OYE! MY HEAD!—RABBI MINDIE S NYDER

I lift my eyes upward to the Heavens
From where does my help come?...
Psalm 121

Pastoral care can have an extensive reach. Whether the rabbi is present to witness the end of life and comfort mourners, or attend to a person with a chronic illness, as well as their loved ones, or assist with relationship challenges and any other circumstance that requires comfort and support, the community rabbi is on call responding to a diverse array of human needs. Since I arrived in Flagstaff, the expressed needs of our congregational members, as well as unaffiliated Jews, have been many and continuous. Within religious circles of care, the hybridization of that which is both psychological and spiritual connects with environmental, relational and the physical. We grapple with textual references. Where is it written that suffering is a necessary aspect of the human condition? Where are words of comfort from our ancient tradition that can aid in healing? Why, as Rabbi Kushner famously noted, do bad things happen to good people?

“Oye! My head!” This is one of the ways in which we teach vowels in our Hebrew class. “Oye! My head!” references the “Oh” sound that appears as a dot above a consonant. When it is above the Vav, it looks like the small letter “i”. However, when we address the psycho-spiritual conditions embodied in loss, unwanted change, physical impairment, rejection, negative attention, assault or abuse of any kind, “Oye! My head!” takes on an entirely different meaning. Lev in Hebrew, which is translated to “heart” in English, has been known as the “seat of understanding” within the Jewish tradition. This head/heart connection is a significant aspect of our Jewish inheritance and it makes attending to matters of both an essential aspect of Jewish pastoral care.

In recent weeks and months, our local and national communities have been plagued with news of completed (vs. attempted) suicides, spontaneous violent attacks upon innocents and a vast array of narratives regarding the consequences of addictions. Although there are many Jews in the field of mental health, and many who participated in its development, such as: Freud, Fromm, Adler, Bettelheim, Jastrow, Maslow, Perls, Moreno, etc. the Jewish community, as a whole, still finds it difficult to openly discuss related matters (although we do a better job than some other groups). We all now know that I had cancer last summer. The good news is that in 2018, we can talk about cancer. This was not always the case. The 1983 film, “Terms of Endearment” (from Larry McMurtry’s 1975 novel) helped to bring about a significant change in how we communicate about cancer. Unfortunately, as a society, we continue to have difficulty addressing issues of mental health. There remains a dearth of available, quality and affordable mental health services. Additionally, people tend to shy away from appropriate, comprehensive care.

Although I was a mental health practitioner, I now provide services within the realm of pastoral care. There are differences in the scope of services and the boundaries of those services. For example, treatment goals and compliance requirements are not part of the pastoral care modalities. In my capacity, as Rabbi, I frequently see gaps in care and people not getting the help they truly need. I find this reality extremely concerning. In recent weeks, much has been written and discussed about the separation of families due to mental illness when we lack the resources and understanding about how to attend to a particular constellation of problems and symptoms which can be both observable and hidden. As a result, the emerging picture is complex and difficult.

continued on page 2
Rabbi Ruth Adar (“The Coffee Shop Rabbi”) noted that King Saul was one of Judaism’s earliest depictions of a person with a mental illness. Others noted that King David, as indicated by his Psalms, may have suffered from depression. Although it isn’t quite fair to apply contemporary diagnostic categories to historical figures we cannot personally assess. Rabbi Adar (2016) further asserts that mental illness is mentioned in our Torah, such as a misfortune or punishment from God and is reflected in the curses of D’varim/Deuteronomy 28:

...The Eternal will strike you with madness, and blindness, and astonishment of heart...

Rabbi Adar point out, though, that boils, scabs, tuberculosis, fevers and inflammation are placed in the same category as mental illness. “Illness is illness” and is referred to as “shigayon” (see origins of Yiddish word “Meshuggeneh”).

Rabbi Debovah Marcus (2016) wrote about the plague of mental illness:

“The CDC reported that one in five adolescents and adults suffer from some type of mental illness. That means that mental illness and the challenges that come with it affects at least 20 percent of our Jewish community. The CDC also has reported that suicides are up 200 percent over the past few decades among girls aged 10-14.”

Research does indicate that although there has been undue attention paid to Jews as neurotic and anxiety-ridden, mental illness does not affect the Jewish population in greater amount than other populations. People are people and Jews are people.

Nearly 25% of Americans are personally affected by mental illness or addiction every day, and one-third of all U.S. hospital stays involve these diseases.

Stephen Fried

In New York City, they created a “Sabbath of Inclusion” for all brain diseases, and “The Mental Health Weekend of Faith”, addressing the stigma of mental health and enabling community members to learn about what interventions were possible and available. My understanding is that this has become an annual event benefiting hundreds of people. We can do something like this here and I hope to make that happen in the near future, within the psycho-spiritual nurturance of community collaboration.

What has changed from Biblical times, is that we are aware that we are the hands of God in this world. It is up to us to use our heads and our hearts to relieve the suffering of the afflicted with the employment of science and the balm of compassion.

Rabbi Ruth Adar

Sisterhood News
—JUDI BRAUDY

Annual Sisterhood Luncheon at 1899 Bar & Grill

The next CLS Sisterhood meeting will be held at Judi Braudy's home, 5980 E. Jeremy Ln., on Sunday, July 8th at 11am. All CLS women are invited for a lox and bagels brunch!

The Sisterhood walks for July are as follows:
• Sunday, July 8th 9am Buffalo Park
• Sunday, July 22nd 9am Walnut Canyon

If you have any questions, please contact Judi, Sisterhood Chair, at azjudi@gmail.com or 914-263-3953.

*THERE’S STILL TIME TO REGISTER*

Photo courtesy of Judi Braudy
WHAT SEPARATES US...
—LANNY MORRISON

As I write this month’s message, we have been bombarbed by the media on all sides regarding the separation of children from their parents as a consequence of entering the U.S. without authorization. It is a complex issue, legally and morally. First, there is a difference between undocumented non-citizens presenting themselves at a port of entry to the U.S. versus undocumented non-citizens who have crossed our borders and have either turned themselves into U.S. Immigration and Customs Enforcement (ICE) or been arrested by ICE. Under the former, children are not supposed to be separated from parents, whereas under the latter (i.e., the Trump Administration’s “zero tolerance policy”) they can and have been. It has been reported that more than 2,000 children have thus been separated from the parents and “detained”.

Contrary to many statements by the Administration (and its supporters), there is no “law” mandating the separation of children from their parents at the border – period. There is, however, the 1997 “Flores settlement” (Flores vs Sessions CV 85 -4544) of long-running class-action litigation over the treatment of children in immigration custody. Under Flores, the government must release children from immigration detention to relatives; if none can be found, then to a licensed program within a specified period of time. If that is not possible, these children must be held in the “least restrictive” setting appropriate to their age and needs.

There is also a distinction in the processes to be followed depending upon the citizenship of the individuals involved. This is due partly to the William Wilberforce Trafficking Victims Act of 2008, one of the last acts signed by the President George W. Bush. Ironically, there was no dissent by any member of the U.S. Senate (it was “unanimous consent”) or House of Representatives (it was “without objection”). Thus, there are differential processes for citizens of countries non-contiguous to the U.S. (e.g., Central America). The surge of child migrants (both accompanied and unaccompanied) during the second Obama Administration can be traced to Wilberforce as well as to deteriorating conditions in non-contiguous countries.

However, the rhetoric distorts and conflates the reality. It took a real turn on June 14, 2018 when Attorney General Jeff Sessions, in a speech before law enforcement officers, said: “Illegal entry into the United States is a crime – as it should be. Persons who violate the law of our nation are subject to prosecution. I would cite you to the Apostle Paul and his clear and wise command in Romans 13, to obey the laws of the government because God has ordained them for the purpose of order.” Later in the same day, White House Press Secretary Sarah Huckabee Sanders echoed these sentiments, saying that “[it] is very biblical to enforce the law [and] that is actually repeated a number of times throughout the Bible.”

As a Jew, it sent chills up my spine to hear and read such justifications for separating children from parents at the border. As Bharat Ranganathan, a postdoctoral fellow at the University of Notre Dame, has noted: “Sessions’ invocation of Romans 13 is only the most recent example of the use of this passage which has been used to justify all manner of immoral behavior: imperialism, slavery, Nazism and apartheid.”

In the U.S., children of slaves were ripped from their parents’ arms and sold to other slave owners. Other examples in U.S. history include Native American boarding schools, Japanese internment camps, mass deportation of Mexicans and Mexican Americans in the 1930s, and even poverty to take poor children away from their parents. On June 20, 2018, President Trump signed an executive order purported to end the separation of children and families. I invite you, just as I have invited students I have had in the past, to read it for yourself. While I believe it raises more questions than it answers, it begs for broader, reasoned discussion. What separates us so much that allows such things to happen again and again? Where is our moral compass? Where is our compassion? Why can’t we see what it is like to be in someone else’s shoes? Why can’t we understand how and why our ancestors came here in the first place? Why can’t we have civil discourse and humane solutions? When we Jews talk about the Holocaust, how many Jews could have been saved if the U.S. borders were open to them? And, we say: “Never again.” Why can’t we apply the same language to the subject of immigration today?

In conclusion, I will restate what I wrote in the April newsletter. Parashat Kedoshim, which we read on April 28th, is one of the richest and most exalted in all of Torah. Its name derives from Leviticus 19:25: “You shall be holy...” Leviticus 19:34 reads: “The stranger who resides with you shall be to you as one of your citizens; you shall love him as yourself, for you were strangers in the land of Egypt; I am the Lord your God.”

B’shalom.

HOOD HAPPENINGS—BOB BRAUDY

Joinied by Rabbi Mindie, The Hood met on 14 June to discuss a number of projects including the Violins of Hope, implementation status of the grant we were awarded by the Jewish Foundation of Greater Phoenix and clean-up of the shed outside the synagogue. The Syme concert was quite successful and again thanks to Shari & Paul for sharing their home and piano. Have a safe, healthy and good summer all.

For further information about the Congregation Lev Shalom Brotherhood, please contact Bob Braudy at rsbraudy@earthlink.net or 928-266-0327.

CLS BOARD MEETING REMINDER

The Board of Trustees of Congregation Lev Shalom will meet on Tuesday, July 24th, at 6:00 p.m., at the synagogue. Members of the Congregation are welcome to attend. Please advise Lanny Morrison at president@levshalomaz.org or (928) 526-3937 if there are matters that you would like the Board to consider or if you would like an advance copy of the agenda for the meeting.

Please be aware that non-board members will be asked to step out of the meeting should the Board go into executive session to address matters deemed to be of a confidential nature by the Board, such as personnel issues or matters dealing with specific members.
THANKS TO OUR DONORS

To the Rabbi’s Discretionary Fund in Appreciation of Rabbi Mindie Snyder:
Jerry and Eileen Altman

To the Rabbi’s Discretionary Fund:
Jeff and Shirley Greene

Mishkan T’filah Prayerbooks in Honor of the Marriage of Jerry Altman and Eileen Swartz:
Bob and Judi Braudy

David Syme Sponsorship:
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Desserts for the David Syme Concert:
Tedd and Susan Nickerson

Programs for the David Syme Concert:
Ruth Austin and PS Printing

Automobile for Resale:
Jeff Berglund and Monica Brown

To the General Fund in Honor of Madeline Trilling Becoming a Bat Mitzvah:
Leah Mundell and David and Gabriel Trilling

In Loving Memory of Nate Perlmutter:
Rabbi Nina Perlmutter and Tom Brodersen

LEVTY NEWS

LevTY End of Year BBQ

Volunteer opportunities
The Flagstaff Family Food Center is looking for teen volunteers in the reading room and packing emergency food boxes this summer.

Contact Nena Bloom for more information: nenaflag@gmail.com.

Please contact Nena Bloom (nena.bloom@nau.edu or 928-310-2252) or Lori Pearlmutter (lpearlmutter57@yahoo.com or 928-607-6958, our parent coordinators, for more information.

Thanks to our donors

CLS ANNUAL MEETING

On June 10 2018, the congregation held its annual meeting as required by the congregation’s bylaws. There were three items on the agenda:

- **Fiscal Year 2018-19 Budget:** It was unanimously approved as proposed. Dues will remain the same, as will fees (e.g., Religious School).

- **Bylaws Amendments:** After almost two years of work by the Ad Hoc Bylaws Committee and the Board of Trustees, proposed amendments were approved at the meeting to the existing 2010 Bylaws. Major changes to the Bylaws included: (1) adding vision, mission, and values statements; (2) allowing non-Jewish spouses/life partners under a family membership to be voting members of the congregation; (3) allowing non-Jewish spouses/life partners to be an at-large member of the Board of Trustees; (4) allowing non-Jewish spouses/life partners to be on committees and to chair committees (except for the Ritual Practices, Religious Education, and Cemetery Committees); (5) expanding the Board of Trustees; and (6) limiting the number of votes under a family membership to two (2).

- **Election of Board of Trustees:** The following were elected:

  President – Lanny Morrison
  Vice President – Paul Cohen
  Treasurer – Tom Henderson
  Secretary – Bob Braudy
  Members-at Large – Judi Braudy
  David Miggins
  Lori Pearlmutter
  Tal Rihanha
  Rachel Sturm

  Hannah Pearlmutter will be the Youth Representative, as appointed by the Board of Trustees.

The Board of Trustees would like to express its deep appreciation to Helene Mann for her service on the Board of Trustees, as well as to Maya Miggins as this past year’s Youth Representative. The Board of Trustees would also like to express its appreciation to the Ad Hoc Bylaws Committee: Helene Mann, chair; Ron Borkan; Bob Braudy; Dorlee Henderson; David Miggins; and Jean Myers.

TODAH RABAH

A big thank you goes out to Bob Braudy, Charlie Schlinger, Tom Henderson & Lanny Morrison for their extensive clean up at the shul, organizing the storage shed and tree trimming.

Photo courtesy of Nena Bloom
Todah Rabah to Paul Cohen and Shari Rosenbloom, for opening their beautiful home as hosts for the concert; Lynne Nemeth, for gracing us with her lilting voice to the accompaniment of Mr. Syme; to Bob Braudy, for his organizing efforts for the event; to Tedd and Susan Nickerson, for the sumptuous desserts; to Brittany Parker, for her excellent cello prelude; to Bob Sherwin, for his wonderful photographs; and to the men of The Hood, for their logistical support.
MAZEL TOV TO BRITTANY PARKER

Conversion Ceremony for Brittany
Congregation Beth Israel - June 2018

Beit Din: Rabbi Mindie Snyder, Rabbi Bob Kravitz, and
Lanny Morrison. Photos courtesy of Bob Sherwin.

Advertising Corner

If you are interested in advertising in The Bulletin, please contact Rachel Sturm at
info@levshalomaz.org. Classified advertising for members is free! Business advertising rates
are extremely reasonable! Get your message out to hundreds of people each month and
support the congregation by advertising in the Bulletin!

Classified

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Flagstaff, AZ 86004

phone (928) 220-5012 •
fax (888) 633-8880
e-mail Ag@theginsberggroup.com

Mazel Tov!

To those celebrating birthdays
in July—
Maura Armus – 7/1
Hannah Pearlmutter – 7/4
Patty Ginsberg – 7/7
Howard Grodman – 7/8
Rebecca Armus – 7/18
Will Schwartz – 7/20
Maya Leib-Perry – 7/23
Ben Ginsberg – 7/23
Bob Braudy – 7/30

Voice Lessons

Lynne Nemeth is now
offering voice lessons, group
and individual for all ages.
Rates are very reasonable.

8783 E. Neptune Drive
Flagstaff, AZ 86004

lynnenemeth@npgcable.com •
928-526-3937

THE BULLETIN

is the monthly publication of
Congregation Lev Shalom.

Send newsletter submis-
sions to Rachel Sturm at
info@levshalomaz.org.
Submissions must be
received by the 20th of each
month.
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**Tamuz—Av 5778**

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August 2018

**AV1-ELI 5778**

Congregation Ley Shalom

www.leyshalom.org

(888) 523-8747

P.O. Box 31058

2609 N. Patterson Blvd.

P: 527-8809

R: 527-8747
Women of Reform Judaism
AREA DAY
SATURDAY, July 14th, 2018
9:00 am until 9:00 pm

REGISTRATION
Deadline June 30th
COST: $50.00 per person
wrjpacific.org/southwest-area-day.html

LOCATION:
Congregation Lev Shalom
2609 North Patterson Boulevard
Flagstaff, AZ 86004
(Note additional program locations throughout the weekend)

HOTEL INFORMATION
Hampton Inn
990 North Country Club Drive
(928) 433-1234
$159.00 per night (one to three people per room)
(Mention WRJ Group Deadline June 12th)

WEEKEND SCHEDULE

Friday, July 13th, 2018
6:00pm Welcome and Kabbalat Shabbat
Taste of Flagstaff or Shabbat in the Home

Saturday, July 14th, 2018
9:00am Registration
9:30am-5:00pm Area Day Programming
6:00pm Reception, Dinner, Havdalah and Closing Ceremony
(Location to be announced during the morning program)

Sunday, July 15th, 2018
Regional excursions to The Arboretum,
The Lowell Observatory,
The Museum of Northern Arizona, Walnut Canyon and other sites

FOR MORE INFORMATION CONTACT Dana Spiel
dana.spiel@gmail.com or (602) 369-1179