\_

(2) \_\_\_\_\_

**Your Name:** \_\_\_\_\_

In their blessed memory, I/we enclose our check payable to Congregation Shir Shalom for:

\$18 (Chai/life)  \$36  \$54  \$72  \$90  Other \$ \_\_\_\_\_



252 West Spain Street Sonoma, CA 95476

**CSS PICNIC**  
**August 2nd**

NONPROFIT ORG.  
U.S. POSTAGE PAID  
PERMIT NO.16  
SONOMA, CA.

Return Service Requested

## Schedule for High holy days

### **Erev Rosh Hashanah, Friday, September 18**

7:30-9:30 PM

Apples, honey and dessert

### **Morning Rosh Hashanah-Day 1, Saturday, September 19**

9:30 AM-12:30 PM

More apples and honey

### **Rosh Hashanah-Day 1, Luncheon, Saturday, September 19**

(By reservation) 1:00 PM-2:30 PM

### **Rosh Hashanah-Day 2, Sunday September 20**

Children's Service: 11:00 AM-12:30 PM

Picnic Lunch: 1:00-2:00PM followed by Tashlich (location TBA)

### **Kol Nidre, Sunday, September 27**

7:00 - 9:00 PM

### **Yom Kippur, Monday, September 28**

Morning Service: 10:00 AM-1:00 PM

Children's Service: 11:00-11:45 AM led by Dania

Discussion Group(The Jonah Story): 4:00-5:00 PM

Two Yizkor Services: 5:30-6:30 PM (Cemetery, Rabbi Jack, and Sanctuary, Cantor Bella)

Closing Service (Neilah): 6:45-7:31 PM

Blowing of the Shofar: 7:33 PM

Havdalah & Break-the-Fast: 7:40PM

- Pick up & sign for newsletter order from Copy Store & More (west Napa St)
  
- Postal Service New Simplified Mailing Procedure:
  1. Attach labels to front, leaving 2/3 clear at bottom
  2. Sort into 2 main groups according to zip codes: 954s and 949s in one and all others in the second.
  3. Place these groups in separate trays or boxes. Don't use rubber bands. Line them up
  4. Fill out form at post-its (Weight of individual piece can be done at P.O.)
  5. Do math and write check out for total postage amount
  6. Submit check and form with newsletters at Bulk Mailing window (not at regular mail counters) by 2:45 on a weekday. If you miss the time, ask at main counter if you can just leave it all (newsletters, form, check) on the Bulk desk.
  
- Extra newsletters to CSS office

THANK YOU!!!