

The JEWISH REVIEW

Oregon and SW Washington's Online Jewish Newspaper

March 31, 2020 / Nissan 6, 5780

Volume 55, Issue 4

PASSOVER:
Resources for a
different year
— pages 5-7



This year *is* different

Every year at the Passover seder, we ask why this night is different. This year, the answer will be unlike that of any other year.

This year's seder will be different because the world, for now at least, has shifted to virtual connections. Communities and families will not be able to gather around the seder table.

The Jewish Federation of Greater Portland has compiled resources to help you get ready for Passover and celebrate together while staying apart: jewishportland.org/Passover

"Feeling overwhelmed about how to get ready for Passover?" asks Community Chaplain Rabbi Barry Cohen. "Just slow down. Take a deep breath. Realize that this year's seder can be different because what is happening all around us is different."

The resources listed on the Federation website can help you create a solo seder if you are

isolated for Pesach; incorporate international traditions to feel a global connection; and make your own Passover Haggadah complete with blessings, art, translations, songs and activities. Other links list webinars, videos, family-friendly games, recipes and craft ideas.

The link to Seder2020.org provides everything you need to host a virtual seder. OneTable, an organization created to bring young adults together for Shabbat dinner, has broadened its outreach for Passover and offers tips for anyone on how to host or join a virtual seder.

"The Jewish people have been adapting to changing circumstances for over 5,000 years," explains OneTable CEO Aliza Kline. "We can do this, together. In the midst of COVID-19 and physical distancing, we need new ways to come together."

See the full list of resources on page 5 or visit: jewishportland.org/Passover

JEWISH GREATER PORTLAND TOGETHER

COVID-19 RELIEF

Emergency fund grows

The COVID-19 Emergency Fund to address emerging needs within the Jewish community related to the COVID-19 pandemic has raised \$726,000.

Portland was the first Jewish community in America to start a special campaign, and the results have been outstanding. The emergency campaign was launched by the Jewish Federation of Greater Portland, Oregon Jewish Community Foundation and generous community leaders. Last week, the community was invited to contribute, as well.

During a March 26 Jewish Federation of North America virtual meeting of mid-size Federations, Portland received many kudos from communities that have followed our lead, said JFGP's Wendy Kahn, who was on the call. "We took the lead in the country and started our campaign first," added Kahn, associate director of financial resource development.

The Jewish Community Organization Grant Request forms were sent to local agencies Friday, March 27.

"We have set a plan in motion to allocate the funds to five priority areas," said JFGP President and CEO Marc Blattner. "We recognize this crisis will last several months, and our goal is to stretch our dollars as

long as possible."

Task forces have been created for the five funding priorities:

- Emergency Financial Assistance/Mental Health Support
- Social Isolation/Friendly Reassurance (volunteer management)
- Jewish Organization Capacity/Support for Employees
- Religious/Spiritual Services and Needs
- Youth Programming/Jewish Educators.

These task forces will review grant requests from Jewish organizations and make recommendations to a Steering Committee, made up of volunteer and professional leaders, who will make final funding decisions.

The first funding decisions will be made later this week. All funding decisions will be shared with the community.

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Free online subscription: jewishportland.org/subscribe

Day schools meet academic/social needs online

Editor's Note: We had scheduled profiles of Portland's Jewish day schools for this issue. With our current reality, we instead focused on their response to the crisis and will run the profiles at a later date.

BY DEBORAH MOON

On March 12, Oregon's governor ordered schools to cancel classes; Portland's three Jewish day schools quickly pivoted to offer online programs designed to give students a sense of normalcy and the chance to continue growing academically.

Portland Jewish Academy, Maayan Torah Day School and Maimonides Jewish Day School are using a variety of online platforms for group classes and homework assignments. Maimonides began classes March 16, and PJA and Maayan Torah began online classes March 18.

Maimonides identified two goals of the virtual classroom: students emotional well-being and academic growth. These are hard times and certainly for children. Having face-to-face time with the people they are used to seeing every day is important. It shows the students that we are safe and continue to be here for each other.

"One parent called in tears about how much this meant to her," says Maimonides Principal Rabbi Shneur Wilhelm. "Getting her child to feel a sense of security in such uncertain times was so important."

Normally, PJA students in 3rd-5th grade leave their Chromebooks at school, but with the closure, the students took their Chromebooks home. All students in 3rd-8th grade now have their own Chromebooks at home. Students at these grade levels all have learned how to access Google Classroom (middle school students were already quite accustomed to using this tool), and teachers are using it as a platform to post assignments and calendars and to check the students' work.

PJA Executive Director Steve
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Above, a Portland Jewish Academy class meets online. Below, a Maimonides Jewish Day School student works on an online lesson.



Albert says that "some of the time is spent in synchronous learning (everyone in a class on a Zoom call at once, for example), and some is asynchronous (students working on their own, at their own pace, on their own schedule). Work is submitted electronically using email or one of the many other platforms that we are utilizing." The school also has Kabbalat Shabbat celebrations and other virtual gatherings.

Maayan Torah already used

Google Education within the school, so it was an easy step to transition onto Google Classroom and stream live with teachers on Google Meet.

"Obviously, we don't feel this is a real replacement for in-class studies, but for the time being it allows us to continue learning," says Maayan Torah Judaics Principal Rabbi Yerachmiel Kalter. "We have live lessons every day, as this gives students a feeling of normalcy where they can see/interact with their

friends and teachers. We also have teachers recording lessons and posting work for students to be able to do on their own whenever they want. Having students and families access learning at this tumultuous time has been really important for them to maintain normalcy and a sense of schedule."

PJA Principal Merrill Hendin shared comments from some of the families about the new distance-learning program, which show that the goals of creating a sense of normalcy and continuing learning are being met:

- *It is clear there are a lot of smart and dedicated people working behind the scenes. Please pass along my deepest gratitude to all those behind the scenes folks! Our kids continue to be engaged and thriving in this new learning format, but it is nice to hear them acknowledging that they miss going to school.*

- *I can't imagine how challenging the last several days have been for you all. A lot of chaos, creativity, compromise, stress, discussion, improvisation, innovation, imagination, experimentation, hard hard work. Thank you to Merrill and Steve and other PJA leadership and to these phenomenal teachers for your excellent response to the current chaos.*

- *Thank you for everything that you and the PJA teachers have done. We are so impressed with how quickly an online curriculum was put together. In a time of much uncertainty, it is nice to have a little bit of normalcy and calm.*

- *I am SO grateful for all of you, your leadership, foresight, your quick action and your amazing delivery of a technology plan that allows the wonderful teachers to continue teaching. But mostly I am so grateful for the inclusion of community – the virtual lunches and the ability to share and hear each other. Just hearing our child laugh with his classmates warms my heart. I couldn't have imagined a better scenario in this situation. Thank you from the bottom of my heart.*

Staying close while social distancing

BY DEBORAH MOON

In the new reality imposed by the COVID-19 pandemic, many parents have turned to virtual connection options to keep their children connected with grandparents.

Lindsay von Colditz and her family are ahead of the curve, and they are happy to share what they have learned about using virtual connections. Lindsay says her son, Zev, now 3½, has been Skyping with his father, Nathan, for nearly three years; Nathan travels for work and is often away from home Monday through Thursday. Since both of Lindsay's parents are gone, she has put a high priority on ensuring Zev connects with Nathan's parents.

"My son and his grandma talk most days of the week and have for probably six-plus months," says Lindsay. "I'm grateful we had a culture around virtual connection for our family before the physical distancing started, to help with the social connection."

Zev's grandmother, Shelley von Colditz, lives in Astoria, and his grandfather lives in Arizona. Zev now Skypes with both on a regular basis. Lindsay says the whole family follows Zev's lead on what he wants to do on the calls.

"I have one grandchild close (geographically)," says Shelley. "He has gotten to know me. We have established mutual areas of interest."

During a visit to Astoria, Zev saw the Astoria ferry "Tourist No. 2," which was built in 1924 and is now docked at Pier 39 pending restoration. Now he talks to Shelley about the ferry nearly every day, asking why it's not moving, why they don't have the money to fix it.

The two read books together and go on "walks" together, with Zev sitting in a stroller and pointing the iPad at things he wants to talk about.

"They often build with MagnaTiles together and talk about what he's worked on," says



ABOVE, Zev von Colditz, has a snack while baking cookies with his Grandma Shelley (on iPad in background). Below, Zev plays and chats with his grandma (on Skype) while his dog Madden looks on.



"It's fine for him as long as he can see me and hear me."

– Grandma on attending seder on Skype

Lindsay. "Zev will sometimes be working on an art project, and she engages with that. She has joined us when we've made challah, sometimes when we are prepping a meal since Zev loves to bake and engage in the kitchen. We have found when she becomes a part of whatever he is already doing, the calls are the most successful."

The family are members of Congregation Neveh Shalom,

where Lindsay serves as a co-chair of Shoreshim (young families), Nathan serves on the Finance Committee and Zev is a student at Foundation School.

Recently, Shelley had to tell Zev she would not be able to come to Portland for Passover as they had planned, but that she would join the family seder virtually. "It's fine for him as long as he can see me and hear me," says Shelley.

Tips to connect with Bubbes and Zaydes

Courtesy of Lindsay von Colditz

- Choose one platform (such as Skype, Zoom, FaceTime, Facebook Messenger or Facebook Messenger Kids). If you have siblings, ask everyone to use the same platform so grandparents only have to learn one technology.

- Learn how to use the chosen platform, so you can help grandparents troubleshoot.

- Use a device that does not have games or TV on it, so your child isn't tempted to flip to a different activity instead of talking to grandma.

- Let your child lead the interaction.

"It's no different from being there," says Shelley. "I would do the same things with him if I was there."

So when the pandemic began, "This was normal for us."

Lindsay notes the only thing that has changed with the virtual connection is "We have prioritized with grandma and grandpa to do more to support their isolation." Since Shelley lives alone, Lindsay says "making sure she is engaged daily is important."

With the "Stay Home, Save Lives order," Zev needs to be engaged, too.

Shelley suggests grandparents get involved with whatever the child is doing.

"As long as you go along and get involved, it keeps him going," she says, noting sometimes they will spend 2 or more hours together virtually.

"I highly encourage this anytime, whether there is a pandemic or not," says Shelley. "It really keeps you connected with your grandkids."



Above, Maayan Torah Preschooler 3-year-old Gabe watches the March 25 lesson from Morah Angela, lead teacher in the Mayim class. Maayan has posted many of their short lessons on YouTube so any family can access the activities and learning.

Jewish preschools keep kids connected

BY DEBORAH MOON

Most of Portland's Jewish preschools are offering some virtual options or check-ins with their families. Additionally, Maayan Torah Preschool offers public YouTube videos with stories and activities, and Congregation Neveh Shalom's Foundation School has public morning activities on their Facebook page facebook.com/cnsfoundationschool/.

"As both a parent in one of our Jewish preschools and the (Jewish Federation of Greater Portland) Director of Educational Initiatives, I am so appreciative of the efforts of all our preschools and day schools to continually provide touch points and interactive programming for our Jewish community in this new and ever-evolving time," says Rachel Nelson. "Even with technology challenges, our educators are going above and beyond each day to make sure our families are connected in fun and innovative ways."

The teachers in Portland Jewish Academy's Early Childhood program are communicating virtually with students and their families, providing projects, ac-

tivities, stories, songs, and other learning opportunities. There have been live Zoom meetings with some of the classes and some have provided daily videos trying to simulate what learning looks like in school for the children. Music, art and Hebrew specialists also have provided activities and videos for use at home.

Maayan Torah preschoolers can interact with their classmates during morning Zoom calls or watch the public YouTube videos later in the day.

"Our main goal is for the children to have some consistency and to have contact with their friends," says Maayan Torah Director of Early Childhood Education Tia Weniger. "It's life altering when you are 3 and don't get that."

Maayan's short public videos include videos such as: The Book With No Pictures with Morah Katria; What is Echolocation? Fun experiment; Pesach storytime with Morah Frumie and Chayala; and a Shabbat Party with the Morahs. The videos can be seen at:

youtube.com/channel/UCLOfmP3ODIhiAmo6xS06juQ



Unity Shabbat April 17

Hey Oregon and SW Washington! Let's come together and bring light to these uncertain times on Friday night, April 17. We want to set a world record for the largest online joint candle lighting!

*Note, We plan to end the call by 7:25 pm so people who observe Shabbat free of electronics are able to maintain their observance and still participate.

Register at jewishportland.org/shabbat

UNITY SHABBAT:

Friday, April 17, 2020

7:10 pm

Online

FREE event

Virtual Best Bets:

See all online events at:

jewishportland.org/community-calendar/online-events

ALL AGES: [Fun Family Fitness with "Jewish Jordan"](#), April 2

TOTS: (see Yad b'Yad below)

YOUTH: [BB Camp's Virtual Shabbat Walk](#), 4 pm, Fri.

PARENTS: [PJ Library Parents Social Hour](#), 8:30 pm, Thur.

ADULT: [Pre-Pesach Halacha Study](#), 1 pm daily till April 7

BOOMERS & BEYOND: (see Yad b'Yad below)



Yad b'Yad

For several years, Kim Schneiderman has led a weekly intergenerational story hour for young families with music, PJ Library books, and the residents of Cedar Sinai Park. With the current COVID-19 restrictions, the Yad b'Yad intergenerational program has gone virtual. Join us on Zoom every Friday at 11:00 am! Bring your instruments and your special Shabbat essentials and get ready to dance and sing with us! zoom.us/j/582393922

For more information, contact Rachel Nelson rachel@jewishportland.org

FOCUS: PASSOVER



OJMCHE Passover case from permanent collection, from left: Passover Haggadahs (gifts from Eileen Hammer and Helen & Jerry Stern); Seder plate, contemporary, from Israel; Miriam Cup by Willa Schneberg (gift from JFGP); Matza Plate from Ridgeways,

England, c.1890 (gift of Judy Schwartz Sorrel); Omer Counter (gift of Rabbi Joshua Stampfer); and Elijah's Cup, Poland, 1849 (gift of Mira and Gustav Berger). Oregon Jewish Museum and Center for Holocaust Education is currently closed. Photo by Deborah Moon

PASSOVER RESOURCES 5780/2020 Continued from page 1

How to Guides:

Make a Passover Haggadah: This resource provides options for blessings, artwork, translations, songs, activities and more. You can download your Haggadah and print it at home. haggadot.com

Host Socially Distanced, International Passover Seder: Here is a way to plan an international Seder, incorporating songs, phrases, foods and traditions from communities around the world, to connect with millions of Jews celebrating their own socially distanced Seder. forward.com/life/442288/

Host a Virtual Passover Seder: This is a comprehensive guide to create a collaborative, meaningful Seder. It includes tips for preparation, technology, participants, food and music. heyalma.com/how-to-host-a-virtual-passover-seder/

A Different Pesach: Ideas for the Solo Seder: This is a site if you are making a Seder by yourself, or working in collaboration with whom you choose. What kind of Seder do you want? It's up to you! docs.google.com/document/d/1jtPnU8a55zz-0RRH8EuMOCCyIBtg8IGJApX6F5Di-2wGs/mobilebasic

Seder 2020: This night IS different from all other nights. This site, powered by OneTable, offers guidance of how to host a Seder and how to find a Seder to join. seder2020.org

Passover Seder 101: The NJOP (National Jewish Outreach Program) created 15 short webisodes, corresponding to the 15 parts of the Seder. These webisodes

explain the elements of the Haggadah in a fun, uplifting way. njop.org

Next Year in a Just World: On this site, the American Jewish World Service offers a variety of resources: a Haggadah, supplemental readings and a call to action to build a better world. ajws.org

Family resources:

PJ Library Passover Portal: This family-friendly site includes a Passover video and links to stories, how to make your own Seder plate and Passover lunch ideas for kids, among other resources. pjlibrary.org/passover

Family Fun from the JEC: Here's a wide variety of family-friendly games to keep Passover interesting and engaging. familyfun-jec.weebly.com/games-and-more

The Four Children and COVID-19: Jordan Namerow creates a way to talk with your children at the Seder table about the COVID-19 crisis. drive.google.com/file/d/1vle4_IQ5AoiJAK6o3-2Jd0Mg2-g-BPQF/view

Webinars

Seder in the Time of Social Distancing: How can you create a meaningful Seder when family and friends cannot be physically present? This webinar explores resources and ideas for educators to support families in creating a sense of connection for this year's Seder. It requires registration. jewishedproject.org/events/webinar-seder-time-social-distancing

The Art of Virtual Gathering: This is a one-hour Zoom conversation on how to host your own virtual Seder. Multiple people weigh in to create a user-friendly exchange of ideas. haggadot.com/blog/the-art-of-virtual-gathering-passover-2020

All encompassing

18 Doors: Unlocking Jewish: 18 Doors was formerly the Interfaith Family Network. This site offers a way to get your residence prepared for Passover, both physically and spiritually. 18doors.org/Pre-Passover-Preparation

Tori Avey Blog: Avey offers an overview of Passover, as well as recipes and crafts ideas. toriavey.com/what-is-passover

A Little Bit of Learning

The Transformation of Pharaoh, Moses and God: Avirah Zornberg offers a Midrashic podcast on the Exodus story. Let's just say that the tale is much more complicated than we ever thought. onbeing.org/programs/avirah-zornberg-the-transformation-of-pharaoh-moses-and-god

Does Your Seder Plate Tell a Story: Amy Reichert teaches us that the Passover ritual items can take us on a journey and enable us to live out our traditions. myjewishlearning.com/eli-talks/does-your-seder-plate-tell-a-story

For more information or updates, visit: jewishportland.org/Passover

Of the Month

How will you connect for Pesach during "Stay Home, Save Lives"?

Email your reply to editor@jewishportland.org

Replies (edited to 150 words or fewer) will be included in a future issue of the Jewish Review. All replies may not be published.



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Order take home seder meals for 2020

Allen Levin of Century Catering & Cafe at the J is preparing seder meals to take home and serve. The meals are prepared under the supervision of Oregon Kosher.

Orders are due by Tuesday, March 31, 2020, at 3 pm. To order, email: centurycatering@msn.com.

Meals will be ready for pick up and payment on Monday, April 6, 2020, at a time to be determined. Pick up location is at the turn circle at the Mittleman Jewish Community Center, 6651 SW Capitol Hwy., Portland.

Please note: The Kosher cafe inside the MICC is closed due to Covid-19.

Menu

Charoset (has nuts)
Whole Fresh Horseradish (for you to grate/cut)
Gefilte Fish
Matzah Ball Soup
(Vegetarian broth available upon request - Matzah Balls made with eggs)

Chicken with Sweet Carrots, Zucchini & Potatoes
Or

Brisket with Sweet Carrots, Zucchini & Potatoes
Or

Salmon Entree with Sweet Carrots, Zucchini & Potatoes

Flourless Chocolate Cake

The cost for meals are:

Chicken Meal, \$28 per person

Brisket Meal, \$35 per person

Salmon Meal, \$30 per person

Need increases for Passover food boxes

Every Jewish community is obligated to ensure that everyone has the food they need to celebrate a joyous Passover, and Portland's 20th annual Passover4All campaign will again ensure that area families can truly celebrate Passover.

This year the program is expected to deliver 150 boxes to families identified by Jewish Family & Child Service who need assistance to celebrate Passover. Due to the COVID-19 crisis this is an increase from the 125 boxes delivered last year.

Boxes include potatoes, matzah, apples, soup mix, gefilte fish, wine, frozen kosher chicken, sweets and horseradish. Deliveries go to people of insufficient means,

people who can't get out to shop, new immigrants, and anyone who needs some extra help.

"We are limiting the number of volunteers this year so we can apply the need for social distancing," says Jon Perrin, who is helping organize the effort. "If people have participated before, and would like to be considered for a volunteer slot, they can contact me. Participation will be by invitation only this year. Packing and delivery pick up will take place April 5 at the Portland Kollel and Congregation Ahavat Achim."

For more information or to request a volunteer slot, contact Jon Perrin at 503-997-0806 or jonperrin@gmail.com, or Michael Rosenberg at michael@cashcolan.com.

Oregon Board of Rabbis Statement on Passover and Social Distancing

Gathering for the Passover holiday is one of the most important moments in the Jewish calendar. It is the time when we celebrate our freedoms and renew our resolve to share freedom with the entire world. We do this with the symbols of the Seder and the shared conversations of liberation and hope.

Given the uncertain circumstances in which we find ourselves, we are concerned for your safety and health as well as the viability of our entire medical system. The Oregon Board of Rabbis affirms the State of Oregon and the Center for Disease Control guidelines of limiting gatherings to immediate family that lives in the same household.

“Saving a life supercedes all else.”

– Babylonian Talmud Yoma 84b

Seders for this upcoming Passover should not include guests. Each household should have their own Seder with only those who live in their house attending that Seder. For seniors and for those of any age living alone, while understandably painful to have a Seder without others, following the health guidelines of stringent social distancing is necessary for your safety.

For those who are halakhically minded, we encourage you to seek guidance from your rabbi about using technology to join a Seder.

See a list of livestream Seders that one can join (at right).

In this painful time, we are allowed to place limitations on this year's Seder observance in order to save lives and ensure that we can celebrate Seders next year with the people that we love in health and joy.

L'shanah Haba'ah: For the sake of our health and safety, we pray that next Passover we may have larger, in-person Seders, with all of our loved ones and with abundant guests.

Adopted by the Oregon Board of Rabbis

Rabbi's Corner

Leaving the Narrow Place

BY RABBI EVE POSEN

Usually in the days leading up to Passover, I find myself in a frenzy of shopping and menus, cleaning and planning, and a general organized chaos. I have time to prepare. Usually I spend the weeks leading up to Passover narrowing our food options to clean out chametz from my pantry and closing down spaces in the house from food after I've done my cleaning. This year is anything but usual.

Weeks before Passover, I found myself buying lots of chametz so that I could feed my kids food they liked instead of tantrums because we ran out of their favorite snacks. I'm not rushing to stores to buy food and cleaning feels futile since we're all stuck in this house all day, every day. I clean and five minutes later the mess has returned. And, so much feels unknown.

I don't like the unknown. I don't like living in this limbo space we're in. And, the first Passover, that time when the Israelites were getting ready to leave Egypt, was also filled with unknown. Like us today, they didn't know what lay ahead or how they were going to survive. They didn't have a master plan to guide them or a clear picture of how it would all turn out. But they did have community, and they had faith in God.

We as a people have been there before, and we've come out OK. This is the story of leaving

We're going to walk out of this desert together.

Egypt – 40 years in the desert, 40 days in our homes – but we're going to walk out of this desert together.

Egypt in Hebrew is called Mitzrayim, literally, from the narrow place. We are in a narrow place right now. Our connections come via internet and 6 feet of distance, and yet, the internet brings us an open expanse of community. This year we are here, next year in the wide-open expanse.

With blessings for a year of expansion of our circles, of our hearts and our community, and the renewal that comes with spring.



Rabbi Eve Posen is president of the Oregon Board of Rabbis and associate rabbi at Congregation Neveh Shalom.

ONLINE SEDERS

For added details on these and additional seders, visit:

jewishportland.org/Passover

Virtual First Night Seder by Gesher. April 8 at 5:30 pm. RSVP info to come.

2nd Night Community Passover Seder 5780: Thursday, April 9, 6-9 pm. Join Rabbi Eve Posen of Congregation Neveh Shalom for a ZOOM Second Night Seder. Link to Haggadah after registration. Register: tinyurl.com/CNSPassover5780

Second Night Seder with Congregation Beth Israel. April 9. RSVP info to come. bethisrael-pdx.org/covid-passover-resources/

P'nai Or: Community Seder on Zoom: April 9, 6-8 pm. RSVP will be required. Suggested donation of \$18 per adult for non-members; no one turned away for lack of ability to pay.

Beit Haverim Second Night Seder. 6 pm, April 9. Digital Haggadah available. zoom.us/j/219471513

Chaplain's Corner

Remember what's really important

BY RABBI BARRY COHEN

I'll admit it. I have been afraid. I have read about hotspots all across the country, particularly in New York, and I am bracing myself for what comes next. The numbers of those who have tested positive are going up; the numbers of deaths are going up. I see behind every number a person.

I have also been learning about the economic uncertainties. Too many businesses lack the reserves to handle this financial shock. For families, if one or more breadwinner becomes unemployed, they lack the savings to continue to put food on the table and pay bills.

How will all of this affect us here in the Greater Portland Area and throughout Oregon? We have too many questions about our loss of stability, and too few answers.

Upon reflection, being afraid is a natural response.

In a previous career, I was an editor of a Jewish newspaper. A sense of instability and unpredictability was hardwired into the process: The events of the day could change in a heartbeat, and whatever we had planned would change. That being said, there were clear deadlines. The staff knew that at the end of every Wednesday, the paper was complete, and we could briefly rest and regroup for the next issue.

Now there are no clear deadlines. We don't know when questions will be answered, when instability will become more stable or when

fears will be resolved.

So how can we respond?

I have 15-year-old fraternal twins. During these weeks of "stay at home," we have been spending plenty of time together in our apartment. Like any family, we are masters at pushing each other's buttons. But I have noticed subtle changes. Family dinners have a little more humor. We have been getting along better than expected. I have heard and shared more laughter.

Without even talking about it, I believe that the three of us, in our own ways, have been recalibrating what is important and what can be pushed on the back burner. This has made all the difference. It has lessened my fears.

In the coming days of uncertainty and unpredictability, whether we are single, part of a couple or part of a family, let us purposely recalibrate our priorities. Every day find something to be grateful for; refuse to push a loved one's buttons; diffuse a conflict rather than adding fuel; text a friend out of the blue; give someone our undivided attention.

We will discover that simple positive decisions can have amplified constructive results, and we will be a little less afraid.

As the Community Chaplain for the Greater Portland Jewish community, Rabbi Barry Cohen serves as a resource for all Jews in our community. He can be reached at 503-892-7401 or chaplain@jewishportland.org.

Monthly Mitzvah: Shabbat Candles

To celebrate 36 (double chai) years in Oregon, Chabad of Oregon is promoting a different mitzvah for each month of this year. The celebration is based on the Mitzvah Campaign created by Lubavitcher Rebbe, Rabbi Menachem M. Schneerson, z"l, in 1967.

In April the focus is lighting Shabbat candles. The mitzvah is known as *Neshek*, the acronym for *Neirot Shabbat Kodesh* (Hebrew for Shabbat candles).

Light up your home and light up the world. Women and girls (age 3 and up) are encouraged to light candles every Friday afternoon, 18 minutes before

sunset, in honor of the Shabbat.

After you light your Shabbat candles, cover your eyes and recite the blessing:

Blessed are You, Lord our G-d, King of the universe, who has sanctified us with His commandments, and commanded us to kindle the light of the holy Shabbat.

Boruch A-toh A-do-noi E-lo-hei-nu Me-lech Ho-olom A-sheh Ki-de-sha-nu Be-mitz-vo-sov Vi-tzi-vo-nu Le-had-lik Ner Shel Sha-bos Ko-desh

"We'll be glad to help," says Rabbi Moshe Wilhelm. "For assistance or more information, call me at 503-957-7842."



Obituaries

STEVE ALTSHULD

Steve Altshuld, z"l, passed away of metastatic liver cancer on March 27, 2020. He was the husband of Bonnie Boone-Altshuld, and father of Max and Gabe Altshuld.

"Burial will be Tuesday, and there are no graveside services allowed. We must stay in the car until he is covered and the burial crew is gone, only then can we get out of our cars, and there are only 10 people allowed. Death in the time of covid," wrote Bonnie.

RICHARD ISAAC STONE

Richard Isaac Stone, z"l, died March 26, 2020. He was born Dec. 12, 1937. Richard was the father of Eric (Kat) Stone and Wendy (Doug) Johnson; grandfather to Dante Stone, Matisse Stone, Mason Johnson and Levi Johnson; and partner of many years to Deborah Pan.

A virtual funeral was held via Zoom on March 27. Congregation Neveh Shalom extends deepest condolences to the Stone/Johnson family.

ZVI (FRED) HOFFMAN

Zvi (Fred) Hoffman, z"l, passed away at home in Ramat Gan, Israel, overnight March 20-21, 2020. He was the beloved father of Aviva (David) Nash and Elana Zegarek, grandfather to Aaron Nash, Daniel Nash, Lainey Nash and Zachary Zegarek, and dear husband to Zvia Ben Shmuel.

His funeral was March 22 in Israel. Congregation Neveh Shalom extends condolences to the family.

ANN ADLEMAN

Ann Adleman, z"l, passed away March 21, 2020. She was the dear sister of Steven Adleman, sister-in-law of Katherine Moss, and aunt of Jennifer Cullers and Brian Moss.

A private interment was held. Congregation Neveh Shalom extends condolences to the family.

WENDY SUSAN WEISS

Wendy Susan Weiss (z"l), passed away on Saturday, March 21, 2020. She was 64 years old.

She was the mother of Gabriel (Megan) Cipes, Ezra (Rio) Cipes, and Ari Cipes; stepmother of Matthew Cipes; grandmother of Ruth, Akivah, Eleorah, and Uma; sister of Alan Weiss; and beloved friend to many.

Congregation Beth Israel offers condolences to the family.